

Dear Friends of Simplicity,

This is the Simplicity Matters Earth Institute Monthly Announcement for **May 2008**. It is going out to over **1,515 people**. If you do not want to receive this once-a-month email in the future, simply hit "reply" and ask to be removed.

Please also remember that if you prefer not to read this announcement in email form, you can always access it on the web at [www.simplicity-matters.org/announcements/](http://www.simplicity-matters.org/announcements/)

We also have a YahooGroup, called "DCMetroSimplifiers," with about 235 members, if you want to be involved during the month in an "interactive dialogue." You can subscribe from our homepage, [www.simplicity-matters.org](http://www.simplicity-matters.org).

For our friends in Baltimore, there is also a new YahooGroup called "Green City Baltimore," with similar interactive opportunities and about 65 members. You can also subscribe from our homepage.

The announcement is organized into five sections:

- 1.) Second Sunday Forum & Baltimore Green Forum
- 2.) Discussion Circle Update
- 3.) Community Events
- 4.) July Preview
- 5.) Action Opportunities & Tidbit

Be sure to **SAVE THE DATE**: SMEI Annual Picnic, Sunday June 29, Patapsco State Park, co-sponsored by the Baltimore Green Forum. Details to follow next month.

Thanks to this month's editor, **Nicole Killion**.

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**THIRD! SUNDAY FORUM (to avoid Mother's Day)**

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**Sunday, May 18, 6:30 to 8:30 pm**

**Green Your Home 101 with Anca Novacovici**, President, [eco-coach.com](http://eco-coach.com)

Do you want to make your home more eco-friendly and don't know where to start? What is the impact of our daily activities on our health, our wallet and the environment? Join Anca Novacovici to learn easy steps you can learn to reduce indoor air pollution, and to make your home healthier and greener

Where: in a private home in Bethesda, within walking distance of the Medical Center metro (Red Line), close to I-495 and Wisconsin Avenue.

To RSVP (required): Call Marney at (301) 652-0492 or e-mail [forum@simplicity-matters.org](mailto:forum@simplicity-matters.org). Please include your phone number in your message.

Help us publicize this event! Download and post a flier (PDF, 190 KB) in your workplace or neighborhood! Go to [www.simplicity-matters.org](http://www.simplicity-matters.org).

**NEXT MONTH'S TOPIC:** Sunday, June 8, 2008. Speaker: Marie-Ange Bingawaho, the Executive Director of Solar Household Energy (<http://www.she-inc.org>)

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## **BALTIMORE GREEN FORUM**

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**Sunday May 18, 4:30 - 6:30 PM**

### **Spirituality and the Environment: How Different Faiths Approach Stewardship of Creation**

MD Presbyterian Church, 1105 Providence Road, Towson, 21286

<http://www.mpchurch.org/directions.htm>

**Networks of Environmental Stewardship:** Climate change – with both humanitarian and environmental impacts – has deep moral implications. In response, people of faith have formed networks of religious and faith-based organizations. A panel of speakers will describe their networks, and discuss how they mobilize for collective action.

Speakers:

**Rabbi Nina Beth Cardin** of the Baltimore Jewish Environmental Network (BJEN)

**Jerry Raitzyk** of the Network of Spiritual Progressives (NSP)

**Allison Fisher** of Greater Washington Interfaith Power & Light (GWIPL)

**Bill Breakey** of Chesapeake Covenant Congregations (CCC)

A monthly educational forum on climate and environmental issues open to the public, free of charge featuring speakers or videos, always with discussion and fellowship. For questions, to co-sponsor, or to RSVP, contact Diane, [baltimoregreenforum@gmail.com](mailto:baltimoregreenforum@gmail.com) or 410-965-7740

**Co-sponsored by** Simplicity Matters Earth Institute, Green City Baltimore, Hooked on Nature, Network of Spiritual Progressives in MD, Baltimore Jewish Environmental Network, Baltimore Climate Action Network, MD League of Conservation Voters Education Fund, Inc., and Parks & People.

