

**SEPT / OCT / NOV, 2007**

**QUARTERLY NEWSLETTER**

Serving the Residents of  
 Culpeper, Orange, Spotsylvania, Stafford, Fredericksburg,  
 Caroline, King George, and Westmoreland



**UPCOMING**

**--Meetings and Events--**

**“Meet Albert Pollard!”**

**A Reception for the 28<sup>th</sup>  
 District Candidate  
 for the Virginia Senate  
 Thurs, Sept. 6, 7:00 PM  
 Fredsb’g/Stafford Park  
 Authority, Room 3  
 60 Butler Rd, Falmouth, VA**



**OPEN HOUSE!**

**7:00 to 9:00 PM  
 Thursday, September 13  
 United Methodist Church  
 Downtown F-burg**

Join us as we kick-off the 2007-08 year of programs, outings and special events. If you are one of the many newer members of the Sierra Club, this gathering will be of special interest to you! Hear about our current and future projects and conservation priorities, and learn how volunteering in key areas of local importance can be both satisfying and fun! There will be refreshments, door prizes and some special items for sale, like sturdy SC backpacks, excursion bags (great for shopping or day trips) and of course, our new 2008 Sierra Club Calendars. Bring a friend and meet new ones! (Admission Fee: One item for the F’burg Food Pantry.)

**RG ExCom Plans for a “Cool” Community**



*Long-time conservationist Albert Pollard (far right) shared his ideas with SC VA Chapter Director Mike Town and Rappahannock Group ExCom members when they met on August 8 to start planning to join communities across Virginia and the nation as part of SC’s “Cool Cities” and “Cool Counties” campaigns. Participating in the discussions were: Back row (l to r): Joe Thompson, UMW Fall Intern Mike Ford and Jim Lynch. Front row (l to r): Doris Whitfield, Mike Town and Albert Pollard. Not pictured was Sandy Howson, Helen Sanders, and our photographer, RG Chair Scott Howson.*

**PROMOTING GREEN SCHOOLS IN  
 YOUR COMMUNITY**

*by Linda Hiross*

One local example of how our community administrators and school systems are finally getting the message on global warming are the initiatives being launched that are specifically aimed at energy and resource conservation in our schools. (*Free Lance-Star*, “Schools Save Energy and Money”, July 16, 2007).

In July, the City of Fredericksburg, like Spotsylvania and Stafford counties, added an Energy Manager to the payroll. Energy Education, Inc., a firm that works with school and county officials and provides a training program for school energy managers, was given a four-year contract that guarantees savings over and above the cost of their services, or Energy Education, Inc. will write a check to the City for the difference.

(See “Green Schools” page 4

**RG ON THE WEB:**

[www.virginia.sierraclub.org/rg/](http://www.virginia.sierraclub.org/rg/)

**VIRGINIA CHAPTER:**

[www.virginia.sierraclub.org](http://www.virginia.sierraclub.org)

**SC NATIONAL:**

[www.sierraclub.org](http://www.sierraclub.org)

**RG LEADERSHIP****CONTACT LIST**

(\*) Denotes Voting ExCom Members

**SCOTT HOWSON\***, CHAIR/PUBLICITY  
540-373-4704 [showson@infionline.net](mailto:showson@infionline.net)

**JIM LYNCH\***, TREASURER/CHAPTER  
DELEGATE/OUTINGS 540-775-7002  
[jplynch@crosslink.net](mailto:jplynch@crosslink.net)

