



GFWC 2022-2024 ENVIRONMENT

Chairman: Tina Neese, Ed.D., LPC

tinanneese@gmail.com 678-458-0337



Volume Three September 2022 Newsletter

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Quote of the Month:

"We don't inherit the earth from our ancestors; we borrow it from our children." Chief Seattle

As I write to you this month, I am in Washington DC at the GFWC Board of Directors meeting. I wanted to share what this is like for a GFWC chairman. We gather for four days from Thursday to Sunday. During this time, there is much fellowship with other GFWC leaders. We have various inspiring speakers and meetings. Much of the business of GFWC is conducted during this time. We do some **sightseeing** and did visit the **Turning Point Suffragist Memorial**, which was funded in part by GFWC clubs and individuals.

There was exciting news shared during this meeting!

If you need to contact me, here is the contact information:

Tina Neese, Ed.D., LPC
1211 Spring Marsh Court NE
Gainesville, GA 30501
Cell: 678 458 0337

Email: tinanneese@gmail.com and tinadaniel1224@gmail.com

Private Facebook Page:

I invite the State Environment CSP chairmen and any Board of Director member to join the private Facebook page: GFWC Environment CSP ([GFWC Environment CSP](#)). Various ideas, announcements, guest speakers, and video presentations will be presented.

First meeting for State Environment CSP's:

September 11, 2022, 8:00 EST - Link provided.

Understanding the Environment CSP

There are **four target** areas in this CSP:

1. **Preserve Resources:**

This area relates to but not exclusive of forestation, Earth Day activities, reduction of energy consumption, air and water pollution, wetland conservation, water projects, disposable of waste, and gardening. Club Project Example: Prepare a presentation about your watershed for a school or community. Discuss water quality threats, including the dangers of polluted runoff and ecosystem loss.

2. **Protect Wildlife and Domesticated Animals:**

This area relates to but not exclusive of birding projects, Audubon Society, native plants for animal food, Department of Natural Resources, preserving Wildlife Management Areas, endangered species protection, wildlife protection, and animal shelter and humane society support. Club Project Example: Be a bird watcher; contribute by gathering scientific data.

3. **Live Sustainably:**

This area relates to but not exclusive of recycling, zero waste projects, the Environmental Protection Agency, sustainable gardening, locally grown food, renewable energy, reduce consumption of purposes, reusable items, and upcycling of items. Club Project Example: Host a fun time with upcycled items for purchase.

4. **Beautify Communities and Enjoy Nature:**

This area relates to but not exclusive of adopt-a-highway, clean up days, nature walks, teaching others about nature, yard of the month, garden tours, master gardening, plant and tree identification, hiking and biking, National and State Parks, and clean water projects. Club Project Example: Be a part of your communities Clean and Beautiful, host a trash pick-up day in your community, or volunteer at a national or state park.

Environment CSP Resolutions

There are 12 resolutions in this CSP as of 6/1/2022. Each month we will explore one resolution and its meaning for GFWC membership. They will be listed in upcoming newsletters after the 2022 convention and any changes are made. This will begin in the Fall.

Kids Corner

Free website resources to explore and share with educators and families for children:

OurPlanet.com

Climatekids.nasa.gov

www.mission1point5.org

Each month find a few environmentally friendly children book recommendations. Use these books as a stepping-stone to **teach** children and teenagers about environmental topics.

This month's feature is on water.

All the Water in the World by Karen Raney

Little Turtle in the Changing Sea by Becky Davies

You wouldn't want to live without clean water by Roger Caravan

Water Dance by Thomas Locker

We are Water Protectors by Carole Lindstrom

A Drop around the World by Barbara Shaw McKinney

Merhorses and Bubbles by Asia Citro

What can you do with these books as a club project?

Read stories to young children. Plan a project around the book with the children. Readings can be a part of your local library children's program, an elementary school, a daycare center, preschool programs, Headstart programs, or scouts.

There are lots of resources to teach children about water pollution. One resource is found at www.daniel4mom.com. Gather objects to "pollute" the water in a bin. Have some tools available for children to "clean" out the trash (of course, placing the trash in a bag!). Filter the water. Show children how the water really doesn't get all the way clean. Easy experiments can be located in a simple google search of water pollution and children activities.

AFFILIATE ORGANIZATION CORNER

Our affiliate organizations offer GFWC unique and customized services including materials, speakers, kits, or other information designed for GFWC clubs.

Heifer International (www.heifer.org): provides gifts of livestock and environmentally-sound agricultural training to improve the lives of those who struggle daily for reliable sources of food and income.

