

ALW EARTHLINK
MARCH 2008

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March Birthdays

Happy Birthday to these ALW Angels!

Debra – March 5

Jess – March 6

Colleen – March 12

Jerry – March 14

ST. PATRICK'S DAY – MARCH 17 (for all you Irish people!)

Kim – March 23

Vicki Hanna, Honorary ALW Angel – March 29

A very special birthday wish and a BIG (((((hug)))))) to Jerry, Wen's very unselfish, giving, caring, understanding hubby! Without Jerry's support, both financial and spiritually, ALW could not have achieved some of its biggest goals. So, thanks to Jerry, happy birthday to Jerry – and there's a pineapple upside down cake coming just for you!
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Fundraiser Updates

Yankee Candle Fundraiser

Just a reminder that we must have ALL Yankee Candle orders by March 6. Many of you requested a catalog and an order form, and we hope you received those materials in the mail!

ALL the proceeds from this fundraiser will go directly to Camp H.O.P.E. 2008, to offset field trip costs and to supply the campers with some very special gifts.

And don't forget -- for every \$5 in Yankee Candle items you purchase, you can send us a name to be remembered at our luminary candle ceremony in May.

We will report the grand total we made from this fundraiser in the April newsletter. We're doing very well – so thanks to all who are participating! For more information on this fundraiser, contact us at

alastingworld@sbcglobal.net.

Remembrance Luminary Candles

Each year, ALW holds a very moving, very emotional “Remembrance” luminary candle ceremony, where literally hundreds of candles are lit to honor individuals (living and deceased), personal heroes, pets, special occasions, etc. The solemn reading of the names is part of an evening of music, special awards and presentations. Please consider having a candle lit for someone/ something you love. The minimum donation to have a candle lit for someone is \$5. If you request it, ALW will send a beautiful ‘remembrance’ card to the person(s) for whom you have a candle lit.

As always, we ask that our ALW Angels have at least one candle (each) lit in recognition of our Honorary Chairperson, Kevin Richardson.

Last year we set a record for the number of candles we lit for Kevin (just over 100!!!!), and we’d like to exceed that total this year! The money raised from these candles will go DIRECTLY to support the children in Irvine, Kentucky, either by providing them with a Camp H.O.P.E. experience or by ‘gifting’ them during our annual holiday giving project. Yes -- we’re begging you – and we don’t care! (It’s easy to beg, because these deserving kids can’t beg for themselves!) Please send in your candle donations ASAP! THANK YOU!

Camp H.O.P.E. 2008

During our recent weekend in Kentucky, we met with the school liaison from Estill County Middle School. We received the names of our 14 campers for 2008 – we have 7 boys and 7 girls! We’re VERY HAPPY, VERY PLEASED AND VERY PROUD to announce that all 14 campers have been ‘adopted’ by very generous ALW Angels and by other friends of ALW. We also have several of the children FULLY SPONSORED for the week at Camp! Wow! We want to thank those of you who could help us in these very special ways. We could not host our summer environmental camp without YOU!
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Can You Help?

You may not have the financial capability to ‘adopt’ or sponsor a Camp H.O.P.E. student, but do you have \$15? We are still looking for THREE (3) people to donate \$15 so that we can purchase a duffle bag for each camper. We have 11 duffle bags already donated – we just need 3 more people to come through for us! You can pay via Paypal or by sending us a check. If you would like to make a donation for a duffle bag, contact us NOW at alastingworld@sbcglobal.net. THANKS!