**LINDA HIROSS\***, SECY/FUNDRAISING  
540-972-9640, [lbrooks46@yahoo.com](mailto:lbrooks46@yahoo.com)

**DORIS WHITFIELD\***, MEMBERSHIP  
540-775-7856, [dalw@crosslink.net](mailto:dalw@crosslink.net)

**JOE THOMPSON\***, CONSERVATION  
540-891-8331, [caninjo@gmail.com](mailto:caninjo@gmail.com)

**HELEN SANDERS\***, 540-371-6982;  
[s.sanders2@att.net](mailto:s.sanders2@att.net).

**ANNE LITTLE**, PROGRAM CHAIR,  
[TheGate@cox.net](mailto:TheGate@cox.net).

**DONNA PIENKOWSKI**, EDUCATION  
CHAIR, [Pienkowsk1@aol.com](mailto:Pienkowsk1@aol.com)

**CHRISTINE CARLSON**: HOSPITALITY  
540-786-3648, [ricardct@yahoo.com](mailto:ricardct@yahoo.com).  
Alt. Contact: Joan Hulse, 540-972-  
0070, [jchulse@verizon.net](mailto:jchulse@verizon.net)

**SANDY HOWSON**, POLITICAL  
540-373-4704 [showson@infionline.net](mailto:showson@infionline.net)

**BILL HULSE**: ADOPT-A-HIGHWAY  
540-972-0070  
[hulsejw1@verizon.net](mailto:hulsejw1@verizon.net)

**SEAN BRENNAN**: WEBMASTER

**NEWSLETTER EDITOR**: AVAILABLE

**OUTINGS CHAIR**: AVAILABLE



In July, my wife Sandy and I took a vacation to Quebec. On the first day, we drove north through Maryland, Delaware, New Jersey and New York. The landscape was crowded and not very pretty. On the second day, we traveled through Connecticut, Vermont and into Quebec Province, where we met a quite different world. We saw miles and miles of trees and rivers, passing small towns seen only in the distance. The drive was pleasant, the scenery beautiful, and we actually enjoyed driving 70 mph on an interstate highway.

Past Quebec City, we followed a small highway along the St. Lawrence River to Ramouski and Ste. Anne des Monts, small fishing villages geographically cut off from our world, but still plugged into the fast-food and mega-grocery store mentality.

Continuing east, we wandered onto the Gaspé Peninsula--that spit of land that carries the northernmost remnants of the Appalachian Mountains to the Atlantic Ocean. The mountains crowd the shoreline, cradling a handful of villages that have come to nest in protected coves, the air scented with a mixture of salt water and spruce forests. Here, life does not flow as it does for us. Here it is timeless, waxing and waning with the cycles of the tides and seasons that nature alone controls.

At the very tip of the Gaspé Peninsula, where the last mountain stands defiantly against waves and winds, we saw a black bear foraging on the hillside. We saw seals playing in the bay, puffins flying along the shore, and grouse leading their chicks across dusty dirt roads high up in the mountain forests that smelled like Christmas trees. It was unquestionably beautiful, stunningly rugged and full of life itself. This is an old place, where grasses, flowers, trees, birds, animals and fishes each play an important role, joining with the soil, rocks, water and air to create a wilderness where we are only visitors. We are not needed here.

Vacations can have many different purposes, and the best vacations are those we come back from with a new and better view of ourselves and the lives we live. Everyone should spend at least some time with their back to civilization, staring intently at the life around us, listening for the whisper of what it has to say.

On a more local note, we are delighted to be hosting a Reception for 28<sup>th</sup> VA Senate District candidate Al Pollard on September 6. This is your chance to find out what he stands for and how you can help. Also, please join us on September 13<sup>th</sup> for our annual Rappahannock Group Open House. This is an opportunity for our members to get to know each other, and chat with people who care about our planet's future. We'll be discussing the Greenways and Cool Cities initiatives, and looking for your comments and opinions.

*And last but not least, congratulations to RG ExCom member Joe Thompson, who is the new Executive Director of the Northern Neck Land Conservancy!*

**MEMBER ADDRESS CHANGES:** Send old and new addresses and a Sierra Club label to Sierra Club Member Services, PO Box 52968, Boulder, CO 80328-2968; phone 415-977-5653; or e-mail to [address.changes@sierraclub.org](mailto:address.changes@sierraclub.org). For non-member subscription inquiries and address changes, call toll-free 1-800-765-7904, or write to Sierra, PO Box 52968, Boulder, CO 80328.

