

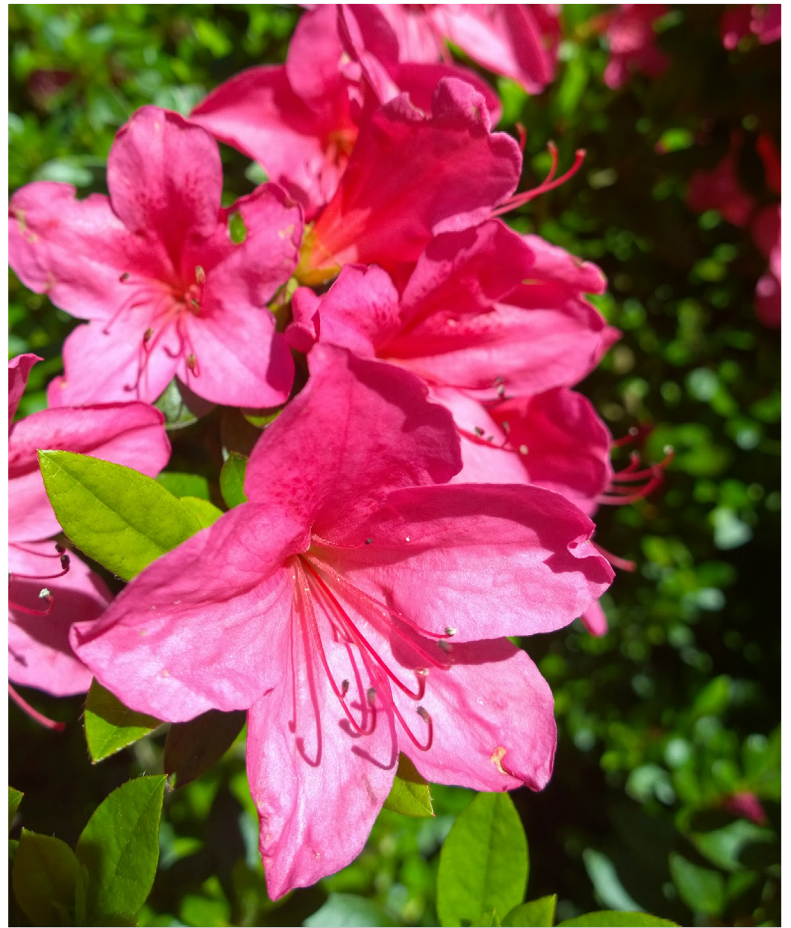


Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us.

- Amma

Contents

2014 PNW Amma Program Reports
Recycling and Composting Report
Sanskrit/Green Friends Skit
Tree Planting Work Parties to Resume
Garden Story
TerraCycle
InDeed Facebook page
PNW Litter Project
Litter Project Stats
Litter Project Stories
Beacon Hill Food Forest and
Work Party Invite
Permaculture class in 3 locations
Aquaphonics



GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of Embracing the World, a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

For Organic Gardening and Permaculture write Maheswari at: PNWGreenFriends@google.com

For The Tree Planting and Habitat Restoration Project write:

Ananya ammasananya@comcast.net and Kalavathi annecrory@gmail.com

Amma's 2014 PNW Program Recycling and Composting Report

by Ananya and Sarvesh

Throughout Amma's PNW Programs at the Hyatt Regency Bellevue, nearly 4 yards of materials were collected and sent for composting. Items included dining hall and snack shop food scraps, napkins, paper plates and cups, to-go containers, waxed cardboard boxes, and all the flower cuttings. The veggie chopping and general kitchen prep scraps were "fed" directly to "Karl", the Hyatt's Waste-to-Water system.

On the recycling front, items that were sent for recycling included bottles, cans, coffee cups, cardboard boxes, shrink wrap, general paper items, and a variety of other food and merchandise containers. The Hyatt has an industrial recycling compactor that crushes all the recycled items.

Given that the programs have been at the Hyatt for a few years now, it has become easier to determine how to systematically collect and transport all the materials. It still requires sevites to transport the materials down to the loading dock area and segregate them appropriately. This year, a few folks spontaneously volunteered to help sort the recycling at the collection points to prevent cross-contamination. If we have the Grace to do this seva again, we will be looking for more sevites to help sort and rinse recyclables. It is truly a joy to have had the opportunity to serve Amma in this way.

