



Sustainability in Loudoun County

Do you live in Loudoun County? Are you interested in becoming more involved with environmental issues in the county? Well, now's your chance. Both the Sierra Club Great Falls Group and Sustainable Loudoun (formerly called Loudon County Committee for a Sustainable Society) have members that are active in the county. In fact, the Sierra Club Great Falls Group has co-sponsored a number of events with Sustainable Loudoun, such as last year's Alternative Energy Summit. And Sustainable Loudoun has promoted the Sierra Club's "Cool Counties" and "Cool Cities" initiatives in Loudoun and Leesburg, respectively.

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Blue Ridge Outdoor Program Join us July 26th, 8AM on

Join the Great Falls Group at the beautiful, 900-acre Blue Ridge Center for Environmental Stewardship, in Loudoun County, for a refreshing and informative day including a potluck picnic lunch on July 26. We will begin at 8:00 am with a guided bird tour by the Loudoun Wildlife Conservancy (LWC), hiking through this varied habitat which is home to more than 150 bird species. A potluck picnic lunch will follow at about 11:30am, either outside on picnic tables or inside an open barn, depending on the weather. Starting about 1pm you can enjoy a family-oriented butterfly walk by LWC, followed about 2pm by a tour of the seven-acre

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We Hear You! New Program Locations Next Fall

The Great Falls Group offers programs 10 months of the year, usually held on the 3rd Monday of the month, with an official start time of 7:30 pm. For the past 4 years every program has been held in the Lake Anne Community Center in Reston, which made scheduling easy because there was only one location. However, members who don't live in Reston have been telling us that it is too far a trip to make during rush hour, and to please offer programs in different areas. Great Falls Group, **we hear you!**

A new rotating system for monthly programs will begin in October 2008. The October program will be held on October 7 at the McLean Government Center (not Community Center) at 1437 Balls Hill Road (just off Lewinsville Rd near Routes 123 and 267 inside

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Farmers Markets Open for 2008 Season

If you love fresh produce and home-baked goods, we have some great news for you. It's the season for farmer's markets again. We've listed the major Northern Virginia ones below to help you find local, in-season food for your table. At some of these markets we will be able to distribute Sierra Club literature, if you would like to help with this activity please contact GFG Membership Chair Norbert Pink 703-264-7445 norbetsierra@aol.com.

Fairfax County Markets

Whether it's honey straight from the hive, fresh cut flowers, or pasture-raised meat, you will find it all at the open-air farmers markets of Fairfax County. This is much more than grocery shopping; this is a family outing, a wonderful warm-weather adventure, and a healthy one too! The 2008 season of the Fairfax County Farmers' Market kicks off May 1st and continues until November 19th. The markets are well-known for top quality local foods. All farmers and producers come no further than 125 miles from Fairfax County.

All our Farmers Markets host Fairfax County Cooperative Extension Master Gardener Plant Clinics. Citizens can bring plant or insect samples for pest identification or disease diagnosis. Master Gardeners also help citizens by having informational displays on topics such as Container Gardening or EcoSavvy Gardening.

More information, directions to the Fairfax County Markets and which products are sold at which markets are provided at <http://www.fairfaxcounty.gov/parks/farm-mkt.htm> listed below. For other information about the Markets, contact Kimberly Haun at 703-

642-0128, TTY 703-803-3354

Tuesdays

Mount Vernon Farmers Market, 8:00 am - Noon Sherwood Regional Library, 2501 Sherwood Hall Lane

Fairfax Farmers Market, 8:00 am - Noon Van Dyck Park on Old Lee Highway

Wednesdays

Vienna Farmers Market, 8:00 am - Noon Nottoway Park, 9601 Courthouse Road, (Between Nutley and Sutton Road)

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Alternative Energy Expo May 17th

Explore the third annual Alternative Energy Expo on Saturday, May 17th, 9:30am-4:30pm at the Fauquier County Fairgrounds, 6209 Old Auburn Rd, Warrenton, Virginia, 20187-4353. The Expo will showcase the latest energy technologies that promise to reduce the nation's dependence on fossil fuels. Exhibits will showcase alternative energy products for rural residents and small businesses. The event is sponsored by Rappahannock League for Environmental Protection. Admission is \$5 per adult, free for students and children. Parking is free and food will be available on site. For more information call 540-987-8759 or visit www.rlep.org. Stop by the Great Falls Group booth if you come, or call Norbert Pink to help hand out Sierra Club information at this event.

