



Spring 2022 Newsletter1 message

Sun, May 22, 2022 at 7:20 PM

RAINBOW SIERRANS

Newsletter, Spring 2022

Greetings from the Chair "More Than Just a Hiking Club"

Greetings Rainbow Sierrans,

During these tough times, we want to provide opportunities for folks to have fun, get restored by the healing powers of nature, and connect with others through hikes, bike rides, parties, movie nights, and picnics. At the same time, we don't want to lose sight of the Sierra Club's mission to explore, enjoy, **and protect**.

Environmental Activism: If there was ever a time to get off the couch and take action, it's now! A small, but dedicated, group of Rainbow Sierrans has been meeting on Zoom every other week for a *Joy and Justice* hour. We socialize, get informed, and give each other encouragement as we write postcards, emails,

even tweets addressing local, state, and national issues regarding the environment, social justice, women's rights, and democracy itself. Please join us on a first or third Tuesday at 6 p.m.

It Takes a Village: Keep your eyes peeled for other service opportunities that are on the calendar, often in collaboration with other groups; In recent months, we have biked with "Bodies for All", worked in a Community Garden with "Dykes with Drills", and fought to preserve trees during the drought with "Trees for Oakland".

Volunteer Organization: 100% of our club is run by volunteers. We need you! If leading outings is not your cup of tea, we can help you find other ways to contribute. Reach out to anyone on GovCom if you have an idea or want to know how you can help.

Looking forward to seeing you "out in nature",

Beth Bittle (Chair) and Paget Valentzas (Vice Chair)

GovCom - What We Do



Beth Bittle - Chair

As chair, I generally facilitate the Governing Committee monthly meetings. I am the key point of contact and spokesperson for Rainbow Sierrans. I also assist with various other volunteer activities to support GovCom and Rainbow Sierrans.



Paget Valentzas - Co-Chair & Camping

WHAT'S THE JOB OF A VICE CHAIR? If you have a great chair, like Beth, not much. Occasionally, I facilitate our GovCom meetings, and if Beth were unavailable to handle something that came up, I'd theoretically take the reins, or be the voice of Rainbow Sierrans, but that has never happened. My main focus this year is to offer a range of outings to our membership.



Kim Luce - Secretary & Membership

As secretary, I prepare monthly GovCom meeting agendas, take minutes at the meetings, volunteer for tasks to support group activities, perform follow-up activities, and along with the other GovCom members, steer the group to stay aligned with our bi-laws, the principles of the San Francisco Bay Chapter Sierra Club, and of the National Sierra Club.



Ann Lehr - Outings Chair

The Outings Chair provides leadership, direction, and oversight to local outings leaders. I guide new leaders through the preparation steps of first aid & outdoor leadership training, and working with a mentor to gain outings leadership experience.

When leaders post announcements on the Sierra Club calendar, I check them for clarity and completeness before they go "live." I attend (or watch) monthly videoconferences with national SC staff to stay up-to-date on policies and procedures, and I attend quarterly meetings with the SF Bay Chapter Activities Committee. I send a monthly email message to our leaders to inform them of things such as training opportunities or to recruit leaders for camping trips. I also facilitate communication among outings leaders and organize occasional gatherings for camaraderie and team-building.



