

**ALW EARTHLINK
AUGUST 2009**

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August Birthdays

Wishing happiness and love to the following ALW Angels as they celebrate their summer birthdays!

Kristin Richardson (Honorary Angel) - August 4

Tanushree - August 5

Traci - August 9

Sue - August 19

Camp H.O.P.E. 2009

The weather was great, the camp was incredibly beautiful, the food was tasty, the Domain staff was helpful and accommodating, the guest speakers and entertainers were informative and enjoyable, and we are hopeful that our 15 campers left with happy memories of their week with us at Camp H.O.P.E. (Helping Our Planet Earth) 2009. We learned about bats, insects, owls, creek dwellers, stars and constellations, rainforest animals and habitats. We listened and learned about important environmental topics (mountaintop removal mining, global warming, deforestation of the rainforest, endangered species), and then we had lively discussions or question-and-answer sessions. Our environmental education was interspersed with hiking, archery, swimming, crafts and games. Our field trip to the Kentucky Music Hall of Fame and Museum in Renfro Valley offered us a chance to serve (we washed windows and did a trash pick-up) as well as to learn about the diverse musical traditions in Kentucky. And yes, on the last evening of camp we ‘thrilled’ our families and guests with brilliant performances of “Camp Granada” and “Life’s A Dance!”



We thank the 7 counselors (Ali, Becky, Betty, Jennifer, Jerry, Ruth and Steve) who assisted us and who shared so much of their time, talents, expertise and love with the kids.



And most of all, we thank our 15 campers (Alyssa, Auestyn, Breanna, Dallas, Dylan, Joey, Kealy, Kevin, Raelyn, Russell, Sabrina, Taylor, Tory, Tristian, and Wesley) -- they stuck with us for the week and they gave us all they had! They were each very special and very unique ‘stars’ and we know they will ‘shine’ on whatever paths their journeys through life take them.

Camp Photos

A Lasting World Inc. now has a Facebook page. Check it out at www.Facebook.com!! Become a FAN! We'll be using our Facebook page to put up some photos from Camp H.O.P.E. 2009 (thanks to Becky, Ali and Jennifer for being our expert photographers) so all of you can see some of the fun we had during our week in Kentucky!

We're also in the process of making our website more user-friendly. Watch for some cool changes – and some photos, too – at the website (www.alastingworld.com), to be coming within the next month or two.

Special Thanks

EVERYONE who did ANYTHING for Camp H.O.P.E. 2009 is close to our hearts, and in the September Newsletter we will be sharing a COMPLETE THANK YOU LIST of all sponsors, contributors, adopters, donators, etc. It's a very extensive list, and we are still going through it to make sure we don't leave anyone out!

Someone You Should Know

Have you ever heard of the following dance steps?

Stomp Double
Ida Red
Slap Back
Mountain Basic
Flea Flicker
Yee Haw Basic
Rocking Chair
Rooster Run
Football
Cowboy

If you know these steps and can perform them, then you must be a bona fide CLOGGER! ☺

11 members of the Bittersweet Cloggers, instructed by Shari Proctor, provided Camp H.O.P.E. 2009 with a lively evening of clogging!

What is clogging? According to the brochure Shari gave us, clogging “is an authentic and distinctive form of American folk dance that began in the Appalachian Mountains and now enjoys widespread popularity throughout the United States and around the world. As the Appalachians were settled in the mid-1700's by the Irish, Scottish, English and Dutch-Germans, the folk dances of each area met and began to combine in an impromptu foot-tapping style – the beginning of clogging as we know it today. Accompanied by rousing fiddle and bluegrass music, clogging was a means of personal expression in a land of newfound freedoms. As clogging made its way to the flatlands, other influences shaped it.....and clogging has enveloped many different traditions to become truly a ‘melting pot’ of step dances.”

The Bittersweet Cloggers performed traditional folk dances for us, but they also showed us how diverse clogging can be as they clogged to all different kinds of music – rhythm and blues, jazz, country and rock. The best part was that they also got everyone from Camp H.O.P.E. up and clogging along with them!

We are most appreciative of the time and energy The Bittersweet Cloggers shared with us. If you would like to learn more about this talented group, or if you just want to learn more about clogging, contact Shari Proctor at smpactor@kih.net. We are hoping that ALW will have upcoming events and fundraisers where we can showcase the talents of this very energetic group of dancers!

Upcoming Fundraiser

You like-a to eat? You like-a to eat spaghetti? You like-a to eat Italian salad? You like-a to eat homemade desserts? Would you like-a us to quit talking this way? We're just trying to get you pumped and excited for our upcoming fundraiser that will benefit Camp H.O.P.E. and the Cathedral Domain.

