



**Upcoming Events**



**Thursday, March 11  
7-9:00 pm.**

Copenhagen 2009 Climate  
Conference Review  
&  
**Doris Whitfield  
Farewell-Tribute**

**Fredericksburg United Methodist  
Church  
(308 Hanover St, Fredericksburg)**

Our previously planned February 2010 farewell/celebration for departing Rappahannock Group Chair, Doris Whitfield is rescheduled for our regular March meeting. Please be sure to join us for an evening of celebration and recognition of our esteemed immediate past Chair, Doris Whitfield. Special speakers, presentations, music, and refreshments will promise a wonderful "send-off" for Doris who is heading back to North Carolina.

**(See Doris' Farewell Column pg 2)**

We will first be joined by Virginia Chapter's Tyla Matteson, who attended the United Nation's Framework Convention on Climate Change, held in Copenhagen Denmark.. Tyla will share important developments and actions from the climate change conference . Free and open to the public. A donation of canned goods for the FUMC bank is suggested.

Directions / more info:  
<http://virginia.sierraclub.org/rg>

**Earth Day On the River !**

Saturday, April 24<sup>th</sup> 2010  
Old Mill Park-Fredericksburg  
11:00 am. - 3:00 pm.  
**RAIN OR SHINE**

River Clean-up sponsored by F.O.R.  
starts at 9:00 am.



2010 marks the 40<sup>th</sup> anniversary of the first Earth Day. This year the Fredericksburg area Earth Day celebration will be held at a new venue, Old Mill Park in Fredericksburg, situated along the banks of the Rappahannock River. Fredericksburg Parks and Recreation, along with Rappahannock Group Sierra Club, Friends of the Rappahannock, and Mountain View Learn and Serve, are teaming up for the special Earth Day Celebration.

Friends of the Rappahannock kicks off the day with a scheduled River Clean-up (9 am.). Persons interested in participating in the River clean-up can call F.O.R at 373-3448. The Rappahannock Group will be joined by dozens of other organizations and groups to help commemorate this special 20<sup>th</sup> anniversary of Earth Day.

Scott Howson, Rappahannock Group's Earth Day Liaison, noted that this years celebration offers an expanded line-up of entertainment and environmentally themed activities. Earth Day Volunteers are always welcomed and are encouraged to call Fredericksburg Parks & Rec.: 372-1086 x213. Rappahannock Group members who wish to assist with our booth and display, please contact: Rappahannock Group SC, Linda C. Muller,  
[rgsc@mindspring.com](mailto:rgsc@mindspring.com).



## NOTES FROM THE CHAIR

by Doris Whitfield

### **Rappahannock Group Recycling Committee**

We are starting to gear up for Earth Day & America Recycles Day which will be held Monday, November 15th. If you want to get involved and participate please contact RGSC Recycling Chair:

Eric Lawrence Stott, 540-429-0898 Email: [recyclingcommitteesc@yahoo.com](mailto:recyclingcommitteesc@yahoo.com)

### **Rappahannock Group Political Committee**

Another year, and another election in Virginia. This year all of Virginia's 11 congressional seats are up for election. The Rappahannock Group Region includes Virginia's 1<sup>st</sup> and 7<sup>th</sup> Congressional Districts. This will be another important election year! If you want to get involved please contact RGSC Political Chair: Eric Lawrence Stott: 540-429-0898.

### **Sign-up Now! RGSC Group E-mail**



RGSC is initiating a group email for RG Club members. The group email list will be used for Club announcements, notices, and future e-newsletters. Please sign up by emailing to our group email address: [rappsierraclub@gmail.com](mailto:rappsierraclub@gmail.com)

### **Volunteer With Your RGSC**

Have a flair with words? Enjoy planning exciting and new programs? Love to meet and greet people? RGSC thrives best with an active group of volunteers...perhaps you can help. We are looking for Newsletter Editor/writers, program planners..or even if you just want to share your ideas. Please contact Linda C. Muller at: [rgsc@mindspring.com](mailto:rgsc@mindspring.com).

Thank you for all your support and friendship!!

It has been a privilege and a joy over the past 15 years, to be a part of what has become, the Rappahannock Group Sierra Club.

What started as a Nature Club by a small group of dedicated persons at Lake of the Woods in 1994, has over the past 16 years evolved into the RGSC that includes the entire Fredericksburg region and neighboring counties.

Our Executive Committee with members input Identify and set priorities. Land conservation, "sprawl" ie. Smart Growth, transportation, air, water and more recently "clean" efficient energy continue to be our top priority issues. Our progress stems from working with like-minded local and state conservation organizations and elected officials also interested in protecting our natural resources.

We are privileged to work with other Virginia Chapter SC Groups, the Virginia Conservation Network, the Virginia League of Conservation Voters and others on statewide issue oriented campaigns. Closer to home, we continue to enjoy our partnership with the Friends of the Rappahannock and the University of Mary Washington Ecology Club. Our fifteen UMW interns have provided an amazing amount of creativity, valuable assistance on shared campaigns as well as enjoyment.

Through education and out-reach, we encourage support for preserving finite places like the Arctic National Wildlife Refuge, protection for our local, state and national forests, recycling initiatives and helping to establish and expand conservation easements. Politically involved, we lobby & help elect Virginia's General Assembly members, the Governor, and local officials.

Our Groups' history includes helping to Save the Mattaponi, establish Widewater State Park, the Dahlgren Railroad Heritage Trail, Save Crow's Nest and by adopting Alum Spring Park, we continue to support a special natural resource right in the middle of Fredericksburg.

The establishment of the national SC program, The Green Government Commission by the George Washington Regional Commission will have a lasting impact on how environmentally sound our region grows and develops.