Please print and reproduce THE FLIER:

<http://www.baltimoreclimate.org/x2/file/9b8619251a19057cff70779273e95aa6.pdf>

More info: <http://www.baltimoreclimate.org/content/1/2/61.html#MayBGF>

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## **DISCUSSION CIRCLE UPDATE**

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**Please note the following abbreviations for Northwest Earth Institute guides:** (CO2) Global Warming: Changing CO2urse; (CSL) Choices for Sustainable Living; (DSOP) Discovering a Sense of Place; (EDE) Exploring Deep Ecology; (HCHP) Healthy Children-Healthy Planet; (GiC) Globalization and Its Critics; (MF) Menu for the Future; (VS) Voluntary Simplicity. **Other guides:** (LBP) "Simplicity Lessons" by Linda Breen Pierce; (LCD) "Low Carbon Diet" by David Gershon; (YMOYL) Your Money or Your Life.

**We have started 17 circles so far in 2008:**

**FOOD Pilot Circle (phone circle)** CS: Lena Rotenberg,

**Frederick, FOOD Pilot Circle** CS: Lena Rotenberg,

**Bethesda, FOOD Pilot Circle** CS:Lena Rotenberg,

**Westminster** (CSL), private home CS: Carole Flood

**Baltimore, Memorial Episcopal Church** in Bolton Hill (CO2), CS: Rebecca Ruggles,

**McCormick Spice Company** (CSL). CS: Jeff Blankman. Open to employees only.

**Middletown, "Simplicity Lessons"** by Linda Breen Pierce CS: Susan Kelican

**Deer Creek Friends Meeting, Harford County (VS).** CS: Jill Sostrin  
**Frederick, Unitarian Universalist Church (CO2).** CS: Marney Bruce,  
**Baltimore, Pikesville (DSOP),** private home CS: Diane Jones  
**Hagerstown (LCD),** private home CS: Danielle Conger  
**Silver Spring (DSOP),** private home CS: Camille Freeman  
**Sparks, Gunpowder Friends (VS)** CS: Linda Davis  
**Howard County, Linden-Lithicum United Methodist Church (CO2),** CS: Susan Lower  
**Howard County, Unitarian Universalist Congregation of Columbia, (CO2),** CS: Wolfger Schneider  
Frederick, Ten Thousand Joys (CO2), CS: Hillary Banachowski  
Baltimore, Memorial Episcopal (CSL): Betty Biliske

**We have the following 7 circles scheduled to begin this spring, in Frederick, Washington County, Montgomery, Howard County, and West Virginia:**

**Hagerstown (LBP). Intro meeting Thu May 1, 7-9 PM.** Contact: danielle at touchtheearthfarm dot com / 301-223-8206 or Tara, petite@petite.net / 301-393-8874

**Middletown (MF). Intro meeting Tue May 6, 7-9 PM.** Contact: Susan, skelican1@comcast.net / 301-371-3116

**Howard County Jewish Federation Office (CO2) – needs a few more folks to get started Begins: Wed, May 7** at 7pm and continues on May 14, May 28, June 4 and June 11, 2008. 10630 Little Patuxent Parkway, Columbia MD 21044. For information and to sign up call the Federation office at 410-730-4976 or email [info@JewishHowardCounty.org](mailto:info@JewishHowardCounty.org) [This circle is part of the Climate Change Initiative of Howard County (CCIHC), [www.hococlimatechange.org](http://www.hococlimatechange.org) ]

**Shepherdstown, WV (EDE). Intro meeting Wed May 7, 7-9 PM.** Contact: Chris, veranasi@hotmail.com / 301-465-0964

**Frederick, Common Market (HCHP). Intro meeting Wed May 21, 7-8:30 PM.** Contact: Erin, emkline@verizon.net / 301-668-6171

