Pacific Northwest

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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



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> 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:

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Gardening Helping the Pollinators by Justine (East Sheen, London)



This Summer, I went on holiday within the UK and happened to stay for part of it on an organic farm. One of those days, the farmer arrived with his friend and the scene before me was something like that out of ET.

He had just brought his hives from a fairly long term yet temporary location back to the farm in the back of his car. They were both dressed from head to foot in those large white bee keeping outfits, which for some reason seem to make their arms stick out to the side.

The car boot was open and though the hives had been relocated there were plenty of bees buzzing around. He assured me it was safe and beckoned me over. I warily approached, eyes darting left and right as buzzy friends darted around trying to locate the new plot for their abode.

The farmer had a very obvious passion for his bee keeping and started to explain a few things.



Gardening (contd.)

I had always thought that when the Queen Bee got ousted from her home that she was on her own and would die

a lonely death not surrounded by her usual bevy of helpers. Apparently that is not true. In fact when she starts to produce less, this is noted and another Queen is prepared. When it comes to the day the existing Queen leaves, she does so with about 50% of the hive population.

This is when they can sometimes be seen swarming, trying to go and find a new home. For bee keepers this is a nightmare as they then can lose half their workforce that also helps to produce the honey. So the bee keepers need to keep an eye on where the old Queen goes.

Now this is where we need to come in and help. We need to help pollinators in general. What are pollinators? Pollinators are insects or animals that transfer on to the female plant, male reproductive material (pollen), allowing then nature to take its course with producing fruits and seeds.

Here in the UK where I live there has been a study. We have lost 23 flower visiting bee and wasp species, 24% of European bees are at risk of extinction and approx 45% are in decline.

What can be the cause of this?

Losing their natural habitat through the change in the use of landscape as meant many insects now struggle to find the food and shelter that they need.

What would happen if we lost our pollinators?

Pollinators contribute around £1.8bn to the UK's farming economy and are essential in the production of food. That is a big helping hand to us which should be returned in kind.

How can I help?

We can start small, because every little small bit does help and if we all did it, the small bits of help would end up accumulating to make a big difference.

Pollinators need food and shelter. This means planting nectar rich flowers. During the winter months when flowers are less active our pollinators need shelter in the form of a Bug Hotel. Bees are not the only pollinators, there are also many flies, beetles, moths and bugs that play an important part in this too.

Who can spot the bee that is so hard working it now has a hairless bottom? Let's support our pollinators © Justine Nagaur- <u>LivinginEastSheen.co.uk</u> & <u>Eclecticoddsnsods.com</u>

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Saving the Earth's Resources Rainwater Collection by Bob Freer



Rain barrels can be seen throughout neighborhoods in the Pacific Northwest. If you've thought about using a rain barrel to collect rainwater from the downspouts that come from your gutters, this article will give you an introduction to the basics of rainwater collection. Most of the research (and some of the wording) for this article came from the Seattle City Utilities and King County websites. The links are listed at the end of the article.

Why collect rainwater? Many people think that it is a great way to save water for their gardens, which it is. But let's step back for a moment and take a broader overview.

In the northwest, we're pretty familiar with rain. Since most of us live in an urban area rather than in natural surroundings, our daily environment consists of asphalt and concrete and buildings along with sections of grass, flowers, gardens and trees. We can see where the rain goes when it falls in our yard but what about where it falls on the streets, sidewalks and roofs?

This water is called storm water runoff and most of goes down storm drains and eventually ends up in streams, rivers and ultimately, the ocean. Unfortunately this rainwater runoff collects oils, chemicals and other pollutants along the way to these streams and rivers. And in very heavy rains when the man-made collection systems are overwhelmed by the volume of rainwater, erosion and flooding can also occur.

So, one of the other opportunities in collecting rainwater off our own roof is to slow down the process of rainwater running into wastewater systems. Seattle City Utilities suggest that people who have a rainwater collection system open the spigot on the collection system and direct the water across grass or other landscape from October through the beginning of May to help slow down the rainwater runoff. Then in May close the spigot to collect the rainwater. Annual rainfall in Seattle is about 39 inches per year, although most of that rain falls in the winter months. In the summer we get very little rain (less than Tucson, Arizona). So, collecting rainwater makes sense if you want to use a natural system to water flowers and gardens.