Utah's Red Rock from an East Coast Perspective

"Wow," we all thought as the view stole away our breath and the ability to utter a sound. My two friends and I had just climbed straight uphill for a half hour, eager to strap on our



San Rafael Reef by Tom Till.

harnesses and give one of Indian Creek's famous crack climbs our best go. But suddenly, I couldn't care less whether or not I managed to tie myself into a rope. I felt as if I could stand and stare for hours at the powerful sunlight striking the seemingly endless redrock cliff faces and casting shadows throughout the valley. This was a sight I could only dream about from my apartment in Arlington, Virginia.

Don't get me wrong- I love the East Coast. I've lived in the Eastern U.S. my entire life and can't imagine settling in any other area. But there is something particularly enthralling about our country's western landscapes for someone like me, someone for whom the opportunity to enter a truly wild place is a rare albeit special occurrence. And this is why I believe that Easterners should claim their stake in support of protection for western wild lands, so that we will always have the chance to experience places like Utah's redrock country, areas so geographically distinct from our own.



The state of Utah is blessed

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Farmers Markets (continued from page 1)

Frying Pan Farmers Market, 8:00 am - 12:30 pm
Frying Pan Park, 2709 West Ox Road, Herndon

Wakefield Farmers Market, 2:00 pm - 6:00 pm
Wakefield Park, 8100 Braddock Road, Annandale

Vienna/Oakton Farmers Market, 8:00 am - noon
Oak Marr RECenter, 3200 Jermantown Road (Formerly located at Nottoway Park)

Thursdays

Herndon Farmers Market, 8:00 am - 12:30 pm
Old Town Herndon, 777 Lynn Street, next to the Red Caboose

Thursdays Annandale Farmers Market, 8:00 am - Noon
Mason District Park, 6621 Columbia Pike in Annandale

Fridays

McLean Farmers Market, 8:30 am - 12:30 pm
Lewinsville Park, 1659 Chain Bridge Road in McLean

Kingstowne Farmers Market, 4:00 pm - 7:00 pm
Kingstowne Town Center near the Sunoco Gas Station.

Saturdays

Burke Farmers Market, 8:00 am - Noon
In the Virginia Railway Express Parking Lot at 5671 Roberts Parkway

Reston Farmers Market, 8:00 am - Noon
Lake Anne Village Center, Reston

Loudoun County Markets

Loudoun Valley HomeGrown Markets Association sponsors five Farmers Markets in Loudoun County from May through October:

Cascades Sundays 9am-1pm, The Senior Center, 21060 Whitfield Place

Leesburg Summer Saturdays 8am-Noon, Virginia Village Shopping Center

Bike to Work Day
Friday May 16th

Join thousands of area bicycle commuters to celebrate Bike to Work Day. There will be food, drinks, and bicycle-related literature at several Northern Virginia locations including Alexandria, Rosslyn, Crystal City, Dulles, Fairfax Corner, Fairfax University Mall, Leesburg, Reston, Springfield, Sterling, Tysons Corner, and Vienna. Get more information and register at www.waba.org. T-shirts are available to the first 7,000 people who register. Why not try commuting by bike that day? You may find it's easier than you think, it's fun, and it lowers your carbon footprint.

by Bruce Wright, Chairman, Fairfax Advocates for Better Bicycling (FABB) – www.fabb-bikes.org



Cyclists gathered at the Reston Town Center for Bike to Work Day 2007.

Lovettsville Tuesdays, 3:30pm-7pm, Game Protective Association - Rt. 287

Middleburg Saturdays, 8:00am-12pm, *Between 200-408 Stonewall Avenue (behind the Community Center)*

Purcellville Thursdays 4pm-7pm, 21st Street, across from the train station

Fauquier County Markets

The Warrenton Farmers Market. *Saturdays:* April 19 to November 22 - 7 a.m. to Noon - 5th and Lee Street; *Wednesdays:* May 7 to November 26 - 7 a.m. to Noon - on Court Street

Goldvein Farmers Market Saturdays 8 a.m. - 12 Noon; May - November Monroe Park, Goldvein, VA.