US Fund for UNICEF: to help ensure the world's most vulnerable children have access to clean water and more. GFWC has supported UNICEF for more than 60 decades.

Important Dates for September

Sept 1	International Primate Day
Sept 2	International Vulture Awareness Day
Sept 5	Amazon Rainforest Day
Sept 16	International Clean Air for Blue Skies
Sept 16	International Preservation of Ozone
Sept 17	International Red Panda Day
Sept 18	National Clean Up Day
Sept 18	World Water Monitoring Day
Sept 21	Zero Emissions Day
Sept 22	International Tamarin Day
Sept 22	Car Free Day
Sept 22	World Rhino Day
Sept 23	Ecological Debt Day
Sept 24	World Gorilla Day
Sept 25	World Rivers Day
Sept 26	World Environmental Health Day



Flower of the Month: Aster & Morning Glory

When we think of September, we think of the autumn arriving and summer passing. The falling brown and orange leaves, cool weather, and the coming winter. There are two flowers that fit well into this glorious time of the year: the aster and the morning glory.

Asters look similar to daisies but they are actually a part of the sunflower family. They are colorful and mostly known for their deep blueish-purple tones. They can range from white to orange and red as well.

Aster is named from the Greek word for "star". This makes sense as the Aster has a star shaped blossom. Greek mythology is said the goddess Astraea was saddened about the lack of stars in the sky. When she cried, her tears fell to earth and the Aster sprouted. The plant was then named after her. When this flower was sent to others in Victorian names, it was meant to signify love and devotion.

The morning glory is also a September birth month flower. It is a climbing flower that can survive poor, dry soil. It is commonly seen growing along fences and houses. The flower is known for their blue and purple lush, velvety blooms. Their vines can grow up to 15' tall. A fun fact about the morning glory: The water morning glory is a stable veggie dish in many Asian countries and is considered to be quite tasty.

Morning glory flowers bloom and die in one day. It has been known as a symbol of remembrance and never ending love for those **who** passed.



Bird Buzz

As fall approaches, it is an exciting time to see some amazing birds. As the weather gets chilly and the air gets crispy, autumn birds like woodpeckers, chickadees, and robins visit backyards for food and shelter.

Watch for these birds in your area:

Tufted Titmouse: a small, gray plumed songbird that is easily recognized for its feathers atop its head, big black eyes, and rust-colored tails. Commonly found in the eastern United States.



Pine Siskins: Mainly brown with heavy streaks of yellow across its body, this bird has short and forked tails. They weigh about 12-18 grams and have a lifespan of three years.

They are mainly located in Alaska, Canada, and the northwestern parts of the US.



The Eastern Bluebird are common birds to sight and have bright blue and red-orange colors. They can be found in lots of places in the United States east of the Rocky Mountains and in southern Canada. They eat insects, mainly those they find on the ground.

How can you help birds in the fall months?

Birds are on the move in the fall months. As they fly through your area, attract birds by preparing a feast in their honor. Clean out old seeds and debris. Add a second feeder. Add a variety of seeds. Birds also love moving water and solar fountains would offer this to the traveling birds. Make your windows safe for birds. During migratory seasons, birds are out of their element and may be stressed. Adding tape or patterned film to large panes of glass can help prevent bird injuries.

Learn each month about a different states from their flora and fauna to state birds, trees, flowers, and parks.

Featuring: Arizona

Arizona joined the union as the 48th state on February 14. Their state flag was designed in 1917 by a state National Guard. While their legislature accepted the flag, the governor did not and did not explain why he refused to sign the bill.

Arizona is one of the four corner states. Four Corners sits on a Navajo Native American reservation. The four border states include Arizona, Colorado, Utah and New Mexico. If you stand in the middle, you are standing in four states at one time.



Arizona was a part of Mexico at some point in history prior to the US winning the American-Mexican War in 1848. The state is now the largest copper producing state. It is also home to 13 species of rattlesnakes.

It is most famous for the Grand Canyon, which is a mile deep, 227 miles long and up to 18 miles wide and where its most popular nickname comes from "The Grand Canyon State". The highest peak in Arizona is Humphreys Peak at 12,633'.

State Bird: Cactus Wren

State Flower: Saguaro Cactus Blossom

State Tree: Palo Verde

There are 24 national parks/memorials/historic sites. There are three national parks (Grand Canyon, Petrified Forest and Saguaro). Around 13 million tourists visit these parks each year. The state has 31 state parks.