To give you an idea of how much rain can be collected off of a Seattle area house with a 1400 square foot footprint,

we take the annual rainfall of 39 inches multiplied by .6 x 1400 SF which gives a total of 32,760 gallons of water! A storm that drops 1/2 inch of rain would yield 210 gallons of water from the roof. So the only limitation to collecting water in the PNW is the size of the collection system.

The most common application for harvested rainwater is irrigation. Rainwater not only saves money by reducing/ eliminating the demand for city/well water for irrigation, but it is also much better for plants than treated, chlorinated tap water or neutralized well water.

The thing to remember is that all rainwater catchment systems (unless they come with pumps) are gravity-fed, so the water pressure is lower than standard faucet pressure. To use a garden hose with an above-ground rain system, then,

requires the water level to always be higher than the point at which the hose discharges on to the ground. Rather than hook up a garden hose some people hook up a drip hose or a drip irrigation set-up from their catchment container. Drip hoses can be placed right next to your plants and can be left attached to the rain barrel/tank spigot.

But you do have to pay attention to the pressure requirements of the hose. Some drip hoses, as well as most soaker hoses, require around 30 PSI operating pressure. However rain barrel users will want to use drip lines that operate at 10 PSI or less and are designed for gravity-fed systems.

As for sizes of catchments, or cisterns, they range from the typical 55 gallon rain barrel to tanks that can hold several thousand gallons of water. If you live in the Seattle area, you can purchase a rain barrel from the Seattle Conservation Corps. The 55 gallon barrel is currently \$80 plus tax. They also deliver within the City of Seattle for \$15. In addition, they have 210 gallon and 530 gallon tanks available.

We won't go into the basics of setting up a rainwater collection system, but here is a good article written by the Seattle ConservationCorps:



http://www.seattle.gov/util/groups/public/@spu/@conservation/documents/webcontent/cos_004351.pdf

If you live outside the Seattle area, check with your local city or county water utility to see if they have a similar program in your area. Otherwise, you can purchase 50 gallon rain barrels at Walmart and at a variety of sites online.

You can also search on Craigslist. Be certain that before you purchase a barrel on a site like Craigslist that it has not been used to store any toxic chemicals. (The barrels sold for rainwater collection by Seattle Conservation Corps, for instance are food grade plastic that previously stored olives imported from the Mediterranean). Be aware of this. You don't want to be spreading toxic chemicals on your plants, especially edible plants.

Of course you can get very elaborate and install 1500 - 3000 gallon underground tanks as well but this takes some engineering and planning as well as equipment to excavate and install tanks of this size.

This is probably a good point to mention a few concerns about roof types. In the Seattle Conservation Corps pdf listed above they caution about collecting water from several types of roofs: roofs made of wood shingles or shakes that have been treated with any chemical (usually chromated copper arsenate—CCA) to make them resistant to rot and moss, lichen and algae growth they recommend you don't water your plants from a rain barrel. They also caution that water collected from copper roofs or copper gutters should not be used.

They state that roofs that have zinc (galvanized metal) anti-moss strips—usually mounted at the roof peak— also produce toxic chemicals you don't want in your garden. Again they recommend you don't use rain barrels if you have these strips (you may want to remove them), or if you have had your roof treated with moss-, lichen- or algae-killing chemicals within the last several years.







They also caution that there are asphalt shingles on the market which have zinc particles imbedded in the surface which probably shouldn't be used. They don't mention what health risks are associated with copper or zinc in the water used for edible plants, and they may be overly cautious suggesting that rainwater from rooms only be used for watering ornamental shrubs instead of edible plants.

Clearly, a roof treated with toxic chemicals is not a good

source of water runoff, but perhaps more scientific explanation documenting the reasoning behind these cautions related to higher levels of zinc or copper, to understand what level of concern would be useful. Considering the kinds of chemicals and minerals found in public water supplies and in the plumbing systems of many older houses it is difficult to assess whether the choice to use rainwater to water vegetable gardens is worse than using public water. If there are any scientist reading this that would like to weigh in on this topic, please feel free to follow up.