**MEMBERSHIP SERVICES:** Members who wish to change their local SC group assignment to another local group must contact SC National Membership Services at

## UMW Interns to Tackle “Cool Cities”, Involve Campus and Community

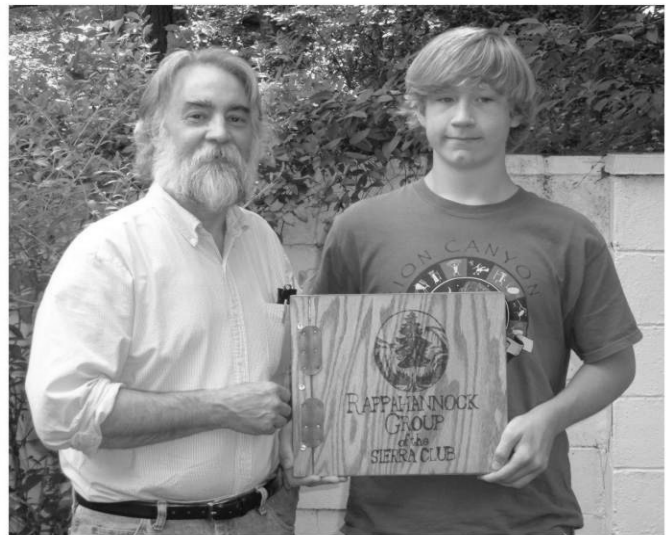
Over the past 6 years, RG has been very fortunate in sponsoring highly qualified UMW students who serve as interns working on special conservation projects, events and campaigns. This fall, we have not one, but two interns! Both Hilary Lufkin and Mike Ford, University of Mary Washington (UMW) Ecology Club members will be returning to work with us.

Hilary is a junior at UMW majoring in geography. She is concentrating her studies on environmental policy and the grassroots conservation movement in the US. She served the UMW Ecology Club as vice-president and co-president, and as a leader and committee chair for the Virginia Student Youth Energy Summit in 2006. Hilary looks forward to extending her enthusiasm for environmental preservation by undertaking an elective “Campus and Community Integration Internship” as part of her study program. Possible activity components of her internship proposal include assisting with the establishment of the SC “Cool Cities” campaign in Fredericksburg, hosting the Chesapeake Climate Action Network’s “No Coal” Road Show, organizing a local “No Coal” Petition team, and leading a campus community trip to the Virginia Global Warming Summit in Charlottesville in October.

“I am excited already,” said Hilary, “because I know what we can accomplish from our work on campus last year: the Youth Energy Summit, campus Green Week, the Fair-Trade Coffee House and the “Step-It-Up” Rally all brought the campus and community together on environmental issues. It was a busy, busy year—and a very successful one! It was more rewarding than I ever could have imagined.”

After recently returning from studies abroad with the International Honors Program, Mike Ford will be a senior at UMW majoring in environmental studies and is also excited about interning with us this fall. He is the former event chair and co-president of the UMW Ecology Club and wants to use his experience with us last year with campus Green Week and clean energy to boost awareness. Mike was an active partici-

(Continued in next column)



*When RG Historian Mary Becelia ran out of space in our old scrapbook to keep the Group’s photos and press clippings, Carl Bailey, Life Scout in BSA Troop 179, offered to make two new scrapbooks for us as part of his work toward earning his “Citizenship in the Community” Merit Badge. Shown above is Carl (right) presenting one of the new books to RG Chair Scott Howson. Thanks to Carl, the new books will serve us well for a number of years to come, and can be viewed at our September 13 Open House.*

part in our August brainstorming session with VA Senate 28<sup>th</sup> District candidate Al Pollard and SC VA Chapter Director Mike Town, and wants to structure his fall internship around the “Cool Cities” initiative. RG ExCom will be working with Mike over the next couple of weeks to finalize the focus of his internship.