Remington Farmers' Market Now Open! : Friday afternoons from 4 p.m. - 8 p.m Main Street in the municipal parking lot across from Dr. White's office.

Bill's Farm Market Open daily 9a.m. - 7 p.m. March - December 8109 Greenwich Road, Catlett, Va

Bicycling Into Thick Air

Just in time for Bike-to-Work week, Jim Malusa comes to Washington to tell us what happens when a man tries something truly different.

With plenty of sunscreen and a cold beer swaddled in his sleeping bag, Malusa bicycled alone to the lowest point on six continents, a six-year series of "anti-expeditions" to the "anti-summits." Malusa's first trip took him to Lake Eyre in the arid heart of Australia. Next he followed Moses' route from the valley of the Nile to the Jordanian shore of the Dead Sea, and then raced against winter through Russian farmlands, from Moscow to the Caspian Sea. Later journeys found him pedaling across the Andes to Salina Grande in Argentine Patagonia, and around tiny Djibouti to Lac Assal in the Horn of Africa. He polished off the "pits" by riding from his Tucson home to Death Valley.

Malusa, now 50, traveled on his touring bike which he bought used in 1993, and still uses to this day. A devoted desert man with a horror of snow and ice, he was happy to discover that Antarctica has no exposed terrain below sea level.

With a botanist's eye, Malusa considers the lives of



Jim Malusa at Africa's Lac Assal, 500 feet below sea level.

thorny devils and jumping cactus. As a lone man, he is overfed by grandmothers, courted by ladies of the night at the Hotel Volgograd, invited into a mosque by Africa's most feared tribe, served up Chilean barnacles and road-kill kangaroo, serenaded by toads and dingoes, pursued by sandstorms and hurricanes—yet Malusa keeps riding. His reward: the deep silence of the world's great depressions.

At three local REI stores, Malusa will read from his new book, *Into Thick Air* (Sierra Club Books), and show slides of the land and people along the way to the world's great depressions.

May 14, Wednesday, 7:30 PM—REI Bailey's Crossroads 3509 Carlin Springs Rd Bailey's Crossroads, VA 22041 (703) 379-9400 <http://www.rei.com/stores/34>

May 15, Thursday, 7 PM - REI College Park 9801 Rhode Island Ave (Hollywood Plaza) College Park, MD 20740 (301) 982-9681 <http://www.rei.com/stores/27>

May 20, Tuesday, 7:30 PM - REI Fairfax, VA 11950 Grand Commons Ave Fairfax, VA 22030 (571) 522-6568 <http://www.rei.com/stores/84>

Great Falls Group Executive Committee

The monthly meeting of The Great Falls Group's (GFG) Executive Committee is usually held on the first Monday of the month and is open to all Sierra Club members. Contact Linda Freimark for time and location.

Officers:	Chair, Linda Freimark Vice Chair, Chris Koerner Treasurer, Joe Apple Secretary, Ross Shearer	703-222-9240 703-715-2204 703-860-1254 703-938-9385	Linda.Freimark@virginia.sierraclub.org Chris.Koerner@virginia.sierraclub.org Joe.Apple@virginia.sierraclub.org Ross.Shearer@virginia.sierraclub.org
Committee Chairs:	Chapter Delegate, Joe Apple Conservation, Steve Bruckner Membership, Norbert Pink Programs, Linda Burchfiel Political, Bob Pearson Publicity, Linda Burchfiel	703-860-1254 703-883-3622 703-264-7445 703-506-4310 703 690-3071 703-506-4310	Joe.Apple@virginia.sierraclub.org sbruckner@cox.net norbertsierra@aol.com larva@attglobal.net Bob.Pearson@virginia.sierraclub.org larva@attglobal.net
Committee Support:	Editor, Karen Grycewicz Layout Designer, Nanette Rock-Shraga Social Chair, Bobbi Beck Website and Listserv, Linda Stevens Environmental Education, Amelia Kissick	703-273-6226 703-437-7323 703-464-4755 703-787-8861	Karen.Grycewicz@virginia.sierraclub.org nrshraga@yahoo.com Bobbi.Beck@virginia.sierraclub.org

