



Oh, “...the snow outside is frightful but the fire is so delightful...”

“Sharings” from our Sisters and Friends

MARIE KOPIN SAYS....



Let it snow, let it snow, let it **snow and rain**
How do we handle snow and winter rains? Good **quality** water supplies through the winter rains/snows are an absolute necessity. Have you checked the kind of de-ice melt you use? What are some non-toxic alternatives?

- What about water filters for our sinks and showers? Have you considered the value of distilled vs. spring, vs. reverse osmosis waters? What are they? Can we ‘make them’ at home? How and where can I purchase them?
- Keeping your home healthy in winter is helped by some indoor plants. Check this link: <http://www.healthline.com/health-slideshow/air-purifying-plants#promoSlide> to discover how plants effect our health indoors, what kinds are available, how to grow them.

Another batch of low temperatures and snow is upon us and there isn't a better time to learn how to save energy and use it wisely. Here are a couple tips that can help take the chill off your bill.

1. Seal gaps around doors and windows with weather stripping, door sweeps and caulk or foam sealants. **OR, for a no-cost method use folded newspaper in door & window gaps. Works just fine.**
2. Install window insulator kits to cover entire windows with a shrink wrap like material. These kits are inexpensive and are an effective way to stop air leaks. You can purchase these at any local home improvement store.
3. Keep your thermostat set at 72°F or lower and take advantage of the programming settings when you are away or at night. Through proper use of a programmable thermostat (using the four pre-programmed settings) you can save about \$180* every year in energy costs.
4. Close the damper when your fireplace is not in use.

Keep south facing window draperies and shades open during the day to let the sunlight come into your home and closed at night to decrease the chill you may feel as a result of cold windows.

THANKS TO OUR CONTRIBUTORS FOR SHARING WHAT YOU ARE DOING

Depending upon where you live, winter often invites a shift in activity, both outside and inside activity. For some it's time to plan for next springs' garden; others enjoy the variety of meals and goodies made from the harvest they've processed during the fall months. Still others enjoy a fireplace, cross country hiking, skiing, or snowboarding. Whatever your preferences, we encourage you to be alert to ways we can protect and responsibly manage the natural resources of God's wondrous creation—and then share your thoughts and experiences. Just take time to note and share what you are doing to be a little more “green” or to protect the environment at home, at work, with others or alone.

Please send your contributions (along with a photo of the project and of yourself) to me at cppsnews@bright.net. It helps so much to connect a face with your article. **Deadline for the SPRING issue is 4/1/2014.**

Sr Mary Wendeln, the making of a Master Gardener

I was part of the Master Gardener's Class given by the Ohio Extension Society in Cincinnati, the annual ten week Master Garden's course sponsored by the Ohio Extension Society which occurred from September 5th to November 7th, 2013. What an enlightening experience it was for me to spend ten weeks with 20 folks who are dedicated to caring for the environment. Topics covered included Plant Botany, Integrated Pest Management, Plant Propagation and Native plants, Growing Vegetables, Wildlife Management, Composting and Rain Gardens plus an introduction and history of the **Extension Society**.

Seven Classes were held at the Civic Garden Center in Cincinnati, others at the Cincinnati Zoo, Eden Garden Center and the Krohn Conservatory. The dedication and commitment of the instructors was evident as all are experts in their various fields. Completion of the course depends on 50 volunteer hours at various sites in the areas.

The treatment of the soil, attention to transplanting plants and vegetables, placement of trees and flowers in the landscape were consistent topics of conversation. Most damage to the environment comes from what we as humans want instead of what is the best environment for trees, plants and animals.

Click on the link below to find the Extension Society in you state and county.

<http://www.ahs.org/gardening-resources/master-gardeners>. Hopefully during this intern year of 50 volunteer hours, I will practice some of the theory I learned.



Judy (Lowery) Kalmanek's adventures and reports....

