# Thinking Green Living Green April 16, 2011 9 AM - 5 PM Sherman Municipal Grounds



# Today's Events:

# Main Stage – Gazebo

Time	Who / What
9:00 – 9:30 AM	S & S Children's Choir
10:00 – 10:40 AM	Dillingham Intermediate Trojan Choir
12:00 – 12:30 PM	Jan's Musical Memories – Vocal Music
12:30 – 1:00 PM	Tai Chi Demonstration
1:00 – 3:00 PM	Red River Valley Dulcimer Club
3:00 – 5:00 PM	Jill Brown Studios

# Children's Events – Municipal Ballroom

Decorate your own "Clutter Bug" - GCC Art Dept

Make Peanut Butter Cone Bird Feeders and Acorn People – Friends of Hagerman National Wildlife Center

Make Coasters and Placemats – Children's Advocacy Center of Grayson County

Trash Audit - Belden Street Montessori School

# Workshop Area 1 – Inside Ballroom

Time	Who / What
10:00 – 10:40 AM	Devonshire Recorder Consort
11:00 AM – Noon	Keynote: Dan Phillips, Phoenix Commotion
12:30 – 1:20 PM	Clean Up Your Neighborhood: John Ockels, TIDRC
1:30 – 2:20 PM	Save \$ - Make Your Own Soap: Chris Goldsmith
2:30 – 3:20 PM	What's on your Fork: Susie Marshall, Gleaning Network of Texas
3:30 – 4:20 PM	Raised Accessible Gardens: Catherine Rainbow & Nicole Morgan

# Workshop Area 2 – American Bank of Texas Tent

Time	Who / What
12:30 – 1:20 PM	Trees – Care & Maintenance, Planting and Preserving: Harold Spiegel, Preservation Tree Services
1:30 – 2:20 PM	Health from the Hive: 2011 American Honey Princess Allison Adams
3:30 – 4:20 PM	Water Harvesting – New Era: Jonathan Castro, Texoma Landscapes

# **Related Events**

### Time

### Who / What

<b>Thursday- April 14</b> 9:00 AM – 4:00 PM	<b>Continuing Education Class</b> – Texas Illegal Dumping Resource Center
Friday – April 15 5:00 – 7:00 PM	<b>Book Sale</b> – Friends of Sherman Library
<b>Saturday – April 16</b> 8:00 AM – 4:00 PM	<b>Book Sale</b> – Friends of Sherman Library
8:00 AM – 4:00 PM	<b>Plant Sale</b> – Texoma Landscapes
10:00 AM – 2:00 PM	<b>EWaste Recycle</b> – Electronic Waste Recycling

**Baseball Cap Recycle** – Red River Unitarian Universalists

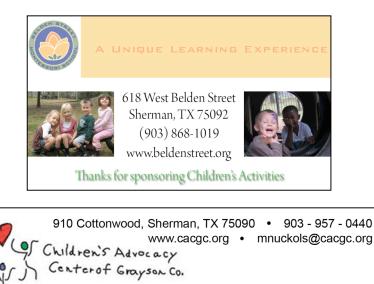




# Related Events (cont.)

Time	Who / What
10:00 AM – 2:00 PM	<b>Recycle Ink &amp; Toner Cartridges</b> – Rapid Refill Ink
	<b>Document Shredding</b> – Wells Fargo Advisors
10:00 AM - 4:00 PM	<b>Blood Donations</b> – Texoma Regional Blood Center
10:00 AM – 5:00 PM	<b>Children's Art Show</b> – Art from the Heart

Recycle Eyeglasses – Sherman Noon Lion's Club



"Breaking the cycle of abuse one child at a time"

Thanks for sponsoring Children's Activities

# **Entertainment Descriptions**

**S&S Children's Choir** is performing for their third year at the Texoma Earth Day Festival. Their performance this year will include some Earth Day songs with a variety of other music.

