

ALW EARTHLINK
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May Birthdays

Spring is in the air – and so are May birthdays! Happy Birthday to the following ALW Angels:

Ashley – May 5

Ann – May 7

Angie – May 11

Richard – May 12 (Honorary Angel!)

Edel – May 13

Alison – May 24

Tyna – May 26

“Earth”

We went to see the movie “Earth” and we HIGHLY RECOMMEND IT! The following review was in a paper to which Wen subscribes, and we think it covers the content of the movie very well.

“At once a stunning portrait of the natural world and a subtle plea for environmental responsibility, “Earth,” the first feature from Walt Disney Studios’ new label, DisneyNature, is also a gripping animal adventure story suitable for all but the very youngest family members. Actor James Earl Jones provides his usual resonant narration, while the Berlin Philharmonic Orchestra performs composer George Fenton’s stirring score. The primary focus is on three epic struggles for survival, as a polar bear battles the glacier-shrinking effects of global warming to feed her newborns; an elephant guides her fragile calf across the Kalahari Desert in search of fresh water; and a humpbacked whale and her cub undertake a 4,000-mile migration from the tropics to Antarctica. While eschewing any outright political message, simply by its portrayal of the beauty and delicacy of creation “Earth” highlights the need for a renewed sense of careful human stewardship over nature. Filmmakers are careful to cut away from any fatal results, but the suspense and violence might still prove too frightening for small children. This moving documentary is definitely worth a trip to the movie theater.” (The Observer of Rockford, Illinois)

Camp H.O.P.E. Update

We had a parent/student meeting for this year's Camp H.O.P.E. participants, and our campers seem pumped up and ready for a week-long summer environmental experience!

We have been receiving more gift donations for the campers – autographed books from authors and publishing houses, complimentary CD's from musicians and record labels, candy (lots of candy!) from companies that produce it, and much, much more. We know that in a tight economy, donations are much harder to make, but people have been very generous to ALW, and we are most grateful!

We're still in need of a few more \$5 McDonald's gift certificates so that we can treat the campers to breakfast on our off-site field trip day. If you can help by sending us one or two of these certificates, we'd be most grateful!

A SPECIAL thanks to ALW Angels Malessa, Diane and Lynne, and to a few of Wen's cousins/family members! Their generosity/diligence in collecting and making donations has enabled us to purchase a high-quality, personal CD player for each camper. The campers will use the players on our bus ride to and from our field trip destination, and then they will take the players home as a souvenir/gift. ALL kids love music, and these personal CD players will truly be a lasting, treasured present!

Fundraiser Updates/Winner of Raffle Prize

We spent Saturday, April 25, at the Mountain Mushroom Festival in Irvine, Kentucky. Several of our former Camp H.O.P.E. participants (and one student who will be coming to our 2009 camp) helped 'man' our booth where we sold our cookbooks, seeded cards and homemade baked items. We had a pick-a-duck game and a lollipop tree for the smallest visitors to our tables. Thanks to Jeff, Beka, Lindsay, Sara, Krista, Brittney, Cole, Bobbi, Kavan, Julia, C.J., Austin, and Kevin for repeatedly shouting 'Help send a kid to camp!' and for smiling through all the sweat! Because of your efforts, we made over \$193 in pure profit! ☺

Thanks to ALL of you who donated towards our Remembrance candle ceremony, to take place over Memorial Day weekend. We brought in \$1,385 in donation money, all to be used for the kids coming to Camp H.O.P.E.!

Thanks to all of YOU, our ALW Angels, we will be lighting 107 candles in honor of Kevin! We are happy to announce that ALW Angel MIKE is the winner of our raffle package that includes one signed item from Kevin! Congratulations, Mike, we'll be putting the gifts in the mail to you next week, so watch for them! (Note – the winning name was drawn by Wen's husband Jerry – the drawing was fair and square!)

Someone You Should Know

Jennifer Rigby is the Director of Acorn Naturalists. She and her company generously donated a very informative, colorful, detailed book about bats for each of our 2009 campers. (At Camp H.O.P.E., we hike through a bat cave and present

an entire workshop on bats.) These books will be a wonderful resource for our campers!

Jenny says that Acorn Naturalists is not a big company; in fact, they are a small, independent business owned by two people ‘who care passionately about the importance of connecting children to nature.’ Jenny says the company is actively involved in state and federal initiatives to do just this, and they contribute to causes they feel are important – including A Lasting World Inc.!

Here’s what Jenny told us about Acorn Naturalists.

