



Explore, enjoy and protect the planet

Vol. 50, No. 12, December 2005

### Inside

MEETING DETAILS AND LOCATION.....2  
 THE TRUE COST OF FOOD .....2  
     A 15-minute Sierra Club-produced video  
 LIVING WITH NATURE IN MIND *by Janet Haug*.....2  
 MEETING MINUTES FOR NOVEMBER.....3  
 JOHN MUIR QUOTE.....4  
     A picturesque Christmas dinner  
 16-HOUR WILDERNESS FIRST AID CLASS .....4  
     February 11-12, 2006  
 EDITOR'S COLUMN.....4  
     Calling on your holiday spirit for your  
     assistance  
 ACTIVITIES (*none scheduled*)  
 LIVING IT UP! SUBMISSIONS.....4  
 MEMBERSHIP/SUBSCRIPTION CHANGE FORM .....4

## HOLIDAY POTLUCK

Monday, December 12, 2005 at 7:30 PM



This coming Monday!

### Three reasons for coming to the party

1. Celebrate a great 2005 backpack season with other backpackers who'll be reminiscing about their backcountry adventures
2. See "The True Cost of Food," a 15-minute educational and entertaining DVD about sustainable food.
3. Help decide which organizations should receive \$1500 of funds we need to distribute, and be part of the required quorum for voting on Section officers.

Please bring an hors d'oeuvre or a desert to share with others. Plates, utensils, and beverages will be provided. Meeting details and location are on page 2. 🏠

---

**Sierra Club, Loma Prieta Chapter, Backpack Section (BPS)**  
 c/o Katherine Greene  
 PO Box 390578  
 Mountain View, CA 94039

## Backpack Section (BPS)

<http://lomaprieta.sierraclub.org/bps/>

Founded January 13, 1956, the BPS is an official activities section of the Sierra Club's Loma Prieta Chapter, serving San Mateo, Santa Clara, and San Benito counties in California. The Section sponsors backpacking trips to wilderness and scenic areas, ranging from easy beginner weekend outings to more rigorous expeditions of up to two weeks, no matter what the season. Most trips are within California and Nevada, mainly in local, state, or national parks, national forests, wilderness areas, and national monuments. All trip leaders are volunteers, and fees for trips are limited to actual costs incurred for expenses, such as group meals and permits.

### Officers and Appointees

#### Chair

Dan Cobb, 650-631-9303  
danielcobb11@yahoo.com

#### Vice-Chair/Equipment Manager

Matt Hahne, (408) 749-9968

#### Secretary/Living It Up! Editor

Jean Higham-Sergeant, (408) 937-8116  
jean@effable.com

#### Treasurer/Refreshments

Elizabeth Barry (408) 238-1336  
elizabeth@lsil.com

#### Outings Chair

Steve Stearns, stearns@ieee.org

#### Conservation

Marjorie Ottenberg (408) 867-4576  
marjott@yahoo.com

#### Membership

Katherine Greene, bloominkat@yahoo.com

#### Programs

Dave Barry, (408) 238-1336  
david.j.barry@netzero.com

#### Webmaster

Steve Sergeant (408) 937-8116  
stevesgt@effable.com

### Loma Prieta Chapter

3921 E. Bayshore Rd, Ste 204  
Palo Alto, CA 94303  
(650) 390-8411

### Sierra Club

85 Second St., Second Floor  
San Francisco, CA 94105-3441, USA  
Telephone: (415) 977-5500  
FAX: (415) 977-5799

## Meeting Details and Location

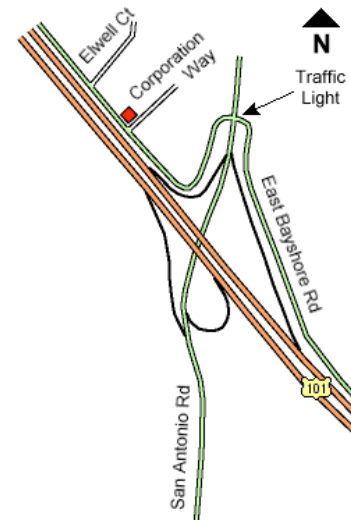
Members and nonmembers are invited to attend Section meetings. Meetings are held at Acterra in the Peninsula Conservation Center on the second Monday of every month except July and August. The evening's program is followed by a refreshment break, then Section business, conservation issues, trip reports, and discussions of upcoming trips.

### Address

Acterra Building  
Kestrel Room  
3921 E Bayshore Rd  
Palo Alto, CA 94303

### Directions

From Highway 101, exit San Antonio Rd (north). At the first traffic light, turn left onto E. Bayshore Rd, and continue 0.2 miles. Acterra is located at the corner of E. Bayshore Rd and Corporation Way.



