

Dear Friends of Simplicity,

This is the Simplicity Matters Earth Institute Monthly Announcement for November 2008. It is going out to over **1,645** 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 255 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 80 members. You can also subscribe from our homepage.

The announcement is organized into six sections:

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

Don't miss Co-Op America's and Global Exchange's Green Festival at the Washington DC Convention Center, Nov 8 and 9. [www. http://www.greenfestivals.org/](http://www.greenfestivals.org/) for more info. Scroll down to the bottom, to find out how Coop America made three of our circle participants "famous"!

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

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## **SECOND SUNDAY FORUM**

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**Sunday, November 9, 6:30 to 8:30 pm**

**THIS MONTH'S TOPIC: Thinking Green: How To Make Decisions with Too Much Information *With Om Sawardekar, Healthy Home Consultant, MyGreenCottage***

Is making eco-conscious decisions difficult for you because there's too much conflicting information? What should our priorities be, as individuals and as a planet, to inform our choices? Join Om Sawardekar to find out what really works, and how you can more easily and effectively navigate through the maze of green info.

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, 228 KB) in your workplace or neighborhood! Go to [www.simplicity-matters.org](http://www.simplicity-matters.org).

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## BALTIMORE GREEN FORUM

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**Sunday, November 23, 4:30-6:30 pm**

**THIS MONTH'S TOPIC: Legislative Preview, by Jen Brock (League of Conservation Voters)**

By November 23<sup>rd</sup>, we will have a new "President Elect", new Congress and Senators! Jen will give us a preview of some legislation that will be debated at the state and national levels.

**MD Presbyterian Church**, 1105 Providence Road, Towson, 21286

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

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 [baltimoregreenforum@gmail.com](mailto:baltimoregreenforum@gmail.com), 301-345-2234

**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.

Help us publicize this event! Download and post a flier (PDF) in your workplace or neighborhood! Go to <http://www.simplicity-matters.org/forums/baltimore.php>

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## DISCUSSION CIRCLE UPDATE

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**Please note the following abbreviations for Northwest Earth Institute guides:** (GW) Global Warming: Changing CO<sub>2</sub> course; (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 39 circles so far in 2008 (197 in total since 2002!)**

**Plans have become so numerous that we are now breaking them down by county.** Please scroll down to see what is starting up near where you live. For more info, you may contact Lore at [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org) unless otherwise noted.

[Frederick & Washington County](#)

**Intro meetings set:  
NONE this month**

**Intro meetings with dates not set yet**

**Shepherdstown**, fall circle, topic TBD. CS: Rob Glenn

**Frederick, UUCF (MF)** spring circle, Intro meeting TBD. CS: Sandi Smith-Gill

### Carroll County

Westminster "Regroup" (EDE) Contact CirclesCarroll@Simplicity-Matters.org to join the group and purchase a book. CS: Carole Flood

### Howard County

**The Unitarian Universalist Congregation of Columbia** is sponsoring a Climate Change Discussion Circle **starting Monday, November 3**, 7-9 PM at the Owen Brown Interfaith Center, 724 Cradlerock Way, Columbia Maryland. The Circle is open. To register contact Wolfger at 410 740 1201.

**Private home in Columbia/Ellicott City. Menu for the Future.** Group to consider the key elements affecting the production, transportation and consumption of food and its effect on the environment. Sessions held in Private homes in Columbia/Ellicott City. **Intro Meeting: postponed until January.** To join this circle, contact Mitch, 410-313-9033, [mkrasnopoler@gmail.com](mailto:mkrasnopoler@gmail.com).

