



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

### News

[A Birthday Gift for Amma](#)

[Other news](#)

[Interesting Information from Our Readers](#)

### PNW Gardening

[Backyard Herbal Medicine- Exciting Echinacea From Arati in San Ramon](#)

### Tree Planting and Habitat Restoration

[Free Trees-from fall seeds and nuts](#)

[Greenbelt Restoration Work Parties:](#)

[July 25. July 29, August 4](#)

### Nature

[Trees are Vital for Our Survival](#)

[Creatively United Tree Coloring Sheet](#)

[Fog Bows](#)

### Source Reduction

[PNW SR Coordinator Has Dirty Little Secret](#)

### PNW Litter Project

[Litter Project and TerraCycle Stats](#)



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](mailto:karunap108@comcast.net)

## NEWS

### A Birthday Gift for Amma North America Tree Planting Project

Soon it will be our beloved Amma's birthday. This year Amma will be 65. Amma rarely asks for anything at all. But for several years now, she has been asking us to plant trees.

**Will you commit to planting one tree (or more) this year, to celebrate Amma's birth?**

Amma was not raised in a culture that celebrates birthdays. But to make her children happy, she submits to our desire to celebrate her birth. Yet even on her birthday, Amma doesn't stop giving.

She gives gifts to many people – in the past, she has given clothing to poor people, free weddings to those who couldn't afford to marry, and launched humanitarian projects such as massive building projects and clean-up campaigns. And of course, she gives darshan – to tens of thousands. Many years, on her birthday Amma is on stage for nearly 24 hours.

In honor of her 65th birthday, our goal is to offer Amma a gift of trees planted all over North America by her beloved children.

Fall is a good time to plant trees in most areas. In coming weeks, we will send out some basic information on how to plant trees, and where you can plant them, if you don't own property or don't have room. In recent times, hundreds of thousands of North American trees have been lost in devastating forest fires, floods, tornadoes and hurricanes. Let's do what we can.

So, **before Amma's birthday on September 27th**, please go to <http://regionalemail.sevatour.org/TreePledge.aspx> to let us know how many trees you will pledge to plant.

Please plant your tree before December 20th, which is Karthika, Amma's monthly birthstar day. When you are ready, go back to <http://regionalemail.sevatour.org/TreePledge.aspx> and record the final number of trees you planted.

If you have questions email Tirtha at [tirthagolightly@gmail.com](mailto:tirthagolightly@gmail.com).

*"We may doubt whether we have the power to restore the lost balance in nature. We may ask,  
'Aren't we human beings too limited?'*

*No, we are not! We have infinite power within us, but we are fast asleep and unaware of our own strength.*

*This power will rise up when we awaken within." -- Amma*

## NEWS

### Other news

July, August and September are big months for PNW GreenFriends projects.

- The Pacific Northwest Litter Project had its 7th anniversary in July
- This is the 86th issue of the PNW GreenFriends newsletter. The first issue was published as a WORD file in August 2011.
- Seattle's GreenFriends Greenbelt Restoration Project celebrates it's second anniversary this month.
- Green Seattle Partnership, which is an organization that has committed to restore 2500 acres of Seattle parklands by 2025 logged their 1,000,000th volunteer hour during the second week in July. (The Green Seattle Partnership is "a collaboration between the City of Seattle, Forterra, community groups and non-profits, businesses, schools, and thousands of volunteers." The GreenFriends Greenbelt Restoration Project is part of this Partnership.)

Please send reports of your satsang's GreenFriends projects to Karuna at [karuna@karunapoole.com](mailto:karuna@karunapoole.com) so they can be included in the PNW GreenFriends newsletter!

### Interesting Information from Our Readers

#### From Shobana in Shoreline:

[The Mega Mural Movement: How India's Rundown Railway Stations Have Been Transformed](#)

#### From Ellen in Seattle:

[Forterra Weekly: The Birds and the Trees](#)

#### From Tirtha in Victoria:

[This German Teen Is Leading A Global Plan To Plant A Trillion Trees](#)

[Pakistan exceeds Bonn Challenge commitment with Billion Tree Tsunami](#)

Tirtha published a fascinating article "India's Enduring Love for Trees" in <http://www.greenfriendsna.org>. Go to the site and scroll down to find the article. In the opening section she shared this Amma quote, "In the old days, there was no specific need for environmental preservation," Amma says, "because protecting Nature was part of worshipping God and life itself."