Roots & Remembrance 2008

Come join us in Kentucky for a weekend of fun, friendship, and food! We'll "remember" – and we'll make new memories, too! You'll see the "treasures" of the Bluegrass Region and we'll treat you to a few surprises, too! "Roots & Remembrance 2008 – Follow the Treasure Trail to Fun, Where the Bluegrass Kisses The Sky" will be presented May 24-25, in beautiful Lexington, Kentucky. On Saturday, we'll have a real 'treasure hunt' and we'll send you searching for some environmental, historical, as well as some special Kevin Richardson, landmarks! You'll find 'treasures' waiting for you at some of the stops you make!! Lunch and dinner are included in the day's 'package!' On Sunday, we'll have a day outdoors in a natural setting, relaxing and celebrating the Earth! A picnic lunch is part of the activity. We will also visit the historic Lexington Cemetery for our own version of a 'green ghost walk.' Then, Sunday evening, we'll 'tailgate' University of Kentucky style, before we conduct our moving, meaningful, beautiful luminary "Remembrance" candle ceremony. Literally HUNDREDS of candles will glow in honor of friends, family, pets, places and special occasions from people all over the world. Music will also be part of this special evening event. We'll be honoring some very special ALW Angels at this event, as well.

What's the cost? \$85 per person covers all activities, favors, food and entertainment for the two days. This price does NOT cover hotel, travel to and from the event, and personal items purchased while you are celebrating with us. We can recommend a hotel that gives great rates, but rooms are going to be limited, so if you are going to be staying with us, you must book NOW! Roots & Remembrance is a fun-filled, environmentally-friendly weekend shared with some of the best people anywhere – ALW Angels! Your \$35 non-refundable deposit is due no later than March 15, 2008.

Please join us! We guarantee that you won't regret it! ☺

Environmental News

Count Your Food Miles

Food typically travels 1,500-2,200 miles before it gets to your table. Each of those miles involves emission of CO2. What can you do? Support your local CSA (Community Supported Agriculture), visit farmers markets, look for locally grown food at the grocery store, or create your own garden. Become a 'locavore.' It's healthier for you – and it's better for the environment, too! (St. Peter Church Environmental Stewardship Committee)

Guilt-free Trash in the Eco-Age

It's getting easier to find products of all kinds that will decompose without polluting the soil or adding to landfills. Here, a few that are worth noting:

1. Golf balls. So that you won't actually be littering when your ball goes into a lake or off a cliff, Eco Golf Balls (www.EcoGolfBalls.com) eventually break down into carbon dioxide and water.
2. Cups, napkins, cutlery and plates. All kinds of food containers and servers that are made from corn, sugar cane or recycled paper can be found at websites such as www.BiodegradableStore.com.

3. Garbage bags. BioBags (www.biobagusa.com) for the lawn (which decompose after 12 days) and the kitchen (best used for food waste and paper) are made from renewable resources.
4. Coffins. Yes, even at the end we can be good citizens. The Ecopod (www.ecopod.co.uk), for instance, is made out of 100% recycled paper and will break down slowly over time...ahem...as you do!
(Natalie Ermann Russell)

Buy Larger

You can think green when shopping. One of the easiest ways to help the environment while shopping is to buy items in the largest size your household will use. For example, instead of buying individual servings of cereal or yogurt, think about buying larger boxes or containers. Small sizes of items typically use more packaging for each ounce of product than larger sizes. Smaller sizes also can be more expensive when compared side-by-side to the total net weight or quantity of larger packages. So shopping in bulk can actually save money and the environment, to boot! (Kane County Chronicle)

More Green Housekeeping Tips

Many green cleaning staples are less expensive than chemical counterparts. Plus, they are probably items you have around the house and use for other purposes. The advantages, in addition to being good for the environment, are that green cleaning doesn't give off harsh fumes, they're generally safe for children and pets, and they are less caustic – meaning you may not need those heavy-duty rubber gloves.

