

# Sierra Club News



November-December 2009  
**NORTHEAST OHIO GROUP**  
<http://ohio.sierraclub.org/northeast/>

**“When we try to pick out anything by itself, we find it hitched to everything else in the universe.”**  
*John Muir, Founder of Sierra Club*

## See You at the **General Program**

Enjoy an interesting presentation and meet fellow Club members at the NEO Group’s periodic gatherings for members and the general public.

## Our Changing World: Attitudes and Latitudes, Planning for 2010

Wednesday, December 16th at 6:30 PM  
 Nature Center at Shaker Lakes  
 2600 South Park Boulevard  
 Cleveland, OH 44120  
 (216) 321-5935

Enjoy a bit of winter cheer and meet your fellow club-members! Join us to brainstorm and plan the NEO group’s goals, events and activities for the year to come! There will be a potluck dinner, so please bring a dish to share. Beverages will be provided.

---

For current updates, call the  
 NEO Sierra Club phone: 440-843-7272.

## From the Chair

*by Pat McKenna*

### Executive Committee news

A new Executive Committee member joined us in September. Please welcome **Susie Acerra**, who was kind enough to sign on as our new Secretary.

### Membership

With August came **96 new members** and **12 members** transferring in from other groups. Thank you all for joining or transferring. We couldn’t do it without you!

Please join us at our **Conservation Committee** meetings on the 2nd Wednesday of each month, 7pm, at the *Church of the Covenant* on Euclid Avenue in Cleveland. Your continued support allows us to enforce the Sierra Club mission to preserve, protect, and enjoy our natural heritage.

### Inner-city Outings

Our **Executive Committee** decided this past month to form a tighter union with our **Inner-City Outings Group**. Watch for articles about the work they do with children!

### Get Active

Welcome to our new active members!

- Susie Acerra
- Max Banas
- Art Hanson
- Peter Laakso
- Rosemary Palmer
- Rebecca Sanford
- Ellie Schanz
- Patti Seel

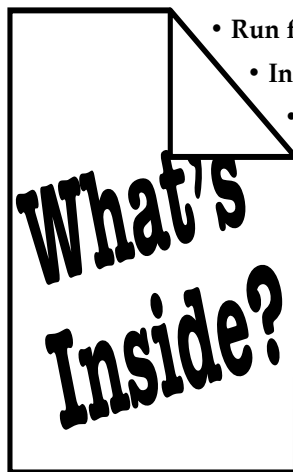
My apologies if anyone was left out. Please let me know and I’ll add you to the next e-news!

## Vote NO on Issue 2!

*by Laurel Hopwood*

**Issue 2** is not simply a new law--it would **amend** Ohio’s constitution. The *League of Women Voters of Ohio* **oppose** Issue 2 because this measure is an inappropriate

*Continued on page 2*



- Run for NEO ExCom..... 2
- Inner City Outings ..... 2
- Peruvian Rainforest..... 3
- Advanced Energy Bill..... 4
- Meetings Calendar ..... 4
- Outings and Events..... 5
- Go Green, Save Green ..... 5
- NEO Directory ..... 6
- Wanted: Green Builders ..... 6
- Green Tips..... 7
- Activists Corner ..... 7

## Vote NO on Issue 2

Continued from page 1

ate use of the state constitution. By voting to amend the constitution, a dangerous precedent is created which sets a permanent place for special interests.

Here's the background:

Most Old MacDonald's have been taken over by big agribusiness. Most livestock are now raised in **factory conditions**, where they are jammed together so closely that they are unable to move about. Not only is this inhumane, but also the stress incurred is a recipe for disaster. Diseases spread and the animals are treated with antibiotics. It's no wonder that we are going back to the pre-penicillin era as common antibiotics are no longer working.

The *Humane Society of the United States* (HSUS) worked with citizens in 6 states to get these horrific cages and crates banned. When the HSUS attempted this in Ohio, agribusiness got scared and pulled a pre-empt to prevent the banning of factory cages. They urged the Ohio assembly to get a ballot initiative on the November ballot - a **Constitutional amendment** for a **livestock board** to develop guidelines for the raising of livestock. Once cemented into the state constitution, this **livestock board** would have the power to **override acts** by the state legislature and **play down public debate**, which would infringe on our democratic rights, the foundation our country was built on.