**Gaithersburg (EDE). Intro meeting Thu May 22, 7-9 PM.** Subsequently, group will meet Mondays. Contact: Chris, mdhiker2@yahoo.com or Wendy, 301-864-2474

**Frederick (MF). Intro meeting at UUCF, TBD.** Contact: Sandi, SandraSmithGill@aol.com / 301-668-9698

**The following groups are hoping to get started later this year, details forthcoming** (contact Lore at [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com)) . . . . . :

**Ascension Lutheran (TBD)** CS: Katherine Jenkins

**Seekers Church, Takoma Park (VS)** CS: Ruth Alice White

**Parkton (HCHP)** CS: Rich Louis

**Carbon Neutrality Project, Greenbelt (LCD)** CS: Steve Kane [sr.kane@verizon.net](mailto:sr.kane@verizon.net)

**Light Street Presbyterian (regroup)** Topic: TBD

**Paint Branch UU Congregation, Adelphi (regroup)** Topic: TBD

**Goddard Space Flight Center (regroup)** Topic: TBD CS: Theresa Held/Michael Hartman

**Sign Language Circle** (discussion of "Sustainability" and/or "Earth-based Spirituality", in American Sign Language) CS: Roberta Merrill, location: TBD

**Howard County "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal, [hococlimatechange@gmail.com](mailto:hococlimatechange@gmail.com)

**Baltimore "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal, [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com)

**Rockville/Bethesda "Matchmaker"** (Topic: TBD) CS: Marney Bruce, [marney@simplicity-matters.org](mailto:marney@simplicity-matters.org)

**Silver Spring/Takoma Park "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com)

**Greenbelt "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com)  
**NW DC "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com)

### **Lore's "Circles List"/"Matchmaking"**

This spring, Lore will continue "matching" and/or "pointing" people into circles. In neighborhoods where circles are already forming, she will point you in the direction of a circle nearby. In those areas where there is not a circle already being planned, she will "match" people into home-based groups. Current "matchmaker" neighborhoods include:

**Baltimore/ Columbia/ Greenbelt/ Takoma Park/ Silver Spring/ Rockville/ Bethesda/ Germantown/ NW-DC**

***NOTE: If a circle does not seem to be starting in your area quite as fast as you had hoped, perhaps you want to email Lore and offer her some assistance? She would be happy to give you a small task to lighten her load and ensure that the circle you want will come together.***

For a list of **all of our NWEI-published discussion topics**, visit <http://www.simplicity-matters.org/circles/text-based/7guides.pdf>

In any given month, many circles are forming. Please check frequently at [www.simplicity-matters.org/join\\_a\\_circle.htm](http://www.simplicity-matters.org/join_a_circle.htm) to see what is currently available. (If you are starting your own circle and would like to have your blurb posted on that page, please email it to [Lena@simplicity-matters.org](mailto:Lena@simplicity-matters.org) )

For more info. about our discussion circles, visit our Frequently Asked Questions page, [www.simplicity-matters.org/faq.htm](http://www.simplicity-matters.org/faq.htm), or email Lore at [SimplicityGrpsMD@aol.com](mailto:SimplicityGrpsMD@aol.com).

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## **COMMUNITY EVENTS**

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**Thurs, May 1, Sustainable Workforce program, 3-6pm, Baltimore, MD.** Sponsored by Baltimore Green Week, this free program will showcase organizations providing green job training and highlight which businesses have employment opportunities. Hosted by Civic Works, Parks and People, the Morgan State University Career Development Center, and the Morgan State University Institute of Architecture and Planning. Visit [www.baltimoregreenweek.org](http://www.baltimoregreenweek.org) for details. Morgan State University - 5200 Perring Parkway, Baltimore, MD 21239. Schaeffer Building, Clarence M. Mitchell, Jr. School of Engineering (north end of campus) in the Main Auditorium / Room 241. Free parking is available at the north end of the School of Engineering parking lot.

