

**ALW EARTHLINK
APRIL 2008**

In this issue.....

April Birthdays

EARTH DAY

Roots & Remembrance 2008

Candles for a Cause

Yankee Candle Fundraiser

B.P. Helps ALW and the Cathedral Domain

Camp H.O.P.E. 2008

Environmental News

And Finally.....

April Birthdays

Happy Birthday to the following ALW Angels:

Hailey -- April 7

Meg -- April 10

Diane -- April 12

Nikki -- April 16

EARTH DAY -- APRIL 22!

Lynne -- April 23

Fatima -- April 25

Petra -- April 28

We hope y'all have memorable celebrations and a whole year of happiness!

EARTH DAY

We have shared this information before, but a 'rerun' never hurts...neither does recycling, reusing...ok...you have the idea! ☺

How the First Earth Day Came About By Senator Gaylord Nelson, Founder of Earth Day

What was the purpose of Earth Day? How did it start? These are the questions I am most frequently asked.

Actually, the idea for Earth Day evolved over a period of seven years starting in 1962. For several years, it had been troubling me that the state of our environment was simply a non-issue in the politics of the country. Finally, in November 1962, an idea occurred to me that was, I thought, a virtual cinch to put the environment into the political "limelight" once and for all. The idea was to persuade President Kennedy to give visibility to this issue by going on a national conservation tour. I flew to Washington to discuss the proposal with Attorney General Robert Kennedy, who liked the idea. So did the President. The President began his five-day, eleven-state conservation tour in September 1963. For many reasons the tour did not succeed in putting the issue onto the national political agenda. However, it was the germ of the idea that ultimately flowered into Earth Day.

I continued to speak on environmental issues to a variety of audiences in some twenty-five states. All across the country, evidence of environmental degradation was appearing everywhere, and everyone noticed except the political establishment. The environmental issue simply was not to be found on the nation's political agenda. The people were concerned, but the politicians were not.

After President Kennedy's tour, I still hoped for some idea that would thrust the environment into the political mainstream. Six years would pass before the idea that became Earth Day occurred to me while on a conservation speaking tour out West in the summer of 1969. At the time, anti-Vietnam War demonstrations, called "teach-ins," had spread to college campuses all across the nation. Suddenly, the idea occurred to me - why not organize a huge grassroots protest over what was happening to our environment?

I was satisfied that if we could tap into the environmental concerns of the general public and infuse the student anti-war energy into the environmental cause, we could generate a demonstration that would force this issue onto the political agenda. It was a big gamble, but worth a try.

At a conference in Seattle in September 1969, I announced that in the spring of 1970 there would be a nationwide grassroots demonstration on behalf of the environment and invited everyone to participate. The wire services carried the story from coast to coast. The response was electric. It took off like gangbusters. Telegrams, letters, and telephone inquiries poured in from all across the country. The American people finally had a forum to express its concern about what was happening to the land, rivers, lakes, and air - and they did so with spectacular exuberance. For the next four months, two members of my Senate staff, Linda Billings and John Heritage, managed Earth Day affairs out of my Senate office.

Five months before Earth Day, on Sunday, November 30, 1969, The New York Times carried a lengthy article by Gladwin Hill reporting on the astonishing proliferation of environmental events:

"Rising concern about the environmental crisis is sweeping the nation's campuses with an intensity that may be on its way to eclipsing student discontent over the war in Vietnam...a national day of observance of environmental problems...is being planned for next spring...when a nationwide environmental 'teach-in'...coordinated from the office of Senator Gaylord Nelson is planned...."

It was obvious that we were headed for a spectacular success on Earth Day. It was also obvious that grassroots activities had ballooned beyond the capacity of my U.S. Senate office staff to keep up with the telephone calls, paper work, inquiries, etc. In mid-January, three months before Earth Day, John Gardner, Founder of Common Cause, provided temporary space for a Washington, D.C. headquarters. I staffed the office with college students and selected Denis Hayes as coordinator of activities. Earth Day worked because of the spontaneous response at the grassroots level. We had neither the time nor resources to organize 20 million demonstrators and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself.