“I first found my interest in environmental issues in my high school biology class when I went on a weekend field trip to the Wallops Island Marine Science Consortium,” notes Mike. “Seeing nature’s natural forces at work and the human impact on them is what made me realize that this is something I really cared about. When we live our lives so detached from the world around us, it is often difficult to see and understand the changes humans cause.”

RG is, indeed, fortunate to be working with two such experienced and enthusiastic campus leaders who are already a recognized and integral part of our group. To use Hilary’s words, “Just imagine the possibilities!”

## A Message from the UMW Ecology Club

by Hilary Lufkin

Since I will be serving as the Rappahannock Group’s Fall Intern, I will no longer be President of the Ecology Club. I am pleased to introduce you to Elisa Walker and Lauren Birney, two sophomores who will serve as co-presidents in much the same way Mike Ford and I have done. Their talents and dedication to the Club have been incredible this past year, and I know you will enjoy working with them this year, too.

The Ecology Club partnership with RG has grown so quickly, but many of our events would not have been nearly as successful without your donations, cheerleading and media plugs. I think the SC group here in Fredericksburg is doing fantastic things, and I am so grateful to be a part of it again this year!

I hope you all had a fantastic summer, and I look forward to meeting more of you and working with you this Fall.



## ANTI-GLOBAL WARMING TIP OF THE MONTH

*AVOID PURCHASING BOTTLED WATER!  
Plastic water bottles take up more landfill space than any other single discarded item. Chances are, your own home tap water is both safe AND tasty. If you must drink bottled water, use a bottle you have refilled from your own tap.*



### **Green Schools** from page 1.....

With fully 25% of every county's budget going to pay for education costs, it is comforting to know that counties in our area are taking steps to mitigate these costs to taxpayers by reducing energy usage. Many of the changes recommended by Energy Managers are merely common sense moves, such as lowering thermostats and turning lights off when not needed, but there are significant savings to be realized in basic maintenance upgrades as well.

Although maximizing energy conservation in our established schools is the way to go to reduce carbon emissions, the ability to upgrade existing schools is both limited and eventually quite costly when major systems, like heating, have to be replaced. Enter the concept of building a "Green School" when we need a new school, and our energy conservation goals are optimized from the time of inception.

"Green schools" are built to be energy-efficient in both form and function. Building design maximizes the use of natural daylight, thus minimizing the need for electric lighting (e.g., use of large side wall and/or high-wall windows and ceiling skylights), and a combination of geothermal, solar and other sustainable energy technologies create a package of energy-efficiency throughout the building. Foundations are oriented on an east/west axis to optimize use of natural daylight and reduce heat loss in the winter. In function, green schools are equipped with resource-efficient features such as

(continued in next column)

### **Green Schools** continued .....

low-flush toilets, faucet controls that reduce water usage by 40%, and light sensors that automatically adjust to natural changes in outdoor light levels.

Outside, the grounds are planted with native plants that are drought tolerant, thrive in their natural habitat, and minimize the need for irrigation. The landscape design itself diminishes heat loss to the building and enhances cooling in the hot summer months. Students also engage in in-school activities that expand on the resource and energy conservation theme, such as recycling of cafeteria waste products (e.g., soda cans and bottles). Some even compost vegetation waste on school grounds for later use in school landscaping projects.

Experience shows that green schools have other lasting benefits as well. In studies done by the California Board for Energy efficiency, test scores of 21,000 students in green schools were 15-20% higher than for students in traditional school buildings, students and teachers were happier, and absenteeism was much lower (US Department of Energy, Office of Energy Efficiency and Renewable Energy, 1998.) In the long run, using energy-efficient technologies and operation strategies translates into lower maintenance costs and significant savings to taxpayers.

Green school buildings are not a new idea. Neighboring states like Pennsylvania and North Carolina already have them, yet nary a one exists in Virginia. With our mid-Atlantic coastal location and moderate year-round climate, Virginia is an ideal choice for building green schools.