Presently, the chair of the Wildlife Sanctuary Board and I are a committee of two planning the exhibit for the River Center which will be housed at the NOAA Marine Sanctuary. Our plan is to have the exhibit ready for installation in mid-March. (Oh, sure!) It is a fairly large task involving much research, writing,



Judy with camera in kayak

photographing meeting-meeting-meeting and construction. It's an enjoyable task, however, since it entails kayaking to shoot film, hiking various sites with camera in hand and meeting many interesting people.

Like most service oriented groups, our Commission on Aging is faced with less and less government support. This translates into devising creative fundraising events which we're doing. This fall I facilitated a day long board visioning process, followed by a board-staff visioning day and a subsequent board visioning. The intense gatherings resulted in both a short and long term action plan for our agency. So far, we seem to be on track with the plan.

My other commitment is to Huron Pines, the Northeast Michigan conservation group. Our work focuses on preserving or restoring the watersheds in our region. This includes controlling invasive species and erosion sites as well as sustaining habitat for native wildlife. It's a rather large but enjoyable task. In September, Huron Pines hosted an economic summit for Northeast Michigan to develop sustainable plans for future development in the region.

In addition to these major involvements, I belong to the Besser Museum and the Founders Society, the Audubon, and Friends of the Farmers Market. Betsy and I regularly attend their wonderful events. Betsy and I

are both well. She is as busy as I, but her activity is centered around her adult literacy students and the experimental high tunnel greenhouse located at the college. She and Doc Stibitz have produced some wonderful spring-type vegetables throughout the fall and have their winter crop well along. It will be interesting to see how they fare in the unheated, plastic covered "hoop-house". The temperature this a.m. was 24 and the ground is covered with snow as I write this on November 12th.

Comments from Sequoia Powers ---



....Suddenly, it's the first Friday of December and we are socked in by a major snow and ice storm. This is a heck of an adjustment! The good news is that we have a winter Farmers Market and we can still buy farm fresh food.

It's the summer fun I miss most. Going to the Hyde Park Farmers Market on Sundays is simply delightful. Farmers' tents are arranged around the historic square with its park in the center where there is live music that little kids dance to and benches on which to sit and take in the scene.

Many people bring their dogs to the Hyde Park Market, which tickles me because I enjoy dogs so much. Folks of all ages shop at the Market; it's a big Sunday event. It's fun to be recognized by and on a first name basis with the farmers. It's also fun to run into friends. It's so personal, so local, so here and now.

Sandy and I toured three local farms last summer, two of them with grandchildren. It's too bad I didn't have my camera at Finn Meadows Farm when granddaughter Jadie was chased by piglets that, when they caught up with her, ate her shoe laces. As farmer Marc Luff safely led us through electric fences, we tromped along grazing fields to follow the livestock. He moves the cows every day to a new pasture, and then he moves the chickens and pigs to follow behind. Somehow this simple rotation fertilizes the soil naturally so there is no need for chemical fertilizer.

At J & J dairy farm, where we buy our fresh milk, our grandkids were fascinated by watching the cows being milked (They were not, however, enamored of the odor of the barn that houses pigs and cows when they are not out in the fields grazing.)

Finally, at the end of September, Sandy and I traveled to Grassroots Farm and Foods in Cynthiana, Ohio (<http://grassrootsfoods.biz/farm>) for a hospitality event organized by the owners. Touring the farm sitting on hay bales on horse-drawn flatbed wagons driven by Mennonites, we stopped at key points to hear owner Drausin Wulsin explain the terrain we were traversing. As you will see from my photo, some of the farm is quite magical.

On the practical side, we watched border collies herd sheep, listened to all the steps the owners have taken to build a wetland on the property, and learned how they are cross breeding their Red Devon and Angus cattle to produce wonderful tasting beef. Then we feasted on lamb ribs, lamb chops, chili that was half ground lamb, half ground beef and cooked in a huge pot over an open fire. It was all – oh my gosh – so yummy!