Sustainability in Loudoun (cont. from pg 1)

Sustainable Loudoun was founded in late 2005 by Tony Noerpel, a resident of Lovettsville, and has grown rapidly ever since. The group has been involved in activities such as meeting with members of the Loudoun County Board of Supervisors to promote green buildings and other environmental initiatives, sponsoring sustainability prizes at the Loudoun County Public Schools Regional Science and Engineering Fair, sponsoring environmental movie screenings and lectures, and fighting the proposed coal plant in Wise County. The group meets regularly in Leesburg.

For further information about Sustainable Loudoun and its interaction with the Sierra Club Great Falls Group, please contact Eric White at e.j.white@comcast.net. He's a member of both groups!

by Eric White

We Hear You! (continued from page 1)

the Beltway). A location for November is still under consideration, but it will hopefully be in Fairfax. The May 19 program on mountain-top removal, the June 9 program on Sierra Club trips, and the Sept 23 program will be held at Reston's Lake Anne Community Center as in the past.

Although our programs officially begin at 7:30, we start socializing at 7:00, snacking on light refreshments, networking, sharing environmental news and getting to know like-minded people. Our programs are always free and open to all, members or not.

Information on program topics, dates and locations is provided in this newsletter, our website, local newspapers and our email list, so watch those spaces! See you in Reston May 19 at 7:00pm!


by Linda Burchfiel

YES,
I want to join the Sierra Club!

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Telephone # _____
 Email Address _____

Annual dues include subscriptions to SIERRA (\$7.50) and chapter publications (\$1.00). Dues are not tax deductible. Enclose check and mail to:
Sierra Club, PO Box 52968, Boulder, CO 80322.

Membership Type	Individual	Joint
Introductory	<input type="checkbox"/> \$25.00	N/A
Regular	<input type="checkbox"/> \$39.00	<input type="checkbox"/> \$47.00
Supporting	<input type="checkbox"/> \$75.00	<input type="checkbox"/> \$100.00
Contributing	<input type="checkbox"/> \$150.00	<input type="checkbox"/> \$175.00
Life	<input type="checkbox"/> \$1,000.00	<input type="checkbox"/> \$1,250.00
Senior	<input type="checkbox"/> \$24.00	<input type="checkbox"/> \$32.00
Student	<input type="checkbox"/> \$24.00	<input type="checkbox"/> \$32.00
Limited Income	<input type="checkbox"/> \$24.00	<input type="checkbox"/> \$32.00



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An Appalachian Trail Adventure Starts For "Sleep Walker"

The son of one of our members, trail name "Sleep Walker", started his first Appalachian Trail (AT) through hike this spring. We'll be getting reports of his progress and will share them with you in future issues of the Cascade and on our website.

His mother, Sue Johnson, writes "He left Amicalola State Park in GA to hike up Springer Mtn. and begin his AT hike on March 9, 2008. ... on 3/14 he and his group of 4 had made it to Neels Gap and the Walasiyi Hostel in Blairsville, GA. "Sleep Walker" began this hike after a year of training (10 – 18 mile day hikes 4-5 days a week, mostly in the Shenandoah), researching and buying the best, lightest weight gear. The hostel owner offers to do a "pack shake-down" for the through hikers, usually urging them to toss 10 – 20 lbs. of excess weight. He was so impressed with my son's 24-lb. pack that he took a picture of all his gear and food for the hostel wall. 3/18 they reached the Cloud 9 Hostel in Hiawassee, GA after enjoying vistas from 4,000 ft. mountains and running the last 30 minutes to make the shuttle (he was out of food)."

