



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

Sanskrit/GreenFriends Skit
Stories and Reflections
A Wildlife Report
Eating on the Wild Side: Book Review
PNW Litter Project Stats
How can we Protect the Oceans from
Plastic Pollution?

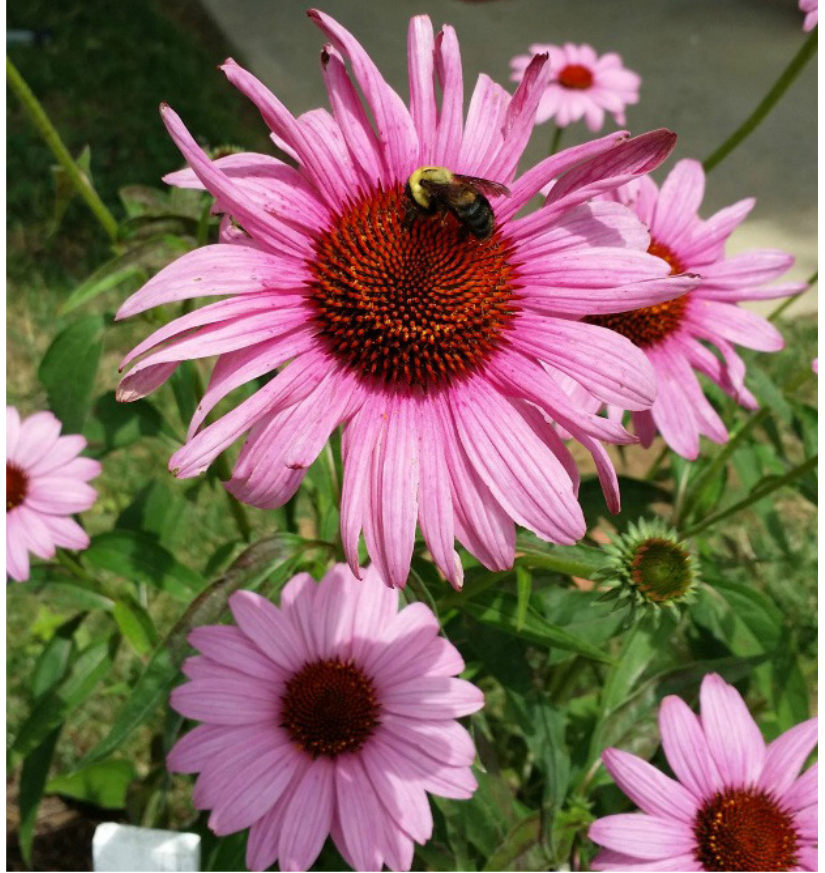


Photo Credit [Pavannah](#)

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

SANSKRIT CLASS/GREEN FRIENDS SKIT

“Taking Care of Mother Earth” at Amma’s 2014 PNW Retreat



Sanskrit Class (on microphones)

The skit was about Amma’s [InDeed Campaign for Nature](#) . At different times during the play participants had an opportunity to raise their hands and make a pledge.

This article will present pictures of the skit and the words of the pledges. If you weren’t able to make the pledges at the retreat, feel free to make them now! 😊



Amma, we will conserve water



SANSKRIT CLASS/GREEN FRIENDS SKIT (contd.)



Amma, we will save the earth's resources



Amma, we will grow vegetables



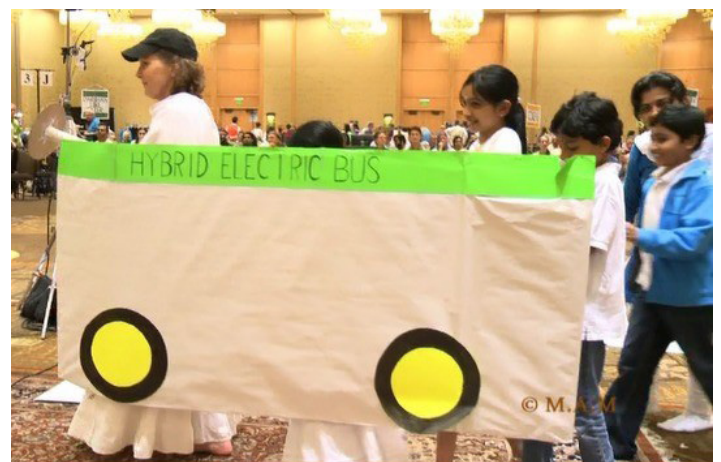
Amma, we will make homes for birds and bugs



