



BETHEL UNITED METHODIST CHURCH

Roots & Shoots Insider

Blessed Are You, Lord our God, Creator of the Universe, Who Gives Us the Fruit of the Tree

March/April 2008

Volume I Issue 6

roots&shoots

Every Wednesday

3:30–4:30 pm

First through Fifth Grade

Every Third Wednesday

5:00-6:00pm

Fifth through Twelfth Grade

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
- Nothing But Nets
- Walking For Water
- Community Outreach

Save the Frogs, Save the Humans

Frogs and salamanders are environmental indicators—they "indicate" the health of the environment we live in. They have porous skin (skin with tiny holes for air to pass through) so they are very sensitive to pollution of both land and water. Amphibians use both the land and water, so they indicate the health of both.

2008 was named "Year of the Frog" by the Zoo and Aquarium association. One-third to one-half of all amphibian species may go extinct. This would be the largest extinction event since the dinosaurs died out!

Roots & Shoots has been hold-

ing activities to raise awareness of amphibians. We celebrated "Leap Day" at Children's church on the Sunday near Feb. 29. We played a game where we were frogs trying to safely reach our vernal pool without dying out. We snacked on frog cookies and made frog puppets that go through metamorphosis.

"Vernal pools," spring pools that dry up during the summer, are one of the critical habitats for amphibians, and Stumptown has a lot of them, according to Mike Hayslett, amphibian expert at Sweet Briar College.

Roots & Shoots has visited several vernal pools in Lucketts, including one at Regina and Ted Blake's farm on Evans Pond Rd.

Volunteers with Loudoun Amphibian Monitoring Program start their surveys in February, listening for frog calls and looking for amphibians. Roots & Shoots members know several of the frog calls now and help identify amphibians.



On rainy nights, amphibians go home to the pool where they hatched into tadpoles so that they can lay their eggs there. They may cross the road in mass migrations. One thing we can do (on rural roads) is pause and let them cross safely.



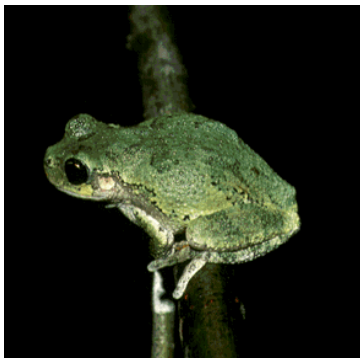
Spotlight on Local Animals: Grey Tree Frog

Oh, it's almost that time of year again to look and listen for our little friends, the grey tree frogs. These frogs are arboreal (live in trees) and nocturnal (active at night) and are fairly common throughout the United States and Canada. Named rather inappropriately, the Grey Tree Frog may actu-

ally be green, brown, or white. In fact, depending on the background of where they are, they will change color to blend in. These little guys grow to about 1 to 2 inches and have a warty texture over their backs. They have a polka dot under each eye, their underbelly can be a light orange-yellow

color, and have these big toe pads that can stick to anything, making them great climbers.

The Grey Tree Frog will eat small insects like crickets, mites, spiders, and flies. These guys live in trees outside of their breeding season but they need water to breed. **Continued on Page 4...**



Habitat Restoration

It was a cold, windy Saturday morning, yet still seven Roots & Shoots teens braved the chill to participate in Habitat Restoration along Catoctin Creek. The youth planted trees a little inland from the river, then moved on to planting bushes right alongside the stream. They dug thin holes in the soil then pounded the sticks that would become bushes into the hole with rubber mallets. There were two types of bushes: buttonbush and willow. Buttonbush was planted right near the water; willow was planted further inland. Bri, who was visiting Copper

Ridge Farm at the time, came along and really got into the planting. She went wading through the rivers to get to more sheltered places to plant the bushes. She even broke one of the mallets because she was pounding too hard! The bushes and the trees are supposed to act as a riparian buffer. A riparian

buffer is a line of trees or bushes natural to the area which slow or even stop erosion. You could tell from looking at the river banks, which were dug out and scarred, that the riparian buffers were needed. We couldn't put the plants on the places that needed them most because they were ninety degree angles and would just wash away.

We hope that the riparian buffer works and that we made a difference by coming and helping out.

-Caroline McCarry



Break From School; Not From Roots & Shoots



Christmas Vacation: A time to sleep late, catch up with friends, and eat lots of cookies. But not for Roots & Shoots teens. Visitors to the McCarry household, expecting a relaxing day, soon found themselves whisked away on a series of outings to ponds, streams, rivers, and woods.

The teens headed to Potomac Vegetable Farms to explore the pond and see the otter that

inhabits it. They went canoeing, but Will and Nathaniel were more interested in playing with the cattails.

Next they were once again hoodwinked and taken on a long hike down to the Potomac river. They stumbled over rocks, weaved through trees and managed not to fall in. Though it was an...interesting vacation. They made the best of it.

