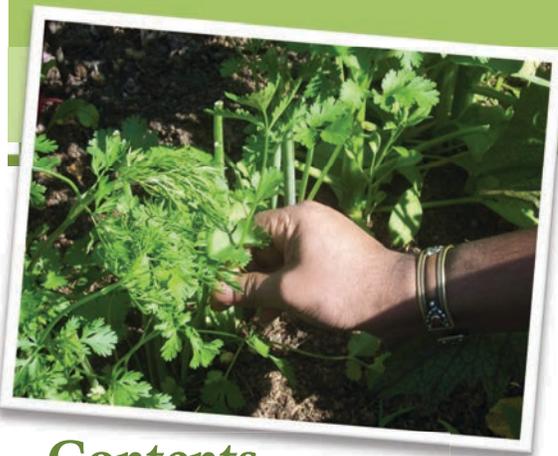


# Pacific Northwest Green Friends

Looking at Nature and observing its selfless way of giving, we can become aware of our own limitations. That will help to develop devotion and self-surrender to God.

Amma



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## November Greetings

This is the second month of using the newsletter to focus on all aspects of GreenFriends instead of just the PNW Litter Project.

You can see by the contents section to the left that this issue is filled with a wide variety of information, including the NEW Embracing the World project, **InDeed Campaign for Nature**, which was initiated this year on Amma's 59<sup>th</sup> birthday. After reading the article take a moment to visit the website and join the campaign.

We hope you enjoy the newsletter!

Karuna and Maheswari

Green Friends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

Green Friends is one of the projects of Embracing the World, a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

For more information about Pacific Northwest Green Friends Projects write Maheswari at [PNWGreenFriends@gmail.com](mailto:PNWGreenFriends@gmail.com)

To join the Pacific Northwest Green Friends Litter Project write Karuna at [pnwgreenfriendslitterproject@gmail.com](mailto:pnwgreenfriendslitterproject@gmail.com)

# Pacific Northwest Litter Project



(Picture source unknown)

## Interesting Reading

### From Tip in Vaughn:



### Introducing Street Gems

The jewelry is made by the homeless in Phoenix that are affiliated with the Lodestar Day Resource Center. This necklace is made from grocery bags.

[http://lodestardrc.org/?utm\\_source=ASU+Art+Museum+Master+List&utm\\_campaign=4cadd2f0de-September\\_newsletter9\\_19\\_2012&utm\\_medium=email](http://lodestardrc.org/?utm_source=ASU+Art+Museum+Master+List&utm_campaign=4cadd2f0de-September_newsletter9_19_2012&utm_medium=email)

## Litter Project Membership

As of October 31, 2012, we had 272 members. 0 new members joined in September and October!

(“Members” are individuals who signed up for the project or who have participated in work parties.)

## Litter Project Hours

In October 2012, 32 members and their guests reported picking up 92 hours of litter.

(The statistics below relate to members who report having picked up litter. They do not include those who do not report or who reported 0.)

Members Average: 2.9 hours  
Range 1 minutes to 26 hours  
Median: 1.3 hours

The group has picked up 2540 hours of litter since the project began in July 2011!

# Stories and Reflections

## From Jovanna in Seattle:

I went for a walk along the beach with some Amma friends. As we chatted we just casually picked up garbage and took it to the garbage can. It was as natural as our flowing conversation.

## From Tina in Seattle:

As of this morning...3 hours of litter this month. My friend and I picked up litter at a Mt Baker Campground. Other campers were watching us and I later saw them "policing" their areas. Actually the campground was pretty clean!

## From Laura in Seattle:

I really like that you are doing this. It inspires something I enjoy that is enriching to my soul. (I almost wrote "soil" which I kind of like the alliteration: soil for the soul! Work in the soil



## Storm Drains

The leaves are beautiful but they also clog the storm drains which leads to flooded streets.. Consider helping clean out blocked drains!



## Work Parties at the Beacon Hill Food Forest

A Food Forest is a gardening technique or land management system that mimics a woodland ecosystem but substitutes in edible trees, shrubs, perennials and annuals. Fruit and nut trees are the upper level, while below are berry shrubs, edible perennials and annuals. Companions or beneficial plants are included to attract insects for natural pest management while some plants are soil amenders providing nitrogen and mulch. Together they create relationships to form a forest garden ecosystem able to produce high yields of food with less maintenance.

**The next Work Parties are November 17th and 18th, Sat and Sun, 10 am -2pm.** Participants are going to build more forest floor, plant the Nut trees and maybe a fig or two. If you go you'll learn about sheet mulching, planting beds, and planting trees.

For more information:

<http://beaconfoodforest.weebly.com/index.html>  
[glennherlihy@speakeasy.net](mailto:glennherlihy@speakeasy.net)

# InDeed Campaign for Nature

On Amma's 59<sup>th</sup> birthday, Embracing the World® launched a new environmental campaign called **InDeed**. It identifies six small things each of us can do to make a big difference for our planet -- all based on Amma's practical suggestions about the way we might use the earth's remaining resources, and the way we interact with the natural world.



Carpool



Conserve Water



Reduce Your Carbon Footprint



Build a House for Bird or Bugs

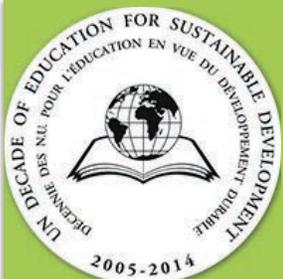
Please go to <http://www.embracingtheworld.org/indeed/> to learn more about the campaign. There are many more details there. You will have the opportunity to make a "count me in" commitment for any or all of these areas.



Plant a Tree



Grow Your Own Veggies



Embracing the World's InDeed Campaign for Nature has been officially recognized by UNESCO as a project of the United Nations Decade of Education for Sustainable Development. Click [here](#) to find out more about UNESCO.