Pacific Northwest

Issue 104 March 2020

Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us. - Amma

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

GreenFriends 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)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

NEWS

Program Guide Group Ads

Once again, there will be three group ads in Amma's 2020 Tour Program Guide. Those three ads are: GreenFriends, Litter Project and Lokha Samastha.

The Program Guide proceeds will be used for tour expenses. The size of the ad will depend on how much money is donated.

Local Ads- color

Full page: 4.125 w x 6.125 h $600
Half page: 4.125 w x 3 h $375
Quarter page: 2 w x 3 h $250

National Ads- color

Full page: 4.125 w x 6.125 h $1750
Half page: 4.125 w x 3 h $1100
Quarter page: 2 w x 3 h $600

It is easiest if you pay online at: https://www1.amma.org/donationsapp/donationInit2.do
Choose Tour City: Seattle

Additional Information: Write- Program Guide and the ad(s) you want it to go to. If you want to donate to more than one ad say how you want your donation to be distributed; for example, "Program Guide (Lokha Samastha $25, GreenFriends $25 and Litter Project $25)".
You will receive a receipt.

If you prefer not to pay online you can **make out a check to MA Center and send it to:**

Amma PNW PG 2020
c/o Meera Venkatesh
15714 NE 117th St.
Redmond, WA 98052

Write on the check: Program Guide and the ad(s) you want it to go to. If you want to donate to more than one ad say how you want your donation to be distributed; for example, "Program Guide (Lokha Samastha $25, GreenFriends $25 and Litter Project $25)".

PNW Gardening

Garden Seva at Maltby Farm by Tirtha M.

We repaired the fences to keep deer out and removed a huge rock out of the Devi garden. We had to pull the rock out with the tractor because it was so big. We also planted several varieties of peppers.

PNW Gardening

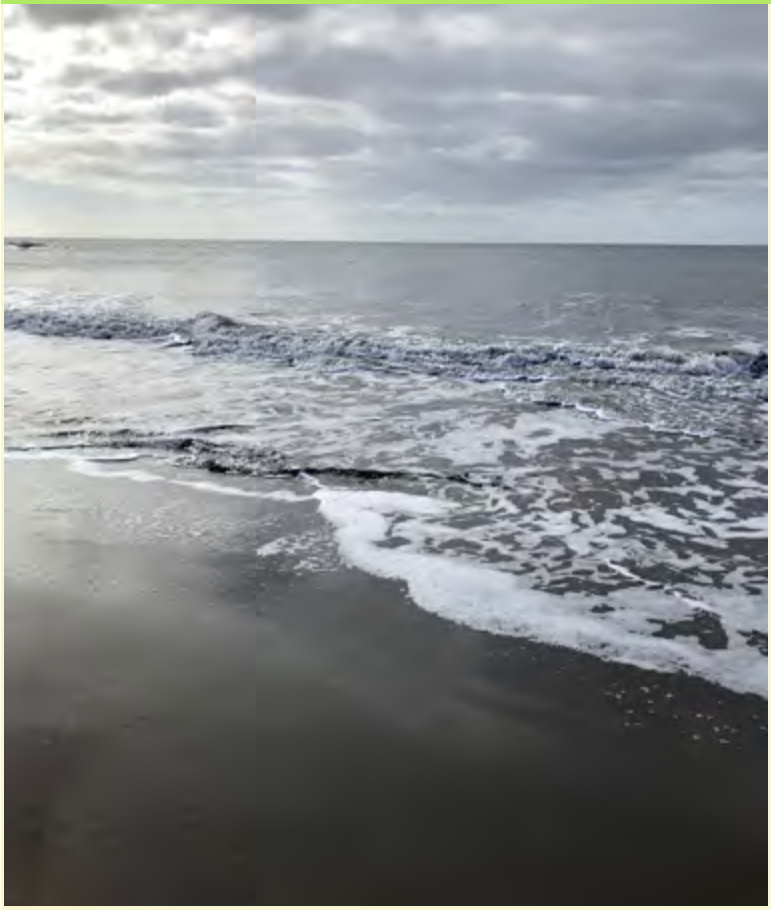
Update: The peppers are coming up!

