

CACC



NEWS

The Future of the Earth is in our Hands

www.caccmi.org

Report from CACC's Kitchen (40th Annual Wheatland Music Festival)

Gretchen Michaels, CACC Director

By the morning I arrived, September 5, the “pre-cooks,” on-site organizers and “behind the scenes” CACC supporters had things well underway. Professional chef Connie Beauvais was busy facilitating the complex coordination of meals, snacks, beverages and baked goods. Kathy Snooks was on top of the ticket distribution and shift schedules. Phill Hunt, John Witucki, Stas Yascolt, Joe Skornia, and Slim McDonough seemed to have the building equipment and mechanical glitches figured out.

To see the teamwork come together for our major fundraiser made me proud to be part of CACC. As the Eco-Arts coordinator, my goal is to have the folks who dine with us take notice of our environmental posters, banners, and brochures, as well as to pick up handouts and newsletters so that they will learn more about our organization. It is a joy for me to bring fresh herbs and flowers from my gardens to add to the festivities.

It was encouraging to see the up and coming generations helping us out. Youthful energy and insights will keep CACC going into the future. There was good food, good music, and good times! As CACC member Carolyn Rames said at the end of the festival --“My hug tank is full!” I know what she meant.

By the time I left the festival grounds on September 8, the “creative shift” (overseen by Ken Refior and Otetwin Schrubbe this year) was using leftovers and odds and ends to invent the final meals while offering great food at very reasonable prices.

The CACC “kitcheneers” will be back in 2014. We always need more help. Please join us!

Renewables Taking Off in the U.S. and Michigan

Kay Cumbow, CACC Member

Renewable energy supplied 30% of all new U.S. electrical generating capacity in the first three quarters of 2013! Solar was surpassed only by natural gas. Renewables continue to surpass coal, oil and nuclear power combined. The Sun Day Campaign, a nonprofit, educational group that promotes sustainable energy technologies, obtained these figures from a recent report by the Federal Energy Regulatory Commission’s Office of Energy Projects.

In September, a draft report from the Michigan Public Service Commission and Michigan Energy Office acknowledged that, thanks to technology improvements, electric providers in Michigan may be able to triple renewable energy generation by 2035. The draft report can be found at www.michigan.gov/energy, along with additional topics. Final reports on these issues will be compiled in late November, after public comments are reviewed.

Meanwhile, the number of wind turbines is expected to double in Huron County by 2014, from 160 in 2012 to 328 in 2014, according to the Huron County Building and Zoning Office. With Lake Huron on the north and east, and Saginaw Bay to the west, the Thumb holds some of Michigan’s best wind potential.



*Photo caption: Windmills in the Thumb
Photo credit: Kay Cumbow*

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Time to Reduce Air Pollution in Alpena

Bill Freese, Director

Huron Environmental Activist League (HEAL)

At the end of October, Earthjustice went before the District of Columbia U.S. Court of Appeals on our suit against the U.S. Environmental Protection Agency (EPA). From what we have seen of the evidence in the suit, we remain confident of the final results. The evidence provided showed that the EPA has violated the order that the same court ordered them to carry out -- to enforce the rules of the Clean Air Act by September of 2013 for cement and power plants.

Since 1986 when National Gypsum, now known as Lafarge, started burning millions of gallons of hazardous waste per year, our concern has been for the emissions and polluted air from that facility. It is our belief that the hazardous waste burning and the millions of dollars that could be made from doing so was the reason that Lafarge took over National Gypsum in a leveraged buyout.

Since 1986 we have had more than enough of AIR POLLUTION. We have our own cancer clinic here in Alpena in partnership with the University of Michigan. When it opened in 2003, there were 3,000 visits. In 2008, that number had increased to 11,500. The smoking gun is now pointing to air pollution. An October 1 post, "Air Pollution Linked to Deadly Lung Cancer," on the staff blog of the Natural Resources Defense Council provided some valuable information on the effects of air pollution on health. The blog writer, Jennifer Sass, reported that the International Agency for Research on Cancer - the cancer research arm of the World Health Organization -- had classified outdoor air pollution as "known" to cause cancer in humans. She also cited recent statistics from the National Cancer Institute that indicates 1 in 15 men and women in the U.S. will be diagnosed with lung or bronchial cancer during their lifetime. Finally, Sass wrote of how air pollution is also known to increase the risk of heart and respiratory disease, heart attacks, asthma attacks, and bronchitis.

Through a Freedom of Information Request (FOIA) request to the Michigan Department of Environmental Quality, HEAL obtained documents comparing air pollution levels of Alpena and Alpena County to the city of Detroit and Wayne County. Three of the key four air pollutants sampled for in Alpena tested higher than the same air pollutants in Detroit. The three pollutants were sulfur dioxide, NOx (NO and NO2 - nitric oxide and nitrogen dioxide), and particulate matter 2.5 micrometers or less (PM 2.5.) The only pollutant that Detroit had more of was volatile organic chemicals (VOCs).

Air pollution has changed the odds related to getting our getting sick, and they are not in our favor. It is way past time to do something about it. Winning the lawsuit against the EPA to enforce cleaner cement and power plant emissions would be a good first step.

