

Dear Friends of Simplicity,

This is the Simplicity Matters Earth Institute Monthly Announcement for **June 2008**. It is going out to over **1,560 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/

We also have a YahooGroup, called "DCMetroSimplifiers," with about 252 members, if you want to be involved during the month in an "interactive dialogue." You can subscribe from our homepage, 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 78 members. You can also subscribe from our homepage.

This announcement is organized into five sections:

- Second Sunday Forum
- Discussion Circle Update
- Community Events
- July Preview
- Action Opportunities & Tidbits

Thanks to this month's editor, **Janis Oppelt**.

Annual SMEI Statewide Picnic! Sunday June 29, 1-5 pm, Patapsco State Park. For details, see Community Events section below. Co-sponsored by Simplicity Matters Earth Institute & Baltimore Green Forum.

SECOND SUNDAY FORUM

Sunday, June 8, 6:30 to 8:30 pm, Cooking with the Sun: Impacts on Health, Wealth and Education with Marie-Ange Bingawaho, Executive Director of Solar Household Energy (<http://www.she-inc.org>).

Solar cooking can improve quality of life and relieve stress on the environment. Currently, more than half of the world's population relies on biomass (wood, animal dung and crop residue) for cooking, but this simple technology is changing lives in Mexico, Central America and Africa. Join us to learn how and to see solar cookers in action. You may want to start using one yourself!

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. Please include your phone number in your message. **Help us publicize this event!** Download and post this [flier](#) (PDF, 220 Kb) in your workplace or neighborhood!

NEXT MONTH'S TOPIC: None! We're taking a break until September. But be sure to check out our picnic on June 29th.

BALTIMORE GREEN FORUM

In place of a Forum this month, the BGF is combining forces with SMEI for their annual picnic. BGF committee members are helping arrange for some of the afternoon activities. Scroll down to June 29th for details.

NEXT MONTH'S TOPIC: None! We are also taking a break until September. More info to follow in the August SMEI Announcement.

DISCUSSION CIRCLE UPDATE

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 18 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), CS: Betty Biliske
Middletown (MF). CS: Susan Kelican

There are no Intro Meeting dates or Discussion Circles set to start this summer.

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

Baltimore, St. Vincent De Paul (C02), CS: Sylvia Eastman
Baltimore, Towson (TBD), CS: Patsy Allen
Washington, DC (MF), CS: Harold Stone

Gaithersburg (EDE) circle forming in in the fall. Contact Chris/Wendy to learn more. Chris, mdhiker2@yahoo.com or Wendy, 301-864-2474

Frederick (HCHP) fall circle, Intro meeting (tentative), Monday 10/6 at the Common Market, 7-8:30. CS: Erin Kline

Frederick (MF) fall circle, Intro meeting (tentative), Thursday 10/16 at the Common Market, 7-8:30. CS: Sandi Smith-Gill

Bethesda, Cabin John (TBD) CS: Marney Bruce

Parkton (HCHP) CS: Rich Louis

Carbon Neutrality Project, Greenbelt (LCD) CS: Steve Kane 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, Climate Change Initiative of Howard County Committee is actively pursuing 15 potential venues. Details to follow. Visit www.hococlimatechange.org or email hococlimatechange@gmail.com

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

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

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

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

Greenbelt "Matchmaker" (Topic: TBD) CS: Lore Rosenthal SimplicityGrpsMD@aol.com

NW DC "Matchmaker" (Topic: TBD) CS: Lore Rosenthal 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 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)

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

COMMUNITY EVENTS

Tues, June 3, Neighbors of Northwest Branch activities planning meeting, 7:30 pm, Brookside Gardens Visitor Center adult classroom. All are welcome. For further information call 301-946-5599 or visit www.neighborsnwb.org.

Thurs, June 5, Compassion Over Killing (COK) Benefit, 11:30 am to 10pm, Rockville, MD. You're invited to join COK at the monthly funding day when the Vegetable Garden donates 10 percent of your bill to COK. 11618 Rockville Pike, Rockville, Md. Details at <http://www.cok.net/events/#event0016>

Thurs, June 5, Leafleting with *Compassion Over Killing (COK)*, 5 pm to 6 pm, Washington, D.C. Join COK to distribute pro-vegetarian information at the Whole Foods in Dupont Circle (1440 P St., N.W., D.C.). Leafleting will be followed by dinner at the Vegetable Garden (see above), where 10 percent of your bill will be donated to COK. For more information, contact info@cok.net or 301-891-2458.

