

War has not existed for the majority of human history

www.stefanocosta.it



A bunch of young activists in Colorado have the big power company run for cover
YOUTH Page 11

Detroit Bankrupt?

Ways in which the city is thriving

ECONOMY Page 16



Bike superhighways of Denmark

WELLBEING Page 3

Iraq's first ever national park

One man's journey to protect the world's jewel – 'Garden of Eden'

POWER OF ONE Page 20



PLANET Page 7

A Columbian tribe emerges from isolation to give us a powerful message

More Information:

sciencemag.org/content/341/6143/270
Story from Positive News UK



Children play under an enormous peace flag in Italy

by Edward Lander

New research based on the few remaining hunter-gatherer societies examines how humans have lived for at least ninety percent of their existence, until agriculture was invented around 10,000 years ago

The findings conclude that these societies are largely peaceful, implying that war is a relatively recent concept and not, as some academics had previously suggested, an integral part of the human condition that has driven human evolution since pre-history.

Douglas Fry and Patrik Söderberg at Åbo Akademi University in Vasa, Finland, report in the July 19 issue of the journal *Science* that people living in hunter-gatherer societies

today rarely engage in war. Their definition of war covered group acts of aggression against other societies over resources or political disputes, and not incidents sparked by personal motives.

They studied a record of 148 incidents of lethal aggression across 21 such societies, including the Semang of the Malay Peninsula and the !Kung of southern Africa.

The researchers found that 85 percent of cases were between people of the same society and 55 percent of incidents involved a sole perpetrator and lone victim. Furthermore, females were the perpetrators of violence for only 4 percent of the events. Almost two-thirds of the total deaths resulted from accidents, interfamilial disputes, or interpersonal motives such as fighting over women.

Most of the cases that could be defined as acts of war involved just one of the groups in the study, the Tiwi society of Australia.

"These findings imply that warfare was probably not very common before the advent of agriculture, when most if not all hu-

mans lived as nomadic foragers," cultural anthropologist Kirk Endicott of Dartmouth College, who was not part of the study, told *Science* magazine.

Professor Fry said that the foraging societies studied are too small to wage wars and groups seldom fight each other as membership of groups is flexible and blurred by intermarriage. "In my view the default for nomadic foragers is non-warring," he said. Also, he pointed out that there were very few instances of violence caused by scarce resources, one of the arguments often made by advocates of the warlike-humanity school of thought.

The findings point to the conclusion "that group killing is an exceptional event in human societies..." This is a profound study of an issue that is quite important for understanding our humanness.

Why Positive News?

to Nurture Hope
to Exemplify Solutions
to Inspire Action

We envision a world in which people treat each other with respect and kindness, where we consider the Earth to be our home to care for and to enjoy. And we see that this world is in the process of emerging!

Positive News is a reflection of this widespread movement and tells its powerful stories.

**WE NOW OFFER
DIGITAL SUBSCRIPTIONS!**
Sign up on Page 20



Positive News

PO Box 582
Bollinas, CA 94924
TEL: 415.868.9011
welcome@positivenewsus.org
www.PositiveNewsUS.org

EDITOR:
Ilonka Wloch
ilonka@positivenewsus.org

OUTREACH:
Sidharta
sidharta@positivenewsus.org

GRAPHIC DESIGN:
Kazoo Studios
lovekazoo@gmail.com

SUPPORT TEAM:
Curt Kinkead, Vanessa Wood,
Katherine Russell, Mike Blaney,
Heather Crawford, Gail Greenlees,
Tonia Coleman and Eleanor Lyman

Positive News is a NOT-FOR-
PROFIT Project Partner of EON
(Ecological Options Network)

Printed on
100% recycled newsprint using
soy based inks.



Help us evolve

Would You like to contribute
your skills to help us evolve and
to inspire even more people
with solution-based journalism?
If there's any way you think you
can, please let us know.

Writer

We are looking for an experi-
enced writer to write short
blurbs for our weekly digital
news. If You have the skills, and
want to help, we could use a
hand.

We are a part of Positive News International Network

POSITIVE NEWS UK
Telephone: +44 (0)1588 640 022
office@positivenews.org.uk
www.positivenews.org.uk

NOTICIAS POSITIVAS Argentina
Teléfono: +54 (9) 11 15 4445 3574
info@noticiaspositivas.com.ar
www.noticiaspositivas.com.ar

POSITIVE NEWS Hong Kong
Tel/Fax: +852 2982 2807
peterlloyd@netvigator.com

NOTICIAS POSITIVAS Spain
Tel/Fax: +34 618 92 86 04
contacto@noticiapositivas.net
www.noticiaspositivas.net

POSITIVE NEWS Chennai, India
param.reach@gmail.com



Israeli soldiers, while on patrol, dance with Palestinian youths



A group of Israeli soldiers has danced up a storm of awareness after they were filmed boogying alongside Palestinians while on patrol in the West Bank. The soldiers, while making their rounds in the city of Hebron last September, entered a dance hall and joined dozens of Palestinian men dancing to a tune in the popular "Gangnam Style".

Footage aired on Israeli *Channel 2 TV* showed one soldier hoisted on the shoulders of Palestinian dancers. Other soldiers danced joining hands with the partygoers.

The Israeli military said that it considers the incident serious, adding "the soldiers exposed themselves to unnecessary danger and were disciplined accordingly."

Ever since the video's posting, many viewers have commented about being moved by the incident. One, Andrew Koch wrote: "We are humans and should treat each other with respect, courtesy and kindness. If everyone could just dance and be merry the world would be a better place. Let's all encourage and emulate these fine Israelis!"

Bacteria could prevent malaria transmission

Scientists are working to develop malaria resistance in mosquitoes, which could prevent transmission of the disease to humans. Research carried out at Michigan State University (MSU) shows that introducing a bacteria known as *Wolbachia* to mosquitoes can act as a vaccine, protecting the insects from malaria parasites. Malaria affected 219 million people in 2010, according to the World Health Organization. Some 90 percent of all malaria deaths occur in Africa. Researchers say the *Wolbachia* bacteria can spread by the insects through entire mosquito populations.

"We developed the mosquito line carrying a stable *Wolbachia* infection," Zhiyong Xi, MSU assistant professor of microbiology and molecular genetics, said. "We then seeded them into uninfected populations and repeatedly produced a population of predominantly *Wolbachia*-infected mosquitoes." The current research findings originated out of Xi's work using *Wolbachia* to halt Dengue fever.

Reported by Louise
Rosingrave for Positive
News UK

GO HUMANS!

This 'thank you' notice, photographed recently in New York City, is an expression of gratitude from someone thrilled to have a lost wallet returned.

