



Sierra

June
2008

Newsletter of the Coulee Region Group

JUNE MEETING

NOTE: Early start
time 6:00 p.m.

Wild Edible Plants

Tuesday, June 24th

6 pm at the
HoChunk Three Rivers
House at 8th & Main

**Sierra Club members
&
non-members all
welcome!**

Speaker: Monique Jamet Hooker Internationally known chef, teacher & author

Coulee Group member Monique Hooker is a well-known chef, and the author of "Cooking with the Seasons, A Year in My Kitchen". She hosted a TV show called "The Seasonal Kitchen". Her enthusiasm for food and travel came through in the program she gave with her husband Philip in March on their trip to Peru - complete with samples of Peruvian food.

In this program, Monique will identify wild edible plants of the Coulee Region, and tell us how they can be prepared. Monique chose June for this program because that's when many of the region's wild edible plants are available. You'll have a chance to sample at the program, since Monique plans to have some dishes prepared. This is the ultimate version of eating locally, and you can try this at home.

Please note that this program starts an hour earlier than normal, at 6 p.m.

FROM THE CHAIR:

Bobbie and I participated in the May 17 Light Bulb Walk sponsored by Clean Energy Coalition and organized by Michelle Oats. We went door to door on a Saturday afternoon passing out compact fluorescent bulbs purchased with a grant from Xcel Energy and reusable grocery bags donated by the Peoples Food Co-op. We asked people if they were aware of CFLs and other energy saving practices. We handed out an energy saving tips brochure from Xcel Energy, rebate forms from Wisconsin's Focus on Energy program, and a local foods brochure from the co-op.

Bobbie and I were pleasantly surprised to find out everyone had heard of CFLs and was using at least one of them. People were practicing energy savings and interested in other opportunities to save. One woman told us she probably already did all the things in the Xcel Energy guide. From the houses we visited, which I consider a typical La Crosse neighborhood, I'd say energy conservation is gaining momentum.

The bad news is that there was a low participant turnout for the light bulb walk, and we only were able to distribute about 50 of the 250 bulbs we received with the grant. Michelle will be looking to other groups to try to recruit Light Bulb Walk participants in the future. I'd encourage you to participate if you get a chance this summer. It could improve your view of the world.

Pat Wilson

Summer is upon us again and Coulee Group membership meetings will resume again in September. Enjoy your summer!

A Free Way to Help Sierra Club

i'm is a new initiative from Microsoft's Windows Live Messenger where Microsoft donates a portion of the program's advertising revenue to Sierra Club. So each time you chat with your friends and family online using Windows Live Messenger, you will be making money to help Sierra Club. There's no fee for joining or using the program. Simply select Sierra Club as your organization of choice when you join. Windows Live Messenger will then make a donation on your behalf every time you use it. It takes just a few minutes to join, and you'll start making a difference with your next instant messaging conversation. To sign up, visit <http://im.live.com> and choose Sierra Club!



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Black River Canoe Camping Outing August 9-10

Life's a beach on this section of the Black River! We'll paddle a beautiful quietwater section of the river between Irving and North Bend, camping on a sandbar. There's a side trip up Roaring Creek to Lost Falls. This is a great opportunity to try canoe camping. Children are welcome on this family-oriented trip. There are one-day options if you don't want to spend the entire weekend. Leaders: Pat & Bobbie Wilson 608-788-8831 pbwilson@centurytel.net.

Friends of Trempealeau Refuge group formed

A new organization has been formed to support Trempealeau National Wildlife Refuge. The wetlands, prairies and savannas of the refuge harbor a diversity of plants and animals. It's an important resting and feeding site on the Mississippi River Flyway, and important bird migration route. The refuge also includes recreational opportunities, like the cross country ski trips the Coulee Group has had the last two winters.

The Friends group was formed with the cooperation of the Refuge staff, to help protect and preserve the refuge. If you've enjoyed the Trempealeau Refuge and want to help protect it, contact Peg Zappen or Pat Caffrey pzappen@gmail.com. The Friends group is a tax-exempt non-profit organization.

Sierra Club Bus Trip to 19th Annual Energy Fair - June 21

The 19th Annual Energy Fair will be held on June 20-22 at the headquarters of the Midwest Renewable Energy Association - MREA - in Custer, WI. This is a large event that draws 20,000 people from around the country and the world to see what's new in energy conservation and renewable energy. Visit them online at www.the-mrea.org.

This year the Sierra Club is teaming with the People's Food Co-op, Clean Energy Coalition, and Coulee Partners for Sustainability to sponsor a bus trip to the Energy Fair, enabling you to save even more energy. The bus will leave the People's Food Co-op on Saturday, June 21, at 8:30 a.m., and arrive back at the Co-op that evening at 7:30 p.m. You'll have 6 hours at the Energy Fair, 11 a.m. to 5 p.m.

The cost of the bus trip is \$20 per person. And there will be "bus prizes" to make the trip more fun. The bus will be a coach with rest-room facilities. Admission to the Energy Fair is an additional \$10 per person - \$8 for Senior and Youth admission.

We'd like to be able to guarantee 40 riders by June 13 to hold the bus. You can sign up and pay at the Customer Service Desk at the Co-op, 608 784 5798, ext. 244.

Welcome New Members!

March

Renee Bartovics, Thomas Boston, Craig Brandfass, Julie Chamberlain, Ari Crochiere, Mr. & Mrs. Samuel Hall, Greg Hanifl, Dr. Daniel L. Icenogle, Laurie Nundahl, Cathy Pohlman, Susan Townsley, Robert Tuttle, Rick Urban

April

Kenneth Abraham, Vicki Amble, M. Banasik, John Clarkin, Daniel Docken, Rod Elm, Kenneth Gunderson, Lynn Harlan, Mary Herber, Jerry Humphrey, Jerry Hungerford, Anita Jensen, John Lizan, Jerry McGeorge, Connie Overholt, Kay F. Shepherd, Glenn Sines, Ruth Steinke, Charles Weeth