Kat Zumbach - Treasurer

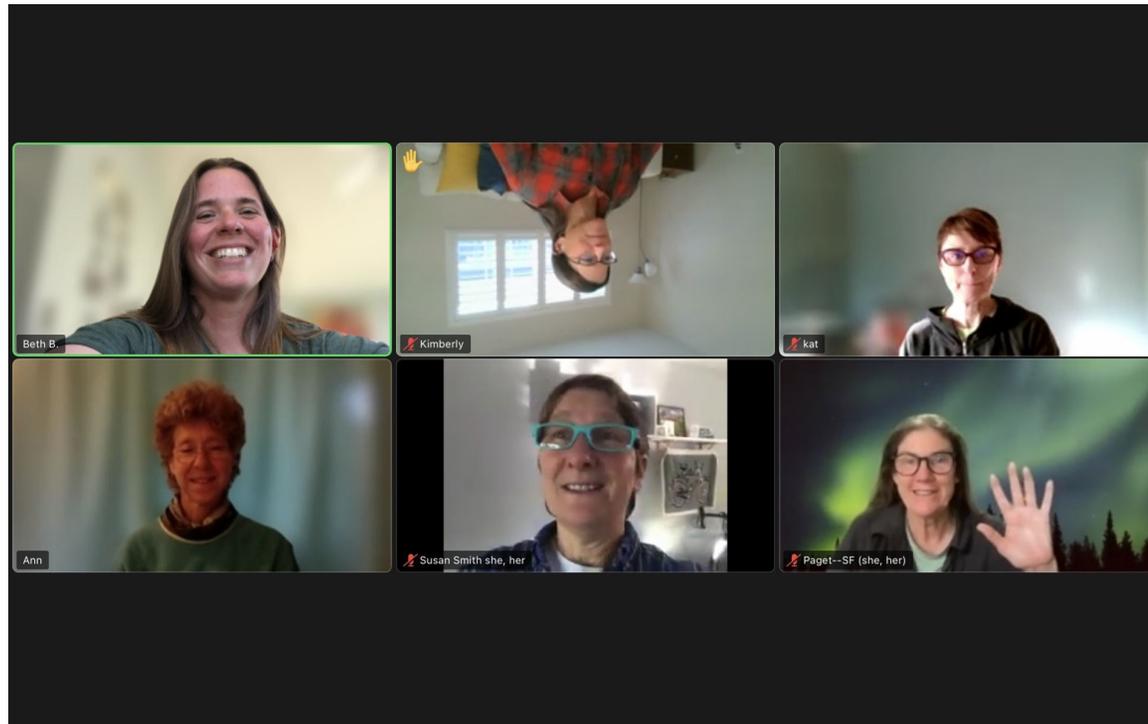
The most important thing I do as treasurer is to keep track of incoming and outgoing money. Every month I balance the books and prepare a report for the governing committee. When we are busy with outings, we book campsites, purchase supplies, and refund campers that have signed up but cannot attend.

During our busy time, there is a lot of monetary activity. In January, I do the end-of-year reporting for our chapter and send it off to our local office. In addition, I also spend quite a bit of time reconciling the invoices on our website. Every time an invoice is created it needs to be reconciled, whether that is through, payment, reimbursement, or cancellation.



Susan Smith - Treasurer in Training

I currently don't have a particular niche for Rainbow Sierrans GovCom, so I am joining Zoom meetings and offering a wee bit of input. I am ready to help bring necessary equipment and items out and back for events, picnics, and camp outs.



Screenshot of GovCom's Virtual Monthly Meeting

(Kim was feeling a little upside down, and Paget traveled to the Northern Lights!)

From the Outings Chair

Meet our newest outings leader, Laura Petracek! She enjoys hiking, swimming, camping, and cycling in the great outdoors. Laura saw a need for more easy-to-moderate hikes, so she decided to give herself a challenge and become an outings leader. Please join Laura on her bike rides and short hikes—especially with dogs.



Would you like more outings with Rainbow Sierrans? Then, be like Laura: Become a leader, and lead the outings you love!

Contact Ann: outings@rainbowsierrans.org for more information.

-Ann Lehr

Activity Escapades

by Heather Lamb, Ingrid Kreis, and Paget Valentzas

Paget's Many City Rambles

In the past few months, I have continued a series of walks around San Francisco exploring both natural and historical elements of the city. In February, walkers were treated to the bustle of Chinatown around Lunar New Year. On another walk, we reviewed a little of the history of the Castro while getting a workout on the hills and staircases above. One recent walk along the Embarcadero highlighted all the changes that have happened in Mission Bay over the past decade. I always try to highlight the green spaces of a very densely populated city. Participants have visited Glen Canyon, Twin Peaks, Buena Vista and Golden Gate Parks. A different kind of outing was attending the "Wild and Scenic Film Festival" where 11 Rainbow Sierrans were informed, awed, and inspired by the passion of activists in a selection of documentaries on environmental topics including the Tule Elk of Point Reyes, the impact of backcountry skiing on the habitats they ski through, controversies around dams and salmon, and much more. -Paget Valentzas









Yosemite Snow Weekend







More than 30 Rainbow Sierrans took to the woods in early March in our first organized group outing of 2022 and our first winter event since before the pandemic.

We had bluebird days offering crisp air, light wind, a radiant landscape and crystal skies. Yosemite Bug Rustic Mountain Resort was our home, and the front and backcountry trails of Yosemite National Park were our destination over an extended weekend.