The greatest bonus of all this is that we know we are eating healthier. Farm to table foods are the freshest foods of all, and they're delicious! Who wouldn't prefer an egg with a golden orange yolk that came from a grass fed chicken just a day or two ago? I'm so glad Sandy and I decided to "go organic" a few years back.



WE LOVE OUR BREADS WITH SPROUTED FLOURS AND EITHER A RYE OR WHEAT SOURDOUGH STARTER*. THIS IS A NO-KNEAD BREAD THAT IS REALLY SIMPLE TO MAKE AND SO NUTRITIOUS AND DELICIOUS.

Jan Bennett's reports:

George and I have been honing our skills at preparing cultured foods with fermentation processes that have brought us better health in so many ways. We take time to read with each other. Want the challenge of a life-changing series of books? Try The Ascent of Humanity by Charles Eisenstein – followed by his book Sacred Economics and his latest - The More Beautiful World Our Hearts Know Is Possible (Sacred Activism). In the spirit of a gift economy, his books are posted online for free reading if you don't want your own copies.

*To get a really good sourdough starter, check out Carolyn Robinson of diet easily on you-tube. She has one session on making your own starter and another on the basic no-knead bread.

Check <http://www.youtube.com/watch?v=ZRjLD8V2r3Q> to make the starter. Then look for <http://www.youtube.com/watch?v=ZRjLD8V2r3Q> which is the sourdough bread recipe.

Consider these ideas as you dream about your next spring garden... in some



parts that's only about 8 weeks away!

- What vegetables will you eat?
 - How much space will each plant need – some are creepers while others are climbers so plan accordingly
 - Enjoy a garden catalogue and plan to try something new like **blue** potatoes
 - Consider where your garden will best grow. Where does the sun reach? Where is water available? What kinds of soil are you working with?
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- Springing ahead to save our soils (gardening plans, planting ahead, buying seeds, sorting out saved seeds, checking the compost after the winter, what to shop for, garden tools, planning for your 'container' gardens...which can be done even on a window sill or small porch to both grow foods and to bring in beauty, selecting plant 'starts' from your local nurseries, starting your own seeds indoors, etc... What are 'true' seeds. What are GMO plants and how do these crops effect farmers and all of us? Biodynamic Farming, what does this mean?

Check out these sites for ideas to simplify life:

- <https://www.facebook.com/foodisfree>
- <http://www.youtube.com/watch?v=KIC-4MgfICU&feature=youtu.be>

WATCH FOR POPE FRANCIS' PAPAL ENCYCLICAL ON ENVIRONMENT (IN PROCESS)



Share with us how you...

- Reduce
- Reuse
- Recycle
- Repurpose

Learning opportunities -- check in your locality for opportunities available near you.



Mary Wendeln alerted us to this website: www.ohipl.org which provides a religious response to climate change and is a project of the Ohio Council of Churches. You will find a vast array of helpful resources, projects, events and contacts.

- A site addressing eco issues – click on <http://ncronline.org/blogs/eco-catholic>
- To stay abreast of multiple climate issues: <http://thinkprogress.org/climate/issue/>
- Do you care about the environment? Check this: <http://www.greenpacks.org/>
- Sr. Adeline Mertz calls our attention to:
 - a '2nd life for pacemakers: when the battery wears down, the pacemaker must be replaced. Give the old one to a local veterinarian to use in prolonging a special dog, cat or horses life

- recycle your used greeting cards (fronts only) and send to <https://stjudesranch.org/about-us/recycled-card-program/> where the old donated card fronts are glued to pre-folded stock paper and signed by the child who made it. It helps the child earn some spending money and teaches them good work skills.



- Amy Junk suggests we consider these, asking :

What is it? Does it need help? How can we help it?