## PNW Gardening

### Backyard Herbal Medicine - Exciting Echinacea



Hello Dear Herbal Friends,

This month, let's take time for the amazing herb Echinacea. There are nine species, three of which are known for their healing and wide-reaching medical benefit. Their Latin names are *Echinacea Angustifolia* (strongest variety), *Echinacea Purpurea* (the most common type found in gardens), and *Echinacea Pallida*. The part of her name "Echin" comes from the Greek word Echos—hedgehog, referring to her bristly center cone.

She is also known as Purple Coneflower, Black Susan, Rudbeckia, Kansas Snakeroot, Rock on Hat, Comb Flower Hedgehog. The friendly tall flowers come in a variety of colors. Pink and purple are two of the most common, but you will also see her in red, white and others. Her blooms are similar to a daisy but have a pronounced centerpiece with the petals facing downward.

She begins to bloom in mid-summer. Echinacea is a magnet for bumble and honey bees, hummingbirds, butterflies and a multitude of other pollinators. Her giant bristly "landing pad" center makes a great resting spot for these sweet creatures. Similar to the daisy, she has ray petals coming out from all sides of the center. The seeds are created in the large center area.

Echinacea is native to North America and grows well here in the PNW. She is a perennial, which means she will return to the garden year after year once she is planted. She loves having lots of sun and almost any kind of well-drained soil will do.

**Her healing parts:** leaves, seeds, fresh flowers, fresh roots for tincture (after 3 years).

**Her healing benefits:** as an immune system booster, she helps heal colds and flus quickly, along with gums, canker sores, shingles, and boils, to name just a few. The list is actually very long!

**Magical Uses:** carrying Echinacea around in a pouch is said to provide inner strength during trying times. She can also be grown around the house or brought inside and placed in a vase to draw prosperity into the home and protect the family from suffering and poverty. Echinacea is an appropriate flower for offerings. It is known that including Echinacea in any prayer or charm will increase its effectiveness. Echinacea can boost clairvoyant and psychic abilities. Her seeds can be used to increase fertility and abundance. Her root provides protection.

**Herbal Actions:** antibacterial, anti-viral, anti-fungal, immuno-stimulant, bitter (to help aid digestion), cooling (to re-

## PNW Gardening

duce internal heat and create balance), and carminative (to reduce gas and bloating in the intestinal system).

**Echinacea is such an important healing herb for herbalists!**

### Internal Uses

- Devours invasive micro-organisms
- Clears up chronic infections
- Heals skin ailments, fungal infections, wounds
- Aids reduction of Chronic Fatigue symptoms
- Reduces early stages of flu and colds
- Soothes inflammation of all types
- Stimulates the immune system

### External Uses

- Heals skin ailments like herpes, acne, eczema, psoriasis
- Works as a gargle for gingivitis and sore throats
- Heals wounds, ulcers, burns and inflammation
- Reduces signs of aging

**Some of Echinacea's Herbal Constituents:** Polysaccharides, Echinacin and Echinacoside, Caffeic Acid

Here are **three quick easy ways to start using Echinacea** intentionally and medicinally.

Before you gather and use the herb, please thank her for her medicine, and always give something back to the plant. What you give back is up to you; a simple prayer of gratitude will do. Try to return any of the used portion of the herb back to the base of the plant. That is a loving tradition.

1. Echinacea flowers and leaves can be collected fresh and made into a tea (short-term use only.)
2. Echinacea roots older than 3 years can be collected in the fall and made into a tincture (gather the root, clean and chop it, then infuse in alcohol or glycerin. Watch a YouTube video to learn how to tincture! It is fun and easy!
3. Next time you have a bite, sting or burn, pick an Echinacea flower and a couple of leaves—after asking her permission. Then chop the flower and leaves and make them into a poultice to put on the injured body part. The polysaccharides will help to reduce inflammation and promote tissue repair. The Caffeic acid will stimulate the immune system to promote quicker healing.



## PNW Gardening

Always remember herbs are medicine; please use with care!

Contraindications for using this herb: Do not use Echinacea long term. She is a healing herb to be used for only 3-4 weeks. Do not use Echinacea if you have high blood pressure or use HBP medicine.