**The Green Building Institute** will be hosting the "Global Warming: Changing CO2urse" discussion circles. **Postponed until January.** For more information, please visit [www.greenbuildinginstitute.org](http://www.greenbuildinginstitute.org) or call (443)733-1234. 7761 Waterloo Road, Jessup, Maryland 20794

**Howard County, Climate Change Initiative of Howard County** Committee is actively pursuing many potential venues. Details to follow. Visit [www.hococlimatechange.org](http://www.hococlimatechange.org) or email [hococlimatechange@gmail.com](mailto:hococlimatechange@gmail.com)

### Harford County

**Deer Creek Friends Meeting** (tbd), CS: Jill Sostrin

### Baltimore City/County

**Baltimore, Private home in NE Balto** (tbd) CS: Dana Shaw

**Baltimore, SW Baltimore** (tbd), CS: Patsy Allen

**Baltimore, Old Otterbein UMC** (tbd), CS: June Risely

**Parkton/CSA** (MF) CS: Rich Louis

### PG County

**Greenbelt (GW) First Session: Thurs, Oct 30, 7:15 pm.** CS: Steve Kane, [sr.kane@verizon.net](mailto:sr.kane@verizon.net)

**Greenbelt (MF) First Session: Tues, Nov 4, 7 pm** CS: Lore Rosenthal, [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org)

**Adelphi, Paint Branch UU Church** (VS), Intro Meeting: TBD. CS: Raman Pathik

**Accokeek** (MF) spring circle, Intro meeting TBD. CS: Linsey Shelton

### Montgomery County

**Bethesda/Rockville** The new 5-session VS. **Thursdays weekly 6:30 - 8:30 starting October 16.**

[Marney@simplicity-matters.org](mailto:Marney@simplicity-matters.org)

**Kensington** (location TBD) (MF) We have some interest. If you want to be notified contact [Marney@simplicity-matters.org](mailto:Marney@simplicity-matters.org).

**Bethesda/Rockville** (location TBD) (MF) Mondays starting October. We have a number of people interested but not quite enough. Join in! To be notified of the Intro date contact [Marney@simplicity-matters.org](mailto:Marney@simplicity-matters.org)

**Bethesda, Cabin John** (TBD) CS: Marney Bruce

**Silver Spring, UU Congregation of Silver Spring** (GW), details: TBD. CS: Paula Cote

### Washington, DC

**Washington, DC, Washington Ethical Society** (MF), CS: WES staff

**Washington, DC** (MF), CS: Harold Stone

**Washington, DC** (tbd), Workplace Circle. CS: Sean O'Brien

**Washington, DC**, Tifereth Israel (MF), CS: Devora Kimelman (?)

**Washinton, DC**, Capitol Hill (VS) CS: Pope Barrow (?)

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

## "Circles List"/"Matchmaking"

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

**Howard County "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal, [hococlimatechange@gmail.com](mailto:hococlimatechange@gmail.com)  
**Baltimore "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal, [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org)  
**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 [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org)  
**Greenbelt "Matchmaker"** (Topic: TBD) CS: Lore Rosenthal [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org)  
**NW DC "Matchmaker"** (Topic: TBD) CS: Marney Bruce, [marney@simplicity-matters.org](mailto:marney@simplicity-matters.org)  
**Frederick Co and Washington Co "Matchmaker"** (Topic: TBD) CS: Lena Rotenberg, [lena@simplicity-matters.org](mailto:lena@simplicity-matters.org)

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

If you are starting your own circle and would like to have your blurb posted here and on our website, please email it to [Lena@simplicity-matters.org](mailto:Lena@simplicity-matters.org)

For more info. about our discussion circles, visit our Discussion Circles page, <http://www.simplicity-matters.org/circles/index.php>, or email Lore at [lore@simplicity-matters.org](mailto:lore@simplicity-matters.org)

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## COMMUNITY EVENTS

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**Thurs, Oct 30, PG County Green Forum, 7-9 pm, , Prince George's Ballroom, 2411 Pinebrook Avenue, Landover, MD.** Environmental Legislation to Implement the Green Infrastructure Plan. What does "GREEN" mean to you? You are cordially invited to a Public Forum on the proposed updates to the existing environmental regulations in Prince George's County. [http://www.mncppc.org/county/Environ\\_Legislation/](http://www.mncppc.org/county/Environ_Legislation/)

