

LIVE GREEN WITH SNAP

Think Globally

Act Locally

September/October 2004

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Living Green educates about making choices in our day-to-day lives that reduce our impact on the environment and move us in the direction of a sustainable lifestyle – one that is healthy, ecologically sound, economically viable and socially just

Green News

Your chances of having a heart attack may be increased by being stuck in traffic, and not just because of stress from driving. The likely culprit, scientists said yesterday, is the hefty dose of particulate air pollution - or soot - that people breathe when they spend time surrounded by exhaust pipes, says Jonathon Bors of the Baltimore Sun. A new study in the New England Journal of Medicine states "we can't exclude that there is an interaction between stress and pollution", says lead author Annette Peters. For further information go to: (<http://www.baltimoresun.com/>)

Living Green Home Parties

For fun, food, and fellowship, host your own Living Green party. Invite family/friends to your home, make your own safe household cleaner, and learn more about the environment and how you can make a difference.

For information or to schedule a class in your home or office, please call Barb at 744-3370 ext. 205 or email williams@snapwa.org

Welcome to Argyle Baukol

Living Green would like to welcome Argyle Baukol as our new Living Green Specialist. Argyle is an EWU graduate of Liberal Arts and Photography. A Spokane native, she joined Americorps to serve through SNAP. She began on August 30 and is presenting Living Green and Energy Conservation classes at home parties, community centers, and Project Share. You can reach her at 744-3370 ext. 242 or baukol@snapwa.org.

Have a Green Halloween

Use pillowcases or recyclable shopping bags for trick or treat bags.

When shopping for supplies, buy candy and other materials that use the least amount of packaging.

Check the labels on Halloween related items and buy ones that use recycled content. When going trick-or-treating, get your kids to ride their bikes, use public transportation, walk, or carpool with other neighborhood families.

Compost pumpkins, corn stalks, & other compostable materials.

Make a costume from old clothes at home, instead of buying a disposable one from a store. This way you can scare your neighbors without spooking Mother Nature!

When planning a Halloween monster bash, use reusable utensils, plates, napkins, and tablecloths instead of disposable ones.

Fall is a great time to start backyard composting and it's a great way to recycle organic materials such as food scraps, leaves, yard clippings and jack o' lanterns. A backyard bin is a lot more convenient than bagging leaves for collection and much cheaper. You get great soil for gardening, and you can compost all winter long - even in cold climates.

Green Recipe Corner

Arroz con Calabaza

2 cups long-grain rice
2 tablespoons corn oil
3 cloves garlic, peeled, and finely chopped.

1 small yellow onion peeled and finely chopped.

1 Italian frying or green bell pepper, stemmed, seeded, and finely chopped.

1 lb. squash, (kobacha, butternut, hubbard, or calabaza) seeded, peeled, and cut into 1/2" pieces.

3 sprigs cilantro

Salt to taste

1. Put rice in large bowl, cover with cold water, and swish rice around with your hand until water clouds. Drain and repeat process until water remains clear, 3-4 times more. Drain again and set aside.

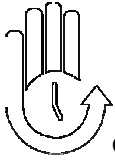
2. Heat oil in a medium heavy-bottomed pot over medium heat. Add garlic and cook, stirring, until golden, about 30 seconds. Add onions and cook, stirring frequently, until translucent, 5-8 minutes, then add peppers and cook for 2-3 minutes more. Add rice and cook, stirring constantly, until it is lightly toasted, about 1 minute.

3. Add squash and cilantro to pot, stir in 3 cups water, and season to taste with salt. Increase heat to medium-high and boil, undisturbed, until liquid barely covers rice, about 10 minutes. Reduce heat to low, cover, and cook until rice is tender, about 20 minutes.

Subscribe to Living Green E-Letter

To receive your copy of this newsletter e-mail Barb at williams@snapwa.org and you will be added to our e-mail list for the newsletter and other local green information.

Green Announcement



October 24, 2004 was the official, **'TAKE BACK YOUR TIME DAY'** Not all of us were able to take our time back on Sunday 24 October. However, SNAP's Living Green Program and Global Folk Art will be presenting the film 'Escape from Affluenza' at noon in the Community Building, 35 West Main for a belated taking back our time. We will provide popcorn and coffee and you can bring your own lunch if you wish. **Come and join us for this great film.**

Green Events



Living Green co-hosted noted author and filmmaker John DeGraaf for a special event, September 15 at Gonzaga University. Mr. DeGraaf was here promoting 'Take Back Your Time Day' (TBYT) <http://www.timeday.org/>

The TBYT Movement was born from the Voluntary Simplicity Movement, and is co-coordinated by John DeGraaf, co-author of the best selling Affluenza: the All-Consuming Epidemic. Part of the combined goal of the two organizations is to reduce consumption in the U.S. De Graaf has also produced TV specials for public broadcasting on many environmental

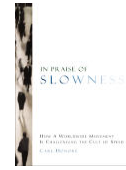
subjects, including Affluenza and Escape from Affluenza.

According to Mr. DeGraaf since 1970, we have experienced a doubling of our consumption and production habits, such as doubling the production and consumption of stuff, our spatial requirements, and transportation habits. He also admits there are similarities with his philosophy and Catholic ideology. De Graaf states Catholic beliefs share the values of time well spent in the home. All people need time and relaxation to nourish healthy families and happy individuals. The TBYT Movement would like to encourage folks to participate in a Legislative program to fight for free time and recognize exploitation of overtime requirements. Their four point legislative program asks for the following:

- Declare Election Day a national Holiday. Which is only a few days away and wouldn't it be a welcome break before the holidays really set in? However, its purpose would manifest as far more valuable when people become more aware of the issues on the ballots through the act of making Election Day more significant to the public eye.
- Enact paid family and medical leave. Most industrial countries give six-month minimum paid family leave.
- Enact three weeks paid vacation time and increase it with workers' seniority. Most Europeans have a four-week minimum vacation yearly.
- Enact a cap on mandatory overtime. Canada and Europe will not allow mandatory overtime additional to a 48-hour workweek.

Sunday, October 24th was National Take Back Your Time Day. From October 24 to January 1 is nine weeks - the length of time that the average European country has spent outside of the office. Americans spend nine more weeks in the workplace than our industrial neighbors and receive no rewards for the extra work. Benefits and vacations have been dwindling away and it is estimated that the average American works more hours than medieval surf.

Fall Reading



In Praise of Slowness: How a Worldwide Movement Is Challenging the Cult of Speed, by Carl Honoré is a great fall read. "Award-winning journalist and rehabilitated speedaholic Carl Honoré details our perennial love affair with efficiency and speed in a perfect blend of anecdotal reportage, history, and intellectual inquiry. *In Praise of Slowness* is the first comprehensive look at the worldwide slow movements making their way into the mainstream -- in offices, factories, neighborhoods, kitchens, hospitals, concert halls, bedrooms, gyms, and schools. Defining a movement that is here to stay, this spirited manifesto will make you completely rethink your relationship with time".

(<http://www.powells.com/>)

This book is available at Spokane City and County Libraries.

Green Announcement

Have the holidays become more work than fun? For many people the holiday season has become a time of stress and increased debt. The reason for celebration can be lost when more and more time is spent searching for the perfect "new & improved" toy, the latest technological gizmo, or cooking extravagant feasts fit for kings not attending. This may almost lead to a desire to fast forward to January and skip right over the holidays. However, you do not have to take such a drastic step. **"Simple Celebrations"**, a Public Forum on Sustainability (PFOS) event, will be held on **November 9th at 6:30 PM at the Sandpoint Public Library** to aid you in keeping the holiday frenzy to a minimum.

SNAP

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