1. Cream of tartar. Use this baking staple for removing rust from white porcelain fixtures. Mix two tablespoons with a few drops of 3-percent hydrogen peroxide. Let the paste sit on the stain until dry and then rinse off.
2. Cornstarch. Another spice closet must-have, cornstarch can absorb grease and oil from fabric, upholstery and leather. Also, mix 2 tablespoons of cornstarch into 2 quarts of very warm water. Fill a spray bottle. Rub the mixture on the window using a soft cloth. Follow with a clean, dry cloth to dry and shine the windows. They will sparkle for days.
3. Salt. Use this as an abrasive for cleaning grime from baking dishes, pet bowls and so much more.
4. Rubbing alcohol. Use for a streak-free shine on stainless steel appliances, windows and other surfaces.
5. Vinegar. Mix 1-2 cups of white vinegar (depending on how tough the situation is) in a bucket of very hot water. Apply with a mop to any type of floor, including hardwood. No need to rinse, but you will want to wring out the mop often and remove as much liquid as possible to speed the drying process.
6. Baking soda. Sprinkle the carpet liberally with baking soda. Allow it to sit overnight. Vacuum it thoroughly in the morning. Your carpet will be fresh and sweet-smelling with no overpowering 'perfume' scent. Hint: Start with an empty vacuum bag or receptacle because it is going to fill up fast.
7. Dawn dishwashing liquid. Fill ¼ of a spray bottle with original blue Dawn dishwashing liquid. Add white vinegar to fill the bottle. Shake the bottle to mix it. Spray it on the tub and shower floors and walls. Allow it to sit for up to one hour

if you have a great deal of soap and scum build-up. Scrub as necessary, then rinse well. Prepare to be amazed. (Mary Hunt)

Quirky Green “Stuff”

Dozens of quirky products, from coasters made of discarded computer motherboards to solar-cooled caps, bamboo purses to cardboard tables, are shown in beautifully arrayed photos by Australian Dave Evans. His book is called COOL GREEN STUFF: A GUIDE TO FINDING GREAT RECYCLED, SUSTAINABLE, RENEWABLE OBJECTS YOU WILL LOVE.” Each photo in the book is accompanied by a quick explanation of the materials used and a link to a website where the item can be purchased. The book costs \$14.95.

(Newsday)

“Eco-Getaways”

Outside Magazine’s March issue recommends several places in the USA as the ‘best new eco-getaways.’ You have to have a few bucks to spend, but The Lodge at Sun Ranch, in Cameron, Montana, plants 10 trees in the Amazon for every guest who stays there. Check the Lodge out at www.sunranchlodge.com. Also -- Proximity Hotel in Greensboro, North Carolina, is a new hotel striving for top certification from the Leadership in Energy and Environmental Design code, a nationally recognized benchmark for green buildings. Solar panels heat 60% of the hotel’s water, and its elevator captures electricity produced by the brakes as the car descends; check it out at www.proximityhotel.com. (The Associated Press)

Plastic Pots

Gardening seems as close to nature as you can get, but the 300 million pounds of plastic pots and trays used each year often clutter landfills. Not in St. Louis, Missouri, though, where volunteers with the Missouri Botanical Garden’s decade-old recycling program have collected more than 300 tons of plastic from nurseries, landscapers, and growers for reprocessing into faux timbers. The garden plans to open new collection centers and year-round drop-off boxes and help set up similar programs around the country. For details, check out www.mobot.org/hort/activ/plasticpots.shtml. (Greg Bailey)

Mountaintop-removal Mining and YOU

Check out www.ilovemountains.org/myconnection, to determine if your utility has ties to mountaintop-removal mining practices. We hope NOT! (Sierra Club Magazine)

Take Action!

Please take time to write a letter to Kentucky Governor Steve Beshear, asking him to take leadership on protecting Kentucky’s mountains and headwater streams. His address is: State Capitol Building, Frankfort, Kentucky 40601. His fax number is 502/564-2517. (Kentuckians for the Commonwealth)

Appalachian Hot Chocolate

Here’s a recipe to try on these cold winter nights!

6 cups cold milk

1 small package chocolate instant pudding mix

6 tablespoons whipped cream

Pour milk into saucepan and add dry pudding mix. Beat with whisk for 1 minute. Bring saucepan to a simmer on medium heat while stirring frequently. Pour into mugs and top with whipped cream. (Mountain Spirit Magazine)

And Finally.....

“No matter how far out your dreams may be, they are possible. Anything is possible for those who dare to dream and who don’t give up. And we must hope. At the end of the day, hope connects us all, no matter how different we are.”

(Academy Award Winner Marketa Irglova)

“Every child should have an opportunity to experience a camp experience in the mountains like I did when I was growing up.”

(Kevin Richardson)

“Camp H.O.P.E. is Heaven on Earth –
Kentucky style!”

(Julia)

See you in April!

Linda and Wen