

**ENVIRONMENTAL RESOURCES
HANDBOOK**

YOU CAN MAKE A DIFFERENCE !

Deciding Our Environmental Future
A Conference at Stanford University
January 22 -February 2, 1989

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Part I

Environmental Directory

This resource booklet has been designed to assist you in finding ways to respond to environmental issues raised through the conference, and to encourage you to continue your education and involvement in these issues. You could do this by taking classes in environmental studies, getting involved in a community service organization, pursuing an environmental career, or making changes in your own personal lifestyle. There are a number of places at Stanford University and in the community where you can find information about opportunities for further involvement. In addition to this booklet, the student organizers of the conference are also excellent resources that you should approach for information.

ON CAMPUS RESOURCES

Offices and Departments

Public Service Center

The Public Service Center, located in Owen House, was organized to generate renewed student involvement in public service. The Center is committed to the belief that exposure to the challenge of public service expands the education of students and can help them realize a life-time of significant contribution. An important part of the Center is the **Clearinghouse**, a resource center where students can access over 600 volunteer, internship, and research opportunities on Odyssey, the internship and research FOLIO database. The Clearinghouse can connect students and members of the community to environmental organizations in the Bay Area, in various areas of the U.S., and abroad. Opportunities exist for students to plant trees in Czechoslovakia through an international work camp, monitor legislation for an environmental consulting firm, teach elementary school children in an environmental education program, create a national publicity campaign for an environmental advocacy organization, or research a land use planning study for a city department. The Clearinghouse is staffed by ten peer advisors who can assist students in matching their skills and interests to community organizations in need. A variety of resources are also available, including environmental internship guides, copies of The Harbinger File, a directory of environmental groups in California, as well as books on voluntarism and community service.

For more information about the Public Service Center and its resources, contact Sue Gray, the Clearinghouse Coordinator, at 725-2860.

Career Planning and Placement Center (CPPC)

The Career Planning and Placement Center focuses largely on helping students clarify interests and skills, research career options, and develop successful job search strategies. With

several counselors specializing in non-technical and technical careers in environmental fields, the CPPC can prove invaluable as a source of contacts, knowledge, and general advice. The CPPC brings representatives from non-profit, government, and private sector organizations for panels, information sessions, and recruitment interviews. The Center also has books on environmental careers, monthly job listings publications, alumni contact binders, and a database of 1,400 public service organizations with contact names. To those interested in environmental careers, making an appointment with a CPPC counselor is essential, because it may open up new perspectives on opportunities you may not have considered.

For more information about the CPPC and its resources, contact Anne Greenblatt, the Public and Community Service Career Specialist, at 725-2830.

Center for Conservation Biology

The Center for Conservation Biology facilitates both the development of conservation biology as a science and its application in solving critical environmental problems. The Center was founded to meet the challenge of preserving the Earth's biotic heritage through the development and dissemination of information among scientists, conservationists, land and wildlife managers, and decision makers. The Center is involved in basic and applied research, education, and consultation and technical assistance. It participates in Stanford's existing educational program in the Department of Biological Sciences and the Human Biology Program.

For more information about the Center, call 723-5924.

Institute For Population And Resource Studies

The Institute for Population and Resource Studies is an interdisciplinary group supporting and fostering population studies at Stanford. The Institute encourages graduate study in population studies through fellowships and supervision; institutes courses and seminars in population studies; and brings visiting faculty and population experts to campus. It also organizes an Interdisciplinary Colloquium in Population Studies to introduce upper division and graduate students to a variety of issues in population-related specialities.

For more information about the Institute, call 723-7518.

Student Organizations

Students for Environmental Action at Stanford (SEAS)

SEAS provides individuals with a way to become directly involved in environmental projects, to increase recycling, and to promote environmental awareness. SEAS built a styrofoam sculpture in White Plaza last year to raise awareness of styrofoam's environmental damage and to encourage Tresidder Union to eliminate its use of styrofoam. They are currently putting together a computerized environmental journal.

For more information, call Robert Abrams at 324-9720.

Natural Concern

Natural Concern is a student group organized through the Graduate School of Business. Their goals are three-fold: to increase awareness of the need to include environmental issues in business decisions; to assist and encourage students who want to pursue a career in conservation; and to enjoy the outdoors in keeping with good environmental conservation practices.

