



Green Living

A Practical Journal for Mindful Living



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Moss Identifies Pollution

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Aumkara Structural Bodywork provides Acupressure - Meridian Charging Therapy - centered in facilitating muscle tone for individuals experiencing muscle pain/cramps, limb immobility, anxiety and headaches. My healing techniques are based on the teachings of Yoga, Oriental Medicine, and Soft Tissue Chiropractic. Check out services, health tips and recipes at aumkarastructuralbodywork.com



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I work with people who are struggling with eating disorders, anxiety, depression, relationship challenges and PTSD. My coaching techniques facilitate an atmosphere for healing, health and happiness.

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Carol Fazzio

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Need help? Carol Fazzio is a compassionate, skilled Licensed Clinical Social Worker with 28 years of experience with families, couples and individuals. She has expertise in anger management, depression, anxiety, victims of abuse, healing the inner child and marital problems.



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Linda serves as Angel Intuitive, and invites the Angels, Archangels and Spirit Guides to bring messages from Angels as well as the higher spiritual realms through intuitive and loving connection to the Angels.

Linda hosts the Beaverton Angels Meetup at The Sage every 3rd Friday of the month. She has trained with Jayne Feldman, Angelic Author; Doreen Virtue, Author; Brian L. Weiss, M.D., Past Life Therapy.
AngelsAreNearUs.com



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The Feldenkrais Method® teaches you how to change your neuromuscular habits. The result is better, easier movement and less pain. I teach Awareness Through Movement® classes and individual Functional Integration® lessons.

Visit my website to learn more, or contact me via email or phone.
johnrcrawford.com



Tamara McGuire-Wyrick

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As a graduate of East West College of Healing Arts, Tamara has a strong background in facilitating healing through integrative techniques such as Wellness Massage, Deep Tissue, Myofascial Therapy, Cupping and Hot Stone Massage.

Tamara also is passionate about holistic skin care. She uses an organic skin care line which is plant and herb based and highly effective in addressing skin concerns.
vitalessenceholistic.com

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Our Next Issue

The Winter 2016 issue will focus on
Healthy Homes

Watch for Green Living the second week of December.



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We believe that individuals with practical knowledge and ideas for incorporating renewable energy, alternative transportation, energy conservation, healthy food and waste reduction into their daily lives, can create a sustainable future for themselves, local businesses, and their community.

We welcome letters to the editor.

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Read our article submission guidelines at:

<http://greenlivingpdx.com/GLJ-article-submission.pdf>

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***"Some people see things that are and ask, Why?
Some people dream of things that never were and ask, Why not?
Some people have to go to work and don't have time for all that."***

- George Carlin



What If?

Sales of electric cars and plug-in-hybrids can only be described as dismal, as they accounted for less than 1% of new car sales in 2015. It's obvious that the American consumer is not warming to the idea of owning an electric car (EV). Yet in a recent Gallup Poll, seventy-three percent of Americans say they prefer emphasizing alternative energy, rather than gas and oil production, as the solution to the nation's energy problems. Why the disconnect?

Well, at the recent EV Roadmap 9 Conference, several panel discussions clearly showed that the automakers face a whole list of challenges in enticing consumers to buy their EV models. All the auto makers that is, except Tesla, which already has 400,000 orders for their "not yet in production" Model 3. What's going on?

Hmmm. Here we have, on one hand, the entire, old school, auto industry stumped, and on the other, we have a brash startup that sells more cars than it can produce. Tesla received orders for almost twice as many EVs in one month, as Nissan has sold in 6 years. Why is that?

The discussion drones on, as big auto continues to see the challenges, but can't seem to overcome them. Meanwhile, Tesla continues to sell EVs. What's the difference?

Did some unknown power sprinkle magic EV Sales Dust over Elon Musk and Tesla, but failed to spread it anywhere else? One could jump to the conclusion that big auto is dragging their feet with the hope that they won't ever have to invest in the EV.

What if big auto suddenly decided that EVs were the future?

What if one day we all woke up to some good news?

Dearborn Michigan – July 31, 2016– Mr. Parnelli T. Barnum, the President and CEO of Varoom Motors, today released the following statement:

"Today is a day unlike any other in the long history of Varoom Motors, and in fact, in the entire automotive industry.

Today, Varoom Motors becomes the first major automobile manufacturer in the world to commit its future entirely to electric vehicles. Eighteen months ago our Board of Directors unanimously agreed to the implementation of EVolve 2035, the Company's 20-year plan to completely phase out its 20th Century internal combustion engine (ICE) technology and replace it with its emerging 21st Century electric drive technology. There was no announcement at that time, no fanfare. We just rolled up our sleeves, and quietly went to work.

Today, we are proud to introduce the results of those 18 months: the Varoom ZEV-1. The first thing you will notice is that it looks just like our best selling, mid-size car, the Belcher 3.0 SL. Our customers like its styling and size, so why mess with success? The ZEV-1 has a real world range of 220 miles. And yes, they will cost more than the Belcher model, but with tax incentives, the price difference will be negligible. Within five years, our entire line of vehicles

will have an electric version available.

The ZEV-1 will be displayed in showrooms right along side the Belcher 3.0 SL so that buyers can compare them, and judge the merits of each. However, "Butts In Seats", will be our first objective, and not for just a spin around the block. We want to get them out on the highway where they can actually experience the superior acceleration and handling of the EV.

The message to the customer will be: "More Fun to Drive: Less Cost to Own", and so, every car will have an additional window sticker that clearly shows the local area cost of electricity for driving 1000 miles. Plus, the sticker will list all of the normal car maintenance requirements and costs that the ZEV-1 owner will not have to perform or pay for in 100,000 miles of driving. Our sales people will be thoroughly knowledgeable with all of these cost saving features, as well as with the tax incentives available to lower the purchase price.

In addition, the ZEV-1 comes with a 30 day, no questions asked-return policy. If an EV does not fit the customer's lifestyle, they can return it - no cost - no penalty.

Today, we will also redefine our relationship with our dealers, because the success of Evolve 2035 depends on the success of our dealers. We know that they will be faced with new challenges as the EV moves into the marketplace, and we will do whatever it takes to insure that their transition is successful.

Today, "Electric Vehicles Are The Future" becomes the Varoom

Manifesto. Those five words will guide how we produce them, how we market them, how we service them, and how we improve them. Our analysis predicts that within five years, our electric vehicles will cost less than ICE vehicles for two reasons: 1) Our manufacturing costs will come down as we scale up production, and 2) We will avoid the ever increasing cost of developing and producing ICE vehicles that will struggle to meet to the ever increasing fuel economy standards set by the government.

Today, we will rethink how we do business at every level of operation, and how we interact with others in our industry. Infrastructure and batteries are crucial to the sale of EVs. So we have already entered into partnership agreements with Tesla Motors to invest in their battery Gigafactory and to expand their charging infrastructure that will now be available to our customers. We have also partnered with Tesla to fund joint battery and motor research.

Our door is open to any manufacturer, organization or citizen's group that wants to partner with us in the effort to electrify the world's personal transportation vehicles.

Thank you and welcome to the future."

What if?

Shouldn't the question be : Why Not?

- Gary Munkhoff

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Our Contributors



Cynthia Beal As founder of the Natural Burial Company in 2004, she's explored almost every area related to pre-and-post death management. She designs, sells and evangelizes about biodegradable products, with the hope of connecting more people to a righteous "Natural End". Her main focus today is to encourage existing cemeteries to accommodate natural burials, while reducing resource use, enhancing habitat, and mitigating future pollution. She hopes that the lives we live will be as long and healthy, and environmentally generous as possible, and that our deaths will express that legacy.



Joan Maiers Author, educator, editor, works with writers of all ages.

Several months each year, she hosts the Peregrine Literary Series which features regional writers and musicians at a Lake Oswego, OR venue. Her work is published in various journals, anthologies and publications like this one, as well as in *Calyx*, *Fireweed*, *Sojourners*, *Windfall*, *The Oregonian*, *Oregon English Journal*, *If I Had a Hammer*, *Blooming in the Shade*, *VoiceCatchers*, and *Switched-on Gutenberg*. She is preparing *Specific Gravity*, her manuscript of poems for publication.

Photo courtesy of Stonehedge Studios



Ken Condliff Founder of Nut-Tritious Foods, a company dedicated to producing the most nutrient-dense foods available to consumers. Ken's experience in high-tech manufacturing and in product innovation, inspired him to bring foods, with more nutrient density, to the consumer. The concept was based on consumer preference

for eating only healthy whole foods and eliminating the non-nutritious additives and ingredients. Ken's background and experience with product development goes back several decades, when as a child, he was re-inventing unique products and services



Chelsea Peil Chelsea believes we can leave the planet, and how we engage with it, healthier and better designed than when we found it, and do it with thoughtful style. Chelsea specializes in inspiring and strategizing with organizations and companies to join the design, zero waste, and sharing

movement known as the circular economy. She brings her organizational, business, and experience design skills to create ecological and profitable results. She has worked to integrate sustainable practices in non-profits and businesses through project management, education, and advocacy since 2007 in Portland, OR.