Sanskrit/GreenFriends Skit

In 2013, when the Seattle Sanskrit class went for Amma's blessing, someone sitting nearby who speaks Malayalam heard her say "I sure wish I could hear them speak in Sanskrit." The class resolved to develop a skit for Amma's 2014 programs and followed through on that resolution. There will be a report about the skit, including pictures, in the July newsletter!

Seattle Area GreenFriends Tree Planting and Habitat Restoration Work Parties to Resume in September

During the PNW Amma Programs this year, many folks pledged to Amma that they would plant trees. The Tree Planting and Habitat Restoration team plans to start up again in September to provide an opportunity for devotees to honor that pledge. (Know also that Amma has repeatedly mentioned that it is a blessing to plant trees!) We will have more information as we get closer to September, but at this point, we hope to expand our geographical region to make it easier for more people to participate. Questions? Contact Ananya ammasananya@comcast.net

From Laura in Seattle:

I have a garden story. We have a bird feeder that attracts sparrows, chickadees and a few other types of birds. It's right above my balcony where there are a bunch of potted plants. Right after I transplanted a couple of begonias, I noticed a seedling with big leaves starting to grow in the same pot. I think my balcony is pretty shady so I never expected a sunflower to grow there. But with the help of my bird friends, they must have known better than me! By now I am quite sure it is a sunflower.



From Visala Regarding TerraCycle

Many of you took the Pledge to help save Mother Earth at the May retreat. THANK YOU!! Here is a way you can make good on that pledge. There are two items you can save from going into the landfill. Please save Granola/Energy bar wrappers and all plastic cereal bag type liners. Ask all your family members and friends to save them too!

Bring them to Seattle satsang or drop them off on Visala/Gaurang's porch at 8201 Greenwood Ave. North. Each wrapper is worth 1 cent. The financial potential is great but the chance to make an impact on planet earth is greater!

Please participate! Save nature InDeed. It's Amma's idea, let's embrace it!



New International InDeed Facebook Page!



There is now an international Facebook page for Amma's InDeed Campaign. It is a chance to share ideas with devotees all over the world. The developers of the page would love it if you would also make lots of comments! Sign up for the page at: <https://www.facebook.com/indeedcampaign>

PNW LITTER PROJECT

PNW Litter Project Stats:

As of May 31, 2014 we had 352 members plus those who signed up at Amma's programs.

Thirty-nine members and their guests reported picking up 99 hours of litter during May 2014. The average pick up time was: 2.5 hours; the range was 3 minutes to 30 hours and the median was 1 hour.

Members of the project have picked up litter for 5280 hours since the project began in July 2011.

TerraCycle credited us with turning in 139,534 cigarette butts in 2013. We have turned in 34,600 butts so far this year



From Prakash in Seattle:

During the 2014 PNW Amma Programs, Ramakrishna Swamiji gave a talk to all the PNW Tour Coordinators. In the talk he mentioned that Amma has on multiple occasions referred to the PNW Litter Project. In one instance Amma was in a meeting with some local Indian Government officials wherein she talked about the PNW Litter Project and everyone was impressed

From Kalavathi in Seattle:

When I was coming back from Amritapuri in March, I met a friendly woman from Seattle in the Amsterdam airport. I told her about Amma and how she hugs people. I also mentioned that Amma raises money for people in need. The woman then shared with me about her experiences with a non-profit group called, interestingly enough, "Hug It Forward"! And even more cool is the work they do; they build public schools for children in South America using garbage! The volunteers teach villages how to build their own schools with recycled materials. They stuff non-organic garbage into empty plastic bottles (also "garbage"), and use that for the walls.

Here is a video: <https://www.youtube.com/watch?v=7SodNYvutWY> I also love the song!

You can read more about the project at www.Hugitforward.org. I think it's very inspiring!

From Vandita in Halfmoon, BC

Many small candles can light up the world

As a busy Mum, with a broken down car in a rural area I don't get to go far at the moment, unless my husband is around. I love nature so often head out to the beach and surrounding area, pushing the stroller with my 20 month old daughter. I have so many ambitious dreams for my future; among them: to have a retreat center, write books, create art, teach, help support sustainable farming practices, and sustainable business practices. My list is long. But right now my time, energy and income is limited, so I just have to focus on what I can do here.

PNW LITTER PROJECT (contd.)