It's been written that "snowshoeing for one mile should be undertaken by people who are in at least moderately good health." On Day 1, some 20+ intrepid snowshoers journeyed an impressive 7 miles from Glacier Point (6,900') to Dewey Point (7,200') and back. The adventure began on snow-clad Glacier Point Road and took us up through forests, alongside fluffy meadows and frozen streams, and across snowy hills to the rocky top of Dewey Point. We earned our lunch and our brilliant, cloud-free views of Yosemite Valley, El Capitan, Half Dome and the Yosemite high country! On Day 2, we pitched the 'shoes for a group hike to Mirror Lake and beyond. We were exhausted and invigorated.

Others enjoyed birding, exploring the Valley on their own, checking out Curry Village shops and eateries, relishing Yo-Bug's massages and relaxing hottub, and absorbing the park's iconic views while sipping a glass of wine or a hot cup of coffee at the historic Ahwahnee Hotel.



Shout out to Kim, Marian & Jenna for the awesome lead and memorable weekend! And thanks to all who shared stories and laughs and whose creative juices conjured future “cross-country ski weekends!” and “birding weekends!” and more! (oh my!) -Ingrid Kreis









Blithedale Canyon Hike





On April 3rd, we successfully completed a 9 mile loop starting in Blithedale Canyon, up to Blithedale Ridge and the East Peak of Mt Tam, and back down via Temelpa and Old Railroad Grade. The weather on Tam was gorgeous and sunny, with wonderful views all around the Bay and out over the Pacific. There were plenty of wildflowers out. The company, as always, was friendly and enjoyable. We were happy to welcome several hikers who had never been out with our group. After the hike, some of the group stopped at Depot Cafe in Mill Valley for refreshments, where we coincidentally discovered a rainbow Marin, first-Sunday-of-the-month meetup, with live music! What a fun day. I hope to see you out on the trail again soon! -Heather Lamb



Cinderella Bike Ride



Way to Roll!

Cycling Rainbow Sierrans pedaled their way to a magical day in the 46th annual 2022 Cinderella Classic/Challenge/Short.

Put on by the Valley Spokesmen Bicycle Club, the Cinderella is a women-only cycling event featuring varying length routes. Rainbow Sierran trip leader and cycling maven Beth Bittle thought it might be fun to corral an RS contingent to do the 31-mile “short,” and 15 cyclists – some bedecked in rainbow boas and all with their game on – met to ride as a group.

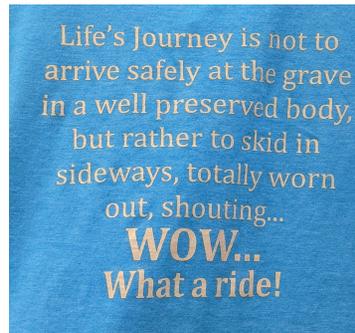
Under blue skies, RS rolled at 8:30 am, pedaling through suburban Livermore neighborhoods and past bucolic mustard fields, vineyards and grazing cows. We laughed, we encouraged, we fortified with sweet and salty snacks, we snapped dozens of pics. We grimaced as we began the climb up iconic Lemon Drop Hill but were rewarded with treats (lemon drops!) as we crested. Our final push was downhill, an exhilarating finish to a fun-filled day.

Mark April 15, 2023 for next year’s Cinderella. Word is we might get rainbow-colored handlebar tassels, and the 2nd annual RS contingent will take it to the streets. -Ingrid Kreis









Rainbow Sierrans Annual Spring Picnic



On one of spring's warmer days, approximately 30 Rainbow Sierrans came together for the Annual Spring Picnic at Lafayette Reservoir. The gathering began with a hike around the Upper Rim Trail lead by Marian Stainbrook and Karen Lee and a more leisurely nature trail walk guided by Nancy Kates. Members shared an assortment of tasty edibles and sweet treats while enjoying each others' company. Before the event ended, several playful RSers toss around a football, practice their pickle ball skills, and competed in friendly games of corn hole toss. - Editor



Outdoor Self Care - Poison Oak

"Leaves of three, let it be. If it's hairy, it's a berry.

If it's shiny, watch your hiney." -Unknown, but Clever

Summarized from the article, [Golden Gate National Parks Conservancy e-Ventures article, *The Four-Season Field Guide to Poison Oak*](#), are tips for spotting poison oak during any season.

