

THE FALL LINE

April 2014 - June 2014



"Big Yard Sale" coming Spring 2014 and We Need Volunteers.

Our BYS planning committee met in February and with UR officials in March, and we believe that this should be the best BYS ever - if we can secure enough volunteers! Last year we had about 85 people helping, but the number of volunteers is trending slowly downwards. It is imperative that each of us signs up for at least several periods of work, and bring a friend or two along. Please don't think that we need only heavy lifters - we need scavengers, we need sorters, we need helpers during our two sales - we'll match you up with a job that suits your capability and your availability! Please see the sign-up sheet within, sign-up online (link on same form) or sign-up at one of our general meetings - but please sign-up! If you haven't done this before, we'll hook you up with a veteran, and you will see how much treasure y'all can haul in!

We are incorporating several big improvements: 2 Goodwill storage trucks instead of one for early collection goods! We have also secured heavy lifters from UR, and they will help us with getting furniture up the steps on Monday, plus help unload the Goodwill trucks.

We will ramp up collections during the several weekends before graduation and we need a couple of crews to cruise the campus collecting the early donations. John Z will be coordinating this; his number is 288-5005 - see sign-up schedule herein for the weekend dates

As usual, the BIG collection day is Monday, May 12th. We'd like 100 volunteers, and we'll have 3 shifts of workers: morning, afternoon, and evening. We will serve pizza for lunch! On Tuesday, we'd love to have 50-75 volunteers, and again, 3 shifts. Maybe pizza again. And we might have to do a little work on Wednesday, and some cashier training on Thursday evening.

Our two sale events are on Friday evening (May 16th), the private Preview sale for UR faculty and employees only. Since this is our busiest sale, we'll need 30-40 volunteers (and this is also where our numbers are declining, so help us please!) The big Public Sale on Saturday, May 17th is also a long half-day; 30-40 volunteers would really help.

We are also committed to help clean the gym and bag up the remaining materials from Noon to 2 pm that afternoon. Usually, we are beat by then, so if you have some family members, neighbors or young men you know who could use half a day's work, sign them up (think of HS or college athletes in your neighborhoods - perhaps they'll volunteer, or you can offer to pay them for their help!) Many hands will make this light work!

Please get involved, and help make this our most successful BYS ever !



Other Important Dates and Volunteer Opportunities:

Easter Parade on Monument Ave.--April 20, 2014, 1pm-5pm

Each year more than 25,000 people converge on Monument Ave to celebrate the arrival of spring on Easter Sunday. The FOJG Sierra Club along with the State Chapter will have a booth to spread the word about the important environmental issues that need our community's attention. We need volunteers to table from 12:30 to 3:00 and from 3:00 to 5:30. Please contact Tamara Smith at tamsmith47@gmail.com. Music, arts, crafts, children's activities, food, balloon artistry, a petting zoo are all part of the celebration. More information can be found at: <http://www.venturerichmond.com/events/>

21st Earth Day Festival – April 26, 2014 at the 17th Street Farmer's Market, 11-5 pm

The FOJG Sierra Club will be joining this celebration in Shockoe Bottom and we'll share tables in a double-booth with the State Chapter! We will need volunteers from 10:30-1:30 and from 1:30 to 5:30. Please contact Catherine Welsh at welshcm@verizon.net.

Learn about green building, buying from local businesses, urban gardening, repurposing materials, or eco-friendly modes of transportation. There will be eco-friendly art projects, games and array of hands-on activities for children provided by local non-profits right here in our community. Come join the fun, sample some food, and learn about what is happening in the green community. There is more information on their Facebook page or on the web, <http://earthdayrichmond.org>

We'll Recycle What Your Recycler Won't !! Don't forget to bring your old batteries, CFC bulbs, #5 plastics, cell phones, and other hard-to-recycle goods.

FoJG Spring Calendar

April 2014

General Meeting & Program:

Wednesday, April 16th, 7pm.