Check out www.earthday.net/earthday2008.aspx for great ideas on how to promote/enjoy Earth Day. PLEASE celebrate Earth Day on April 22 – and then continue to celebrate our Earth EVERY DAY! ☺

Roots & Remembrance 2008

A small group of us will be gathering in Lexington, Kentucky over Memorial Day weekend (May 24-25) for an event that will be environmentally-friendly, full of fun, and bright with light! Roots & Remembrance 2008 will feature a hunt for ‘treasure,’ lots of outdoor activities, great food, goody bags, and more! The grand finale will be our beautiful “Remembrance” candle ceremony, where we will make the night glow with light, with memories and with love! **You can still join us for this awesome weekend ‘adventure’!!** Contact us if you are interested in participating!! We must have a non-refundable deposit of \$35 at the time you sign up to participate. If you won’t know your plans until the last minute and just want to show up, we encourage you to COME; however, we cannot guarantee that you will receive all our awesome goody bag items AND we cannot guarantee that we will be able to provide you with some of the meals we will have already ordered. BUT – the invitation is always open and you are always WELCOME TO JOIN US!!!! Contact us at alastingworld@sbcglobal.net if you have questions, need directions for finding us, want more information, etc.

Candles for a Cause

As you already know, our “Remembrance” luminary ceremony is one of ALW’s most cherished annual events. The ceremony is a quiet, reflective evening full of song, awards, presentations, and sharing. The highlight of the evening is the lighting of HUNDREDS of candles and the solemn reading of the names of those for whom the flames are glowing. We light candles for loved ones, living and deceased. We light candles for pets, for special occasions such as birthdays, anniversaries, graduations, etc. We light candles to remember places like streams that have been buried and mountains that have been destroyed because of mountaintop removal mining practices. The symbolism is very powerful. It is amazing to observe what the light from just one candle can do – and it is even more overwhelming to witness what HUNDREDS of candles can do! The candles symbolize, so perfectly, what our Honorary Chairperson Kevin Richardson means when he says “TOGETHER we can make great things happen.”

Please consider taking part in this very beautiful ceremony.

If you can’t attend in person, join us in spirit by having a candle lit for someone/something important to you. The donation of \$5/candle also makes a difference. ALL money is used to help ALW touch the lives of underprivileged Appalachian children in Kentucky.

As always, we ask that each ALW Angel light just one candle in honor of Kevin Richardson. Without Kevin’s belief in our dreams, without his encouragement, and without his approval and support, there might not have been an ALW at all!

Let's show Kevin we stand behind him by reaching out to the kids in the area where he grew up. \$5 from each ALW Angel would add up to quite a nice donation to the cause!

To date, we have 11 candles for Kevin – so – come on, Angels – we need a LOT MORE!!!!!!

We'll give you a little 'incentive.' For each "Kevin Candle" you make a donation for, your name will go into a raffle for a VERY SPECIAL KEVIN PRIZE (not signed – but HOT, HOT, HOT! ☺).

Make your donations through Paypal (our Paypal address is alastingworld@sbcglobal.net), or contact us by e-mail at alastingworld@sbcglobal.net to find out where you can send a check. As always, thanks for ALL you do to make ALW the great organization it is!

A Special Note: As some of you know, Wen's mother passed away on March 30. Wen is a very, very special person to me. She is the heart and soul behind A Lasting World. Wen puts every waking moment into the 'behind the scenes' part of this organization – without her, this place couldn't run as smoothly as it does. I know the best way to honor the memory of Wen's mother would be to have candles lit in her mom's name. I know several of you have already generously done this, and I thank you. I'm asking ALL our Angels to try to find it in your hearts to light one candle either for Wen and her family, or for Wen's mother, Lorraine LaFleur. For all that Wen has done for us, for ALW, and for so many others, won't you please consider doing this for her? I know it would mean the world to her. Thanks so much. Linda

Yankee Candle Fundraiser

Thanks to all those Angels who participated in our Yankee Candle Fundraiser. We made \$794 for ALW!!!! Your orders will be shipped no later than April 10.

