



Catoctin News

Newsletter of the Catoctin Group serving
Carroll and Frederick Counties

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Summer 2022

What is Mobilize Frederick?

By Ron Kaltenbaugh

Addressing climate change is no longer about expensive solutions and sacrificing our standard of living. It never was.

In July of 2020, the Frederick County Council passed a Climate Emergency Resolution. The city of Frederick had passed a similar resolution a few months earlier. These two actions culminated efforts started in the summer of 2019 to get these resolutions passed. With the hard work of getting these resolutions passed, little did those involved know that this was the easy part. One of the key actions resulting from the resolution was the formation of the Climate Emergency Mobilization Workgroup (CEMWG).

Climate Action Report

This all-volunteer, citizen-led group was tasked with developing a climate action report within one year.

More than 50 people volunteered and worked on this effort, with most being involved for the entire year. Many of the volunteers were Sierra Club members. Thousands of hours were spent on research; exploring plans from other municipalities; outreach and discussions with a wide variety of community groups and stakeholders; and writing. The final report, consisting of two volumes and almost 400 pages, was delivered in August of 2021.

Community Outreach

During the work on the report, one of the tasks involved outreach to the community, and part of this was creating a website and social media channels. Climate Emergency Mobilization Workgroup and CEMWG are not exactly the friendliest of names and don't exactly roll off the tongue. So, we needed a better name for this outreach effort and Mobilize Frederick was born.

The website, <https://mobilizefrederick.org> exists today and links to both volumes of the report can be easily found on the main page.

After delivery of the report, we moved into the third phase of this effort, and the work has not gotten easier. Now the real work begins — getting as many recommendations from the report adopted as we can. We have already seen actions on some of the smaller recommendations, and we are encouraged that our elected officials have obviously read the report and are referencing it.

Creating a New Non-profit

A small but growing group of people have been working on this third phase since the CEMWG formally ended last fall. Efforts are underway to

formalize this effort with the creation of a new non-profit to take this work to new heights and move

progress forward. This effort is not just a climate effort. It is an effort to mobilize the Frederick community to make this a better place to live and work and to avoid dangers we face that will be a result of climate change. The following quote from Volume 1 says it well:

Acting with Urgency

“Addressing climate change is no longer about expensive solutions and sacrificing our standard of living. It never was. Climate solutions are better for our health and economy by cutting pollutants and adding stability. Plus, by acting with urgency, we can save trillions of dollars worldwide and millions locally in avoided costs from reduction of climate impacts.”

It's time to work together and get this done! As this new effort comes together, look for more information and opportunities for action in future newsletters. You can also sign up for the Mobilize Frederick newsletter on the home page of the website



MOBILIZE FREDERICK
CLIMATE EMERGENCY MOBILIZATION WORKGROUP

A Safe Summer: Protecting Against Ticks and Mosquitoes

Christine Conte

Summer has yet to officially arrive, but our least favorite summertime companions (ticks and mosquitoes) have been joining us for some time. We love to get outside and enjoy the extra hours of sun, the warmth, and all the outdoor activities, so the threat of diseases carried by ticks and mosquitoes should not prevent us from living our lives! What is the solution? The adage, knowledge is power, can help us reclaim our summer fun.

Ticks and mosquitoes are part of a broad classification called “vectors,” meaning they can give humans diseases that the vector has acquired from other animals they have bitten. Ticks are known to carry Lyme disease, but they can also transmit babesiosis and anaplasmosis. Mosquitoes in Maryland can transmit West Nile virus and EEE, or Eastern Equine Encephalitis. These diseases are part of a group called “vector-borne diseases” that also includes plague.

The best way to prevent vector-borne diseases is not to allow vectors to bite you. Wear long, light colored pants tucked into high socks so you can see ticks that are climbing up your legs and remove them. Long sleeves and long pants made of breathable materials like cotton can help prevent mosquitoes from biting you. If you choose to use insect repellants, try to spray them on your clothing, not your skin! There are relatively inexpensive head nets available on Amazon that can help to keep mosquitoes away from your face. If mosquitoes and ticks do not inject their mouthparts into your skin, they cannot transmit diseases to you.

The best way to prevent mosquitoes from coming near you is to make sure you are not creating mosquito habitats around your home. Take a look around your yard. Do you have any containers with pools of rain water, like tires, buckets, birdbaths, even gardening tools? Female mosquitoes like to lay their eggs above this water, so tipping over any of

those pools of standing water can help prevent mosquitoes. Although there are mosquito pesticide groups, keep in mind that mosquitoes will fly from neighboring yards to seek blood, which they can sense from the carbon dioxide you breath out.

However, if you notice you have been bitten by a tick or a mosquito, there are a few points to consider. Keep in mind that, during the summer months, many ticks are in their “teenage” stage of life, which is the size of a poppyseed, much smaller than the adult ticks you might be used to seeing.

When you check yourself or loved ones for ticks, keep in mind you are looking for a black speck the size of a poppyseed. If you have a tick stuck in your skin, the CDC recommends using fine-tipped tweezers to grab the tick by the mouthparts and pull it straight out of your skin. Once you have removed the entire tick, there are a few methods

of disposal. You can follow the instructions on this webpage (<https://health.maryland.gov/phpa/OIDEOR/CZVBD/Pages/Tick-Identification.aspx>) to send the tick to the University of Maryland for identification. Otherwise, you can place the tick in a flameproof container (like a sink) and use a lighter to dry it until it is dead. Alternatively, you can place it in a small container with rubbing alcohol and freeze it.

If you have been bitten by a vector, please know it takes a few days to notice any symptoms of the diseases they carry, but if you notice flu-like symptoms, fever, or achy joints, please make an appointment with your doctor and let them know about the bite. The classic “bullseye rash” symptom of Lyme disease is not present in many cases of the disease, so make sure you pay attention to the other symptoms, as well.

We deserve to enjoy our time outside, especially as we participate in activities around our community to help steward the land and advocate for natural habitats with the Sierra Club. This summer, let’s consider the best ways of prevention to ensure a safe and fun season.

Helpful Resources

Maryland Center for Zoonotic and Vector-borne Diseases

<https://health.maryland.gov/phpa/OIDEOR/CZVBD/Pages/Home.aspx>

CDC Resources about Ticks

<https://www.cdc.gov/ticks/index.html>

CDC Resources about Mosquitoes

<https://www.cdc.gov/mosquitoes/index.html>



ANNOUNCEMENTS

Opportunities

— Trip to the Reichs Ford Waste and Recycling Facility —

What happens when you throw something in the trash or recycle? Kerri Hesley, our Zero Waste team leader, has arranged a tour of the Reichs Ford facility for Saturday, July 9, starting at 9:30 am. Meet at the drop off for Recycling. On Google Maps it's on Recycle Road for easy directions. For more details, go to the Sierra Club Calendar or our Facebook page. Please register at the calendar or indicate on Facebook if you're attending.

— It's Farmer's Market Time —

There are more than 20 Farmer's Markets in this area. Most are on the weekend, but some are during the week. Support our local farmers. Use Google to find the one nearest you that fits your schedule.

— Gardens of Mystic Meadow —

Catoctin Sierra Club member, Christine Maccabee invites everyone to spend quiet time in her gardens of Mystic Meadows, learn about her many wild and domestic plants, share food and friendship Saturday, July 2, 3 pm to 9 pm. RSVP Christine at songbirdschant@gmail.com or call 240.675.4935.

Remember to



Make your voice heard!

— July 19 —

For help at the state level, the Sierra Club endorsements can be found at <https://www.sierraclub.org/maryland/2022-election-endorsements>

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Further Information

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



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