



FALL 2008

QUARTERLY NEWSLETTER

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



UPCOMING EVENTS



OPEN HOUSE

**Thursday, September 11
7-9:00 p.m.**

United Methodist Church, F'burg

Join us as we launch another year of programs, outings and environmental initiatives. This gathering is especially designed for our new members, but a great way for old members to reconnect, meet new members, provide feedback and get involved in new projects this year. Learn more about our clean energy, recycling and Greenways initiatives. Bring a friend, and an item for the FOOD PANTRY!

Open to the public. Our famous 2009 SC Calendars will also be available for purchase! Refreshments will be served.

Call for ExCom Candidates!

Four seats will be expiring on RG's Executive Committee on December 31, and we are looking for members who are interested in serving our Group in this capacity. Candidates should have a strong commitment to environmental conservation. The ExCom is responsible for coordinating RG's business and activities in conjunction with the VA Chapter and National Sierra Club. They plan meetings, identify ways to address local environmental issues and partner with other conservation organizations.

If you are interested in serving RG as an ExCom member, please contact our Chair, Doris Whitfield, who will be happy to answer your questions.

The deadline for submission of nominations is September 26, 2008.

MY SLICE OF THE CLIMATE CHALLENGE

by Abby Lindsay*

It's been two years since I left Fredericksburg, and while life is moving a mile a minute, I wanted to take a moment to stop and thank you all for helping guide me on my environmental journey.

Upon leaving the University of Mary Washington, I knew my focus on building a more sustainable society would continue, and for that I needed to complement my Environmental Science degree with planning and policy. Given my passion for working internationally, I headed to Tufts University for a dual Masters degree, building my knowledge of international development at The Fletcher School of Law & Diplomacy and my experience in policy implementation and planning with the Department of Urban & Environmental Policy & Planning – two degrees that mirror my interests perfectly.

Over the past couple of years, several experiences have led me to focus on climate change and energy. After graduation, I volunteered in a small community in the Ecuadorian Amazon and then traveled through Ecuador and Colombia. Last summer I worked with the Ministry of Environment and Energy in Costa Rica to analyze their implementation of the international environmental conventions signed at the 1992 Rio Earth Summit. Climate change issues have continually risen in level of importance—both from the need to mitigate emissions and the resulting impacts. I echo the sentiment that climate change will be the biggest challenge of the century. The complexity, equity challenges and imminent threats caused by the increase in greenhouse gases draws me to the energy sector, where I see the greatest hope for the paradigm shift needed to address this.

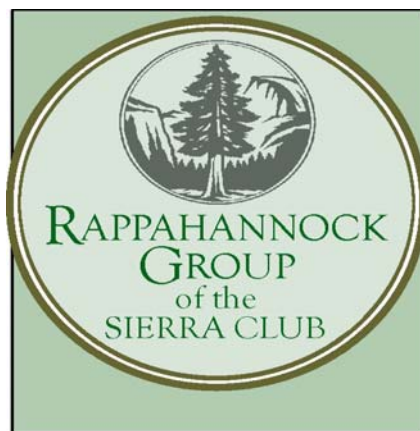
Academically, I am taking a slice of the climate-change pie for my thesis and analyzing the Clean Development Mechanism (CDM), a market mechanism within the Kyoto Protocol that generates carbon credits for projects that reduce emissions in developing countries. Kyoto targets can be met while aiding these countries to reorient their growth towards a reliance on renewable energy, thus contributing to addressing broader equity concerns.

Success requires both bottom-up and top-down action in order to cut our carbon emissions drastically, rapidly, and sort through the complexities. This summer I interned with the Bureau of Oceans, Environment and Science at the US Department of State to see how our country sets our international environmental policy, and to test whether government is the place for me. The experience was invaluable in many respects, in particular by showing me how government works on the inside. Government has the power to enact laws that propel the private sector towards greater renewable energy implementation and emission.....

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NOTES FROM THE CHAIR

by Doris Whitfield

**RG ON THE WEB:**www.virginia.sierraclub.org/rg/**VIRGINIA CHAPTER:**www.virginia.sierraclub.org**SC NATIONAL:**www.sierraclub.org**RG LEADERSHIP****CONTACT LIST**

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Volunteers Needed in All Areas!

ALL ABOARD!!!!...for an exciting 2008/09 year for our Rappahannock Group members!