Still, even when confronted with the facts, there is a disconnect between a building and the money required to build and maintain it. When we hear the words "new school", what we really hear is "increased taxes." Jon Parsons, Director of Sustainable Sandhills, an environmental group that sponsors community green school forums, has noted that the "green premium" overall has proved to be 1.5% to 2.5% more to build a high-performance green school over a conventional one. "For a slight increase in up-front cost," he said, "you get huge paybacks". (Examples of savings reported by green schools include one in Statesville, NC, that was able to pay back all their initial additional building costs within 18 months of operation; and the Durant Road Middle School in NC that not only came in under its projected cost budget, but reduced energy usage between 50-60% when compared to other traditional school buildings.)

It is no longer true that it is cheaper to destroy our environment than it is to take care of it. We need to change the paradigm of how we think about the cost of building new schools, and the long-term cost to all of us for dismissing the savings potential associated with energy efficiency and resource conservation. We can continue to build traditional new schools, and pay and pay and pay. OR, we can opt for a new green school, pay a percentage or two more now, and save hundreds of thousands of dollars over the lifetime of that school.

Hiring energy managers is a start, but it only addresses the energy-upgrade needs of established schools. Is your community in line for a new school? If so, we would encourage you to contact your town or county planning committee members, school board members and representatives, and supervisors and let them know there are less costly alternatives to the traditional, energy-gobbling, resource-intensive schools we have been building. Planning boards need to consider all reasonable options when formulating design plans for our next new schools.

## Call for ExCom Nominees!

In accordance with their By-Laws, Sierra Club groups hold an annual election to fill leadership positions on their Executive Committee. The 2-year terms of Jim Lynch and Helen Sanders will be expiring on December 31, and we are seeking members who are interested in serving on our Group's ExCom. Candidates should have a strong commitment to environmental conservation and education, and be available to attend a 2-hour evening meeting on the first Wednesday of every month. The ExCom is responsible for planning programs that identify and address environmental issues of local importance, and conducting the regular business of the SC.

RG members Sandy Howson, Linda Hiross and Helen Sanders have been appointed to serve on the Nominating Committee. If you are interested in serving RG as an ExCom member, or know of another member you would like to nominate, please contact Sandy Howson at [showson@infionline.net](mailto:showson@infionline.net) or by phone at 540-373-4704 as soon as possible to discuss this opportunity. She will be happy to answer any questions you might have.

All willing members in good standing are eligible to serve on the Executive Committee, but must be approved by the Nominating Committee prior to their name being placed on the ballot. Any nominees not approved by the Nominating Committee have the option of running as a petition candidate. The deadline for submission of nominations is September 26, 2007.

## You Can Help the Greenways Initiative!

by Scott Howson

The RG has been working for the past year with VDOT and local governments on the Greenways Initiative, which will create a network of bike and pedestrian trails throughout our region. We're working to give area residents an alternative to driving their cars, as well as opportunities for recreation and enjoyment of the outdoors. Eventually, there will be an interconnected network of trails that will allow safe and comfortable travel on foot or bicycle to wherever you wish or need to go.

Over the past months, we've held several public meetings, conducted an extensive resident survey, and poured over existing maps and plans to determine what primary routes need to be created to coordinate with the numerous statewide and national trails that now wander unnoticed through our area.

As an important part of the project, RG has agreed to spearhead the creation of a comprehensive base map of existing trails. This effort will serve two purposes: 1) give us the information we need to begin filling in the gaps to create more useful, continuous trails, and, 2) when printed, provide a practical resource for those who are interested in biking and walking. Currently, there is no map that identifies existing paths, and we expect that biking and walking will increase as the public becomes more aware of just where the paths are and where they go.

This is where anyone can help out. If you know of a path or trail in your area, even if you don't know where it goes, let us know. We'll look into it and mark it on the map, but we're depending on you to let us know where to look.

If you have information you think might help make our map as complete as possible, call Scott Howson at 540-373-4704, or e-mail him at [wshowson@msn.com](mailto:wshowson@msn.com).