Amma, we will plant trees



Amma, we will pick up litter



Amma, we will carpool

SANSKRIT CLASS/GREEN FRIENDS SKIT (contd.)



**Amma,
we will all
work together
to help
Mother Earth!**

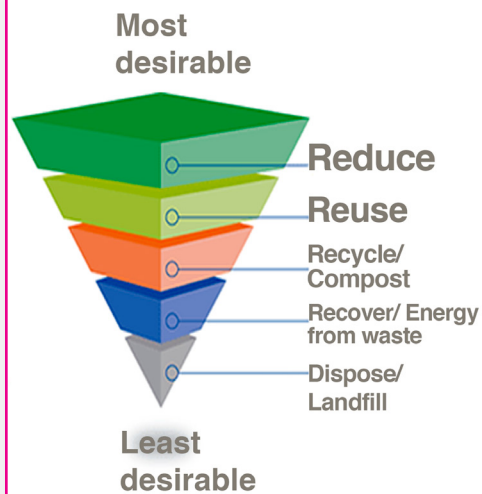
When we asked Amma if we could sell a copy of the DVD to those who participated in the skit, Amma responded that we should make it available to everyone. Amma went on to say, "Let everyone learn!"

The DVD will contain both the skit and the beautiful Power Point slide show that went with it. The cost will be \$20 plus shipping costs. All proceeds will go to the PNW MA Center. If you would like to purchase one, write Karuna at karunap108@comcast.net.



अम्बा वदति
पर्यावरण-
रक्षणं क्रियताम्
इति।

**Amma wants
us to take
care of the
environment**



अवकर-वस्तूनां
पुनरुपयोगं
कथमिति
चिन्त्यताम्।

**Think
how to
recycle/
reuse trash**

STORIES AND REFLECTIONS

From Saradamba in Vaughn:

Saradamba planted the seed from an apple Amma gave her, and it sprouted! Karuna



From Ajayya in Olympia:



a project of ServiceSpace



One person's trash is another person's treasure.
- Anonymous -

Beauty & The Dumpster

"I've been to archaeological sites, know the sun-bleached whiteness of bone, the tea-colored stains left by earth. Here, no layers of soil obscured the find." Join Meredith Sabini, founder of the Dream Institute of Northern California, as she explores the remnants of a life: the objects left behind by friends and relatives after a loved one passes.

[{ read more }](#)

Be The Change

Next time you're about to throw something away, think if there's another use for that item (even if it's just rewashing a plastic cup). To subscribe to Daily Good: News that Inspires go to <http://www.dailygood.org/>

STORIES AND REFLECTIONS (contd.)

From Achala in Tacoma:

1) University of Brighton's House Made Of Garbage

Excerpt: "The walls are covered in used carpet tiles and are insulated with junk, including floppy discs and tooth-brushes." <http://www.viralnova.com/trash-house/>

2) Gregory Kloehn turns goes dumpster diving

Excerpt: "He uses what he collects to build small, one room shelters for the homeless."

<http://themindunleashed.org/2014/05/ive-seen-people-turn-garbage-cool-stuff-absolute-brilliance.html>

From Karuna in Seattle:

I have started participating in photography blogging challenges. Two weeks ago the challenge was to create a picture with one point perspective. I had no idea what that meant so I looked it up. Wikipedia says:

"A drawing has one-point perspective when it contains only one vanishing point on the horizon line. This type of perspective is typically used for images of roads, railway tracks, hallways, or buildings viewed so that the front is directly facing the viewer."