**Sat, Nov 1; Sustainability Day at Patapsco Friends Meeting, 10am, Ellicott City, MD.** Begins at 10am - Cooking for Peace workshop, sprouting demo, making easy cloth bags, composting and more. Come for all or part. Mt. Hebron House, 2331 Calvin Circle, Ellicott City, MD 21042, 410-465-6554  
<http://www.patapscofriends.com/>

**Sat, Nov 1, Peace Meal: Indigenous Peoples' Contributions to Peace, 1pm, Chevy Chase MD.** Claudia Sobrevila, Senior Biodiversity Specialist at the World Bank, will be sharing with us about "Indigenous Peoples' Contributions to Peace." Prior to the talk, we will say interfaith prayers and sing for World Peace. Peace Meals are an offering of Global Coalition for Peace (GCFP), a 501(c)3 Peace non-profit, in which we invite speakers to share with us on issues of peace and nonviolence. They feature a hot vegetarian lunch, and a chance to meet with like-minded people and participate in enlightening discussions. There is no charge for this monthly event. Children welcome! PLEASE RSVP. Durga Devi: [durga\\_devi@earthlink.net](mailto:durga_devi@earthlink.net); 301 654 4899x9. 4209 East West hwy, Chevy Chase MD 20815. : Metro Red-line, Bethesda. Please call re: parking. [www.schooloflife.org](http://www.schooloflife.org)

**Sat, Nov 1, Photo exhibition of Hiroshima A-bomb explosion and aftermath, 3:30 pm to 9 pm, Greenbelt, MD.** Greenbelt Community Center, 15 Crescent Road, Greenbelt MD. Program at 4 pm: Talk by Steve Leeper, Chairperson, Hiroshima Peace Culture Foundation, Testimony by Ms. Sigeko Sasamori, A-bomb survivor. Introduction by John Steinbach of Hiroshima/Nagasaki Committee for Washington DC Metro Area. Discussion about continuing implications for world security. Local sponsor: Peace & Justice Coalition, Prince George's County, [justpeacepg@earthlink.net](mailto:justpeacepg@earthlink.net) 301-577-2350.

**Ongoing, Nov. 1st - Nov. 30th, Introductory Zero Balancing Sessions, By Appointment, Annapolis, MD.** Zero Balancing (ZB) is a hands-on bodywork system designed to align your energy body and physical structure. ZB provides a holistic body therapy that amplifies a person's experience of health and vitality. It works to help relieve physical and mental symptoms, to improve the ability to deal with life stresses and to organize the

vibratory fields thereby promoting a sense of wholeness and well being. Donations of \$1 to \$35 are welcomed to support the ZB Association and it's mission to help people experience health, well-being and higher consciousness. Sessions offered by Beth Terrence, ZB Certification Candidate. For additional info, contact Beth at 443-223-0848 or [bethlehem123@yahoo.com](mailto:bethlehem123@yahoo.com). Also, visit [www.zerobalancing.com](http://www.zerobalancing.com).

**Sun, Nov 2, *Hallowmas Wheel of the Year Service, 5-7 pm.*** Recollection of protective, caring energy from your beloved deceased brings transformation out of their physical death – a time for help with the present with mythic imaginings of how the butterflies of love inspire. Directions at [www.RRUUC.org](http://www.RRUUC.org) Helen Popenoe, 301/229-0549.

**Sundays, Nov. 2, 9, 16, 23, 30, *Life Explorations Film Series, 2:30 pm, Bethesda, MD.*** The Essene Church of Peace, in collaboration with the School of Life, is pleased to present inspiring and informative films every Sunday that are in harmony with the interfaith character of the church and the multidimensional nature of the School of Life. Good discussions follow. No charge. Durga Devi; [durga\\_devi@earthlink.net](mailto:durga_devi@earthlink.net); 301 654 4899x9. The Yoga Room at 4217 East West Hwy, Bethesda, MD 20814 [www.theessenechurchofpeace.org](http://www.theessenechurchofpeace.org) Red-Line Bethesda; Parking available.