Let's end with a note about water conservation, again with recommendations from Seattle Public Utilities. While collecting rainwater and using it to water plants is a great thing to do, it is important remember other aspects of water conservation. Composting, mulching, using soaker hoses instead of sprinklers and using a watering can instead of a hose even when your rain barrels are empty will conserve even more water. And further on the topic of water conservation, remember that changing to modern, low-flow toilets, using energy and water-efficient clothes washers and low-flow water-saving showerheads are excellent ways to save both money and water. Links to more information:

Seattle Public Utilities:

http://www.seattle.gov/util/EnvironmentConservation/MyLawnGarden/Rain_Water_Harvesting/index.htm King County Resources: http://www.kingcounty.gov/environment/stewardship/nw-yard-and-garden/rain-barrels.aspx

Saving the Earth's Resources Rocket Heaters for Home Heating by Yashas



We all love a warm fire. Those who heat their homes with wood stoves know this joy every day; but they also know the large amount of wood required! Logs – splitting, hauling, stacking; hauling, stacking, feeding... a labor of love.

And, a big resource demand. Is it sustainable? I think the carbon part is OK, because it is not putting ancient carbon into the atmosphere – just cycling current carbon between trees and air. But as fossil fuel prices rise and more people use wood for heating, the pressure on renewable forest resources will continue to increase.

So we need a more efficient wood heater, one as efficient as the old masonry heaters that were popular in northern Europe before fossil fuels took over. They burned wood very hot and clean, and then routed the hot exhaust through a large masonry mass that absorbed most of the heat to be slowly released throughout the day. Just a few hours of burning heated a house all day and night until the next day's burn. In this way they used only a fraction of the wood of our current wood stoves.

Because of this great efficiency masonry heaters have enjoyed a revival in the last couple decades amongst those wanting a sustainable heating system. But they have their drawbacks. They are expensive to build, requiring an experienced mason working for many weeks. Costs are typically \$10,000 or more. And because of their large masonry mass they usually can only be built in new houses designed around them. A good technology but we need a mass-market version.

And that may well be the rocket mass heater. Like the masonry heater it burns very hot, actually even hotter than masonry heaters; and nearly all the heat is absorbed into a large mass that gently releases it for hours or even days. No pollution, no chimney soot, no moving parts, long-lasting. Unlike the masonry heater however, it can be built by anyone with some do-in-yourself skills, in a day-and-a-half, using low-cost common materials. Even if someone is hired to build it, the finished cost can be under \$1000. It can be customized and retrofitted to most existing homes, and can be built in a wide variety of beautiful styles. To get an idea, take a look at the variety of rocket mass heaters built using cob (a kind of adobe) as mass at www.inspirationgreen.com/rocket-mass-heaters.html. On the previous page is a photo of one designed by Ernie and Erica Wis-

ner.-(Plans for it can be purchased on their website www.ernieanderica.info.)

To give you an idea of their efficiency, users who have switched from a traditional wood stove to a rocket mass heater claim an 80-90% reduction in wood use. Instead of burning 5 cords of wood in a year they burn less than one cord. Instead of splitting and putting away huge piles of wood for the winter they get by with one small pile. Instead of burning split logs they burn kindling size sticks and branches. Some people have heated their home only with the waste trimmings and fallen branches from their yard.



In this way rocket mass heaters promise to be a windfall for the environment. Brushwood can be grown and used, sparing the use of trees. Instead of requiring 10-20 years to grow trees large enough for fuel, brushwood can be grown in 2-3 years. Coppice is a traditional practice in which loppers are all that is needed to gather fuelwood; no felling of trees, limbing, skidding, bucking, splitting... just lop thumb-size sticks, bundle, and stack. It is the perfect complement to rocket mass heaters.

(Photo courtesy of <u>www.coppiceapprentice.org.uk</u> where you can find more useful information.)

So how do these heaters work? An ingenious design. You can get the complete picture by looking at an animated diagram of one in operation at Paul Wheaton's website www.richsoil.com/rocket-stove-mass-heater.jsp. If your interest is piqued, you will find excellent detailed descriptions, as well as practical advice and plans for building rocket mass heaters, at the website of Ernie and Erica Wisner (www.richsoil.com/rocketstove-mass-heater.jsp. If your interest is piqued, you will find excellent detailed descriptions, as well as practical advice and plans for building rocket mass heaters, at the website of Ernie and Erica Wisner (www.ernieanderica.info/rocketstoves). They have made over 700 rocket stoves and heaters and conduct workshops around the country teaching people how to make them. The Wisners also moderate the active forums for rocket mass heaters and wood stoves at www.permies.com – there you can find detailed discussions on every conceivable aspect of building and using them.

