



Roots & Shoots Insider

July/August 2007

Volume I Issue 5

roots&shoots

New Schedule Coming this Fall

At Bethel UMC

Join Us for Our Fall Kick-Off

September 20th

4:30–6:00pm

4th Grade and Up

For more information, contact

Nan McCarry

roots-shoots@cometobethel.org

- Green Church Initiative
- Caring for Creation
- Amphibian Monitoring
- Monarch Migration Tracking
- "Simple Living" Activities
- Environmental Education
- Stumptown Adopt-a-Road
- Humanitarian Missions
- Heifer Project
- Walking For Water
- Community Outreach

The Essentials: Water & Soil

In the spring, our focus was Pollinators, talking about the bees, butterflies, and other insects that pollinate most of our crops, and how our Butterfly Garden is meeting their needs for shelter, moisture, and flowers that they especially like.

This summer, our emphasis has been Soil and Water. Soil forms the very basis of human civilization. Scripture recognizes this, as "Adam" is formed from the clay of the earth, which also gives him his name.

Water is needed by all living things to carry out basic biological processes. Water is also a central feature of our origin in Scripture, and of course we are "baptized in the Living Water." The drought we are experiencing locally and across the Southern United States causes us to see even more clearly how important it is for us to be thinking about how to conserve our precious water.



Together we CAN make a difference!



Spotlight on Local Animals: Eastern Box Turtles



The kids were very excited to find a box turtle in the woods at Copper Ridge Farm during camp. It must have been the season for box turtles, because the next day two other turtles were seen crossing at different points on Carter Ridge Lane within a matter of minutes. We stopped the

car and helped them across the road. Although they are not endangered, box turtles are somewhat threatened by collection for the pet trade, and by habitat destruction by building roads and housing developments.

The box turtle, of course, is the one that can withdraw completely inside its hinged

shell. The shell on top is the carapace, and the one on the bottom is called the plastron.

Eastern box turtles live in every county in Virginia, and in many different habitats. They like to go into water or mud if it is hot and dry. Maybe that's why they were on the move that day in late July! They hibernate under as

Story continues on page 4...

The Essentials: Water

Story by: Caroline McCarry

You come in thirsty from the 95 degree July heat and reach for a glass. You turn the faucet on and an endless supply of cool, clean water rushes forth. Have you ever taken the time to think about what it would be like to not have as much clean water as you wanted right at your fingertips all of the time? Most people think of it as a necessity, but there are millions of people who must live without this luxury. They must walk many miles to get water that is usually dirty, contaminated with waste products, and

filled with disease. After getting this unsanitary water, the women must carry the water back to their family on their heads. If you think that a six mile hike is bad, try it in over 100 degree heat with five gallons of water balanced on your head!

Each person can carry about five gallons of water and the water will last the family for two or three days. Let's say that one family has five people and the water lasts them for three days. That means that each person will use only one-third of a gallon of

water a day...and that's not just for drinking! Anything that they need water for comes from what the women carry home. The average person in the United States uses about 85 gallons of water a day. Just think about the difference for a second. One third of a gallon to *eighty-five* gallons. It sure makes me appreciate the abundance of water that we have available.

When you think of the water we use, people usually think of the obvious things; drinking water, taking showers,



running the faucet, flushing the toilet, etc. No one realizes that a lot of that water is used by factories for the food we eat. A lot of things in our life have to do with water, and we need to learn to appreciate it and conserve it so that we have it in the future to appreciate. We are in the middle of a drought right now, so please try to be careful with the water that you use, and when you do use it, think about how lucky you are to have it!



Butterfly Garden Update

We are making great progress on the Fern Jenkins Memorial Butterfly Garden on the east side of the church. We have recently added a portion of the garden in God's Acre with vegetables that were donated by a friend of Nancy Lind who raises monarch butterflies.

She has also donated a number of flowers to attract monarch butterflies. The plants

that have been added include Black-Eyed Susans, Dill, Moon-Flowers, and Amaranths.

Some of the flowers we have planted to attract the moths and butterflies are currently blooming, such as the Iron Weed, which has a purple flower. Unfortunately, though, the deer are helping themselves to the plants in the garden!

We have also been weeding and watering Mr. Carnes' garden almost every day. Nan McCarry gets kudos for her faithful service.



Roots & Shoots Reaching Beyond Wonderful Wednesdays

Wonderful Wednesdays took a break for the Summer, but Roots & Shoots continued its ministries by participating in other programs, including a combined effort with Copper Ridge Farm and Bethel's Vacation Bible School program.

In both efforts, Roots & Shoots brought a special emphasis on our responsibilities as

stewards of God's creation, including an awareness of the needs of other people throughout the world.

Activities we shared included making nature-inspired designs using soil pigments, creating homes for toads out of clay for our garden, making home-made bread and cheese from goat's milk at



Dani Hively introduces wood frogs in various stages at VBS

Copper Ridge Farm, and learning about animals such as tree frogs in various stages of development at VBS.

Snacks we made included "dirt pudding" and "soil horizons ice cream treats" that were both fun and educational. If you missed out this summer, please join us to learn more in September!

Celebrating 75 Years in Lucketts...

Story by: Eslynn Dudek

My grandpa, Carl Carnes, was born on December 4, 1932, in the farmhouse that is located one block east of Bethel. He grew up living in Lucketts and attending Bethel UMC. As a kid, he grew up living and working on family farms. They had about 100 acres, on which they raised cows, chickens, hogs and sheep. They also grew corn, wheat, oats and barley. They also had an orchard.