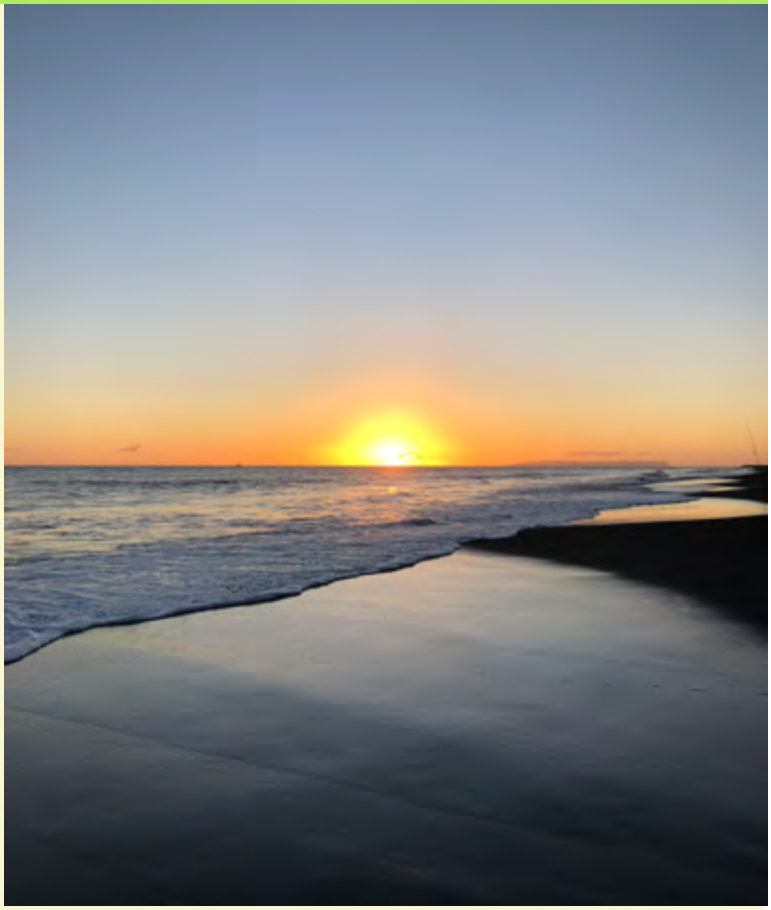
Nature

Pacific Northwest Photos by Rabeea (Seattle)

Nature

Travels to Kauai, Hawaii by Sarah (Eugene, OR)





Nature

There is an amazing Rudraksha forest in Kauai... the only one in the US.

Nature

Nature

Along the Mayan Riviera in Mexico by Kothai

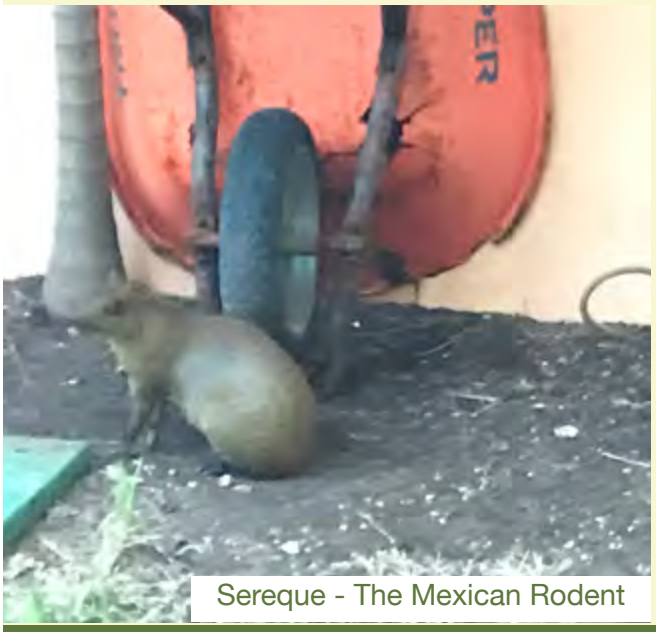
Eco friendly bike stand at Tulum, Mexico