If you want to start working with Echinacea and decide to make a tincture or tea, I'll be happy to help you start your herbal journey. Email me at [vhohlbein@msn.com](mailto:vhohlbein@msn.com) Remember, Echinacea is easy to grow and will return to your garden year after year!

Time to grow Echinacea!

Peace and Happy Herbing!

Visala



## PNW Gardening

### From Arati in San Ramon

Even though I am not in the Seattle area I still wanted to share my little balcony garden in San Ramon. I planted flowers as offerings to bumblebees, bees, butterflies (not very many at this point but word is getting out and much to my delight I have seen a few this year), hummingbirds and a whole variety of tiny flying insects. I love all the colors and watching all the creatures flying and buzzing around. Such a sense of aliveness and peace.





## Tree Planting and Habitat Restoration

### Free Trees – from Fall Seeds and Nuts! by Tirtha

Fall is a great time to collect seeds and nuts that will grow into free trees. Even people without land can enjoy starting saplings to plant next year. You or your satsang might even wish to start a mini-nursery.

In Chennai, one man started a ‘tree bank’ where volunteers research the city’s trees, then collect seeds when the trees produce them, plant them in pots, and care for them in their homes or yards until they are big enough to be offered free of charge to citizens who promise to properly plant and maintain the trees. It has grown into a group of several hundred volunteers!

<https://www.thehindu.com/features/downtown/tree-bank-making-waves-in-the-city/article3425195.ece>

Many seeds and nuts will need to be put in cold storage for 3 to 4 months. This is called ‘cold stratification’. Don’t be put off by the big name!

It simply means either storing the seeds or nuts in a refrigerator, in a plastic bag filled with damp perlite, or digging them into the ground to spend the winter. The second method requires protection from squirrels and rodents, however, and marking the spot so you’ll find them again.

This cooling period, followed by warmth, lets the seed or nut know that it’s time to end its dormant period and start growing. Please check the links below for more details. It would also be wise to search and read some additional websites on collecting each kind of seed or nut you would like to plant. Some have better tips than others. If you collect and plant some seeds and nuts this year, let us know how it goes!

#### **Garry and other oaks**

Collect acorns from beneath local trees in the fall. They are less likely to have insect damage if collected soon after they fall, or if they’re picked from the tree.

When you’re ready to plant them, put them in a container of water for 24 hours – those that float should be discarded.

Without allowing them to dry out, plant them in a pot at least 12 inches deep. Use soil that will drain well, such as potting soil mixed with sand. Garry oak seedlings can develop a tap root of 10 inches within their first fall and winter. In the spring the stems will appear.

Plant two or three acorns in each pot. Lie them on their sides and cover with 1/4” of earth, and then top that with another inch of leaf mulch (Garry oak leaves are best).

Pots kept outside will likely need to be covered with screens to prevent squirrels from digging them up. Young seedlings may also need to be protected from deer. Protect the pots from freezing, or keep them in a greenhouse.



## Tree Planting and Habitat Restoration

Survival rates are best if the seedlings are not planted until they are two years old. Ensure that the pots do not dry out.

A very in-depth guide to planting acorns – including how to make a bottomless pot, so the tap root will not circle round the bottom – and caring for oaks can be found here:

<https://ohgarryoaksociety.org/wp-content/uploads/2015/08/Planting-Oak-in-the-Pacific-Northwest.pdf>

### Pine trees

About 20 species of pine trees have edible nuts, so they are well worth planting.

<https://www.wikihow.com/Grow-Pine-Trees>

Read 'How to harvest pine nuts' here:

<https://www.hunker.com/13428989/how-to-harvest-pine-nuts>

### Black walnut



Photo Credit: [Wikimedia](#)

Black walnuts are fairly easy to grow. The nuts are tasty and nutritious. It is also a beautiful shade tree that will grow to about 100 feet tall, with a canopy up to 70 feet wide.

Collect healthy walnuts from beneath a black walnut tree in October to late fall. It's best if you can ensure it's not a hybrid tree. The rubbery husk should have turned a bright yellow-green, and be free from insect damage or black spots.

Wear thick gloves to avoid staining your hands. Score the husks with a utility knife and pull them off the seeds. To determine which seeds are viable, soak them in a bucket of water overnight. Any that float should not be planted. Plant about 60 feet from sensitive trees and shrubs, as black walnut secretes a toxin that can kill its competitors. It likes a moist but well-drained site.