1. **I Will Work for Trees** - Simply amazing. Kudos to the one who thought of it.
2. **Reduce, Reuse & Recycle** - Doesn't need any explanation, I bet.
3. **Green for Bikes** - My fellow Romanian friends (pedaleaza.ro) came up with an interesting slogan to make authorities aware that cycling is a solution to a city's high traffic. The results have been incredible. Lots of bikers.
4. **It's Cool to Be an Eco-school** - It sure is. If you really believe in what you do, and your students understand that being eco is not just to be fashionable, we're good.
5. **Good Golly, Go Green Girl** - More like eco club stuff, targeting young students, right?
6. **Green. That's how we'd like the world to be.** - Toyota ... you and me both.
7. **Kick the CO₂ Habit** - That was used for the 2008 World Environment Day and the United Nations Environment Programme (UNEP) said it may be easier than you think.
8. **Delivering Environmental Innovation Through Sustainable Practices.** - Intel
9. **Melting Ice - A Hot Topic!** - I think it was the World Environment Day slogan selected for 2007. And they have a point. Ever thought what will happen if ice melts. What about the polar bears and their habitat?
10. **See Green, See Life** - Most of the time if it's green it has life in it. And no don't give me the Green Hummer example. We're talking about plants, nature.
11. **What Will Your Children Drink?** - Sure hope it doesn't need any more explanations.
12. **What Will Your Children Breathe?** - Well don't be smart with us. It's going to be air (O₂) but unless we do something it's going to be filled with all sorts of poisons.
13. **Ignore It And It Will Go Away** - Extinct is the word. Ignore the needs and we'll be space history.
14. **Hear the Trees Falling?** - Not really, but we see forests disappearing.
15. **Can You Hear the Eco?** - Many don't. Maybe we can teach them.
16. **I Object to NOT Saving our Planet** - I do, too.
17. **What Would Nature Do?** - James Bond style. What would James Bond do to save the animals, to reduce pollution? He'd sure do something brilliant. Right?
18. **Where Do You Think the Environment Is?** - That will sure get smart people thinking.
19. **Every Time History Repeats Itself the Price Goes Up.** - Oil anyone?
20. **You Must Be the Change You Wish to See in the World** - That shouldn't surprise anyone.

SISTERS OF EARTH

I thought readers might like to know that there is an organization for women concerning environmental issues called 'Sisters of Earth'. Their website is <http://sistersofearth.wikispaces.com/> here is their goal statement:



SR MARIE KOPIN

The 'Sisters of Earth' is an informal network of women who share a deep concern for the ecological and spiritual crises of our times and who wish to support one another in work toward healing the human spirit and restoring the Earth's life support systems. We are teachers, gardeners, artists, writers, administrators, workshop and retreat guides, mothers, contemplatives and activists... in the United States, Canada and beyond. This network of sharing and support is open to all women whose life and work would identify them as Sisters of Earth. www.sistersofearth.net

To become a member of the Sisters of Earth network contact Sister Donna Gibbs for information: Email srsfoearth@yahoo.com. I have joined, and you may wish to do so too, it is only \$15.00 a year and includes a lot of possibilities for networking. Much is done by email announcements. They have a bi-annual conference; the last was held at St. Mary-of-the-Woods, IN. in 2012. Over half the members are Sisters from Religious Congregations.

If you want some really thoughtful reading, SOE is recommending an article based on the Declaration of Independence Day by Sister of Earth, Miriam MacGillis, OP and recommended by Mary Evelyn Tucker to the Sisters of Earth:

<http://hosted.verticalresponse.com/857531/85b1f7b642/1634009901/d32c77a1c6/>

<http://fore.research.yale.edu/news/item/reflections-after-independence-day/>

NOTE: The SOE 2014 Conference will be held **July 10-13, 2014** at the University of Saint Mary (USM) located in Leavenworth, Kansas.



Anniversary!

Did you notice that this issue marks one year of publication of our quarterly CPPS Environmental Newsletters? We appreciate your comments and encouragement, and hope that you readers will continue to (share) submit things you are doing and finding out about how we can protect our environment.

NOTICE: Some folks did not notice or receive the Summer Issue of the Environment Newsletter. To access it, click here: <http://bit.ly/15dTV74>