Remember that for each \$5 of Yankee Candles you purchased, you can send us a 'Remembrance' name for our candle ceremony. Also, for each \$5 you purchased, you get one ticket put into our Kevin Prize raffle!

B.P. Helps ALW and the Cathedral Domain

Thanks to five caring, environmentally-conscious B.P. employees (three of them are ALW Angels), the company's "Fabric of America" program recently donated \$1250 to ALW for Camp H.O.P.E. tuition, and \$1250 to the Cathedral Domain to help redesign and refurbish the Domain's existing Nature Center. Thanks, B.P.!

Camp H.O.P.E. 2008

We'll be in Kentucky April 17, meeting our 2008 Campers (and their parents) for the first time, giving them a little overview of what they can expect at our summer environmental camp, and answering any questions they may have. We're excited, and we hope the campers are excited, too!

We're busy writing requests, sending e-mails, making phone calls, making personal visits, etc. – to obtain in-kind donations for Camp H.O.P.E. The responses have been very favorable, and our third annual camp should be the best one yet!

Environmental News

Declutter for a Good Cause

It's the time of the year to do some 'spring cleaning.' The clothing, accessories, utensils, and gadgets that are cluttering your life might be exactly what someone else needs. So instead of tossing them, give them away!

Here are some places for you to check out:

Soles4Souls: Distributes your old shoes to those in need in more than 40 countries around the world. Find out more at www.GiveShoes.org.

Nike Reuse-A-Shoe: Turns old sneakers into basketball courts, tennis courts, and other play surfaces. Go to www.letmeplay.com/reuseashoe.

Excess Access: Matches donations of household items with non-profits that need them. Look at www.ExcessAccess.org.

Dress for Success: Helps disadvantaged women around the world who are interviewing for jobs by giving them professional, gently worn outfits, shoes, and accessories. Find them at www.DressforSuccess.org. (USA Weekend Magazine)

Golf Greens Get Greener

Golf courses – and golfers – have become more eco-conscious. “The average 18-hole golf facility covers 150 acres, yet a third of it is construction, rough, woods, water and other potential habitats,” says Kevin Fletcher, executive director of Audubon International. “These non-play areas provide significant opportunities to enhance and protect wildlife and native habitats.” Courses certified by Audubon International use non-toxic chemicals, minimally, on the turf and soil, and they conserve water and protect its quality.

Tips for Golfers:

1. Walk rather than use a cart to save the grass – and gas.
2. Stay away from fast courses, where the grass is kept short. They're susceptible to invasive plants, disease and damage from drought.
3. Find eco-friendly golf courses at www.golfandenvironment.org. (Natalie Ermann Russell)

Green Works Products at Wal-Mart

If every Wal-Mart shopper bought just one bottle of Green Works cleaner, 2.5 million gallons of petroleum-based solvents would be eliminated! Check out the entire line of Green Works products at Wal-Mart.

Is Plastic Destroying Our Oceans?

Currently floating in the Pacific Ocean: a giant field of plastic trash that's twice the size of the continental United States. Stretching from our West Coast to Japan, this man-made mess is severely affecting the Pacific's ecosystem. Experts say that dangerous chemicals from industrial waste, such as PCBs, stick to any plastics in the water. The chemicals are then ingested by marine life and birds – and, via the food chain, by humans. How did the plastic get there? From streams and rivers, beaches

and boats. “There is no technology to get rid of plastic,” says Marcus Eriksen of the nonprofit Algalita Marine Research Foundation. “The only solution: stop adding it to the ocean.” Some countries already have announced bans on free plastic bags. China will outlaw the thinnest ones beginning June 1, and Australia is planning a gradual phase-out by the end of the year. Closer to home, the Whole Foods Market chain has pledged to be plastic bag-free by April 22, Earth Day. Plastic bottles also are being targeted. In January, Chicago became the first major U.S. city to put a 5-cent tax on bottled water in an effort to encourage recycling and discourage consumption. Many other American cities are debating similar measures. (Parade Magazine)

You Can Compost!