For more info: ecocreativestrategies.com

Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. - John Muir

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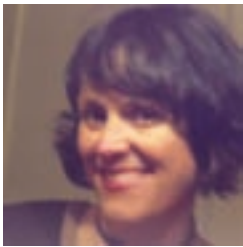
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Sue Kusch A former urbanite and college instructor, Sue transitioned to a saner, slower and more sustainable lifestyle. A gardener for decades and herbalist for several years, she now develops and teaches workshops and curricula focused on permaculture, vegetable and herb gardening, and herbal medicine. An avid learner, she researches and writes about the natural and cultural history of plants. She is currently learning about permaculture design, and developing a plan for self-sufficiency for her five acres. During non-gardening months, she reads, crochets/knits, watches an array of movies and cooks large pots of soup. For more info: www.thewitheredherb.com.



J Lauren Norris is the Sustainability Outreach Manager for the City of Portland's Bureau of Planning and Sustainability. The team engages residents on recycling, sustainable consumption, climate change, equity and social sustainability. Ms. Norris also runs the regional Master Recycler Program, which she has done since 2006.



Betty Shelley discovered NW Earth Institute in 1993 in Portland. Through participation in their discussion courses, her perception of the world changed, making her more aware of the choices we make, as well as their consequences. Understanding those consequences led to her and her husband to reduce their waste. Since 2006 they have filled just one 35-gallon can of garbage per year. They now offer the class *Less is More: Getting to One Can of Garbage a Year*. In 2013, she was honored with the NW Earth Institute Founders Award, recognizing her vast contributions to the NW Earth Institute and for sustainability education and practice.



Mike Dunton An entrepreneur, farmer, lifelong gardener, and seed saver interested in "old-timey" ways, historical agriculture and biodiversity preservation. From his ancestral farm in Liberal, Oregon, he focused all of these interests to found the mission-driven Victory Seed Company in 1998 to locate, grow, document and preserve rare and threatened, heirloom seed varieties, keeping them available to gardeners. For more info: www.VictorySeeds.com.

Our Cover



This issue's cover shows a portion of a mural on SE Belmont St. just east of SE 28th St. The mural was painted by Demecio Sierra (AerosolSmith). Check him out at <http://demecio.wix.com/myheart>



Fix-It-Fairs

Save the dates below for next season of Portland Fix-It Fairs. Fix-It Fairs are free City of Portland events where you can learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy.

Bring an item for repair

Fair hours 9:30am-3:00pm

November 19, 2016

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3955 SE 112th Ave, Portland

January 28, 2017

George Middle School
10000 N Burr Ave, Portland

February 25, 2017

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For more Info:

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Small Actions Add Up to Real Change!

Are you up for the EcoChallenge?

By Kerry Lyles



October 14th – 28th

The Northwest Earth Institute invites you to take on a personal sustainability challenge, and join thousands of other participants as they prove that small actions add up to real change during the 2016 EcoChallenge.

The EcoChallenge provides the tools and inspiration to turn intention into action, and gives you an easy, fun way to reduce your impact on the planet, while contributing to a healthy, vibrant, and sustainable future.

The idea is simple: EcoChallengers choose their challenge, set their goals then take action for two weeks. The social support created by participating with thousands of others, along with friendly competition and earning points for success, can turn actions into habit. The ultimate goal is to discover how taking action to reduce their impact and improve their communities, is simpler than they thought.

For over 20 years, NWEI has made change more possible, more social, and more fun by helping people connect with their communities and take action, together.

EcoChallenge inspires participants to renew their commitment to green living. As Audrey, a participant in the 2015 EcoChallenge, said, "The EcoChallenge gave me a concrete reason to pay attention to what I am doing. I already do quite a few things with the environment in the back of my mind. This helped me get it to the front of my mind. My challenge had to do with energy efficiency, so I had specific goals associated with that. But I also noticed that I was mentally more present when I went to the farmer's market, put kitchen scraps in the compost pile, bought organic, picked from my garden, saved water, and so forth."

EcoChallenge launched in 2010, and over time new categories and actions have been added to give participants even more ways to take action and create an impact. A nature challenge was added in 2015 and this year NWEI is adding a simplicity challenge, which encourages participants to simplify their lives as a way to reduce their impact on Earth. Other challenges are in the areas of energy, waste, water, transportation, community, simplicity, nature or food (or "choose your own" for those who want to take on a creative challenge.)

The EcoChallenge is free and open to everyone. Participants can sign up as a team captain and engage their workplace, school, neighborhood or community, or join the NWEI Community Team.

Are you up for the Challenge?

For more info: <https://nwei.org/>

Kerry Lyles is the Northwest Earth Institute's Development & Communications Director and has been with NWEI since 2008. Kerry participates in the EcoChallenge with her family each fall, taking on challenges from car-free transportation to zero waste living over the years. This year her family of four will attempt a "buy nothing EcoChallenge", and will endeavor to discover creative ways to reduce and reuse while avoiding any non-food purchases during the challenge.

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Oregon Convention Center December 11th – 13th

This is the largest and longest-running sustainability event in the US.. There will be yoga classes, B2B mentoring sessions for green business owners, a Family Fun Pavilion for kids and test drives in all-electric/hybrid vehicles.

Featured is the Portland Local Marketplace - shop locally, taste vegan and vegetarian food, and organic products close to home. Purchase early bird tickets before November 11th. Tickets also available at the show. Youth aged 16 and under are granted free admission. For booth space call (828) 333-9403 x300

For more info: <http://greenfestivals.org/portland/portland-2015>
exhibit@greenfestivals.org



GoGreen Portland Conference

Wednesday, October 5

World Trade Center 25 SW Salmon St

The ninth annual GoGreen Portland Conference will bring together regional leaders to look at the big picture of sustainable best practices around the key focus areas for 2016 – clean innovation, social equity, and diversity. The 2016 conference will feature a full track of content dedicated to clean technology/energy innovators in addition to a track dedicated to equity and diversity issues.

There will also be a showcase of regional clean energy and technology innovators in partnership with the Portland Development Commission (PDC).

2016 Keynote Speakers:

- Ted Wheeler | Mayor-Elect, City of Portland
- Christine Boles | Director of Smart Building Solutions, Intel Corporation
- Stefan Bird | CEO, Pacific Power

Tickets are available online at portland.gogreenconference.net or via phone at 503.226.2377.

For more Info: <http://portland.gogreenconference.net/>



7th Annual Pets-tival

Saturday, October 1st 10am

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For more info: hollywood@groceryoutlet.com

503-282-5248

Garden Home Sustainability Fair

Fri. Oct 7, 5pm - 7:30pm



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Visit vendors and learn about sustainable-living topics and businesses – from gardening, to recycling, water issues and more.

Repair Fair is back again!

Bring broken tools/bikes/small appliances and get them fixed by volunteers. Free workshops include Solar, remodeling, plus demonstration and how-to on building a solar oven. Some of our vendors who will be there are: New Seasons Market, Focus on Youth, Happy Baby Food, Safe Routes to School, Garden Home Neighborhood Emergency Team, Repair PDX and Green Living Journal.

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Beyond Preserving & Conserving

By Betty Shelley

“We need to take time to consider the larger picture: where would we be without the farmers and the farms? Where would we be without enough water to irrigate the farms? “

I get so excited this time of year when I see the amazing bounty our farmers produce for us. The lavish mounds of tomatoes, berries, plums, corn, green beans and more, inspire me to think of ways to preserve at least some of these beauties for winter meals.

I think part of this urge is due to seeing my mother can peaches, pears, tomatoes, berries, cherries, and jams and pickles. Most mothers did that in the 50s and 60s. These were parents that had experienced at least part of The Depression,

when there wasn't as much disposable income, so folks went to farms to buy fruits to “put up” to see them through the winter. They knew from experience the true value of food.

Before the days of air conditioning; my mother would be dripping, working in a steamy kitchen on what seemed like the hottest days of the year, when she canned the tomatoes and peaches. She also froze some things - I remember savoring partially-defrosted jewel-like berries with shimmering ice

crystals still attached.

All of these are activities can be done with a group of friends working together. My friend, Chris, talks about how the women in her extended family would get together to process bushels of corn for the freezer. They would all wear their “corn dresses” (old house dresses that could be spattered on) and set up tables outside in the shade to cut the corn off the cobs with sharp knives. And of course, they chatted while they worked which made



the time pass more quickly.

I preserve most of my foods in glass jars and keep them in the freezer: blanched green beans, spinach, asparagus and pea pods, whole Roma tomatoes, chunky applesauce, corn, and whatever else strikes my fancy. It is a real treat to reach in the freezer for my dinner ingredients, knowing where they came from. I also have a food dryer for fruits, and I have made pickles, jams, and marmalades. Like most of us, I do not need to conserve all my winter food. But I do love conserving and preserving because it gives me a sense of appreciation, self-reliance, and accomplishment.

When it comes to conserving and preserving, it is essential to think beyond those glass jars. Because of the way we live now, most of us aren't in touch with the folks we depend on to feed us. We need to take time to consider the larger picture: where would we be without the farmers and the farms? Where would we be without enough water to irrigate the farms?

We can also conserve food by not wasting it. Much food is wasted, both in homes and throughout the entire food system. Keep in mind that the final produce you see in the store, or the farmer's market, embodies energy consumption to grow, harvest and transport it, as well as lots of water for irrigation. If we have wasted produce at home, we can compost it so we can enrich our garden – the same way Nature enriches her growing things.