The *Ohio Farm Bureau*, *Ohio Pork Producers Council*, and the *Ohio Cattleman's Association* are some of the players spearheading the campaign to push for the passage of Issue 2. Instead of working for a better system of raising animals, agribusiness is spending \$7 million to pass a nicely-worded amendment that will serve one purpose: to fatten their bank accounts.

**Vote NO on Issue 2.** Don't allow special interests to hijack the state constitution!

Please contact me, **Laurel Hopwood**, for more information. <[lhopwod@roadrunner.com](mailto:lhopwod@roadrunner.com)>

## We need YOU on the NEO Executive Committee!

Environmental leadership awaits you on the Sierra Club's Northeast Ohio Group Executive Committee! As an executive committee member, your knowledge and passion will help govern and guide the group next year and beyond. You will have a chance to direct our budgets and determine how we proceed with our conservation and outings efforts. Whether or not you have previous activist experience, you will be empowered to lead on dynamic efforts like our outreach program. If you wish to pursue other conservation goals, senior activists can advise you, and there are financial and organizational resources available.

Leadership experience as an activist fuels personal growth and accelerates the development of management skills you can use throughout life. This experience is also a great reference if you wish to pursue an environmentally-related career or a position with any employer who respects your dedication to protecting the Earth.

We're now accepting nominations for the two-year Executive Committee term beginning in January 2010. Please submit a short introduction and description of your interests as they relate to the Sierra Club via email to our secretary, Susie Acerra at [susan\\_gubany@yahoo.com](mailto:susan_gubany@yahoo.com). If you prefer to mail your statement, please send it to our group address at P.O. Box 476 Avon, OH 44011. Nomination statements must be received by November 30th. A paper ballot will be mailed out for elections in December.

## Cleveland Inner City Outings and C.A.S.T.L.E. High School

by Steve McPhee

On October 3rd, the first Inner City Outings (ICO) event was offered to students in the science program at C.A.S.T.L.E. High School. Five students, 2 ICO leaders, and the science teacher attended the Fall Festival at Lake



*Host for the  
Eastside meetings of the  
Northeast Ohio Sierra Club*

2600 South Park Boulevard  
Cleveland, Ohio 44120-1699

Nature Center  
AT SHAKER LAKES

Environmental Town Hall: The Green Triangle Project  
November 18, 2009, 7:00 p.m.

In the City of Cleveland, there are over 3,300 acres of vacant land, and the number is increasing each month. A new movement seeks to convert this unused land into productive green space. Called "Re-Imagining a More Sustainable Cleveland" by the Cleveland Urban Design Collaborative, strategists aim to reutilize vacant lots and reuse abandoned properties, both in the city's landbank and in the hands of private owners who might be interested in an opportunity to convert their property to, for example, an apple orchard or other green space.

The Green Triangle Project has taken the movement a step further through their "bioneering" work, which utilizes permaculture and land bank lots to create entire urban food forests, green jobs and academic enrichment for Cleveland-area schools.

Come to the Nature Center on Wed., Nov. 18, at 7 p.m. for a presentation entitled "The Green Triangle Project: Using Permaculture, Linking People, Food, Land and Local Economies." Meet the pioneers of this movement who are redefining green space development and economic empowerment. This event is part of the Nature Center's Environmental Town Hall series and is free and open to the public.

For more information or to make a reservation, call David Wright, Outreach and Audience Development, 216-321-5935 ext. 233, or e-mail [wright@shakerlakes.org](mailto:wright@shakerlakes.org).

Call 321-5935 for reservations and information or visit [www.ShakerLakes.org](http://www.ShakerLakes.org)

FarmPark for a day of fun, fresh (mostly) air, and educational farm activities. The favorite activities included a wandering trip through a corn field cut into a maize. The corn stalks were taller than the tallest students and surrounded all with green and nature. There were also lots of raccoon tracks and partially chewed ears of corn. Another favorite was watching the sheep dog herd a small flock of sheep to the shouted directions of the shepherd. The dog would approach the sheep in a stalking fashion which would scare them to run away. By directing the dog left, right, away, and forward, the sheep were kept together and close to the shepherd. Other activities included milking a cow, making cheese, apple cider pressing, bee keeping and honey production, and sampling some handmade ice cream. The day was completed by seeing a balloon sculpture exhibit made from over 30,000 balloons. There were planes, cars, a chicken coup with chickens and eggs, a tree with a swinging girl and mischievous boy, a frog, and more.