I decided I wanted to create a picture that could be useful. It occurred to me that if I made a line of cigarette butts going up the hill on a side street near my house, it would look like it went into infinity. To me that would accurately represent what it is like to have 4.5 trillion cigarette butts littered each year. Here is the picture.



For more pictures and more detail [go to:](#)

STORIES AND REFLECTIONS (contd.)

From Paige in Seattle:

My youngest daughter, Lorelei, is very aware of trash and always points it out and wants to be the one to pick it up. She's going to be a big help on this planet!

From Ananya in Seattle:

I just wanted to pass along a tip regarding a website that keeps really good tabs on the actions of Monsanto and the other big agribusiness companies who are pushing GMO's and other detrimental agricultural practices. **The Organic Consumers Association** does a superior job of monitoring the laws that these large companies are trying to push through at the expense of the environment, human health, and animal well-being. Take a peek at their website. If you decide to sign up for their alerts, it makes it very easy to take action on the issues that matter to you. Recently, I saw a quote by Amma that said something to the effect that many are ready to talk about these issues, but few are willing to do something about them. This may be one small way to do something about the myriad environmental and health problems that we are facing in modern society. It's one way to light a little candle and step forth.

Following is the website: <http://www.organicconsumers.org/>



Unmarked graves in the garden, they lie,

Broken, buried, obscured from our eyes.

Forgotten glories, fading fast with time,

Then whispers of spring, life's fortune revive.

[Spring Revival ~ D.F.](#)

© DANIEL P.-K. NG and DAN FRUGALBERG (blog)

A WILDLIFE REPORT

by Kathie (Bellevue)



Well, it all started yesterday.....

1) This guy starts visiting regularly and riling up Phineas and Zorro [Kathie's cats]. We think "Evil Wild Tom" stirring up trouble.



2) Then James comes upon a big surprise just beyond our porch where we sit in the swing, under the wood pile...he drags me out of my shower to come and see!!



3) I see a regular visitor in our yard and she is glowing so I have to take her picture. (Can you see why she is "glowing"?)



4) James digs deeper out of concern for his new little furry friend and finds these guys!

5) Apparently "Evil Tom" is actually "Protective MOM"!
(This is the wood pile)



A WILDLIFE REPORT (contd.)



6) I had a hard time getting James to put them back...we may have several new residents if I don't watch him closely!



7) And as if this was not enough "cute"...on our way home from town, here's what we drove around the corner and nearly ran into!!!

She's not so Robust/rotund anymore, is she?