During the SPRING, the leaves of three are...

- on erect stems
- very green
- have varying amounts of red or no red
- shiny and smooth



During the SUMMER, the leaves of three are...

- still mostly green
- turning reddish near the end of the season

And, the plants have...

- greenish and white buds that have bloomed



During the FALL, the leaves of three are...

- no longer bright green
- reddish
- starting to drop off as winter nears



During the WINTER, the leaves of three have...

- mostly fallen off the plant

But...

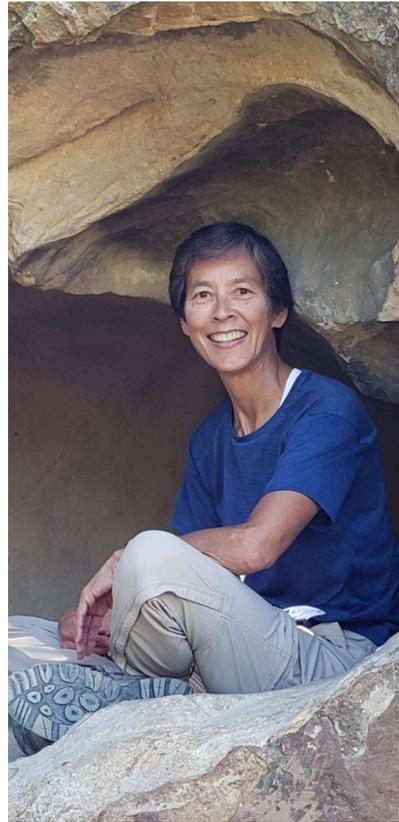
- the rash producing urushiol oil is still present on the bare erect cinnamon-colored sticks





A Chat from the Front of the Pack

by Canyon Sam



When hike leader Karen Lee was growing up in Downey, California she played about a dozen different sports. She was an excellent athlete and held many leadership positions. In her senior year of high school, she won seven out of the ten first place awards in sports, either as a team member or an individual.

When she moved to the Bay area in 1987, she channeled her prodigious energy into hiking -- first exploring the mid-Peninsula when she lived there, then a lot of the East Bay routes when she moved there ten years ago. That's why when she attended her first Rainbow Sierrans hike, in 2017, and heard the organization needed volunteer leaders she signed up without hesitation. Within months of joining, she was posting hikes.

RS had a chance to speak with Karen:

What types of hikes do you lead? **KL: 5 to 8 miles is my sweet spot, but I can also lead shorter and longer hikes.**

I was a bit mystified when I saw your post to play Aerobie-Golf. I've never seen that as a Sierra Club outing. **KL: Aerobie-Golf is a sport where you throw this rubber, frisbee-like disc with a hole in it around a 9-basket or 18-basket course. That was the summer I was recovering from a knee injury; I couldn't hike.**

Are you good at it? **KL: No. I'm a beginner. It was just for fun.**

What's your favorite environment? **KL: I love the redwoods, I love waterfalls. I love the ocean.**

What's one of your favorite local hikes? **KL: On March 10th, I led a group to Briones to see the newts. There are thousands of newts because there was lots of water this year. The newts go to the ponds, they mate, they lay eggs. There are sacks of eggs; they form larvae, they grow, and after two or three months the eggs hatch. I first heard that they had newts there when a friend of mine saw some crossing the road back in January. I then researched to see that they are often in the ponds at this time of year.**

Sounds like you have a lot of knowledge of wildlife biology. **KL: No. But when I see something interesting I research it and learn about it.**



If you could invite anyone, living or dead, to go on an outing, who would you take and where would you take the person? **KL: I'd invite my father to The Narrows in Zion National Park. That's my favorite hike in the world. He's 90 now; he can't walk far.**

What are the ways participants can help make a successful trip? **KL: Come with the attitude to enjoy the company and the outdoors. On my list of what to take on a hike, I put, "Bring a positive attitude."**

What benefit do you get being a hike leader? **KL: I love being outdoors. I'm a Seventh Day Adventist [one of the longest living communities on the globe, along with Okinawans, and Sardinians]. We believe in exercise and nutrition, along with being in the outdoors. We have a saying that the Bible is God's first book, and Nature is God's second book. Growing up, my family always walked somewhere after church - to the ocean, to the tidepools, to the gardens at Huntington Library. I enjoy giving people the opportunity to experience nature, to connect with the Earth and to connect with each other.**



Canyon Sam grew up .4 miles from Golden Gate Park. Her book, *Sky Train: Tibetan Women on the Edge of History* won the PEN American Center Open Book Award. For more, see canyonsam.com.