After reposting the photo on the *Good News Network's* Facebook page, it sparked an avalanche of personal stories about kind strangers returning wallets and purses, and at the same time enforcing the faith in humanity's goodness.

Stories such as these:

"I have lost my wallet twice in my life: once on an airplane and once in a NYC cab. Both times it was mailed back to me anonymously with money and everything still inside. Go humans indeed!"

"We returned a wallet that had 300 dollars in it."

"At Paul Simon's 1991 Concert in Central Park I lost my wallet. It was returned to me in the mail! I tell EVERYONE this story! Go Humans!"

"My husband once left his wallet on top of the car and drove off. A lovely guy who saw it lying in the middle of the road drove it over to our house to return it with everything inside."

"Same thing happened to me this week. Left my wallet on the roof of my car. It fell on the road. A nice lady saw it, stopped her car to pick it up, and located me to return it. Go Humans!"

Peru to Provide Free Solar Power to its 2 Million Poorest Citizens



Solar powered village

According to Peru's Energy and Mining Minister Jorge Merino, the program will allow 95 percent of Peru to have access to electricity by the end of 2016.

The first part of the program aims to provide solar systems to 500,000 extremely poor households in areas that lack even basic access to the power grid. Speaking to the *Latin America Herald Tribune*, Merino said: "This program is aimed at the poorest

people, those who lack access to electric lighting and still use oil lamps, spending their own resources to pay for fuels that harm their health."

Phase one began in early July when 1,601 solar panels were installed in Contumaza, a province in the north-eastern region of Cajamarca.

Source: Positive News UK



The Bike Superhighways of Denmark

Today, cycling is part of Copenhagen's culture. Bikes are everywhere. But there was a time when vehicle traffic clogged Denmark's capital city's roads. In the 1970's Denmark faced an energy crisis, a recession, and increasing car traffic congestion. The public demanded better transportation options.

Since then, Copenhagen has done a great job of building a bike-friendly infrastructure. To date, fifty percent of all Copenhageners cycle to work or school every day and 68 percent cycle at least once a week.

To encourage more bikers, the country has created a Cycle Super Highway, the first of a network of 26 routes planned to connect commuting suburbanites to the city. The route includes amenities

like air pumps, safer intersections, and every bike commuter's dream: traffic lights timed to average cycling speed, which minimize the number of stops so riders can cruise right into the city.

Most respondents to the nation's recent survey said they cycle because it's more convenient and it's faster. Now that sounds like something people around the world could appreciate!

Content from Sustainable America

Indigenous Indonesians could soon win greater control over their traditional lands, following a court ruling revoking governmental administration of forests customarily used by aboriginal groups.

The country's constitutional court ruled in May that traditional forests should be controlled directly by rural Indonesians, rather than treated as public forests subject to industrial logging under licenses that are issued by the central government.

The ruling gives significant new land rights to a broad swathe of the Indonesian population, up to forty million of whom are from indigenous communities.

Reported by Ben Whitford for Positive News UK

Indonesian forests to be returned to indigenous peoples



Indigenous Indonesian woman



Oxford votes to be Europe's first 'tar-free city'



In Britain, Oxford City Council has voted on June 24 to become the first city in Europe to shun oil from controversial Canadian tar sands.

In a near-unanimous decision, the council chose to adapt its energy procurement policy to ensure the oil doesn't enter the city's economy.

The city, famous for its university, took the lead from the US where similar declarations have been made. 'Tar-free' locations include Bellingham (WA), a US gateway for the tar sands, and Burlington (VT), which lies near the route of a proposed tar sands pipeline. In Vermont alone, 28 towns have made the pledge.

Reported by Kathrine Carstens for Positive News UK

Chimps Got Rights

The United States is one of only two nations where humans' closest living relatives, chimpanzees, are still used as laboratory test animals. In labs across the US, chimps are exposed to diseases and experimental drugs, subjected to painful operations, and often spend their entire lives inside laboratories before being euthanized.

This may soon change. This summer, two US federal agencies announced steps that could end the use of chimpanzees for medical research.

On June 11, the US Fish and Wildlife Service announced plans to list all chimpanzees, including those in captivity, as endangered. The plan would add more restrictions on experimenting on chimps by requiring a permit for almost all medical research on the animals. Permits would be granted only if the research were deemed to be for the benefit of chimpanzees.

The dual announcements follow years of campaigning by animal welfare groups such as the Humane Society of United States, the

Jane Goodall Institute and the North American Primate Sanctuary Alliance. Their efforts have been backed by scientific reports that have shown that there are alternatives to invasive experiments on chimps – such as human stem cell tests, experiments on other animals, as well as human testing – that are just as useful for science.

Source: Tree Hugger





The solution to any problem is always in front of you

Patrick McCollum describes himself as just a regular guy. He's also an effective mover and shaker for world peace, social justice and pluralism. This Wiccan minister brings a unique message of planetary consciousness on a global level that speaks of the sacredness of our connection with divinity and with each other. Ilonka Wloch talks to Patrick about his inspiring vision

How can we create world peace?

Much of what we do relates to our cultural and scientific practices. I believe that however you believe that we came to be here, whether God moved his hand, or two atoms came to crash, we believe that it all started somewhere. There was a start, a point of initiation. I call that beginning the luminous light of beginning. If the one point is true, then we all have a common ancestor, creation itself. So we're all family. This includes not just humans but everything. I believe that the key to world peace is to change the story we tell ourselves.

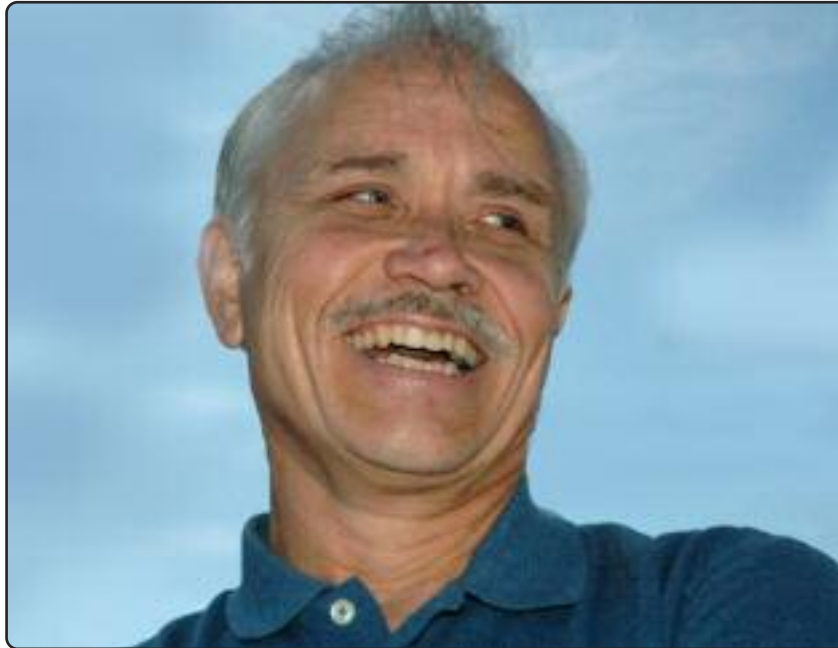
Have you been successful in conveying this message?