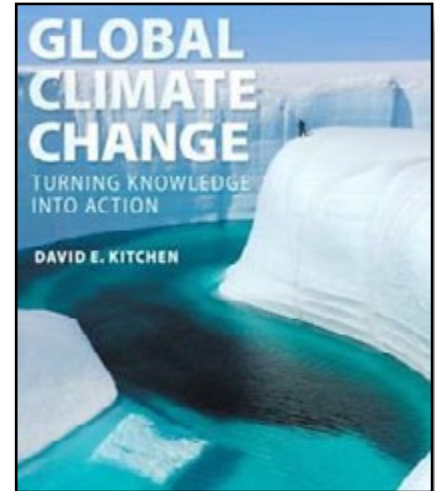
Global Climate Change: Turning Knowledge into Power

Dr. David Kitchen

Dr. Kitchen, associate dean for strategic planning and professor in the School of Professional and Continuing Studies at the University of Richmond teaches courses in geology and climate and in 2013 published a textbook on climate change, *Global Climate Change: Turning Knowledge*

into Action. The book summary reads as follows: the science of climate change is a complex subject that balances the physical record and scientific fact with politics, policy, and ethics-and is of particular importance to the geosciences.

Taking a cross-disciplinary approach, Dr. Kitchen examines not only the physical science, but the social, economic, political, energy, and environmental issues surrounding climate change. His goal: to turn knowledge into action, equipping citizens with the knowledge and critical skills to make informed decisions, separate facts from fiction, and participate in the public debate.



**DON'T FORGET! Spring Plant Exchange before our 7:00 program meeting.
5:45pm -6:45pm -- Tailgate exchange in parking Lot across from
Jepson Alumni Center**

NO Program Meeting in May!!

**Picnic to celebrate the end of
another Big Yard Sale and a
"Thank You, Volunteers" Night -
Wednesday, May 21nd, 6:30 pm.**

Celebrate the completion of the UR Big Yard Sale and thank the wonderful volunteers who make it so successful. Pot Luck Dinner at the Carillon Shelter

in William Byrd Park (a little southeast of Dogwood Dell). Please bring a labeled dish (veggie, gluten free) you can share with others. Also, bring your own plates, eating utensils, napkins, a cup and your favorite beverage. We'll have a small supply of these items, for those who don't remember, but let's try for a No Impact Picnic!

If you have a musical instrument, please bring it! Also, if you dare, bring or wear the most unusual treasure you discovered at the BYS! Let's plan on having some early "summer fun".



June 2014 General Meeting & Program Wednesday, June 11th, 7:00 pm. Walking Tour of some of VCU's Green Initiatives

Steve Heinitz, with VCU's Office of Sustainability, will lead us on a tour of several of VCU's greening initiatives

on campus: a green roof, a roof-mounted wind turbine, solar collectors integrated into the design of a parking deck, and more!

Meet at 7 pm sharp at the Shafer Court Dining Hall at 810 Cathedral Place. Wear comfortable shoes and bring your water bottle. Parking on street or the Laurel St. parking deck at the corner of Laurel and W. Grace St.



SUMMER GROUP ACTIVITIES -- Any One Interested?

- Bike trips around town? Ride the Charles City portion of the Capital Trail? A guided bike tour of Petersburg, Battersea and the FOLAR trail?
- Trip to Va Beach for part of the day, then a hop to Norfolk at see the WAVE light rail system and dinner ?
 - Gather at Dogwood Dell for a picnic and Henley Street Theater or a musical ?
 - Walk and explore Evergreen cemetery?

Lets vow to stay active and do fun things together!!

View from the Co-Chair

by Adele Maclean

Processing the Environmental Film Festival . . . My Major Takeaway: Caveat Emptor

Buyers beware. It's a lesson as old as Latin, probably, but I apparently have to learn it time and again. Thanks to this year's excellent RVA Environmental Film Festival in February, my understanding of industry's callous role in our country's fragile food system and our environment advanced to a new level with the films "GMO OMG" and "The Human Experiment." They transformed me into an even more health-minded, determined, and subversive consumer and advocate. Mind you, I've been keenly interested in the relationships between diet and health, between agriculture and the environment, between local food and vibrant communities, between food security and justice, between food and cross-cultural understanding for years.