**Thurs, May 1, Baltimore Green Week's Headline Speaker: Van Jones, 6:30pm to 8:30pm, Baltimore, MD.** Hear one of today's leading voices in helping to create jobs for low income and inner city communities through the Green Industrial Revolution. Van Jones is the founder and president of the Green For All Foundation ([www.greenforall.org](http://www.greenforall.org)), which focuses on environmental justice and jobs. Hosted by Marc Steiner! Visit [www.baltimoregreenweek.org](http://www.baltimoregreenweek.org) for details. Free event at Morgan State University - 5200 Perring Parkway, Baltimore, MD 21239. Schaeffer Building, Clarence M. Mitchell, Jr. School of Engineering (north end of campus) in the Main Auditorium / Room 241. Free parking is available at the north end of the School of Engineering parking lot.

**Thurs, May 2, Compassion Over Killing (COK) Benefit at Vegetable Garden, 11:30am- 10pm, Rockville, MD.** You're invited to join COK at the monthly Vegetable Garden funding day when D.C.'s vegan favorite donates 10 percent of your bill to COK. Vegetable Garden is located at 11618 Rockville Pike, Rockville, Md. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/#event0016>

**Thurs, May 2, Leafleting with Compassion Over Killing (COK) Benefit, 5-6pm, Rockville, MD.** Join COK as we distribute free pro-vegetarian literature at the Farragut North Metro station before heading over to Vegetable Garden for COK's monthly benefit day. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/>

**Sat, May 3, Overall Run, 8am, VA.** Strenuous 10.3 mile hike featuring wading pools and Shenandoah's tallest waterfall. Bring lunch and water. Depart at 8:00 from the west lot of the park & ride on Broken Land Parkway at Rt. 32. Call Ken Clark, 301-725-3306, [kenclark7@comcast.net](mailto:kenclark7@comcast.net).

**Sat, May 3, *Peace Meal: Workshop: Agni Hotra: A Bioenergetic scientific harmonizing session, 1-4pm, Chevy Chase, MD.*** Come learn the simple, ancient Vedic technique for purifying your inner and outer environment at a molecular level. The "Solution to Pollution": inner and outer!. 4209 East-West Hwy Chevy Chase, MD 20814. Please RSVP: Durga, e-mail: shantiyoga2@earthlink.net; or call 301 654 4899x3. [www.schooloflife.org](http://www.schooloflife.org); [www.homatherapy.org](http://www.homatherapy.org)

**Sat-Sun, May 3-4, *White Oak National Recreation Trail Backpack, VA.*** Beginner's 10-mile backpack including North River Gorge Loop, for experienced hikers who want to move up to backpacking. Register with Mike Juskelis, 410-439-4964, [mjuskelis@cablespeed.com](mailto:mjuskelis@cablespeed.com).

**Sun, May 4, *Christ Congregational Church Earth Day/ May Day Celebration, 11:45am-1:30pm, Silver Spring, MD.*** Alternative energy vehicles, including biodiesel, electric, hybrid, and human-powered will be on display. There will also be demonstrations of watt-metering of appliances, solar heat and electricity sources, and environmental materials of all kinds. Fair Trade coffee, tea, and chocolate will be on sale. 9525 Colesville Rd, Silver Spring, MD. 301-585-8010.

**Sun, May 4, *Vegan Feed-In with Compassion Over Killing (COK), 12:30pm-1:30pm, Washington, D.C.*** Join COK as we offer free samples of delicious animal-friendly fare while distributing free literature, including vegan recipes and a guide to veg-friendly dining in and around the nation's capital. May's vegan feed-in, in honor of International Chicken Day, will be at the newly constructed Nationals Park, where the Washington Nationals will take on the Pittsburgh Pirates. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/>

**Sun, May 4, *Mayfest, 5pm, Bethesda, MD.*** Our own sustaining powers, nature's and those of the spirit, will be honored as we weave Maypole wishes for things of value we cannot consume. Location: River Road Unitarian Universalist Congregation, upstairs in the Fireside Room. Please bring a snack/drink and your own cup for afterward. All over age 10 welcome. For more information: [www.ruuuc.org](http://www.ruuuc.org) or call Helen Popenoe, 301-229-0549.