Because of the generous invitation from St. John's Episcopal Church in Versailles, Kentucky, we are pleased and proud to announce a special fall fundraiser:

**MAKE A DIFFERENCE
FOR THE DOMAIN!**

**All-You-Can-Eat Spaghetti Dinner
Music**

**Silent Auction (celebrity items, handmade quilts,
crafts by Kentucky artisans, more)
Premiere of ALW's Children's Book**

**Saturday, October 24, 2009
6-8 p.m.**

**St. John's Episcopal Church Hall
210 N. Main Street
Versailles, KY. 40383**

Tickets: \$8 per person (age 12 and up)
\$5 per person (age 11 and under)

For tickets, call Carol at 859-983-1479
or call Wen at 630-917-3912

Can't come? Make an "Empty Plate" Donation

The donation can be the price of dinner or
it can be in any amount you desire!

Send your donation to:

ALW, 2999 Husking Peg Lane, Geneva, IL 60134

(make checks out to A Lasting World Inc. and note 'Empty Plate Donation' on the memo line)

Tickets must be purchased and donations must be made no later than October 15, 2009.

ALL PROCEEDS WILL BE SHARED EQUALLY BETWEEN THE
CATHEDRAL DOMAIN, IRVINE, KENTUCKY
AND
CAMP H.O.P.E. 2010

Your donation will allow many more children the opportunity to enjoy the beauty of nature at the Cathedral Domain, on a mountain touched by God!

Questions? Contact us at alastingworld@sbcglobal.net

Watch for more information about this fundraiser and for information on how you can bid on our awesome Silent Auction items -- no matter where you live! ☺ This is for SUCH a good cause! We hope you will ALL want to participate!!!! Thanks!

Environmental News

10 Simple Things You Can Do To Help Protect the Earth

1. Put on a sweater. Remember, when you turn up the heat in wintertime your furnace is probably burning fossil fuels. A sweater or nice warm robe will keep you even warmer and will help conserve resources and reduce climate change.
2. Put one foot in front of the other. 100 years ago, 99.9% of people got by without cars. They took the train; they lived near their workplace....and they walked. Using fuel-efficient cars is important, but we can save even more fuel by simply driving less.
3. Go for seconds. Recycling doesn't only mean separating your cans and bottles. It can mean using things a second (or a third) time. The nice padded envelope you got in the mail, for example? Instead of throwing it away, scratch out the address, tear off the stamps and use it again.
4. Watch your waste. Items you may be throwing away can contaminate the soil and water for thousands or millions of years. Your community probably has special

disposal procedures for things like used oil and batteries. Ink cartridges can probably be recycled where you bought them. And many of the new super-efficient light bulbs contain mercury, so proper disposal is crucial. Check with the store where you buy them.

5. Paper nor plastic. Bring your bags with you! By taking reusable bags to the grocery store, you can cut down on the 350 bags the average American uses each year, and reduce needless death to marine life caused by plastic bags that end up in streams, rivers and oceans.

6. BYOB. Last year Americans went through about 50 billion plastic water bottles. Fill up a reusable water bottle at home and bring it with you. Don't like the taste of your tap water? Buy a filter! (Remember, much of the bottled water sold today is filtered tap water, anyway!)

7. Flip 'em off. In much of America we can't even see the stars anymore, due in part to all the electric lights. Keep the light on in the room you are in, but keep the rest of your house dark. You'll find the dark is soothing.

8. Get in touch with your roots. Plant a tree! Good for the soil, good for the birds, good for reducing climate change – and good for the air you're breathing!

9. Get off. Catalogs are great when they're from companies you like to order from. But if you're getting catalogs from companies you don't buy from, call them and tell them to get you off their list – and that's an order.

10. Support WWF. The World Wildlife Fund is working to protect endangered species and preserve their habitats. Time is running out for many of the animals you love. WWF must act urgently, and your generous help is crucial to their efforts. (www.worldwildlife.org)

Your Carbon Footprint

On April 17, 2009, the U.S. Environmental Protection Agency (EPA) ruled that carbon dioxide and several other gases are pollutants that must be regulated. In a 133 page explanation they said that the underlying science was 'compelling and overwhelming.' Earlier they proposed a rule that would require a broad range of industries to track and report their greenhouse gas emissions. 321 companies in the S&P 500 already track their carbon emissions and most work to reduce them. A variety of other institutions including cities such as Chicago, Highland Park and Evanston, and universities: Chicago, California (Berkeley), Stanford and Harvard all have sustainability coordinators or their equivalent, one of whose primary functions is to measure and find ways to reduce their carbon footprint.