**The Dillingham Intermediate Trojan Choir** is pleased to perform for you today: *The Song that Nature Sings* by Ruth E. Schram; *Skip, Skip, Shoo-Fly-Shoo* by Mary L. Lightfoot; *For the Beauty of the Earth*; *Alouette* a French/Canadian Folk Song by Andy Beck; and *The Water is Wide* by Ruth E. Schram.

**Jan's Musical Memories -** Jan Fletcher is performing for the third year at the Texoma Earth Day Festival. The program includes Classic Country, Hit Parade Favorites, Pop Standards, Early Rock n' Roll, Broadway Blockbusters, and Nostalgic oldies from the 20's thru the 80's.

**Tai Chi Demonstration** – Tai Chi is a very old Chinese martial art form. It can be thought of as a slow moving meditation. Tai Chi is performed slowly, softly, and gracefully with smooth and even transitions between each movement. You get the same benefits of an aerobic workout without the jarring on the joints – which is great for arthritis. In Tai Chi you will learn how to release your stress, improve your balance and prevent falls, strengthen your muscle and bone mass, relax your mind and body, breathe properly, improve your circulation, flexibility and posture. Tai Chi is also known to lower your blood pressure and help with depression. Although you would not think so, every movement is also for self-defense. All ages are welcome. You are never too old to begin.

# **Entertainment Descriptions (cont.)**

**Red River Valley Dulcimer Club Jam** – The RRVDC is returning for their third year performing at the Texoma Earth Day Festival.

**Jill Brown Studios** – The students performing at the Texoma Earth Day Festival will be performing a variety of music, for example, country, Broadway, some gospel and also inspirational.



# Workshop Descriptions

### Workshop Area 1:

**Devonshire Recorder Consort** – The Devonshire Recorder Consort is returning for the second year to the Texoma Earth Day Festival.

**Keynote: Dan Phillips. The American Neurosis** – This lecture covers the topic of building low-income housing, with a minimum wage crew, with free, salvage, and recycled materials. The causes of waste are explored - ranging from deep cultural and primal bents to the flagrant consumerism in our society. Modes for addressing the cultural shortcomings associated with "homeless" families are explored, with a summary of what an average person could do to help.

**Clean Up Your Neighborhood** – Ways that your local government can use Texas laws to fight pollution. Based on the book "*Cleaning Up Your Community: Citizens Guide to Local Environmental Enforcement*" by John Ockels

**Save \$ - Make your Own Soap** – Will teach you how to make your own laundry detergent. It's fast, it's easy, it's much cheaper than store-bought detergent, and it works just as well. The workshop will also include, as a bonus, making your own dishwasher detergent and toothpaste.

What's On Your Fork? This workshop is designed to be an informative session that will help people begin to navigate the world of healthy food and sort through the loads of information available in today's healthy, local, organic food movement. The session is not intended to be inflammatory or one-sided. It will promote fruit and vegetable consumption, and local purchasing when possible.

# Workshop Descriptions (cont.)

Raised Accessible Gardens & Gardening for Life: Catherine Rainbow and Nicole Morgan are co-presenters for this workshop. Catherine has started the Four Corners 4-H Raised Garden Project to assist those who have physical limitations in raising their own vegetables. She has partnered with Nicole who has assisted her in the project and advised her in matters of rehabilitation. Catherine will share her journey of discovery while Nicole will talk about how gardening can benefit you physically, mentally and emotionally and enhance your quality of life.

### Workshop Area 2:

**Trees with Howard Siegel – Care & Maintenance, Planting & Preserving** Free Burr Oak Raffle ticket awarded to all workshop attendees.

### Health from the Hive

2011 American Honey Princess Allison Adams of Plano, TX will discuss the many products produced by honeybees for health and well-being. She will also talk about the art of keeping bees.