More details here:

<https://homeguides.sfgate.com/plant-black-walnut-trees-seeds-husks-74026.html>

## Tree Planting and Habitat Restoration

### Cherries

If you can find organic cherries at a farmer's market, you might be able to grow cherry trees from seed. You won't know for several years, until it bears fruit, whether or not the cherries will be tasty. However, you can still grow them for their beauty and for the birds.

<https://www.wikihow.com/Plant-Cherry-Seeds>

### Plums, peaches, apricots and nectarines

Use the pits of fruit grown locally, so you'll know it will do well in your region. Try local farmers' markets. Organic fruit is best. Use fully ripe fruit, from trees that ripen in mid to late summer.

In the Pacific Northwest, plan to plant your peach, apricot or nectarine trees near a south-facing wall for lots of light. You may be eating the fruit from your tree in three to five years!

Dry the pits for several days on the kitchen counter. More details: <https://www.motherearthnews.com/organic-gardening/growing-fruit-trees-zmaz08jjzmcc#axzz2dCQQXMkR>

### Pacific Dogwood



This beautiful flowering tree is native to the PNW, and usually grows 20 to 30 feet tall.

Late summer is the time to collect the seeds, when the flowers have turned into balls of hard red fruit. Remove the fruit flesh and plant immediately outdoors.

But you will need to be patient – they can take 18 months to germinate!

<http://nativeplantspnw.com/pacific-dogwood-cornus-nuttallii>

Photo Credit: [Wikimedia](#)

Attribution: Akos Kokai

### Pacific Madrone or Arbutus

Also native to the PNW, these evergreen, deciduous trees produce berries from mid-September to mid-November. Separate the seeds from the berries before planting outside in the fall. Read more here:

<http://nativeplantspnw.com/pacific-madrone-arbutus-menziesii>

## Tree Planting and Habitat Restoration

### Other PNW native trees (and shrubs)

This website has brief information on various native species. You can try doing a search for how to propagate the species you're most interested in: <http://nativeplantspnw.com>

### Lemons

Of course, they're not native, but apparently lemon trees are easy to grow from seeds! You'll want to save seeds from organic lemons, as non-organic may not germinate. Meyer lemons are especially recommended.

You can grow your lemon tree indoors, but if you start a few trees, you could also try some outdoors. (Or start lots, and give the seedlings in pots as Christmas gifts.)

<https://growingwildceeds.wordpress.com/2012/03/10/how-to-grow-a-lemon-tree-from-seed>

<http://www.rainyside.com/articles/PuckerUp.html>

### Hazelnuts or filberts

Pick hazelnuts in early to mid-September off the tree. They are ready to be picked if the husk separates easily from the nut.

Keep in mind you will need at least two hazelnut trees, from different parent trees, in order for them to pollinate and bear fruit. Three or four trees would be even better.

<https://treegrowing.tcv.org.uk/grow/tree-recipes/hazel>

### Chestnuts



Photo Credit: [Wikimedia](#)

Chinese chestnuts are more blight-resistant, produce nuts sooner, and can tolerate colder winters than American chestnut trees.

<https://www.wikihow.com/Grow-Chestnut-Trees>

<https://homeguides.sfgate.com/germinate-chinese-chestnuts-45036.html>



## Tree Planting and Habitat Restoration

**Greenbelt Restoration Work Parties:  
July 25, July 29 and August 4, 2018**



We tend to plan our work parties around the University of Washington's academic calendar since most of the volunteers who work on our GreenFriends Greenbelt Restoration project come from one of their Environmental Science courses. Generally, our work parties are well planned out ahead of time, but the Summer Quarter work parties have been a different story.

The weather this summer has been hot, often in the high 80's or even in the 90's. We have had to be prepared to "follow the shade" since working in the direct sunlight would have been unsafe, not to mention un-fun. We have also had fluctuations in the number of team leaders from work party to work party, often changing at the last minute. We also had fewer students attend the summer work parties. So, the work parties were good opportunities for all who participated to practice behaviors such as flexibility, persistence, letting go, and being in the moment.