In his email of 3/22, Sleep Walker wrote "Left Dicks Creek Gap (Cloud 9 Hostel) at noon 3/19/08 and covered 16.2 miles in the rain with 6000 ft elevation gain by 8:00 PM.... Set up the tent in the dark and the rain for the first time, then hung the bear bag in a heavy fog and drizzle, then woke up to snow and ice on the tent and frozen shoes and gloves! the views are great (very undeveloped vistas). Lots of

Outings for Everyone

Metropolitan Washington Regional Outings Program (MWROP) conducts a variety of day hikes and other kinds of events year-round for the general public on behalf of the Sierra Club's Washington D.C., Maryland, and Virginia chapters and their close-in groups. Volunteer leaders organize the events, many of which include conservation, educational, or historical elements. To learn about MWROP's upcoming events, event participation guidelines, free calendar subscriptions, and other subjects, visit www.mwrop.org or call the MWROP hotline (202-547-2326). To learn about becoming an MWROP leader (it isn't hard, and inquiries and qualified people are welcome), write to info@mwrop.org or call 301-565-3165.

Blue Ridge (continued from page 1)

organic farm, starring 8 baby goats, given by the farm manager.

8am too early for you? You can still join us for the potluck picnic lunch and the afternoon activities. Guests are free to roam the trails and enjoy the different habitats, which include wetlands, meadows, rocky outcrops, creeks, seeps and springs. Bring your unused cell phones and empty inkjet cartridges and the Center will recycle them for you in an environmentally-friendly way.

The Blue Ridge Center for Environmental Stewardship is located just north of Neersville, at 11661 Harpers Ferry Road (Rt 671). Directions from Leesburg: Go west on U.S. 7, right on Rt. 9., then right on Rt. 671/Harpers Ferry Rd. Go 6 miles to the Blue Ridge Center entrance on the left, just past the Neersville Fire Station. More information can be found on the website, www.brces.org, including additional directions, their bird list and a trail map. Want to carpool? Questions? Contact Linda Burchfiel at 703-506-4310 or larva@attglobal.net.

Rhododendron and Mountain Laurel in the higher elevations."

His next email came on 3/29: "I've started hiking with some fast company ... and we've made it through the Great Smoky Mountain National Park (home of the most diverse forest in North America) in just four days (three nights) with several back to back 20 mile days hiking multiple 6,000 ft mountains including Clingman's Dome at 6,643 ft! I was hiking in the rain one day and then the sky cleared to reveal an awesome knife edged rock ridge heading down into this huge gorge that seemed to go down forever and then off into a distant valley -- it seemed like something out of the "lost world". We were also walking along a knife edged ridge ourselves later that day where you could reach your hands out over the edge on both sides at the same time..... I was very fortunate and we had nice warm weather (50's) through the park (which can have severe winter storms even two months later in the year.) I'm feeling good so far (many minor aches and pains during the day that come and go and migrate around but I heal up overnight)."

Look for the latest AT adventures of "Sleep Walker" in the next newsletter and on our website.

by Karen Grycewicz

Utah's Red Rock (continued from page 1)

with millions of acres of public land still existing in its wild state. Unfortunately though, almost all of this land has yet to be designated and permanently protected as Wilderness by the United States government. Without Wilderness designation, Utah's magnificent redrock landscape is constantly susceptible to energy development, mining, and off-road vehicle damage, among many threats.

In response to the Bureau of Land Management's (BLM) failure to recognize wilderness characteristics in the majority of Utah's wild lands under its management, in the 1980s citizens bonded together to create the Utah Wilderness Coalition and a citizen's proposal for Utah wilderness. In 1989, U.S. Representative Wayne Owens (D-UT) introduced this proposal in Congress as "America's Red Rock Wilderness Act," a bill still pending to this day. Current sponsors of the bill Representative Maurice Hinchey (D-NY) and Senator Richard Durbin (D-IL) have bravely stood up to defend the 9.4 million acres of wild lands (out of a total 23 million acres managed by Utah BLM) contained in the present act.

