

### Upcoming Events Join Us!

**Saturday, June 11, 2011**



**Annual RGSC PICNIC & Clean-Up  
Members, Family and Friends  
11 am. -1:00 pm.  
Alum Springs Park  
Fredericksburg  
(Covered Shelter)**

Its our annual member's and friends of RGSC picnic. This year we will do a little "spring cleaning" at Alum Spring Park from 11am to 12 pm before delving into our covered dish feast! Its the last membership gathering before our summer break. Be sure to join us for our annual picnic. RGSC members, family and friends are welcome to join in for a little service work at Alum Spring Park and enjoy a wonderful feast shared wiith fellow Club members and guests.

Please bring a covered dish to share. Drinks, light refreshments will be provided. For more info contact: Eric Stott: [ericlawrencestott@gmail.com](mailto:ericlawrencestott@gmail.com) Directions to Alum Springs Park are available on-line, <http://maps.google.com> enter: "Alum Spring Park", Fredericksburg, VA.

### June 4, 2011

#### **ENERGIZE VIRGINIA : A Citizens Summit On Wind Energy**

10 am – 3:30 pm

Center Stage, Richmond VA

Sponsored by the Virginia Chapter Sierra Club and coalition partners CCAN, Green Jobs Alliance and Interfaith Power . This daylong conference will arm you with the facts you need to advocate for offshore wind in your community. Registration and information: <http://energizevirginia.eventbrite.com/>

#### **Keep The Ban! Plan to Attend Uranium Mining Information Summer Workshops**

See page 2

### EARTH DAY On the Rappahannock ! 2011

by Linda C. Muller



(photo by Linda C. Muller)

Stormy weather postponed the original date of this years Earth Day On the Rappahannock, but it was successfully re-scheduled the following Saturday April 23, 2011 at Old Mill Park. This years event offered a wide variety of display booths and vendors to help educate, inform, and inspire visitors to consider many ecologically friendly practices and actions. The RGSC booth featured special attention to plastics and recycling. RGSC member Paula Chow provided a striking enlarged color photo of the devastating consequences of plastics on wildlife. The visual impact of the picture offered a perfect icebreaker discussion on the hazards of discarded plastics and how consumers can make better product choices. (see related story A.P. Hill Earth Day page 3)

In addition to many educational activities, RGSC Chair Eric Lawrence Stott presented two Green Living Awards recognizing Fredericksburg restaurants FOODÈ and Bistro Betham. FOODÈ (pronounced foo'-dee ) is a new restaurant in Fredericksburg and specializes in dishes utilizing regionally grown produce including organically grown vegetables, free range chickens, and hormone free eggs. <http://www.foodeonline.com/index.html> Bistro Betham, offers seasonal modern American cuisine featuring locally grown produce and meats and has been serving the Fredericksburg Area since 2004. <http://www.bistrobethem.com/about> . Congratulations to these local Fredericksburg businesses.

The First Annual Trashion Show provided a fun and creative way to make a recycling statement. Stage models included UMW students: Desireé de Haven, Kristina Skrimshaw, Katy Howland, and RGSC Chair Eric Lawrence Stott. MC was Linda C. Muller. The colorful couture were composed of a variety of materials including: coffee bags, boxes, aluminum can tabs, re-used plastic sheeting, and a re-purposed plaid skirt. An even bigger and better show is planned for 2012 so its not too early to start planning your designs.

The RGSC booth was supported by several RGSC volunteers. **Thank-you** Desireé de Haven, Jody Lochmiller, Roland Herman, Jo Dodt, Linda C. Muller, and Eric Lawrence Stott. . More Earth Day Photos are posted on the RGSC website. <http://virginia.sierraclub.org/RG>

Get the latest RGSC news and updates! Sign up by sending an email to: [rappsierraclub@gmail.com](mailto:rappsierraclub@gmail.com)

## KEEP THE BAN-Uranium Mining

## A Message From Your Chair

On May 12, 2011, Mary Rafferty, VA Chapter Grassroots Organizer, gave a special presentation on the environmental impacts and hazards of uranium mining for the RGSC monthly meeting. The largest uranium field east of the Mississippi rests in Pittsylvania County, VA. Foreign mining interests are making a "full court press" in Richmond to lift the near 30 year ban. It will ultimately be left to the VA General Assembly to vote up or down to KEEP THE BAN. Its important that citizens get involved NOW to KEEP THE BAN.