Very successful. Everyone seems to take the story home – from Kazakhstan [World Forum of Spiritual Culture], to the US Commission on Civil Rights, to the gathering of 100 million [Kumbh Mela] in India.

Can you give a specific example?

Last year, in Jordan I participated in a series of peace discussions between Arabs and Jews. Those from Israel, Syria and other Arab countries all would sit separately and talk about what they didn't like about each other. I thought, somebody has to get close to these people, so I joined the Palestinians to befriend them. I asked "What would you like peace to look like?" They said that, for example, they'd like their wife to feel safe when out in the streets. I asked the same of the other groups and got similar responses.

I proposed a small mixed group to get together and talk. I got them to play music together on a roof of this hotel. The leader of PLO [Palestinian Liberation Organization] ended up dancing with the



Patrick McCollum

“ Until women have equality worldwide, we can never achieve world peace or planetary sustainability ”



On September 18, Rev. Patrick McCollum in partnership with Children of the Earth, escorted a large group of international youth refugees to the United Nations to participate in the International Day of Peace

Zionist leader. Arabs invited the Jews to celebrate Shabbat and witnessed the event noting certain cultural similarities in the ritual. They were then ready to talk about how to end the transgenerational conflict.

Is this how you envision creating peace?

Yes, if you're going to bring peace, instead of talking about the conflict, talk about what people desire. Ask what they want for themselves. Your worst enemy is your biggest ally when you realize that you want

the same things in life and together work on them.

I know for sure that I'm just a regular person. People think you can only accomplish big things if there's something special about you. We all have the same power and I'd like to see more regular people show up.

What advice could you give someone wanting to get involved in making the world better?

The trick is in what you choose to imagine. If you think big, big things

will happen and when you think small, small things will happen. I believe for sure that peace is possible and that any problem can be resolved.

If you want to make change, you have to begin with a concept. The world we live in is whole and complete and nothing is outside of it because it all originates from one central point or moment. If that is true, then our imagination is a part of creation, and it follows that if we can imagine something, then it has to be possible. Not only does it have to be possible, but all the tools to make it so are right in front of us.

I suggest 3 steps:

Imagine what you want the outcome to be and stretch your imagination to make it a reality. Look for the tools right in front of you to bring forth what you imagined. Lastly, pick these tools and create action.

In your youth, you had a near death experience where you claim to have been in the presence of God. Was that encounter a direct motivation for your activism?

Yes.

For a couple of different reasons; when one hears that voice it becomes difficult to deny what that voice wants you to do. For me, it gave me my spark, my touchstone. Whenever I think that the challenge before me is too big, I connect with that touchstone.

The other thing is, during that experience I came to realize that life is fragile and could end at any moment. Every day I'd like to live in a way that if this is my last day, it was worth giving up my life for it.

What is your VISION for the world?

I believe that when we all come to a place where we accept our commonality, and we treat one another in accordance with the sacredness that we all came from God or source, then we'll come to a place where everyone is happy. We all have the power to do something. It just requires stepping forward and starting. It's like being at the foot of a trail where rather than wishing to be already on top, we actually start walking.

More information:

www.patrickmccollum.org



Paddling to Preserve and Protect

Honor our treaties, say Two Row Wampum participants

by Donna Beckwith

On August 9, 150 canoes glided into Pier 96 on W. 57th St. in New York City. The paddlers were the members of the Two Row Wampum Flotilla, a group commemorating the 400th anniversary of the first treaty between Haudenosaunee and settlers.

After being greeted by over a thousand people, the paddlers joined the crowd and marched together to the United Nations to participate in the UN's International Day of the World's Indigenous Peoples. Their two week epic journey down the Hudson River from Albany, NY to the UN Headquarters was over.

The Haudenosaunee, sometimes called the Iroquois, are a confederation of five tribes who live across upstate New York, with the Mohawks on the east, the Senecas in the west, and the Onondagas in the center.

Their fringed wampum belts are treaties, made of purple and



©Two Row Wampum

“We paddle to get the attention of people because we're both native and non-native people paddling for the healing of our waters. ~ Emily Bishop, one of the campaign organizers”

white shell beads threaded together. The Indians use the belts to remember the terms of the treaties. This particular beaded belt—two white rows in a field of purple—signifies two nations “traveling side by side down the

river, neither telling the other how to live,” explains Jack Manno, one of the organizers of the recent trip. The original treaty was written on paper by the Dutch settlers and recorded as a wampum belt by the natives.

Unfortunately, only the native record of the treaty survived.

Exact figures are impossible to find, but hundreds and possibly thousands of treaties were made between the European settlers, and later, the US government. Every treaty has been violated. This is why the Onondagas decided to start a movement with two goals: to honor the treaties, and to protect the Earth.

Those involved believe that the spirit of the agreement has never been more needed than today – that the challenges faced by climate change, the destructive

pollution of the planet, increasing economic disparities, and issues of social injustice can only be addressed if people

come together as equals, indigenous and non-indigenous, people of differing faith/spiritual traditions, political, social, cultural and other beliefs – and that it is critical we do so now.

Chief Jake Edwards of the

Onondaga Nation Council of Chiefs shares: “What we hope to achieve is to educate people so that they do their part, individually . . . to protect Mother Earth and all the waters that flow for future generations.”

As illustrated on the wampum belt, the Two Row Wampum flotilla consisted of two parallel lines of paddlers, one of indigenous peoples and the other, their non-indigenous allies. Additionally, a core group of about 100 people, equal parts Natives and allies, worked on this monumental organizational effort, and, between 300 and 400 paddlers joined the flotilla for at least part of the journey.

The canoe trip was organized as a part of a year-long Two Row Wampum Renewal campaign with more events coming. “People want to continue paddling,” said Jack Manno. “It hit a chord of hopefulness.”

More Information:

honorthetworow.org

In September People Pushed Back on Syria—and Won

In Iraq, Afghanistan, and many other cases, the people protested and got war anyway. Why—at least, so far—has the story played out differently with Syria?

by Sarah van Gelder

This September, the United States stood at the brink of yet another war. President Obama was announcing plans to order US military strikes on Syria, with consequences that no one could predict.

Then things shifted. In an extraordinarily short time, the people petitioned, called their representatives in Congress, held rallies, and used social media to demand a nonviolent approach to the crisis. The march toward war slowed.