For more information, call Tom Kiernan at 852-1218.

Stanford African Students Association (SASA)

SASA is an African student organization committed to the cultural awareness of Africa, building unity and understanding among African students, and building understanding of U.S. connections. SASA has a subcommittee on environmental issues in Africa. They are particularly interested in the effects of toxic waste from developed parts of the world being dumped in Africa.

For more information, call Bakary Diame at 324-9218.

Stanford Environmental Law Society (ELS)

The Stanford Environmental Law Society, founded in 1969, is the oldest student organization of its kind in the United States. ELS members engage in a variety of activities relating to environmental law and policy. Chief among them is the publication of the annual Stanford Environmental Law Journal. The Journal features articles written and edited by Stanford law students. ELS also sponsors a brown bag lunch series on current student and faculty research into environmental law and policy issues. Other ELS activities include environmental outings and consultation on environmental issues. ELS is interested in organizing a University-wide network of groups and individuals who are involved in environmental affairs. This network could serve as a means of attracting prominent speakers to campus and as an informal resource for continuing the momentum generated by this year's YOU CAN MAKE A DIFFERENCE conference.

For more information, call Wendy Pulling or Bill Kealey at 723-4421.

Stanford Recycling Center

The Recycling Center is a predominantly student staffed and student-run organization. It collects aluminum, glass, cardboard, and seven grades of paper from over 1300 receptacles on campus. Students can volunteer to work on a task force to expand recycling at Stanford or work in the yard.

For more information, call Barb Voss at 723-0914.

ON-LINE RESOURCES

There are a number of resources available to computer users concerned about environmental issues. The EcoNet system and the Usenet groups ca.environment and alt.activism are two of these.

EcoNet is based in San Francisco, but since it's connected to Telenet, it can be reached via a local phone call from most parts of the U.S., and over 70 other countries throughout the world. Access requires a computer or terminal with a modem. EcoNet provides electronic mail, databases of environmental information, and conferences for discussing particular issues. For more information about EcoNet, call (415) 923-0900.

Usenet is a loosely linked network of computers using the Unix operating system. It covers many universities, colleges, and companies, and provides conferences (called "newsgroups") on a wide variety of topics. The main newsgroups relevant to environmentalists are "ca.environment", containing discussions about environmental issues affecting California, and "alt.activism", used for information about action projects in many areas (including the environment). These groups are a good source of information about pending legislation, and discussions about land use and other issues. For more information, contact the manager of your computer, or call one of the many public access Unix services available.

OFF CAMPUS RESOURCES

Environmental activities can be found anywhere in the public, private, and non-profit sectors. Political advocacy and lobbying organizations, research institutes, special interest groups, museums and environmental education programs, government offices at the federal, state, and local levels, environmental law and consulting firms, and recycling businesses are all essential components of the environmental community. There are, however, more than 150 environmental organizations in the Mid-Peninsula area alone, so we won't attempt to list all of them in this resource booklet.

We have chosen to highlight four organizations to give you an idea of the resources available beyond the campus.

The Harbinger File

An excellent overview of environmental organizations in our area is available in The Harbinger File, a directory of over 1000 citizen groups, government agencies, and environmental education programs concerned with California environmental issues. It is the most comprehensive and up-to-date listing of groups active in the environmental field in the state of California. Copies of the directory are located on campus in the Public Service Center Clearinghouse or can be obtained by calling Harbinger Communications at (408) 429-8727. The address is 250 Homestead Trail, Santa Cruz, CA 95060.

Peninsula Conservation Center

In the local area, a good place to find information is the Peninsula Conservation Center. The Center is an 18-year old membership organization dedicated to preserving and protecting the environment of the San Francisco Peninsula. It houses the Sierra Club, the Environmental Volunteers, Camp Unalayee, and the Committee for Green Foothills. The Center also includes a book and gift shop, a phone-in information and referral service, and a lending library containing the largest environmental collection open to the public in Northern California. The library contains books, periodicals, maps, newspaper clippings, and pamphlets on a variety of environmental issues, with special emphasis on Bay Area environmental news. The library is

open Monday through Friday from 9 - 5. Call 494-9301 for more information. The Peninsula Conservation Center's address is 2448 Watson Court, Palo Alto, CA 94303.

Magic, Inc.