## Help Others, AND the Environment!

Here's a chance to prove to yourself you **CAN** do two things at once. The Thurman Brisben Center at 471 Central Rd. in F-burg (which provides temporary housing and helps find jobs for those in need) is asking for bicycle donations so residents can get to work. Work is a requirement for living at the Center, and most have no car or funds for alternate means of transportation. If you have a bicycle in good condition you would like to donate to the Center, please contact Helen Sanders at 540-371-6982, or call the Center direct at 540-899-9853.



## LIVING THE GREEN LIFE

### *On-Line Ideas for Living Well and Doing Good*

You can now sign-up for a daily "Green Tip" on our newest SC eco-website at [green.life@sierraclub.org](mailto:green.life@sierraclub.org). From advice on "How to Host a Better BBQ", to how to incorporate environmentally-responsible activities and practices into your home life (food and fashion), business, travel, healthcare and all your daily living activities. Reduce your carbon footprint, one day at a time!

**RG Membership Meetings** are held on the second Thursday of every month, except June, July and August, at the United Methodist Church, 308 Hanover Street, in downtown Fredericksburg from 7-9 pm. Meetings are open to all members and the general public. For directions, please call our Hospitality Chair, or consult the UM Church website at [www.fumcva.org](http://www.fumcva.org).

**RG Executive Committee meets** on the first Weds of the month from 6-8 pm at the administrative offices of FOR on Fall Hill Avenue in F'burg. All ExCom meetings are open to SC members, and their guests (with prior notice). Please check our website for any possible last minute cancellations, changes to the meeting schedules, or special forums and events.

**E-MAIL LIST:** To receive monthly meeting and outings notices, send your name by e-mail to Michelle Acton at [emakton@hotmail.com](mailto:emakton@hotmail.com) with the subject line: RG E-Mail List.

**NEWSLETTER BY E-MAIL or ADVERTISING:** To receive your newsletter via e-mail or become a newsletter sponsor, send your name and address to Linda Hiross at [lbrooks46@yahoo.com](mailto:lbrooks46@yahoo.com) with the subject line: Newsletter by E-mail or Newsletter Sponsor.



Explore, enjoy and protect the planet



### Friend or Foe?

America's water, rivers and lakes are at risk from giant, corporate-owned factory farms which are fouling our water with pathogens and chemicals. The air around these farms is contaminated with suspended dust particles, which have been linked to asthma, bronchitis and other diseases. Our government wants to pass legislation which would allow factory farms to be free from health and environmental laws. Support Sierra Club's effort to keep our water clean and our air friendly. The hogs have gone wild, now its our turn.

**Cause a stink. JOIN Sierra Club.**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_

**Join today and receive a FREE Sierra Club Weekender Bag!**



Check enclosed. Please make payable to Sierra Club.  
 Please charge my:  Visa  Mastercard  AMEX  
 Cardholder Name \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Membership Categories	Individual	Joint
<b>Special Offer</b>	<input type="checkbox"/> \$25	
Standard	<input type="checkbox"/> \$39	<input type="checkbox"/> \$47
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
Life	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1250
Senior	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32
Student/Limited Income	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32

Contributions, gifts and dues to Sierra Club are not tax deductible; they support our effective, citizen-based advocacy and lobbying efforts. Your dues include \$7.50 for a subscription to Sierra magazine and \$1 for your Chapter newsletters.

## RG Fall Endorsements, 2007

by Sandy Howson, Political Chair

We were pleased to learn that the Sierra Club VA Chapter has enthusiastically endorsed Albert Pollard for State Senate in District 28, and Sen. Edd Houck for re-election in District 17. The Rappahannock Group also heartily endorses both of these candidates, who have an excellent track record for supporting environmental issues.

