



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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September Greetings

One day in August, I was cleaning up cigarette butts on Rainier Avenue, not far from a bus stop. I noticed that an elderly Asian woman was watching me as she waited for her bus. All of a sudden, she started leaning down and picking up cigarette butts. She gave me a handful of butts three different times before she realized she was far from her belongings. She went back to the bus stop, got her things and then started picking up the butts again. After giving me another handful, her bus arrived. To me it was a reminder that this is how change occurs. Perhaps she will continue picking up butts and teach others to do the same. Regardless, in this moment there are four less handfuls of butts going into the earth.

Karuna

Today when I went out to the garden, I noticed an animal had taken a few bites out of a baby squash. I immediately thought of the permaculture ethic "share the surplus." Instead of being annoyed I remembered that Nature's animal friends also need to be fed and I was grateful that God showed up in the form of a critter to share in the surplus. I hope you are enjoying the warm days of summer and basking in the beauty of Nature.

Maheswari

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

Important Information

Cigarette Butts Banned In Illinois: Minimum \$1,500 Fine to Anyone Who Throws a Butt on the Ground!

In an effort to control street litter, new Illinois legislation that will take effect on Jan. 1 will make it illegal to toss a cigarette butt on the ground. <http://www.hnngn.com/articles/11208/20130829/cigarette-butts-banned-illinois-minimum-1-500-fine-anyone-who.htm>

International Coastal Clean Up

September 21, 2013 is International Coastal Clean Up. This is the biggest one day marine clean up in the world. Join in and clean up a beach near you! <http://response.restoration.noaa.gov/about/media/join-2013-international-coastal-cleanup-and-clean-beach-near-you.html>. The webpage also lists 10 things you can do to create trash free seas.

Path to Freedom: Urban Homestead

A story about a family who transformed their ordinary 1/10 acre (66 feet by 132 feet) city home into an urban farm that produces more than 7000 pounds of organic food annually. They also have farm animals to produce eggs and manure. They cultivate honey bees, use second-hand goods to decrease their use of nonrenewable resources, and taught themselves a variety of back to the basics skills. <http://urbanhomestead.org/about>

Man invents machine to convert plastic to oil

This five minute video was produced by United Nations University. It tells the story of a Japanese man who has invented a small machine that can convert plastic to oil. It is an amazing product with incredible potential. <http://www.youtube.com/embed/qGGabrRS8>

Litter Project Membership

As of August 31, 2013, we had 336 members.

Litter Project Hours

Sixty-one members reported picking up
168 hours of litter during July 2013.

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

Average: 2.74 hours
Range 2 minutes to 30 hours
Median: 1.59 hour

Members of the project have picked up litter for **4,062** 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.

Terracycle Report

Time to save all that plastic from going to the landfill!

You can collect granola bar wrappers, Candy Bar Wrappers, as well as plastic liners from crackers and cereal. Just about every type of plastic that can't go in your recycle bin can now be shipped to Terracycle.

Cigarette butts and many other plastic items can also go to TerraCycle

Please drop your clean plastic either at satsang or on Visala's front porch 8201 Greenwood Ave North, Seattle WA.
Put your donations in the rectangular grey bin.

We will be able to make a little money for the PNW Center through this project, but more importantly, we are saving the precious earth from becoming more landfill.

Thanks for participating. If you have any questions, you can ask Visala vhohlbein@msn.com or Karuna karunap108@comcast.net.

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



Interfaith Day of Service

Saturday September 14, 2013

10:00 am—2:00 pm

9026 4th Avenue S; Seattle, WA 98108

lettucelink@solid-ground.org **206.694.6746 x3**

Proudly supporting Compassion Games 2013

BUILDING COMMUNITY *To End Poverty*

- ♥ Join us for a day on the Marra Farm to
 - * serve the youth and families in the South Park Community
 - * raise awareness of their commitment to Food Justice, and
 - * to demonstrate Interfaith Compassion In Action .
- ♥ Marra Farm is a 4-acre plot of land in South Park, Seattle and one of only two historic agricultural parcels inside the city limits that retains an agricultural use today. The farm plays a significant role in providing produce to people living in the largely poor neighborhood of South Park,,growing more than 13,000 pounds of organic produce each year.
- ♥ Lettuce Link maintains a Children's Garden at Marra Farm facilitating a series of gardening and nutrition programs for children in South Park. The children walk to the farm, garden in their own plots, taste and cook fresh vegetables, and learn about their environment through scientific exploration and outdoor-themed games. At the end of the class series, children take home their harvests to share with their families.