The importance of the relationship between diet and health, for example, has been uppermost on my mind in the grocery store since the early 2000s when my husband was first diagnosed with type 2 diabetes. Like far too many others in this country, we had been complacent, even cavalier, about what we ate and were hooked on the Standard American Diet (aka/S.A.D., an apt acronym if ever there was one). He had put on weight, but we were not particularly concerned. We were too busy working and raising a family to pay much attention. We were ignorant, apathetic, and made-to-order customers for a rapacious food and advertising industrial complex. (See <http://documentaryaddict.com/Cereals+The+Foods+that+make+Billions-9648-documentary.html>) But that changed radically once we woke up to the insidious health problems caused over time by consuming too many carbohydrates (yes, carbs, not fats).

As the primary shopper in the family, I became a conscientious reader of food

labels, which, incidentally, are about to go through a major overhaul, long overdue. I learned to calculate the number of carbs per serving; I avoided processed foods; I went back to cooking more at home, relying on fewer convenience foods, eating out less, taking my lunch to work; I began buying mainly organic produce (viewing the extra expense as a form of health insurance), sampling foods from area farmers markets, and choosing local produce over food grown farther away. For a time, I even adopted the stringent Paleo diet, which I still think is a good idea.

I was vaguely aware of problems associated with genetically-modified (GMO) plants in the food system, of BPA in various kinds of food containers, and of certain untested and unregulated chemicals on the market. What I didn't grasp until the film festival was how pervasive these problems are in this country, how ruthlessly industry guards information about them and cynically obfuscates the truth to avoid responsibility, or how compliant and ineffectual our government is in protecting us. I'm convinced the effect on our health could be every bit as harmful as the individual choices we once let ourselves be lulled into making.

Why doesn't our regulatory system adopt the cautionary principle (no product on the market until proven safe versus regulation only if products proven unsafe) as a threshold test the way other governments, even China and Russia, do? Why do we allow industry after industry to evade responsibility with the four-dog defense (I don't own a dog; if I did, it didn't bite you; if it did bite you, it didn't hurt you; if it did hurt you, it's your own fault) taken from Big Tobacco's playbook? Or worse: e.g., industry PR departments strategically working to silence individual scientists who question



the safety of one of their 80,000 chemicals—(See, *New Yorker* article, "A Valuable Reputation": http://www.newyorker.com/reporting/2014/02/10/140210fa_fact_aviv?currentPage=all).

I have a few theories, but whatever the reason, my job as a savvy consumer and grassroots activist is clearer than ever. First, pay attention; gather reliable information; figure out how to opt out and not play into industry's hands; team up with others who are like-minded; develop a strategy (a stockholders' revolt?); speak out. Also, be gentle on myself and on others like me. Take action to avoid becoming overwhelmed. (After seeing "The Cove" at a previous RVA Environmental Film Festival, for example, I sought out the Sea Shepherds and gave them a donation as a way of contributing in a small way to preventing Japan's mindless slaughter of dolphins and whales. At least that was something I could do.)

Perhaps the best advice in that regard comes from farmer-poet Wendell Berry's "Mad Farmer's Manifesto": "Be joyful though you've considered all the facts." To make a difference in the long run, to upend a powerful, entrenched system that seems to be working against us, we don't have the luxury of losing perspective or giving in to despair!

The next frontier for our family: an organic backyard garden.

View from the Co-Chair

by John Zeugner



This will be a short column intended to bring you up to date on leadership changes within the Group, and identifying some of our needs.

2 new delegates were elected to Ex Comm: Ralph White and Stefan Bogdanovic -- but we still have one vacancy. We also elected Officers for 2014 - Adele Maclean and I were elected Co-Chairs; the delegates saw no need to fill the Vice-Chair position. Mary Beth Mains continues to serve as treasurer (and all would be lost without her diligence and commitment, amen!) Catherine Welsh

serves as Secretary and task-master, since we have adopted a monthly task-list to ensure that assignments get done in a timely fashion. Eric Vrable handles our website, Facebook and our National database HELEN. Scott Burger keeps tabs on Richmond development issues and politics, and Tamara Smith, who stepped down from Ex Comm a year ago, still attends our meetings as Fundraising Committee Chair - a never-ending job.