**Sundays, Nov-Dec, *Habitat Restoration, 10 am- 2 pm, Germantown, MD.*** Preserve Biodiversity in your local watershed. Come help with the Seneca Habitat Restoration Project at 16800 block of Black Rock Road so that you can learn skills to preserve the native flora and fauna in your own watershed. ID of native grasses and forbs, removal of non-natives, scouting the watershed, planting native flora. Discover the important dynamic between native flora and native fauna. Info: Contact Randy Pheobus, [NativeGrasslands@aol.com](mailto:NativeGrasslands@aol.com), 301-440-8915. Email for directions and info.

**Mon, Nov. 3, *Vegan A Go-Go! Book Bash & Benefit for Compassion Over Killing, 7pm-9pm, Washington, D.C.*** Join COK at the Science Club for a fun- and food-filled book launch party and meet Sarah Kramer, author of the newly released *Vegan A Go-Go!: A Cookbook and Survival Manual for Vegans on the Road*. Advance tickets are \$20\* (\$25 at the door) and include a complimentary copy of *Vegan A Go-Go!* as well as all-you-can-eat vegan appetizers and dessert. Details at <http://www.cok.net/events/#event0578>

**Wed, Nov 5th & 19th, *Meditation for Peace & Healing: Cultivating Oneness in All Beings, 7:30 - 8:45 PM, Annapolis, MD.*** Join us as we gather to share in the process of becoming fully present in each moment, of opening deeply to the essence of our true nature and of connecting with the Oneness in All Beings. We will ground our energy in the present, explore meditation practices from various traditions and sit silently together during this time. This time is an honoring of the beauty of being awake and conscious and offers a wonderful opportunity to connect in community on a deeper level. Ongoing, every 1st and 3rd Wednesday at the Annapolis Friend's Meeting House. This group is open, come anytime. Love offering. Contact Beth Terrence at 443-223-0848 or email [bethlehem123@yahoo.com](mailto:bethlehem123@yahoo.com).

**Thurs, Nov. 6, *Compassion Over Killing (COK) Benefit at The Vegetable Garden, 11:30am-10pm, Rockville, Md.*** You're invited to join COK at the monthly funding day when D.C.'s vegan favorite donates 10 percent of your bill to COK. The Vegetable Garden is located at 11618 Rockville Pike, Rockville, Md. Details at <http://www.cok.net/events/#event0016>

**Thurs, Nov. 6, *Leafleting with Compassion Over Killing (COK), 5 pm-6pm, Washington, D.C.*** Help COK distribute pro-vegetarian literature and educate the public about the many benefits of a vegetarian diet. After leafleting join us for dinner at The Vegetable Garden where 10 percent of your bill will be donated to COK. Details at <http://www.cok.net/events/#event0577>

**Thurs, Nov 6, *"Improving Frederick County's Energy Efficiency and Management: what are the steps to make the transition?", 7:30-9pm, Frederick, MD.*** National Museum of Civil War Medicine, 48 E. Patrick, Frederick City presentation by Damien Edwards, Certified Home Energy Performance Audits, Noble House Residential Services. For more info, contact Janice, [jwiles@friendsoffrederickcounty.org](mailto:jwiles@friendsoffrederickcounty.org), (240) 626 520. Directions and details at [friendsoffrederickcounty.org](http://friendsoffrederickcounty.org)