EVERYONE IS WELCOME TO JOIN US FOR THIS
DAY OF FUN AND FULFILLMENT ON THE FARM

Planting, weeding, harvesting, small projects; no experience needed - BRING A LUNCH

PNW GreenFriends is helping with this project.
To register contact Maheswari at maheswari1@msn.com

*Sponsored by: Northwest Interfaith Community Outreach. **NICO** is an open network of individuals and organizations drawn from the world's major religions and spiritual traditions who are engaged in faith, spirit and action to promote Justice, Compassion and Peace within ourselves and among our families, our relations and all of creation. We are the interspiritual constellation within Compassionate Seattle.*

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



Burien Litter Pick up Work Party

August 11, 2013

The recent Burien work party was different for us, due to how it began. In July, I (Karuna) received an email from Kendra, saying that she had recently moved from Seattle to Burien and found there were big litter problems in that part of the city. She tried to pick up as much litter as she could, but was overwhelmed by the amount of it. She then looked on the internet for groups that might help her, and found us! She asked if our group could help, and I of course said YES! She was interested in our project and quickly signed up to become an ongoing member.

Sixteen eager volunteers participated in the workparty. Several were there for the first time. Kendra took before and after pictures which you will see below. Afterwards Kendra wrote: The cleanup went so well and the block looks 100% better. The group's help made all the difference!" Thanks for making this happen, Kendra, and welcome to the Pacific Northwest GreenFriends Litter Project!



Burien Litter Pick up Work Party -cont.



Before



After



Before

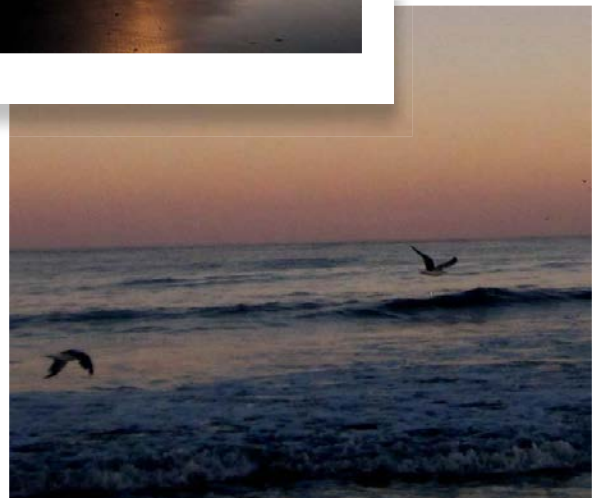


After

Litter Stories and Reflections

From Stanley at North Cove:

Alo-HA Karuna.....thanks for the invite [to the September 1 work party] however we will most likely be at the ocean.....I was going to write you a short note this morning regarding our beach.....since we walk and pick up litter most every day.....I am noticing that I am getting less and less in my bag each day.....so I am grateful to you this morning for having the litter team because....our beach was very clean this morning as the Blue Moon set and the Full Sun rose.....Namaste, Stanley.



Litter Stories and Reflections-cont.

From Karuna in Seattle:

Last Sunday, Al suggested a new place for our ongoing Sunday morning cigarette butt pick up. This time we went to Pioneer Square to a place that is considered the Homeless Park. It certainly is a place that could use our help. Much of it was like one big ash tray



From Sri Lalita on Vashon:

Looking out over Crater Lake I was talking to a couple of young guys who were also travelling the west coast on a nature road trip. I exclaimed that Crater Lake is what the earth must have looked like before humans took over and ruined such vast amounts of our beautiful planet. He said: "Yes! Humans - the most invasive species on the planet!"



From Shuba in Neskowin:

On the morning of July 5th, eleven of us went to the Neskowin beach to clean up after the July 4th fireworks gathering. With Mother Ocean lapping at our heels and sand beneath our feet we thoroughly enjoyed every minute of cleaning up the beach. We felt inspired seeing many others doing the same thing.



From Achala in Tacoma:

It occurred to me today to share some pics of garden additions that are from re-used items. One is a sink I got for 2\$ at a yard sale for a bird bath and the other is a broken laundry basket full of potatoes!