Nature

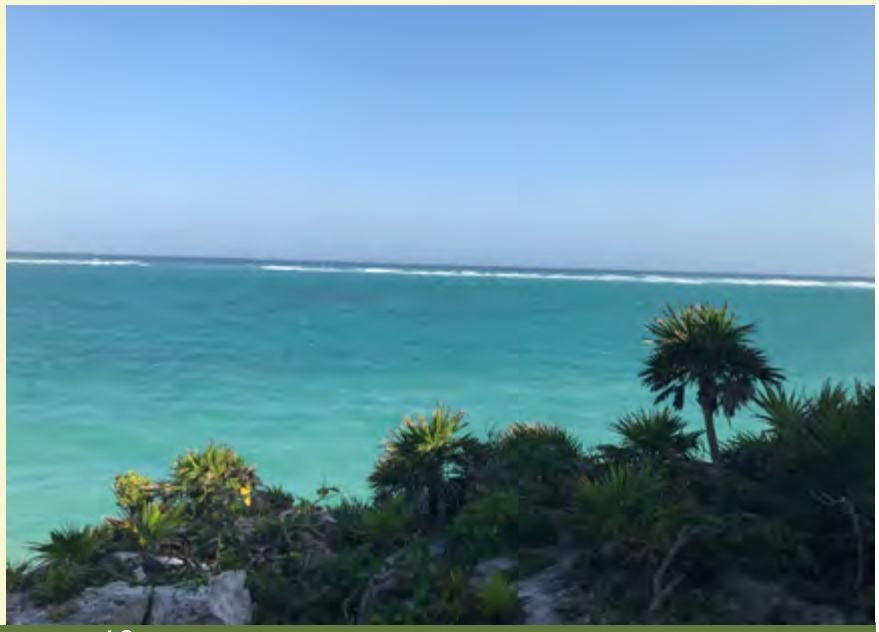
The Yucatan Jay

The one eyed tree near Ek Balam Ruins

These Iguanas where everywhere



Sereque - The Mexican Rodent



Nature

Climbing Arunachala Mountain

Arunachala means “red mountain.” It is also referred to as Annamalai Hill. The mountain is 2671 feet at its highest point and is located near Tiruvannamalai in Tamil Nadu, India. As Arunachala is believed to be the place where Lord Shiva manifested, it is considered to be a very holy site. Ramana Maharshi, a Hindu sage, lived in the Arunachala caves for more than 17 years and his ashram is still located at Arunachala’s base.

Like many pilgrims before them, Sreejit and a friend explored Ramana Maharshi’s ashram and caves and then decided to climb Mt. Arunachala.

A couple of hours later, they reached the top!

Nature

Nature

Nature

Australian Bird Photos by Cindy (California)

Australian Magpie

Crimson Rosella

Masked Lapwings

Nature

Noisy Miner chic

Kookaburra

Nature

The Yellow Tailed Black Cockatoo has faced a rapid population decline and is listed as a vulnerable species. At first it was quite distrusting and hid from me. After a few hours I got about ten feet away and he let me see his whole self. He was with his mate. It was a major thrill to get close to them and spend time with them. They are big, stunning cockatoos.

Yellow Tailed Black Cockatoo

https://cindyknoke.com

Tree Planting and Habitat Restoration

Greenbelt Restoration Work Parties:
January 22 – February 5, 2020

There were three Wednesday work parties during the period between late January and early February. UW Carlson Center Service-Learning students and UW Capstone interns participated in each event. Karuna and Antje were team leaders at all three of the work parties. Haley, one of our long-term team leaders joined us during the January 29th work party.

January 22

Three Service-Learning students and one Capstone intern participated in this work party. The students did a variety of jobs. Two of them disassembled one of the drying racks and moved the dried blackberry, ivy and periwinkle vines, as well as other dried weeds, to another part of the site where they will continue to decompose.

This past fall, the five cu ft pile of wood chips that was in the part of our site that borders 25th Ave S was taken. Earlier in the year, we had a problem with yard waste being dumped in the same area. Since most of the yard waste was sorted by size, bundled and banded, we suspected it was being dumped by a company rather than individuals These were annoyances and we pondered ways to prevent them from happening again.