On Thursday, September 6 at 7:00 pm, our Group will be hosting a "Meet the Candidate" evening and reception for Mr. Pollard (see pg 1). His election is very important for all of us who care about our environment, whether we live in the 28<sup>th</sup> District or not. We would encourage all of you to offer any help you can to Albert's campaign. It's going to be a tight race. Keep in mind that the upcoming Assembly will be responsible for redistricting. For more information, contact Sandy Howson at 373-4704, or at [showson@infionline.net](mailto:showson@infionline.net). If you can give some time, even a little bit, please contact his volunteer coordinator Ben Lazarus at [blazarus@vademocrats.org](mailto:blazarus@vademocrats.org), or 540-446-0800/734-649-3438 (C).

Incumbent Sen. Edd Houck is well-known to many of us throughout the Rappahannock Group district. If you have an interest in helping with his re-election campaign, he can be reached by e-mail at [senatorhouck@comcast.net](mailto:senatorhouck@comcast.net), or call 540-786-2782. You can also write to him at: Friends of Sen. Edd Houck, PO Box 7, Spotsylvania, VA 22553.

Endorsements for candidates for the VA State Senate and House of Delegates are already ongoing with the SC State Chapter. I will provide more information on those as it becomes available. RG, however, can work to select candidates for our endorsement (with VA Chapter approval) in our local elections. Since we cover a large geographic area, we will need a committee of people from each county in order to manage this task.

I am asking for at least one volunteer from each county to serve as Captain for the endorsement process for that county. Please e-mail me as soon as possible if you are willing to do this. I will contact you to put together a meeting and begin the process as quickly as possible. Here is the list of responsibilities involved:

### County Captain Responsibilities:

- 1) Provide a list of all candidates running and their contact information;
- 2) Create a list of 5-10 questions relevant to your particular county to be sent to these candidates;
- 3) Meet with the Committee as a whole to approve questions, discuss answers when received, interview when needed, and select candidates to endorse;
- 4) Write a letter to the Editor of the newspaper most read in your county.

The RG Political Chair will perform the following support tasks: 1) Type and mail out questions to the appropriate candidates; 2) Receive and compile answers; 3) Call and arrange Committee meetings (probably 3-4); 4) arrange for Group and Chapter approval of our endorsements; 5) Inform the Committee of Chapter approval, and; 6) Inform candidates of the endorsement.

Please let me know if you can represent your county—and thanks for caring!

**Contact Information: (or questions on any of the above) Sandy Howson at [showson@infionline.net](mailto:showson@infionline.net); or by phone at 540-373-4704.**



## UPCOMING

### --Meetings and Events--

**Thursday, October 8, 7-9 PM**

#### Monthly Program Meeting

“Development Pressures on the Chesapeake Bay Watershed”

Speaker Joe Lerch, Virginia Senior Land Planner with the Chesapeake Bay Foundation, will be presenting an update on the state of the Bay and what is being done to help ease the pressures of development around the Bay. Joe will concentrate on land use, growth strategies, conservation issues and the importance of conservation easements to the health of this key ecosystem.

**Thurs., November 11, 7-9 PM**

#### Monthly Program Meeting

“Monitoring Water Quality and Setting Policy”

Speaker Patricia Kurpiel of Friends of Stafford Creeks will present a program on water quality monitoring in Stafford County and how monitoring is affecting County policies. Patricia runs the water quality monitoring program in Stafford and has been active in land and water quality issues in the county.

#### Virginia Environmental Assembly

**Saturday, October 6, 2007**

**9:00 AM to 4:00 PM**

**Andrews Hall**

**College of William & Mary  
Williamsburg, VA**

Join us at the Virginia Environmental Assembly, an annual event sponsored by the Virginia Conservation Network (VCN). Featured speaker this year is Prof. John McGlennon who will discuss “Virginia’s Changing Political Climate”. There will be workshops, exhibits, and a panel discussion on “Sustainability in Action”, as well as an evening “Wild and Scenic” Film Festival (7-10 pm). Register by 9/28 online at [www.vcnva.org](http://www.vcnva.org) where you can also find more details on the program and schedule. To carpool to this event, please contact Doris Whitfield at 540-775-7856.