So in the winter when you reward yourself by opening up a jar of some treasure that you preserved, take a moment to realize that in doing so, you also preserved a bit of the planet.

Betty Shelley, and her husband, Jon, have filled only one 35-gallon can of garbage per year since 2006. In her three-session class, "Less is More: Getting to One Can of Garbage a Year", Betty Shelley teaches her techniques for reducing waste.

For more info:

www.reduceyourwasteproject.com



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Protecting the Future by Preserving the Past

By Mike Dunton

“Mergers and consolidations have resulted in a handful of large conglomerates gaining control of the mainstream seed industry.”

When our hunter-gatherer ancestors stopped relying on chance and began raising their own food, they became farmers. They domesticated wild animals to be used for work, transportation, companionship, and food. They selected wild plants with specific desirable traits to develop new plant varieties.

For eons, farming changed very little. Technologies evolved and with the advent of science, knowledge improved. Yet for the most part, agriculture relied on the forces of nature. Our ancestors were connected with their environment and studied their climate patterns in order to improve their yields. Their lives quite literally depended on their success in their gardens and fields.

Every spring, they planted. Every summer, they cultivated. Every fall, they harvested. Every year, they selected and saved their best seed for next year's planting. And every generation passed on these hard-earned treasures to the next. This cycle persisted for thousands of years and is the source of all of the precious heirlooms in our gardens today.

When the industrial revolution ushered out the agrarian age in the nineteenth century, people relocated from rural to urban-based economies. Over time, farms began a trend of increasing in geographical size, adopting mechanization, and specializing in one crop (monoculture) in order to meet the food demands of growing, city-based populations.

At this point, agriculture changed from the classic, pastoral lifestyle that many of us still envision when we think of farming, to the industrial agriculture model that dominates the current landscape.

To meet the demands of these large agricultural enterprises, seed and chemical companies grew with an insatiable desire for larger profits. They began promoting F1 hybrid plant varieties with marketable traits not easily reproduced by farmers. This broke the age-old tradition of farmers saving their own seed,

while at the same time ensuring steady annual sales revenue for the seed suppliers.

As the twentieth century progressed, small regional seed companies began merging. Consolidation often included discontinuing less profitable or similar varieties from their product lines.

This trend accelerated at an alarming rate through the 1970s and 1980s when thousands

of old varieties disappeared from the marketplace.

Unless they were maintained by various governmental seed banks or held in private hands, biological diversity, commonly shortened to biodiversity, was forever lost.

The importance of protecting our planet's biodiversity must not be underestimated. The more varieties that are available to plant breeders to develop new strains, the better the odds for finding solutions to ever-changing environmental conditions or new plant diseases. This can protect against threats of famine due to large-scale catastrophic events such as the "Irish Potato Famine."^{1,2}

As mergers and consolidations continued, large, multinational, agrichemical conglomerates gained control of the mainstream international seed industry. By dictating what seeds are available for farmers to plant in a given year, they can control the world's food supply.³

These corporations, just like any other business, are driven by their shareholders' interests and motivated by the bottom line to increase their income and influence (power). Recognizing the potential for huge profits, they quickly adopted biotechnology as a tool to create new, genetically engineered (commonly referred to as GMO) varieties that they could protect from competition through patents. Thus, access is restricted and biodiversity is further lost.⁴

Yet there is hope! You can passively or actively become involved in positive change. As consumers, begin by educat-



Seed catalog photos
courtesy Biodiversity
Heritage Library

ing yourself. By learning all that you can about everything you put into your body, your greatest personal asset, you will better understand the complex nature of the threats to our food supply and be better equipped to implement changes within your personal life to redirect these trends.

Pass along this information to others in your personal sphere of influence. Make sure your government representatives know your position on issues. Vote not only with your ballot, but with your wallet by spending your money conscientiously. That is, choose who will be ultimately benefitting from each purchase you make. Get involved in your local food chain by supporting farm stands, farmers' markets or by joining community supported agriculture (CSAs). Where possible, get to know your farmer!

If you garden, consider learning to save your own seeds and thus becoming part of the seed variety preservation cycle. When you do purchase seeds, choose heirloom varieties from organizations working to preserve biodiversity. There are many organizations and small alternative seed companies that have have pledged to not knowingly sell genetically modified organisms. The Victory Seed Company is an early signer of this pledge.

Although many varieties are now gone forever, we can all work towards protecting what remains. Ultimately, by eating these foods and gardening with these seeds, you help to maintain a demand for them and save varieties for future generations.

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Mike Dunton is the founder of the Victory Seed Company and lives on his family's ancestral farm in the beautiful Willamette Valley of Oregon. With a mission of educating people about seed saving practices, organic gardening principles, and the importance of our agrarian past, the Victory Seed Company works to preserve rare, threatened, heirloom seeds and to keep them available to gardeners and plant breeders.

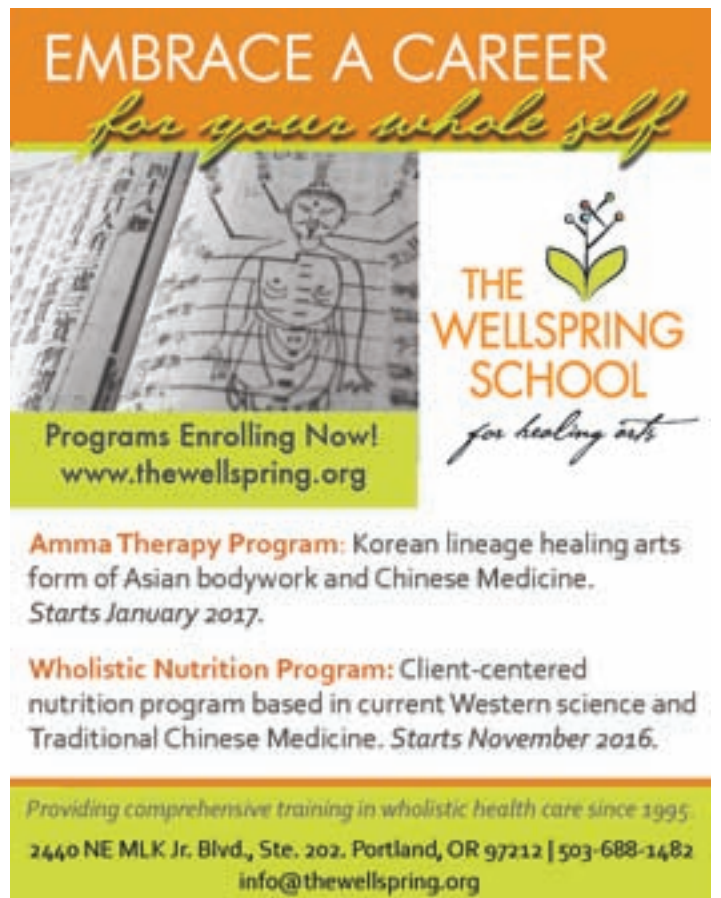
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Local Medicine: Preserving Medicinal Herbs

By Sue Kusch

“Herbal medicine provides relief while also assisting our immune systems do their jobs.”



Photo courtesy of Sue Kusch

Herbs offer us many gifts: culinary seasonings, teas, and nutritive medicine. Even though we are nearing the end of the growing season, there is still time to harvest and preserve herbs for use throughout the winter months. Be sure to dry herbs for culinary use and for teas, and store in glass jars to protect their aromatic oils. In this third article about Local Medicine, I describe a favorite way to preserve medicinal herbs for winter use.

Upper respiratory viruses are the most common ailments during the colder months, and we are most vulnerable during the seasonal transitions of fall to winter and winter to spring. We spend more time inside, and in close quarters with more people. Our immune systems take a hit as we indulge in less-than-healthy foods and habits. Viruses are shared and one cold morning, we may wake with a tender, inflamed throat, perhaps a fever and cough.

One of the challenges of local medicine is its availability when you need it most. This is why over-the-counter (OTC) medicine is so popular – it's easily available. As discussed in earlier articles, most OTC products are designed to only suppress symptoms. Herbal medicine provides relief while also assisting our immune systems to do their jobs. Some planning and effort now, will pay off later when you feel the crud coming on.

While Mary Poppins recommended “a spoonful of sugar to make the medicine go down”, we now know that cane sugar should be avoided whether sick or healthy. Herb-infused honeys easily replace the sugar and offer medicinal qualities from both the herbs and honey.

The Benefits of Honey

Honey is rich in antioxidants and loaded with phytonutrients. It promotes the growth of healthy bacteria in our intestines, supports digestion and helps with sleep. It reduces coughing and produces a soothing and moistening effect on inflamed throats. Because of its ability to create hydrogen peroxide, honey is also considered anti-bacterial and anti-fungal. In fact, honey is used in topical dressings for burn victims. Unlike cane sugar, honey does not cause sugar spikes because of its healthy glycemic load. And amazingly, honey never goes bad.

But these benefits only apply to raw honey, which is usually produced by local beekeepers. The honey found in most grocery stores is pasteurized (which destroys much of its properties) and is usually imported from another country. A recent investigation found that grocery store honey is often adulterated with corn syrup and other unhealthy additives. You will find raw honey at farmers' markets and stores that sell healthy foods. Support your local beekeepers and invest in a gallon of raw honey. Replace your use of unhealthy white sugar with wholesome honey.