Most of the participants in ICO outings have had little or no visits to forests or large parks, and have not hiked, paddled, or skied before. We hope these ICO experiences will help our students to understand their place in nature and the world better, and foster more respect and appreciation for nature. With some, we hope an interest in Sierra Club and environmental stewardship will grow and thrive.

Sierra Club leaders have run an active ICO group in Cleveland since 1989. ICO is organized as an outreach program of the Sierra Club Foundation, and there are groups in major cities across the country. To volunteer as an assistant leader on ICO outings, contact Steve McPhee for C.A.S.T.L.E. HS outings at (440) 891-0714 Fix-ItSteve@GMail.com or Claire Brugnoletti for Goodrich Gannet Neighborhood Center (aged 7 – 12) outings at (216) 932-6618 Claire5@Stratos.net. Cleveland ICO does our own fund raising to pay for outing expenses. Donations can be made to "The Sierra Club Foundation, FBO Cleveland ICO" and are federal income tax deductible. Mail them to Steve McPhee, 19 Parkview Drive, Berea, OH 44017 or directly to TSCF in San Francisco. You can find instructions and more information online at <http://www.sierraclub.org/ico/donate.asp>

From their home page, at 1729 Superior Avenue in Cleveland, is C.A.S.T.L.E High School, the Cleveland Academy of Scholarship, Technology, and Leadership Enterprise. Their motto is "Our People Make the Difference in Student Success." By "People" they mean the "caring and highly-qualified staff, and active parents [who] work to cultivate leaders who are well-rounded and productive citizens in accordance with both our vision and mission." They "do this by instilling our 7 Core Values into the minds of our students and providing curriculum, programs, activities, and opportunities

that are either Relevant, Rigorous, or Rewarding (The Three "R's")." The parents and staff at C.A.S.T.L.E High School can add the Sierra Club leaders to their group of "People" who care enough to take the time to help shape their children of today into the leaders of tomorrow.

## **Social Injustice and Environmental Destruction in the Peruvian Rain Forest**

### **Part 1**

*by Mershona Parshall*

This past spring, I was in the **Peruvian Amazon** learning from an indigenous *curandero* about the amazing *pharmacopoeia* of the jungle. A *curandero*, or healer, channels the powers of nature to help heal the sick. Sometimes this healing involves using herbs and traditional folk medicine, but it can also involve communication with the spirit realm.

My idyllic jungle experience was forever altered on **June 5, 2009**, when I learned that militia, sent by the Peruvian Government, had fired upon, killed, and wounded peaceful indigenous protesters in Bagua, a town in northern Peru. I learned that, for many months, **Amazonian Indians** had been protesting against **President Alan Garcia's** policy to open up over **70% of the Peruvian Amazon** to international oil, gas, mining, logging, and agribusiness interests for major exploitation. Garcia used special powers to push through legislative decrees after signing the **Free Trade Agreement** with the United States during the **Bush administration**. These decrees were to allow virtually unlimited access to much of Peru's Amazon for major resource exploitation regardless of environmental consequences or human rights violations against Amazonian Indians.

The **June 5th massacre in Bagua** attracted international outrage, and Garcia was forced to repeal two of the most egregious decrees. The **UN Special Rapporteur** and other human rights organizations condemned the Peruvian Government's handling of the situation. Regardless of international pressure, the Peruvian Government has pressed criminal charges against leaders of the indigenous movement despite its own human rights offenses, and has ignored the recommendations of the United Nations.

Garcia touts **extracting resources from the rain forest** as the solution to reducing the substantial poverty in Peru. He complains that the indigenous people are "ignorant savages" who are holding back progress. Yet, he ignores the fact that *oil and gas extraction has left other*

*Continued on page 4*

## Peruvian Rainforest

*Continued from page 3*

parts of the Peruvian rain forest so polluted the indigenous people can no longer eat the fish or drink the water in their rivers. Since June 5th, Garcia has attempted to undermine the cohesive objections of the Amazonian indigenous tribes and he has not consulted with them, as promised, about impacts on their ancestral territories by international extraction corporations.