The story of rocket mass heaters wouldn't be complete without mentioning lanto Evans of the Cottage Cob Company who started it all. lanto spent years in the 70's and 80's developing the rocket mass heater, teaching friends how to make them, and ultimately publishing a book. (The Third Edition of his book has just been released: Rocket Mass Heaters – Superefficient Woodstoves YOU Can Build, by lanto Evans and Leslie Jackson. It can be ordered at www. rocketstoves.com and is highly recommended to anyone interested in building one.) Through this book many thousands of people around the world have built their own rocket mass heaters over the last 20 years.

But that is only a drop in the energy bucket. To become more widely adopted a few things are going to be needed: first, trained and experienced builders available in each area, so people don't have to learn to build their own. Second, standardized designs using a manufactured core. Until now, the core of the heaters was custom made by each builder and the results have varied greatly – a manufactured core would standardize, simplify and make more reliable the finished products. Third, updating the building codes of each area to specifically include rocket mass heaters.

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Good progress is being made on each of these, thanks to the spearheading work of the Wisners. The city of Portland now has a section of code specifically for rocket mass heaters, a model for other cities to follow. Workshops for builders have been held in many parts of the country. Building plans for several tried and true designs are now available for purchase. Manufacturing of the core is in R&D at several companies, and one company (<u>www.dragonheaters.com</u>) is in production with a manufactured core and several attractive products. Pictured here are their Castle Build rocket mass heater, which uses vertical masonry for mass rather than a horizontal cob bench, and their manufactured cores in 3 sizes.

Of course it's not just home heating that we need, so the rocket wood-burning technology is also being studied to make super-efficient cooking stoves, ovens, water-heating systems, greenhouse heaters, etc.; currently a number of talented tinkerers and inventors are experimenting and coming up with encouraging designs for different heating needs. As the need to conserve earth's precious resources is more widely understood, the rocket mass heater and its cousins are going to become ever more used and appreciated.

Here in Seattle we are planning to do our part by building a demo rocket mass heater for friends to see and experience. We will report on it in this newsletter, along with pictures and a link to a video of it in action. Anyone interested in taking part in the building process is more than welcome. Stay tuned!

Saving the Earth's Resources Eco-Friendly Decks by Karuna

Earlier this summer, a friend of mine was looking at decking materials for a client and he found <u>Trex</u> decking. He showed me their brochure and I was intrigued.

Trex decks are made of recycled wood and plastic. The company saves 400 million pounds of wood and plastic a year from going into landfills. They have been "green" for the last 20 years!

They convert old wood into sawdust and never cut down a tree. In addition, they recycle many forms of plastic, and are one of the biggest plastic recycling companies in the U.S. Trex estimates that one of their average 500-square foot composite decks contains 140,000 recycled plastic bags!

The Trex website states:

Trex's proprietary, eco-friendly processing method eliminates the use of smoke stacks. Also, our factory runoff and refuse are recycled back into the manufacturing line. Our trailers even run on vegetable-based oil hydraulics.

There are many pictures and a lot more information on the <u>website</u> so I stop here and let you explore on your own if you are interested!



PNW Litter Project Stories and Reflections

From Terry in North Bend:

My daughter Katy, my 3 year old grandson Stone & myself collectedg liter in North Bend on AMMA'S birthday. What a special seva that was...I felt Amma's presence all along our nature walk. This the second time we have all gone as a liter team. I am thrilled about this development. Stone is the "pointer" of litter locations and Mom & Gramma are the picker-uppers.



PNW Litter Project Stats:

As of September 30, 2014 we had **371** members. Fifty two members and their guests reported picking up **102.9** hours of litter during September 2014.The average pick up time was: **3** hours; the range was **2** minutes to **30** hours and the median was **1** hour.

Members of the project have picked up litter for 5736 hours since the project began in July 2011.

TerraCycle credited us with turning in 139,534 cigarette butts in 2013.

We have turned in 55,200 butts so far this year for a total of 194,734 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.)



PNW Litter Project

How Can We Protect the Oceans from Plastic Pollution? Part 3 by Vandita (Halfmoon Bay, B.C.)