Should it be different for individuals? Have you ever wondered what your own carbon footprint is and what more you can do to reduce it? It is defined as the measure of greenhouse gases, primarily CO₂, that are produced by burning fossil fuels through our daily activities. Why is this so important? During the past 150 years of the industrial age, the atmospheric concentration of carbon dioxide has increased by 31%. As greenhouse gas levels increase, heat is trapped in Earth's atmosphere which significantly changes our climate. The EPA's report said the consequences would likely include rising sea levels, an acceleration of species extinction, changing length of seasons, increased flooding in some areas but droughts in others, and more frequent heat waves and severe storms.

There are so many little things all of us can do to reduce our personal carbon footprints:

1. When away from home for an extended period of time, besides turning down your thermostats, lower the settings on your hot water heater(s).
2. Planting a single tree will save a ton of CO₂ over its lifetime.
3. All those electrical and electronic appliances with conventional plug-ins typically draw current even when they are not on. Where possible, cluster them on a power strip and turn the strip off when not in use.
4. The soft, conventional toilet paper requires the destruction of millions of acres of virgin forests. Try using a recycled tissue as it will feel only slightly different and of a quality found in most public buildings.
5. Use frozen food as little as possible; it uses 10 times more energy to produce than fresh food.
6. Better insulating walls and ceilings, caulking and weather stripping, and replacing leaky windows can save over 25% of your home heating bill and 3,700 pounds of CO₂ each year. Check out Consumer Federation of America to learn more.

The following links give you a measuring tool whereby you can calculate your own actual greenhouse gas emissions.

www.nature.org/initiatives/climatechange/calculator

www.lowimpactliving.com/scores?gclid=CKCM44SNyZkCFRlleDOodaDMNSw

www.conservation.org/act/live_green/Pages/ecofootprint.aspx.

Please take one of the surveys and consider changes you can make in your own life to reduce your carbon footprint.

(Donna R. Dann, Sierra Club)

Rain Barrels for A Green Planet!

What is a rain barrel? A rain barrel is a system that harvests rainwater. It collects this water for personal use – for watering the lawn, garden, plants inside the house and/or for washing the car. A rain barrel gathers rain directly from the downspout off your roof. This gives you access to lots of fresh, soft water. According to the Department of Natural Resources in Maryland, it is estimated that a rain barrel can collect approximately 1,300 gallons of water during the peak summer season. Lawn and garden watering can make up nearly 40% of total household water use during the summer. With rising water prices and some municipalities charging for overuse, the benefits of a rain barrel are obvious. It is a small change in lifestyle that can benefit our lawns, gardens, pocketbooks, and help communities manage the gift we have of abundant water.

Why use a rain barrel? Rain barrels conserve water, reduce water pollution, lower water bills, keep excess water out of the sewer system, help prevent overtaxing of municipal water systems, and keeps harsh chemicals (chlorine, fluoride, lime) out of our gardens (think vegetables!) and off our lawns. Better water quality produces better gardening results and leads to a healthier lifestyle. Having free water at hand during a drought is priceless. Some experts even say garden plants flourish not only

because the water is cleaner, but also because rainwater is tepid. The cold water from the hose can shock plants during the hot summer months.

Go online and search for 'rain barrels' – information-packed environmental sites and wonderful municipal sites sing the praises of the traditional rain barrel. Peruse the different web sites to educate yourself to the options. There are dozens of vendors and sources. Once you begin the search, you will find it is exciting to find how many green sites there are in cyberspace – some informational, some sales-oriented, but all interesting!

Saving money and helping the planet by using a rain barrel – it doesn't get much greener than that!

(Laura Franzen, Sierra Club)

Grizzly Bear News

The grizzly bear's removal from the list of federally endangered species was a hand-clapping success story just 2 years ago. But with high numbers of bears being killed by hunters around Yellowstone National Park, the grizzly's path to recovery may not be so clear. Here are the bare bones:

1. Bears are naturally expanding their territory but there is concern more will get killed if they are forced even farther afield in search of whitebark pine seeds, a dietary staple. Warmer than normal temperatures (read: global warming) are prolonging beetle infestations that have already laid waste to tens of thousands of acres of whitebark.
2. Humans killed 48 bears last year, out of 82 total deaths. At least 20 were at the hands of hunters who felt threatened or who mistook a grizzly for another animal. (Grizzly hunting is still illegal.)
3. The population numbered nearly 600 when the federal government removed protections. Today the population is growing an average of 4% to 5% a year, according to the U.S. Geological Society.