### July 25

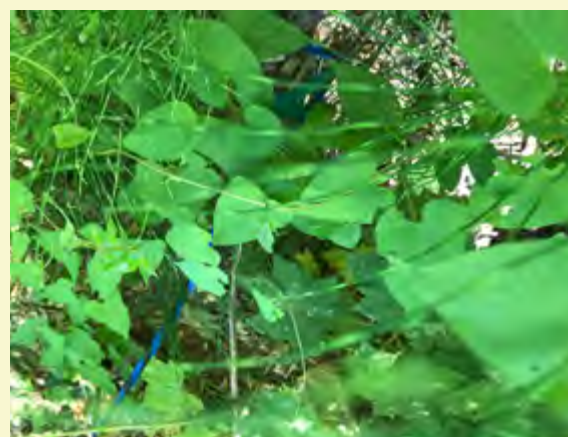
Karuna (GreenFriends and Green Seattle Partnership) led the June 25th work party and Susan, another Green Seattle Partnership Forest Steward, helped during the first part of the event. Three students and a young man who found us on the Green Seattle Partnership event calendar volunteered.

At the beginning of the work party, we focused on removing wood chips that were touching the stems of the plants that had been planted in the fall as well as digging out invasive blackberries, ivy and bindweed that was sprouting. (We put wood chips throughout the planting areas to hold in moisture and reduce weed growth. The wood chips are not supposed to touch the plant, so that rain water can go directly to the plant. Therefore, we attempt to keep the space around the plant cleaned out. We refer to that empty space as a "donut hole".) As we finished one area, we moved to another, following the shade as much as possible. Every planting area looked so much better after we finished.

## Tree Planting and Habitat Restoration



We then moved to other parts of the site, again pulling out bindweed and blackberry vines.





## Tree Planting and Habitat Restoration

After the break, we all moved to the Greenbelt site that is north of our main site. We started by building some drying racks to hold the invasive plants we had removed. We do that so they won't re-root.



Next, we moved to a shaded area that was further into that Greenbelt section. We dug out some blackberry plants so that we could build another rack there. Once that rack was complete, everyone continued digging out blackberries and/or pulling out ivy. The cuttings were placed on the new rack.



Even though the area was shady, we were all tired from working in the heat so stopped a bit sooner than we would have under normal conditions. After putting the tools and other supplies away, we gathered on the stairs to celebrate our achievements and to take a group photo. Even though we were a small group, we had accomplished so much!



## Tree Planting and Habitat Restoration



### July 29

By the morning of the July 29 work party, we had three staff and fourteen participants registered. Most were students from a UW Environmental Science course. I was elated when one of our other long-time team leaders and a neighbor showed up as well. Abundance was becoming the theme of this event!



After the orientation, we divided into four teams. One team finished clearing an area we had worked on in previous work parties, and then they held a scavenger hunt, looking for bindweed, ivy and blackberry shoots. The members of that team dug out the invasive plants whenever they spotted them.



## Tree Planting and Habitat Restoration



The second team worked in an area where there was bindweed wrapping around most of the horsetails. Horsetails are delicate so it is close to impossible to remove the bindweed without damaging them. Many of the horsetails were already beginning to wither from being strangled by bindweed, the lack of rain, or perhaps it was just the end of the season for them... so we ended up removing most of them. That species has been around since before there were dinosaurs, so I have no doubt that they will return next year. This team also cleared blackberry plants, bindweed and horsetails from the border of the planting area, if that border wasn't on a steep drop-off.





## Tree Planting and Habitat Restoration

The two photos below may give you a sense of the transformation.



June 30



July 29

When we began our restoration work in 2016, the ground under two big cedar trees on the site was covered by a thick carpet of ivy vines. A volunteer had removed those vines in October of 2016 and placed them on a nearby drying rack. The vines had dried out long before the summer 2017 work parties.

When we disassemble the drying racks, we usually put the contents on paths that we have lined with burlap bags. Most of the debris consists of dried blackberry canes and small branches. When we walk on that type of debris, it crumbles.

Volunteers attempted to scatter the dried ivy vines from this rack at a previous work party. When we walked the path, though, our feet got tangled in the vines. Since that was a hazardous situation, we had returned the vines to the drying rack.

The third team at the July 29 work party was tasked with remedying that situation by first cutting up the dried vines and then scattering them onto 120 square feet of burlap paths.