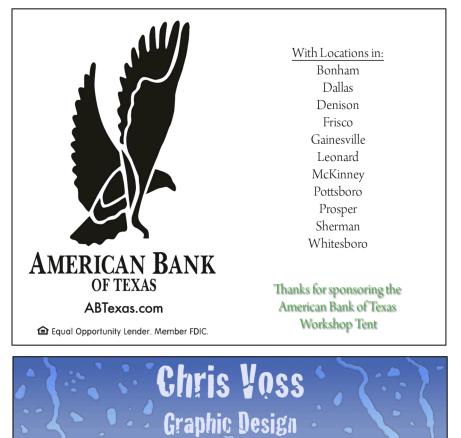
Water Harvesting – New Era Jonathan Castro will talk about methods of water harvesting beyond rain barrels (which some consider unsightly). To keep the water cooler in our hot climate a cistern system that is below grade is becoming popular. This allows the home owner to circulate the water and also develop a water feature in the yard. The water becomes energized through oxygenation instead of stagnating in the barrel.



# Workshop Descriptions (cont.)

### All Day – In parking lot near ballroom

North Texas Electric Auto Association – The NTEAA is returning for their third year at the Texoma Earth Day Festival. Mike Barkley will be bringing the electric vehicles that Bonham High School has converted (Mazda B2200 Pickup, Ford 9N Tractor, and possibly the newly converted Zero Turn Radius Lawn Tractor). Mike and Paul will be glad to talk to anyone and everyone about their projects.



(903) 583-3746 cdvoss@gmail.com

# **Entertainer Biographies**

### S&S Children's Choir

The after school choir has been in existence for three years. They have received a one rating (the highest) at Sandy Lake's "Fun Fest" for the last two years. They have sung with both Sherman High School and Denison High School Choirs when they needed a children's choir for their performance. They meet one day a week after school. The students work very hard and sing very well.

**The Dillingham Intermediate Trojan Choir** is made up of 6<sup>th</sup> grade students with a passion for vocal musicianship. Students study vocal heath, rhythms, Solfege, ear training, and sight singing. They also discuss the important role vocal music plays in history, films and expression of feelings. Singing a wide repertoire begins a rich education in their Choral experiences at Sherman ISD. Dillingham Choir performs Winter Concerts at Sherman High School, Spring Concerts at Dillingham Intermediate and will go to The Sandy Lake Contest on May 10<sup>th</sup>.

### Jan Fletcher

Jan has been associated with the Dallas Symphony Chorus, Lone Star Sound and Vocal Venue, all in the Metroplex. Since she moved to the Texoma area in 2007 she has performed with the Sherman Community Players in "The Music Man", in the Rehabilitation Center's "Search for the Stars" in 2008; and joined the Villagers Chorale in 2010. Jan's Musical Memories began in 2005 in the Metroplex to provide vocal entertainment for a variety of senior living facilities. She now covers Grayson, Collin, Bonham, Denton, Dallas and Wichita Counties in Texas singing for seniors and private parties. Using recorded CD tracks, Jan shares her enthusiastic joy of music which reflects many generations and styles.

# Entertainer Biographies (cont.)

### Tai Chi Demonstration

Debra Williamson is a 4<sup>th</sup> degree black belt with 27 years experience in the martial arts. She is a native of Sherman, Texas and now lives in Pottsboro. She currently is teaching Tai Chi and Karate in the Sherman/Denison Area.

### Red River Valley Dulcimer Club Jam

The RRVDC are a local club comprised of members from all over the Texoma area playing many acoustical instruments but primarily the hammered dulcimer and the mountain or lap dulcimer. They meet the 4<sup>th</sup> Saturday of the month at Sterling House in Durant and meetings are open to all. Each year in October they host a free weekend festival (October 6-9<sup>th</sup> 2011) called "Winter Creek Reunion Dulcimer & Acoustic Music Festival" which has free classes, jamming and entertainment.