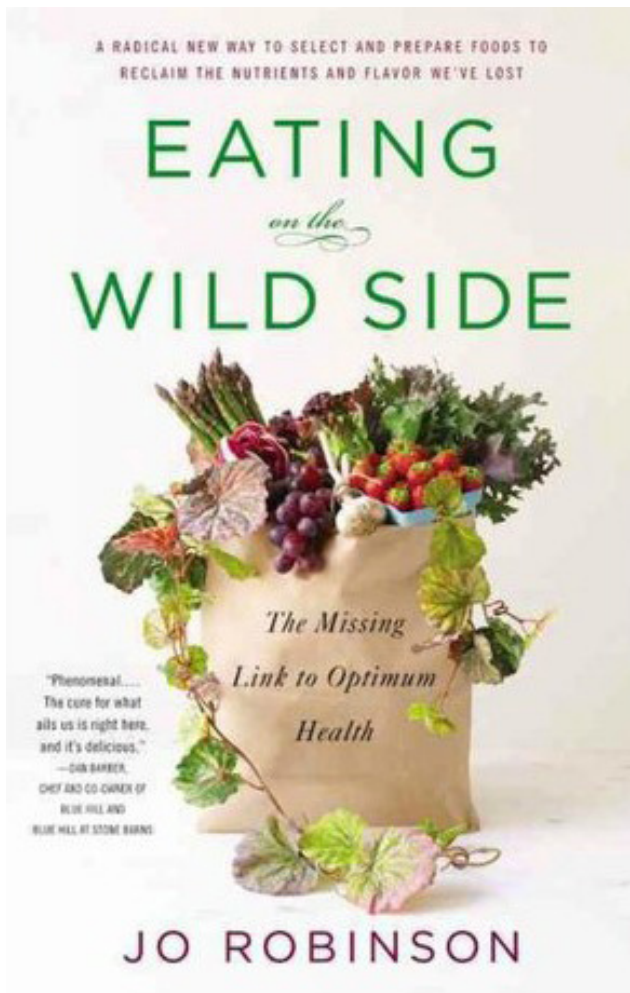


8) Had enough??? Not so fast! We get home and have to check on our 3 new little kittens, right? But guess what!!! We discover this white one!



Eating on the Wild Side: Book Review

by Saroja (Seattle)



"Ever since we invented agriculture ten thousand years ago, we have been selecting fruits and vegetables that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants. As a result, there is a dramatic nutritional difference between the wild plants in our original diet and the man-made varieties we eat today. Some wild potatoes, for example, have twenty times more antioxidants than our modern russets. Wild tomatoes have up to thirty times more cancer-fighting lycopene than most supermarket tomatoes. [In Eating on the Wild Side](#), Jo Robinson explains that we do not need to forage for wild plants to regain these lost nutrients. We can choose select varieties in our local grocery stores and farmers' markets that come close to having the nutritional value of wild plants." (From the jacket cover of *Eating on the Wild Side, The Missing Link to Optimum Health*).

Every once in a while I'm given a jewel, and today it is Jo Robinson's book. For a dozen years my partner and I have been growing veggies and fruits on our small urban lot. We've amassed mounds of gardening books, cook-books and our own garden journals filled with success stories, failures, and ever more ideas. And then along comes this book with its wisdom, and I'm back out in the garden and in the kitchen with a new enthusiasm.

The facets of this jewel are that the research is sound (varietal names of the most nutritional veggies and fruits have been gleaned from more than one thousand research journals published in the U.S. and abroad); the author is trustworthy (she can be found in her garden on Vashon Island!); the information is relevant to my every day; and, well, it's just chock full of healthy ideas and advice about choosing, cooking, and storing veggies and fruits.

Now that we're at the height of lettuce season, all those beautiful rosettes of color out there, salads at every meal, here are just a couple ideas from the book's first chapter From Wild Greens to Iceberg Lettuce: Breeding out the Medicine.

Eating on the Wild Side: Book Review (contd.)

The lettuce varieties that have the most phytonutrients share two traits: color and leaf arrangement. The darker the color (red, purple, and brown), the more nutritious. The looser leafed, the more nutritious. This is because the plant has produced extra quantities of phytonutrients to protect its exposed leaves from UV rays. Remarkably, the leaves on the inside of a tightly packed iceberg lettuce have 1% of the antioxidant activity of the leaves on the sun-exposed outside of the plant!

I have adopted Jo's advice on storing salad greens: ten extra minutes for considerably more nutrition. She said, "When fruits and vegetables are harvested, they do not die in the customary sense of the word, even though they are detached from the plant. They continue to consume oxygen and produce carbon dioxide; in other words, they 'breathe.'" So as soon as you bring the greens home from the store or in from the garden, pull the leaves off and soak them for about 10 minutes in very cold water. This slows the aging process and keeps them crisp longer. Spin them dry and then put them in a resealable plastic bag. Seal the bag and then use a needle or a pin to prick it with 10-20 holes. This provides an ideal level of humidity in the bag and enables the beneficial exchange of gases. Without the pin pricks, the carbon dioxide levels rise, the lettuce leaves will begin to die from lack of oxygen, and thus most of their phytonutrients will disappear. No need to invest in special greens storage bags, which I've never had much luck with anyway.