**Mon, May 5, *Join Compassion Over Killing (COK) for a free vegetarian dinner and presentation by author Erin Williams, 6:30-8:30pm, Greenbelt, MD.*** Erin is the co-author of the newly-released *Why Animals Matter: The Case for Animal Protection*. A book that examines how our simple, everyday choices have far-reaching effects on animals and the world around us. This free event will be held at the Greenbelt Library at 11 Crescent Rd., Greenbelt, Md. and is open to everyone, so please bring along your friends and family. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/#event0351>

**Tues, May 6, *Baltimore Climate Action Network meeting, 7-8:30pm, Ruxton, MD.*** Baltimore Climate Action Network ([www.baltimoreclimate.org](http://www.baltimoreclimate.org)) is a chapter of CCAN: Chesapeake Climate Action Network ([www.chesapeakeclimate.org](http://www.chesapeakeclimate.org)). Optional Pot Luck (if you want, bring finger food just for fun - or not). From 7 to 7:30 we'll meet, greet & eat. Then we'll share ideas and hear presentations about state-wide issues, then break into two groups to hear updates on local developments in Baltimore City and Baltimore County. Knowledgeable speakers will be on hand. At the home of Joe Adams, 1405 Berwick Rd., Ruxton, MD 21204; Home: 410-296-6338; Cell: 410-812-1447 [joeadams@comcast.net](mailto:joeadams@comcast.net). Directions: <http://www.baltimoreclimate.org/content/1/2/56.html>

**Wed, May 7, *"Whiskey Is For Drinking; Water Is For Fighting Over," 6:30pm, Arlington, VA.*** Attributed to Mark Twain, the title quip underscores the critical importance of a resource often taken for granted. Our lives are utterly dependent on freshwater ecosystems—rivers, lakes and wetlands—that cover less than one percent of the Earth. Join regional freshwater experts for a discussion of these and other freshwater issues, including the Conservancy's work to conserve local freshwater estuaries, enhance the Chesapeake Bay and influence dam management around the world. To register for this event contact Andrew Wiesike at [awiesike@tnc.org](mailto:awiesike@tnc.org) or (301) 897-8570. The Nature Conservancy, 4245 North Fairfax Drive, Arlington, VA 22203

**Sat, May 10, *Catoctin Trail, Hamburg Road to Fishing Creek Road, 8:30am.*** Moderate to strenuous 9 mile out-and-back hike through the Frederick Municipal Watershed. Bring lunch and water. Depart at 8:30 from the park & ride just north of I-70 on Rt. 32. Call John Cougnet, 443-756-6741, [jc5342@msn.com](mailto:jc5342@msn.com).

**Sat, May 10, *Tree Planting at Bee Tree Preserve, 9-12 pm, Hereford, MD.*** Volunteers welcome! Help us make a difference by planting 100 trees to restore stream buffers and wildlife habitat along Bee Tree Run. Contact Peg Perry/ Gunpowder Valley Conservancy at [little-owl@msn.com](mailto:little-owl@msn.com) or 410-668-0118

**Sat, May 10, *Migratory Bird Day at the National Aquarium, 10am-3pm, Baltimore, MD.*** Celebrate birds and learn about their unique lifestyle and habitats! Guests will learn about the life of migratory birds as they journey between their summer and winter homes through activities throughout the Aquarium. All activities are free with paid Aquarium admission. Details and directions at [www.aqua.org](http://www.aqua.org) or by calling 410-576-3800

**Sat-Sun, May 10-11, fourth annual *Green Man Festival, 10am–9pm, Greenbelt, MD.*** Greenbelt celebrates its commitment to preserving forests and honoring the Earth. Enjoy Nature-inspired activities, environmental films, food and music. Many local artisans and community non-profits display their wares and materials. A fun time for all ages! For more information and directions, go to [www.greenbeltgreenmanfestival.org](http://www.greenbeltgreenmanfestival.org).