Last night I watched a movie which bought tears to my eyes, it was called 'Revolution' here is the Synopsis:

'Continuing his adventurous journey around the world, filmmaker Rob Stewart brings us Revolution, a full-length feature film that is inspiring humanity to change the world and save our planet. Along with world renowned experts, he learns that past evolutions can help solve some of our current and future environmental problems. Startling, beautiful, and provocative, Revolution has already won awards at international film festivals and shows us that we can

make a difference.' - http://therevolutionmovie.com

The filmmaker with his passion for sharks, found himself discovering that it wasn't just sharks that were endangered, but all the species in the oceans. This man had a passion, he cared and he learned how to film underwater, raised funding and made this film. One person can have a big influence. As one expert in the film said 'we just have to be the change we want to see'. This is an important film and if you get a chance please watch it and let people know about it. It's a great one to show in schools.

This film stirred up a lot of things for me. Firstly I just felt what a parasite humans are to this planet, that it would be better off if we were wiped off the face of it. Then when I saw the kids in the film, their innocence and hope, my faith returned. My husband put things in perspective, as I wiped tears from my eyes, saying Yellow Stone might blow, or a meteorite could hit the earth. It's true, we never know what will happen. There are solutions to the current problems, but we really have to be proactive and use our intelligence. It's easy to blame, but we are all guilty. In almost all populated areas there is a litter issue and the question is why. Amma recently talked about how we need to discern between what we need and what we desire. That is probably the core of all our issues, desire. Are we any different from the people we want to blame? We all have desires, we all contribute to the problem, to a greater or lesser degree.

"A one-word solution for almost all the problems the world is facing today is 'compassion." – Amma

If we truly had compassion at all times maybe we wouldn't be able to give into our desires because buying that Starbucks coffee contributes to carbon pollution, acidification of the oceans, exploitation of people, harm to animals and biodiversity, deforestation and more. What is the actual cost to the planet, of our desires? Why do we need that coffee, chocolate bar, beer and the latest IPhone anyway? This is something I ask myself but it's hard to stop habits. This film has made me more aware about my own actions and I will, more than ever, really try to avoid processed foods, buy locally and consume less. Saying this, in fact, nothing is black and white, because it depends on circumstance. What if there is a suicidal homeless person, whose feeling ignored, sitting on the street. What if you gave him your Starbucks coffee? Maybe that would change his life, restore his faith in humanity, and make him feel someone cared. Maybe you use your IPhone to do good deeds and serve the world, outweighing the bad affects.

Most of the litter I pick up is beer cans, candy wrappers, fast food containers, cigarette butts, plastic from packaging and Styrofoam. Isn't it the same everywhere? We can't change anyone but we can be an example and inspire people.

The broken piece of a Styrofoam and concrete barge is still sitting on the beach, in that marine park. I called the local regional district's office and they said it wasn't their area and told me to call the park manager. He sounded concerned and was heading to the beach that day but I don't know how he'll be able to move that 1 ton piece of barge.

I left my name and number and said we could help if needed. My daughter and I still continue to pick up Styrofoam from the local beach. I'm sure in the future she won't be able to throw litter on the ground. If kids pick up litter then it's unlikely that they will litter themselves and maybe that's something we can think about.

A friend made a post on Facebook recently of a dead brown planet and said if your grandchildren asked what you did to prevent this what would you say. I replied and actually at least can say, I care and am trying. I added meditation too to my reply, and prayer, because I believe it makes a difference. One of my meditation teachers described the mind as being full of garbage and said how meditation and awareness clears the mind and how we need to do it regularly. It's seems as important to not just pick up the litter externally, but also clean the internal garbage. Inner peace is a healer whose ripples spread far and wide.

The litter issue is a spiritual issue, a reflection of our spiritual angst, our desires out of control. Healing ourselves helps to heal the planet. From the internal and external garbage, like the mud, springs the lotus. With this seva, we transform ourselves and the world around us.



PNW Litter Project

Protecting Mother Nature - Plastic

Article originally written for Living, Learning and Letting Go by Karuna

I once read that every piece of plastic ever created still exists. For example, it is estimated that it will take 450 -1000 years for a <u>plastic liter bottle</u> to decompose. Even biodegradable trash doesn't disintegrate in a landfill because of the lack of oxygen.

When they were looking for the wreckage of Malaysian flight #370 in March of 2014, satellites kept showing possible debris areas. Often they later discovered the satellites were picking up debris that was not related to the flight. A 2011 EPA report said, "The primary source of marine debris is the improper waste disposal or management of trash and manufacturing products, including plastics (e.g., littering, illegal dumping) ... Debris is generated on land at marinas, ports, rivers, harbors, docks, and storm drains. Debris is generated at sea from fishing vessels, stationary platforms and cargo ships."