In the past, we have moved wood chips from that place into smaller piles in the main site to make them more accessible to volunteers. Would moving them there make it less likely that the wood chips would be taken? Since our main site is very sloped, it certainly would make it a lot harder for outsiders to remove them.

The Seattle Park Department delivered eight cu ft of wood chips the week before our January 20th MLK National Day of Service work party. During that event, the volunteers had formed a bucket brigade and moved most of the wood chip pile from the 25th Ave S area into the main site.

One of our team leaders had suggested we use the remaining wood chips in the 25th Ave S area to build a barrier

Tree Planting and Habitat Restoration

along the front border of that area. The barrier wouldn't be high enough to prevent people from taking wood chips or discarding yard waste but maybe it would be a deterrent.

At the beginning of the January 22nd work party, two students and one staff member started building the barrier. Once the other students finished taking down the drying rack, they also worked on the barrier. Together, they did a great job of creating the new structure.

Tree Planting and Habitat Restoration

So many of the things we do in this work are experimental. That is definitely true of this barrier. At this point, there are more questions than answers. Will it deter people from taking the wood chips when another pile is delivered? Will it discourage companies and individuals from dumping their yard waste in the Greenbelt? Will we have to take part of the barrier down in order to get a new wood chip pile or will the delivery truck be able to dump them over the barrier? Only time will tell.

Once we finished building the barrier, we weeded in three different areas of the site. I was weeding too so have no photos of that part of the work party but here are some of the results!

January 29

Three Service-Learning students and one Capstone intern participated in this work party. It had rained a lot since January 22nd. One of the areas we had started to weed at that work party looked like this a day or two later.

It was clear we needed to cover the area with wood chips when we weeded there to make it less muddy and to prevent erosion.

Tree Planting and Habitat Restoration

As I mentioned earlier, Haley was one of our team leaders on January 29. She led a team of two students in this area. Her husband also joined that group part way through the work party. The group continued the weeding that had been started the previous week, and then covered the cleared land with wood chips.

Here is an “after” photo! There are no more puddles of water anywhere in that area.

The other students and staff weeded additional areas we had begun weeding on January 22nd. These students also added a layer of wood chips to part of a path that had become muddy.

Tree Planting and Habitat Restoration

These are two “after” photos from one of the areas the second team weeded that day.

February 5

Two staff, two Capstone interns and three Service-Learning students participated in the February 5th work party. Every work party during January, the weather forecast had been for rain. We had lucked out in that the weather was always better than the forecast. There may have been light rain showers, but there was never heavy rain. Our luck ran out on the first Wednesday in February. That day, the rain poured throughout the 2 1/2-hour work party.

We spent most of our time working on our newest planting area which is in the southeast corner of the site. I don’t remember when we started to clear that area, but this is what it looked like when we worked on it towards the beginning of August 2019 and when it was ready for planting:

August 2019

November 2019

This area seemed like a good place for the whole group to work on February 5. Because of all the rain, the ground was muddy. The first thing we did was to build a wood chip path from the beginning of the area to the new hemlock tree at the far end. We also put a new layer of wood chips on the path leading to that planting area.

Tree Planting and Habitat Restoration

We then weeded that section of the site and in nearby areas.

After weeding in the rain for most of the work party, we switched to putting wood chips on pre-existing paths that were getting muddy.

This is one of the paths we “renewed” that day:

Tree Planting and Habitat Restoration

One of the students created two novel ways of filling the buckets with wood chips during the January 22 – February 5 time frame.

1) Stand behind the pile and push the chips into a bucket with her hands; and
2) Sit in the remainder of the pile and push chips into the buckets with her feet.

She got dirty with both of these techniques, but her methods were effective, and she enjoyed doing the work!

As always, these three work parties were fun and very productive.

Tree Planting and Habitat Restoration

Pearly Everlasting Shrubs by Karuna

November 2017

When I took a class that was held in Seattle's Discovery Park, I saw some shrubs that I thought were beautiful. I discovered that the plant was called Pearly Everlasting. (They are the shrubs with white flowers in the background of the photo below.)