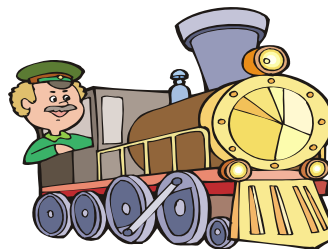
How long has it been since you rode the TRAIN? Growing up in Fredericksburg, my family and friends took frequent train rides to show visiting family members the Capitol, the Smithsonian and our favorite....the National Zoo in DC.

Last week I felt a renewed excitement boarding the "Carolinia", traveling to Durham, NC for a 4-day round trip. For the entire journey, I kept thinking of what other fellow riders and I were saving in energy and pollution reduction. It was a great feeling!

Like so many of you and others in our community, as Sierra Club members we are constantly seeking ways to "Reduce, Reuse and Conserve". Conservation becomes a habit—a way of life that builds and grows. It is contagious! The more we do, the more we want to do.

The question becomes, then, HOW can we capitalize more fully on the public's awareness and shift in consciousness to a "greener" lifestyle? Answering this question is what our Group's Executive Committee planning meeting focused on in July.

With YOUR input, suggestions and assistance, two priority Group goals, Energy Conservation and Recycling, are waiting to be refined. Specific objectives and time lines will be added. RG Chairs, committees and interested members will continue working on clean air and water, Group and Chapter ongoing issues, while coordinating educational outreach with partner organizations and local, regional and Virginia elected officials. We eagerly look forward to building on our close partnership with UMW's Ecology Club through our Group's interns and liaisons.

**GET ON BOARD! ... and JOIN US FOR OUR ANNUAL OPEN HOUSE****Thursday, September 11 from 7-9 pm at FUMC!**

The RG 2008/09 TRAIN will be ready for a "Preview Ride"....everything you might want to know about RG and Sierra Club activities, outings, conservation issues and projects. We hope you will join us, and bring family and friends for a relaxed evening of fun, while you visit with and get to know fellow SC members. There are plenty of FREE train tickets for all! HOP ABOARD!...and be sure to bring your ENERGY AND RECYCLING IDEAS along for the ride! See you there!

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. 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 415-977-5653, or e-mail your request to membership.services@sierraclub.org.

Save Our Food!

by Christine Carlson

At our May Sierra Club meeting, we viewed the film, *The True Cost of Food*, which highlighted the huge cost of our nation's current eating habits to our wallets, the environment and our health. The trend of eating locally-grown, organic foods has not only found its stride, but has virtually exploded over the past couple of years as people become more aware of the pollution and waste created by factory farming, over-fertilization, and the production and shipping of food from out of state and even from as far away as Chile and Asia.



It only seems natural that we learn more about these trends. In the coming months, we will highlight the problems, such as factory farming. For instance, a single dairy cow produces about 120 pounds of manure/day; do the math, and we find California's 1.4 million dairy cows produce as much waste as 28-56 million people (U.S. Environmental Protection Agency, "Notes from Underground," Fall 2001), and this contaminates the water, air and soil. According to the EPA, the runoff from factory farms pollutes our waterways more than all other industrial sources combined. On a smaller, sustainable farm, animal waste is contained more easily and the smaller amounts can be recycled on site as fertilizer.

To address these issues, Virginia's Farm Bureau has started a "SAVE OUR FOOD" campaign to encourage consumers to purchase locally-grown foods (www.saveourfood.org). "Since most food travels many miles to reach your table (1500 mi on average), locally-sourced food cuts back on the climate-change impacts of transportation and usually uses less packaging; its fresher, tastier, and offers more variety. It also supports small local growers and allows them to reduce expenses associated with packing, processing, refrigeration, marketing and shipping." (Reference: www.treehugger.com.) To learn more, visit www.sustainabletable.org.

East Coast Greenway: The Ultimate Urban Trail System

by Linda Muller



Imagine an off-road biking/hiking trail that travels along America's east coast, running from Calais, Maine and winding down to Key West, Florida. The proposed 3000-mile Greenway is the vision of the founders of the East Coast Greenway (ECG). The Greenway vision was launched in New York in 1991 by nine biking and trail enthusiasts, and has grown in scope and distance since its inception. Originally proposed as a pathway to connect off-road trails in New York City, Philadelphia and Washington, DC, the Greenway eventually expanded to cover more points south. It is an enormous trail project that now covers 16 states along the Eastern Seaboard of the US.