With a new administration soon to take the helm and increasing support for wilderness designation in Congress, the time is approaching for America's Red Rock Wilderness Act to become a reality. However, since these are **public lands**, support is needed from throughout the country- including the East Coast- to permanently protect the special areas of Utah's redrock landscape. Already over 150 Representatives and 20 Senators have cosponsored the bill in this Congress, but more support is needed for the act to move forward. Please consider contacting your Senators and Representatives to ask them to cosponsor America's Red Rock Wilderness Act, so that you too may one day have the chance to stop and stare at Utah's amazing redrock splendor.

by Jackie Feinberg, National Grassroots Organizer for the Southern Utah Wilderness Alliance – For more information or help with contacting your Congressional delegation, please contact me at jackie@suwa.org or visit our website www.suwa.org.

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Check our website for meeting updates or changes:
<http://www.virginia.sierraclub.org/greatfalls/>

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The Cascade

The Great Falls Group Newsletter

May-June 2008

www.virginia.sierraclub.org/greatfalls

Upcoming Programs – Everyone Welcome!

***Mon. May 19th Appalachian Treasures** Come see this multi-media presentation about a critical social and environmental justice issue -- mountaintop removal coal mining (MTR) in Central Appalachia. At the heart of this presentation are photos of Appalachia and mining sites, voice recordings from coalfield residents, and traditional Appalachian music. Come and learn about mountaintop removal coal mining, and how you can help stop the destruction of our nation's oldest mountains and the people and culture of Appalachia, from speaker JW Randolph of Appalachian Voices.

***Tues. June 17th Sierra Club Outings and You** Marjorie Richman, a Sierra Club national trip leader, will provide some background information on Sierra Club trips and then open the floor to YOU to share your slides and experiences from Sierra Club trips! Already on the agenda: a service trip to the St. Croix River in Wisconsin, and a backpack trip to the Navajo Nation in Utah. To sign up please contact Linda Burchfiel at 703-506-4310 or larva@attglobal.net.

Sat. July 26th Blue Ridge Outdoor Program Come for part or all of a day of environmental activities for all ages. See page 1 for details.

***Tues. September 23rd Polar Bears and Climate Change**

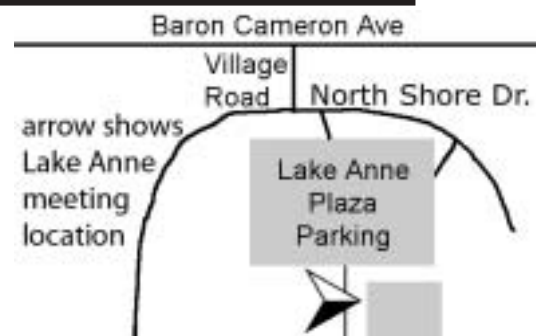
A new rotating system for our monthly programs will begin in October 2008. See page 1 for Details

Tues. Oct. 7th at McLean Government Center 1437 Balls Hill Road (just off Lewinsville Rd near Routes 123 and 267 inside the Beltway).

Get the latest event information delivered to your in-box every week!

Sign up for the Great Falls Group email announcement list at
<http://virginia.sierraclub.org/greatfalls/greatfalls-news.html>

***Socializing at 7PM, program 7:30-9PM, at Lake Anne Community Center: 1609 Washington Plaza N, Reston (703-476-4500).** From Rte. 7 take Baron Cameron Ave., turn south (left) onto Village Rd., left onto Northshore Dr., then immediate sharp right into the Village Center parking lot. **From Fairfax County Pkwy** go east on Baron Cameron Ave., turn right onto Village Rd., continue as above.



The Cascade is published 5-6 times per year by the Great Falls Group of the Virginia Chapter of the Sierra Club. We are always open to contributions from members, including stories and photographs. We reserve the right to edit all submissions, both editorial and advertisements. The views expressed are those of the authors and may not be those of the Sierra Club. Deadlines are the same as for the ODS. For consideration, mail articles or photos to Karen Grycewicz, 3508 Winston Place, Fairfax, VA 22030 or email them to karen.grycewicz@virginia.sierraclub.org. Please send articles as plain text in an email or in Word or WordPerfect file format. For placing an ad, please contact Bobbi Beck at 703-464-4755 or bobbi.beck@virginia.sierraclub.org for details and pricing.

Sierra Club Virginia Chapter
422 East Franklin Street,
Suite 302
Richmond, VA 23219

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