**Fri, Nov 7, *Fall Birdwalk with The Nature Conservancy, 8am, Black Hill Park in Germantown, MD.*** FREE

Enjoy the last of southward migrants, and excellent water birds in a beautiful environment. It's a great way to start the morning with like-minded people! For more information or to reserve a spot please contact Andrew Wiesike at awiesike@tnc.org or 301-897-8570. [www.nature.org/marylanddc](http://www.nature.org/marylanddc)

**Fri-Sat, Nov 7-9, *Baltimore Bioneers'08: Cultivating Change. Inspiring Solutions*, Maryland Institute College of Art, Brown Center.** The 2<sup>nd</sup> annual Baltimore Bioneers Conference features some of the most insightful, inspiring innovators working to change the region and the world. Witness how the power of collaboration across all disciplines can promote practical environmental solutions and innovative social strategies for restoring the Earth and healing human communities. Along with local keynote speakers, recorded keynotes\* from the national Bioneers conference will be screened, and participants can select from over 30 workshop and panelist discussions. The program, descriptions, and speaker bios are available at [www.cultivatingchange.org](http://www.cultivatingchange.org). Registration fees apply (reduced registration fees for nonprofits, educators, community groups, seniors, and students). Go to the conference website for registration details. \*The conference features a recording of the satellite downlink of the Bioneers Conference in San Rafael, CA on October 17-19, 2008. Visit the Bioneers website at [www.bioneers.org](http://www.bioneers.org) for more information about the conference and our partnership.

**Sat, Nov 8, *Reflections, an EcoStewards Nature Outing*, 10am-12pm, Antietam Creek, Sharpsburg, MD.**

Cost: \$15 per adult (12 and up) \$10 per child Join EcoStewards Alliance Board member and eco-historian, Hayden Mathews, for a 2-hour walk of the Snavely's Ford Trail which runs in a loop from the parking lot at the Burnside Bridge (above) along Antietam Creek and then back. This will not be a conventional nature hike. On this walk participants will be asked to adopt a more reflective approach than is the norm on most nature outing. <http://www.ecostewardsalliance.org/>

**Sat - Sun, Nov. 8-9, *Tabling with Compassion Over Killing (COK) at the Green Festival 10am-6pm and 11am-5pm, Washington, D.C.*** Join COK at the Green Festival and help us educate people about how they can help the planet, and animals, by choosing a vegetarian diet. The nation's premier sustainability event will feature more than 125 renowned speakers; fun activities for kids; delicious vegetarian cuisine and more! Details at <http://www.cok.net/events/#event0579>

**Sat-Sun, Nov 8-9, *Green Festival*, Washington DC Convention Center.** <http://www.greenfestivals.org/> for more info.

**Sun. Nov. 9 *DC Green Festival*, 10:00-4:00.** Carpool from Columbia to the DC Convention Center for the DC Green Festival. Depart at 10:00 from the west lot of the park & ride on Broken Land Parkway at Rt. 32. Return about 4:00. Contact Sue Muller, 301-498-8462, [sonicsue@verizon.net](mailto:sonicsue@verizon.net).

**Tues, Nov. 11, *Compassion Over Killing (COK) Benefit at Sticky Fingers Bakery*, 7am-7pm, Washington, D.C.** Join us for breakfast, lunch, dinner, or dessert, at the award-winning Sticky Fingers Bakery, and a portion of your bill will be automatically donated towards our efforts to help farmed animals. Sticky Fingers is located at 1370 Park Rd., N.W., Washington D.C. Details at <http://www.cok.net/events/#event0575>

**Tues, Nov 11, *Tour of Herring Run Watershed Assn* 7-9pm, Baltimore MD.** Preston Gaylord will be conducting a tour of the newly opened facility and explaining its sustainable design elements. Registration is required. For more information contact [info@greenbuildinginstitute.org](mailto:info@greenbuildinginstitute.org), 443-733-1234. Directions and details at [www.greenbuildinginstitute.org](http://www.greenbuildinginstitute.org)