The FDA does caution against giving honey to children under the age of one because honey can carry botulism spores. Research shows that 1.5 teaspoon of honey reduces coughing in children. This is important because medical experts warn against giving OTC products to children under the age of six.

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Making Infused Honeys

Supplies:

- Raw (unpasteurized) honey – Minimum of one quart
- Glass jars – pints are perfect for small families but if you want to share some of your honeys then use quart jars
- Chopstick & silicone spatula
- Freshly cut herbs are preferred but dry herbs can be used

Directions:

1. Some herbs hold a lot of moisture in their leaves. Allow them to wilt a bit for 8-24 hours to remove some of the water. Honey is hygroscopic which means it absorbs moisture.
2. Remove stems and roughly chop herbs. Both leaves and flowers can be used.
3. Loosely fill jar almost full with fresh herbs. (If using dried herbs, fill half full)
4. Fill the jar with honey, completely covering the herbs. Warming the honey slightly in a double boiler speeds up this step, but be sure to only warm and not cook or boil the honey.
5. Stir with chopstick to remove air bubbles.
6. Cover with tight-fitting lid and label the jar.
7. Place in sunny windowsill for a week. The herbs will move to the top so I like to turn the jars upside down each day to move the herbs through the honey. After a week, move the honey to your counter and allow it to steep for a few more weeks.
8. Some herbs will color the honey, and some will thin the honey. Infused honeys can be used to sweeten and flavor cereals, teas, salad dressings, baked goods, savory sauces, marinades, as well as fruits and vegetables.

Herbs

Lavender (*Lavendula spp.*) – Drizzle on ice cream, pound cake, scones, and biscotti. Lavender can produce a calming effect.

Lemon Balm (*Melissa officinalis*) – Delicious in both savory and sweet dishes and my personal favorite for sweetening tea. Lemon balm is soothing to the digestive and nervous system and aids in healing cold sores.

Sage (*Salvia officinalis*) – A must have for the winter months! Sage's anti-bacterial, anti-viral and anti-fungal properties have a long history of use for inflamed throats and helps with drying mucous.

Ginger (*Zingibar officinale*) Avoid using ground ginger; peel & chop fresh organic ginger. The moisture in the rhizome creates more of a ginger syrup. I make small batches and store in the fridge. It's a great remedy for upset stomachs and nausea. It also produces a warming sensation in the body.

Bee Balm (*Monarda spp.*) – Another potent medicine for the cold and flu season, bee balm offers a spicy, slightly sweet, taste. The flowers and leaves are anti-microbial and are well-suited to treat sore and inflamed throats. Like ginger, it also produces a warming sensation in the body.

Are you inspired? Look around your herb garden and in your spice cabinet for more ideas using mint, cinnamon (sticks or chips), anise star, vanilla, rosemary, thyme, chamomile, basil...

Then share your bounty with friends and family – herb-infused honey makes a unique, but appreciated gift.

Sue Kusch tends to herb and vegetable gardens in the Columbia River Gorge. Owner of The Withered Herb, she teaches classes on all things herbal and makes herbal medicines.

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The Circular Economy:

The Next Design Revolution

By Chelsea Peil

“The Circular Economy can be embedded into all sectors and especially business products, and services, so people don’t even realize they are choosing the ecological choice.”



Illustration courtesy of circulareconomytoolkit.org

Sustainability has come a long way in the last decade but as we know, the current linear ‘take, make, and waste’ system of production is not working for social, economic, or ecological health. We are facing the consequences of over-extracting natural resources and living in a culture of consumption. As populations increase, we also need employment that is based on people owning only stuff they really need.

The circular economy is about moving toward a restorative and regenerative system where products are diverted from landfills and materials are used again. When people embrace thinking in more circular ways, all ‘economies’ on the planet - social, economic, and ecological - start to get healthier.

The Circular Economy is gaining popularity around the world because of its effective use of resources across many sectors. The Ellen MacArthur Foundation, champion of the idea, defines the circular economy as a

“continuous positive development cycle that preserves and enhances natural capital, optimizes resource yields, and minimizes system risks by managing finite stocks and renewable flows. It works effectively at every scale.”

Circular thinking inspires the components of the economy to work like nature by creating products, services, businesses, and processes designed from the beginning to be zero waste and multifunctional using reciprocal/symbiotic relationships that increase the opportunities for exchange. This creates money and jobs. As products reach an end of use, they can continue to support the health of the system through reuse as a feed stock in a new cycle of development.

The circular economy concepts work at every scale, from manufacturing to agriculture, or cell phones to vegetables. For example, zero waste in the technical cycle means the product is designed to have every component of it remade into another product. Increasing the use of the materials creates a need for material innovation, green chemistry, reverse logistics, and re-use jobs, to name a few. In the biological cycle, waste products of brewing beer, spent grain, could be reused by a neighboring business to make bread, and create electricity via biogas to bake it before what’s left is sent to the compost bin to build soil to grow grain.

The four parts of the circular economy include:

- Designing
- Extending the use of materials
- Increasing reuse, remanufacturing, and recycling
- Creating supportive conditions politically, economically, and socially for circular strategies to thrive.

I will be covering these parts in more details in future issues.

Businesses are leading the shift towards circular operations. Patagonia, with its repair program, helps their customers extend the life of their purchase, they promote reuse and build long-term customer loyalty at the same time. The business models of Airbnb, and Lyft allow people to use their under-utilized assets, a room, a car, to create a service, a local experience, or a ride. This service can be offered and used again and again by the public by connecting people to an easy online sharing platform. Here, customers are buying the performance (not a thing), and is, in fact, known as the “Performance Economy”.

These examples provide work and income, while less cars, hotels, and possibly less infrastructure, will need to be built, sav-

ing resources. For more information read, *What's Mine is Yours: The Rise of Collaborative Consumption* By Rachel Botsman and Roo Rogers.

The Circular Economy can be embedded into all sectors, especially business products, and services, so people don't even realize they are choosing the ecological choice. Once embedded, it is about appropriate user experience, cost savings, and fabulous whole system design behind the scenes, instead of marketing an (often more expensive) "green" option. This could take the guilt, behavior change, and eco-elitism out of the equation and invite all people, not just environmentalists, to participate in making healthy choices for the planet, people, and profit.

We have many reasons to shift from the wasteful linear process to circular operations: the rising cost of raw materials, the need for shifting niches to compete globally, and the need to create healthy living wage jobs globally. The Circular Economy is a way of thinking and connecting that creates value, zero waste, and relationships needed for us all to thrive.

Next issue, join me in reading about design inspirations for the circular economy.

Chelsea Peil is a Circular Economy advocate who helps businesses and organizations shift to circular operations. For more info: Ecocreativestrategies.com

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Top 6 Things You Didn't Know About Solar Energy

By Erin R. Pierce

The solar industry is changing rapidly as it experiences unprecedented growth. Here are 6 facts that may surprise you about this increasingly popular source of power.

6. Solar energy is the most abundant energy resource on earth -- 173,000 terawatts of solar energy strike the Earth continuously. That's more than 10,000 times the world's total energy use.

5. The first silicon solar cell, the precursor of all solar-powered devices, was built by Bell Laboratories in 1954. On the first page of its April 26, 1954 issue, *The New York Times* proclaimed this milestone, "the beginning of a new era, leading eventually to the realization of one of mankind's most cherished dreams -- the harnessing of the almost limitless energy of the sun for the uses of civilization."

4. The space industry was an early adopter of solar technology. In the 1950s, the space industry began to use solar technology to provide power aboard spacecraft. The Vanguard 1 -- the first arti-

ficial earth satellite powered by solar cells -- remains the oldest manmade satellite in orbit -- logging more than 6 billion miles.

3. Today, demand for solar in the United States is at an all-time high. The amount of solar power installed in the U.S. has increased more than 23 times over the past eight years -- from 1.2 gigawatts (GW) in 2008 to an estimated 27.4 GW at the end of 2015. That's enough energy to power the equivalent of 5.4 million average American homes, according to the Solar Energy Industries Association. The U.S., currently the third-largest solar mar-

ket in the world, is positioned to move up to second place.

2. As prices continue to fall, solar energy is increasingly becoming an economical energy choice for American homeowners and businesses. Still, the biggest hurdle to affordable solar energy remains its soft costs -- like permitting, zoning and hooking a solar system up to the power grid. On average, local permitting and inspection processes add more than \$2,500 to the total cost of a solar energy system and can take up to six months to complete. The SunShot Initia-



tive's soft costs program works to make it faster and cheaper for families and businesses to go solar.

1. California's Mojave Desert is home to Ivanpah Solar Power Facility, the world's largest operating solar thermal energy plant. It uses concentrating solar power (CSP) technology to focus 173,500 heliostats, each containing two mirrors, onto boilers located in three power towers. The plant, which came online in 2014, has a gross capacity of 392 megawatts (MW). CSP technology is unique in that it allows solar energy to be stored for use after the sun sets -- a key focus for our recent research and development efforts to deliver solar power when and where it is needed most.

