



Rappahannock Group Fall Open House

Wednesday September 7, 2016,
from 7-8:30PM

Location: Central Library Theatre,
in Fredericksburg

Guest Speakers: TBD

Memo From the Chair

By **Linda C. Muller**

Rappahannock Group: Volunteers Are Appreciated And Essential

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in”.

It started with an interest in working on local planning issues in the late 90's and early 2000's. The issue of suburban sprawl was front and center in our region. The Battlefield's Group Sierra Club (the former name of Rappahannock Group) was building coalitions with other groups and organizations to address the challenges presented by rapid growth in the region.

In 2001 I joined the Sierra Club and over the years I have been fortunate to serve with fellow Executive Committee members who are motivated, talented, and passionate about the environment. RGSC members willing to step up and help shape the kind of communities they want to live in. That is what makes local Sierra Club groups unique: we work on environmental issues that impact our own regional communities; sprawl, uranium mining, incinerators, sludge, landfill issues, coal ash ponds, fracking, conservation easements, wildlife & habitat preservation. Over the years our methods of reaching out to members have changed. We publish the RGSC newsletters on-line, issue email updates, have a Facebook page and website to engage and update our members and friends on the latest happenings with RGSC. And while the internet has helped make it "easier" to reach out and communicate with members, RGSC is an organization that truly

VOLUNTEERS NEEDED!

Earth Day - RGSC is one of the several organizations (or individuals) volunteering with the City of Fredericksburg Dept. of Parks & Recreation to plan the annual Earth Day on the Rappahannock every April. The planning meetings are chaired by Linda Bailey who coordinates the ever growing Earth Day event. Meetings are held once a month on a Friday at 9:00am beginning in October through April at Eileen's Cafe and Bakery on Caroline Street in Fredericksburg. Volunteers need not commit to major amounts of time, rather, whatever capacity a volunteer can serve will be helpful. If you are interested in helping out for even a few hours, contact Paula Chow at paulachow132@gmail.com and enter "Earth Day" on the subject line.

Fracking - Anyone interested in helping to educate residents of Caroline County about FRACKING, contact Paula Chow - paulachow132@gmail.com.

depends on its member volunteers to assist in running and operating the club. Program planning, websites, Facebook pages, newsletters, event tabling & outreach "happen" because of RGSC volunteers. This is where YOU come in. If you are interested in volunteering or just curious about volunteering with RGSC please let us know..we NEED you! Contacts: Linda Muller lcnuller@mindspring.com or Paula Chow paulachow132@gmail.com.

JOIN US AT OUR FALL OPENHOUSE: Sept 7, 2016 @ 7pm
Rappahannock Regional Library Fredericksburg. Its Free and Open to the public.

Yours in Exploring, Enjoying and Protecting the Planet

Linda C. Muller, Chair

Rappahannock Group of the Sierra Club (RGSC) Conservation Chair September 2016 Update

By Bill Johnson

Solar: Solarize is a renewable energy initiative that saves money through bulk purchasing with the help of the non-profit Local, Energy Alliance Program (LEAP). The Climate, Environment and Resilience (CLEAR) initiative is again bringing reduced cost solar power to Fredericksburg, Stafford, Spotsylvania, King George, and Caroline counties. The campaign ran from June 1 to July 31.

Student Interns: RGSC has been working with the University of Mary Washington (UMW) Ecology Club and the Germanna Community College Green Club to attract students to join us as interns and learn about the Sierra Club. Two students have joined us from UMW. Kendal McGuire wrote a research paper for RGSC entitled "Species Migration Patterns Affected by Climate Change", receiving 1 college credit for the effort. She will make a presentation to our Fall Open House on September 7, 2016. A second UMW student, Christian Meoli, entering his sophomore year, will start with us in September 2016. He is the current UMW Ecology Club Secretary.

RGSC Tabling at local events:

RGSC participated in the National Night out in Stafford, VA, on August 1, 2016. RGSC table theme was "Happy 100th Birthday

RGSC Executive Committee (ExCom) Member Contacts:

Chair: Linda C. Muller,
lcmuller@mindspring.com

Vice Chair, Bill Johnson,
billatthelake@comcast.net

Program Chair: Paula Chow,
paulachow132@gmail.com

Treasurer: Diana Johnson,
dianaatthelake@comcast.net

Membership & ExCom Member:
Michael Johnson,
johnson2000m@aol.com

Webmaster & ExCom Member:
Doug Ferguson,
dougferg@verizon.net

Conservation Chair: Bill Johnson,
billatthelake@comcast.net

Newsletter Editor: Bill Johnson,
billatthelake@comcast.net

Hospitality Chair & ExCom
Member: Jody Lochmiller,
jody_lochmiller@hotmail.com

UMW Intern, Kendal McGuire

National Parks" and included National Parks Trivia contest with give-away prizes including 100th anniversary National Park Commemorative re-usable bags and Sierra Club stickers.

Fracking:

We attended a Westmoreland County Planning Commission meeting on July 6, 2016 regarding proposed changes to the Westmoreland County Comprehensive Plan and Zoning Regulations on fracking. We delivered testimony in support of limiting or banning fracking in the County.