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

## Sign-Up to Attend A Summer Workshop!



## KEEP THE BAN-Virginia Uranium Mining WORKSHOPS

Sponsored by the Virginia Conservation Network. Learn more about the efforts to remove the nearly 30 year ban on Uranium mining in Virginia. This is an urgent issue and the Virginia Conservation Network is sponsoring FREE information workshops that includes dinner. Plan to Attend! RSVP is requested.

Agenda:

5:30–6:00: Dinner (Free of Charge)

6:00–7:30: Program and Discussion

DATES:

June 14 – Richmond (Downtown U of R Campus)

June 21 – Charlottesville (Community Design Center – City Space)

June 23 – Virginia Beach (Croc's Eco-Bistro)

June 30 – Arlington (Central Library Auditorium)

July 19 – Roanoke (Higher Education Center Room #408)

July 21 – Harrisonburg (Clementine's Café Lounge)

Contact: Virginia Conservation Network  
804-644-0283

<http://vcnva.org/anx/>

Summer and Fall are just around the corner!!!

I would like to Thank everyone who volunteered for Friends of the Rappahannock World Water Day, Earth Day at Fort AP Hill and Fredericksburg Earth Day.

This years Earth Day in Fredericksburg was a good time for all from our very own Trashion Show to the Living Green Award. Desiree de Haven our intern from UMW was a great leader on this project. She reached out to teachers from area schools to get students involved. Great job Desiree.

This year the Living Green Award was presented to two local restaurants (that are eco-friendly and use local produce and meats) Bistro Bethem and Foode'.

Upcoming events:

**Saturday, June 11<sup>th</sup>** End of the year picnic. Bring a dish to pass at Alum Spring Park from 11:00am to 1:00pm. From 11:00am to Noon we will do a trash pick-up at the Park. From Noon to 1:00pm we will eat lunch and walk down to visit the Tree we planted for Doris. Please come out and help clean-up the park and enjoy a nice lunch with new and old friends. Its our last "gathering" before our Summer Break. Our next scheduled meeting is our annual **Open House Thursday, September 8 at FUMC**. We are also looking forward to the Annual Fall Gathering @ Prince William Forest Park- more details coming soon! Have a great Summer !

Keep Virginia Clean, Green & RECYCLE,  
Eric Lawrence Stott, [ericlawrencestott@gmail.com](mailto:ericlawrencestott@gmail.com)



RGSC Chair Eric Lawrence Stott presenting Living Green Award to Betham Bistro and Foode' (photos by Jim Lynch)





**Thank-You and Good Luck!**  
**Desirée de Haven**  
**UMW Eco Club RGSC Intern**

RGSC is fortunate to enjoy the talent and energy provided by UMW Interns. Desirée de Haven is no exception. As our Intern, Desirée helped plan and organize many of our special events and played a key role with our meeting logistics. She was responsible for organizing, forming and publishing the RGSC email announcements, and was the creative organizing force behind RGSC's first ever TRASHION (recyclable clothing) Show. Excellent work Desirée, we wish her the best!

**Earth Day at Fort A.P. Hill**  
**by Jim Lynch**

Fort A. P. Hill, established in 1941 in Caroline County, has seen a great number of community events, including, famously, the national Boy Scout Jamboree. This April the Army hosted yet another event, Earth Day, that was primarily attended by the young folks of Caroline County and Fredericksburg area schools.

The weather had been threatening all week, but the day of the event looked like we would luck out and have a nice day. We got there early, and with the help of the Army staff, found our exhibition site and set up our canopies and tables. It wasn't long until the kids started coming in!

The theme at the Sierra Club booth was littering and how harmful litter is to wildlife. The kids, who were moving quickly between exhibits, were very attentive to our 30-second talk, and amazed to learn that animals will eat about anything! Birds and water creatures in particular have a hard time distinguishing between real food and trash.

One of our pictures was a poor sea gull that had died on the beach. Wildlife biologists had cut it open to find a large amount of trash in its gullet that had caused its death. The kids were aghast and promised to never throw out trash again. Eventually it will wind up in ocean and run the risk of harming an innocent wild creature.

Thanks to the Army staff for their great job of hosting. And thanks to RGSC member Michael Johnson for spearheading this event for the Rappahannock Group. Eric Lawrence Stott and Jim Lynch pitched in and helped during the day. It was a fun time and we're looking forward to next year!