As described on the Greenways website, "The East Coast Greenway is the nation's first long-distance *urban* trail system; a city-to-city transportation corridor for cyclists, hikers and other non-motorized users. By connecting existing and planned trails, a continuous, safe green route 3000 miles long is being formed linking northern Maine to Florida. It incorporates waterfront esplanades, park paths, abandoned railroad corridors, canal towpaths and highway corridors. In many areas, it temporarily follows streets and roads to link these completed trail sections together." (www.greenway.org/)

Already, 21% of the Greenway is off-road, and the remainder of the trail is composed of a collection of connecting roadways. Each participating state has an ECG Committee contact. Virginia's contact is former Director of Virginia Parks and Recreation David Brickley. Mr. Brickley played a key role in establishing the recently opened Dahlgren Railroad Heritage Trail in King George County.



The Greenway Through Virginia

Starting from its northern boundary, Virginia's portion of the Greenway starts in Arlington and connects to the Mt. Vernon Pathway (17 miles), with plans to connect to the Fredericksburg region via the Potomac National Heritage Scenic Trail. The Greenway will then head south to Richmond, and into North Carolina. For more info on the current Greenway maps, refer to the "Maps, Guides and Cue Sheets" listed on the Greenway website.

The long-range plan for the ECG is to "close the gaps" in many of the trail routes. This requires participation and cooperation within the communities where the ECG is sited. Through the commitment and dedication of volunteers and stakeholders in all ECG regions, the vision of a 3000-mile "urban Appalachian Trail" will come to fruition.

Challenge cont'd from pg. 1....

reductions, which is just one of many tools that will be needed to tackle climate change.

The Boston area is wealthy with enthusiastic environmentalists and progressive policies, and I work with environmental leaders at Tufts to reinforce their efforts as well as community groups connected to the campus. Being accepted into the Environmental Leadership Program, a fellowship program that strengthens personal leadership skills and bolsters the environmental movement through networking, has proved very beneficial. The power of networking is incredible.

As I learned this summer, congressional votes are a vital key to US climate policy. I encourage all of you to be following what your Congressmen are doing, and be involved with the political process.

I've heard about a lot of great work many of you are doing and I urge you to continue it on a state and national level, because the US will have no new climate policy without the backing of Congress. I am hopeful that change is coming, but I know it will not be an easy battle. I am ready to take on the challenge – will you join me?

***Note:** Abby Lindsey was President of UMW's Ecology Club, RG's 2005 Fall Intern, and a recognized campus activist and skillful leader. She frequently took the initiative to help organize and coordinate a number of projects and events, including Fredericksburg's Pathways Partners and non-motorized transportation initiatives. She organized work days at Alum Spring Park to plant trees, shore-up eroding banks and even built a bridge. Networking with other environmental organizations, she helped lobby General Assembly members and was an effective speaker at campaign rallies.

With all this pre-graduate campus activity and background in mind, we are both impressed and inspired to hear the extent of her post-graduate educational objectives, experiences and adventures. Although her article here has been abbreviated due to space limitations, you can read her complete article on our website.

Recycling is the New "Little Black Dress"

by Christine Carlson



For those males out there, I apologize for the title of this article, but it was just soerrr....fitting (pun intended)! The little black dress in almost every woman's wardrobe is the quintessential symbol of the way all clothes should be: comfortable, always fashionable, requires little effort to maintain, lasts years, goes with everything, and is a vital component in your (fashion) arsenal.

The same ideals can be applied to recycling. Although it has gone in and out of fashion over the years, recycling has a comfortable, feel-good effect when accomplished. With the proper program, recycling takes no more effort than dropping something in the trash can. Once initiated, recycling can be a lasting habit over the years and can be done everywhere: at home, at school, at the store, in gyms, etc., because it goes with everything. Last, and most important, recycling is an important habit to nurture in our lives in this day and age. With landfills filling up (8 out of 10 plastic bottles end up there), communities trucking garbage across state lines, mounds of electronic waste sickening citizens in foreign countries, and no end in sight when it comes to convenience packaging, we cannot continue saying, "recycling is good," while at the same time packing our trash cans to the brim.

RG has made recycling education one of its top priorities this year, with hopes to turn the substandard recycling programs and low citizen participation of some counties into stellar ones like that of Stafford County. Stafford has gone to single-streaming, which means that people can put all recyclables into one container, and has helped all 30 of its schools to do the same. They now offer reusable bags, have started composting, and have future goals of trapping the methane created from the landfills to use as energy that could heat and cool our homes.

