



Catoctin News

Newsletter of the Catoctin Group serving
Carroll, Frederick and Washington Counties

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Act Now for Climate Change

By Mark Gregory

Time to put your fruit and grains where your mouth is!

Is there something you want to do to help with climate change? In 2017, the prestigious medical journal *Lancet* described climate change as the biggest global threat of the 21st Century*. Well, time is running out quickly folks. But there is something you can do right now that doesn't cost you any money (in fact it should save you money!). It doesn't require you to raise money, help elect a more progressive politician, or the passing of any new laws. In fact, a report sponsored by the European Commission** states the most effective action than anyone can take to mitigate the impact of climate change is to give up eating meat. That's right, it's time to veggie up folks! Time to put your fruit and grains where your mouth is!

In the NutritionFacts.org web post (Dec 5, 2017) "Meat is Heat: The Effects of Diet on Global Warming" Dr. Michael Greger notes that eating a plant-based diet can be a win-win-win situation for us. Foods that create the most greenhouse gases appear to be the same foods that contribute too many of our chronic diseases. Researches*** have noted that meats have the greatest negative



<http://greenwei.com/blog>

environmental impact, whereas greens, beans, fruits and vegetables have the least impact. Dr. Greger adds that not only did the foods with the heaviest environmental impact tend to have lower nutritional quality, but they also had a higher price per pound, so avoiding them gives us the triple win scenario, better health, lower prices and a healthier environment (and I would add a fourth; helping prevent the widespread abuse of our fellow animals).

One could argue that it may even be considered hypocritical to bemoan gas-guzzling cars or excess fossil fuel/factory emissions while refusing to take the very action deemed most effective in reducing climate change. Let's face it, the livestock sector is one of the largest contributors to greenhouse gas emissions, not to mention the massive pollution caused from animal waste and feed fertilizers. The bottom line is that any support of the meat industry results in great misery to many animals as well as wreaking havoc on our ecosystem. It's time to help stop the damage now and try giving up eating meat. It'll be better for your health, your pocketbook, for animal welfare, and for our environment.

*"The Lancet Countdown on health and climate change: from 25 years of inaction to a global transformation for public health", 30 October, 2017

***"Study confirms big potential of behavioral changes to reduce climate emissions", European Commission on Climate Change, 10/24/2012;

***J Acad. Nutr. Diet. 2014 Jun; 114(6):862-9. doi: 10.1016/j.jand.2014.02.002. Epub. 2014 Apr 4.

Turn to Clean, Renewable Energy

By Ann Bristow

Incentivizing clean renewable energy is the best insurance policy we have . . .

In the U.S. News' "Best States Rankings," factoring in health care, education, economy, opportunity, infrastructure, crime, fiscal stability and quality of life, Maryland ranked 13th nationally, Pennsylvania 38th and West Virginia 47th.

However, John J. Interval, whose Pennsylvania business services frackers, describes Maryland's economy as hobbled by banning fracking, and points to Pennsylvania as a land of economic opportunity. (See Reader Commentary, "Natural gas a vital resource," March 4 Times-News, Page 4C.)

Western Marylanders, surrounded by extensive fracking in the Marcellus shale of Pennsylvania and West Virginia, are uniquely situated to observe the economic, environmental and public health of our neighbors.

Only five states in our nation pay teachers more poorly than West Virginia, a state whose fossil fuel resources have been extracted for decades. Marcellus shale lease-holders in Pennsylvania are having to go to court for their royalty payments.

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We have learned in Appalachia, that our bountiful natural resources are extracted for the benefit of large, now multi-national corporations, and the counties with the highest rates of extraction are the poorest, and vice-versa. A case in point is the Eastern Panhandle of West Virginia. There is no Marcellus shale in the Eastern Panhandle, yet it has the fastest growing economy in the state.

Please, can we stop pretending that fracked gas extractors (Range Resources, Chevron, EQT and CONSOL Energy), or fracked gas pipeline operators (TransCanada, Enbridge, Energy Transfer Partners) — all operators in our region — care more about our local economies, our health, our teachers' salaries, our drinking water supplies than we do? That they care more about anything than their financial bottom lines and satisfying their stockholders?