“The Acorn Group was founded by two educators, Jennifer and Marty Rigby, in 1990. Today, the company consists of three divisions. The catalog division, Acorn Naturalists, launched its first catalog in 1991, bringing together a collection of resources to help advance the field of environmental interpretation and education. From a 32-page booklet, the catalog has grown into a comprehensive, 200-page resource whose cover art features the work of internationally renowned wildlife artists and pages showcase the finest resources available for the trail and classroom.

The consulting division, The Acorn Group, also focuses its work on the advancement of environmental interpretation and education. Blending the skills of planners, designers, architects, and educators, the firm offers services in interpretive master planning, exhibit design, strategic planning for education, and evaluation. Several of our projects have been recognized nationally, receiving such awards as the Exhibit Design Award, Print and Media Design Award, and Interpretive Media Award by the National Association for Interpretation, Best of Show by the Western Fairs Association, Award of Excellence by the California Parks and Recreation Society, and National Education Award by the American Zoo and Aquarium Association.

In 2002 the company fulfilled its vision of building the Center for Science and Environmental Education and expanding its operation to include a retail store, the third area of focus for the company. Accented with slate, wood, copper trim, large paned windows, and old clinker brick and lichen-covered stonework, the Center was designed by Leason Pomeroy, one of Frank Lloyd Wright’s students. Like the philosophy of the company, it reflects the spirit of the early Arts and Crafts Movement. The oak doors that grace the front entrance were hand crafted in Tennessee by a third generation wood carver.

The Center also reflects the company’s core values of integrity and innovation. From its storm water diversion practices and drought-tolerant native landscaping to its energy efficient construction and in-house recycling program, the Center strives to be a model of what businesses can and should do. In recognition of this, the League of Conservation Voters honored Acorn Naturalists with the Orange County Environmental Business of the Year Award in 2005. Jennifer and Martin Rigby were also honored in 2005 with the Howard Bell Award for outstanding achievements and contributions as leaders in the field by the Association for Environmental and Outdoor Education.

The grounds of the Center are richly landscaped with 100% California natives. The redwoods offer shade for scores of spring wildflowers; turtles bask on floating logs in our pond; bluebirds guard ‘their’ nest boxes; and butterflies flutter around their host plants. What we have proven – to the delight of surprised customers and city planners

alike – is that it is possible to restore and celebrate nature in the heart of the urban core.”

Jenny says that some of the most popular items Acorn Naturalists sells are daypack kits, classroom kits, and track and scat replicas – all quite handy for naturalist-led hikes in the field!

Please support this wonderful company! (We do! We just purchased owl pellets for another workshop at camp!) To purchase items from Acorn Naturalists, go to www.acornnaturalists.com, or call or write for a catalog: Acorn Naturalists, 155 El Camino Real, Tustin, CA 92780, 800-422-8886.

Someone Else You Should Know

Kentucky's bourbon manufacturing industry supports a variety of businesses other than distillers, from corn farmers to barrel makers. Promotional Wood Products is a maker of custom boxes, signs, and advertising displays that counts Jim Beam and other regional distillers among its biggest customers. Brothers Patrick and Charles Hutchens started out in 1986 as cabinet makers. They soon found a unique niche of their own as crafters of liquor display stands and dispensers, custom cases for wine and spirits, and wooden promotional items. They use native Kentucky oak and ash for many products. Fittingly, some of their raw material is even reclaimed from old distilleries and warehouses. They also continue a long-standing Kentucky tradition by making small, lockable keepsake memory chests. The company is the sole producer of the Original Keepsake Memory Box. For the past two years, Patrick has donated engraved, custom-designed keepsake boxes for all our campers. The boxes are beautifully crafted. The custom artwork on the top of the boxes depicts Kentucky nature scenes in breathtaking color.

Patrick and his team would be more than happy to design a Keepsake Memory Box for YOU! The boxes would make perfect gifts for birthdays, graduations, weddings, anniversaries, or any other special occasion. Check out their website at www.promowood.com. Contact Patrick at 877-696-6346 for more information about a custom design for a box, or send him an e-mail at info@promowood.com. (Special note: we have had two wonderful, in-person visits with Patrick in his shop, and he is one of the most genuine, down-to-Earth, caring people we know. His love of his home state of Kentucky, his commitment to the environment, his strong values and high standard of work ethics, and his desire to help underprivileged children are all very impressive. We'd love to have you support Patrick's company! If you contact him – tell him Linda and Wen send him greetings!)

Environmental News

In Case You're Wondering.....

