

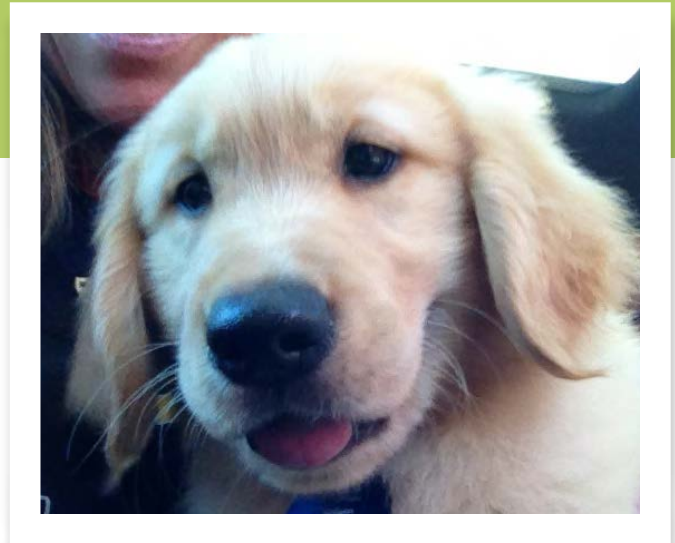


Nature on its own is indeed beautiful and clean. The hills and rivers do not need us to clean them. In fact it is nature's water which cleans us; it is trees which purify air for us. Because we have littered, we have spoilt its pristine beauty.

Amma

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## October Greetings

This has been a fantastic month for the PNW Litter Project. Bolstered by the litter pick up work party held in honor of Amma's 60th birthday and also the beach clean-up held by Achintya's satsang in California, 95 litter project members and their guests completed 215 hours of litter pick up! That raised our ongoing total to 4,285 hours!

Enjoy the newsletter!

Karuna



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 [pnwgreenfriendslitterproject@gmail.com](mailto:pnwgreenfriendslitterproject@gmail.com)

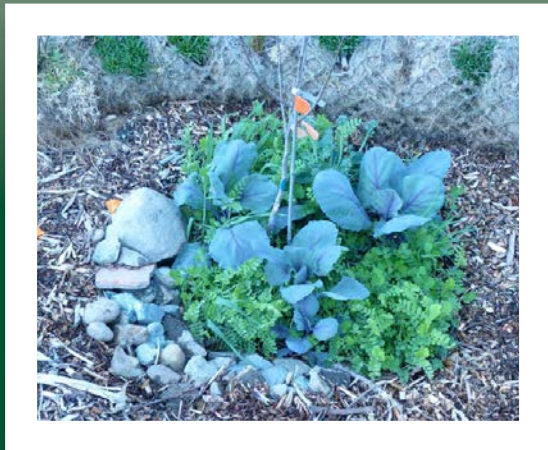
For Organic Gardening and Permaculture write Maheswari at: [PNWGreenFriends@google.com](mailto:PNWGreenFriends@google.com)

For The Tree Planting and Habitat Restoration Project write:

Ananya [ammasananya@comcast.net](mailto:ammasananya@comcast.net) and Kalavathi [annecrory@gmail.com](mailto:annecrory@gmail.com)

# Join us for a day of Permaculture Workshops

Saturday – October 12th - 11am-4pm



The workshops will discuss and demonstrate the methods involved in:

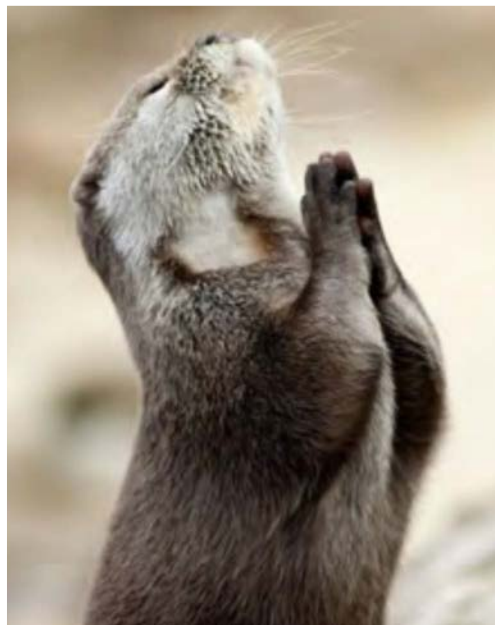
- **Sheet Mulching** – An easy and effective way to replace a lawn, promote healthy soil and keep weeds out of the garden.
- **Keyhole Gardens** – Learn the benefits of a keyhole garden and how to build one.
- **Fruit Tree Guilds**- Diverse plant communities that work together to support fruit trees. Planting guilds will lighten the workload, while benefiting the trees with pest control, fertilization, and pollination.

Attend one workshop or all three. Classes will be held in Bellevue at Mechas' house.

Detailed information and schedule will be sent out soon!

For more information contact Maheswari at [PNWGreenFriends@google.com](mailto:PNWGreenFriends@google.com)





## Saturday October 19 10 a.m to 2 p.m.

Amma's GreenFriends will join the work party at Warren G. Magnuson Park in northeast Seattle on Saturday, October 19th. The work will focus on maintenance to the native plant border. The work party will occur p.m. rain or shine. If you are interested, please e-mail me at [ammasananya@comcast.net](mailto:ammasananya@comcast.net) for more information.

## Litter Project Membership

As of September 30, 2013, we had 346 members.

## Litter Project Hours

73 members and 22 guests reported picking up 215 hours of litter during September 2013.

(The statistics below relate to members who report having picked up litter. They do not include those who do not report or who reported 0.)

Average: 2.64 hours  
Range 2 minutes to 30 hours  
Median: 2 hours

Members of the project have picked up litter for 4,285 hours since the project began in July 2011.

## Aluminum Can Report

The Washington State Litter Project members collect and sell aluminum cans (soda, beer and cat food cans) gathered from the litter they pick up, and from friends, family, neighbors and colleagues.

In 2011, they sold 323 pounds of aluminum cans for \$151.04. In 2012 the total was 281 pounds for \$134.67.

In August 2013 we turned in 18 pounds of cans and earned \$7.20. That makes a total of 243 pounds and \$116.18 earned for 2013.

Since the project began, we have sold 953 pounds of aluminum for a grand total of \$ 438.02. All funds were given to the Pacific Northwest M.A. Center fund.

## Terracycle Report

We can send in granola bar wrappers, candy bar wrappers and plastic liners from crackers and cereal. For a complete list go to:

<http://amma.org/sites/default/files/litterprojectnewsletterjuly2013.pdf>

(The only change from that article is that we won't be sending in dairy tubs anymore since they can go straight into our home recycling bins.)

Please take a few minutes to visit <http://www.terracycle.com/en-US/> it is an amazing project.

According to TerraCycle we have mailed them

**14,534 cigarette butts**

since February 2013. (We no longer count the butts. TerraCycle must estimate the numbers using weight.)

If you have questions about the TerraCycle project, ask Visala [vhohlbein@msn.com](mailto:vhohlbein@msn.com) or Karuna [karunap108@comcast.net](mailto:karunap108@comcast.net).

# Amma's 60th Birthday Litter Pick Up Work Party September 2, 2013

This work party was our biggest ever! Forty-seven devotees and friends met at the Safeway parking lot in Rainier Valley part of Seattle. We worked for 1 1/2 to 2 hours and had a grand time. The pictures say it all! To see the work party video that was sent to Amma go to: [tps://www.dropbox.com/s/pgl6g25e373l2op/Amma\\_Seattle\\_130901.mp4](https://www.dropbox.com/s/pgl6g25e373l2op/Amma_Seattle_130901.mp4)



Before



During



After