The **Shipibo-Konibo tribe** is one of the largest indigenous tribes in the Peruvian Amazon. The Shipibo-Konibo have maintained a strong tribal identity despite hundreds of years of exploitation. They are known for their exquisite art, their traditional knowledge of Amazonian plants, and powerful curanderos. Their territory runs along the Rio Ucayali, a major tributary of the Amazon River. In response to the present threats to indigenous territories, the Shipibo-Konibo have decided to organize themselves politically to protect their territory, culture, conserve the rainforest, and promote sustainable economic development. Leaders met in June 2009 after the massacre and will meet again on October 16-18, 2009 for the *2nd Congress of the Shipibo-Konibo* in Pucallpa, Peru. At that time, Shipibo-Konibo leaders will formalize their organization and make plans to address the environmental threats and human rights violations being supported by the present Peruvian administration.

Peru has some of the most biologically diverse **rain forests** in the world. *Once the rain forest is bulldozed, logged, or burned, it is gone forever.* As you read this article, the Peruvian Government is forging ahead with its agenda by auctioning off yet more parcels of the jungle for resource exploitation. I will be attending the *2nd Congress of the Shipibo-Konibo*. Part 2 of this article (to be run in the January e-newsletter) will focus on how the Shipibo-Konibo tribe plan to proceed in their efforts to save their sizable territory and how we can help them.

## New Ohio Advanced Energy Fund Bill Sponsored by Mike Foley

*By Dave Simons, Energy Chair*

State Rep. Mike Foley recently introduced a bill, HB 301, to finance the Ohio Advanced Energy Fund (co-sponsored by Celeste, Skindell, Hagan, Stewart, Letson, Murray, Harris, Prior, Yuko, Domenick, Ujvagi, Yates, Harwood, Winburn, and Williams). We need to rally support for this bill. Please WRITE OR CALL your state Representative to help push this bill through the House. This program is one good answer to help defeat global

*Continued on page 5*

## Meetings Calendar

**Nov 11, 7:00 pm, Conservation Committee** (2nd Wednesday) Church of the Covenant, 11205 Euclid Ave. All are welcome. For Conservation Committee, call Dennis Plank (216)939-8229.

**Nov 11, 7:00, Population-Environment Committee** (This Committee meets as a Sub-Committee of the Conservation Committee on the 2nd Wednesday of the month, 7 PM) Church of the Covenant, 11205 Euclid Ave. Call Dennis Plank for more information (216)939-8229.

**Inner City Outings** Email Claire Brugnoletti at Claire5@stratos.net for the date, time and location.

**Nov 15, Rainforest Committee** (3rd Sunday). Call Michael Melampy, (440)826-2263, for time and place.

**Nov 18, 7:00 pm, Executive Committee** Fairview Park Library, 21255 Lorain Rd (440)-333-4700). For Executive Committee, call Pat McKenna (248) 505-3550.

**Dec 9, 7:00 pm, Conservation Committee** (2nd Wednesday) Church of the Covenant, 11205 Euclid Ave. All are welcome. For Conservation Committee, call Dennis Plank (216)939-8229.

**Dec 9, 7:00, Population-Environment Committee** (This Committee meets as a Sub-Committee of the Conservation Committee on the 2nd Wednesday of the month, 7 PM) Church of the Covenant, 11205 Euclid Ave. Call Dennis Plank for more information (216)939-8229.

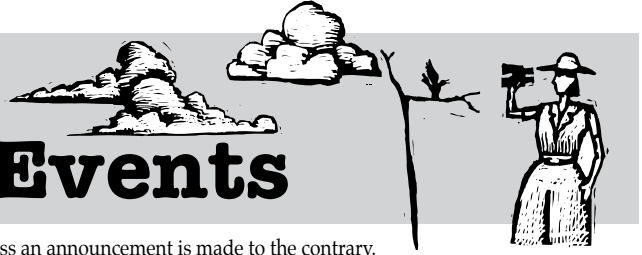
**Dec 16, 6:30 pm, Executive Committee** Rocky River Nature Center, 24000 Valley Pkwy (440) 734-6660. For Executive Committee, call Pat McKenna (248) 505-3550.

**Dec 20, Rainforest Committee** (3rd Sunday). Call Michael Melampy, (440)826-2263, for time and place.

**Inner City Outings** Email Claire Brugnoletti at Claire5@stratos.net for the date, time and location.



# Outings and Events



National Sierra Club by-law: No pets are allowed on outings unless an announcement is made to the contrary. Seeing-eye dogs are always allowed.