**Members VOICES: CONTEMPLATION CORNER**  
 By Paula Chow

It's outdoor weather and folks are planning gatherings, activities and trips. There are many personal behaviors we can alter to reduce our carbon footprint while playing and having fun. It is still not enough "to do our part." We can do more, whether a little, some or a lot. Incorporating new changes in our lives does not have to be daunting nor inconvenient. Contemplate the following ideas to determine how they may fit into your life. The focus is on REDUCING and REUSING. These are the small but frequent or cumulative changes that end up making a HUGE difference.

When organizing activities, parties or gatherings at your home, consider reducing and reusing, the issues of waste, landfill use, resources and influence. Consider offering water only from the tap and not the bottle unless you have horrible drinking well water. Perhaps for small gatherings, using your everyday dishes and glasses is not so inconvenient if you have a dishwasher. Save the use of paper plates for truly larger gatherings. Plastic cups can be recycled, check for numbers 1-7, and can be deposited at designated recycling centers. Paper cups are biodegradable. Resist the temptation to purchase anything made of polystyrene (styrofoam), no matter how cheap they are. It's an expensive proposition in the long term for the environment. For really large and informal gatherings, consider requesting each person bring her/his own dining service (plate, cup, utensil). While it sounds extreme, so, too, is our environment in an extremely fragile condition. When do we start making the changes?

At the table there is the temptation to load the food on the plate - if you eat it all, great, but if you're one to leave food on the plate, not so good because that wasted food must go somewhere and that somewhere does not help the environment unless you compost everything.

When you and your family travel by vehicle and stay at motels which serve breakfast, try a new approach. Most breakfasts at motels offer polystyrene plates, bowls and cups which do not biodegrade, unless it is of the newer and more expensive polystyrene (and they aren't). Pack a "picnic/motel" basket that stays in your vehicle which contain all the plates, bowls, cups, utensils, cloth napkins and dishtowels which you'll need. (The Corelle series by Pyrex are lightweight, compact and almost unbreakable.) Take what you need to the breakfast bar and bring them back to the room for washing. It's an easy wash because the dishes are not a major greasy mess. Keep your travel thermal mug available for the coffee stop.

So you're on the road and will be using public restrooms. Carry a bandana in your purse, pocket or pack to wipe your hands instead of using paper towels or the blow dryer which uses electricity. Keeping a wet washcloth in a bag/container in the vehicle is also a convenient way to keep your hands clean. And when you fill up on gas, do you really need the receipts? If not, push the "no" button when the pump asks if you want a receipt.

While you probably keep those reusable bags in the car, remember to keep a compact bag in your purse or pocket for those souvenirs which you really didn't plan on buying. Then, when you get to your car, immediately empty the contents of the compact bag into a bigger bag and return the compact bag to your purse or pocket. This tip is one of the biggest helps for those of us who are conscientious about our eco-friendly behavior. Yes, you can make a difference and influence others to give the movement momentum.

Have a great summer!

For more regional information on "going green" including acceptable recyclables at area waste management locations see George Washington Regional Commission's Green Government Home Page: <http://www.gwgreengovt.org/home.html>



## Members Travelogue

### Peru

By Ed Sandtner

My wife and I recently toured the most popular places in Peru - Lima, Cusco, The Sacred Valley, Machu Picchu and Lake Titicaca. Most memorable were our dining experiences with families in their homes.

Lima is the food capital of South America. It is modern situated along the Pacific coast. Food is very good and inexpensive. Cusco, a UNESCO World Heritage site, is the old Incan capital at about 10,000 ft. elevation. Machu Picchu is exactly as you see it in magazines and posters - pristine, serene and unbelievably preserved. We happened to have one of the better sunny days weather-wise as it rains 200 days every year. Lake Titicaca is the world's highest navigable lake at 12,500 ft elevation, where native Uros people live on 64 floating islands made of reeds. In spite of the contemporary city of Puno being situated at the lake, the inhabitants of the floating islands on Lake Titicaca endure a hard life. The women wear traditional colorful Uros clothing.

Of interest is the use of solar panels contrasting their rather primitive lifestyle. The Israelis introduced the solar concept to the Uros because during their initial humanitarian efforts, they found that there were frequent fires with the use of candles. The Uros use the solar energy (which is minimal) for their small televisions, radios and one CFL light bulb. They use the base of the reeds as toilet tissue (we were told they are soft wipes). The plastic water bottles which they discovered long ago floating on the lake from Puno were put to good use as their base for their reed boats, significantly extending the life of the reed boats. They also use these water bottles as floatation devices for teaching children how to swim, eliminating a bottle as the child improves.