Please check CACC's online calendar at:

www.caccmi.org

Big Rock Point Included in National Cancer Study

Kay Cumbow, CACC Member

In September, the National Academy of Sciences announced that the area near the decommissioned Big Rock Point nuclear reactor in Charlevoix, Michigan would be part of a pilot cancer study of seven U.S. nuclear facilities. The study will look at multiple cancer types of populations of all ages and cancers in children.

For Part 1 of this study, see http://www.nap.edu/catalog.php?record_id=13388. For Part 2, see <http://www8.nationalacademies.org/cp/projectview.aspx?key=49579>.

At Part 2, you can provide feedback, contact the public access records office to make an inquiry, request a list of the public access file materials, or obtain a copy of the materials found in the file.

Check out the *Safe Energy in the Great Lakes* page at www.caccmi.org for more information.



Alert: Arsenic in Baby Foods

Connie Beauvais, CACC Director

At the veterinary office a few weeks ago, a magazine caught my eye – the October 2013 *Discover*, with its cover highlighting “Food at Risk.” The article summarized a number of issues regarding food safety, including the problem of arsenic in rice. I had been aware of the problem and I’ve been concerned as I know many more people are turning to products containing rice, in order to avoid gluten. What was especially worrisome was the information in the article pertaining to high amounts of arsenic in organic rice syrup, used in organic baby foods and formulas – much higher than the levels in baby foods without rice syrup. For more information, see www.discovermagazine.com and search for the October 2013 article, “Food at Risk” or search Google for the phrase “arsenic in rice.”



Goodbye to Great Lakes United

The CACC board offers a heartfelt goodbye to Great Lakes United, which closed its doors earlier this year. The organization was one of the region’s best, the home of many talented environmental professionals, and the leader of some of the region’s most important and successful campaigns. We appreciate the longevity, the passion, and the accomplishments of this truly great organization. Goodbye Great Lakes United! You will be sorely missed!

The Sustainable Garden and Kitchen

This column celebrates healthy soil, seeds, and a local harvest. In a world wired for fast food and chemically treated fruits and vegetables brought in from fields afar, we honor the patient work of the gardener, the farmer and the imaginative cook.

This recipe comes from CACC director and chef, Connie Beauvais. Since 1978, Connie has been cooking professionally at delis, restaurants, and catering companies. She has also organized the menu and food for CACC’s “kitchen” at Wheatland for several years. Connie is the owner of “Lettuce-Duet,” a personal chef and catering company.

Pumpkin Muffins or Bread

This is a healthy holiday muffin or bread, made with natural ingredients!

Ingredients

- 3/4 cup safflower oil or oil of your choice
- 1 1/2 cups honey
- 1 egg or egg replacer
- 1 cup water*
- 3 cups pumpkin
- 1/2 cup currants, raisins or dried cranberries, soaked in the 1 cup of water* for 1/2 hour
- 1/2 cup sunflower or pumpkin seeds or 1/4 cup of each
- 4 1/2 cups whole wheat pastry flour
- 1 tablespoon baking soda
- 1/2 teaspoon baking powder
- 2/3 cup oat bran
- 2 1/4 teaspoons cinnamon
- 1 1/2 teaspoons cloves
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg



Pumpkin Muffins
Photo credit: Connie Beauvais

Directions

- Pre-heat oven to 350 degrees. Prepare muffin tins or bread pans with baking cups or oil tins/ pans.
- Mix well the oil, honey, egg, pumpkin, currants, raisins or dried cranberries, and sunflower or pumpkin seeds (or mix of both). Set aside.
- Set aside the oat bran. Sift all other dry ingredients (flour, baking soda, baking powder, cinnamon, cloves, ginger, and nutmeg) into a separate bowl. Mix in the oat bran, and then add to the wet ingredients. Mix quickly and scoop into muffin tins or bread pans. Fill tins or pans one half to three fourths full. Batter will almost double in size.
- Get into the pre-heated oven as soon as possible. Bake for 20-25 minutes or until a toothpick comes out clean. Makes two dozen medium muffins. For three to four small loaves, bake for 30-35 minutes. Larger loaves will take an hour or more. Enjoy!

CALENDAR OF EVENTS:

Dec. 10-12, 2013. Great Lakes EXPO. DeVos Place Convention Center, Grand Rapids. The Michigan Organic Food & Farm Alliance will be an exhibitor, booth #1346. Thursday is "Organic Day." See www.glexpo.com for more information.

Jan. 18, 2014. Michigan Family Farms Conference. Battle Creek, MI. See www.mifffs.org for further information.

Feb. 1, 2014. 14th Annual Northern Michigan Small Farm Conference. Grand Traverse Resort, Acme, MI. See www.smallfarmconference.com for more information.

Feb. 27 - Mar 1, 2014. The MOSES Conference, an educational and networking event for the organic community. La Crosse, WI. See www.mosesorganic.org for more information.

Mar. 3 – Nov 21, 2014. Organic Farmer Training Program. Visit <http://msuorganic-farm.org/organic-farmer-training-program> or contact the MSU Student Organic Farm at msufarm@msu.edu or 517-230-7987.

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