## NEO Outings and Events

NEO group outings are led by volunteer members who enjoy meeting other members, walking the earth, and finding inspiration to help protect it. Local outings have a lot of support from the national Sierra Club, and a newsletter and Handbook for Leaders exist to help organize outings. If you are interested in participating as an outings leader, please contact Dennis Plank at 216-939-8229 [dennislakeerie.aol.com](mailto:dennislakeerie.aol.com).

Friday, January 1, 2010, 1 PM. **Cross Country Skiing in Brecksville.** What a beautiful and healthy way to start off the New Year! If there should happen to be no snow, a hike will replace skiing. For details (meeting point, etc.), contact Fred Oswald a few days before New Years: 440-888-5829 or [fredoswald@gmail.com](mailto:fredoswald@gmail.com).

## Non-NEO outings:

Friday, November 6, 2009. **The Wild and Scenic Environmental Film Festival on Tour.** Reception at 6 PM, Film Fest at 7 PM.

The evening starts with a reception where you can meet representatives from local environmental groups and enjoy food, \$3 beer and wine bar featuring Great Lakes Brewery beers and organic wines, and entertainment. Then enjoy a screening of The Wild and Scenic Environmental Film Festival on Tour, seven environmental films helping to raise awareness of the natural world and our role in it. Join David Beach, director of the Museum's GreenCityBlueLake Institute, for a Q&A session after the films. Hosted by the Nature League.

Tickets: Please call the Museum Box Office at (216) 231-1177 or register online. Non-members: \$15; Museum members: \$10; High school students: \$5

---

## Energy Fund Bill

*Continued from page 4*

warming, and eliminate the pollution and land destruction caused by our addiction to coal.

The Ohio Advanced Energy Fund complements the Ohio Advanced Energy Portfolio Standard that requires our utilities to produce 12.5% of their power from renewables, like solar and wind, by 2025. HB 301 replaces the soon to expire Advanced Energy Fund with a new Fund of the same name that lasts until 2025, and has ELEVEN times as much revenue. The existing fund has spent about \$7 million, so far. HB 301 should yield \$100 MILLION PER YEAR to help our transition to our clean energy future. This means GOOD JOBS for Ohioans in the clean energy industry.

You can benefit personally in a big way. Would you like to install a small wind turbine, solar electric panels, or solar hot water and space heater in YOUR home? The new Advanced Energy Fund provides grants covering HALF the cost. With state and federal tax credits added in, your home renewable energy project could only cost a small fraction of the full retail cost. Does that change your affordability bottom line? The Advanced Energy Fund also helps manufacturers with energy efficiency projects and for installing larger scale solar, wind, biomass, cogeneration, etc. You can find out more about your personal benefits at: [development.ohio.gov/cdd/](http://development.ohio.gov/cdd/)

[oeel/ELFGrant.htm](http://oeel/ELFGrant.htm). And Green Energy Ohio, the local chapter of the American Solar Energy Society, can help educate you about renewables and demystify the subject: [GreenEnergyOhio.org](http://GreenEnergyOhio.org). Sierra Club has a national Clean Energy Campaign with extensive web resources: [SierraClub.org/energy](http://SierraClub.org/energy).

As one of three primary Sierra Club goals, decided at the 2005 Sierra Club Convention and Expo, we regard the transformation of our energy producing systems to be THAT important!

## Saving Green by Going Green

*by Laurel Hopwood, [lhopwood@roadrunner.com](mailto:lhopwood@roadrunner.com)*

For homeowners thinking about how to cut their energy bills, money can be saved thanks to new and renewed **federal tax incentives** for energy saving home improvements.

The **payback time** in energy savings will vary depending on the project and the going cost of energy: a couple of years for insulation, perhaps as much as 15 years for major systems.