National Parks

Arches National Park



Photo: December 2021 by Tina Neese

Arches National Park, located in Utah, was established on November 12, 1971. This vast and beautiful landscape of natural sandstone arches covers 76,678.98 acres. There are over 2,000 natural sandstone arches that have been created over millions of years of erosion in this desert climate. The balancing rocks throughout are amazing to witness. Over 1.6 million people visit this park each year. An interesting fact is humans have occupied this region over 10,000 years ago. Moab is the closest city - very quaint and touristy!

Free Seed Project

Encourage members to be involved with the Free Seed Project as a recipient or a sponsor. This organization assists with putting thousands of free seeds in the hands of beginner gardeners, those with low access to seeds/food, and those growing to share their bounties as a community. Find information at the following link: <https://www.robgreenfield.org/freeseedproject/>.

Live Monarch

Low cost, high quality seeds for all and free for those in need to plant to encourage Monarch Butterflies population with the planting of milkweed. Find information at <https://www.livemonarch.com/free-milkweed-seeds/>.

Public Garden Funding Resources:

<https://www.publicgardens.org/public-garden-funding-resources>

Meet and Greet

State Chairmen – Please plan to join the zoom meeting on September 11 at 8:00 ET. The meeting will last about 30 minutes. It will include an introduction to the CSP, any exciting news from GFWC, and the role and responsibility of the state CSP chairman.

Here is the link (also in email):

Tina Neese is inviting you to a scheduled Zoom meeting.

Topic: Environment CSP

Time: Sep 11, 2022, 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/91825333734?pwd=akNZdmJCZmtwS1RRVm90Q2VjSmpkZz09>

Meeting ID: 918 2533 3734

Passcode: G6F0N0

Botanical Gardens

Varying in size, design and plant collection, botanical gardens are associated often with conservation efforts, cultural presentations, and education. The role of botanical gardens is educational. People are able to see and learn about a variety of different species of plants and their uses.

A botanical garden, and gardens in general, are known to improve physical and mental health. Being surrounded by nature can have a positive influence on mood, memory and concentration. A walk in nature will reduce anxiety and depression.

Botanical gardens also assist in conserving endangered plant species. They help filter air pollutants and in urban areas, lower the temperatures.



Community Connection Initiative:

Growing a Community Garden



What is a community garden?

Community gardens provide space for members to grow fresh, healthy food close to home. They provide space for powerful neighborhood-level social change.

Community gardens have been a long-standing tradition. During WWII, victory gardens were an important source of food for families. Gardens can also be located on a school campus, library, or park.

What are the benefits?

1. They bring places to befriend your neighbors. They would also be a place to recruit new club members.
2. They are places to learn. Host gardening classes, instructional tours, or place the garden in a school yard.
3. They are sites for restoring and building health. It is considered mild to moderate exercise. There are studies showing it also benefits mental health for people of all ages.
4. They are a place to practice teamwork.
5. They are a place for children (and adults) to explore nature, sometimes in the middle of an urban area.
6. They empower us to organize and advocate for ourselves and our community.

7. They provide the opportunity for people in marginalized groups to fully participate and to take on leadership roles.
8. They create the opportunity to identify community assets and to build networks.
9. They provide space to carry on our food cultures.
10. They provide a space to grow low-cost, fresh fruits and vegetables for people without space to garden at home.
11. Produce can be grown to donate to local shelters and those in need.
12. Creates habitats for plants and animals and improves the ecology of the area.
13. Helps to improve air and soil quality.
14. Reduces food miles that are required to transport nutritious food.
15. Impacts the lower social-economic residents by increasing access to fresh food, improving food security, improving dietary health, and increasing physical activity.
16. Decreased crime rates.
17. Teaches useful skills in planning, food production and business.
18. Beautify and improve vacant land property values.

How can your club create a community garden?

Research grants provided by the USDA's Cooperative State Research, Education and Extension Service or area botanical gardens.

Connect with the National Gardening Association to learn more about plant-based education at www.garden.org. Find useful links at the American Community Garden Association's website: www.communitygarden.org.

Read about these successful community gardens as you plan your garden: [Del Paso CA](#), [San Diego CA](#), [Portland OR](#), [CA Plan](#), http://nesfp.org/sites/default/files/uploads/guide_to_community_food_projects.pdf, <https://www.dhs.wisconsin.gov/physical-activity/foodsystem/gotdirt.htm>, and <http://www.seattle.gov/neighborhoods/ppatch>.

States can offer the "Gold Shovel" Award for those clubs who initiate a community garden. This page intentionally is the same each month.