**Thurs, Nov 12, *Environmental Excellence in Health Care. Promoting Healthy Patients, Employees, and Communities in Maryland*, 7:30am-4:15pm, Baltimore, MD.** Join Maryland Hospitals for a Healthy Environment (MD H2E) for a one day conference on sustainable healthcare. Keynote speaker: Robin Guenther on Sustainable Healthcare Architecture. Topics include: Green initiatives, Reducing and Recycling Waste, Developing Nurses as Change agents, Managing Hazardous Waste, Procuring Sustainable Foods. Over 15 different hospitals presenting their best practices and over 18 exhibitors showcasing sustainable products and services. Cost: \$45, sustainable breakfast and lunch included. To register: <http://nursing.umaryland.edu/events/environmental/november/index.htm>

**Wed, Nov 12, 7:30 pm "The Future of Food", Goucher College, Baltimore, MD**

Film director Deborah Koons Garcia will discuss how the relationship between agriculture, big business, and government affects how and what Americans eat. Goucher College's Kelley Lecture Hall. A screening of Garcia's 2004 documentary "The Future of Food" will begin at 7:30 p.m., to be followed immediately by her lecture. <http://www.goucher.edu/x28447.xml>

**Thurs, Nov 13, *Middle Eastern Mezze Fare*, 7–9 p.m. at Great Sage, 5809 Clarksville Sq, Dr., Clarksville, MD 21029.** Don't miss this organic green cuisine event with a special menu and entertainment (belly dancing and drumming). A price of \$45 includes appetizers, mezze entrees (like tapas), dessert, tea and entertainment. 10% of all proceeds benefit the Eco Peace Delegation to the Negev Desert of Israel in Spring 09. Contact Dondra at 443-535-9400 to reserve your space. [www.great-sage.com](http://www.great-sage.com) .(Regular menu items also available.) See [www.justpeacecircles.org](http://www.justpeacecircles.org) for more info on the eco peacebuilding tour.

**Thurs, Nov 13th, "*Voluntary and Regulatory Land Preservation in Frederick County: what are the options?*", 7:30-9pm, National Museum of Civil War Medicine, 48 E. Patrick, Frederick City** presentation by Tim Blaser, Frederick County Land Preservation Program. For more info, contact Janice, [jwiles@friendsoffrederickcounty.org](mailto:jwiles@friendsoffrederickcounty.org), (240) 626 520. Directions and details at [friendsoffrederickcounty.org](http://friendsoffrederickcounty.org)

**Sat, Nov 15, *Go Green Save Green Seminar*, 9am-12 noon, Baltimore MD.** This class is for income qualified residents of Baltimore City. Registration is required. For more information contact [info@greenbuildinginstitute.org](mailto:info@greenbuildinginstitute.org), 443-733-1234. Directions and details at [www.greenbuildinginstitute.org](http://www.greenbuildinginstitute.org)

**Sat, Nov. 15, *Canning Workshop*, 9am to 12pm, Fairlington United Methodist Church, 3900 King Street, Alexandria, VA.** Have you ever wanted to learn how to preserve the goodness of summer fruits and vegetables, without taking up your valuable freezer space? Have you ever tasted the richness of home cooked apple butter, blackberry jam or grape jelly? Want to be sure you are doing it safely? Please join us for a canning workshop. We will use freshly-picked, local apples and grapes to make your own apple sauce and grape jelly to take home, and other canning recipes and expert advice will also be provided. The cost is \$20/person all materials provided. For more information go to <http://www.ecostewardsalliance.org/>

**Sat, Nov. 15, *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 19<sup>th</sup> St., N.W., Washington D.C. A portion of your bill will benefit COK. Details at <http://www.cok.net/events/#event0015>

**Sun, Nov. 15, *Feed-In with Compassion Over Killing (COK)*, 12 pm-1pm, Washington, D.C.** Help us encourage people to explore a vegetarian diet by giving out free delicious vegetarian food at Farragut Square. After we'll head to Java Green where a portion of your bill will benefit COK. Details at <http://www.cok.net/events/#event0576>

**Sat, Nov 15; *Price of Sugar*, 3:30-6 pm, Howard County Central Library, Columbia, MD,** Presentation of the documentary on Dominican Republic/Haiti/US relations. For information: Howard County Friends of Latin America, [www.friendsoflatinamerica.org](http://www.friendsoflatinamerica.org) or Bette, [bette@justpeacecircles.org](mailto:bette@justpeacecircles.org).