Magic, Inc. is a community organization in Palo Alto engaged in oak tree reforestation near the Dish. They believe that the ecological approach to land planning should encompass the conventional economic approach. They also work with the local and state governments to build sustainable communities based on renewable resources. In addition, Magic, Inc. has an environmental resource library available for public use. David Schrom is Magic's director. He can be reached at 325-2786.

Global Tomorrow Coalition

On the national level, the Global Tomorrow Coalition serves as an umbrella for a number of organizations in the environmental community. It is a non-profit alliance of more than 110 U.S. organizations and individuals that educates community groups, educators, policymakers, and concerned citizens for action on critical global issues such as population, resources, the environment, and sustainable development. In addition to initiating a variety of educational activities and symposiums, Global Tomorrow publishes curriculum materials for teachers, operates a global issues resource center, and serves as a clearinghouse for member groups' public policy programs. For more information, call (202) 628-4016. Global Tomorrow's address is 1325 G Street NW, Suite 915, Washington, DC 20005-3104.

CEIP Fund, Inc.

Finally, for environmental job seekers, the CEIP Fund, Inc. offers hundreds of challenging, short-term, paid environmental positions in 17 states throughout the Great Lakes, Pacific Northwest, Northeast, and California. CEIP places people in a wide range of environmental fields, covering the natural sciences, engineering, life sciences, social sciences, liberal arts, and health and safety. Job assignments vary widely and include three month summer internships, six month jobs, and even positions that last up to a year or more. Juniors, seniors, recent graduates, and graduate students are eligible to apply. Applications are available in the Public Service Center Clearinghouse in Owen House. The deadline for applications is February 1, 1989.

Part II

Academic Resources at Stanford University

Environmental Studies is as diverse as the globe it covers. It is everything from the ultimate extension of morality, as found in Human Biology 145, Culture and Conservation, to technical engineering work, as in Materials Science 215B, Photovoltaic Solar Energy Conversion II.

One might focus on the materials of the Environment, such as geology in Applied Earth Science 130, Environmental Earth Science I, or biology in Biology 160H, Problems in Subtidal Ecology. One could specialize in creating environmentally sensitive structures such as Civil Engineering 271A, Water Quality Control I, or National Park design in Biology 180, Conservation Biology.

But even the best designed structures will not work unless the broader system is conducive to individuals using the structures. So if you feel your aptitude is more with "people issues" than with the insides of a Wildebeest, you could take Urban Studies 182, Land Use Planning and Control, or Engineering-Economic Systems 283, Energy Policy Models. On the other hand, if you are passionately interested in the innards of Wildebeests, try Wildlife Biology and Management in Kenya, a course offered by the School for Field Studies.

Often times, an environmentally relevant course will be tucked away in a department you wouldn't at first associate with the environment.

Many departments, such as Human Biology, Urban Studies, Psychology, Public Policy, and Communications offer courses with internship learning as a major component. Even if your department doesn't, or you aren't sure how to get an internship, the Public Service Center can assist you in setting up a directed studies arrangement with an individual faculty member. The Clearinghouse Peer Advisors can show you how to use the Faculty Interest database on FOLIO to identify faculty who may be interested in sponsoring you for directed reading credit. Don't hesitate to come in and talk to them at the Public Service Center Clearinghouse. Also available in the Clearinghouse is the publication, "Orientation to Obtaining Academic Supervision and Credit for Internship Learning."

If you would like further information on environmental courses at Stanford, pick up a copy of The Environmental Course Guide from Students for Environmental Action at Stanford (SEAS), or pick up a copy of The Electronic Co-operative Commentary on the Environment (ECCE!) and get the course guide, and more, on disk. ECCE! is free if you supply your own 800K Macintosh diskettes, or at cost (about \$4 for two disks). By the time this booklet goes to press, ECCE! should be available through several departments, as well as at the Public Service Center.

Here is a final way of looking at, or for, course paths. Hopefully, the first section of this article has sparked your awareness of the diversity of options in Environmental Studies. Keeping the need for such a spark each time one creates an academic program here are just a few possible course paths. For simplicity's sake, I have divided the paths into Foundation courses, and Concentration Courses.