Most of us wear several hats: Adele chairs the Conservation Committee; I organize the speakers for the Program Meetings and do the newsletter. Catherine and Eric do publicity and social media; Scott follows City Hall; Tamara is the special events and volunteer coordinator, and we all pitch in with membership and outreach, the Film Festival, the Holiday Gala, the BYS and our other Spring activities. We stay stretched pretty thin.

Fortunately, about a dozen group members pitch in and help: Shavon and Andrew Peacock have been arranging outings, as has Carolyn Crighton (and

husband Dave); Bob and Carol Pontius help with our two biggest events, and Gill Sigmon revitalized our BYS. And thank goodness for the other dependable volunteers (you know who they are - they always show up to help!)

We have several committees in need of real chairs to provide leadership & initiative: a Bike-ped chair; a membership chair; a volunteer coordinator; a political/legislative chair, liaisons to our 3 universities, and someone to take on Twitter. Do any of these positions appeal to you, or do you want to help one or more of the current chairs to offer support or succession? Please ask any Ex Comm about the jobs' responsibilities, and come to a couple of Ex Comm meetings to see how you like the leadership and the chemistry of the group.

And if you have been upset or outraged by an environmental threat, or by an abuse of power, or want to push a particular issue (transportation, local foods, pollinators, etc), that's an even better reason to get involved and advocate for change!

GMOs or Genetically Modified Organisms: What are they and what do they have to do with you?

by Mary Beth Mains

Have you noticed that there are more people with food allergies? Schools now ban peanuts in the cafeteria and students who bring lunches that contain peanuts have to eat in a separate, contained area. I am sure you have heard that Monarch butterflies and honey bees are disappearing in record numbers. What does that have to do with you and what can you do about it?

GMOs are found in processed food in the U.S. and producers are not required to list them on the labels. More than 85 percent of the corn and soy grown in the U.S. comes from seeds whose DNA has been reconfigured to increase yields; those two crops play starring roles in

countless processed foods, from soda to salad dressing to bread.

GM foods have been on the market only since 1994, and research on their long-term effects on humans is scarce. To date, most of the studies have been done on animals. Some of those studies link GM foods to altered metabolism, inflammation, kidney and liver malfunction, and reduced fertility. In one experiment, multiple generations of hamsters were fed a diet of GM soy; by the third generation, they were unable to reproduce. Despite the potential health implications, more GM foods appear each year. In 2011 the USDA approved the planting of genetically enhanced sugar beets

(sucrose) and alfalfa (hay for livestock).

GM foods are not required to be labeled so it's impossible for consumers to tell them apart from regular foods. Gary Hirshberg, chairman and cofounder of Stonyfield, the organic yogurt company, is trying to do something about it. Last October he partnered with Just Label It, a national coalition of nearly 450 organizations that are currently petitioning the FDA to give consumers a choice. More than 600,000 people have already signed. (To add your name, go to justlabelit.org.)

"The status quo is innocent until proven guilty," says Ashley Koff, a registered dietitian who studies GM foods, "as it

was for trans fats, DDT, and countless other harmful chemicals. A labeling requirement would motivate seed companies to prove to consumers that their products are safe, to protect their sales.” Nearly 50 other countries - including China, Brazil, and most European nations - have mandated that genetically modified organisms (GMOs) be marked.

GM corn and cotton are engineered to produce their own built-in pesticide in every cell. When bugs ingest the plant, the poison splits open their stomachs and kills them. Biotech companies claim that the pesticide called Bt - produced from soil bacteria *Bacillus thuringiensis* - has a history of safe use, since organic farmers and others use Bt bacteria spray for natural insect control. Genetic engineers insert Bt genes into corn and cotton so that the plant does the killing.

The Bt-toxin produced in GM plants, is a thousand times more concentrated and more toxic than the spray. It cannot be washed off the plant. Sheep that were allowed to graze on the Bt cotton plants died in record numbers within 30 days.

While politicians debate regulations for labeling and researchers explore the safety issues, there are a few things you can do now if you want to reduce your exposure to GMOs:

- **Buy organic.** Certified organic producers are not allowed to use GM seeds.
- **Look for the “Non-GMO Project Verified” seal.** This stamp means that

the producer uses best practices to avoid GMO ingredients.