Interval also writes about methane, the main constituent of natural gas, though he fails to mention that methane is an extremely potent greenhouse gas which, according to the EPA, has a global warming potential of 84-87 times that of carbon dioxide in the first 20 years after emission, and more than 28-36 times greater than carbon dioxide over 100 years. A January 2018 NASA study attributed the sharp rise in global methane emissions in the last 10 years to the fossil fuel industry.

Perhaps the strangest assertion in Interval's letter is that methane is only leaking from a "small number of sources" and "that some of the methane is being

shipping by pipeline to processing facilities and sold for a profit." In fact, the sharp rise in methane emissions from the fossil fuel industry comes from every stage of the lifecycle of natural gas — drilling, separating/processing, compressing, storing, transmitting in pipelines, burning, and turning into plastics and chemical fertilizers.

And, except for that which leaks, all methane is shipped to end users and sold for a profit — which is why the oil and gas industry and Gov. Larry Hogan are poised to "fast track" natural gas infrastructure expansion in Maryland — so more fracked gas can be shipped for a profit! This expansion is at odds with the U.S. Climate Alliance commitment to uphold the greenhouse gas emissions standards of the Paris Climate Accord, which the Hogan administration just joined.



Photo from Climate Home News

The American Petroleum Institute (API) spent \$1.3 million to try to defeat the ban on fracking in Maryland. Who knows how much money API is willing to spend this year to purchase Gov. Hogan's approval for the \$103 million AltaGas/WGL settlement fund to expand natural gas infrastructure in Maryland?

How much to purchase a fracked gas pipeline under the Potomac River, and how much to steal Maryland away from clean renewable energy by incentivizing fracked gas?

Incentivizing clean renewable energy is the best insurance policy we have against fossil fuel dependency that will rob us of our health, our livelihood and a life-sustaining earth.

The John Muir Scholarship

The John Muir Scholarship was created by the Sierra Club's Catoctin Group in 2015 to support students who's goal is to pursue an environmental or conservation career. To date, our program has awarded almost ten thousand dollars to students in Frederick County assisting them with the financial burden of annual tuition costs.

Our mission is to inspire, encourage, and support the next generation of environmental leaders preparing them for a lifetime of protecting our environment. To connect and stay in touch or learn how you can support our program please follow us on Facebook by searching for the John Muir Scholarship in the Facebook search field. For questions on how to

arrange for a representative to come and speak about our scholarship program at one of your events, please contact us directly at the number below. For instructions on how to make a donation to our program, please visit our website by clicking on the link below.

Onward!

Lee S. Popkin

Director, John Muir Scholarship

PO Box 308

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<https://www.sierraclub.org/maryland/catoctin-group>



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ANNOUNCEMENTS

SYNTURF Legislation

We urge your support for HB 505 (Del. Aruna Miller) and SB 763 (Sen. Roger Manno), which would restrict the use of state funds for the construction and maintenance of synthetic surfaces for athletic fields and playgrounds and instead prioritize state-of-the-art natural surface materials to build playgrounds and fields. For details see:



<https://marylandmatters.org/2018/03/06/guest-commentary-stop-subsidizing-toxic-fields-and-playgrounds/>

This is a good article that describes SYNTURF and why there is growing concern about exposing our children to this material. Please consider reaching out to your local Maryland Legislature representatives and ask them to support these bills. [LINK](#)

Carroll County Weed Warriors

The Carroll County Weed Warrior works to “advocate sound forest management practices to preserve the forest as a resource, promote tree planting and forest conservation, and help educate young people about trees and forests.” The Weed Warrior Program is a volunteer based program that works to remove non-native invasive plant species from public land to improve biodiversity. Weed Warriors have also worked to restore cleared areas with native plant species.

The program was initiated in 2010 with a focus on Bear Branch Nature Center in Westminster. In 2011, the program expanded to Piney Run Park and in 2014, it partnered with Volunteer Maryland to hire a Coordinator to organize and supervise volunteer work. The Program is currently sponsored by the Carroll County Forestry Board, the Carroll County Master Gardeners, and the local chapter of the Sierra Club.

Since the founding of the Weed Warriors, approximately 30 acres of public land have had significant invasive species removal and several acres have been replanted with native plant species. Volunteers of all ages with varying levels of experience in gardening have participated in the

Weed Warriors program. Following a brief online instructional, volunteers receive in-person training with a take home informational pack on native and invasive plants in the area. Invasive plant removal and replanting sessions typically last 2-4 hours and can occur on both weekends and weekdays to accommodate varying schedules. Volunteers can accept varying levels of commitment as described here. Check the [event page](#) for upcoming training, invasive plant removal and restoration project dates!