Foundation:

Biology Core (Bio 31, 32, 33)
Economics Core (Econ 51, 52)
Human Biology Core (HB 2A,B, 3A,B, 4A,B)
Applied Earth Science Core (AES 130, 131, 132)
Calculus (Math 19-20, or 41-43)
Chemistry Core (Chem 31, 33, 35)
Physics Core (Physics 21, 23, 25)

Concentration in Environmental Earth Sciences

Elements of Photo Interpretation (AES 110)
Physical Chemical Principles (Chem 135)
Environmental Planning (Civ. Eng. 171)
Air Pollution (Mech Eng 137)
Managing Local Government (Urban Studies 175)

Concentration in International Interactions between Biology and Society

Ecological Anthropology (HB 134)
Regional Systems in Agrarian Societies (Anthro 263)
Law in Radically Different Cultures (Poli Sci 182L)
The World Food Economy (FRI 103)
Development of Science Education Policy (HB 117)

Concentration in Behavioral Ecology

Scientific Philosophy and Bioethics (Bio 114)
Principles of Ecology (Bio 176)
Animal Behavior: Ecological and Evolutionary Aspects (Bio 165)
Population Biology of Butterflies (Bio 190)
Applied Ecology (Bio195)

By examining the above lists, one should be able to infer that to do good work in the Environment one needs a solid foundation. However, it is impossible to acquire a complete foundation in all disciplines, so one must pick the "Core" the is most relevant to one's interests, supplement it with other "Core" type material to give breadth, and build an appropriate concentration.

As you can see, concentrations can be everything from a traditional, mostly in your own department, type major, to a major that pulls together many diverse strands, and yet still manages to find solid meaning. For better or worse, the meaning is not fixed. It is for you to create.

Part III

Constructive Environmental Action

Here are a number of projects that Students for Environmental Action at Stanford (SEAS) is presently or potentially engaged in. All projects listed here are active, unless designated "Proposed". If you have an idea for a new project, or need help contacting another local group, please do not hesitate to call SEAS. We welcome all volunteers and can find constructive work for you to do, whether you have 5 hours every week, or just one hour once in a while. Call Kristen Brown at 325-6870, or Robert Abrams at 324-9720.

SEAS Projects

Integrated Revegetation

Oak Trees in the Stanford Foothills, planting and watering, every Saturday morning from 9-11am. Meet at gate to Foothills.

Slide show on Oak Tree project, being prepared.

Revegetation near Escondido Village School with 3 generations of people.

Stanford Botanical Garden - plant native species in several locations around campus with educational signs explaining what the species are. - Proposed.

Recycling

Recycling Contest - in past has consisted of determining how much residences recycle and awarding prizes to houses that recycle most and to most improved person in house. Planning a recycling barrel/art contest for Winter Quarter.

Recycling Signs - design and construct signs directing people to locations of recycling barrels on campus. Could be temporary or permanent, New Stanford Signs style - or Educational Trivia/Stanford History style.

Use of Recycled Products - convince individuals and departments to use recycled products, such as paper, to complete the recycling circle. Proposed.

Have service to place recycling barrels for all public events on campus. Proposed.

Campaign to have small recycling barrels put in all rooms or hallways of residences. Proposed.

Anti-Styrofoam campaign. Includes sale of reusable mugs, and distribution of Recycling/Anti-Styrofoam literature.

Stanford Investments

Project to analyze the environmental record of companies Stanford invests in, advise the Committee on Investment Responsibility on how to respond to proxy votes, and if no response is received to these votes, advise which companies to pull out

of and which to invest in so as to both realize a profit on investment and support companies doing positive environmental work.

Publications

Electronic Cooperative Commentary on the Environment (ECCE!) - an umbrella paper and Macintosh based publication that covers all of the following categories.

Environmental Course Guide - Presently consists of all info from Courses and Degrees on most environmental courses at Stanford. Planning to expand by looking for those courses we have overlooked and entering them in, researching some of the courses in greater depth to include such items as lists of readings, and to solicit submissions from other universities to give students access to a fuller range of Environmental course ideas.

Flexitext - Educational material organized in a modular form. One example - Environmental "Trivial Pursuit" Type cards. If desired, submit questions and answers to SEAS. Please include references.

SEAS Newsletter - contains articles on SEAS projects, but also other more general articles, such as environmental philosophy and even a recipe or two.

Stanford Field Guide - would contain info on species of animals and plants on and around the Stanford Campus as well as other items of environmental interest. Proposed.