- **Check supplement and vitamin labels.** Coatings and fillers are often sourced from GM corn and soy), and some pills are produced using GM bacteria and fungi. Go to nongmoproject.org to search for verified brands.

- **When possible, steer clear of nonorganic products** made with ingredients that are most likely GM: corn, soy, canola oil, cottonseed oil, and sugar (unless the label says “pure cane sugar”).

- **Download the ShopNoGMO app to your iPhone,** or print out a cheat sheet from nongmoshoppingguide.com.



If even a small percentage of people choose non-GMO brands, the food industry will likely respond as they did in Europe - by removing all GM ingredients.



Another Threat: Neonicotinoids

by Mary Beth Mains

Friends of the Earth, the Organic Consumers Association and 10 other groups, focused on pressing Home Depot and Lowe’s to stop selling garden plants pre-treated with neonicotinoids. OCA collected more than 650,000 signatures on petitions to Home Depot and Lowe’s, and sent letters to the CEOs of both companies. Home Depot responded saying that it is “working on” a policy to address neonicotinoids.

Let’s hope and continue applying enough pressure for Home Depot and

Lowe’s to take these killers off their shelves and promote organic alternatives. Educating your friends and neighbors about the plight of pollinators, the damage caused by neonicotinoids, and the fact that many consumers unknowingly contribute to the problem by purchasing plants grown from treated seeds or plants which have been sprayed with a pesticide. These lovely garden plants may attract pollinators, only to kill them.

Unfortunately, neonicotinoids are not

limited to garden plants nor are they the only toxins killing bees. The American Bird Conservancy in March 2013 called for a ban on neonicotinoids based on a review of 200 studies including industry research obtained through the US Freedom of Information Act. The use of neonicotinoids as seed treatments causes toxicity to birds, aquatic invertebrates, and other wildlife. Currently, the neonicotinoid, Imidacloprid produced by Bayer Crop Science, is possibly the world’s most widely used insecticide.

Pollinators and the Faith Community

by Catherine Welsh

Each of the four major world religions includes a mandate for proper stewardship of nature to show respect and gratitude to the Creator and creation. Humans are dependent on the miracle of pollination and the efficiency of pollinators for 80 percent of the flowering plants on the planet including 1,200 species grown for our use as sources of foods, medicines and beverages.

Bees and honey are mentioned 21 times in the Bible, a chapter of the

Qur'an is titled Al-Nahal, the Bee, and the Buddha ate honey immediately before and after his enlightenment. The sacred texts and commentaries of Judaism, Christianity, Islam and Buddhism offer examples of how to celebrate creation through an appreciation and protection of nature. A good place to start is with helping pollinators at your place of worship.

Plant a native plant pollinator garden at your church, synagogue, mosque,

temple, or monastery. (Please purchase native plants from a reputable native plant nursery where plants are grown from untreated seeds and unsprayed). Celebrate a religious feast with special attention to pollinator dependent dishes. Ask your leadership to be sure no pesticides are used on the grounds - even organic pesticides can kill pollinators.

Sources: www.pollinator.org

Native Plant Pollinator-Friendly Garden

- Plant local native plants. Remember to buy plants grown from untreated seeds and unsprayed. A native plant nursery is a safer choice or you can grow your own plants from untreated seeds.
- Plant a variety of colors and flower shapes: Bees see purple, blue, white, yellow and butterflies see red and yellow.
- Plant in clumps – 3 ft square.
- Choose plants that bloom early, middle and late in the season.
- Include host plants for caterpillars
- Do not use pesticides – even organic pesticides can kill pollinators.

Here is a beginner's plant list for our area. More information at www.xerces.org,

Purple coneflower
Black-eyed Susan
Butterfly Weed
Columbine
Bee Balm

Swamp Milkweed
Swamp Rose Mallow
Sunflower
Coreopsis
Partridge Pea

Spiderwort
Hyssop
Goldenrod
Eastern Showy Aster
Joe Pye Weed

Aster
Blazing Star
Common Evening Primrose
Bearded Beggaricks

DON'T FORGET!