### **Jill Brown Studios**

Jill Brown has been training children and adults for 30 years. Jill is a professional performer who has performed for President George Bush, opened up for Reba McEntire, Joe Nicols, and Willie Nelson's Fourth of July Picnic at the Ft. Worth Stockyards. Brown has also performed the National Anthem for the Texas Rangers many times at Ameriquest Field in Arlington. Brown performs in Branson, Missouri and so have many of her featured students. The students take private lessons from Jill Brown Studios and are trained in vocal, stage performance and also building confidence on stage and in communication. Jill Brown Studios has produced concert pianists, stage and small screen stars! It is a joy to have a small part in the lives of these children and Jill counts it a very big blessing to be a part of their beautiful lives.

# Keynote Speaker Biography

### **Dan Phillips**

Dan is the founder of The Phoenix Commotion, a building initiative in Texas to provide housing for low-income families. It was created to prove that constructing homes with recycled and salvaged materials has viable place in the building industry. This process uses only apprentice labor, in addition to the homeowners themselves, and teaches marketable skills to anyone with a work ethic who is willing to swing a hammer. No two are alike due to the myriad of materials used, so there is an artistic element that makes Phoenix Commotion homes truly unique.

# Workshop Presenter Biographies

### **Devonshire Recorder Consort**

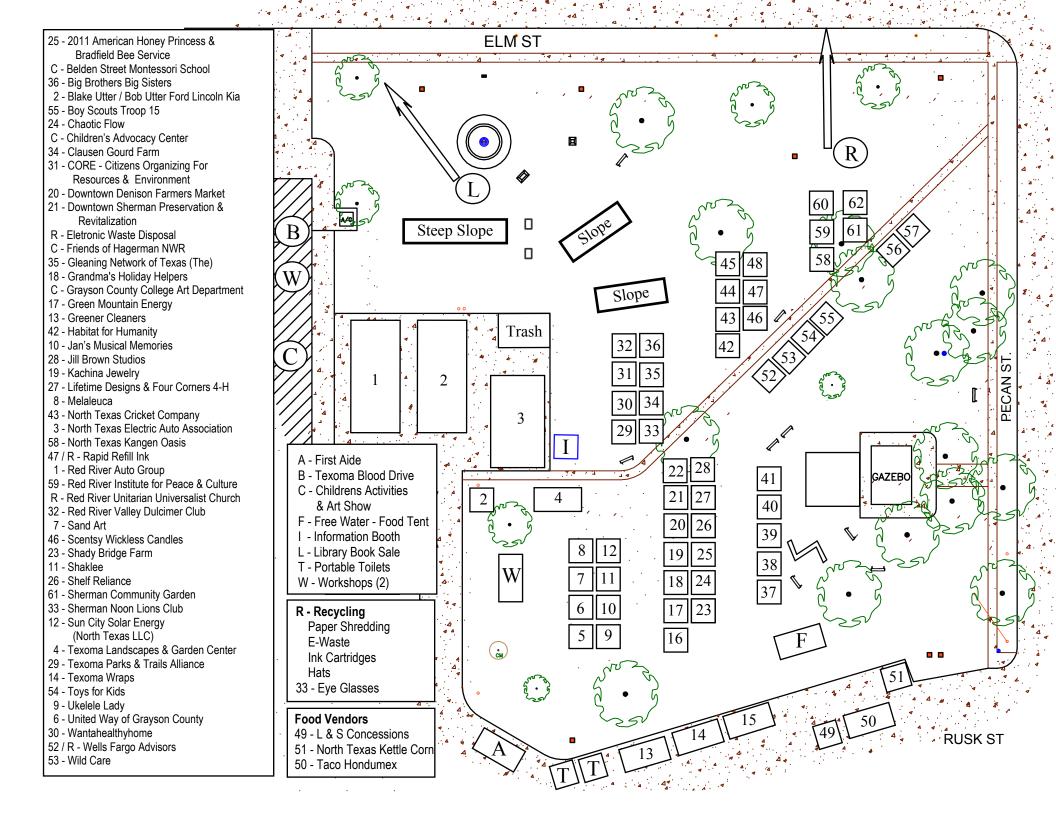
The group includes four recorder voices, played by Mary Jo Tonelli, Lois Robards, Carla Murphy and Suzanne Durland.