## Tree Planting and Habitat Restoration

The fourth team worked in an area where we will be planting native trees, shrubs and ground covers in the fall. It had been cleared in the past, but there were many blackberry shoots that needed to be removed. The team also removed blackberry shoots and other weeds from nearby planting areas.



While the teams were working in our main site, a neighbor who lives near this section of Greenbelt cut back blackberry vines from a part of the Greenbelt that is north of the Hanford Stairs... and north of our primary site. He, along with Karuna, had worked on several sections of that site in the spring. During the early part of this work party, he was able to connect his cleared area with the section that he and Karuna had worked on before.



After the break, everyone moved to the site north of the Hanford Stairs. There, they continued the process of clearing the land of the invasive blackberry vines and root balls, ivy, bindweed and other weeds.



## Tree Planting and Habitat Restoration



To get a sense of the transformation that is taking place on this site, compare the photo taken on June 18 to one taken on July 29.



June 18



July 29



## Tree Planting and Habitat Restoration

The remaining time sped by. There is still much that needs to be done, but every area we had worked on looked dramatically different by the time we finished the work party. Step-by-step these sections of Seattle's Greenbelt are once again becoming a healthy forest.

### August 4



The previous three work parties had been in mid to high 80's weather. It had felt oppressive to work in those conditions. The weather on August 4 was in the 60's. That was such a relief.

Thirteen volunteers participated in the event. Five were GreenFriends members, most of whom served as team leaders; seven were UW Environmental science students; and one was the neighbor who participates in most work parties. Our primary goal was to work in areas we had avoided when the sun was so hot. We would do that work until break time and then, after the break, we would move to the Greenbelt site that is just north of ours. Over the three-hour period, we worked in five different areas.

### Area 1

After the initial orientation, everyone worked in the planting area that is in the southwestern part of the site. Many blackberry sprouts have been growing there among the native plants. Not only did the volunteers remove most of those blackberry plants, but they also partially or completely cleared blackberry vines and root balls from the area outside the southern and western borders of that space.



## Tree Planting and Habitat Restoration



Before





## Tree Planting and Habitat Restoration



After

### Area 2

An hour into the work party, a few of the volunteers moved to the second area. They spent half an hour removing blackberry vines that were growing around and through piles of debris as well as bindweed that had invaded a nearby planting area. There is more to be done in this area in the future, but this group made a lot of headway.



Before



## Tree Planting and Habitat Restoration



After

### Break Time

An hour and a half into the work party, we took a short break. Among the snacks we offered were ice cream and watermelon. The students decided to include the ice cream in the group photo!



After the break, we moved to the site that is north of the Hanford Stairs. Once there, we divided into three groups. During the next 45 minutes we worked in areas three, four and five.



## Tree Planting and Habitat Restoration

### Area 3

The third area had a big-leaf maple tree with lots of suckers growing from its base. Blackberry plants and invasive ground covers grew around it. The students removed the suckers and some of the invasive plants. It will be interesting to see how the old tree changes now that the suckers have been removed.



### Area 4

The fourth area was 20-30 feet into the Greenbelt. It was not visible from the road that borders the area. This group continued the work that had begun in previous work parties. They removed ivy and other weeds from under several 10 to 15-year-old evergreen trees and cut down any blackberry vines that were growing through them. They also cut ivy from an old evergreen tree and dug out blackberry plants from the area. (Most of the photos from this area didn't turn out but here is one that was taken just before they started to work and two that were taken after they finished.)

## Tree Planting and Habitat Restoration



### Area 5

The fifth area was adjacent to the road that is on the western border of this section of Greenbelt. We have worked there during several work parties. We recently uncovered several fallen trees. They were too big to move, so members of this group sawed segments out of them to create a space for a path. Once the path was clear, the volunteers spent the rest of the time digging out blackberry root balls.



## Tree Planting and Habitat Restoration



Before



After

These three Summer work parties did so much to transform the land. That proverb, “Many hands make light work.” is so true.