Recently I found I couldn't walk past litter on the beach. Now it is becoming something bigger. With a dollar store litter grabber I've been reaching into bushes, ditches and dirt to pull out beer cans, coffee cups, styrofoam and plastics. The stroller basket lined with some bags makes a good container for collecting the garbage.

Even the tiniest pieces of plastic go into the bags. I've been telling my daughter how plastic kills the fish and the sea creatures, and how chemicals are leached into the ground. The beer cans and bottles we pick up go to the

recycling center, and the money made from them goes to support the local homeless.

The most prolific litter items are the cigarette butts. I consider these the worst, and tell my daughter how they poison the earth. At the Seattle Amma program in May, Amma talked about how parents should be good examples to children, and explain about the world to them from a very young age. As she was talking, my daughter was running around picking up garbage and putting it in the garbage cans.



I've made a commitment to dedicate 4 hours a month to picking up litter if I'm here. Today we went to town and my daughter saw all the garbage at the road side and went to pick it up. So now I'm thinking about how I could start picking up litter there too. My ego always makes me feel I need to do something big, but I know in my heart it's the small actions that matter.

From Jayanand on the Olympic Peninsula:

In mid-May I was grateful for the chance to pick up litter along a 12-mile stretch of Hwy 101 at Lake Crescent, along with about 3 dozen of my coworkers from Olympic National Park. All told, there was about 1,200 pounds of litter removed from the roadsides, including about 400 pounds of recyclable cans and bottles, plus 200 pounds of tires (this the main route for logging trucks and other traffic between the north Olympic Peninsula and the west-end communities, beaches and forests of the peninsula -- so it's busy and the car/truck-related trash builds up).

The lake is beautiful and nearly pristine -- known for its depth and clarity, as well as being the habitat for two species of fish only known to live there. It was a very bright and peaceful morning to be there, working in small teams of 3-4 people -- some spotting for traffic barreling along as the others worked the occasionally narrow embankment. Some of the garbage we discovered included styrofoam from fast food containers or portable coolers, some of which were

starting to fall apart into little pellets. I was glad to be able to pick this up to keep it out of the lake! This made me think of the Japanese dock that washed up along the wild, outer Olympic coast in December 2012 -- debris from the 2011 earthquake and tsunami in Japan -- and how National Park Service staff worked for days to dismantle it to keep the dozens of cubic feet of styrofoam float material inside it from spreading all around the beach and surf (<http://marinedebris.wa.gov/incidents/ForksDock.html>).



Beacon Hill Food Forest by Karuna

Today I went to the Beacon Hill Festival. While I was there, I decided to visit the Beacon Hill Food Forest. The Food Forest is a permaculture project whose goal is “to design, plant and grow an edible urban forest garden that inspires our community to gather together, grow our own food and rehabilitate our local ecosystem.”

A Food Forest is a gardening technique or land management system, which mimics a woodland ecosystem by substituting edible trees, shrubs, perennials and annuals. Fruit and nut trees make up the upper level, while berry shrubs, edible perennials and annuals make up the lower levels. The Beacon Food Forest will combine aspects of native habitat rehabilitation with edible forest gardening.

The goal of the Beacon Food Forest is to bring the richly diverse community together by fostering a Permaculture Tree Guild approach to urban farming and land stewardship. By building a community around sharing food with the public we hope to be inclusive to all in need of food.

The Food Forest is set to include an Edible Arboretum with fruits gathered from regions around the world, a Berry Patch for canning, gleaning and picking, a Nut Grove with trees providing shade and sustenance, a Community Garden using the p-patch model for families to grow their own food, a Gathering Plaza for celebration and education, a Kid's Area for education and play and a Living Gateway to connect and serve as portals as you meander through the forest”

Beacon Hill Food Forest (contd.)

Planning for the Food Forest began in 2009. They broke ground in 2012 and have made great progress since then. I have visited several times in the last two years. When I went there today, I was impressed by what I found.



Beacon Hill Food Forest (contd.)



Next Beacon Hill Food Forest Work Party Saturday June 14 10 a.m. to 2 p.m.

Organizers will provide soup and bread for a light lunch, and they ask for a \$3+ donation for their efforts to keep soup ingredients paid for. (No one will be turned away)

Please bring gloves and dress appropriately for the weather.

Baked goods are always welcome – cookies are a hit!