Compost feeds the critters that feed our plants. It also improves soil texture. Texture is about how air and water flow. Plants are mostly made of water and water carries their nutrients, so they need soil that will let water flow freely. They also need air around their roots. Compost offers food for worms, insects and other creatures that burrow through, making tunnels that circulate air and water. It supports fungi that ferry water and nutrients to roots. So -- start a compost pile! It doesn't take much. Begin by gathering non-woody plant waste – leaves, weeds, dead houseplants – in a heap in an inconspicuous place in your yard. Once the pile is big enough, bacteria, fungi and other industrious critters will go to work to convert it to black gold. The process goes faster in a bin (required by law in some areas) which holds in heat and moisture and repels foraging animals. You can also add plant matter from the kitchen, such as apple cores and vegetable peelings. Want to know more? See www.urbanext.uiuc.edu/homecomposting/basics.html.

Learn to Love Lint!

You need to empty the lint from your clothes dryer, so put it to good use. Rather than throw it away, till it into the ground around your vegetables or flowers. It will help your soil retain moisture. Or you can just toss the lint in your compost pile! (The Suburban Woman)

Gore Pushes \$300M Green Campaign

Washington. Former Vice President Al Gore will launch a three-year, \$300 million campaign on April 1, aimed at mobilizing Americans to push for aggressive reductions in greenhouse gas emissions. The Alliance for Climate Protection's “we” campaign will employ online organizing and television advertisements. Gore declined to quantify his contribution, but he has devoted all his proceeds from the Oscar-winning documentary “An Inconvenient Truth” and the best-selling companion book. Along with the 2007 Nobel Peace Prize, the sum is more than \$2.7 million. (Associated Press)

Go Fly a Kite!

With spring approaching, it's a great time for children and adults to share outdoor activities such as kite flying. Kite flying is a great activity to do as a family. Several activities can be included to build on the kite theme. Here are some ideas to get you started.

1. Learn about kites. Depending on the ages of the children, you might read stories about kites or kite flying or you might draw pictures of kites.
2. Choose the type of kite your family would like. Older children might want to look up instructions to make a kite, or you can buy a kit and build the kite together as a family.
3. Consider the best place to fly your kite. Once the kite is finished and the weather cooperates, find a field or other area away from electrical wires and trees where you can fly your kite together as a family. Take turns running with the kite to get it in the air.

Recent concerns about childhood health issues reinforce the importance of physical activity for adults and children alike. Studies have shown that children who are physically active **OUT OF DOORS** experience fewer health problems than those who are inactive, and active children have higher self-confidence. Parents play an important role as they model active behavior. According to the United States Department of Agriculture's "Eat Smart, Play Hard" program, being physically active increases fitness levels and keeps the heart and lungs healthy. It also builds and maintains healthy bones, muscles, and joints. Adults need at least 30 minutes of physical activity most days, and kids need 60 minutes daily. Of course, there are lots of activities that families can do together. Participate in exercise activities together as a family throughout the year such as taking walks, riding bikes, hiking, playing games or sports, or swimming. Let the kids help plan the activities so they will feel more involved. Avoid overly demanding or competitive activities. Children are more likely to want to stay active if they are just having fun than if they feel pressure to succeed. Give them lots of praise and cheering. Also, remember to be a good role model – parents should take part in the activities, too, not just cheer from the side. Make a list today of activities your family can start doing **OUTDOORS** to be more active and to enjoy the environment! (Amy Griswold and Patti Faughn)

And Finally.....

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

John Muir

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

Chief Seattle, 1855

“We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.” Aldo Leopold

See you in May!

Linda and Wen