## Nature

# TREES ARE VITAL FOR OUR SURVIVAL -- THEY'RE NOT JUST CHUNKS OF WOOD

TREES SAVE ENERGY BY PROVIDING COOLING SHADE IN SUMMER AND BY REDUCING WIND IN WINTER

TREES PROVIDE A HABITAT FOR WILDLIFE, ENDANGERED SPECIES, INSECTS, OTHER PLANT LIFE... AND PEOPLE

TREES AND GREENSPACE INCREASE NEIGHBORHOOD PRIDE AND REAL ESTATE VALUES

TREES STORE CARBON AND HELP REGULATE GLOBAL WARMING

TREES PROVIDE SCENERY, PRIVACY, AND AESTHETIC VALUES

TREES GIVE US FOOD, FRUIT, MEDICINE, SHELTER, SHADE, BEAUTY, AND SERENITY

TREES CLEAN THE AIR AND SOIL AND STORE HARMFUL POLLUTANTS

TREES ARE PERFECT FOR HUGGING WHEN YOU DON'T HAVE A FRIEND NEARBY

WITHOUT TREES THE EARTH WOULD BE UNINHABITABLE. NATURE DEPENDS ON THE BALANCE THAT FORESTS PROVIDE

LOGGING OLD GROWTH FORESTS MASSIVELY IMPACTS

TREES ARE GREAT FOR CLIMBING IN, HANGING SWINGS ON, AND RELAXING UNDER





## Nature

NATURE  
DEPENDS ON  
THE BALANCE  
THAT  
FORESTS  
PROVIDE

LOGGING  
OLD GROWTH  
FORESTS  
MASSIVELY IMPACTS  
NATURE'S BALANCE  
BY DESTROYING  
LONG-ESTABLISHED  
NUTRIENT-RICH  
ECOSYSTEMS

CLIMBING IN,  
HANGING  
SWINGS ON,  
AND  
RELAXING  
UNDER



TREES HELP CREATE FERTILE SOIL.  
TREE ROOTS BIND THE SOIL AND FIGHT EROSION.  
BRANCHES AND LEAVES LESSEN THE IMPACT OF RAIN ON THE SOIL  
AND SHIELD IT FROM THE DRYING EFFECTS OF WIND AND SUN

MOSSES AND MUSHROOMS THAT INHABIT THE SOIL  
AROUND TREES ARE SAID TO INTERCONNECT FORESTS  
AS PART OF AN ORGANIC COMMUNICATIONS NETWORK

"THE POTENTIAL OF FUNGI FOR MEDICINE, FILTERING  
POLLUTED WATER, CONTROLLING PESTS, AND EVEN  
BIOFUELS IS STAGGERING."

—PAUL STARNITS

### TREES ARE THE PLANET'S LUNGS

A MATURE LEAFY TREE CAN PRODUCE AS MUCH OXYGEN IN A  
YEAR AS TEN PEOPLE BREATHE IN A YEAR

TREES BREATHE OUT -- WE BREATHE IN



creativelyunited@gmail.com • Twitter: creativelyunite • Facebook: creativelyunited  
[www.creativelyunitedfortheplanet.org](http://www.creativelyunitedfortheplanet.org)

Graphics credit: [creativelyunited.org](http://creativelyunited.org)

## Nature

Graphics credit: [creativelyunited.org](http://creativelyunited.org)



## Nature

### Fog Bows

[Wikipedia](#) states that a fog bow “is a similar phenomenon to a rainbow; however, as its name suggests, it appears as a bow in fog rather than rain. Because of the very small size of water droplets that cause fog—smaller than 0.05 millimeters (0.0020 in)—the fog bow has only very weak colors, with a red outer edge and bluish inner edge. In many cases, when the droplets are very small, fog bows appear white, and are therefore sometimes called *white rainbows*.”



Greenland

Attribution: [Christopher Cox](#)



Attribution: [Brocken Inaglory](#)

## Nature



Florida

Attribution: [John usmc](#)



San Francisco

Attribution: [Brocken Inaglor](#)



## Source Reduction

### Pacific Northwest SR Coordinator Has Dirty Little Secret by Diya

This month's article is about eating humble-pie and I'm not talking about Marion or Blueberry. I'm talking about the kind that you can barely swallow. The kind that leaves behind a bitter taste which lingers for hours giving you plenty of time to reflect on where you went wrong and what you could have done differently. Allow me to explain.