If you are interested in knowing how long it takes the items we toss into our landfills to decompose, here are some figures for you:

Paper – 2-5 months

Milk Cartons – 5 years

Filter-tip Cigarettes – 10-12 years

Plastic Bags – 10-20 years

Leather Shoes – 24-40 years
Plastic Containers – 50-80 years
Disposable Diapers – 75 years
Tin Cans – 100 years
Aluminum Cans – 200-500 years
Styrofoam – Never
(Jeanne Phillips)

Save The Planet The Right Way!

We may think we are helping the environment, but sometimes – oops – our Earth-friendly actions are no help at all. Check out these four common goofs (and how to fix them!)

--Myth: Organic fruits and veggies are the ‘greenest’ foods. Fact: Not always. When organics are shipped long distances, the transport uses lots of energy and releases tons of pollution. Quick Fix: Buy from local growers who don’t use artificial agents – you don’t always need an ‘organic’ label.

--Myth: Hand washing dishes saves water and energy.

Fact: Doing dishes manually actually uses more water and energy than running an efficient, fully loaded dishwasher, a German study found. Quick Fix: Do use your dishwasher, but skip the pre-rinse cycle and do full loads every time.

--Myth: Using paper bags is better than using plastic ones.

Fact: They’re both bad. Paper bag production kills 14 million trees a year and creates more air and water pollutants than plastic bag manufacture. Quick fix: Say no to paper and plastic at stores – carry reusable cloth totes instead.

--Myth: To save power, just turn off electronics after using them. Fact: Home electronics can still use energy when off, with 75% of power used at this stage.

Quick Fix: Unplug dormant devices, such as blenders and DVD players, or buy a power strip that senses idle times and cuts electricity. (Leslie Quander Wooldridge)

Natural Beauty – Care For Yourself and the Earth

Chemicals and synthetic ingredients abound in many beauty products. They lurk in hair dyes, self-tanners and even nail polish. But with some label reading, you can find products that work just as well and are made with more benign materials.

Here are a handful of new ways to stock your medicine cabinet and makeup bag with ‘green’ products.

--Some companies, like Aveda and John Masters Organics, make hair dyes that contain only trace amounts of oxidative dyes such as phenylenediamine and are lead-, toluene- and coal tar-free, says Julie Gabriel, author of The Green Beauty Guide.

--A lot of things in the kitchen can make great treatments, says Jeanie Pyun, editor of Sprig.com, a green lifestyle website. Pyun suggests mixing sugar and olive oil together for a body scrub. Start with 2 tablespoons of each, and then adjust to achieve your desired consistency.

--You are inhaling a potent Molotov cocktail of toluene, formaldehyde and phthalates every time you paint your nails says Julie Gabriel. She also says ‘having your nails painted when you are pregnant or breast-feeding is just as bad as

smoking.’ Phthalate-free polishes are now on the market. “Look for the formulations that contain no toluene or formaldehyde in any form,” she says. “In general, pastel-colored or clear polishes are safer than deeply hued ones.” To be truly green, skip the nail polish.

--Studies have shown that self-tanners can actually increase the damage done to skin by the free radicals that we all are exposed to every day. According to Julie Gabriel, 10 minutes of natural sunshine daily will give you a healthy glow – and vitamin D.

--Inexpensive green beauty products are now available at Target, Wal-Mart, Bed, Bath & Beyond and even some grocery stores. To find information about eco-friendly brands, go online to www.safecosmetics.org or www.cosmeticsdatabase.com (Natalie Ermann Russell)

New Pollution Limits Seen

Washington: The U.S. government declared on April 17 that carbon dioxide and five other greenhouse gases endanger public health and welfare. The declaration means cars, power plants and factories could all soon face much tougher pollution limits.

The Environmental Protection Agency took a big step in that direction with its conclusion that the gases constitute a major hazard to Americans’ health. That was a reversal from the former Bush administration, which resisted such a conclusion because it feared changes to meet new emission limits would be costly for companies and therefore could harm the national economy.

“In both magnitude and probability, climate change is an enormous problem (and the greenhouse gases that are responsible for it endanger public health and welfare,” said the EPA, concluding the dangers warrant action under federal air pollution laws.

It was the first time the federal government had said it was ready to use the U.S. Clean Air Act to require power plants, cars and trucks to curtail their release of climate-changing pollution, especially carbon dioxide from the burning of fossil fuels.

The agency said the science pointing to man-made pollution as a cause of global warming is ‘compelling and overwhelming.’ It also said tailpipe emissions from motor vehicles contribute. (Associated Press)

Push!