**Tue, May 13, *Neighbors of Northwest Branch meeting, 7:30pm, Wheaton, MD.*** Program will be on stream stewardship. All are welcome. Brookside Gardens Visitor Center adult classroom, 1800 Glenallan Ave., Wheaton, MD. Call 301-946-5599 or visit our web site, [www.neighborsnwb.org](http://www.neighborsnwb.org), for more information

**Tues, May 13, “Plant a Bay-Wise Landscape”, 7 pm, Columbia, MD** Howard County Master Gardeners teach environmentally-conscious gardening. There will also be a tour of the library’s native plantings included. Central Library, 10375 Little Patuxent Parkway, Columbia, MD. Please pre-register online at [www.hclibrary.org](http://www.hclibrary.org) or call (410) 313-7850.

**Tues, May 13, *Field trip to reuse organizations, 9am-12pm, Gaithersburg, MD.*** Tour the Habitat for Humanity "ReStore" (building material and furniture reuse) and a Community Ministries of Montgomery County Interfaith Clothier Center (accepts donations of clothing, household goods, and more). Learn about these reuse programs, and how your donations benefit our local community. For more information: Susanne Wiggins, [susanne.wiggins@montgomerycountymd.gov](mailto:susanne.wiggins@montgomerycountymd.gov) , 240-777-6461. Online registration: <http://tinyurl.com/69ovz8>

**Wed, May 14, *Compassion Over Killing (COK) Benefit at Asian Grill, 11am-10pm, Springfield, VA.*** COK worked with Asian Grill to help create a new vegan menu loaded with savory mock meat dishes. Come help us celebrate the new menu on May 14 when 10% of the day's sales from the vegan menu will be automatically donated towards COK's farmed animal advocacy efforts. Asian Grill is located at 6228-A Rolling Rd. in Springfield, Va. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/>

**Sat, May 17, *Take a chauffeured trip to the beach.*** In simplest terms, you could look at our Spring Eco-History Tour as exactly that, a chauffeured trip to lovely spots on the edge of the Chesapeake Bay since you will be driven in an air-conditioned bus with cushy seats and a lavatory all the way to Calvert County and back. The tour's activities provide a perfect blend of the 3 E's: exercise, education, and entertainment and as such are 'gateways' to regional appreciation. We'll be visiting the, Battle Creek Cypress Swamp, the Calvert Marine Museum, and the Flag Ponds Nature Center. Adults \$50; Children (16 & under) \$25. For more information go to: [www.ecostewardsalliance.org](http://www.ecostewardsalliance.org).

**Sat, May 17, *Cohousing Bus Tour, 9am-6pm,*** Annual Spring Bus Tour to 6-7 cohousing communities in the DC area. Meet at Eastern Village Cohousing, 7981 Eastern Ave. Silver Spring, MD. \$80 before May 1st; \$85 May 1 or later. [www.MidAtlanticCohousing.org](http://www.MidAtlanticCohousing.org) for detailed information and directions.

**Sat, May 17, *Compassion Over Killing (COK) Benefit at Java Green, 11am-6pm, Washington, D.C.*** Support COK while enjoying delicious cruelty-free fare and socializing with other activists! Please join us at Java Green, located at 1020 19th St., N.W., D.C., when a portion of your bill will benefit COK. For more information contact [info@cok.net](mailto:info@cok.net) or 301-891-2458. Details at <http://www.cok.net/events/#event0015>