Included in all the chapters is a chart of recommended varieties as found at the supermarket, farmers markets, specialty stores, U-pick farms, and seed catalogs. This is a practical and valuable shopping aid.



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-four members and their guests reported picking up 99 hours of litter during June 2014. The average pick up time was: 2.9 hours; the range was 2 minutes to 30 hours and the median was 1 hour.

Members of the project have picked up litter for 5383 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 for a total of 174,134 butts since we started sending them to TerraCycle in January 2013. (We also collected the 5 gallon jar of cigarette butts we use for the litter project display. Those have not been counted.)



How can we Protect the Oceans from Plastic Pollution?

by Vandita (Half Moon Bay, BC)

Alarming, along with washed up seaweed at the small beach we walk to, are clumps and single balls of Styrofoam. When Styrofoam breaks down it becomes much harder to pick up. My 21 month old daughter wants to eat it and so does the sea life. Styrofoam when broken down becomes so light, it is easily blown and is hard to contain. As small balls of Styrofoam spread throughout the natural environment, reports are showing it is also highly toxic to living organisms.

Japanese and Korean scientists have been studying Styrofoam and recognized there was a need for further research when they saw disturbing results.

Shinsuke Tanabe, a professor of environmental chemistry at the Ehime University Center for Marine Environmental Studies, called for both an instant response and further studies.

"The study by Saida and his co-workers demonstrates that part of the huge volume of drifting plastic objects in the world's seas are releasing chemical pollutants," Tanabe said. "Measures must be taken to curb the amount of drifting objects, and detailed studies should be conducted to assess the impact of all sorts of plastics on ecosystems."

Publication website: Asahi Shimbun

Title: Scientists: Drifting Styrofoam a Toxic soup for world's oceans

Date: September 22, 2013

Author: By YASUJI NAGAI/ Senior Staff Writer

URL: http://ajw.asahi.com/article/behind_news/social_affairs/AJ201309220037

This is a low population area and it's rural, but even on this quiet beach there is so much plastic and Styrofoam washing up. I had a crazy thought, which is why don't we clean up all the garbage in the oceans, but many groups are already working on that. Also there are some very clever ideas for ways to do it -

At [TEDxDelft2012](#),^[51]^[52] Dutch Aerospace Engineering student Boyan Slat unveiled a concept for removing large amounts of marine debris from the five oceanic gyres. With his concept called The Ocean Cleanup, he proposes a radical clean-up that would use the surface currents to let the debris drift to specially designed arms and collection platforms. This way the running costs would be virtually zero, and the operation would be so efficient that it may even be profitable. The concept makes use of floating booms, that won't catch the debris, but divert it. This way by-catch would be avoided, and even the smallest particles would be extracted. According to Boyan Slat's calculations, a gyre could realistically be cleaned up in five years' time, collecting at least 7.25 million tons of plastic combining all gyres.^[53] He however does note that an ocean-based cleanup is only half the story, and will therefore

How can we Protect the Oceans from Plastic Pollution? (contd.)

have to be paired with 'radical plastic pollution prevention methods in order to succeed'.^{[53][54]}

Source: http://en.wikipedia.org/wiki/Great_Pacific_garbage_patch

As Boyan Slat states one of the major issues is keeping plastics out of the oceans in the first place. I've been thinking a lot about this and here are some ideas:

- approach local papers and write an article
- post on relevant media sites
- get schools involved and educate kids about it
- approach local organizations that are already involved in conservation
- get more people involved in the Litter Project
- pick up garbage at every opportunity and it might inspire others to do the same



Soon I'll wake up my daughter from her nap and we'll head to the beach to enjoy the sea but also pick up litter. We can't see the ripple effect, but everyone who is picking up litter is changing the world for the better, one piece of litter at a time.

(These are photos of the beach covered in Styrofoam pieces, plastic and my daughter amongst it all. The white spots throughout the seaweed are Styrofoam, which is now broken down into tiny balls.)