During his address to the nation, President Obama said his administration will work with close allies, and with Russia and Syria, toward a diplomatic solution: pushing a resolution through the UN Security Council requiring the Syrian government to give up its chemical weapons. He also said the US will give UN weapons inspectors a chance to report their findings.

If these diplomatic efforts to dismantle Syria's chemical weapons are successful, historians may look back at this as a moment when the people finally got the peace they demanded.



photo by www.veteransnewsnow.com

How did we step back from the brink?

On August 29, the British Parliament rejected a motion to authorize an assault on Syria, and Prime Minister David Cameron accepted the vote—even though he was not required to do so by law. The leading member of Parliament from the Labour Party, Ed Milliband, said he'd acted “for the people of Britain,” who “want us to learn the lessons of Iraq.”

In the United States, MoveOn.org, which usually supports President Obama, launched a campaign asking him to seek an alternative to military strikes in Syria.

“We have seen the rushed march to

war before,” Anna Galand, executive director of MoveOn.org civil action, said in a statement. “We cannot allow it again. Congress, and the nation, should not be forced into a binary debate over strikes or nothing.”

Other groups joined in, such as VoteVets.org, the Progressive Change Campaign Committee, and US Action. Meanwhile, Rep. Scott Rigell of Virginia and House Majority Leader John Boehner, both Republicans, circulated letters requesting that Congress be consulted prior to any military strikes. 116 house members—both Republicans and Democrats—signed on.

And Obama listened. It's hard to say if he agreed to consult Congress prior to attacking because he felt the pressure, because he was getting cold feet about going to war, or because the War Powers Resolution—a federal law passed after the end of the Vietnam War—requires congressional approval for beginning a war.

On August 31, he announced he would turn to the US Congress for authorization of military strikes. To many

ordinary Americans, it felt like a racing freight train had suddenly been brought to a halt. The pause gave the public a chance to weigh in, and they showed up in force. Members of Congress reported an avalanche of calls and emails from constituents, almost all opposing military involvement. Even though, many have questioned the usefulness of contacting members of Congress in recent years, as Washington, D.C., has become something of a corporate controlled bubble.

While Congress was debating and fielding calls from constituents, military strikes were on hold. Then, Secretary of State John Kerry opened the door to diplomacy, saying that if Syria were to dispose of its chemical weapons, military action could be averted. That idea was quickly embraced by Russia and Syria. The agreement that's being hashed out may turn out to be the breakthrough that allows the US to back down from a potentially catastrophic military incursion.

This is clearly what the American people and the people of the world are saying they want, and, for once, they seem to be getting it.

Sarah van Gelder wrote this article for YES! Magazine



Hungry for Cigarette Butts

The most fun sculpture educates and generates money for charity

by Abby Cunningham

San Rafael CA - A late-summer breeze feathered its way through downtown San Rafael as locals meandered on Fourth Street in search of dinner, drinks and maybe a good movie. A woman paused for a moment of quiet reflection, and took a long drag off her cigarette. But instead of snuffing out the butt with the toe of her high-heeled shoe, she walked over to a seven-foot sculpture and stuffed it into the bull's eye.

"Every little bit helps, and I try to do my part," she said.

Cigarette Eater Meter, was commissioned by San Rafael Clean and created by artists Ventana Amico and Enrique Goldenberg. Its goal: to raise awareness about the environmental impacts of the 10,000 cigarette butts that land on San Rafael streets every three to four days.

The metallic sculpture looks something like a giant weighing scale you might find at an amusement park. It is colorfully painted with pictures that show how cigarette butts travel from sidewalk to drain to water systems. Pull-up panels ask thought-provoking questions and give surprising answers.

The sculpture works sort of like a parking meter, except that money comes out and goes to charity. For every butt deposited into the meter, two cents are given to a local charity — St. Vincent de Paul Society. When the dial reaches 100,000 a matching grant will kick in another \$2,000.

Smoking in the streets has been glamorized for decades, particularly in Hollywood films, as a kind of free-spirited gesture of American independence. Today we know that smoking is bad for us, but most of us don't know how harmful cigarette butts are to wildlife and the environment.

What starts out as grimy street litter eventually finds its way into storm drains, creeks and the nearby San Francisco Bay. Cigarette filters are made of a plastic called cellulose acetate that doesn't biodegrade. Birds and fish eat them and eventually starve to death because their stomachs are full of plastic. To make matters worse, one unfiltered cigarette butt has the toxicity to kill half of the fish in a one-liter container of water, according to a recent study by San Diego State University.

Fortunately though, the City of San Rafael doesn't sit idly by while all those cigarette butts wash down the drain. Last year, San Rafael Clean, a partnership between various city organizations, as well as local businesses and residents, started a program called "Bounty for Butts."

Diners at the St. Vincent de Paul Society dining room were invited to participate in a "buy-back" program where they received one dollar for every ounce of collected cigarette litter. The program was enormously successful. In the first two weeks alone, participants cleared about 90,000 cigarette butts from the streets while generating much-needed income.

In addition to the clean-up, organizers at San Rafael Clean decided to amp up education to stop litter at its source.

The Cigarette Eater Meter stands as a shining example of how one city engages its residents in a creative way



“Participants received one dollar for every ounce of collected cigarette litter.”

to solve a collective problem. And although some of the Golden State's non-smokers would like to blame those who do, the fact remains that loose cigarette butts are everyone's business, and everyone can do something to help. If you see a loose butt, pop it in the trash. Or better yet, bring a Cigarette Eater Meter to your city. If you want to heal the Earth, the time is now and the place is right beneath your feet.

More Information:

Carla.koop@cityofsanrafael.org
Tel. 415-485-3071

Tell me what you think

Connecting with people about climate change the easy way

by Nancy Faulstich

Watsonville, CA - On the last weekend in August, I organized a listening project focusing on climate change. I incorporated what I know about listening and caring about people into this project. I believe we made an impact on hundreds, if not thousands, of people and began connections with many that we will

people more than talking at them. I trusted that listening and staying connected would help each person who talked to us put their attention on climate change at least a little.

The big day

One of my friends was a little skeptical. And, as she watched me talk with people she became more and more intrigued by what I

These actions, which could include talking to others about what they know, were entered into a raffle.

Some people signed up to be on our mailing list.

Meaningful connections

Many people thanked us profusely for being there. We connected with some who were already involved, some who knew a little bit, and those who didn't know much at all.

Here are some conversations which stood out.

An elder from Guanajuato, Mexico who knew a great deal about the changing weather patterns shared his knowledge passionately. I encouraged him to talk to his family and friends about these issues.