Sat, June 7, How to be Green, 8:30 a.m. to 4:15 pm, Jessup, MD. Introductory seminars on energy efficiency, solar electric, and rain gardening. For more information, contact Leslye Wilson, Info@greenbuildinginstitute.org, 443-733-1234. Directions and details at <http://www.greenbuildinginstitute.org>

Sat, June 7, June Peace Meal: "Project Amauta for a Culture of Peace," 1 pm, Chevy Chase. Free monthly gathering featuring a speaker on peace-related topic, a fresh vegetarian lunch, and often live music and a film. This month His Excellency Reynaldo Cuadros, ambassador from Bolivia to the Organization of American States, will speak about his work for human rights and peace. 4209 East West Highway, Chevy Chase MD 20815. Contact Durga at shantiyoga2@earthlink.net; 301-654- 4899, ext. 3; and check out the website at: www.spiritualfoodcsa.org.

Sat, June 7, 21 and 28, 3 pm, Site Tour and Orientation for New Cohousing Community for Adults 55+, Clarksburg, MD. Cohousing communities are half the carbon footprint of standard housing developments. Meet at Mayorga Coffee and get in on the ground floor to help shape this new community! Contact Ann Zabaldo, ann.zabaldo@cohousingcollaborative.com, 703-663-3911; Directions and details: www.cohousingcollaborative.com.

Sat, June 7, "How to Be Green" seminar, 8:30 pm to 4:15 pm, Jessup, MD. An introductory seminar at the Green Building Institute (7761 Waterloo Road 20794) covering healthy and efficient buildings, solar hot water and electric for the home, and rainwater collection for garden use. For more information, contact info@greenbuildinginstitute.org or 443-733-1234. Directions and details at www.greenbuildinginstitute.org.

Sun, June 8, Journeys Community Baltimore Group Meeting, 5:30 to 7 pm, Lutherville, MD. Join Ginny and Don Robertson and celebrate contemporary spirituality through word, music and film. Contact Ginny at ginnYROBERTSON@comcast.net or 410-252-2703 for more info.

Tues, June 10, On Purpose Networking for Women in Howard County. 5:30 to 8:30 pm, Columbia, MD. Guests \$15. Contact Ginny Robertson at ginnYROBERTSON@comcast.net or 410-252-2703 for more info or visit www.OnPurposeNow.com. Also meeting in Towson, Severna Park and Frederick this month.

Wed, June 11, Meet Paul Roberts, author of *The End of Food*, 7:15 pm, Washington, DC. Join a provocative conversation with NPR's Michel Martin (host of Tell Me More) and investigative author Paul Roberts at the Washington Ethical Society, 7750 16th Street (at Kalmia) in NW DC. Co-sponsored by Politics and Prose. Event is free; books for sale and signing. Refreshments follow program. For more information, contact Patti Absher at (202) 537-0318 or pjabsher@starpower.net.

Sat, Jun 14, Soul Walking, 9 am to 12 pm, near Great Falls, VA. Sierra Club, Faith at Work and Greater Washington Interfaith Power and Light are co-hosting a three-mile hike on an off-beaten trail near Great Falls VA. Join with kindred spirits to notice the sacred space all around us while enjoying community. RSVP to Tiffany@faithatwork.com.

Directions: From the Beltway, take exit 44 for Georgetown Pike/VA-193 toward Langley/Great Falls and go west 3.3 miles to the bridge across Difficult Run - go 1/4 mile past the bridge and turn left (after a sharp S Curve) into the Difficult Run parking lot (very quick turn in). (NOTE: Please meet at the Difficult Run Parking lot, not at Great Falls!)

Sat, Jun 14, EarthSave Baltimore's Veg Dinner Series 6-9 pm, Owings Mills, MD "Compassionate Action: Changing Menus & Changing Minds," by Erica Meier, director of DC nonprofit Compassion Over Killing. Learning Center of Your Prescription for Health, 10210 S. Dolfield Road Owings Mills, MD. Please bring a vegan dish that will serve five times the number of people in their party, plus a \$5 donation. Or (with 2 days notice) you may enjoy dinner without bringing food for a \$12 donation. Write Baltimore@earthsave.org, or go to <http://earthsavebaltimore.org/>

Sun, June 15, *Compassion Over Killing (COK)* tabling at the 33rd Annual Capital Pride Festival, 11 am to 6 pm, Washington, D.C. We'll be asking people to consider making more compassionate choices and offering free pro-vegetarian literature, including COK's *Vegetarian Starter Guide* and *Eating Sustainably* brochure. Help us spread the word by signing up for a 1-2 hour tabling shift. Details at <http://www.cok.net/events/#event0401>.