FOJG Sierra Club Spring Plant Exchange, April 16th 5:45-6:45 Tailgate exchange in the parking lot across from Jepson Alumni Center

Want to bring extra yard plants and swap them for new and different plants? Easy enough bring a plant, take a plant; bring 5 plants, take 5 plants, etc. Please pot or bag each plant separately for ease of exchange - in pots or wrapped in newspaper or plastic bags!

NATIVE PLANTS WILL BE MOST WELCOME since they help support native pollinators. NO plants in the building, so lets keep this exchange in the parking lot! Questions? Contact: Catherine Welsh 745-1512 welshcm@verizon.net.

Eagle Tour on the James with Captain Mike Ostrander

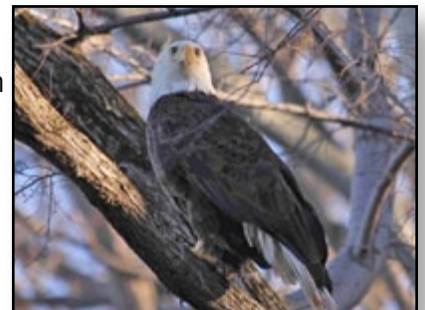
Organized by Shavon and Andrew Peacock

We hope that you will sign up for a Sierra Club sunset wildlife cruise on the James River with Captain Mike Ostrander on Saturday May 10th from 4:30-7:30 to see eagles, great blue

herons, and other animals. The 30 person pontoon boat leaves from Deep Bottom Park on the James River east of Richmond City. The cost is \$55, with \$10 going to the Sierra Club as a fundraiser for the club.

Andrew and I went on a cruise on the very cold morning of February 1st and saw around 24 eagles and 50 great blue heron. It was a fantastic trip, and we highly recommend it. Bring your cameras to catch some of the fishing eagles and heron as they swoop down to catch fish as did Andrew in the photos below. The eagle photo is one of the residents that Mike regularly sees.

To sign up and pay, click on the link below, as well as check out Mike's website: www.DiscoverTheJames.com



Meditations and Musings on Spring

by Ralph R. White



The goal of any species is to reproduce itself. Philosophical musings aside, the purpose for life is parenthood and the precursor to that is sex. And you'll see that all around you now that we've reached the tipping point for energy input - the halfway point, the spring equinox. The proverbial engine has been idling for months - there's not been much sunny fuel. And now the throttle of passion has been mashed halfway to the floor.

The chorus of bird calls that wakes you at dawn even though you'd like to sleep another hour is an auditory manifestation of this increase in energy - more sunlight. The pineal gland is stimulated, hormones are released, and sex glands swell. So does aggression. "Get outta my face; this is my crib and my feeding area" and "Baby, baby look at me. I got color, I got sound, so you know I got everything you need." Bird calls are all about passion and violence. You may think you live in a staid, suburban home setting, but at this time of year you've transitioned to a tenement setting and everyone is screaming and throwing dishes.

In the world of plants it's the same thing except with colors. Sex organs spring up out of the ground almost regardless of the temperature. The spring ephemerals are powered by the energy reserves of sunlight stored in the fleshy tubers and corms as starches and

oils. There's not quite enough light to support photosynthesis, so leaves will often come out a little later. Right now it's about drawing in the first beetles, flies and bumblebees to drag around pollen and get the procreation thing going.

At Reedy Creek, the main entrance to the James River Park, there is a remnant stand of the earliest spring ephemerals. You'll find them on the other side of the creek, in the flat, fertile, floodplain of the creek, opposite the parking lot. Look for small, delicate, simple white flowers standing on slender stalks - a circle of petals and a few anthers sticking up, like a child's version of a flower. These Spring Beauties have leaves like slender blades of grass and often the flower stems appear to grow adjacent to the leaves as if from a separate plant. Not so common now, they once grew in dense colonies wherever floodwater or storm drainage would spread out soft, sandy soil. Groups of Aboriginal girls would come with flat, wooden sticks to dig up the plants and remove the tiny thumbnail-sized tubers that looked like little potatoes - food that might have been shared with Leprechauns. Today you are more likely to see Toothworts. Small, 4 pedaled flowers with several on each short stem. They get their name from the little triangular buds on the sides of the cylindrical rootstock. The Doctrine of Signatures indicates that it addresses tooth issues - perhaps it's the accompanying grit that might scratch away plaque.