Erin R. Pierce is former Digital Communications Specialist, Office of Public Affairs US Department of Energy

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Healing and Health



Start with Chewing

By Aumkara Newhouse

What diet keeps a person pain-free, strong and flexible? Glowing with health and vitality? Is it the ability to separate the useful from the non-useful in life, or the absorption of nutrients from food? If all we had to do to regain health is eat healthy, why is there an increase in food allergies and other digestive issues? Will eating free range eggs, greens, bitter foods like Italian red lettuce, sugar-free yogurt, herbal tea or decaf green tea and fruit make us healthy? What about apple cider vinegar and fermented foods such as sauerkraut, Kombucha, and Miso?

Let's start on a smaller scale, since there may be too much to consider in one bite!

How We eat is Important, Beginning with Chewing and Digestion Power

Conscious chewing is a start. The digestive enzyme, amylase, present in the saliva, breaks down some starches into maltose and dextrin. This is why rice and grains, when chewed thoroughly, will taste sweet. This process supports the spleen, stomach, and pancreas in their roles.

More important is the need to absorb the useful nutrients from food. Perhaps this is the basis for the blessing of food observed by many cultures. One could say that the ability to digest food in the stomach and transport what we absorb into the small intestine and blood stream, is what keeps us healthy.

Paramhansa Yogananda said "Bite off more than you can chew and chew it!" However, he also emphasized the importance of thorough chewing in the following:

"Eat a carrot a day (with a part of stem and roots un-scraped – only thoroughly washed) Chew it well. It is sweet and luscious once you get used to the taste. You will soon find cooked carrots absolutely tasteless, in addition to their being only the corpse of the carrot from which the vitamin soul has departed."

Also from the teachings of Paramhansa Yogananda is this recipe for a healthy meal for 1-4 people:

Soft Scrambled Eggs and Shiitake Mushrooms

- 6 eggs,
 - 1/2 cup milk,
 - 1 cup chopped Shiitake mushrooms,
 - 4 pieces whole wheat toast (or substitute gluten free whole grain)
 - 8 tablespoons butter,
 - 1/4 - 1/2 tsp. Maine Coast Sea Seasonings salt replacement (lower sodium - more trace minerals)
 - Melt 2 tbsp. butter in a frying pan and then saute' the Shiitake's. Beat eggs lightly, then add milk and Sea Seasonings. and mix throughly.
 - Heat 2 more tbsp. butter and add the egg mixture to the sautéed mushrooms.
 - Place over a low fire (Yogananda's original 1930's words) - low heat and stir occasionally until the eggs thicken. High heat makes the egg white less digestible. Uncooked egg whites are also not digestible.
- Serve over buttered whole wheat toast.

Shitaki mushrooms sautéed in butter in thickened eggs (low temp soft scramble) preserves the healthy cholesterol in the eggs and the calming structure-supporting magnesium. The whole grain bread supports strength of character as well as the spleen/stomach. The sulfur content is also helpful for connective tissue.

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The Trouble With Research

“In the age of the internet, the number of nutritional benefit health claims has exploded, making it harder to find the truth behind the research....”

By Ken Condliiff

For the last edition of the *Green Living Journal* I wrote about ‘The Trouble with Natural’, in which I explained that ‘natural’ has no defined meaning from the USDA or the FDA. This term often used in food marketing gives the consumer no real information for decision making.

For this edition of the *Green Living Journal*, I will address sponsored food-based research, which is often paid for by food companies.

In this age of hyper marketing, food companies are looking for an ‘edge’ that gets the consumer to pay attention to their messaging. Smart consumers are starting to do more food and ingredient research, and becoming increasingly savvy to any inflated messages that accompany food marketing. Food companies need to differentiate their products, so when they can reference their research, this adds credibility to their claims.

The ‘trouble’ begins when the food producer asks an ‘independent’ group to research their request. This is more like proving their hypothesis correct, instead of conducting independent research. When the consumer thinks of research, it’s often associated with the notion of independence, where some college or research group decides to look into claims of nutritional benefits. Where there is

independence, there could be true objectivity, which means the findings could be less biased.

Where there is sponsored research, there is the opportunity to find-in-favor of the sponsor, even if the findings are general in nature. It puts the researcher in a real bind – either find something good to report, or risk getting banned from the sponsored research business.

Lets look at a few real life examples:

Pear Bureau Northwest, pays for research and sends press releases about its expected positive results, such as “New Research Indicates Regular Fresh Pear Consumption May Improve Blood Pressure in Middle-Aged Men and Women with Metabolic Syndrome”. A statement from their press release states: “Pear Bureau Northwest continues to collaborate with researchers to support additional studies highlighting the relationship between pears and positive health outcomes”. The study is conducted by the Department of Nutrition, Food and Exercise Sciences and the Center for Advancing Exercise and Nutrition Research on Aging (CAENRA) at Florida State University by Dr. Bahram H. Arjmandi, Professor and Director of CAENRA and Dr. Sarah A. Johnson, previous Assistant Director of CAENRA.

In March 2015, The World Health Organization's International Agency for Research on Cancer (IARC) said that glyphosate/Roundup is "probably carcinogenic to humans". Also in 2012, the International Life Science Institute (ILSI) in Europe group took a \$500,000 donation from Monsanto and a \$528,500 donation from the industry group Croplife International, which represents Monsanto, Dow, Syngenta and others, according to documents obtained by the US right to know campaign. The news sparked condemnation from green MEPs and NGOs, intensified by the report's release two days before an EU re-licensing vote on glyphosate, worth billions of dollars to industry.

According to Marion Nestle (independent researcher, nutritionist and food nutrition author):

Between March 2015 and March 2016, she identified 166 industry-funded nutrition research studies and posted and discussed them on her blog. Of these, 154 reported results favorable to the interest of the sponsor. Only 12 reported contrary results. The few studies systematically examining the influence of industry funding on nutrition research tend to confirm results obtained from other industries. For example, a systemat-

ic review comparing industry-funded and non-industry-funded trials of probiotics in infant formula reported no association of funding source with research quality. However, industry-funded studies, seemed more likely to report favorable conclusions unsupported by the data.

One independent organization that serves as a research review group is the Center for Science in the Public Interest (CPSI). For 40 years, they have reviewed research, lobbied congress, and brought lawsuits, with a mission of consumer advocacy. CSPI is governed by a volunteer board of directors and maintains a strict conflict of interest policy for its staff and board members.

Another resource is the *Journal of Nutrition*, published since 1928, which claims to be a scientific journal created solely for publication of nutrition research. Contents include peer-reviewed research reports on all aspects of experimental nutrition, critical reviews, commentaries, as well as symposium and workshop proceedings. The American Society for Nutrition requires authors, reviewers, and editors to disclose possible conflict of interest situations, (financial or personal interests), real or apparent, that may affect, or appear to affect, the impartiality and the integrity of the peer review process of its journals.

In conclusion, the consumer still needs to beware of new nutritional-based research claims. In the age of the internet, the number of nutritional benefit health claims has exploded, obscuring the truth behind the research – such as who funded the research, who peer reviewed, and who really benefits. Sometimes the real benefactor is not the consumer.

Ken Condliff is the founder and self-proclaimed CNO (Chief Nutty Officer) of Nut-tritious Foods located in Vancouver, WA

For more info:

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Moss Study Helps Identify Pollution Hotspots

By Yasmeen Sands



Photo credit: U.S. Forest Service

Moss growing on urban trees, such as this species sample of *Lyell's orthotrichum*, is a useful bio-indicator that can help monitor cadmium, a carcinogenic heavy metal, in the air. In December 2013 when Sarah Jovan and Geoffrey Donovan, two scientists with the U.S. Forest Service's Pacific Northwest Research Station in Portland, Oregon, crisscrossed the northwest area of their city, they had no idea they were onto something big. Armed with a ladder and collection equipment, the two spent most of that gray and rainy month carefully plucking hundreds of moss samples off the trunks of the city's hardwood trees.

They were in relatively uncharted scientific territory, even though their research focus seemed straightforward enough: determine if moss, in particular, the ubiquitous *Lyell's orthotrichum* moss which grows abundantly across much of the city, could help measure urban air pollution.

The idea of using a plant as a barometer of environmental health was not new. For decades, the U.S. Forest Service has used moss and lichens as bio-indicators, or living organisms to monitor forest health. But this study's setting was a bustling city with more than 600,000 residents with countless businesses and potential pollution sources. Here the focus was on human health as part of the agency's urban and community forestry mission.

Because mosses lack roots, they absorb all of their water and nutrients from the atmosphere, much like mini sponges. In the process, they also take up and store whatever other compounds happen to be in the air—including pollutants. The scientists thought this might mean that *Lyell's orthotrichum* moss could serve as a barometer of pollutants in the city's air. But would it function this way in practice, in such a complex urban environment?

"The study showed that moss can serve as a low-cost screening tool to help cities strategically place their expensive and limited instrumental air-quality monitors."

"Our moss and air quality study was definitely exploratory, but we received incredible support from the agency," said Sarah Jovan, a research lichenologist based at the station's Portland Forestry Sciences Laboratory and the study's co-lead. "We suspected that this type of moss could be a bio-indicator of air pollution, but weren't sure what our study would reveal. However, we felt strongly that the research was worthwhile given the potential publication health implications."