International Conversation on a Mutual Environment - We may rename this project, but we couldn't resist the acronym. Consists of brief information on small activist groups around the world who individuals or groups can correspond with to provide mutual encouragement and ideas. You can send letters to the groups yourself, or SEAS will send them for you, and handle distributing replies if you send a group letter. Consider kicking back with some friends after the conference is over to write a letter about the conference. Pick up a Correspondence packet at the SEAS table during the Opportunities Faire.

Environmental Gift Catalog - consists of projects you can support as holiday gifts instead of, or in addition to, material presents. Projects listed are not affiliated with SEAS and are listed as a public service. If you have a project you would like listed, please send us the information on a macintosh disk as a Macwrite or Microsoft Word file.

Articles - for use in Newsletter or Daily

Philosophy/Discussion Sections - idea is to have informal discussions to discuss philosophical aspects of environmental issues. If you would like to participate in the first session or if you want SEAS to lead a discussion of a particular issue with your group, let us know. Proposed.

Environmental Education

Dorm Programming/Speakers

Jones Gulch, San Mateo County Outdoor Education program - SEAS has helped with SMOE occasionally in the past.

Creating a Freshman Orientation Program on the Environment.
Proposed.

Spring Break Trip

Costa Rican Educational Tour of Tropical Forests -- contact: David Sutton. Call the Department of Human Biology at Stanford for more information on this exciting trip.

Spring Break Service/Learning Projects -- These week-long trips, run through the Public Service Center, are designed to teach students about a social issue through community service. This year there will be four trips:

- reforesting the Stanislaus National Forest
- working with the homeless in San Francisco
- working with the homeless in Los Angeles
- working at the Zuni Pueblo Reservation in New Mexico

Applications are available at the Public Service Center and are due Monday, February 6th. For more information, please call Amira Leifer, 725-1488.

Part IV

Resources for Balanced Living

One way to judge the success of this Conference is to measure the changes in our lives in the coming days, months, and years. Did all of the good ideas and "commitments" seem to slough off over time? Or did some new ways of thinking really strike a resonant chord within us, causing the Conference to become a kind of personal turning point?

In order to nurture whatever new ideas about sustainable lifestyles the Conference might stimulate, we provide a listing of organizations and publications you may wish to explore further – after perusing the offerings in our Opportunities Faire, of course! Greg Cumberland compiled this listing and accepts responsibility for any inadvertent omissions. It is by no means complete, but offers reliable information on groups who, like intrepid beacons on a distant horizon, can help guide your way through the chaotic and structurally un-balanced society in which we manage to survive.

(See also the issue of **Helping Ourselves** included in your Registration Packet. This journal focuses on possible lifestyle and consumption changes right here on the peninsula.)

The xeroxed listings and graphics come from **The International Green Front Report 1988** (\$7.00), published by Friends of the Trees, P.O. Box 1466, Chelan, WA 98816. This book stands as perhaps the most comprehensive directory to date of resources for balanced living.

Ocean Arks International
1 Locust Street
Falmouth, MA 02540
508/ 540-6801

OAI was incorporated in 1982 to disseminate the ideas and practice of ecological sustainability throughout the world. They are noted for developing solar aquatic waste treatment systems. They publish *Annals of Earth*.

Earth Regeneration Society
1442A Walnut Street #57
Berkeley, CA 94709
415/ 525-4877

ERS was organized to educate and inform the general public about environmental issues that affect social, economic, and political systems and to develop, support and promote scientific research to address these concerns for the preservation and betterment of all living things. Primary goal is to promote climate stabilization.

Worldwatch Institute
1776 Massachusetts Ave., NW
Washington, DC 20036

Where corporate, academic, and government leaders are turning for reliable information on the state of the world's energy and natural resources and how their condition will affect the human social and economic condition. They publish *State of the World* annually. They hire top-notch interns, too.

Body Therapy Center
368 California Avenue
Palo Alto, CA 94306
415/ 328-9400

More than a place to go for a transcendent massage, BTC offers dozens of classes and/or certification programs in many healing modalities including Swedish/Esalen massage, pre-natal massage, Shiatsu, Trager, Jin Shin Do, and reflexology.

Center For Economic Conversion
222C View Street
Mountain View, CA
415/ 968-8798

CEC, located only a few miles away from Stanford, is a non-profit research and education corporation which promotes positive alternatives to military spending. They publish the quarterly *Plowshare*.