Sat, June 21, *EcoArt Challenge and Sustainable Frederick Festival*, 12 pm to 8:30 pm, Frederick, MD. A free community wide celebration along Carroll Creek in downtown Frederick to educate and promote environmental awareness and sustainable living. Featuring an ecoart challenge, live music, enviro movies, local environmental organizations, kids' eco-town, solar and wind demos, and more. For more info contact Hillary Banachowski 301.452.2075 or email lunachic727@earthlink.net

Sat, June 21, *Compassion Over Killing (COK) Benefit* at Java Green, 11 am to 6 pm, 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., NW, Washington D.C. A portion of your bill will benefit COK. Details at <http://www.cok.net/events/#event0015>

Sun, June 22, *EcoStewards Alliance Summer Picnic*, 3:30 pm to sunset, Sterling, VA. Come to Algonkian Regional Park to enjoy the park trails, good food and conversation, and activities for the whole family. Please bring a dish, salad, dessert or appetizer that is low on the food chain and as free of additives as practical. ESA will provide water, lemonade, burgers, veggie burgers, hotdogs (and, of course, the watermelon) along with condiments, plates and utensils. Suggested minimum donation of \$5 per adult (12 and up) or \$15 per family. Children 11 and younger are free. RSVP to Maureen Becker at MaureenESA@Gmail.com and let us know if you would prefer a veggie burger or beef burger/beef hotdog for your meal.

Sun, June 22, *Summer Solstice Service*, 5 pm, Bethesda, MD. Celebrate the time to nurture whatever we see growing with the positive energy of our beneficent universe upstairs in the Fireside Room of River Road Unitarian Universalist Congregation, 6301 River Road, 20817. All over age 10 are welcome. Please bring a balloon for our celebration plus a snack/drink and your own cup for afterward.

Sun, June 22, *Summer Solstice Walk*, 10 am to 3 pm, Fairfax County, VA. Join Maryland and Virginia Native Plant Societies at Elklick Natural Area, For more information go to <http://www.mdflora.org/events/trips.html#solstice>.

Sun, June 22, *Compassion Over Killing (COK) Benefit*, 11:30 am to 9 pm, Clarksville, MD. Come to Great Sage restaurant and get delicious, organic, vegetarian food and support COK at the same time! Ten percent of Great Sage's sales on this day will be donated to COK. Great Sage is located at 5809 Clarksville Square Dr, Clarksville, Md. Details at <http://www.cok.net/events/#event0384>

Tues, June 24, *Maryland Native Plant Society monthly meeting*, 7:30 pm, Silver Spring. Join Kerrie Kyde, invasive plant specialist with the Maryland Department of Natural Resources (DNR), for a presentation on the rapidly-spreading, highly invasive Wavyleaf Basketgrass in Maryland (postponed from April). Location: White Oak Library. For more information: www.mdflora.org.

Fri, Jun 27, *Sustainable Community Suppers*, 7 pm to 9 pm, Dayton, MD. Fourth Friday, vegetarian potluck, discussion, sharing and speakers to support environmentally conscious living. Topic: Sustainable Food Choices. Location: 5085 Green Bridge Rd, Dayton, MD. For more information and to RSVP, contact Karen at 410-489-6651 or sustainablecommunitysuppers@gmail.com. For directions, go to www.edenvalleycenter.org.

Sat, June 28, *Awakening the Dreamer, Changing the Dream Symposium*, 12:30 to 5 pm, Springfield, MD. Through group interactions, inspiring video clips and presentations, we 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 or contact Mary Pike at marypike@cox.net or 703-960-0577.

Sun, Jun 29, 10 am "How Simplicity Changed My Life And How it Can Change Yours", Paint Branch UU Church, Adelphi, MD
Diane Niedzialkowski and the PBUUC Simplicity Circles, with Bruce Baker, worship associate

Members of PBUUC's Simplicity Circles tell how they found ways to live deeper, richer, and more meaningful lives by practicing respect for the interdependent web of life, and by building community. They will also share thoughts on how to manage the mundane, material side of life. DIRECTIONS: <http://www.pbuuc.org/info/directions/index.html>

Sun, June 29, ANNUAL STATEWIDE SIMPLE PICNIC, 1 to 5 pm, Baltimore, MD, co-sponsored by Simplicity Matters Earth Institute and Baltimore Green Forum

Patapsco Valley State Park, Pavillion #66 in the Glen Artney Section. Note: Entrance fee is \$2 per person (over 65 free, and also children in car seats). No pets allowed. For more information see <http://www.simplicity-matters.org:80/picnic.htm>

Mon, June 30, Screening of *Black Diamonds; Mountaintop Removal and the Fight for Coalfield Justice*. 5:30 to 8 pm, Lutherville, MD. Mingle and snack between 5:30 and 6:30; screening starts at 6:30. Baltimore filmmaker Catherine Pancake will be on hand to take your questions after. Home of Ginny and Don Robertson. Contact ginnyrobertson@comcast.net or 410-252-2703 to RSVP and for directions.