Jovan and Donovan personally gathered all 346 moss samples. Their findings, the first set of which were published recently in the journal *Science of the Total Environment*, identified two previously unknown hot spots of cadmium air pollution in the heart of Portland. This demonstrated that moss growing on urban trees can be a useful bio-indicator of the heavy metal which is linked to major health problems like cancer and kidney disease.

More broadly, their study is the first to generate a rigorous and detailed map of air pollution in a U.S. city using moss and may ultimately lead to dramatic improvements in air-quality monitoring across the country. The study showed that moss can serve as a low-cost screening tool to help cities strategically place their expensive and limited instrumental air-quality monitors.

"In a way, we achieved the dream for bio-indicator research," Jovan said. "Many people regard bio-indicator studies as sort of a quaint curiosity with most papers ending up in scientific journals with limited impact in the end. It's tremendous that our moss study has provided a scientific basis for a vigorous public discussion about pollution."

This article was posted on the United States Department of Agriculture's blog by Yasmeen Sands, Pacific Northwest Research Station, U.S. Forest Service, on May 18, 2016.



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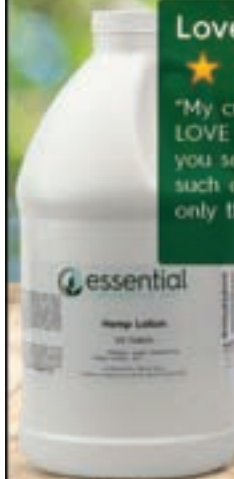
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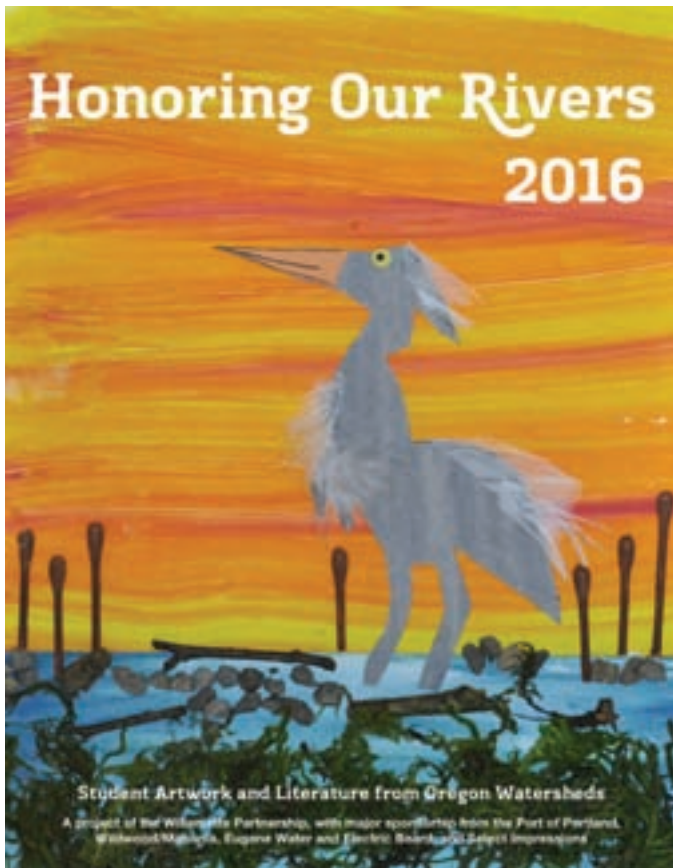


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Honoring Our Rivers: Student Artwork and Literature



Cover Art: Great Blue Heron at Sunset, Aiden Castillo, Grade 2

Honoring Our Rivers (HOR) is a project of the Willamette Partnership and is produced with the assistance of volunteers and the support of businesses, individuals and foundations. Its mission is to engage the creative capacities of Oregon residents, particularly its youth, to promote and nurture respect for Oregon's fragile river systems.

This collection of poetry, prose and art is created by students from more than 60 local schools (all levels). The focus is on rivers and watersheds, while showcasing artistic, educational, and environmental goals simultaneously.

Through this anthology, and through supporting outdoor and environmental education, HOR works to promote an understanding of place and self, encouraging students and educators to reflect on their relationships to the environment through art and literary activities.

The *Green Living Journal* is excited to join with Willamette Partnership to bring to our readers selections of the participating students' work.

Right Next To the River (Excerpt)

The river is my therapy, as I jump into the warm water. The hot sun shines on the river, making it glisten. I float along the river peacefully, washing away my sadness. The sadness I have kept inside ever since I was a kid.

I listen to the soft waves rolling. I smell the fresh air as it hits my face. Tears stream down my face, as the memories come back into my mind.

Feeling the river flow over my toes, brings me happiness. I close my eyes and think. I think about how fortunate I am. Fortunate to have a river that calms me. I think of how I could be alone. But I am not. My mother will always be right next to me. Right next to the river.

By Margaux Johnson, Grade 5



Blue Heron, Savannah Mills, Grade 5

The river is a home to some, a world to others,
and connected to us all,

Gabriella Goldstein, Grade 7



HONORING OUR RIVERS

A Student Anthology

Call for Student Submissions to *Honoring Our Rivers*

Are you a writer, artist, photographer or bilingual? Does nature inspire you? Are you in school? Then you should submit to *Honoring Our Rivers: A Student Anthology*.

ABOUT: *Honoring Our Rivers* (HOR) is a literary arts anthology that publishes works related to river watersheds by Oregon and Washington students (K-college), a project of the Portland-based environmental nonprofit, Willamette Partnership. HOR encourages students to reflect on their relationship to the environment through the creative arts and supports outdoor and environmental education.

WHAT: HOR accepts original photography, art, poetry, fiction and creative nonfiction, including works in foreign languages with English translations (500-word maximum). Subject matter should relate to Pacific Northwest river watersheds and our relationships to them. The 2017 edition will also be looking for entries that reflect "working rivers," places and ways of life that depend on the river, such as agriculture, fishing and transportation. See submission guidelines at www.honoringourrivers.org/submit.

DEADLINE: January 31, 2017

HOW: HOR encourages online submissions to reduce the use of paper, but you're welcome to mail your submissions to the following address:

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An Electric Bicycle Commute

Yes! Photo by Jennifer Luxton

By Keith Barbalato



Cycling brings better health to people and neighborhoods alike. Studies show that cycle-friendly infrastructure has positive effects on local economies:

When people bike, they're better able to connect with and do business in their communities. But for many people, the effort of cycling holds them back. Sweating and the physical inability to climb hills or cross bridges are deterrents.

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Think hybrid car, but applied to a bicycle. Depending on the e-bike, you control the motor either with a button or based on how hard you pedal. Users enjoy the functional advantage of increased power, but also the pure joy of riding a bicycle.

Commercially available since the 1990s, E-bikes have been slow to catch on in the United States, where bikes are recreation rather than transportation. But in recent years, sales have grown, from about 70,000 in 2012 to 270,000 in 2014. The growth increases as e-bikes get sleeker, prices drop, and technology advances.

According to Stefan Schlesinger, owner of Seattle Electric Bike, many buyers are looking to get out of their cars and also stay off buses. Businesses and delivery services see potential in e-bikes because of their speed and reliability. "Bikes are the most efficient vehicles on the planet. In a place like this," Schlesinger says, referring to Seattle's hills, "e-bikes make it the most efficient way to get around."

Reprinted from From Yes! Magazine, Spring 2016

Bike photo courtesy of www.pedegolectricbikes.com



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Photo courtesy of NASA

Portland Community College recently added a new course: Geology 184, Global Climate Change, taught by four experts in the field: Sharon Delcambre, Kyle Dittmer, Chris Bailey, and Matt Glazewski. The class covers the basics of climate change science, as well as real-world technical and policy/law perspectives on solutions that ordinary citizens can do. The solution aspects approach fits very well with people dedicated to living a green-sustainable lifestyle.

Each instructor discusses the problem of climate change from a different viewpoint. For example, Mr. Glazewski, a former NOAA-National Weather Service meteorologist from Washington DC, who spent time on a NOAA ship in the Arctic Ocean, can give a first-hand account on how global warming has inflicted major damaging changes to the Arctic environment and its impacts world-wide. Dr. Delcambre, who recently earned her Ph.D. in Climate Science from the University of Wisconsin and just joined the PCC faculty, can share the latest science findings and policy implications. Mr. Bailey emphasizes the environmental science impacts of climate change. Prof. Dittmer presents his recently published work on the changes to Pacific Northwest rivers and salmon (<http://www.critfc.org/blog/press/impacts->

from-climate-change-on-indigenous-communities-takes-center-stage-in-special-issue-of-climatic-change-journal/).

Introductory climate science classes are becoming more common at 4-year colleges, but not so at the community college level. PCC now becomes the second community college in Oregon to offer an introductory climate science class. G-184 also includes a lab component which can be used for part of the graduation requirements. The class is being offered at all four PCC campuses, every academic term.

For more info: <http://bit.ly/2aU7zmg>

Kyle Dittmer has been teaching at PCC for 25 years as an Earth Science Instructor for evening intro classes in Meteorology, Oceanography, Geology, Astronomy, and now Global Climate Change. His day-job is a Hydrologist-Meteorologist doing salmon-recovery and climate change work for the Columbia River Inter-Tribal Fish Commission (<http://www.critfc.org/blog/staff/kyle-dittmer/>).