Growing Gratitude

"When eating fruit, stop to remember who planted the tree."

-Vietnamese Proverb

My sincere gratitude to all the GovCom members who work behind the scenes on behalf of the Rainbow Sierrans' members. By virtue of you all generously giving your time and energy, I am blessed to have the opportunity to participate in an organization that shares many of my values. -Kris Alves

If you'd like to express your appreciation for GovCom, an outings' leader, or a fellow RS member in the "Growing Gratitude" feature, please send your note to newsletter@rainbowsierrans.org.

Poetry

by Annie Stenzel

Yearning for petrichor

In the sixth year of the drought, dry air grabs each drop almost before it leaves the watering can. Conscientious citizens of our sere state already know the usual garden is doomed; only pansies in their clay porch pots survive.

In the morning cool, those pansies lift their thoughtful faces to moisture that steamed yesterday's asparagus, or kale. (Most plants don't mind grey water, just as a younger sibling used to face uncomplaining, the tub after an elder child was bathed.)

Day after long June day, we watch slim strands of cloud drape themselves across the headlands, then draw back at the sun's advance. Most of the state bakes crisp. Near the bay, a cooling fog sweeps back, late in the afternoon, and chases away the heat.

For those of us who've lived elsewhere--in places summer days might well present a change from bright to rainfall in one quick blink--this is when we long for the sudden sift: a distant thunderclap; the speed at which those rolling cumulous approach;

a dash for cover from the drenching gift; but mostly we yearn for that first brief moment when the ground responds with its unforgettable fragrance: earth, stone, and dust applauding as the first drops of water touch down.

Stenzel, Annie. "Yearning for petrichor." *The First Home Air After Absence*, edited by Big Table Publishing, Boston, MA, 2017, p. 82-83.

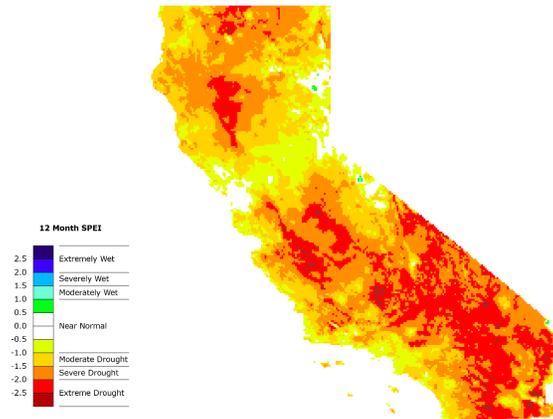


Annie Stenzel was born in Illinois, but has lived on both coasts of the U.S. and on other continents at various times in her life. Her book-length collection is *The First Home Air After Absence* (Big Table Publishing, 2017). A poetry editor for the online journals *Right Hand Pointing* and *West Trestle Review*, she currently lives within sight of the San Francisco Bay. For more, see anniestenzel.com.

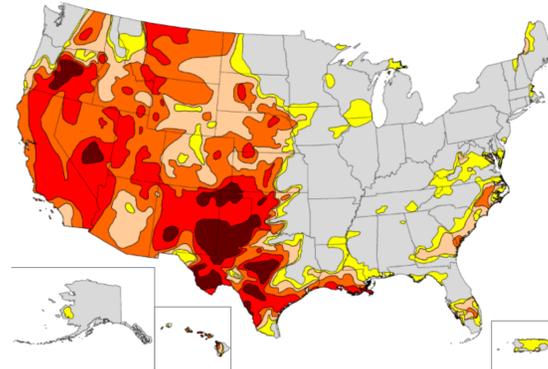
Conservation Corner - Water Conservation

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." -Margaret Mead

Weather Drought Indicator - April 2022



U.S. Drought Monitor



U.S. Drought Monitor Category

■	D0 - Abnormally Dry
■	D1 - Moderate Drought
■	D2 - Severe Drought
■	D3 - Extreme Drought
■	D4 - Exceptional Drought

Source(s): NDMC, NOAA, USDA
Updates Weekly - 05/10/22

% of U.S.