**Sat & Sun, Nov 15 & 16, *Your Green Home*, 12– 4pm each day, Owings Mills, MD.** Irvine Nature Center presents its first annual Your Green Home event! Learn from the experts how to create an environmentally friendly household through two afternoons of presentations, exhibits, short films, building tours. Concurrent children's programming available for families wishing to attend. For more information, contact Julie Shumway, [ShumwayJ@ExploreNature.org](mailto:ShumwayJ@ExploreNature.org), 443-738-9225. Directions and details at [www.ExploreNature.org](http://www.ExploreNature.org)

**Sun, Nov 16, "*Unplug the Christmas Machine and Share the Gift of Joy this Holiday Season!*", 1 to 4PM, at the Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Road, Oakton, VA.** Join us for a time of self-discovery as you move step-by-step to create a plan for the holiday season that, includes more joyful, authentic and affordable celebrations rich in meaning, reflects your unique values and beliefs, is less stressful and commercial, and shares gifts of the heart . Registration fee of \$20 for individuals, \$30 for couples. (childcare will not be provided) <http://www.ecostewardsalliance.org/>

**Mon, Nov 17, Green Roofs & Walls Talk, 7:30-9:30 pm, Brookside Gardens, Wheaton, MD.** The Silver Spring Garden Club hosts a talk on Green Roofs & Walls by Lisa Delaplane of the renowned landscape firm Oehme van Sweden. The talk is free and open to the public. Doors open at 7:30pm, the talk starts at 8:00pm, and refreshments are served afterwards. The talk is in the Main Auditorium of Brookside Gardens' Visitor Center in Wheaton, MD. For more information, contact: Kathy Jentz, [Laserblast@aol.com](mailto:Laserblast@aol.com), 301-588-6894  
Directions and map at [www.brooksidegardens.org](http://www.brooksidegardens.org)

**Wed, Nov 18, Free Veg Lifestyle Class at Whole Foods in Mount Washington, 7-8 pm,** in the café, the free class "A Menu of Love: The Vegetarian Lifestyle Class." Don Robertson, founding director of the nonprofit group Earthsave Baltimore, will address some of the most common questions, misperceptions, and challenges that arise with regard to a adopting a plant-centered diet. Space is limited. Please pre-register at Customer Service by calling 410-532-6700. For Whole foods' full educational schedule, go to <http://tinyurl.com/4cfekr>.

**Thurs, Nov 19, Energy Efficient Lighting Options, 7-9pm, Jessup MD.** This class will explore the options with regard to lighting your home efficiently and the impacts of the different products. Registration is required. For more information contact [info@greenbuildinginstitute.org](mailto:info@greenbuildinginstitute.org), 443-733-1234. Directions and details at [www.greenbuildinginstitute.org](http://www.greenbuildinginstitute.org)

**Sat, Nov 22, Awakening the Dreamer, Changing the Dream Symposium, 8:30- 2pm, Baltimore, MD.** The symposium explores the links among three of humanity's most critical concerns: environmental sustainability, social justice, and spiritual fulfillment. The day is full of video clips from some of the world's most respected thinkers, inspiring short films, leading edge information, and dynamic group interactions. \$20 donation, to cover cost of lunch, snacks, and materials. To register and for more details [www.AwakeningtheDreamer.org](http://www.AwakeningtheDreamer.org). For questions, call Christina Chambreau 410-771-4968 or email [HealthyAnimals@aol.com](mailto:HealthyAnimals@aol.com)

**Sat, Nov. 22, EarthSave Baltimore's Veg Dinner Series, 6-9 pm, Owings Mills , MD:** a Turkey Free Pre-Thanksgiving Celebration, with live music by Doug Mattingly, Norm Hogeline, Don Robertson, and others, at 10210 S. Dolfield Road Owings Mills , MD. Please bring a vegan dish that will serve five times the number of people in your 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](mailto:Baltimore@earthsave.org), or go to <http://earthsavebaltimore.org/>.