**Sat, May 17, *Earthsave Veg Dinner Series, 6-9 pm, Owings Mills, MD.*** Potluck dinner featuring the lecture “The Natural Diet of Humans: The Impact of Meat Eating on the Human Body,” by Milton Mills MD. Dr. Mills serves as associate director of preventive medicine for the Physicians Committee for Responsible Medicine (PCRM). ADVANCE REGISTRATION/RSVP REQUIRED FOR MAY 17: There are two options regarding food: 1) You may bring a potluck dish to share, one that will serve 5 or more people, (or serve five times the number in

your party). A \$5 donation is requested of those who bring food. RSVP is required for this event. 2) You may attend without bringing a dish for a \$12 fee. ADVANCE PAYMENT either online or by check is required of those paying \$12 for this dinner event. Monthly dinner/lecture events are held on the second Saturday at the Learning Center/Yoga Studio of Your Prescription for Health, 10210 S. Dolfield Rd. in Owings Mills. Please register to attend at the online store at [www.EARTHSAVE.ORG](http://www.EARTHSAVE.ORG). Or send check or money order to "EARTHSAVE", 517 Talbott Ave, Lutherville, MD, 21093 .

**Sat, May 17, *Universal Native Truths lecture, 10am-4pm, Ellicott City, MD.*** A lecture on Native truths regarding energy, how to use smudging techniques, protect yourself and gain a better understanding of energy. 787B Oella Ave, Ellicott City, MD 21043. To register contact Infinity More at [Infinitymore@comcast.net](mailto:Infinitymore@comcast.net) or Jenii Hisha at [jeniww@comcast.net](mailto:jeniww@comcast.net). Cost is \$175

**Sat, May 17, "*Global Climate Change: Public Health and Public Ethics*" lecture, 11:30 am (following Shabbat services at 10 am), Baltimore, MD.** Come hear guest speaker Jonathan Patz, MD, MPH, 2006 co-recipient of the Zayed International Prize for the Environment and Lead Author for the UN Intergovernmental Panel on Climate Change (the organization that shared the 2007 Nobel Peace Prize with Al Gore.) Baltimore Hebrew Congregation, 7401 Park Heights Avenue, Baltimore, MD 21208

**Sun, May 18, *Healing and Claiming the Self lecture, 10am-4pm, Ellicott City, MD.*** A lecture on how your energy not only affects you but everything around you and how to control that. 787B Oella Ave, Ellicott City, MD 21043. To register contact Infinity More at [Infinitymore@comcast.net](mailto:Infinitymore@comcast.net) or Jenii Hisha at [jeniww@comcast.net](mailto:jeniww@comcast.net) Cost is \$225

**Sun, May 18, *Awakening the Dreamer, Changing the Dream Symposium, 1–5:30pm, Baltimore, MD.*** Through group interactions, inspiring video clips and presentations, the Symposium will explore how we can help bring forth an environmentally sustainable, socially just, and spiritually fulfilling human presence on the Earth. For more details, please visit [www.awakeningthedreamer.org](http://www.awakeningthedreamer.org). Where: [A New Faith Community](#), 1635 W. Pratt Street, Baltimore, MD 21223. Registration Fee: \$20 suggested donation to cover snacks and materials. Additional information and registration at [www.awakeningthedreamer.org](http://www.awakeningthedreamer.org) or contact Mary Pike at [marypike@cox.net](mailto:marypike@cox.net) or 703-960-0577. Contact Andrea Wenger at 443-717-2660 or [andrea@flowingconnections.org](mailto:andrea@flowingconnections.org) for information on the site.

**Mon, May 19, *Awakening Minds Bimonthly Book Group, 7:30pm, Clarksville, MD.*** Focuses on ecology, social change and green living. "The World Without Us" by Alan Weisman. Great Sage Restaurant, 5809 Clarksville Square Drive, Clarksville, MD 21029. For information contact Anastasia, 443-535-0212, or Karen, [ownbeyk@yahoo.com](mailto:ownbeyk@yahoo.com).