Whole Earth Review
27 Gate Five Road
Sausalito, CA 94965
415/ 332-1716

Publishes a fascinating quarterly journal by the same name covering topics ranging from land use and artificial intelligence to local politics and applied ecology.

Utne Reader
Subscriber Services
P.O. Box 1974
Marion, OH 43306

Publishes "The best of the alternative press", includes numerous references for other environmental and new age journals.

Coop America
2100 M Street, NW
Suite 310
Washington, DC 20063]

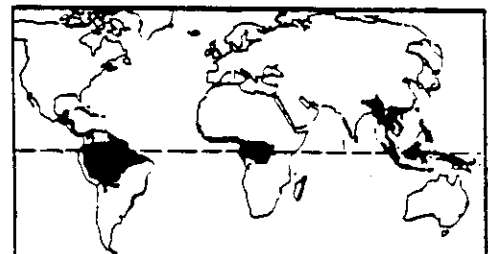
Publishes a catalog of environmentally-sound, cooperatively produced products.

Renew America
1001 Connecticut Ave, NW
Suite 638
Washington, DC 20036

Publishes "A Selection of Environmentally Sensitive Products" such as light bulbs, cleaning supplies, hot water savers, etc.

Institute for Social Ecology
PO box 384
Rochester, Vermont 05767

Every year this organization hosts its internationally-known, Social Ecology Summer Semester. This educational experience, in its thirteenth year, will present both a comprehensive exploration of the critical problems we face and a reconstructive perspective focusing on the process of ecologically oriented social change. It provides an integrated college-level curriculum in each of four programs. They also offer two week seminars. The Institute works closely with Goddard College.



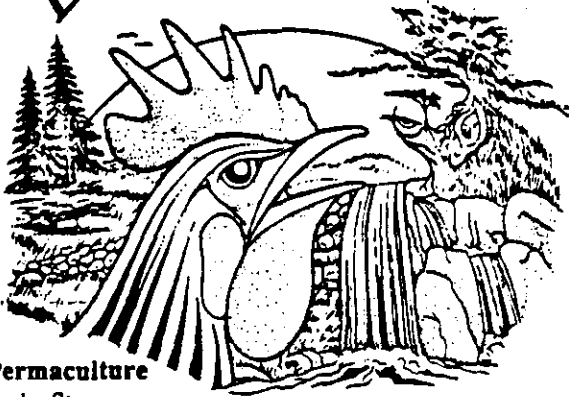
Half the world's rainforests are already gone. At the current rate of destruction, the rest will vanish in a single human lifespan.



RAINFOREST ACTION NETWORK
466 Green Street, Suite 300
San Francisco, CA 94133

The United States affiliate of the Australian Rainforest Information Centre. The U.S. source for the World Rainforest Report.

Elfin Permaculture



Elfin Permaculture

40-A Brooks St.

Worcester, Massachusetts 01606 (617) 544-7810

Elfin Permaculture founder, Dan Hemenway, offers several, three-week Permaculture Design Courses in the U.S. each year. Dan has also given Design Courses in Mexico, the Phillipines, and Ireland. He also gives numerous short courses, seminars and talks on permaculture each year in many parts of the United States. He is also the editor and publisher of TIPSY (The International Permaculture Species Yearbook). TIPSY is recommended as one of the major permaculture publications in North America. See also TIPSY in the Plant Species Index section. Also see Friends of the Trees 1986 Yearbook.

Friends of the Trees Society

PO Box 1466

Chelan, Washington 98816 (509) 687-9714

Distributor and publisher of permaculture literature. Coordinator, Michael Pilarski, offers permaculture design courses and seminars. Publisher of the International Green Front Report.

Directory of Environmental Education Resources for the San Francisco Bay area). Published in the May, 1987 issue of the Ecology Center Newsletter. 1403 Addison Street, Berkeley, Calif. 94702 (415) 548-2220.

This directory reviews over 100 environmental education resources in the Bay area. The monthly newsletter is one of the best places to keep up with Bay area environmental news. \$12/yr and up.



New Alchemy Institute

237 Hatchville Road

East Falmouth, Massachusetts 02536 (617) 564-6301

New Alchemy Institute is, perhaps, the most well-known Institute in the field of sustainable agriculture in North America. Founded in 1969, they have been developing integrated systems of aquaculture, agriculture, greenhouses, and appropriate technology on their demonstration farm for many years. A continual variety of educational programs have been offered at New Alchemy over the years including summer semesters in sustainable agriculture, community resource systems, ecological home technologies and applied studies. The full summer program cost \$3225 in 1987.