## GET OUT!

### RG OUTINGS SCHEDULE

SEPT/OCT/NOV, 2007



All Sierra Club activities and outings are free (except park admission fees) to members and open to the public. Check with the RSG website/event leader for directions or any changes, cancellations, etc., or to make reservations (recommended).

### WE NEED OUTINGS LEADERS!

If you have an interest in the great outdoors and would like to learn more about how to become an outings leader with the Sierra Club, please contact Jim Lynch at [jplynch@crosslink.net](mailto:jplynch@crosslink.net) or call him at 540-775-7002.

**Saturday, Sept. 15, 10:00 AM – Caledon State Park Hike, King George:**

An easy-to-moderate 6-mile hike which includes the new Belmont trail. Learn the importance of protecting avian habitat at this eagle sanctuary; bring your binoculars and watch eagles soar over the Potomac. Meet at Caledon Parking Lot. Parking Fee \$3. Call Outings Leader Jim Lynch at 540-7757002, or contact him by e-mail at [jplynch@crosslink.net](mailto:jplynch@crosslink.net).

### OTHER EVENTS OF INTEREST:

*(NOT sponsored by Sierra Club)*

**Saturday, Sept. 15, 5-9 PM, FOR’s 17<sup>th</sup> Annual Rappahannock Riverfest at the F’burg Agricultural Fairgrounds.**

Dinner, open bar, live entertainment and benefit auction. You can help support river conservation initiatives by attending or volunteering to help at this event. Sponsored by Friends of the Rappahannock. Call 540-373-3448, or check out their website at [www.riverfriends.org](http://www.riverfriends.org).

**Saturday, October 13, 10:00 AM – Dahlgren Railroad Heritage Trail Hike, King George.**

Explore a section of this new 16-mile trail. Meet at Rte 610, just off SR218, or carpool from F’burg. Wear sturdy shoes; bring lunch and water for a picnic break. Led by Friends of the DRHT President Dave Jones. Contact: Doris Whitfield at 540-775-7856. (Raindate: Sunday, October 14.)



**Saturday, October 27, 6:30 to 9 PM – Halloween Haunted Trail and Halloween Village, Caledon Natural Area, King George.**

A fun carnival for the whole family. There will be booths hosted by conservation and environmental sponsors where you can learn more about the wild places and wildlife resources in our area. Sierra Club will be hosting a booth. Carnival is free! Haunted trail is \$5/pp. Sponsored by The Friends of Caledon. Call 540-663-3861 for info or: [Caledon@drc.virginia.gov](mailto:Caledon@drc.virginia.gov) or at [Caledonnaturalareafriends.com](http://Caledonnaturalareafriends.com).

**Rappahannock Group  
of the Sierra Club**  
Box 7972  
Fredericksburg, VA 22402  
Address Service Requested

Non-Profit  
Organization  
U.S. Postage  
Paid  
Fredericksburg  
VA 22401  
PERMIT 665


**OPEN HOUSE - SEPT. 13TH**


**Reception for Albert Pollard!**  
**Thurs, Sept. 6 (See pg. 1)**

**GET YOUR NEXT NEWSLETTER  
BY E-MAIL (See pg. 5)**


**HEALTHWAY**  
N A T U R A L F O O D S

4211 Plank Road, Route 3, Fredericksburg, VA 22407  
(540) 786-4844

 Your good health is our concern

 [www.healthwaynaturalfoods.com](http://www.healthwaynaturalfoods.com)

**AIKIDO in Fredericksburg**  
non-violent self-defense  
fitness, fun, community



[www.aikidoinn.com](http://www.aikidoinn.com)  
4006 Leonard Drive B5  
Fredericksburg, VA 22408  
(540) 582-9600

bring this ad  
for free intro  
class



[www.mykeepitgreen.com](http://www.mykeepitgreen.com) **KEEP IT GREEN** (540)361-1416

**Holistic Healing Center**  
Herbal Consultations  
Biological Terrain saliva & urine cellular environment testing  
Herbal Classes/Education

**JoHanna Cassidy-Farrell MH, CNHP**