### John Ockels

John has served as first the Regional Environmental/Solid Waste Coordinator, followed by the Regional Criminal Justice and Emergency Planning Coordinator for the Texoma Council of Governments; Now he provides specialized training for local officials all over Texas through the Texas Illegal Dumping Resource Center.

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# Workshop Presenter Biographies (cont.)

**Chris Goldsmith** started making his own laundry soap three and a half years ago, to deal with the exponential increase in laundry that came with having a newborn in cloth diapers. As he says "If some goop I make in my kitchen in a five-gallon bucket can handle cloth diapers, it can handle anything." Chris does this with a very busy schedule. He is a husband, a father of two, a graduate student, a writing instructor, a haphazard homesteader, a bicycles-as-transportation enthusiast, an avid reader, a mildly entertaining blogger, a long-time Sherman resident, a Luddite who never goes anywhere without his IPhone, and the sort of person who doesn't know or care what kind of grass is growing in his yard.

**Susie Marshall** is the Executive Director of The Gleaning Network of Texas. She has been in the world of agriculture and gleaning for nearly eight years. During that time, Susie has discovered for herself the integral part that food plays in our lives and in our society. She believes that everyone deserves access to fresh, healthy food. Susie holds a Master's Degree in Health and Physical Education from Texas A&M Commerce and a Master's of Theological Studies from Perkins School of Theology at SMU.

Allison Adams, 2011 American Honey Princess, is the daughter of Ned and Caryl Adams of Plano, TX. She currently teaches art to elementary and high school students. She began keeping bees six years ago through a youth scholarship program in a local beekeeping association and has thoroughly enjoyed it ever since. Allison also enjoys cooking and baking, drawing, sustainable agriculture, playing traditional folk music, and spending time with her family. As the American Honey Princess, Allison serves as a national spokesperson for the American Beekeeping Federation, a trade association representing beekeepers throughout the United States, and travels throughout the United States promoting the beekeeping and honey industry.

# Workshop Presenter Biographies (cont.)

**Harold Spiegel** founded Preservation Tree Services in 1995. Harold is committed to planting, nurturing and preserving one of our most precious resources: trees and their associated plant partners. He has an educational background in plant culture and plant maladies. A particular passion for Harold is the preservation of trees in the construction site and he has worked extensively in the Dallas-Fort Worth residential and commercial sector in this behalf for over 25 years. Prior to establishing his arborist career and business, he was a commercial artist and technical illustrator for McDonnell-Douglas Corp.

His educational experience includes doctorial studies in plant pathology and nematology at Oklahoma State University and the University of Florida. He earned his Bachelor of Science degree in botany and chemistry from Southeast Missouri State University. He has also completed additional academic work in landscape design and construction. In 2011, Harold was named One of the 20 Most Influential People in the Green Industry by Arbor Age magazine.

**Jonathan Castro** is the owner and operator of Texoma Landscapes & Garden Center. He graduated from Austin College and has been in business for 27 years in the Texoma area. He is also the President of Fannin County Master Gardeners.



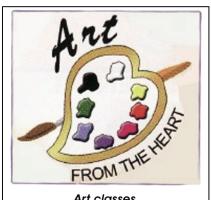


# Workshop Presenter Biographies (cont.)

**Catherine Rainbow** is 15 years old and a 9<sup>th</sup> grade home school student of Sherman, Texas where she attends Faith Church. This is her second year in 4-H where she has participated in 5 projects. Her leadership roles have included, first vice president, second vice president, leading the Global Education and Awareness project, fundraising and community service committees, as well as writing the club newsletter. She has received awards at the county and district level, including the Rookie and All Star awards. Catherine just started a community project for the residents of a retirement home. She directed and helped with every part of this project. She has recruited sponsors and Partners to make the project a success. She has taken American Sign Language for 2 years. Her teacher is Sheila Bills, who is with Texoma Counsel for the Deaf. She has received two certificates of completion. Her goal is to become a successful interpreter; therefore she is learning Latin, French, and Spanish.