2018

I wanted to have Pearly Everlasting shrubs in our Greenbelt site so I put 10 ten of them on my next plant order. When the plants arrived in November, they were in small pots. Each pot held one or two stalks with flowers on the top. (You can see them near the supporting beam in the photo below. We planted them in several parts of our site.

In December, the stalks withered. I wondered if the plants had died.

Tree Planting and Habitat Restoration

2019

I was excited when I noticed new growth emerging from the ground towards the end of January.

January 27

March 26

May 14

Imagine my surprise on June 10 when I found that all of the stalks on one of the plants had collapsed. I thought it was because the stalks weren't strong enough to support the weight at the top. (By then there were more leaves towards the top of the plant than further down the stalk.)

Tree Planting and Habitat Restoration

The area where four of the Pearly Everlasting shrubs were planted used to be a compost pile, so the dirt there was very rich. They had grown faster than the ones located in other planting areas on the site; maybe too fast. Soon, the stalks on all four plants collapsed. Overtime, all of the Pearly Everlasting shrubs on our site collapsed in a similar fashion.

When the stalks first fell, I wrote one of the Green Seattle Partnership Program Managers and asked if this was normal. She said people had told her that happened when there weren't enough stalks; when there are more, the stalks will support each other.

Even though the stalks had fallen, the plant kept growing and flowers began to appear on their tops.

Tree Planting and Habitat Restoration

June 20

June 27

July 5

July 26

2020

I assumed there would be more shoots this year, but I was astounded when I saw how many were coming up. The shoots in these photos are around just one of the Pearly Everlasting plants.

Perhaps this will be the year where there will be enough stalks to create a shrub that looks like the ones I saw in 2017. I look forward to finding out!

PNW Litter Project

Litter Stats

In January 2020, 30 Litter Project members and their families and friends picked up litter for 64.68 hours. (Average 2.16 hours; Median .67 hour; Range 1 minute to 15 hours). Thanks in part to the PNW Winter Retreat, in February 2020, 50 Litter Project members and their families and friends picked up litter for 101.97 hours. (Average 2 hours; Median 2 hours; Range 3 minutes to 10 hours). We have picked up litter for 11,218 hours since the project began in July of 2011.

TerraCycle Stats

We have sent TerraCycle 355,724 cigarette butts, 394 drink pouches, 1,748 cereal bag liners, and 6,747 energy bar wrappers since we started sending items to them in 2013. [TerraCycle is an organization that recycles items which are normally considered unrecyclable.]

PNW Litter Project

Beach Cleanup at the PNW Winter Retreat

During the PNW Winter Retreat, around 20 retreat participants spent two hours removing litter, primarily styrofoam, that had washed up on the beach.

PNW Litter Project

Interesting Information from Our Readers

From Shobana in Shoreline:

Hope for the future! Video: This man is cloning old-growth redwoods and planting them in safe places
Planting Trees in Square Holes Makes Them Grow Stronger and Faster

From Lin in Bellevue:

I was surprised and delighted when I ran across a blurb by Annie Roth in January 2020's National Geographic. It looks like a couple of other companies produce it too. Very heartening. Annie said: "A sparkling way to cut micro-plastics. All that glitters is not green: most glitters are plastic based and take hundreds of years to break down. Enter Bioglitter, created with cellulose from eucalyptus trees. In nature, the glitter biodegrades into harmless specks, says the UK firm that makes it." The World's Leading Eco-Friendly Glitter Brand

The Lowly Wax Worm May Hold the Key to Biodegrading Plastic
(Lin: I have a friend who makes her living from keeping bees, and she confirmed that the caterpillars eat the honey-comb in hives.)

From Poornima in Bellingham:

The Plant Hunter

From Krista in Idaho:

This essay has been reprinted on many sites:
Honey bees on the Isle of Wight: Slovenia postpones 5G

This video is also great at explaining the issue, please include it with the other info.
5G Beware

From Kathie in Bellevue:

Woman transforms barren hilly terrain into a 'green zone'

From Karuna in Seattle:

This orangutan saw a man wading in snake infested water and decided to offer a helping hand
Video: One Small Change