At Pony Pasture Rapids the VA Bluebells should be up. Same story - energy stored from last year is used to present the reproductive parts this year. The fertilization needs to happen before the flowers are hidden by surrounding vegetation. This is a nice display. All the more so because its restored native habitat. The environmental scab of invasive species (bush honeysuckle, periwinkle, English ivy and the like) has been gradually cleared away by park volunteers and the open land, under the

tall trees, replanted.

The increasing light affects the water as well. About the middle of March the shad, herring and rockfish begin to spawn. (Look for the fishermen on the shoreline and islands upstream of the Mayo Bridge.) Freshwater streams have far fewer predators than ocean environments, so even though it takes a lot of energy to swim upstream it means a lot of more eggs and juveniles will live. It takes a lot more effort than simply swimming. It also takes energy to metamorphose from living in a salty water (where fish skin keeps the thin body fluids from leaking out into the dense soup around them), to fresh water (where the skin has to hold in mineral rich blood and keep thin river water from squeezing in and diluting the blood.) Fish are cued by both light and temperature with the latter the more important since light can't penetrate very far into muddy water.

Energy flow into the river then cycles back onto the land where birds and mammals eat the fish. A good place to experience this is along the Pipeline Walkway at the view point for the Heron Rookery. Best time is at a rising tide early in the morning.... But during the height of the fish migration in early April there are fish moving at all hours and tidal stages, mostly shad. That is peak season to see herons fishing. You'll find them along the shoreline, patiently wading in shallow water, and stabbing the water with lightning fast jabs. Swallowing the food is an entirely more stressful and entertaining endeavor. The fish can be significantly thicker than the bird's neck, so there is much straining and twisting to get it down, and the fish tail sometimes remains hanging out flapping like a fat silver tongue - a glistening reminder of the glittering sunlight that made it all possible

Sierra Club
Falls of the James Group
 P.O. Box 25201
 Richmond, VA 23260
www.virginia.sierraclub.org/foj

Non-Profit Organization
 U.S. Postage Paid
 Richmond, VA
Permit Number 3022



**General Membership Meetings, third Wednesday each Month at 7 pm.,
 September - November and January - April at the Jepson Alumni Center, University of Richmond.
 Meetings are free and the public is invited to attend!
<http://virginia.sierraclub.org/FOJ>**

Falls of the James Group Delegates & Current Executive Committee Officers:


Co-Chair	Adele MacLean	amaclean94@gmail.com
Co-Chair	John Zeugner	jjzeugner@comcast.net
Secretary	Catherine Welsh	welshcm@verizon.net
Treasurer	Mary Beth Mains	marybeth125@verison.net

Group Delegates Elected by Membership (Ex Comm)


Scott Burger	EXPIRES Dec 14
Adele MacLean	EXPIRES Dec 15
Mary Beth Mains	EXPIRES Dec 14
Eric Vrabel	EXPIRES Dec 13
Catherine Welsh	EXPIRES Dec 14
Stefan Bogdanovic	EXPIRES Dec 15
Ralph R. White	EXPIRES Dec 15
John Zeugner	EXPIRES Dec 14
One Vacancy	

The Executive Committee meets usually the second Wednesday, August - June 6:30 pm at the SC VA Chapter Office, 422 E Franklin St, Suite 302. Visitors are welcome to attend!

Group Committees Needing Chairs	
Bike-Ped	Vacant
Membership	Vacant
Political/Legislative	Vacant
University liaisons: VCU, VUU, UR	ALL Vacant
Volunteer Coordinator	Vacant
Twitter and Meet-Up	Vacant



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Membership Categories	Individual	Joint
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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"/> \$ 1000	<input type="checkbox"/> \$ 1250
Senior	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 35
Student	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 35
Limited Income	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 35

Contributions, gifts & dues to Sierra Club are tax deductible; they support our effective, citizen based advocacy and lobbying efforts. Your dues include \$ 7.50 for a subscription to SIERRA magazine and \$ 1.00 for your Chapter newsletter.