Over Spring Break, Nan was up to her antics again: she tricked Nathaniel, Will, and Sam in a trash clean-up, but Caroline had escaped to Florida.



Trash Pick-Up on Stumptown Road

Last Saturday my mom took my sisters and me up to church to help pick up trash. I didn't want to go. It sounded

yucky. Josie didn't want to go either, but when we got there, they had donuts for us to eat. Mom told me to put on a orange vest and we got in a car. Josie and Mad-die stayed at church, but Mom and I drove down the street. We picked up all kinds of trash. I'm really good at picking up trash. I didn't know I was



really good at picking up trash, but I am. I'm super good at it. It was fun, too. We filled up a whole bag all by ourselves. I never knew that picking up trash could be so much fun.

-Ian Binkley

The Smile that Lights up a Room

Most of us know Marie Fleming. We all say hello to her on Sunday's and give her a hug and then run off to our busy, busy lives. But how many of us *really* know Mrs. Fleming.

Mrs. Fleming was born September 29, 1915 and grew up on a farm in Mt. Gulliers with her brother, her sister, a pony named Dixie, and lots of cats and dogs. Her sister, who was four years older than her and her brother, who was 3 years younger, got along very well with Marie. On warm summer days they would go out to a stream near their house that was dammed off to a nice swimming area. They loved it, even though the wa-

ter was icy cold. Marie had a garden with tomatoes, peppers, lettuce, mums, and herbs, which she dried and gave to family.

When Mrs. Fleming was 18, she moved to Washington D. C. where she went to law school, the Washington College of Law, at night in hopes of becoming a lawyer. She worked her way through school and met her husband, who was also a lawyer. He had his own firm, but she did not.

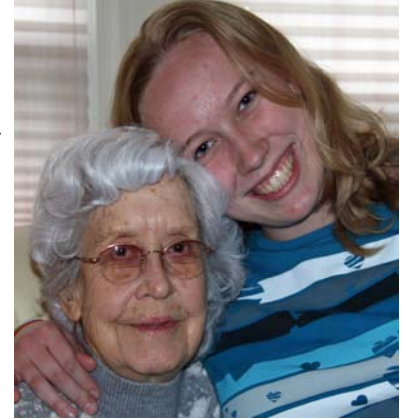
Mrs. Fleming and her husband played golf together in Purcellville. They loved

Loved to play together and she was quite good; she won a golf trophy in 1965.

Later in her life, Mrs. Fleming was a volunteer caregiver to a man named Gary Cochran. He had MS and she would bring him lunch every Thursday and then sit with him. She said, "It was so sad to see him go down, down, down..."

She also did chair caning, which is making the straw seats of chairs, and needlepoint for pillows and chair backs.

About 8 years ago, she came
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Potato Planting 101



At Mr. Carnes' farm, Wednesday March 26 we went potato planting. Maya, Sydney, and Holly were in one group and Lindsay, Collin and Anna were in another. We put the potatoes in the holes, and then Sergio and his cousin covered them up. When we were finished we grabbed our shovels and spades that were different sizes, then we went to the onion garden. Maya, Sydney, and Anna planted white potatoes and the others did yellow potatoes. It was a lot of fun, because during planting and afterward we got to play in the empty rows of dirt!

-Sydney Bowman



April 2008



Schedule of Events

- April 11: Riparian buffer planting
- April 12: Arbor Day Festival
- April 13: Feast of Festivals
- April 16: Teen Roots & Shoots
- April 19-20: Leesburg Flower & Garden Show
- April 20: Earth Day Sunday
- April 19-27: Wildlife week
- April 23: Malaria Awareness event
- April 25: Africa Malaria Day
- May 3: Record the Ribbit
- May 31: Walk for Water

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 Riparian Buffer Planting	12 Arbor Day
13 Festival of Feasts	14	15	16 Teen Roots & Shoots	17	18	19 Flower and Garden Show Wildlife Week
20 Earth Day Sunday	21	22 Earth Day	23 Malaria Awareness	24	25 Africa Malaria Day	26
27 Wildlife Week	28	29	30			

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To live where she does today. She used to grow tomatoes on her front porch, but now she has a garden spot in her living room. She says she doesn't miss living on a farm, and likes living where she is. It's different, but she likes it all the same.

Mrs. Fleming is very close to her family. She loves mysteries and suspense novels. But most of all, she loves company. It's definitely worth the time to go and see her because she is an amazing lady with a smile that lights up any room.

-Caroline McCarry



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They are very territorial and will shove or kick intruders out of their area during this time. You can usually tell the males from the females since males sing 'love songs' to attract females. The male sounds are trilling chirping noises and they will start at night when air temperatures reach about 60 degrees. April through July are the months that you can hear them singing.

-Lindsay Hively

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

Please Join us the 4th Sunday of Every Month During
 Church For Junior Roots & Shoots!