Mowers that rely on gasoline or electricity are not the best choice for the environment. The greenest choice is a push reel mower!

10 Things You Can Do To Fight Global Warming

1. Recycle and buy minimally packaged goods as much as possible.
2. Wash clothes in cold or warm water, not hot water.
3. Install low-flow shower heads to use less water.
4. Run the dishwasher only when full and don’t use heat to dry dishes.
5. Replace standard light bulbs with compact fluorescent bulbs.
6. Plug air leaks in windows and doors to increase energy efficiency.
7. Replace old appliances with energy-efficient models.

8. Walk, bike, carpool or use public transportation whenever possible.
9. Adjust your thermostat – lower in winter, higher in summer.
10. Share these simple steps with friends and family and increase awareness!
(Environmental Defense Fund)

Green Toys

Aurora Naturally's Eco-Plush Animals depict threatened and endangered species like koalas, polar bears, wolves, otters, and penguins. The critters' remarkably soft exteriors are handmade in Indonesia from 100% soy fiber, and the stuffing comes from the kapok tree, a sustainable rainforest crop. The toys sell from \$15-\$30, and are available at www.currentenergy.com/store.

Outdoor Activities Your Family Will Love

This summer, with more people spending vacation time close to home, there's renewed interest in family activities in the great outdoors. Whether it's hiking, biking or trying something completely new, Mother Nature can bring a family together like few other things can. Here are a few outdoor activities that are sure to get your family pumped up.

1. Hike or climb with a guide.

With a bit of Internet research it's easy to find a local hiking trail and make a day of it, but have you ever thought about taking it to the next level and using a guide? Guides can be a great way to get to those little-known places that can be hidden gems. You'll hit some trails you might not normally attempt and guides can provide you with plenty of information about the local fauna and flora.

2. Camp the day away.

Increased interest at state and national parks could be due to the affordability of campsites for families who want a quick vacation without the expense. Never taken your family camping before? Try a one or two-day trip just to get your feet wet.

3. Rent a canoe for a day trip.

Whether you are floating along a beautiful river or exploring the different inlets of your favorite local lake, canoeing can show you nature in a new and fun way. Canoe rentals are usually pretty affordable and often come with life jackets for the trip. Some places will even bring you up river so you can have an easy journey downstream back to your car. Take the kids, bring a picnic lunch and pick your favorite spot along your journey for a break. It's an easy way to spend some quality time with your family while being surrounded by our natural environment. (Parent Source Magazine)

A Recipe from Kentucky

Since the first Saturday in May is the traditional running of the Kentucky Derby, we decided to share a recipe for one of Linda's favorite Kentucky dishes – the Kentucky Hot Brown. Hot brown sandwiches are open-faced hot turkey sandwiches with bacon that are the signature dish of many fine Kentucky restaurants. Make a hot brown to eat while you enjoy the Derby!

Kentucky Hot Brown

½ cup butter
½ cup flour
3 to 3 ½ cups milk
1 beaten egg
6 tablespoons Parmesan cheese
2 tablespoons whipped cream
Salt and pepper to taste
Slices of roast turkey
8-12 slices toast (trimmed of crusts)
8-12 slices cooked bacon

Melt butter and add flour, stirring with a whisk or spoon to make a thick roux. Add milk gradually and whisk to blend completely before adding more. As the sauce thins, you can add milk more quickly. Bring to a boil. Beat a little of the hot mixture with the egg. Remove sauce from heat and beat in the egg mixture. Add cheese and stir. Fold in whipped cream. Season to taste. For each Hot Brown, place two slices of toast on a flameproof dish. Cover with a liberal amount of turkey. Pour a generous amount of sauce over the turkey and broil about 6 inches from the heat until the cheese sauce begins to bubble. Sprinkle with additional Parmesan cheese. Place dish under broiler until sauce is speckled brown and bubbly. Remove from broiler and top with 2 pieces of bacon. Garnish with tomato slices, if desired. Serves 4-6. (From the official Kentucky Derby website)

And Finally.....

“I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise, what is there to defend?”
(Robert Redford)

“Volunteers do not necessarily have the time; they just have the heart.”
(Elizabeth Andrew)

“Whether you believe you can or you believe you can’t – you’re right either way.”
(Henry Ford)

“Dreams DO come true!”
(Linda and Wen)

We will remember all our ALW Angels during our Remembrance Luminary Ceremony during Memorial Day Weekend. Thank you ALWays for your support, your dedication and your love! The Earth truly IS a better place because of all of YOU!

See you in June!

Linda and Wen