A Chicano environmental law student told us about protecting people's



Marina Chicurel (rt) listens to a passerby

“One of my friends was a little skeptical. And as she watched me talk with people, she became more and more intrigued by what I was doing.”

be able to continue in the future.

For a location I chose a local Strawberry Festival—a big family oriented event featuring music, carnival rides, food, and information booths. Strawberries are an enormous crop in this area and most strawberry pickers are migrant Mexican farm workers.

Planning

I recruited five friends to staff an information booth with me, along with my husband and two volunteers from our farm.

My 5-yr-old daughter colored in most of the big signs and in the process showed me how much she has learned about climate change.

I liked the idea of having a presence at a large, mainstream event. This was not an Earth Day or otherwise environmentally-themed event, and I expected it would have a different crowd—much more representative of the whole population of the town and surrounding areas than typically attends “environmental” events.

Because I planned to run the booth like a listening project, I talked with each friend about listening to

was doing.

It seemed to work best to approach people with a general question—in English or Spanish—such as: “What is your favorite place in nature?” Or, “What do you want the world to be like for your children or grandchildren?”

One friend had made a beautiful collage of images from nature. This drew a lot of attention and was also a great conversation starter.

After engaging passers-by in a little conversation around those questions I spoke about the reason for our booth, asking them if they had heard much about climate change.

The event was a great success!

I had expected more people to ignore us, and thought some might be very negative. Instead, we engaged in thoughtful conversations with hundreds of people over the two days. A police officer said there could be 20,000-30,000 people attending the festival. I hadn't realized it was such a huge event.

74 people pledged to take an action that week to help stop climate change.

rights and needs.

A teenager who is exploring shifting to a vegan diet expressed her frustration about environmental concern being called a “hippie” thing by her friends.

An elder said she had decided to stop worrying about ‘all of these kinds of things.’ I listened to her and agreed that just worrying wouldn't help anything and concentrated on having a good, enjoyable interaction with her.

A 30-something-year-old Chicano said he is starting to grow some of his food, plans to build a wind turbine and develop solar power for his house. He is also considering getting chickens, right in downtown Watsonville.

Several people, who stayed engaged in conversation despite disagreement, ended up leaving with a slightly changed attitude.

Children told me about their favorite animals or colored on paper while I talked with their folks.

I'm grateful to my friends who left inspired, with ideas for new actions. I believe we offered people hope as we helped them look at serious issues.



A message from the agents of the thinking, feeling Earth

Sierra Nevada de Santa Marta considered by the Kogi to be the 'heart of the world'

25 years ago, an isolated Colombian tribe emerged to share a warning about humanity's future, portrayed in a film about them that had a far-reaching global impact. Now the tribe has surfaced again to give us a powerful new message

Shibulata is a Kogi Mama: an enlightened leader of one of the world's last, lost tribes. In 2008, he and other members of the 18,000 Kogi people living in the remote Sierra Nevada de Santa Marta mountains of Colombia, came out of centuries of fiercely defended isolation — for only the second time in their existence.

They refer to themselves as the 'elder brothers' of humanity, the guardians of the Earth, and wanted to send us, their 'younger brothers' a message. That message is captured in *Aluna* — a groundbreaking documentary premiering at Raindance Film Festival in London this September. But the story begins much earlier.

The first encounter

In 1988, Alan Ereira, a filmmaker for the BBC, was in Columbia tracking down a lost city, deep in the jungle, when he learned of a nearby tribe who had existed in almost complete isolation for at least the last 500 years. In fact, the Kogi are thought to be the only civilization to have survived culturally intact since the time of the Incas and Aztecs. They have no wheel, no written word, no language any outsider can speak, but possess a wealth of indigenous knowledge lost from the modern world entirely.

Alan sent a message: Did they have anything to say to the outside world? Six months later a response came back: "Come to our village, we are waiting."

Entering Kogi lands is no easy

feat. Surrounded on all sides by almost impassable jungle and the terrors of armed guerillas, tomb robbers and cocaine traffickers, the Kogi have remained isolated precisely because it is almost impossible to reach them.

When Alan finally arrived at the prescribed place — a small mountain village of circular thatch homes and terraced farmlands — he was placed before a council of Kogi Mamas. "I felt completely transparent to them," he says, "as if they knew my thoughts just by looking at me." He told them how a camera works, the Mamas deliberated, and by the morning he had a commission.

That film, *From the Heart of the World: the Elder Brother's Warning*, was released in 1990. In it, the Kogi warn humanity that we are damaging the Earth, and dramatically predict the end of the world if we do not change our ways. The film became one of the most profound documentaries ever made about an indigenous people. And the Kogi, satisfied that their message was delivered, returned to their mountain and asked never to be contacted again. But we did not listen.

Another attempt

In 2008 Alan received a message, asking him to return to the Kogi village. They wanted to know why their warning wasn't heeded, why we kept damaging the Earth. They wanted to try to communicate again with us, but this time — realizing that we understand more with our eyes than our ears — they promised to show us the evidence behind their message and take us on a journey that would alter our very understanding of reality itself.

The resulting film is a beautifully shot, and poignant, revelation of one of the world's last uncorrupted indigenous civilizations. But what makes the film so special is that it isn't a documentary about the Kogi; it's a documentary by the Kogi about us.

We follow Mama Shibulata, his daughter Francesca, and other Kogi Mamas from his and neighboring tribes as they physically lay a nearly 250 mile line of golden thread between important ecological sites near their mountain home — the tallest coastal peak in the world, filled with layers of distinct climatic ecosystems and recognized, because of that, as a microcosm for the planet as a whole.

As we follow their journey, we encounter dried up river estuaries, polluted beaches, and disappearing forests — a landscape utterly devastated by industry.

But the Kogi are not just highlighting the damage we've done, they're trying to show us the delicate interconnections between the natural world: how what happens in one place has a consequence on what happens in another. The Kogi want to show us that the golden thread is real.

"One of the most striking bits of the film," Alan says, "is the way they talk about how rivers function — they are absolutely adamant that the source of the river is affected by what you do at the estuary. That's not the way we look at it — we don't have that information, but that view is now beginning to be accepted by many river scientists."

Their message

The Kogi have a profound ecological knowledge and this is attested to throughout the film by conservationists, environmental scientists and even one, astounded astronomer. Nonetheless, there are occasions when their warning appears to be based in something more closely resembling

belief, than hard fact. That they can divine the future by reading bubbles from water is something most viewers will find hard to accept.

However, to let our different systems of knowledge and communication dilute their message would be to miss the larger point. For woven between the symbolism of their language, another, more profound message is embedded. The Kogi don't want to just show us how

we're damaging the planet, they want to change the way we think about the planet entirely. They want to show us Aluna.

Shibulata, like all Mamas, spent his entire youth mastering a unique form of concentrated thought that the Kogi believe con-

So what do we do now?