51.7%
44.3%
33.2%
16.7%
3.6%

[Drought.gov](https://drought.gov)

Images are from drought.ca.gov and drought.gov.

According to drought.ca.gov-Current Drought Conditions, California is in its third consecutive year of drought, the second in 10 years. This year's January, February, and March have been the driest winter months in 100 years.

We can help to conserve water by practicing the 10 tips listed below.



1. Check pipes, couplings, faucets, and hoses for leaks. A small drip can waste 50 gallons of water a day, and since it leaks water seven days a week, that adds up to 350 gallons of water every week. An inexpensive washer is usually enough to stop the leak.



2. Take time for toilet care. Check your toilet for leaks, place a plastic bottle in your toilet tank, and don't use your toilet as a wastebasket. A leaking toilet may waste more than 100 gallons of water a day. To check for leaks, place a few drops of food coloring in

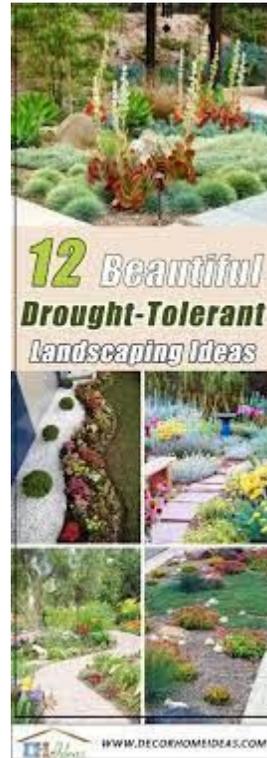
your toilet tank. You have a leak if the coloring appears in the bowl without flushing. Placing a liter bottle filled with an inch or two of sand or gravel and the rest with water can save five gallons or more of water every week. Keep in mind that every flushed tissue uses five gallons of water.



3. Use your automatic dishwasher and clothes washer for full loads only. Per load, a dishwasher uses 25 gallons of water and a clothes washer uses 30 to 35 gallons of water.



4. Be a mindful shower/bather by installing water-saving shower heads or flow restrictors and taking shorter showers or shallow baths. An inexpensive shower head or flow restrictor will cut your shower flow to about three gallons a minute instead of five to ten. Limit your showers to the time it takes to soap up, wash down and rise off. A partially filled tub uses less water than all but the shortest showers.



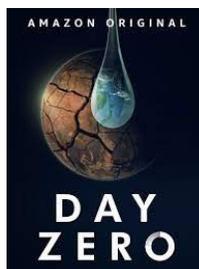
5. Be a mindful gardener. Deep-soak your lawn, only when needed, during the coolest part of non-windy days, and don't water the gutter. Plant drought resistant plants and surround them with mulch. Your lawn should be well hydrated if it springs back up after being stepped on. Deep soaking your lawn during the coolest part of non-windy days allows for the water to penetrate the roots and prevents wasteful evaporation and water being carried off by wind. Position sprinklers to only water your lawn and not the sidewalk. There are many beautiful drought resistant plants that need little to no irrigation. Placing your composted green food waste around plants slows evaporation and feeds them healthy nutrients.



6. **Burn some calories and use a broom to sweep driveways, sidewalks, and steps instead of hosing them off.** Using a water hose wastes hundreds of gallons of water.



7. **Don't run the faucet while brushing your teeth, shaving, rinsing dishes, scrubbing vegetables, getting a cold glass of water, etc.** Instead, partially fill a cup, bowl, or sink with water to rinse your mouth, razor, dishes, or vegetables. If you also use environmentally safe toothpaste and soap, use the leftover water to water your houseplants. Keep drinking water in your refrigerator so it's always cold and easily available.



8. **Stay informed.** Watch documentaries, such as [DW Documentary: Drought and Floods - The Climate Exodus](#) or *Day Zero*, which is currently playing on Amazon Prime Video.



9. **Take advantage of your community's water-conservation programs.** Many cities are offering water-conservation rebate programs and even free equipment for those who qualify. Go to [East Bay Municipal Utility District](#), [Bay Area Water Supply & Conservation Agency](#), [San Francisco Water Power Sewer](#), or your city's utility department for more information.



NEIGHBORS
HELPING
NEIGHBORS

10. Pay it forward, take action, and get involved. As of this writing, 255 Rainbow Sierrans receive this newsletter. Imagine the impact we could have if we each did our part and thoughtfully educated and supported others in doing their part too. So, be a helpful friend, family member, and neighbor by assisting others with these and other water saving practices. Offer to check your parents' or grandparents' homes for leaks. Help a friend install a water-saving shower head or water restrictor.