In between the summer tour stops, Richard and I finally bought a house. We had been living in a very small, fully-furnished beach house for over a year and were looking forward to coming home from tour in July and setting down roots in the new abode. I was feeling inspired after spending five weeks doing seva with the Source Reduction, Green Friends and Recycling teams. I had also finished reading the book 'Zero Waste Home' by Bea Johnson and I was on fire! I was going 'Zero Waste' and was already planning the article I would write this month about how easy it can be to eliminate plastic from your life. Then our POD (Portable On Demand storage) arrived a couple weeks later and everything went pear-shaped. If you're unfamiliar with Brit slang, the metaphor 'pear-shaped' means to go (bad-ly) wrong, or to go awry. And it did. My dreams of Zero Waste vanished in a haze of shrink wrap as soon as I opened the door of the POD.



I had completely forgotten about this. You see, over a year ago when I was packing, I was blissfully unaware our recycling was being sent to China. I still thought when I wheeled the blue bin out to the curb I was doing my part to help the environment. I didn't know then what I know now, which is most of that plastic was not being recycled. I went into a place of complete despair and feeling of utter failure. I felt like a fraud, a hypocrite. I could see the headline clearly, 'Pacific Northwest Source Reduction Coordinator Has a Dirty Little Secret' underneath a photo of me buried in a pile of shrink wrap. I wallowed in this bog of remorse for several hours and then remembered Amma's words, 'the past is like a cancelled check'. I asked myself what could I do about the situation in this moment? I sat quietly for a few minutes and suddenly became inspired as I thought about Amma's resourcefulness when it comes to waste. Surely there were places that could use the plastic, boxes and

bubble wrap. I just had to put forth the effort to find them. I was now on a quest to save these items from the graveyard.

## Source Reduction

We had a lot of very large artwork boxes so I called a local art gallery and they were thrilled to have them! That was one thing checked off the list. Next, I noticed a house down the street preparing for a large estate sale. I knocked on the door and asked if they needed packing supplies for people to safely transport their items once purchased. The woman organizing the sale hadn't thought of that and was very grateful. She took all the bubble wrap, packing paper and boxes. In return, she gave me first dibs on many used items I needed for my garden that belonged to the owner of the home who had passed away. We both benefited that day as the boxes, bubble wrap and garden supplies all got a second life. My next task was finding a use for the shrink wrap.

When I Googled 'where can I recycle shrink wrap', I was taken to the following website: <https://www.plasticfilm-recycling.org/recycling-bags-and-wraps/find-drop-off-location/>. I was able to put in my zip code and Fred Meyer was listed as one of the facilities that collected those types of plastics for recycling. I was skeptical and wanted to find out exactly what happened to the plastic once it reached the store. I called and was put in touch with Scott, one of the store managers. He didn't know what happened to the plastic either but was willing to find out. He did some investigating and got back to me a few days later with great news. Fred Meyer collects the plastic bags, shrink wrap, baggies, bread bags and other similar plastics and ships them to their warehouse. Once the plastic reaches the warehouse it is gathered into big bales and sent to the company, Trex. Trex makes eco-friendly composite decks from a blend of 95% recycled wood and plastic film. They use some of the most earth-friendly manufacturing processes in the country, reclaiming factory waste and eliminating the use of harmful chemicals. They found a way to up-cycle these plastics to create something better.

Taking the time to find ways to reuse our moving supplies was so rewarding. The people I met who took the supplies were all very grateful and inspired. Each person commented they, too, cared about the environment and would also try to be more creative with recycling. Amma is continually showing me if I have a positive attitude, don't give up (or beat myself up) and strive for progress not perfection, I can make a difference. Okay, so 'Zero Waste' may not be possible for me at this moment, but 'Less Waste' is possible. The plastic problem is much bigger than me. I didn't cause it, I can't control it and I can't completely avoid it in the world I live in today but I'm not completely powerless either. Instead of being part of the problem by thinking 'oh well, it's hopeless, why bother?' or beating myself up every time I throw something in the trash, I can be part of the solution. I can make better choices, remain informed, research, collaborate and share ideas with others and celebrate the small victories along the way.



# PNW Litter Project

## PNW Litter Project Stats

In August **37** Litter Project members and their friends picked up litter for **67** hours. (Average **1.8** hours; Median **1** hour; Range **2** minutes to **10** hours) We have picked up litter for **9960** hours since the project began in July of 2011.

## TerraCycle Stats

TerraCycle is an organization that recycles items which are normally considered unrecyclable. We have sent them **341,224** cigarette butts since 2013. GreenFriends has also sent them **394** Drink Pouches, **732** Cereal Bag liners, and **2,997** Energy Bar wrappers.