If we begin to understand the planet in this way, as a living entity, Alan believes there are logical consequences for environmental policy around the world, one of the Kogi's fervent hopes for the film. "They feel we need to give our care of the Earth a basis in law, rather than emotion," he says. "We need to criminalize ecocide and make it illegal to kill an ecosystem."

Another of the project's goals is for the modern world to utilize indigenous knowledge more effectively. "The Kogi have offered to work with scientists to help protect the Earth," Alan says. Indeed, Professor Jonathan Baillie of the Zoological Society of London has expressed interest in the Kogi helping him to locate key refuge areas of certain species — places that they return to in times of ecological disaster, which must be preserved in order to protect against that species' extinction.

© Alunathemovie



Shibulata, daughter Francesca (center) and other Kogi laying a 250 mile line of golden thread between important ecological sites

nects them to a kind of cosmic consciousness that underpins the material world and is the basis of reality itself. This is Aluna or The Great Mother.

For the Kogi, the planet is embedded in pure thought; we exist in a conscious universe. Through this connection, the Kogi believe they are able to commune with the planet as a living entity, enabling them to protect its natural balance, and all living beings within it. "One way to understand Aluna," Alan explains, "is that the world has life and awareness. It is absolutely mysterious to the Kogi that we do not think the Earth experiences what we do to it."

This metaphysical plane, they believe, intersects with the physical world along identifiable geographic lines that are spread out across the Earth. The Kogi want to show us the blood and breath of a thinking, feeling Earth.

Mama Shibulata and his tribe have now returned to their mountain. And despite all the challenges humanity faces, they still have hope. "You do not need to abandon your lives," they tell us at the end of the film. Perhaps instead, at least to begin with, what we need to do is change the way we understand the Earth: from a collection of disparate habitats to a complex of interdependent systems, from an inanimate object to a living, intelligent entity. Perhaps then we, the younger siblings, will finally grow up.

Aluna will soon be available for viewing in the US. For more information visit: www.alunathemovie.com

Story from Positive News UK



The Greatest Christmas Truce

Score one for humanity!



The words drifted across the frozen battlefield: "Stille Nacht. Heilige Nacht. Alles Schlaf, einsam wacht." To the ears of the British troops peering over their trench, the lyrics may have been unfamiliar but the haunting 'Silent Night' tune was unmistakable. After the last note a lone German infantryman appeared holding a small tree

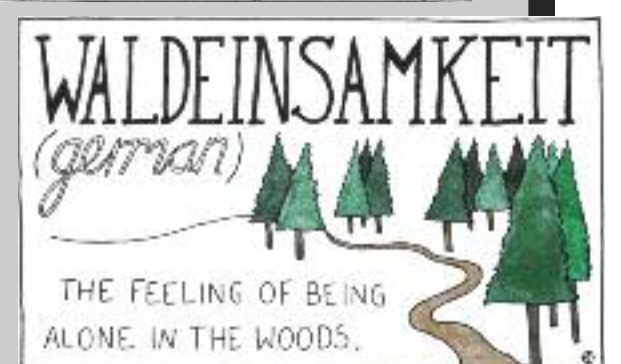
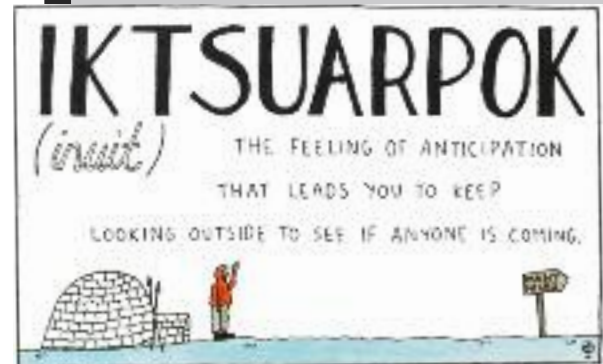
glowing with light. "Merry Christmas. We not shoot, you not shoot."

Just after dawn on a bitingly cold Christmas Day in 1914, ninety nine years ago, one of the most extraordinary incidents of the Great War was about to unfold.

Wearied men climbed hesitantly at first out of trenches and stumbled into no man's land. They shook hands, sang

carols, lit each other's cigarettes, swapped tunic buttons and addresses and, most famously, played football, kicking around empty bully-beef cans and using their caps or steel helmets as goalposts. The unauthorized Christmas truce spread across much of the 500-mile Western Front where more than a million men were encamped.

6 Untranslatable Words from Different Cultures



Content from Dailygood.org

Kazoo's D.I.Y. Corner

With the winter holidays approaching, it's a good time to think about gifts that you can make for the people you love. A simple salve can be made in bulk quantity for the cost of buying just one small container of it at your local store. Here's one of my favorite recipes, I call it: Kazoo's Salve-All. You can use it to nourish skin and hair, and even for conditioning leather and wood.

What you need:

- a tall glass jar
- oils - for this recipe we'll use: one part shea butter, one part grapeseed oil, two parts coconut oil, but you can use just about any plant-based oil
- up to one part beeswax (optional for stiffer salve)
- 20 drops soothing essential oil
- 20 drops vitamin E (optional)
- clean saucepan
- several small jars with lids (one for each gift)



1. Place oils in a tall glass jar. Place jar in saucepan.

2. Fill saucepan with water halfway up the jar.

3. Turn stove to medium heat allowing the oils to melt together. If adding beeswax, do so now. Beeswax will make your salve stiffer and less likely to melt on hot days, but is not ideal for use on face as it can clog pores.

4. Once all oils have melted remove from heat. Do not let them stay on for longer than is necessary. This can burn the oils and break down nutrients.