The good news is that the population is being closely monitored. A high death rate next year would trigger a review of the bear's status. (Defenders Magazine)

Waterkeeper

Who is Waterkeeper Alliance? "Waterkeeper Alliance is a powerful worldwide non-for-profit coalition of nearly 200 local Waterkeepers groups – Riverkeeper, Baykeeper, Coastkeeper and other grassroots Waterkeeper organizations – connected into a unified international force for environmental protection. Everyone has the right to clean water. It is the action of supporting members of Waterkeeper that ensures the future and the fight for clean water and strong communities. Join Waterkeeper Alliance and get Waterkeeper Magazine for one year. Go to www.WATERKEEPER.org and click on Donate Now to join as a supporting member. You can also join by mail. Send your check, payable to Waterkeeper Alliance, to WATERKEEPER Membership, 50 S. Buckhout St., Ste. 302, Irvington, NY 10533 or contact Waterkeeper at info1@waterkeeper.org."

(Waterkeeper Magazine)

Take Back the Tap!

Did you know that bottled water is not safer than tap water? The federal government requires far more rigorous and frequent safety testing of municipal drinking water than bottled water.

Bottled water is much more expensive than tap water. At approximately \$2 for a 20-ounce container, bottled water costs thousands of times more than tap water.

Bottled water hurts the environment. After millions of barrels of oil are used to produce and ship plastic water bottles, 90% of them land in the garbage instead of the recycle bin.

Americans spent almost \$12 billion on bottled water in 2008, in part because they think it is somehow safer or better than tap water. But it's not. Instead of buying into the myth of purity in a bottle, Americans should TAKE BACK THE TAP.

But just kicking the bottle in favor of the tap is not enough. Our cities and towns need continued investment in pipes and treatment plants to ensure that future generations have access to safe, affordable, public water.

What can you do? Pledge to take back the tap! Choose tap water over bottled water whenever possible. Support policies that promote clean, affordable tap water for all. Sign the pledge at www.takebackthetap.org. (Food and Water Watch)

Children and Pesticides

“Scientific research has proven that many pesticides and other toxic chemicals can cross the placenta and can be transferred to nursing infants in breast milk,” says Dr. Gina Solomon of the University of California Pediatric Environmental Health Specialty Unit. A child’s developing body makes it more difficult for them to detoxify or eliminate pesticides, and studies have shown that even a single exposure during a critical period of development can cause acute or long-term health problems. Children are also uniquely vulnerable to pesticide exposure due to their behavior. Unlike adults, they spend much of their time playing outdoors on the grass and indoors on carpeting where lawn chemicals have been brought into the house on shoes. Parents can protect their children by avoiding the use of pesticides on their lawns and paying careful attention to where their children play.

Encouraging good habits, such as washing hands after playing outdoors and taking shoes off at the door, is another way to protect children from pesticide exposure.

“As a pediatrician I urge all parents to reduce pesticide use as much as possible, especially lawn services. Children’s health is more important than a few weeds,” says Dr. Phil Landrigan, Director of the Center for Children’s Health and the Environment, Mount Sinai School of Medicine.

For information on safe lawn care and non-toxic alternatives and a list of organic landscapers in your area, go to www.grassrootsinfo.org. Websites to visit for pesticide information include: www.pesticide.org, www.beyondpesticides.org, and www.pesticideinfo.org.

(Grassroots Environmental Education)

More Concern About Mountaintop Removal Mining Practices

Robert F. Kennedy Jr. recently wrote: “If the American people could witness the destruction I have seen in the coalfields of Kentucky and West Virginia there would be a revolution in this country. Mountaintop removal mining is devastating southern Appalachia, tearing up mountains, burying streams, flattening forests, and extinguishing the region’s rich culture.....Detonating explosives equivalent to a Hiroshima bomb weekly, the coal barons are blasting the tops off the mountains to access sub-surface coal seams. Giant machines – drag lines and dozers – then scrape the rubble and debris into the adjacent valleys, filling the hollows, and leveling the landscapes. They’ve already buried 1,200 miles of streams, decapitated nearly 500 mountains, and flattened hundreds of thousands of acres of Appalachia’s irreplaceable forests. Soon, they will have destroyed a landscape the size of Delaware.” (Waterkeeper Magazine, Summer 2009)

And Finally.....

**“Don’t worry about failure.
Worry about the chances you miss
when you don’t even try.”
(Anonymous)**

**“It’s kind of fun to do the impossible!”
(Walt Disney)**

**“Logic will get you from A to B.
Imagination will take you anywhere.”
(Albert Einstein)**

**“Be who you are and say what you feel,
because those who mind don’t matter
and those who matter don’t mind!”
(Dr. Seuss)**

See you in September!

Linda and Wen