July Preview

Tues, July 1, Public Lecture: A Practical Guide to Household Energy Efficiency, 7 to 8:30 pm, Towson, MD.

Presented by Jeffrey Blankman--mechanical engineer, solar energy systems expert and environmentalist—who will emphasize a variety of cost-effective and achievable steps. Your questions on home solar energy installations can also be addressed. After this 45 minute presentation & discussion, we will hear about ways of supporting the new sustainability programs in Baltimore City and County, and new state-level progress at an open meeting of Baltimore Climate Action Network (www.baltimoreclimate.org) (a chapter of the Chesapeake Climate Action Network: www.chesapeakeclimate.org) Free of charge. Location: GBMC Conference Center (Greater Baltimore Medical Center) Contact: mail@baltimoreclimate.org or 410-812-1447. Parking is \$1 - \$2. For directions: <http://www.baltimoreclimate.org/content/1/2/56.html>.

Sat, July 19, Eco-friendly party in the park hosted by the Green Building Institute, 12 pm to 5 pm, Howard County, Maryland. Live music, food, drink and ideas. TICKETS REQUIRED. For more information contact info@greenbuildinginstitute.org, 443-733-1234. Directions and details at www.greenbuildinginstitute.org. Location: Alpha Ridge Park Pavilion, 11699 Old Frederick Road.

Sat, July 19, Forgive for Good: A Workshop with Dr. Frederic Lusking, 9:15 am to 3:30 pm (doors open at 9 am), Lutherville, MD. A rare opportunity to work with world-renowned forgiveness expert, Dr. Fred Luskin. Tickets: \$60 All major credit cards accepted. Location: Towson Unitarian Church, 1710 Dulaney Valley Rd, Lutherville, 21093. For more information or to purchase a ticket, contact Iris at 410-318-8877 or www.ccccl.org/forgiveprogram.

Mon, Jul 28, Awakening Minds Bimonthly Book Group, 7:30 pm, Clarksville, MD. Focuses on ecology, social change and green living. *Pilgrim at Tinker Creek* by Annie Dillard. Location: Great Sage Restaurant, 5809 Clarksville Square Drive, Clarksville, MD 21029. For information contact Anastasia at 443-535-0212 or Karen at ownbeyk@yahoo.com.

Action Opportunities and Tidbits

Want to work for sustainable transportation? As energy prices soar, as the perils of climate change becoming clearer by the day, and as Maryland struggles to invest in transit, schools, public health and other priorities, Governor O'Malley remains intent on wasting more than \$3 billion on the Intercounty Connector. The Campaign to Stop the ICC will shortly have a new website with current information, fact sheets, and action you can take. A link to the new site will be posted at <http://www.savecommunities.org>. Please stay tuned. To volunteer to help stop the ICC, write to stoptheicc@igc.org.

Join a Nature Circle this summer and share the wonder! Nature circles are always forming. We meet for an hour and a half once a week for four weeks in a location convenient to everyone. Call Mary Hardcastle at 410-484-2595 or e-mail mary@hookedonnature.org. Visit www.hookedonnature.org to read about Nature Circles.

Permaculture comes to USA's Capital. Let's green the nation from the inside out! How? Join us to share ideas and ethics like cooperation not competition, maximizing connections, working with nature, learning from nature, least work for greatest possible effect, caring for our community and taking care of our needs and products, less waste/less haste, right livelihood, people centered design, information rich, slowing down for higher quality lifestyle, think globally/act locally.... and much more! For more information, go to <http://groups.yahoo.com/group/pccap>.

Grassfed, local, organic beef and lamb is available in bulk prices in Silver Spring! Lovingly raised by Julie Bolton of Groff's Content Farm in Rocky Ridge, Maryland, and similar local family farms in southern Pennsylvania, our animals are organic, local and grassfed resulting in ethical, delicious, lean meat. No hormones, animal byproducts or antibiotics are used. \$9 per pound and beef boxes, which you could split, are 22 to 25 pounds. For details on beef boxes, which include a mix of cuts, go to: www.kolfoods.com/goodforkfoods. To order, email: devora@kolfoods.com

Corn Heat Coop forming in Baltimore City in Fall 2008. Affordable net-zero carbon home heat using corn/grain/pellets. Works with your existing furnace-boiler only as back-up. Fuel-buying coop will be modeled after SaveOurSky.com, Tacoma Park. Learn more by joining the listgroup at BaltiCornHeat-subscribe@yahoogroups.com, or contact Frank Lee at TechEdTeacher@usa.net.