5. Now is a good time to add your essential oils and vitamin E.

6. Pour the liquid salve into your gift jars and let cool without the lids.

7. You can cover once the salve has solidified, this may take up to 24 hours.

8. Dress up your jars with handmade labels and enjoy the nourishing moisture and the giving!





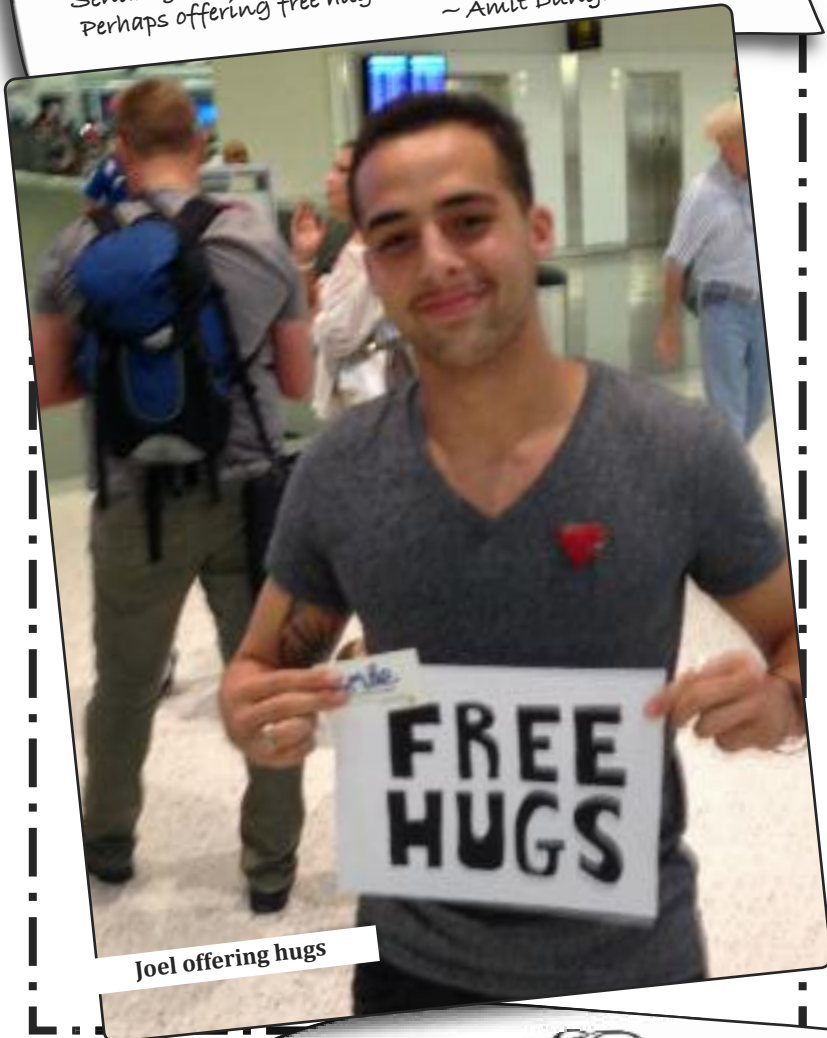
Hugging strangers at the airport!

Recently, while waiting at the airport, I noticed the flight to Long Beach in the gate next to mine was delayed. From the passengers around that gate, I saw this guy emerge with a nice smile and a sign that said "Free Hugs"

He started walking around our terminal flashing the sign and giving hugs to anyone who wasn't shy or scared enough to accept a hug. I was blown away at the fact he was not only bold enough to do so in an airport ... let alone one in New York ... but at the fact that he chose to spend his time in this way.

Normally, when we get delayed at the airport we usually find ourselves complaining to someone and finding ways to distract ourselves on our gadgets. Yet, here is someone that chose to use this "free time" as a way to connect, put smiles on people's faces and just be the change. Thanks Joel! How will you spend your next "free moment" in the day? Sending out thoughts and vibrations of loving kindness? Perhaps offering free hugs?

~ Amit Dunganani



Joel offering hugs

Unlikely birthday bash

For my friend Chloe's birthday, a few of us gifted chocolate chip cookies all over downtown Berkeley. The biggest surprise was that we were given back more than we gave!

"I haven't seen something this inspiring for a while," a man said, as he pulled out his wallet and gifted Chloe 50 bucks! Another amazing give-back was a lady who hip-hopped a "happy birthday" song at a prime spot on Shattuck Ave. to which we all danced.

More than the gifts, it felt like we were connecting with our local community. If we keep doing this, I can imagine the day when I'm walking down the street and looking at people in the eyes with recognition and smiles rather than the pavement with earbuds on.

I know what I want to do on my next birthday!

~ Rishi O

Connect with Your Family across the Table ... and the Political Divide

Is it possible to gracefully navigate the potential minefield of political discussions at family gatherings? Suspending judgment, looking for common ground, and speaking from the heart can help. After all, these are people you love

by Joan Blades

Two years ago LivingRoomConversations.org was launched with the goal of "revitalizing the art of conversation among people with diverse views" and to remind our fellow humans of the power and beauty of civil discourse. Living Room Conversations have been co-hosted by conservative/progressive host teams on energy, money in politics, the role of government, immigration, and gay marriage.

The responses to the conversations have been encouraging and even inspiring.

"Participating in the Living Room Conversation brought me back my boyhood when my family sat around the dinner table debating the topics of the day from both liberal and conservative perspectives.

"The Conversation captured what I find to be missing from modern media and modern political narratives: a sense that what we share as Americans is far deeper and more important than what divides us, a sense that we still have a chance to reach across partisan divides to identify both the core of our disagreements and the kernel of realistic compromises."

This year the media is asking us, "How do families deal with their political differences over holiday dinners?"



by Pranav Prakash

“Why not just look for common ground? Listening, caring, and healing the divisions in our communities and families is a worthy goal.”

My first response is: A family dinner party may not be the best place for a challenging conversation. Also, the simple guidelines for Living Room Conversations may not be sufficient for families.

Many families have histories that are challenging. We all know family members that presume permission to break certain social restraints and social restraint is a core part of what Living Room Conversations rely on to ensure respectful engagement. Family members are the people you can "let your hair down" with, right?

That said, respectful listening, curiosity, suspending judgment, looking for common ground, speaking from the heart, and the willingness to honor our right to hold different opinions are excellent practices for family conversations too. Most important of all

is remembering these are people you love. One man whose father and wife have strong opposing political views told me that what makes their discussions work is they always know first and foremost that they love each other.

You know better than anyone who in your family might appreciate and be open to a meaningful conversation that includes politics. Why not just look for common ground? The media

spend more than enough time on our differences.

And don't forget, there

are many people who care deeply about our country grieving and worrying about what the future holds. Listening, caring, and healing the divisions in our communities and families is a worthy goal.

If you do decide to engage in a substantial conversation—or are roped in—remember that you aren't likely to change someone's mind, but you just might open them up to seeing another point of view, have the pleasure of gaining a broader perspective for yourself, and reaffirm the understanding that our core values are much more aligned than the media leaves us believing. And don't forget the love.

More Information:

www.livingroomconversations.org
Story from Huffington Post



© Rishi O

The birthday celebrants, from left: Adrian, Chloe, Vlad and Meagan



Egyptian women request equality with graffiti

by Fajr Soliman
and Angie Balata

In Egypt, street art, which has become incredibly popular since the revolution, is created mostly by men. However, women are now starting to join in, notably via the group Women on Walls (WOW), which has recently launched a nationwide graffiti campaign to educate Egyptians about the difficulties and aspirations of the country's female population.