At the farmhouse, they kept one cow, chickens, pigs and an occasional turkey. Every day, my grandpa had the responsibility of milking the

cow, carrying water from the well to the house, caring for the chickens and working on the farms.

For school, he walked to the old Lucketts Elementary through seventh grade. It was segregated at the time and each of the four classrooms contained two grade levels. School lunches were prepared by parent volunteers! Loudoun County High School started at the eighth grade level.

Mr. and Mrs. Lucketts owned one of several general stores in the Lucketts area where everyone purchased their food, animal feed, clothing,

and other necessities. My grandpa's parents ran the general store in Stumptown until they sold it to Melvin Kitts, who lived in the home the Bills family now owns before the Jenkins moved in.

During the years my grandpa has lived in Lucketts, he has seen tractors replace horse-drawn plows, developments replace farms, Stumptown Road as been paved, and many other changes. Roots & Shoots knows that God wants us to live simply and take care of creation and each other. We can learn a lot from my grandpa, Carl Carnes.



The Essentials: Local Soils

Have you ever noticed how the rocks and soil in the mountainous areas around Stumptown are shiny? Soil scientists call the soil *Glenelg* and say that it is excellent for farming (and development). It is formed from micaceous schist. Schist forms in very thin layers that can be easily broken apart, like a Butterfinger bar. It has a greasy feel. "It makes the horses' coats oily and hard to groom," says Emily LaFave.

Loudoun County is noted for having many different kinds of soil. In the short distance between Bethel and the town of Lucketts, the soil changes dramatically. The part of the Piedmont along Rt. 15 is called the Triassic Basin or the Culpeper Basin.

The sediments underlying the soil here were deposited 245 million years ago, when the Atlantic Ocean was being

formed and the Appalachian Mountains, which had been over 10,000 feet high, were being eroded.

You have probably noticed outcrops of this sedimentary rock in the Lucketts area along Rt. 15. These outcrops represent the unique geology of this area, a limestone conglomerate rock termed "the Balls Bluff Formation."

Limestone is susceptible to dissolution over time, in other words, the gradual deterioration by water. As a result, a delicate lattice of underlying geology eventually develops, with systems of caves, caverns and underground streams.

The flow of water within an area of limestone can be difficult to predict. Sub-surface water may emerge from the ground in the form of a spring, and cracks and fis-

tures within the limestone may act as a direct conduit, allowing surface water to enter underground aquifers rapidly and unfiltered. So in a limestone area, the use of chemicals on yards and farms and failing septic systems could easily contaminate our drinking water supply. (LSWCD newsletter, July 2007)

Another potential hazard found in a limestone area is sinkholes. Sinkholes are formed when the overburden of soil and rock above a void or cave collapses. A hole in the ground is then created. Since water is flowing through an underground cavern system the potential of an area collapsing under its own weight is greater. (LSWCD newsletter, July 2007). In fact, we have seen this occurrence along Montresor Road.

It can take up to 600 years for an inch of soil to form! Yet that soil can erode away in very little time, especially when we remove the ground cover. Much of the eroded sediment ends up in our water shed and eventually ends up as pollution in the Chesapeake Bay. And of course, that also deprives our own fields and gardens of nutrient rich soil!

At Roots & Shoots this summer, we have been focusing on soil and water—both precious resources. Ask the kids to tell you more about their activities!

This fall, we will continue our participation in "Go Nuts for Clean Water". Along with others along the Potomac Watershed, we will collect acorns and other seeds to be grown into seedlings to be planted along riparian buffers, reducing erosion, and slowing down and filtering surface water before it reaches streams.

September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Labor Day</i>	4	5	6	7	8 <i>Various Events!</i>
9 <i>Rally Day</i>	10	11	12	13	14	15 <i>Ham & Turkey Dinner</i>
16	17	18	19	20 <i>Roots & Shoots Kick-Off Day</i>	21	22
23 <i>Fellowship Hour</i>	24	25	26	27	28	29



Schedule of Events

- September 8—Monarch Butterfly Release, 10am-noon;
- September 8—Safe Sanctuaries Training for Youth and Youth Workers, 2:30pm—4:30pm;
- September 8—Coffeehouse for Community Teens, 7:30-10:30pm at Bethel, ages 13 and up. Join us for refreshments and music.
- September 9—Rally Day Picnic celebrating the beginning of school year activities
- September 15 — Ham & Turkey Supper at Bethel from 5:00-7:00pm
- September 20—Roots & Shoots Kick-off, 4:30—6:00pm at Bethel
- September 23rd—Fair Trade Coffee and Fellowship Hour after the Worship Service
- September 27—Idyltime Farm Pond Field Trip

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much as two feet of soil. Tory Treichel reports that her family collects those little wild strawberries to feed a turtle whenever they find one. Box turtles also eat many other kinds of berries, caterpillars, flies, beetles, grasshoppers, salamanders, and many other things.

Although the Iroquois Indians ate them as food, it can be dangerous to do so, because the turtles may have eaten poisonous mushrooms that stay in its body without harming it. Another thing to note is that they may carry western equine encephalitis virus in their blood.

In case you are wondering, there are three other box turtles subspecies besides the “eastern” one, but the Eastern Box Turtle is the only one that lives in Virginia.

Box turtles can live for 100 years!



See more pictures of us, what we do and where we've been at:
<http://community.webshots.com/user/CopperRidgeFarm>



Enjoy the rest of your Summer and Join us in the Fall!