Nicole A. Morgan, OTR, CAPS, was born and raised in Sherman, Texas where she currently lives with her husband and three children. Nicole is a Registered Occupational Therapist and has 15 years of experience in health care, practicing in various clinical environments including home health, hospital, outpatient rehabilitation, nursing home and inpatient rehabilitation. Presently, Nicole specializes in the home environment as it relates to disabilities, aging in place and universal design. She is an independent living consultant and designs accessible living remodels and modifications through Lifetime Designs, where she is Executive Director.





Art classes for ages 2-102

314 N Walnut, Ste D Sherman, TX 75090 903-819-4213 Hours: M-F 4-5:30 pm, Sat 2-3:30 pm

Thanks for sponsoring the Children's Art Show



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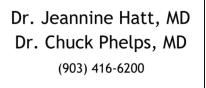




# Brad Douglass, President brad@douglassdist.com

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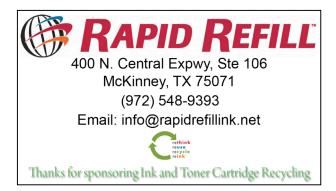
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Texoma Regional Blood Center

# Give the Gift of Life

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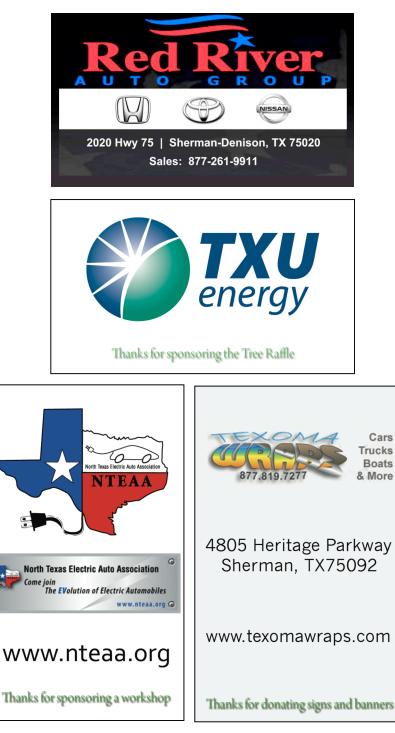
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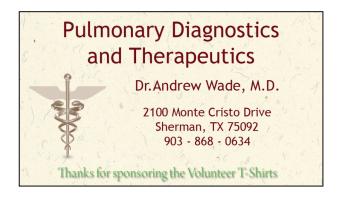
Susie Marshall Executive Director P.O. Box 7103 Dallas, TX 75209 972 - 814 - 0928 susie@gleantexas.org

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# S City of SHERMAN, TEXAS

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# Texas Illegal Dumping Resource Center

### Enforcement Resources for Texas cities and counties



# www.tidrc.com

Thanks for sponsoring the Coordinated Local Environmental Enforcement Class and a workshop

Dillingham Intermediate Trojan Choir





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# The 2011 Earth Day Festival Sponsors:

### Stewardship Level:

Doc 107.3 FM

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Red River Unitarian Universalist Church Green Team Texas Illegal Dumping Resource Center

### **Environmentalist Level:**

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Belden Street Montessori School Children's Advocacy Center of Grayson County Electronic Waste Disposal Friends of Hagerman National Wildlife Refuge Grayson County College Art Department Rapid Refill Ink Red River Autoplex TXU Energy Drew Wade, MD

### **Recycler Level:**

2011 American Honey Princess Comfort Suites Devonshire Recorder Consort Dillingham Intermediate Trojan Choir Chris Goldsmith Four Corners 4-H Jan's Musical Memories Jill Brown Studio Lifetime Designs Preservation Tree Services

Red River Valley Dulcimer Club S & S Elementary After School Choir Tai Chi for Health Texoma Landscapes & Garden Center Texoma Regional Blood Center The Gleaning Network of Texas Webb's Electric Heating & Air