**Mon, Nov 24, Awakening Minds Bimonthly Book Group, 7:30 pm, Clarksville, MD.** Focuses on ecology, social change and green living. The New Village Green by Stephen Morris. Great Sage Restaurant, 5809 Clarksville Square Drive, Clarksville, MD 21029. For information contact Anastasia, 443-535-0212, [info@nestnaturalhome.com](mailto:info@nestnaturalhome.com), <http://www.great-sage.com/events.html>.

**Fri, Nov 28, Sustainable Community Suppers, 7-9 pm, Dayton, MD.** Topic: Sustainable Holiday Celebrations. 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 [sustainablecommunitysuppers@gmail.com](mailto:sustainablecommunitysuppers@gmail.com). For directions, go to [www.edenvalleycenter.org](http://www.edenvalleycenter.org).

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## Looking ahead to December

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**Fri, Dec. 5 2008, Polar Bears, "Where's the Ice?", 7:30 pm at HCRP (7120 Oakland Mills Rd., Columbia, MD 21046-1677)** Sierra Club member Sue Muller will be giving an encore presentation on her Nov. 2006 adventure to Churchill, Manitoba in search of polar bears. Learn how global warming is affecting these magnificent creatures. Followed by a discussion of global warming and how every person can make a difference every day. Contact Sue Muller, 301-498-8462, [sonicsue@verizon.net](mailto:sonicsue@verizon.net).

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## ACTION OPPORTUNITIES & TIDBITS

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**Tues, Nov 4th – Cast Your Vote for the Climate, 7AM – 9AM – 5PM to Close of Polls, Maryland, Statewide.** Volunteers needed to collect signatures on a climate change petition to the next president. Help the Chesapeake Climate Action Network (CCAN) achieve our statewide goal of 5000 signatures. [Click here to register](#) at a polling place near you. For more information please contact [keith@chesapeakeclimate.org](mailto:keith@chesapeakeclimate.org), 240 396 1985

**Three SMEI participants are now “famous”.** This month, Coop America’s Quarterly Magazine featured “25 Ways to Use Your Money for a Greener World”. Suggestion #1 was “simplify your life”. The magazine interviewed **Jeff Blankman**, a participant in several of our circles in Baltimore. Last year, Jeff met **Rich Louis** and they decided to start their own solar energy business, [www.sunnysidesolarenergy.com](http://www.sunnysidesolarenergy.com). One of their first clients was **Diane Jones**, who they also met in their discussion circle. See a picture of all three at <http://www.coopamerica.org/pdf/CAQ76.pdf> (not online yet, but will be in a few weeks!)

[www.salamanderpoints.com](http://www.salamanderpoints.com). A daily carbon counter website. Individual and household emissions are the "low hanging fruit" of climate change, accounting for 30 - 40% of carbon emissions. This engaging and informative website includes diet, transportation, electronics, etc. so you can monitor and control your daily carbon output.

Have you seen the email making the rounds on the “**Dangers of Plastic Bags**”? If you haven’t yet, you can view it as a powerpoint at <http://www.mobilebaynep.com/site/Forefront/TheDangersofPlasticBags.pdf> (PDF version, 36 slides) . . . or as a YouTube Video at <http://www.youtube.com/watch?v=lxX1g9A2OM> (Danger of Plastic Bags, 9 min)