Development at New Alchemy has taken an increasingly permaculture emphasis as New Zealander, John Quinney (resident teacher and Executive Director) is one of the foremost Permaculture Design Course teachers in North America.

New Alchemy Institute publishes a quarterly Annals of Earth Stewardship, which always contains thought-provoking articles on earth restoration and ecological lifestyles.



Brigadas Internacionalistas (Volunteer Work Brigades)

National Network in Solidarity with the Nicaraguan People.

2025 "T" Street, N.W. Suite 402

Washington, DC 20006 (202) 223-2328

In 1983 over 650 Americans participated in international work brigades. Some work brigades focus on agricultural and rural development. Other brigades focus on reforestation and erosion control.





Ecology Action/Common Ground,
5798 Ridgewood Road,
Willits, California 95490

The book that has made John Jeavons famous is his "How To Grow More Vegetables Than You Ever Thought Possible On Less Land Than You Can Imagine." His complete primer on the biodynamic/French intensive approach. \$10.00.

John Jeavons's biodynamic French Intensive system requires a two-foot deep soil bed enriched with dead leaves and all manner of organic waste. "With BFI, America could meet its food needs on our nineteen million acres of suburban lawns," Jeavons suggests, "using a fraction of the energy, water, and other resources required by conventional agriculture."

Bountiful Gardens is their mail-order source for heritage garden seeds, plus all their publications. Catalog is free for the asking.

Hamacker Coordination

Joanna Campe
152 South Street
Northampton, Massachusetts 01060
(413) 586-4429

Joanna Campe publishes a newsletter and is the hub of a network of people interested in remineralization.

The following is a quote from an article by Joanna Campe.

The Earth Regeneration society of Berkeley, Ca. writes that "the present well publicized 'greenhouse' warming theory is in fact only the first step in a longer process which is beginning to *cool* the planet; and that we are very close to the critical point where rapid glaciation - the next Ice Age - will wreak havoc, causing worldwide famine and related conditions. This is a most critical issue of our times."

Warming is taking place at the mid latitudes as the droughts of Africa and northeast Brazil indicate. Because 70% of the earth's surface is ocean, the extreme heat releases moisture into the atmosphere. The moisture travels poleward, so the snow of the north is the drought of the tropics.

It is actually a *differential* greenhouse effect. Sir George Simpson pointed out that the glaciation which characterizes an Ice Age cannot come about by a general cooling of the earth's atmosphere - because some source of *increased* energy is required to transport poleward the huge amounts of moisture which make up the glaciers. The recent finding of Nicholas Shackleton and associates at the University of Cambridge accept CO₂ as the "forcing agent" for glaciation and the data gives strong corroboration for *The Survival of Civilization* thesis.



The Environmental Project on Central America (EPOCA)

Earth Island Institute
300 Broadway, Suite 28
San Francisco, California 94133 (415) 788-3666

A new organization dedicated to preserving rainforests in Central America. EPOCA issues a quarterly *EPOCA Update*. EPOCA is producing an educational video which explores the interwoven environmental, political, and economic issues.



Aprovecho Institute

80574 Hazelton Rd.
Cottage Grove, Oregon 97424 (503) 942-9434

Ianto Evans of the Aprovecho Institute has become the most prolific permaculture design course instructor on the West Coast, with courses offered in 1985, 1986 and 1987, including courses in Oregon, Washington, Mexico and Guatemala. Aprovecho also publishes *Cookstove News* (focus on agroforestry and improved stoves) and maintains a demonstration garden and networking center.

[Following is a paragraph from Aprovecho's Third World Permaculture Design Course flyer.]

Permaculture is : the design of land use systems that are sustainable and environmentally sound; the design of culturally appropriate systems which lead to social stability; a design system characterized by an integrated application of ecological principles in land use; an international movement for land use planning and design; an ethical system stressing positivism and cooperation. Third World societies face serious and immediate problems: loss of productive land, firewood scarcity, crop failures, food shortages and the spread of deserts. Permaculture solutions are now being applied all over the world through sustainable production, restoration of degraded lands and resurrection of local economies.