Beacon Hill Food Forest Facebook Page: <https://www.facebook.com/beaconfoodforest/info>



MA CENTERS / SAN RAMON, CA / CHICAGO, IL / ANN ARBOR, MI

PERMACULTURE THEORY & PRACTICUMS WITH DARREN DOHERTY



Darren Doherty is internationally recognized as a leader and pioneer in permaculture and regenerative agriculture. A prolific and accomplished designer, Darren has completed more than 1,600 property development plans since 1993 in 47 countries. He has made his knowledge and experience accessible to over 12,000 students with 180 courses and seminars since 2001.

MA CENTER SAN RAMON, CA

AUGUST 9-11, 2014

DAILY: OPEN CONSULTANCY

AUG 9: DROUGHT-PROOFING FARMS IN CALIFORNIA

AUG 10: REFORESTATION FOR PROFIT

AUG 11: FROM ORCHARD TO STACKED ENTERPRISE

Cost per day: \$130 before July 1 (\$150 after July 1)

MA CENTER CHICAGO, IL

AUGUST 16-19, 2014

AUG 16-17: 2 DAY PERMACULTURE THEORY WORKSHOP

AUG 18-19: 2 DAY PERMACULTURE PRACTICUM WORKSHOP

Cost for 2 days: \$260 before July 1 (\$300 after July 1)

Cost for 4 days: \$520 before July 1 (\$600 after July 1)

Work/Study options will be available

AMMA CENTER OF MICHIGAN, ANN ARBOR

AUGUST 21-25, 2014

AUG 21-22: 2 DAY PERMACULTURE THEORY WORKSHOP

AUG 23-24: 2 DAY PERMACULTURE PRACTICUM WORKSHOP

AUG 25: URBAN PERMACULTURE PRACTICUM

Cost for 2 days: \$260 before July 1 (\$300 after July 1)

Cost for 4 days: \$520 before July 1 (\$600 after July 1)

Work/Study options will be available

CLICK HERE TO REGISTER

FOR MORE INFO CONTACT:

EVENTS.MACC@GMAIL.COM

OR CALL 630-387-5077



embracing the world

AQUAPHONICS

[Triguna shared information about Aquaponics with me during the Pacific Northwest portion of Amma's tour. Afterwards she forwarded many links. I thought some of you might be interested to read about it! Karuna]

Aquaponics is an "efficient and environmentally friendly way to produce food. Fish are kept in large tanks and the plants are grown hydroponically; that is, without soil. They are planted in beds with a little gravel or clay and their roots hang down into the water. The water is cycled through the system, so that it collects the "waste" from the fish; then it's pumped to the plant beds, where it is filtered naturally by the plants and can then be returned to the fish tanks. Unlike traditional farming methods, no chemical fertilizers are needed for the plants: they all come from the fish-waste. It also tends to be organic, because the use of pesticides would be damaging to the fish."



Additional Resources:

<https://www.dropbox.com/sh/mldfg9xn5rwwubn/sWnH6WJNO>

<https://www.dropbox.com/sh/kwey59cigu9nfcx/TZ6HoCPjbV>

[Backyard Aquaponics • View forum - Aquaponics F.A.Q.](#)

[BOYU Australia!, Aquarium & Pond Supplies, Fish Pumps & Filters](#)

[How to build a pallet vertical garden and a DIY plastic wall garden](#)

[Aquaponics Hydroponics Systems Perth | Hydroponic Xpress Centre](#)

[Practical Aquaponics Discussion Forum. A place to discuss every aspect of Aquaponics.](#)

[Grow Fresh - Increasing awareness in Aquaponics](#)

[TotePonics - IBC - CHOP Systems | Practical Aquaponics Discussion Forum. A place to discuss every aspect of Aquaponics.](#)

[laSENDA ECOVILLA](#)

[The Expensive Tomato](#)

[Oklahoma Aquaponics Spring 2013 - YouTube](#)

[Affnan's Aquaponics - Affnan Siphon - How It's Made - YouTube](#)

[Green Harvest Organic Gardening Supplies](#)

[Livefish.com.au - Australia's aquarium fish home delivery experts!](#)

[Affnan's Aquaponics](#)

[The Know-How Florida Urban Organics](#)

[Welcome to API Fishcare](#)

[Bright Agrotech](#)

[Australian Native Fish - Aquarium Fish - Aquarium - Aquarium and reptile online shop in Melbourne. Specialise in](#)

[Baby Turtles, Lizards, Frogs and Pythons also for sale!](#)

[Dave's Garden - Tips and Advice on Outdoor Gardening, Flower Gardens, Plants, & Seeds](#)