We participated in the discussion about the conference held in Abingdon, VA, during the week of August 8, 2016, where STRONGER was asked to review current fracking regulations. We provided input to position papers, news releases, and questions for the panel.

We attended a King George County Board of Supervisors (BOS) meeting on August 16, 2016, where proposed changes to their Comprehensive Plan and Zoning regulations were discussed as they related to fracking. After 5 industry lawyers advised the BOS that they would sue if any changes were made, the BOS voted to implement fracking changes that would limit fracking to 9% of the County. We delivered testimony in support of limiting or banning fracking in the County.

Incinerator at the Stafford Landfill:

So far, the Rappahannock Regional Solid Waste Management Board (R-Board) has not entertained any new proposals for an incinerator, so it appears the issue is dormant for now. We will continue to monitor the issue. Periodically I attend the R-Board meetings and send emails to that body on the subject of Zero Waste.

WINS \$25!!! FARMERS MARKET PLASTIC BAGS REDUCTION PROGRAM

by Paula Chow

160,000 plastic bags are used every second globally. So let's reduce and reuse. The Rappahannock Group (RG) is continuing its program at the Fredericksburg Farmers Markets to encourage shoppers to reduce (working towards elimination) of plastic bag use. Funded by a grant and the Farmers Market, RG wants to bring increased awareness and action about using single use plastic bags.

To acknowledge that plastic bags are a petroleum and natural

**RGSC Email News
Group send an email to
sign-up**

rappsierragroup@gmail.com

RGSC Mailing Address:

RGSC
P.O. Box 7972
Fredericksburg, VA 22404

**OTHER
ORGANIZATIONS/
LINKS**

Virginia Conservation Network
www.vcnva.org

Virginia League of Conservation
Voters
www.valcv.org

Southern Environmental Law
Center
www.southernenvironment.org

Friends of the Rappahannock
www.riverfriends.org

Tree Fredericksburg
www.treefredericksburg.org

gas product with added chemicals making it toxic to the environment may compel one to rethink one's use of plastic bags. Furthermore, plastic bags contain BPA and remain toxic even after they break down. It doesn't biodegrade; it photodegrades, taking about 1,000 years. This means that as it degrades, it breaks down into smaller and micro sized bits that contaminate the environments as it "leaks itself." Only 1% - 3% of plastic bags are recycled. Plastic bags are light weight and aerodynamic, so they can escape with the wind polluting our environment often finding their way to the ocean and presenting as food for marine life who suffer before dying. There is more plastic swirling in the North Pacific Ocean than zooplankton.*

Many shoppers bring reusable bags to the Farmers Market while continuing to use single use plastic bags for different produce items. While it is understandable in a functional way, finding alternatives is not that difficult nor inconvenient. We can recondition ourselves and form new habits. It simply takes a commitment.

RG's Reusable Bag Program is ongoing with a different vendor each month. The Farmers Market works with RGSC to sponsor the winnings. During the month of August at the Fredericksburg Hurkamp Farmers Market on Saturdays at Roberto's Produce, shoppers can enter their names for a chance to win \$25 in market tokens if they use reusable bags and take no other plastic bags. For the month of July the vendor was C & T Produce on Thursdays at Mary Washington Hospital from 1pm - 5pm and at the Mayfield corner across from Dixon Park 3:30pm - 6:30pm. The same program was held during the month of June at the Farmers Market at Hurkamp Park with Blenheim Organic Gardens, the 2016 recipient of RG's Living Green Award.

If you have a favorite farmer vendor at the King George, Spotsylvania, Stafford, Culpeper, Caroline or Westmoreland Farmers Markets who you think might be willing to participate in a similar program, email Paula Chow at paulachow132@gmail.com with subject entitled "Reusable Bag Vendor."

RG will continue creative ways to encourage the elimination of single use plastic bags at the Farmers Markets. As you continue to shop to support the Farmers Market, you may find yet another chance to win . . . something, if not, just a win for the environment.

*Sources: The World Counts, Inspiration Green, Eco Watch

TIPS COLUMN

by **Paula Chow**

Reinventing . . . Everything Old Is New Again

Leftovers *again*? Is this something you hear from your family? Are you loathe to save those few bites of food? How often have the leftovers in the refrigerator gone bad because of good intentions but you just couldn't bring yourself to eat it again?

Food waste in the USA comprises 30 - 40 % of the food supply which equals more than 20 pounds of food per person per month, from scraps, spills and spoilage.* 95% ends up in the landfill. This means that the natural resources and energy used to produce and transport food is also wasted along with the resultant greenhouse gases produced, contributing to climate change. Methane emissions from landfills represents one of the largest sources of GHG emissions from the waste sector.*

Rethinking how you prepare and serve the leftovers could be the trick. Tapas anyone? Saving up three to four meals of leftovers with some easy additions turning them into small bites turns the ordinary into different and interesting. Think Happy Hour, tapas dining, appetizers, picnic. These will no longer be a leftover but a new dish. Whether you're alone, a couple or a family, this technique works.