Living Green: 101 Green Things You Can Do

Green values are not just guidelines you use once every few years in deciding how to vote; they are things you can live by every day. This list is for those who have the "Green spirit" and want to incorporate it further into our lives.

1. Recycle newspaper, aluminum, glass, and tin
2. Recycle motor oil
3. Use cloth diapers
4. Reuse egg cartons and paper bags
5. Avoid using styrofoam--it can't be recycled
6. Avoid disposable plates, cups, and utensils
7. Use rags instead of paper towels
8. Use paper bags, not paper towels, to drain grease
9. Recycle unneeded items
10. Use the back of discardable paper for scratch paper
11. Be responsible and creative with leftover food
12. Use the water from cooking vegetables to make soup
13. Mend and repair, rather than discard and replace
14. Invest in well-made, functional clothing
15. Buy bulk & unpackaged rather than packaged goods
16. Purchase goods in reusable or recyclable containers
17. Buy organic, pesticide-free foods
18. Buy foods without additives and preservatives
19. Use non-toxic pest control
20. Compost your food scraps
21. Grow your own food (even small kitchen gardens!)
22. Volunteer to start or help with a community garden
23. Eat foods from low on the food chain, not meat
24. Avoid highly processed foods
25. Support food co-ops
26. Discover where the food and goods you buy came from
27. Buy locally grown produce and other foods
28. Volunteer to maintain local parks and wilderness
29. Buy living Christmas trees
30. Plant trees in your community
31. Learn about the plants and animals in your region
32. Learn about the cultural diversity of your bioregion
33. Explore & learn about your bioregion
34. Discover your watershed and work to protect it
35. Oppose the use of roadside defoliants in your area
36. Use non-toxic, biodegradable soaps & detergents
37. Put in a water-conserving showerhead
38. Learn where your waste and sewage goes
39. Keep hazardous chemicals in spillproof containers
40. Turn off the water while you brush your teeth
41. Put a water conservation device in your toilet tank
42. Shop by phone first, then pick up your purchase
43. Learn where the energy for your home comes from
44. Support your local utility's conservation program
45. Hang your clothes out to dry
46. Be sure your home is well insulated
47. Weather-seal your home thoroughly
48. Heat your home responsibly, with renewable energy
49. Don't burn wood
50. Put a catalytic converter on your wood stove
51. Turn off lights when not in use
52. Turn down your hot water heater
53. Lower your thermostat and wear warmer clothes
54. Take shorter showers
55. Buy energy efficient electrical appliances
56. Drive a fuel efficient car
57. Conserve gas by walking, bicycling, and carpooling
58. Use rechargeable batteries
59. Research socially responsible investments
60. Support local credit unions
61. Support local shops and restaurants, not chains
62. "Adopt a grandparent" from the local senior center
63. Volunteer to cook for senior citizens
64. Hold a community potluck to meet your neighbors
65. Volunteer to help with neighborhood children
66. Pick up litter along highways and near your home
67. Sponsor a clothes swap
68. Become involved with community projects & events
69. Organize or participate in community sports
70. Speak out about your values in community groups
71. Participate in sister city & cultural exchanges
72. Educate yourself on global and "third world" issues
73. Support politically active groups
74. Spend time visualizing global peace
75. Learn how your Senators and Representatives vote
76. Be an active voter--attend "Town Meetings"
77. Vote for candidates who support Green values
78. Write letters to your representatives
79. Become involved with your child's school
80. Encourage your child's natural talents and interests
81. Organize or join a neighborhood toy co-op
82. Put toxic substances out of reach of children
83. Teach your children ecological wisdom
84. Listen to their needs and support their dreams
85. Communicate openly with your friends and co-workers
86. Acknowledge someone who provides quality service
87. Work to understand people with different views
88. Be conscious of the struggles of oppressed people
89. Work to unlearn cultural sexism and racism
90. Acknowledge spirituality in yourself and others
91. Donate blood if your health permits
92. Explore ways to reduce the stress in your life
93. Practice preventative health care
94. Exercise regularly and eat nutritious foods
95. Bring music into your life
96. Learn about the medications you put into your body
97. Practice responsible family planning
98. Learn first aid and emergency procedures
99. Take time to play, relax, and go into nature.
100. Decrease TV-watching & increase creative learning
101. Have fun and be joyful