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Putting the Garden to Bed for Winter

Photo courtesy of Flickr member kmadrid

By Margaret Haapoja

My enthusiasm for gardening wanes by autumn, and I long for the respite winter offers. While putting the garden to bed in the fall isn't as much fun as watching it wake up in the spring, I don't let my care for the garden disappear just yet. "The end of October is really the first day of spring, because everything you do in fall sets up your success or lack thereof for the next year," says John Kempf, CEO of Advancing Eco Agriculture and owner of a community-supported agriculture farm near Cleveland.

Cleanup Time

When it comes to putting the garden to bed, the first step is to clean up your plants—including your food crop beds and any landscape plants you may have. Prevent disease from returning

to next year's garden by removing any diseased plant material and disposing of it by burning it or putting it in the trash. Certain plants are more likely to harbor diseases, therefore it's recommended to remove all vegetation from them. These include tomatoes, potatoes, raspberry canes and any plants with evidence of powdery mildew.

However, in healthy plants not on this list, it may be advantageous to leave vegetation on the plant. "Research has demonstrated that there is a better survival rate when foliage is left on," says Francois Medion, farm manager for Duluth Grill, a local and organic food restaurant in Duluth, Minnesota. "It's also the winter refuge of beneficial insects."

Leaving most perennial foliage and flower stalks in place also



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provides winter interest, wildlife food and habitat, natural mulch and insulation, says landscape designer Betsy Danielson of Dazzle Gardens in Sandstone, Minnesota. Some plants prove particularly beneficial for wildlife and insects: Duluth Master Gardener Donna Peterson leaves the hollow stems of swamp milkweed as nesting material for bees; rosarian Kathy Ahlgren begins the winterization process the first week of August when she stops deadheading and fertilizing her roses. "By stopping deadheading, I'm allowing rose hips to form, which will trigger dormancy and add winter interest and food for the birds," she says.

When cool weather hits, it's also the time to bring in any houseplants that you placed outside for the summer season. Most of my houseplants spend their summers out on our deck. In the fall, I give them all a good bath with organic insecticidal soap before bringing them back indoors. I also quarantine them for a couple of weeks to make sure they are free of pests.

Mulch Madly

A mantra of the serious gardener is never to leave bare soil. One of the simplest techniques for making sure soil is protected and enriched is to use mulch. "Mulch creates a great environment for the development of soil biology," Kempf says. "When we mulch the soil, we get good levels of biological activity, nutrient availability and aggressive plant growth the following

spring."

Mulch is a blanket that protects plant crowns and roots from the extreme temperature fluctuations of winter. One of the best mulches is a good snow cover, but even very cold regions occasionally have winters with little snow. Thus it is important to mulch with plant material that does not compact and retains a certain degree of "fluffiness." Chopped leaves work well, as do straw and marsh grass.

Danielson spreads a two-inch layer of compost or other organic material (shredded leaves or well-rotted manure) over garden beds and around woody plants. "Don't dig or till it in. This is called no-till," she says. "Just let it decompose over the winter, which will add a lush layer of nutrients, organic matter and worm-rich humus."

Employ Cover Crops

Cover crops are an excellent way to maintain and enhance soil health throughout the winter. Several options for cover crops exist; choosing the right one depends on your crops, climate and other factors (read more about cover crops at Using Cover Crops in Your Garden). In his Minnesota garden, Jesse Davis, a market farmer from Grand Rapids, Minnesota, tills old plant material, raked leaves and mulching straw into his gardens after the first killing frost and sows winter rye into the beds



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in early October. "The small root growth helps with winter wind erosion and spring rain erosion," he says. "The rye also emits a natural 'herbicide' through its roots to stifle competition. The rye herbicide needs about two weeks to break down in the soil, so we till it in two weeks before planting."

Davis also plants Dutch white clover between rows in the spring. "If the roots of produce can touch the nitrogen-producing nodules of this legume, they can actually take it up," he says. "It also can spread over the summer around the plants and create a sort of living mulch."

Plan For Next Year's Success

Fall is the perfect time to study your plantings so you can plan additions and rearrangements. I walk around with my tape recorder and list the plants I want to divide for spring plant sales or move to a better location next season. I transcribe the tape so I have a written reminder in the spring. Some gardeners stroll through their landscape with a video camera commenting on changes they'd like to institute the following year. You could also simply jot notes with pencil and paper.

Kent Lorentzen, a market gardener from Jacobson, Minnesota, tries to determine which varieties did best, how things sold and what was most worthwhile to grow. "I look at production, flavor, how easy it is to grow, how hard it is to weed, how difficult it is to pick, what it costs to grow, what the returns are, and most important, customer acceptance," he says. "It helps to make notes for next year while things are fresh in my mind."

Once outdoor fall chores are completed, come inside with a warm mug and a blanket to read new garden catalogs and dream about your next successful growing season.

Excerpted from Mother Earth Living, a national magazine devoted to living wisely and living well. To read more visit MotherEarthLiving.com. Copyright 2014 by Ogden Publications Inc.

End-of-Season Checklist

- Plant spring-flowering bulbs before the first frost.
- Divide/move spring-blooming perennials if you wish
- Dig, dry, and store summer-flowering bulbs, such as dahlias, tuberous begonias and gladiolus to replant in spring.
- Clean garden beds of any diseased plant material, and amend with compost and manure.
- Leave plants with vines, seed heads or tall plumes for visual interest and wildlife habitat.
- Mark still-living plants with stakes or draw a map for future reference.
- Prune deciduous shrubs, such as *spirea* and *potentilla* to promote spring growth.
- After a hard frost, cut to the ground any perennials that are diseased or that you don't want to self-seed.
- Mulch all uncovered soil with leaves, straw or hay.
- Bring in houseplants that spent summer outdoors, and quarantine them for a couple of weeks inside.
- Keep trees, shrubs and evergreens well-hydrated until the ground freezes.
- Wrap the trunks of newly planted and thin-barked trees (such as apple, cherry, honey locust, linden, maple and plum) with hardware cloth to protect against winter sunscald and rodent damage.
- Empty clay and concrete pots, birdbaths and other items, and store them in the garage or basement to prevent damage.
- Let hoses drain before circling and hanging for winter.
- Perform a soil test. Kits are available at most county extension offices.



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Photo courtesy of Donna Pollastrini

“...people are busy creating lifestyles that offer a way out of the work and spend cycle”

The Power of Repair

By J Lauren Norris

www.greenlivingpdx.com

Do you have a favorite repair shop? You know, somewhere you go because you actually trust them with your stuff? I have several. But, hands down, my favorite is Mike at OMG?!? Computer Repair. He has kept my laptop going with minor repairs, saves and a few upgrades. When my computer finally displayed the dreaded “blue screen of death”, he gave me recommendations on a computer that would suit my needs and be easy for him to keep repairing long into the future.

There is a growing “repair movement” that is empowering people to make their stuff last longer.

You might be surprised at how economical it is to take your broken object to a local repair shop. There is a teeming economy in our region based on the repair industry. Simply Google tailor, alterations, furniture restoration, cobbler, computer repair, or lawn mower repair, and you’ll likely find a nearby business ready to help.

Or perhaps you are a do-it-yourselfer. Basic repair can be surprisingly easy and

creative too. How-to classes and online tutorials can improve your sewing, bike or home repair skills quickly. YouTube has an endless supply of resourceful people who have uploaded their success in fixing just about anything. iFixit.com includes a forum where people upload step-by-step instructions on fixing everything from smart phones to coffee makers. iFixit even sells parts and tools necessary to do the job.

Many Master Recyclers have participated in the Repair Fairs or Repair Cafes which are free community events that bring together volunteers who like to fix things with people who have broken items that need fixing.

The repair community is not without its challenges. Products are increasingly made with flimsy parts, don’t easily open, and are not interchangeable. So you are stuck working with the dealer or manufacturer. iFixit’s Self-repair Manifesto demands the right to products that are easy to repair and information about how to do so. iFixit founder Kyle Wiens further points out that these demands are es-

sential for local repair shops to stay in business. The more that products come with proprietary parts, the less players get to participate in the economy.

Tapping into this network of resourceful people has allowed me to extend the life of my stuff. Meanwhile, instead of investing in a growth economy based on



Image courtesy www.ifixit.

new consumer goods made in foreign factories with deplorable condition. I am on a first name basis with members of my community who are helping me meet my basic needs.

In what Juliet Schor calls the "Economy of Plentitude", people are busy creating lifestyles that offer a way out of the work and spend cycle. Many are setting up shop as fixers. These pioneers' lives are rich with newly abundant resources of time, information, creativity, and community.

Juliet Schor explains, "It's a way of life that's rich in creativity and autonomy. This movement is taking place in cities, small-towns and in rural areas. It's not back-to-the land, it's forward to a technologically advanced, knowledge-intensive way of life that is providing not only food, shelter and power, but also security, community and true well-being."

You can join this economy of plentitude with acts as simple as going to your local cobbler instead of the mall to seek new shoes (although my favorite cobbler is in a mall).

You might also be surprised to find yourself a new friend.

J Lauren Norris is the Sustainability Outreach Manager for the Portland's Bureau of Planning and Sustainability. She also runs the regional Master Recycler Program.