Examples include:

*Continued on page 6*

# Sierra Club Northeast Ohio Group

PHONE: 440-843-7272

*Executive Committee Chair* – Pat McKenna

*Conservation Committee Chair* - Dennis Plank, Michael Melampy

*Executive Committee Vice-Chair* – Richard Clark

*Secretary* – Susie Acerra

*Treasurer* – Bill Seifert

*Fundraising* – Pat McKenna

*Membership Chair* - Richard Clark

*NEO Group Representative* - Jane Halbedel

*Outings* - Dennis Plank

*Political* - Richard Clark, Dennis Plank

## Conservation Subcommittees

*Agriculture* - Laurel Hopwood

*Climate Change* - Jane Halbedel

*Coal* - Bob Greenbaum, Trey Howard, Randy Cunningham

*Endangered Species/Wildlife* - Dave Dvorak

*Environmental Justice* - Laurel Hopwood, Dennis Plank

*Human Health & Environment* - Laurel Hopwood

*Inner City Outings* - Claire Brugnoletti

*Public Lands* - Dave Dvorak

*Population* - Dennis Plank

*Programs and Events* - Steve Gove

*Rainforest* - Michael Melampy

*Recycling* - Bill Siefert

*Water Quality/Habitats* - Bob Shields

*Wetlands* - Dennis Plank, Bob Shields

## Contact Information

Susie Acerra, susan\_gubany@yahoo.com

Claire Brugnoletti, Claire5@stratos.net

Richard Clark, 216-397-3341, rclark@jcu.edu

David Dvorak, (216) 932-3517 bigskydvor@aol.com

Steve Gove, (440) 237-8836

Bob Greenbaum, (216) 382-4321, bombhumbug@att.net

Jane Halbedel, (440) 356-9285 tthalbs@msn.com

Laurel Hopwood, lhopwood@roadrunner.com

Pat McKenna, (248) 505-3550, mckenna-p@sbcglobal.net

Michael Melampy, (440) 826-2263 mmelampy@bw.edu

Regina Perna, (440) 285-9477 reginaperna@windstream.net

Dennis Michael Plank, (216) 939-8229 dennislakeerie@aol.com

Bill Seifert, (440) 934-6508 wmseifert@hotmail.com

Bob Shields, 899-1729 hiker52@oh.rr.com

Speakers Bureau (440) 843-7272

## Saving Green, Going Green

*Continued from page 5*

For **home improvements** such as insulation, caulking, energy-efficient windows, doors and roofs, non-solar water heaters and certain high-efficiency heating and cooling equipment: tax credits up to \$500, depending on the item. Improvements must be put in service in 2009.

**Solar energy systems:** tax credit for 30 percent of the cost of hot water and photovoltaic systems placed in service between Jan. 1, 2006, and 2016. Through this year, there is a \$2,000 cap. Starting in 2009, the cap is lifted for photovoltaic systems, but not for solar water heaters.

**Geothermal heat pumps:** tax credit for 30 percent of the cost, up to \$2,000 for systems installed from 2009 through 2016.

The **U.S. Green Building Council** offers a *Green Home Guide* ([www.greenhomeguide.org](http://www.greenhomeguide.org)) with information on ways to make your home more energy-efficient and how to receive tax credits.

This **site** also has a wealth of info: [http://www.energystar.gov/index.cfm?c=products.pr\\_tax\\_credits](http://www.energystar.gov/index.cfm?c=products.pr_tax_credits)

## Wanted: Green Builders

Sustainable and efficient building practices are critical to cleaning our environment and promoting good-paying green jobs! As the Ohio Chapter continues to push for stronger building codes and other sustainable building policies, we need all the help we can get! We need builders, contractors, and architects who can submit testimony about the value of green buildings in both

## NEO Sierra Club News

*Sierra Club News* is published bimonthly in January, March, May, July, September, and November.

Editor: Andi Whitaker, 440-826-1681, SierraAndi@gmail.com

Technical Reviewer: Bob Greenbaum, bombhumbug@att.net

Copy Editor: Jean Church

Layout, Tom Rask, 216-321-8006, tmr2@case.edu

### Submissions

Deadline - The next newsletter deadline is **Friday, December 11**. Send contributions to Andi Whitaker at SierraAndi@gmail.com. Items received after the deadline will be considered for the following issue.

All members and environmentalists are encouraged to contribute items for publication. Articles should be no more than one page single spaced typed. Pictures are encouraged. Ideas and feedback are welcome. All content will be reviewed and edited for consistency, clarity or libel.

### Subscriptions

All NEO Sierra Club members receive the newsletter free of charge.

residential and commercial settings, write letters-to-the-editor, and demonstrate successes with incorporating efficiency and renewable technologies into building practices. For more information, contact Jen Miller at [atjennifer.miller@sierraclub.org](mailto:atjennifer.miller@sierraclub.org) or 614.461.0734 ext 304.

