

# Palisades Views



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July 2011

## “Ethical eating” helps protect environment

By Virginia Woulfe-Beile  
ExCom member

The Piasa Palisades Group and Oblate Ecological Initiative recently hosted an “Awakening the Dreamer” seminar on environmental, social and personal well-being at St. Ambrose Community Center in Godfrey.

Participants contemplated the roots of current imbalances and how citizens of the earth must discover new ways to relate with each other to launch a movement of change.

An environmental subcommittee spun off the social-action portion of the seminar. Members chose “ethical eating” as the theme of one of their community-outreach projects.

Ethical eating requires people to respect the organisms they consume and choose foods produced in humane ways, protecting the environment, consumers, farmers and others involved in production and distribu-

tion.

Hunger is both a local and international problem that can be approached in a variety of ways. Political advocacy is needed to support government programs that feed the hungry.

Access to healthy food and clean water is a basic human need and right. Yet many people lack adequate supplies while others have surpluses.

In many locations, poor food distribution is a major cause of hunger. Climate change, weather conditions and armed conflicts also can lead to starvation. Paradoxically, abundance does not guarantee access to healthy food.

Steps need to be taken to ensure an adequate food supply for the fast-growing world population; to reduce the use of energy, water, fertilizer, pesticides and hormones in food production; and to stop the inhumane treatment of animals.

This points toward an eating pattern that emphasizes plant-based foods over animal-based foods. We must develop an understanding of food choices, the health effects of particular foods and the issues of

## CALENDAR

**Friday, July 15 Piasa Palisades Group monthly moonlight hike** at Watershed Nature in Edwardsville. A 90-minute walk by the light of the full moon. This is a special habitat at night, and hopefully we’ll see the moon rise. Meet at 8 p.m. at the interpretive building, 1591 Tower Ave. Bring bug spray and water, if desired. Restrooms available. For more information, call leader Chris Krusa at (618) 288-2681. A map can be found at <http://www.watershednaturecenter.com/information.php>.

**Wednesday, July 20 Piasa Palisades Group monthly bike ride.** Leisurely, 10-mile loop with some hills on the Heritage, Goshen and Nickel Plate trails. Take a new side trail to get ice cream at Culver’s. Meet at 6 p.m. in the first parking lot at Miner’s Park, off South Main in Glen Carbon. Helmet required. For more information, contact Jim Bensman at (618) 463-0714 or [jbensman1@charter.net](mailto:jbensman1@charter.net). In case of questionable weather, call if you are not on the outings listserv.

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## NOTICE

As is traditional, the Piasa Palisades Group will not hold monthly meetings in July and August. See you in September!

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# CALENDAR

**Sunday, July 24 Renewable energy fair** in Edwardsville, hosted by the Sierra Club. “Re-energizing America: Choices for Our Future” will be held from 11 a.m. to 3 p.m. at Watershed Nature Center, 1591 Tower Road. Activities include experts showcasing products and services, hands-on youth projects and presentations such as “Algae Biofuels of the Future” at noon, “Energy Audits and DIY Energy Efficiency” at 1 p.m. and “Reliable and Affordable Solar Technologies” at 2 p.m. Free and family friendly. For more information, call Christine Favilla at (618) 462-6802, e-mail cfavilla10@sbcglobal.net or visit <http://illinois.sierraclub.org/piasa-palisades>.

**Saturday, July 30 Ethical Eating Workshop** and Discover Local Event, sponsored by the Sierra Club (see related article). Meet from 9 a.m.

## FOOD

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production, worker treatment and transportation methods.

If you are concerned about the earth’s food dilemma and want to make better food decisions, join us for an Ethical Eating Workshop and Discover Local Event sponsored by the Sierra Club.

Hours are 9 a.m. to 1 p.m. Saturday, July 30, at Jacoby Arts Center, 627 E. Broadway in Alton. Marcie Nagle will lead the workshop, covering social justice and environmental and animal rights issues.

Chefs, farmers and other food producers will showcase local food sources and “green” services and products. Meat, eggs and produce will be sold (see CALENDAR for more details).

to 1 p.m. at Jacoby Arts Center, 627 E. Broadway in Alton. The cost is \$10. Make checks payable to the Piasa Palisades Group and send them to 223 Market St., Alton, IL 62002. Or RSVP to cfavilla10@sbcglobal.net or (618) 465-6802 and pay at the door.

**Saturday, Aug. 13 Annual Sierra Club picnic** at Beaver Dam State Park near Carlinville. Mark your calendar and join us for this free and fun event! Meet from 11 a.m. to 3 p.m. at Pavilion No. 4. The club will provide grass-fed and vegetarian barbecue and hand-squeezed lemonade. Bring a side dish or something sweet and your own reusable plates, silverware and cups. Please, no disposable Styrofoam, plastic or paper. Other activities will include canoeing, hiking and washers. All ages welcome. Please RSVP to Virginia Woulfe-Beile at (618) 977-2319 to give us an idea of how much barbecue to cook. For directions and more information about the park, visit <http://dnr.state.il.us/lands/landmgt/parks/r4/beaver.htm>.

## NON-SIERRA CLUB ACTIVITIES

**Thursday, July 14 Hoop’n It Up** at the Discovery Garden at La Vista Park in Godfrey. The Community Cultivators invite people of all ages to watch expert hula hoopers demonstrate techniques from 6 to 7:30 p.m. Hooping is fun, and it’s a good form of exercise. Hoops can be loaned to people who don’t have their own. The 1-acre organic garden is at 2421 W. Delmar. For more information, call Virginia Woulfe-Beile at (618) 977-2319 or Jaime

Hine at (618) 772-6315, visit [thediscoverygarden.org](http://thediscoverygarden.org) or “like” the garden on Facebook.

**Thursday, July 14 and 28 Prairie walks** at Heartland Prairie in Alton. Piasa Palisades Group staff person Christine Favilla will lead the first one. Meet at 6:30 p.m. at the trailhead for a leisurely walk through the native prairie. It’s across Illinois 140 from the main entrance to Gordon Moore Park. Relax afterward with drinks, snacks and socializing. Wear comfortable shoes and a hat and bring water and a plant-identification guide, if desired. For more information, contact Favilla at (618) 462-6802 or Nan Adams at (618) 655-0170.

## WANTED

### NEWSLETTER VOLUNTEERS

— Could you spare about two hours a month for a good cause? We need more volunteers to fold newsletters and stuff envelopes to prepare for the Palisades Views mailing. Hours are about 10 a.m. to noon one Thursday a month in the Alton office. It’s fun! For more information, call Carole Massalone at (618) 462-0288.

### GRANITE CITY RESIDENTS

— We’re looking for Granite City residents interested in turning their city into a Cool City (where local government reduces its use of natural resources to stop global warming). The Piasa Palisades Group has been asked by members of faith-based group to help them work with local officials. For more information, contact Christine Favilla at cfavilla10@sbcglobal.net or (618) 462-6802.