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Old Tools: Sacred Family Heirlooms

Tools used by three generations
of the author's family.

Photo courtesy of Matthew Stalbaumer

By Bryan Welch

My family has never been the kind that passes along tracts of land or rooms full of antique furniture. Our family legacies take shape in more subtle ways — through skills, stories and tools, and through working with our hands. The first installment of my inheritance arrived in the form of a homemade toolbox crafted from a few pieces of 1-by-6-inch lumber and a single bent piece of sheet metal. Its handle was made from a strip of aluminum enclosed in an old piece of garden hose, with which I still carry it today.

When I got the box, it contained half a dozen rusty open-end wrenches; a ruined pocket knife; an ancient ice pick; a crescent wrench; two box-end wrenches; a whetstone; four hole punches; several tiny, worn-out screwdrivers; a fine pair of antediluvian lineman's pliers; and three hose clamps of obsolete design.

There was also a little wooden-handled knife that looked as though it once might have been a farrier's knife, designed to

“Worn but durable tools are particularly precious to me if they were used by people I knew and cared for — more so if I actually saw those people use the old tools.”

trim animal hooves. By the time the knife came to me, the end of its blade had been broken, so the tool's origin was hard to determine.

I first saw that knife in my grandfather's hand — or it could have been my dad's. I've had the toolbox and its cargo since about 1978, when my grandfather died. They've resided in sheds or garages in a dozen different towns in nine states spread from the Pacific Coast to the Atlantic, from Minnesota down to the Mexican border.

The toolbox smells like a particular place: the storeroom in the back of my grandparents' house. Its smell of wet sand, used oil, cobwebs, and dry rot conjures “home” for me.

My dad recently saw the old toolbox in the back of my car and asked why I was hauling it around. I told him I loved working with tools he and my grandfather had used, and that I was writing about old tools.

“You want our old tools?” he said. “I think I have a bunch downstairs.” An hour later, he called me.

“I have a treasure trove for you. These were all your grandpa's tools. I can picture him being so happy that you want them. They're in a box here. You'll be pleasantly surprised when you see them.”

I'm not a collector — of anything. In fact, I'm generally a poor custodian of physical possessions. I lose stuff. I break stuff. I spill stuff on other stuff. My brother, a true collector, would say I don't understand the value of physical things. I suspect this may be true. He has some beautifully preserved railroad equipment displayed in his home. I love to see it there, to touch it.

I appreciate objects I can work with — balanced hammers, good wrenches, boots, gloves, hats. And I love the evidence of regular usage — worn handles, scratched metal, dirt and sweat stains. Worn, but durable tools are particularly precious to me if they were used by people I knew and cared for — more so if I actually saw them use the old tools.

Is this an aesthetic appreciation? Nostalgia?

About 15 years ago, I got involved with some magazines about antique machines: *Farm Collector*, *Gas Engine Magazine*, and *Motorcycle Classics*. As I started hanging out in this new social circle — a bunch of grease-monkey historians — I soon realized that the primary preciousness of the machines wasn't in their resale value, their utility or even their scarcity. For col-

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lectors, the principal value of the antique machinery appears to be in the stories associated with an object. Where was it found? Who owned it before? Where was it made? How, precisely, was it used or ridden or driven? And by whom?

This, I suppose, is the root of my attachment to the old tools handled by my great-grandfather, grandfather, my father, and all of the other people who used them. Our tools are tribal totems. They symbolize traditions. We've conducted ceremonies around them — secular ceremonies of industry and work, but ceremonies nonetheless, even if we never called them such.

Some of those traditions are consigned to the past. The harness hames and hitching weights in my barn will probably never be used again. But some of the traditions are still part of our contemporary lives. I clip wire with my grandfather's pliers. I trim the edge of a door with my dad's plane.

My family has religious traditions, too, but our lives are mostly lived in the secular temples of the shop, the house and the barn. I remember sitting through church with my parents and grandparents, but I much more vividly recall crouching on the floor next to my dad while he drilled that hole with a brace and bit so we could run some new electrical conduit. I watched my grandfather tack down shingles with the hammer I still carry in his toolbox that has now become mine.

To a little boy, the strength and coordination required to drive a nail seemed superhuman. I was thrilled to watch my father, looking so graceful and powerful, drill a hole. I wanted to be like that.

So I practiced. When I was about 4 or 5, my grandfather was attaching a carport to his house. To keep me busy, he handed me a spare miter saw and laid a 2-by-6-inch piece of lumber across two sawhorses. He showed me where to cut it, and acted surprised and delighted when he came back over and found I'd managed to saw a couple of 1-inch slots in his rafter. He used the lumber in the roof and left my handiwork showing. I was in college the last time he pointed out how that board was carrying the roof's weight in spite of my small sabotage.

I eventually developed some of the strength and skill I admired in my mentors. But part of me still idolizes them. When I pick up their tools and put these family heirlooms to work, the act feels mythical, heroic.

Our old tools are sacred relics. Through them we are connected to our work, the world, our ancestors and each other.

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The Last Page



The Natural End Pledge: Preserving Natural Values

By Cynthia Beal

There are a lot of things to like about change -- it keeps life interesting; things can get better (our preference!); and we experience the pleasure of creating things that didn't exist before. Not-change is good too. We get stability, and familiarity, and the comfort of knowing the next steps, especially when we're in unfamiliar territory - and there's probably no territory more unfamiliar to the average person than my regular stomping ground: Death. We may have postponed it, but we haven't eliminated it - and we DO need to change how we do it, and fast.

Preserving and conserving - our themes this month - tend to mean unchanged, more often than not, and the ossified funeral industry shows it. After years of natural foods work (where preservatives are minimized and conservation is key) I'm now in the funeral business, and I have a lot of contact with Last Acts of "preserving" that are, to my mind, very out of place in the 21st century. Embalming our bodies so they don't decompose easily comes to mind. Temporarily sealing us up in polyfoam-lined metal caskets, and putting those inside concrete boxes, and then burying or entombing them in a "forever" piece of ground is another preservation activity that should have seen its day.

Ironically, this sort of preservation is the antithesis of a true preservation that conserves -- that saves for the future; that refuses to waste - and yet it's an American funeral style that's

considered both “conservative” and “traditional”, and until a few short years ago, it was all that you could get. Even if you wanted something different, something that preserved your personal values and conserved your energy when you wound up your time on-planet. And then things changed.

The Natural End Map and Pledge

Some years ago, when it became apparent that I wouldn't be buried in my biodegradable coffins before I made or sold any, I created the Natural End Map as a way to help Natural Burial Company customers find providers who would help them get a more natural end. I didn't ask that these providers buy or sell my products - many still don't - all I wanted to know was if they would promise to help this new natural customer find local natural funeral options to the best of their ability. Spelling out minimum expectations made sense, and so the Natural End Pledge was created; conventional funeral service providers started signing it, and I listed them on www.naturalendmap.com, where you can now find multiple traditional providers around the country who are eager to help their industry change.

The Natural End Pledge for providers is simple and reasonable (you can read it in full on the website) - with the funeral services emphasis on no-embalming required; stocking biodegradable coffins and urns; and helping client families to locate natural cemetery options. Each Natural End provider agrees to abide by the Natural End Pledge's core principles in the categories that apply to them. They sign it, anyone can see the pledge they've signed, and they're on the honor system to fulfill their promise.

Oregon's Natural End Pledge Signers

We're fortunate in Oregon to have a number of funeral service providers willing to expand their horizons and stop preserving us so diligently. The Natural End Pledge signers listed below are at the forefront of a change in funeral service in our State, expanding their traditional roles and practices to accommodate the natural funeral and burial services that we Oregonians increasingly want. Kudos to them!

- Aftercare Cremation and Burial Service - Portland, 2010
 - Cornerstone Funeral Services - Boring, 2009
 - Family Memorial Mortuary - Gresham, 2010
 - Mt. Scott Funeral Home - Portland, 2010
 - Omega Funeral and Cremation Service - Portland, 2009
 - River View Funeral Home and Cemetery - Portland
 - Threadgill's Memorial Services - Beaverton, 2010
 - Umpqua Valley Funeral Directors - Roseburg, 2014
 - Virgil T. Golden Funeral Service - Salem, 2009
- (You can get more information on each of these providers,

including contact info and links to their websites, by visiting www.naturalendmap.com.)

Help Us Grow the Map

We certainly don't have everyone doing the natural funeral thing in Oregon listed on the Map yet, but these ARE the only businesses who've signed the Pledge so far. If you know of - or are - a provider who should be listed, then download the Pledge and send it in! We want more providers on the Natural End Map- and they don't have to be Oregonians, either; we've all got friends all over the country, and these natural options need to be easily available everywhere. Remember, just like all our other natural living lifestyle changes, the more you make your desires known to those who sell them, the more you pave the way and make it easier for those who'll come after you. And that's preserving and conserving at its finest.

Cynthia Beal is the founder of the Natural Burial Company, the impulse behind the Sustainable Cemetery Studies Lab at Oregon State University, and the owner of two Lane County cemeteries in Eugene and Junction City, Oregon. -- You can download a free Natural Funeral Planner at www.naturalburialcompany.com, and locate natural service providers at www.naturalendmap.com.



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