## THE TRUE COST OF FOOD

### A 15-minute Sierra Club-produced video

The Sierra Club National Sustainable Consumption Committee made this video available to us for showing at our holiday potluck. To find out more about their campaign to promote sustainable food choices, visit their Web site at <http://truecostoffood.org/>.

## LIVING WITH NATURE IN MIND

by Janet Haug, October 2005

Janet is a Sierra Club member in the Mt. Vernon Group of the Virginia Chapter. She recently completed a Masters Degree in Business with an emphasis in Environmental Studies from the Air Force Institute of Technology in Dayton, Ohio.

Living with nature in mind, sustainable living is about living your values of making the environment a priority in your life. It is a lot easier to do than you would first think. Not only are our lives enriched when we can live in an area that has clean air, water and healthy food, but amazingly our efforts impact the areas surrounding us as well. What can we do to keep improving our environment? What can we do to help improve the areas around us? You can start right in your own home by using renewable energy resources, creating less waste, and consuming wisely.

[Continued on next page]

[*Living with Nature, continued*]

## Some Facts

To improve your daily habits you need to first take a look at how well you are doing. There are several measures you can use. [www.myfootprint.org](http://www.myfootprint.org) is found on the web and easy to use. You can also read *Radical Simplicity* by Jim Merkel, and take a more detailed self-assessment. These are simple but effective measures that show you the impact you make on this planet by assuming everyone makes the same choices as you. The ultimate goal is to live in a way that causes the least pollution, yet allows you to live comfortably within the limits of nature. Nature is very resilient and can survive through many extremes. People and wildlife still survive in polluted and congested areas. What we are shooting for is not survival but a balanced ecosystem where people and nature can live in abundance and diversity.

## What can you do?

Are you light, medium or ultra nature minded?

After you take an assessment on how you are living, you more clearly

see how often you keep nature in mind. Now you can start making changes to help you achieve the goals of sustainable living. Living with nature in mind doesn't mean you have to give up style, comfort or convenience. It means thinking creatively each day.

## Living Nature Minded

A living-light person is just starting to live with nature in mind, and in some cases will save you money. You may recycle your cans or plastics when convenient or try to not to waste energy by turning off your lights and appliances when you leave your home. Here are a few steps you can take to begin your journey towards sustainable living. A medium-minded person has experienced the benefits of sustainable living. You watched your energy bills decrease and you make fewer trips to the trash bin because you are creating less waste. An ultra-minded person may have been brought up with living with nature in mind and many of these suggestions are old habits for you. Reenergize your commitment to nature by thinking creatively about living with nature and helping your neighbors to live sustainably.

## New steps you can take

- Purchase energy saving appliances
- Buy more fresh produce
- Learn about your local ecosystems
- Buy a plant
- Use mass transit, carpool, make your next car a hybrid
- Take advantage of environmental tax incentives
- Choose a renewable energy provider for your home
- Invest in companies that endorse sustainable design and development
- Watch what you put down the drain or pour into the ground
- Take a walk in your neighborhood or local park
- Turn your lawn (if you have one) into a freedom lawn (eco-landscaping)
- Keep living with nature in mind at your workplace
- Teach others how to live sustainably

So start today and make these little changes in your life. Set the example in your community and encourage others to join you in living with nature in mind. 🌱

## MEETING MINUTES FOR NOVEMBER *submitted by Jean Higham-Sergeant, Secretary*

Dan Cobb presided over the Backpack Section meeting on November 14, 2005. There were 7 people in attendance.

### Business

There were too few Section members present to qualify as a quorum, therefore, little conclusive business could be conducted. We are postponing officer elections to the December meeting when we are also holding our holiday potluck.

We have \$1500 surplus funds from backpacking classes during the past year, and we discussed which organizations we'd like to support by donating these funds to them. We are interested in supporting organizations that promote backpacking and land acquisition. We postponed voting on how to distribute these funds until the December meeting.

Dan informed us that the Chapter believes its insurance should cover the new projector when it is on loan to us, as long as we're conducting Chapter business in our use of it. We still need to establish projector policies and procedures.

Since we are joining with the Ski Touring Section (STS) for our January program, Elizabeth Barry agreed to coordinate with STS treasurer, Janet Hoffman, regarding refreshments.

We also discussed the idea that our next annual picnic should be held earlier in the year — perhaps in mid-April or early May. This would allow participants to discuss upcoming trips, including private trips and others not sponsored by our Section.

Steve Stearns will make arrangements and reservations for a February or March Trip Leadership class. Dan will make arrangements

and reservations for the Basic Backpacking class. Steve Sergeant will make arrangements and reservations for the Lightweight Backpacking class.

Our annual trip planning meeting is tentatively scheduled for the week of February 27, 2006.

### Evening Program

Steve Sergeant gave a mini-workshop on Leave No Trace. 🌱