The Spotsylvania Greenway Initiative due to strong leadership and county support is rapidly moving forward, connecting communities while conserving energy and reducing our "carbon footprint"

Supporting local CSA's (Community Supported Agriculture) has been a movement gaining universal support across the US. We are fortunate to have a number of CSA's & local markets that provide fresh and organic produce. The King George Farmers Market opened successfully last spring and is part of a world wide trend.

You will appreciate our local fresh markets even more after reading Paul Roberts' The End Of Food. This best seller is both an eye-opener on how the majority of our food purchased in our stores is produced, as well as how detrimental it is to the US & world "food economy", to our health & to our well being. It also reinforces the need for the expansion of local and regional Farmers Markets. (con't page 3)

These many wonderful experiences with my fellow Sierra Club members and friends will bring warm memories as I return to Raleigh where family members reside.

I plan to begin working once again with the North Carolina Capital Group.

THANK YOU!! It has been an incredible fifteen year "adventure". I look forward to keeping in touch & hearing of your continued successes. Best Wishes - **Doris L. Whitfield**



## MICROACTIVISM

by Paula Chow

(Paula is a newly elected RGSC Board Member).

Reflecting upon this year's extremes in weather, I feel the urgency for action to contribute to solutions towards the slowing of global warming. Influence . . . friendly persuasion . . . peer pressure . . . the power of one. Yes, we've all heard "One person can make a difference." What you do affects me and my environment. No longer can we just wait for others to get onboard with changing daily habits that are earth friendly. We need to nudge the culture of resistance to change. It is truly easy because the ideas are not new and the information has been around so no one should be shocked but one must be committed.

Start with family and friends. Gatherings usually involve meals. Since most folks have dishwashers, why not use your dinnerware and glasses? Assure that no water bottles and styrofoam makes its appearance. If recycling is not the practice, initiate taking the recyclables home to recycle taking the opportunity to educate. Cloth napkins are easily thrown into the washer. Offer to be the one to help with the cleanup as a way to change how its done. after the event.

Gift giving could be another arena for helping family and friends change their habits. The market is full of products that encourage the reduce, reuse, recycle efforts. Reusable bags are real cheap, can make a fashion statement if you shop around, some can be stuffed within itself to carry in the pocket or purse and this is the most used daily item that can make a difference. There are eco-towels to help wean people off paper towels. Stainless steel water bottles now come in all colors and shapes and are reasonably inexpensive. One can never have enough cloth napkins and they also are inexpensive. (cont)

Throw your own birthday party. As a gift ask each person to announce one practice she/he will change to an earth friendly practice. Or have a gift exchange only of items you already own.

The workplace is an excellent place to take the lead. Eliminating the appearance of water bottles, having ceramic mugs at the coffee/tea station, having a recyclable bin for paper and other recyclables, using the backsides of paper, suggesting take out only from eateries that use biodegradable containers are a few ways to nudge the business into eco-friendly practices. This can have a domino effect on the employees in their homes.

At church functions initiate a recycling bin that also includes paper and cardboard. Suggest that the church newsletter include an article about recycling which you could write. With your children's team sport coaches, problem solve ways to include recycling of plastic bottles and aluminum cans at events and encourage the use of stainless steel water containers.

This is a start. Microactivism. It really takes no more time than if you do the same thing you've always done. Be the change. Be the leader. It's the power of one.

## Spring 2010 Program Schedule

All meeting programs are free and open to the public. We do encourage a donation of canned goods for the Fredericksburg United Methodist Church Food Pantry. Guests are always welcomed!

### **March 11, Monthly Program Meeting, 7 pm, FUMC, F'burg Copenhagen COP15 Climate Conference Review & Doris Whitfield Farewell Celebration**

Tyla Matteson, SC Virginia Chapter, attended the Copenhagen Conference and will share developments and actions from the Conference. Immediately following, we will offer a special celebration for our departing RGSC Chair, Doris Whitfield. (event re-scheduled from Feb)

### **April 8<sup>th</sup>, Monthly Program Meeting, 7 pm, FUMC, F'burg. Community Power Initiative, Al Weed, Chairman of Public Policy Virginia.**

A discussion of the Community Power Initiative, (CPI) a model of how localities can create their own power using alternatives to coal including thermal energy for heating and cooling. (re-scheduled from January)

### **May 13 2010: Monthly Meeting, 7 pm FUMC, F'burg. BEES! And Beekeeping. Kim Frazer, President, Rappahannock Beekeepers Association.**

Learn more about these powerful "pollinators". A special presentation on the "mysterious" and intriguing lives of bees, the role of bees in the ecosystem, and beekeeping.

### **In June: RGSC Member Picnic June 12, 2010 keep posted!**

#### RGSC Outings and Events Schedule

please check our website for updates

<http://virginia.sierraclub.org/RG/>

#### **Other Outings/Events (not sponsored by RGSC)**

**Sun. Mar. 21. Prince William Forest Park, VA.** Moderate 9-mile hike to view early spring wildflowers. Meet at Springfield Metro station lot behind the parking garage at 9 am or at the Turkey Run Ed Center inside the Park at 9:45 am. Leader: Ray Abercrombie, 703/854-1792 (before 9 pm).

(Sierra Club Potomac Region Outings)

<http://www.sierrapotomac.org/index.htm>

more Event listings on our website:

<http://virginia.sierraclub.org/RG/>

**Rappahannock Group of the**

**Sierra Club**

**PO Box 7972**

**Fredericksburg, VA 22402**

Address Service Requested

**Earth Day April 24th**

**(See Pg. 1 for Details!)**



**4211 Plank Road, Route 3**

**Fredericksburg, VA 22407**

**540-786-4844**

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