But as the saying goes, every journey begins with a single step. At our Open House on September 11, we hope to begin gathering like minds, drawing up plans, and starting a campaign to bring recycling further into mainstream consciousness— with all the comfort and style of that little black dress...or for you men, maybe the "navy sports jacket" analogy will work.

To get energized now, head to www.earth911.org where you can find good information on a way to recycle just about anything. Or, head to our own website for more local information (<http://virginia.sierraclub.org/rg/recycle.html>) on how and what to recycle in your county.

Contact Christine Carlson (ricardct@yahoo.com) if you wish to be a part of the Recycling Committee, or with any other comments or questions.

Fall Program Schedule

Programs Chair Emily Bowman would appreciate receiving program ideas from our members. Recent suggestions have included more “homegrown” programs (what RG members are doing environmentally), and programs that are family-oriented, interactive and encourage a “green” lifestyle. If you have any specific ideas or know of any speakers you would like us to invite, please contact Emily at annebow@gmail.com.

October 9: Monthly Program Meeting, 7 pm, UMC, F’burg.
The Raptor Conservancy of Virginia, a non-profit volunteer organization in Falls Church, will talk about the challenges they face in rehabilitating injured, sick and orphaned native VA birds of prey, and share ways you can help.

November 13: Monthly Program Meeting, 7 pm, UMC, F’burg.
The State of the Rappahannock. John Tippet, Director, Friends of the Rappahannock, will provide us with an update on water quality issues affecting the Rappahannock, a key tributary of the Potomac and Chesapeake Bay watersheds, and tell us what we can do to insure a healthy future for this ailing river system.

Fall Outings Schedule

September 17: 6:30-8:30 PM – Evening Hike Along the Rappahannock River. An easy walk for adults and kids. Learn about the health of the river and its importance to our community and watershed. Explore the canal trails, watch for wildlife and take in the sunset. Leader: Hilary Lufkin. Reserve: 804-357-0826.

October 4: Cat Point Creek and Menokin Bay Float. Explore the tidal marshes of the Rappahannock River by canoe with environmental scientist Krista Sharp. Tour historical home at Menokin. Cost: \$25 pp. Raindate: Oct. 5. Sponsored by FOR. Register at 540-373-3448.

October 18: 7:30 AM – 4:30 PM – Wilderness Weekend at Shenandoah Park. Take a walk led by Park Rangers and/or volunteers and learn about wilderness preservation, park policy and trail maintenance as you enjoy leaf-peeping season at its peak! Meet at Ukrops on Rte 3/Salem Church 7:30 AM to carpool; or meet at Loft Mountain Wayside in park at 9:30 a.m. Bring a picnic lunch. Leader: Hilary Lufkin. Reserve: 804-357-0826.

November, Date TBA: Service Outing – Highway Pick-Up, Rte. 3, Chancellorsville Battlefield. Bags and vests provided. If interested in being placed on the call list, please contact Leader Bill Hulse at 540-972-0070. Volunteers are needed.

November 8: 9 AM-12 Noon. Fall Birding Hike Along the Rappahannock. Leader: UMW Professor Joella Killian. Cost: \$5 pp/\$10 per family. Sponsored by FOR. Reserve: 540-373-3448.

SC Virginia Chapter Jamboree – COOL SOLUTIONS!

September 12-14, Pocahontas State Park. Discover community based agricultural initiatives, grassroots anti-sprawl campaigns and Cool Cities initiatives. Registration Form is in the July *Old Dominion Sierran* or download Jamboree brochure & form from the SC website at www.virginia.sierraclub.org.

RG Membership Meetings are held on the second Thursday of every month, except in 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.

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.

To place advertisements or classifieds in this newsletter or to become a newsletter sponsor, please contact Linda Hiross at 540-972-9640.



www.sierraclub.org

All Creatures Great and Small



“Every good thing, great and small, needs defense”
 - John Muir

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Membership Category	Individual	Joint
Special Offer	<input type="checkbox"/> \$25	
Standard	<input type="checkbox"/> \$39	<input type="checkbox"/> \$49
Supporting	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
Contributing	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
Life	<input type="checkbox"/> \$1,000	<input type="checkbox"/> \$1,250
Senior	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
Student/Limited Income	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35

Contributions, gifts and dues to Sierra Club are not tax deductible. They support our activities, citizen-based advocacy and lobbying efforts. Your dues include \$1.00 for a subscription to Sierra magazine and \$1.00 for your Chapter newsletter.

Enclose a check and mail to Sierra Club, P.O. Box 37902, Boulder, CO 80521-0902. www.sierraclub.org

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