**Wed, May 21, *Stream Watch Program - Adopt-A-Stream Training, 7 pm, Carney, MD.*** Learn about the health of the Gunpowder Watershed, the challenges it faces, and how you can help by adopting a stream. Contact Peg Perry/ Gunpowder Valley Conservancy at [little-owl@msn.com](mailto:little-owl@msn.com) or 410-668-0118.

**Sat, May 24, *Sustainable Living Fair, 9 AM - 5 PM, Westminster, MD.*** Green building, renewable energy, sustainable agriculture, sustainable living practices, workshops, folk music, food, farmer's market, and more. Carroll County Farm Museum. For entry fees, directions and more information go to <http://www.sustainablelivingmd.org/>.

**Tues, May 27, *Maryland Native Plant Society monthly meeting, 7:30 pm, Silver Spring.*** Topic TBA. Location: White Oak Library. For more information: [www.mdflora.org](http://www.mdflora.org). Also check the web site for native plant sales in May.

**Fri, May 30, *Sustainable Community Suppers, 7pm-9pm, Dayton, MD.*** Fourth Friday, vegetarian potluck, discussion, sharing and speakers to support environmentally conscious living. Location: 5085 Green Bridge Rd, Dayton, MD. For more information & to RSVP, contact Karen at 410-489-6651 or [ownbeyk@yahoo.com](mailto:ownbeyk@yahoo.com). For directions, go to [www.edenvalleycenter.org](http://www.edenvalleycenter.org).

**Sat, May 31, *Bay-Wise Landscape Management Workshop, 9:30-11:30 am, College Park, MD.*** Free gardening workshop introducing Maryland Bay-Wise Certification program and environmentally friendly techniques to use to help improve water quality in the Chesapeake Bay. Taught by PG County Master

Gardener, Esther Mitchell. Old Parish House, 4711 Knox Road. Registration is required by contacting Elisa Vitale at 301-277-3445 or [CBCBEworkshop@gmail.com](mailto:CBCBEworkshop@gmail.com)

**Sat, May 31, Cool Cities Workshop, 10-5pm, Annapolis, MD.** Tired of waiting for our Federal government to step up to the plate and reduce global warming pollution? So are we. And so are 700 cities across the nation. Join us to learn what these cities are doing and how you can help your city or county join the national movement! For more information contact Alana Wase at [alana.wase@mdsierra.org](mailto:alana.wase@mdsierra.org) or at 301-277-7111. Details may be found at: <http://maryland.sierraclub.org/events/e039.asp>

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## Looking ahead to July

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**Sat, July 19, Forgive for Good workshop by Dr. Frederic Luskin, 9:30 am– 3:45pm, Towson, MD.** In the Forgive for Good workshop Dr. Frederic Luskin presents the forgiveness methodology that has been validated through six successful research studies conducted through the Stanford Forgiveness Projects. Forgiveness has been shown to reduce anger, hurt, depression and stress and lead to greater feelings of optimism, hope, compassion and self confidence. Doors will open at 9am; we will start promptly. Cost: \$60.00. Dr. Luskin will sign books at this event. For more information visit the website: [www.ccccl.org/forgiveprogram](http://www.ccccl.org/forgiveprogram) or Call Iris 410-318-8877 For more information about Dr. Luskin, visit his website: [www.learningtoforgive.com](http://www.learningtoforgive.com)

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## ACTION OPPORTUNITIES & TIDBITS

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### What to do with your Government Economic Stimulus Check (from Sue Garonzik)

Want to turn your \$600 government stimulus package into a purchase that will keep on giving? Why not buy an Energy Star refrigerator, dishwasher, washing machine or efficient hot water heater. If you're a couple, with \$1,200, you might even be able to buy 2 new appliances without dipping into your pay check. One family found that by replacing their refrigerator and hot water heater, they save \$50 on their BGE bill each month. In just a year, you will have saved yourself the \$600 you spent and be on your way to a \$6,000 savings in just 10 years. (Some households might save more or some less depending on usage and specific appliance purchases.) Spread the word!