I will be doing a presentation on our trip to Peru at the **October 13th** meeting. Join us for a detailed description of wonderful Peru.



### We Want to Hear From You!

Have suggestions for Newsletter items? Perhaps you and your family have completed an interesting adventure and want to share it with other RGSC members. Please email Linda Muller, RGSC Newsletter Editor: [lcmuller@mindspring.com](mailto:lcmuller@mindspring.com)

## RGSC Programs, Events & Outings

Please note that RGSC does not have membership meetings in July and August. We have our annual Picnic June 11, 2011 and our next regularly scheduled meeting will be our annual open house in September 8, 2011. Please join us for our Annual Picnic and have a safe and enjoyable summer!

### RGSC Programs

**Sat. June 11, 2011 11 am. - 1 p.m.** Annual RGSC Picnic Alum Spring Park (covered shelter). We will be sprucing up Alum Spring Park 11-am – 12 pm and then enjoying our delicious “pot luck” feast. Bring family, friends, and a covered dish to share. Light refreshments will be provided. Contact Eric: [ericlawrencestott@gmail.com](mailto:ericlawrencestott@gmail.com)

### Other Events (non RGSC Sponsored)

#### Sat. June 4 National Trails Day- Prince William Forest Park,

Volunteer with the National Park Service, Potomac Appalachian Trail Club, and other outdoor organizations and do some heavy lifting out on the trails! Clear brush, install water bars and learn about what makes trail maintenance so important and rewarding. Info: Call (703)221-7181 or [Jenn\\_Kays@nps.gov](mailto:Jenn_Kays@nps.gov)

More National Trails Day info can be found at the American Hiking Society website: <http://www.americanhiking.org/National-Trails-Day/Info/>

#### Sunday June 12 “Borrowed Views” Shenandoah National Park Celebrates 75 years! Big Meadows, SNP

Join The Piedmont Environmental Council, Shenandoah Valley Network, and the Shenandoah Valley Battlefields Foundation and explore the Piedmont and Valley viewsheds through the lenses of the Civil War, the Park's founders and former residents, and the public and private land conservation agencies working to preserve the landscape for generations to come. Please join us at the following overlooks:

Hogwallow Flats, Mary's Rock Tunnel Parking, Ivy Creek, and Crimora Lake for oral histories and to learn how public and private land conservation preserves the landscape for generations to come. Contact: Maggi MacQuilliam 540.347.2334 ext 29, [mmacquilliam@pecva.org](mailto:mmacquilliam@pecva.org). More SNP 75<sup>th</sup> anniversary events: <http://www.celebrateshenandoah.org/>

#### Wednesday June 22, 2011 Virginia Offshore Wind Conference Virginia Beach, VA

The Virginia Offshore Wind Conference features over 60 panelists ultimately tasked with fleshing out the barriers and issues involved with developing the Commonwealth's offshore wind resources. Ivy Main, Sierra Club, [ivyvmain@cox.net](mailto:ivyvmain@cox.net)

#### Sat. June 25<sup>th</sup> 9:00 AM - 4:00 PM Civil War Canoe Float

Friends of the Rappahannock Headquarters. Park Service Historian Greg Mertz will lead this canoe trip through the history of the Civil War from the river's perspective. As you paddle, you will stop at several sites along the way to learn about significant Civil War events. Bring a bag lunch. Back-up date: June 26. Contact FOR: [www.riverfriends.org](http://www.riverfriends.org), (540) 373-3448

#### Saturday July 9<sup>th</sup> 2 pm – 4 pm Bluebird Trails, Feathered Conservation, Caledon State Park

Create your own backyard habitat. This program will introduce you to the world of the bluebird. We will look at the biology and habits, what attracts them and how you can start & maintain a bluebird trail in your area. \$3 per person, \$8 per family. Call the park for more information and to make the required reservations. Tel (540) 663-3861 E-mail: [Caledon@dcr.virginia.gov](mailto:Caledon@dcr.virginia.gov)

Many listings of Sierra Club outings sponsored by SCPRO: Sierra Club Potomac Region <http://www.sierrapotomac.org/>

Its Fresh Produce Season - Support Local Farmers Markets! For a complete listing of local farmers markets and producers check out Buy Local Virginia: <http://www.buylocalvirginia.org/>

\*\*\*Next RGSC Meeting: FALL OPEN HOUSE September 8, 2011 7 pm. FUMC\*\*\*  
Check out the RGSC website for updated listings and events:  
<http://virginia.sierraclub.org/RG>