Leftover meats, poultry and fish can be cubed or shredded, placed in lettuce leaves, topped with some sauce and eaten like a wrap. A scoop or two of a casserole can also be put in lettuce leaves, topped with sliced almonds or other nuts. The cubes can be skewered with a few other vegetable cubes, cheese or olives on toothpicks. Or they can be put on top of pita breads, tortillas or English muffins for mini pizzas, with or without cheese. Even quicker is to roll all of it into a tortilla.

If it's a stew-like leftover, place it in individual custard cups or small bowls, top with cheese and broil until browned. Add a can of beans and call it a different name.

Don't toss out that half cup of soup - it can be the "amuse bouche" like the fancy French restaurants serve to tickle the palate. If you need to stretch it out, add brandy, cream, yogurt or more broth. Serve it in a shot glass, Chinese soup spoon or any tiny vessel.

Leftover pasta or rice salads can get a fresh touch up with any raw vegetable used alone or in combination such as grated carrots, minced celery, kohlrabi, sweet onions, tomatoes, chopped parsley or fresh herbs, nuts . . . whatever you have in the refrigerator. If you're not feeding kids, you can soak some

raisins in brandy for a really different touch, then mix it in. If you haven't tried bread crumbs on top of pasta, you're in for a treat. Frying leftover lasagna or other pastas by giving it a coat of bread crumbs or panko or just putting some bread crumbs in a little oil of the frying pan, gives it great crunch, with a soft inside.

Leftover vegetables can be pureed, added to any soup base from a can or even use tomato juice or milk. Adding a bunch of herbs will give the veggies a different flavor profile. Make some noodles, angel hair pasta being the quickest, then top the noodles with leftover veggies and any dressing or sauce (even out of a bottle) or olive oil. Potatoes prepared in any way can become a different dish altogether by adding anything to it.

Leftover breads can be stored in the freezer before they go stale. Make one or two slices per person for bruschetta, topping the bread with any leftover, placing under the broiler.

The trick is to put these newly created foods onto interesting or small plates. It gives one the impression of it truly being an entirely new dish. Nothing ventured, nothing gained, nothing wasted.

*Sources: World Food Day USA, EPA, Food and Agriculture Organization

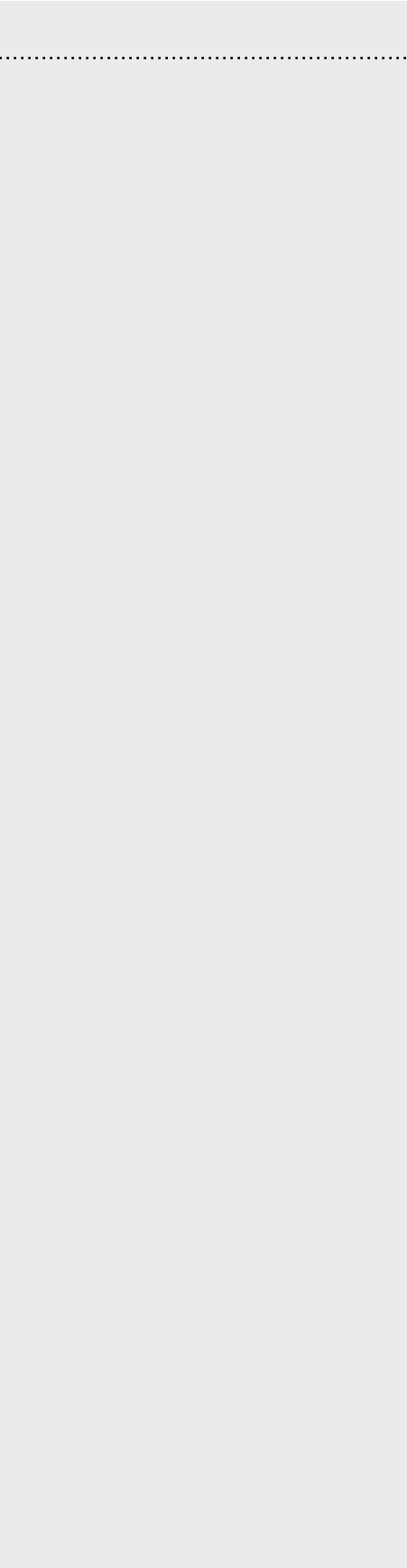
Sea Turtle Birth in Sandbridge, VA

By **Bill Johnson, RGSC Conservation Chair**



We took an ocean vacation in late August in Sandbridge, VA and were treated to an increasingly rare event, the hatching of sea turtles. The event occurred in the very early morning, so we didn't actually see them crack their shells and come to the surface, but they left evidence of their escape, fin prints.

Conservation volunteers found the nest, protected it through the incubation, and gave



them a path towards the sea. They should be thanked for the many sleepless nights protecting a species that is suffering from too much development along the coast. Here is a picture of the cage that protected them, the hole they dug themselves out of, and the path to freedom they took. Four of the hatchlings were captured and taken to the VA Beach Aquarium, where they would be studied for a year and then released back to the wild.

There are only 7 sea turtle species worldwide. All are either threatened or endangered. Five of these species occur in Virginia's waters.

http://www.vims.edu/research/units/legacy/sea_turtle/va_sea_turtles/index.php