## Green Tips

by Pat McKenna, Chair NEO Sierra Group

Reheating a slice of pizza or preparing dinner for your family? You might have several appliances available in your kitchen that can handle both of these tasks, but the one you choose—and how you use it—can have a significant **impact** on your energy consumption.

The energy consumed by **electric appliances** is measured in **watts**. The energy consumed by **gas appliances** is measured in **British thermal units** or **Btus**. One Btu is equal to approximately 0.293 watt-hours. Check the label on the back of each appliance to find its average wattage, and multiply that figure by the number of hours required for cooking to determine which appliance would be the most efficient for your needs. For example, heating water in a 900-watt microwave oven for five minutes (0.083 hour) uses much less energy (75 watt-hours) than an electric stovetop, which can use up to 2,000 watts (167 watt-hours) in the same amount of time on its “high” setting.

Here are some other ways to **use less energy** in the kitchen (no calculator required):

**Think small. Ovens:** In general, the smaller the oven, the less energy used in cooking, so choose the smallest appliance suited to the task. **Stovetops:** With an electric stovetop, make sure your pan completely covers the heating element. With gas burners, make sure the flame is fully below the pan; otherwise, you’re paying to heat the air around the pan, not just the pan itself. Also, use the appropriate size pan for your meal.

**Keep appliances clean.** Clean surfaces maximize the amount of energy reflected toward your food.

**Keep a lid on it!** Covered pots retain heat and help cook food more quickly.

**Take advantage of residual heat.** Turn off the oven or electric stovetop several minutes before the recipe indicates. Both will stay hot enough to complete the cooking process.

**Don’t preheat** the oven unless a recipe requires it.

**Use the right cookware.** Glass and ceramic cookware conducts and retains heat better than metal. If a recipe calls for a metal baking pan, switching to glass or ceramic allows you to lower the oven temperature by 25 degrees.

**Don’t peek.** Opening the oven door can lower the internal temperature by as much as 25 degrees. Use a timer to set the cooking time, and be sure your oven window is clean enough for you to see how your dish is progressing.

## The Activists’ Corner

**To identify your state and federal elected officials**

Visit [www.congress.org](http://www.congress.org) and enter your zip code

**To reach U.S. Senators and Representatives**

U.S. Capitol switchboard: 1-202-224-3121

**U.S. Senate**

Washington, DC 20510

[www.senate.gov](http://www.senate.gov)

**U.S. House of Representatives**

Washington, DC 20515

[www.house.gov](http://www.house.gov)

**To reach the White House**

President George W. Bush

The White House

1600 Pennsylvania Ave.

Washington, DC 20500

202-456-1414

[president@whitehouse.gov](mailto:president@whitehouse.gov)

**To reach State Senators**

Ohio Statehouse

Columbus, OH 43215

**To reach State**

**Representatives**

Ohio House of

Representatives

77 South High Street

Columbus, OH 43266-0603

**To reach the Governor**

Gov. Ted Strickland

77 South High Street

30th Floor, Riffe Center

Columbus, OH 43266-0601

614-466-3555

**For updates on Sierra Club legislative priorities**

Call 202-675-2394 or log on to [www.sierraclub.org](http://www.sierraclub.org)

**Activist Calling Instructions:** For those new to calling state or federal representatives, it’s easier and less confrontational than it sounds. You will never speak directly with your rep or senator – an aide will answer the phone, take brief notes plus your name and city (sometimes), and that’s it.

When calling either state or federal government offices, you will not need to go into detail or defend your position. No one will ever argue with you. They may ask questions to clarify what issue you support or don’t support. But it’s usually as simple as saying: “Please let my rep know that I want him/her to support Bill number XX” (if there is a number), or “green building standards in schools”, or “more renewable energy”; or “I do not want the US to drill for oil in ANWR!” The staff taking the calls are there to receive your information and forward it on or to provide information you request. They will not question what you support or your beliefs. You will never know if they personally do not agree with you.

One phone call is a lot more important than you may think! A long-time aide in Washington explained that, if a congress person receives many calls at their office, the aide will actually call the congress person on their cell phone, even if they’re on the floor of the Capitol, debating. When asked, “How many is a lot?” her response was, “About 20.” Your one call can make a difference.