In 2006, a <u>UN Environment Programme</u> report estimated that every square mile of ocean contains 46,000 pieces of floating plastic. They also reported that 137 species of seabirds, marine mammals, crustaceans, and fish have been found entangled in marine debris, and 177 species have ingested it. Most of this marine debris is plastic.



There are places in the ocean where garbage pools. The largest is called The Great Pacific Garbage Patch. There are also garbage patches in the Indian and Atlantic ocean. Here is a report about the biggest patch, published in <u>The Independent</u> on September 7, 2014.

Charles Moore, an American oceanographer who discovered the "Great Pacific Garbage Patch" or "trash vortex", believes that about 100 million tons of flotsam are circulating in the region. Marcus Eriksen, a research director of the US-based Algalita Marine Research Foundation, which Mr Moore founded, said yesterday: "The original idea that people had was that it was an island of plastic garbage that you could almost walk on. It is not quite like that. It is almost like a plastic soup. It is endless for an area that is maybe twice the size as continental United States."

Plastic garbage can have devasting effect on animals, birds, marine life, and other creatures. <u>Take a look at this short</u> movie trailer. The trailer and the picture after it say than my words ever could. The video was taken at Midway Island, which is more than 2000 miles from the nearest continent.

The Independent report I mentioned earlier also gave this information:

Dr Eriksen said the slowly rotating mass of rubbish-laden water poses a risk to human health, too. Hundreds of millions of tiny plastic pellets, or nurdles – the raw materials for the plastic industry – are lost or spilled every year, working their way into the sea. These pollutants act as chemical sponges attracting man-made chemicals such as



hydrocarbons and the pesticide DDT. They then enter the food chain. "What goes into the ocean goes into these animals and onto your dinner plate. It's that simple," said Dr Eriksen.

While this problem is massive, there is hope. One of the most inspiring projects I have heard of was started by an 18 year old named Boyan Slat. His <u>Ocean Cleanup Array</u> concept "is likely a feasible and viable method to remove almost half the plastic from the North Pacific Garbage patch in 10 years, while being an estimated 7900x faster and 33x cheaper than conventional methods." <u>Watch the video about his project here</u>.

Plastic waste is more than an ocean problem of course. When I dig in the earth in the area behind my house, every scoop has some plastic in it. Some objects are fully formed, some are just fragments, but they are still there. Think of how much plastic you see littered in your neighborhoods, in your city streets, on your beaches and in your parks. Imagine how much plastic you and others put into the landfill. It is estimated that a <u>trillion plastic bags</u> are used in the world each year. Most of them end up in landfills or as litter. How much of this plastic waste ends up in the stomachs of birds, animals, fish, and other creatures? How does this waste effect the health of every life form?



We can all make a difference. We can all have a hand in turning these problems around. We are all needed. Please help!

- Reduce your use of plastic
- Recycle, Reuse, Repurpose, Upcycle
- Don't litter.
- Pick up other people's litter.
- Stay informed
- Share this information with others



"Be the change that you wish to see in the world." - <u>Mahatma Gandhi</u>

PLASTIC FREE TUESDAY

Stopping plastic use seems impossible or at least daunting to most of them. But that doesn't mean you can't reduce your plastic use, or have plastic free days. <u>Plastic Free</u> <u>Tuesday</u> offers us the following challenge:

One day a week no plastic consumption and no plastic waste!

On Plastic-Free Tuesday we skip plastic to reduce our plastic footprint. That means we don't buy anything that is made of plastic or contains plastic. We also don't use anything made of plastic that we have to throw away after using it. So no bananas wrapped in plastic, no plastic bags, no take-away coffee in plastic cups and so on.

Plastic damages our health and our environment. In many instances, plastic is used once and then thrown away. Carrots, bananas and other fruits and veggies are wrapped in plastic while they have a perfectly (edible) wrap already! To cut down on plastic consumption, join Plastic-Free Tuesday. Click on About to read more.

Don't feed the plastic monster!

Are you willing to accept the challenge? Remember it is about progress not perfection. If you want to participate, write me at <u>karunap108@comcast.net</u>. It would be fun to know our group was participating. It would also be wonderful to have your stories for this newsletter!