Enclose a check and mail to: Sierra Club, PO Box 421041, Palm Coast, FL 32142-1041 or visit our website: www.sierraclub.org

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 Also visit us on Facebook and Meet-Up
 For add/drop and address changes contact: memberships@sierraclub.org or call The Sierra Club (415) 977-5653
 Letters and your comments are welcome.
 Please use the contact information herein.

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DISCLAIMER: The views and opinions expressed by authors in this Newsletter (most of whom are FoJG Executive Committee Volunteers) are their own, and should not necessarily be considered those of the Sierra Club Virginia Chapter, nor the national Sierra Club, and we are not liable for mistakes and misrepresentations herein. We welcome your articles and 'Letters to the Editor'.



2014 UofR 17th ANNUAL "Big Yard Sale"

Help divert good stuff from the Landfill



ONLINE Registration: <http://action.sierraclub.org/site/PageNavigator/2014BigYardSale>

OR Complete and mail this form to Tamara Smith, 5314 Dorchester Rd, RVA 23225-3016

We need 100 volunteers on Monday, at least 50 on Tuesday, 25-30 Wed, Fri and Sat ! Please volunteer for at least four hours.

Name		Address	
City	State	Zip	Phone
Sierra Club Member (Y/N)		Email	

Planning & Organizing (February to April)

I am interested in helping plan Yes No Help with Publicity, Dumpster Dive, Merchandizing, Big Yard Sale, Disposition of unsold items.

Scavenger Team (Three weekends before the Dumpster Dive)

Day	Time	My Time	Task Description
April 26-27 (Sat or Sun)	Flexible		Pickup cast-offs of early-leaving students. John Z (288-5005) will be coordinating this. You will be contacted regarding dates and times. Bring your truck if you have one.
May 3-4 (Sat or Sun)			
May 10-11 (Sat or Sun)			

Dumpster Dive: Monday May 12th, Tuesday May 13th, and maybe more sorting on Wednesday 5-14 !

Day	Task	My Time				Task Description
		7 AM	8:00-12:30	12:30-5:00	5PM-8:30	
Monday	Anywhere					
	Gym Setup					Gym Setup: Setup tables and signage in gym
	Dumpsters					Dumpsters: Teams of two divert stuff from a dumpster
	Transportation					Transportation: Load stuff into trucks and deliver to the gym parking lot.
	Heavy Lifters					Heavy Lifters: Unload trucks and deliver items into the gym.
	Sorting					Sorting: Receive and organize the good stuff inside Millhiser gym.
	Hospitality					Hospitality: Register volunteers, deliver lunch and water to all volunteers.
Tuesday	Anywhere					Anywhere: Assigned where needed
Wednesday						

Big Yard Sales (Friday May 16th and Saturday May 17th)

Day	Task	Time	My Time	Task Description
Friday Preview (UR Only!)	Anywhere	5:30 pm to		
	Cashier **	8:30 pm		Assistants: Help customers find, purchase and remove good stuff from the gym.
	Ticket Takers			
Saturday Public Sale	Anywhere	7:30 am to		
	Cashier**	Noon		
	Ticket Takers			Ticket Taker: Collects ticket, discharges customer from gym.
Saturday Afternoon	Clean Up Gym	Noon-2ish		Bag-up leftovers & Prep for Goodwill load-in

All volunteers must sign a waiver of liability upon arriving at the Millhiser Gymnasium.

FOJG Members and others may also donate goods for the Sale by bringing them to the Millhiser Gym on Tuesday or Wednesday. We are unable to make home pick-ups. Monetary Donations in lieu of goods donated to the Sale are welcome! (Make out Checks to The Sierra Club Foundation, Memo: Falls of the James Group Acct GG3552). Your gifts to the FOJG Foundation are tax deductible!

PLEASE Invite friends/neighbors to the Sale-Great Bargains in clothes, furniture, appliances! This is FOJG's most important fundraiser of the Year - (The "Big Yard Sale" grossed about \$12,000 last year!). We share the Sale proceeds with "Green UR" a student group that uses the proceeds to attend environmental conferences to augment knowledge, to promote special events such as "Environmental Awareness Week," "Recyclemania", Earth Day, and to publicize the Group's Environmental activities.

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