Respectfully, make neighbors aware of their wasted water run-off and offer to help them solve the problem. Report damaged or improperly functioning sprinklers in community parks to your city's parks department. And, join political conservation efforts, such as the *Rainbow Sierrans' Speak up for Democracy, Nature, Peace, Justice, and Joy* (Meetings are held online every Tuesday at 6 p.m.).



Lake Orville

July 13, 2019 vs. June 16, 2021

Photo Credit, earthobservatory.nasa.gov

Rainbow Families' Future Conservationist

"A child's world is fresh and new and beautiful, full of wonder and excitement."

-Rachel Carson

Listed below are some child friendly videos about drought and water conservation as well as printable activities for those of you with little ones in your lives. There are also links to YouTube read alouds of books about these topics. Please take special note that *We Are Water Protectors* is read by the author, Carole Lindstrom. In the video, Lindstrom shares that her story is a "love letter to Standing Rock" and provides a timeline for the movement. Also note, *The Water Princess* is read by Georgie Baidel Liberty, the actual "princess" the story is about! So, parents, grandparents, aunts, and uncles, please share the resources with your little conservationist-in-the-making. - They're a good way to keep the kiddos busy this summer!

Child Friendly
Drought Videos

1. [Drought - Dr. Bionics Show](#)
2. [Introduction to Drought](#)
3. [Nightly News-Kids Edition: What is a drought?](#)
4. [Scholastic Education: Drought](#)
5. [PBS: Weathered - The Worst Drought in 1200 Years](#)

Child Friendly
Water Conservation
Videos

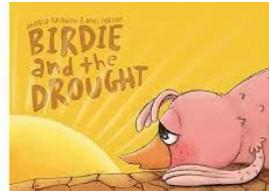
1. [SciShow Kids: How Can I Save Water?](#)
2. [Smile and Learn: Water Saving Tips and Tricks](#)
3. [Wonder Grove Kids: Save Water to Help the Earth](#)
4. [SciShow Kids: Global Warming - The End Game](#)
5. [Crash Course Kids: Water Fight!](#)

Child Friendly
Printable and Online
Activities

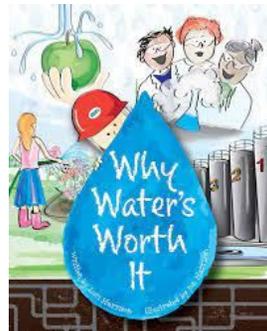
1. [EPA: Water Sense for Kids](#)
2. [EPA: Fix a Leak Week](#)
3. [EPA: Save Water At Home Coloring Pages](#)
4. [EPA: Five Things This Earth Day to Save Water](#)
5. [DC: Water for Kids](#)



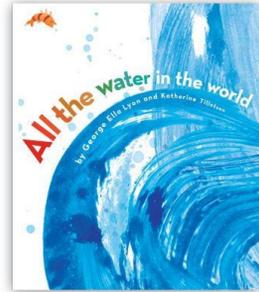
Click on the link to listen to the book's read aloud.