Bethany Slaughter, Volunteer Maryland Coordinator,
Carroll County Forestry Board

Training

March 31, 10 am — 12 pm, Piney Run

Registration for March Training:

[LINK](#)

Schedule for further training and plantings:

April 28 10 am — 12 pm, Bear Branch

May 12, 10 am — 12 pm, Piney Run

Additional Tree Planting (Time TBA)

April 11, May 5 — Bear Branch

April 21, May 19 — Piney Run

Calling All Volunteers

Plant Trees to Protect Local Streams

Stream-Link Education seeks volunteers to reforest 30 acres in Frederick County. We have four volunteer tree planting events coming up this spring. For more information or to sign up, visit:

www.streamlinkededucation.org/plantings

Dates and Locations:

Waterside Community, Frederick, MD

April 7, April 14, April 21

Point of Rocks

May 5, 9 am — 11 pm



STREAMLINK
EDUCATION

Help spread the word! Forward this email and invite your family and your friends. These events are fun for all ages so bring the whole family. Wondering what our tree plantings are all about, check out this short video from our fall planting season:

<https://www.youtube.com/watch?v=luQBUqY6Ayg>

Lisa Baird, Program Director

Stream-Link Education (443) 538-6201

lisa.streamlink@gmail.com

<http://www.streamlinkededucation.org/>

ANNOUNCEMENTS

Thurmont Green Fest

April 21, 10 am — 2 pm
Thurmont Library,
76 E. Moser Road, Thurmont

— A Zero Waste Event —

Preservation, Conservation
& Wise Use of Resources

Learn about Native Habitats, Environmental Impacts,
Food Sources, Reuse, Repurposing and Recycling in an
ENJOYABLE WAY! ALL AGES! Green living Ideas,
electronic recycling, nature crafts, animals and how to
plant a tree are presented. Many green educational tables
to visit. If interested in participating, contact Cindy at
cpoolemd@comcast.net

More information to come!

Go to: <http://www.thurmontmainstreet.com/green-team.html>

For more Green Team Information!

Officers/Committee Chairs

Chairman & Energy Scholarship Chair

Dan Andrews Lee Popkin

Treasurer Political Chair

Anthony Iacovelli Kathleen Rall

Secretary Newsletter

Bob Law Lew Sherman

Social Media

Amy Andrews

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Harry George, Paul Walker

Membership

Patti Fredericks

Further Information

[http://
www.sierraclub.org/
maryland/catoclin-
group](http://www.sierraclub.org/maryland/catoclin-group)

Catoclin Group Fundraiser

Saturday, April 28

Mt. Pleasant Ruritan Club

8101 Crum Road, Walkersville

The Group will participate in the Ruritan's large
Craft and Yard sale to sell eco items, housewares,
books, tools and possibly native plants. Sierra Club
handouts also will be available. Please help by
donating items for our table.

Contact Bob & Betty at bettybob1758@gmail.com

Green Neighbor Festival

Saturday, May 12, 10 am — 4pm

Culler Lake in Baker Park, Frederick

The Green Neighbor Festival highlights environmentally
conscious habits, activities and businesses in Frederick
County. Vendors will demonstrate & promote
environmentally sustainable practices.

<https://secure.hood.edu/greenneighborforum/>

Learn more about last year's Festival here:

<http://ccws.hood.edu/green-neighbor-festival/>

The Catoclin Group will have a table there.

Boonsboro Green Fest

Saturday, May 19, 10:00 am — 5:00 pm

Community Park, Boonsboro

This is a large gathering of environmentally friendly
organizations from Washington County and environs.

Native plants, garden vegetable plants and other
merchandise will be for sale; many demonstrations. The

Catoclin Group will have a table there.

lisa.streamlink@gmail.com

<http://www.streamlinededucation.org/>

Lobby Night



SIERRA
CLUB
FOUNDED 1892



The Catoclin group was among the more than 200 attendees at the Sierra Club's 2018 Lobby Night in Annapolis. Almost every legislative district was represented as participants gathered to press legislators on issues of importance to the environmental community and the Sierra Club. Altogether, the February 26 event was the scene of more than 120 meetings with legislators and staff.