[Read Aloud](#)
Picture Book

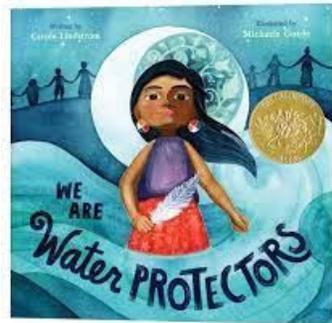


[Read Aloud](#)
Picture Book



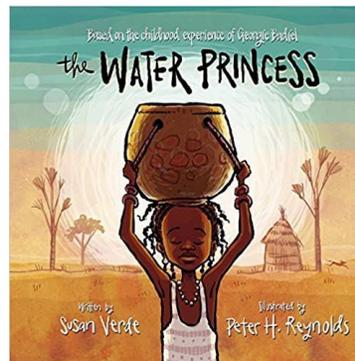
Read Aloud

Age Range: 4 - 8



Read Aloud

Grade Level: 1.9

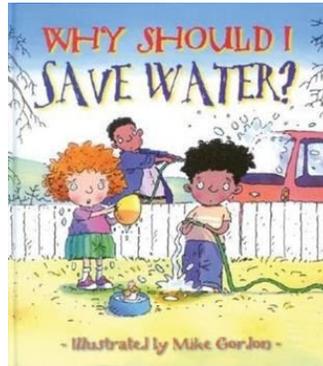


Read Aloud

6/6/22, 7:58 PM

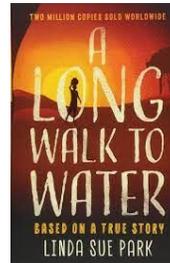
Gmail - Spring 2022 Newsletter

Grade Level: 2.2



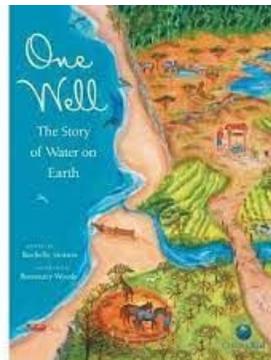
Read Aloud

Grade Level: 2.4



Read Aloud - Chapter 1

Grade Level: 5.0

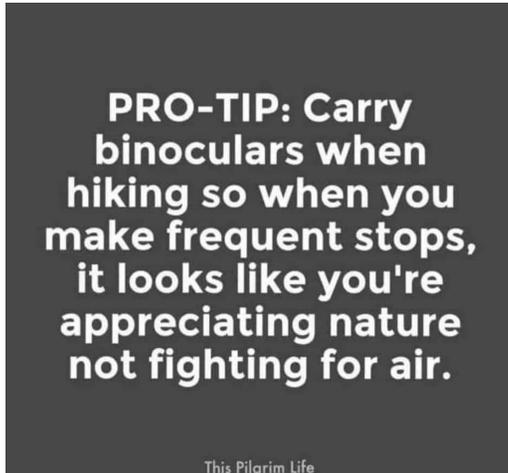


Read Aloud

Grade Level: 6.0

For Smiles and Chuckles

"If you see someone without a smile today, give 'em yours." -Dolly Parton





Announcements

Hey Rainbow Sierrans! Are you interested in a leadership role in the Bay Chapter Sierra Club? Nominations for Sierra Club SF Bay Chapter and Group Executive Committee (Ex Com) seats are opening for 2022! I am currently on the Mt. Diablo Executive Committee and really enjoy being more active in Sierra Club political endorsements and current environmental policies in my area. If you want to learn more about the executive committees and get your questions answered then please join me and members of the Chapter Nominations and Elections Committee for a virtual Open House on June 7th to learn about the process.

Executive Committee members are actively involved in the Chapter or Group's work — from administration and conservation to fundraising and outreach. Ex Com members attend regular meetings, help determine Sierra Club group's positions on critical environmental issues, and take part in making the chapter or group function well.

Here's to a new generation of leaders joining the conversation and working alongside the established leadership to make change! You can run for an Ex Com position and help guide the direction and define the priorities of your local Sierra Club Chapter or Group. Applications are due later this summer for the fall 2022 election.

Learn More and Register for the Virtual Open Houses Here:
<https://www.sierraclub.org/san-francisco-bay/chapter-elections>

-Beth Bittle

Rainbow Sierrans Merchandise

Karen Lee is continuing to generously offer her time to deliver (East Bay area only) or ship Rainbow Sierrans' hats and tee-shirts to those interested. Thank you, Karen!

Contact Karen at (925) 324-7342 (call/text) or email her at menehune50ktl@gmail.com.



Hat Colors: Black & White

Hat Price \$10 (plus shipping)

Crew Neck Tee-Shirt Colors: Light Blue, Light Gray, & Medium Gray

V-Neck Tee Shirt Colors: Aqua & Dark Gray

Tee-Shirt Price: \$15 (plus shipping)

Save the Date(s) for Three Upcoming Campouts



Thursday, June 23rd

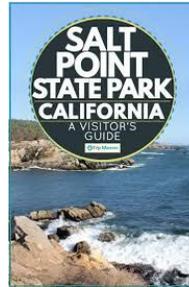
to

Sunday, June 26th

Bear River Group

Campground

(Pioneer)



Thursday, August 25th
to
Sunday, August 28th
Salt Point State Park
(Mendocino)





Friday, September 2nd

to

Monday, September 5th

Sugar Pine Campground

(Tahoe)



Comments, Contributions, Suggestions, or Requests

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