In December 2012, when the collective was launched, it only had twenty artists. Now there are 60, including about a dozen women. For these women, making their mark on public space is crucial: more than 80 percent of Egyptian women have been sexually harassed in the street, according to the Egyptian Centre for Women's Rights.

A large portion of the collective's work features women, including some well-known cultural and political figures, and aims to spark a discussion on the role of women in Egyptian society.

This project is the brainchild of Egyptian

women's rights activist Angie Bagela and Swedish journalist Mia Grondahl. As a result of observing Egyptian graffiti artists, Mia wrote the book "Graffiti Revolution". Later, she introduced the artists she met to each other, and created the project "Women on Walls."



Photos by Women on Walls

"As an artist, I am familiar with graffiti techniques, but this is still quite different from painting on canvases," says Fajr Soliman, a painter living in Cairo who took part in the WOW project.

ect. "With graffiti, I need to ensure that everybody will understand my message immediately."

According to Angie, what drew many women artists to utilizing graffiti as a medium was its accessibility. "Passersby in the street can stop and talk with the artists; they don't need to go to a closed space like a museum or an art gallery to see the piece," she explains. "Everyone who

sees it receives the same message — even those who don't necessarily want to receive it."

The group's main objective is to empower women in Egypt to improve their lives, rather than to look up to someone else for change. Their strategy: "Decorating public space, all the while respecting it and making it aesthetically pleasing, is the best way to get people's attention and,

in time, gain their admiration," says Angie.

More Information:

womenonwalls.com
Story from France 24



Trash Music That Inspires

by Jack Berry

We are a band of five high schoolers from Sarasota, FL who try to encourage recycling, reuse and giving back to the community. We do this by playing classic hits from the '60's and '70's on homemade musical instruments from garbage and recycled materials.

Three years ago, I decided to try to make a one-string electric guitar out of discarded materials. I pulled a Lucky Charms cereal box out of the recycle bin, retrieved a warped yardstick from the garbage and I used toothpicks as frets!

Now, our band, The Garbage-Men, has more guitars made from cereal boxes, saxophones from re-

purposed toys, drums from garbage cans, keyboards from bottles, and more.

We've performed at community fundraisers, charity events and by "busking" on the street.

It's all about the music, but also about helping others, raising aware-

ness about not throwing everything away, and staying out of trouble by doing something positive. We've even been able to raise more than \$4,000 for charities through the sale of our CD.

More Information:
thegarbagemen.com



Evan Tucker - bass, Jack Berry - guitar, Austin Siegel - chromatic percussion, Ollie Gray - drums, Harrison Paparotto - sax, trombone and violin

Pe Students sh

Compiled by helpers Mylie, Daniella, Lindsay, Natalie, Ximena, Faith, Arleny, Jennifer, Andrea and Juliana - 6th and 7th grade students at Minnie Cannon Elementary in Middletown, CA.

The Peace Rose is a program that helps little kids work out their problems so they can all be friends and play together and don't fight. We teach



Labrador and Paolo Doi



New leaders for a new generation

How a bunch of young activists in Colorado have the big power company run for cover

by Cat Johnson

Have you heard this bit of awesomeness? New Era Colorado, an organization of young activists, is going head to head with a big, corrupt power corporation and making incredible strides to create a clean, publicly owned power company for Boulder, Colorado. In doing so, they are showing how other cities can do the same.

As you can imagine, the power company is not happy. It's using every trick in the corporate sabotage bag, but the support being shown for New Era is staggering.

The organization recently created an Indiegogo campaign to raise money to support the project. With 13 days to go, they have blown their original goal of \$40,000 out of the water. At the time of publishing, they've raised \$171,597 with more money coming in by the minute.



Voter registration. Over the past few years, New Era Colorado has registered a whopping 30,000 young people to vote across the state

More Information:

neweracolorado.org

Tel. 720.565.9317

Story from Shareable.net

ace Rose

Share how they create happiness in their school

low the steps when they don't know. We teach them how to use "I" messages. We learned to work with fellow peace rose friends. We used our natural skills to know how to solve conflicts.

"When I was a little-



Photo by Saro Deacon

ng Peace Rose

tle kid I came to school here and I know how it feels when you get your feelings hurt. So now I want to help children so they feel better," says Daniela.

Sometimes if they're quiet and they don't talk about their feelings they might get bullied. And if they don't know how to solve their problems someone might start rumors about them.

"I came from Mexico and I want to help things be better in United States. A lot of people fight, so you have to listen and think what you can do to help them feel better," shares Natalie.

It can help with your brothers and sisters at home too. You can tell your aunts and uncles about it, and they

can tell people and more people will be learning how to work things out with talking instead of fighting.

It's good for little kids so they can grow up in a world without drama and teach their kids so it can go on. If you teach it to someone you know, the whole world can know about it and not have as many problems.

A word from the teacher:

The Peace Rose is a tool used in Montessori schools to help children resolve conflicts peacefully. It is used like a talking stick to allow students to take turns speaking and listening. It has a calming effect, and children learn to communicate their feelings and come up with solutions.

Three years ago, I introduced the Peace Rose to

our local elementary school. In this public school setting, each teacher K-3 has a rose in a vase in their classroom, as well as a poster with steps for using the rose.

Each day, two sixth grade students are on the playground during the younger children's recess time to help facilitate problems. The program has worked successfully for three years. The younger students say there are fewer problems and they aspire to be helpers when they reach sixth grade.

I hope to see it spread to other schools!

~Saro Deacon

More Information:

sarodeacon@yahoo.com

The dangerous things you should let your kid do

by Caspar Walsh

Do you find yourself in a state of low-level panic when you see a child with a box of matches, a knife or your car keys clenched in their little fist? Why? As a child I used to leap across London's labyrinthine roofs and set fire to things that were hard to put out.

Truth is, I survived and thrived on the daily danger I put myself in. There's something tangible in my personality as a 'grown up' that is irrefutably connected to the risks I took back then – and the successes I have experienced since. I would want the same for my child, boy or girl.

Controlling fire is a way of learning the power of one of our most fundamental elements. Playing with tools is a way of extending the self into the world. Our brains are built for throwing

things, namely spears. If you don't use these fundamental parts of who you are, your mind and indeed your spirit, diminish. This is the premise of Gever Tulley's brief but utterly enlightening talk, which is more of a call to arm your children than warn you of the never-ending perils of play.

It's fair to say we live in a world gone crazy for health and safety, and the price paid is a generation of far less adventurous children more interested in jumping from buildings on a Playstation screen than the treetops of their local forest.

Gever puts forward the case simply and succinctly: we need to stop obsessively protecting children from learning about the world through potentially dangerous play and exploration. Maybe if we watch how they evolve naturally, playing wild in the world, we can learn to let them survive and thrive and maybe take a few more risks ourselves; and embark on the kind of adventure that makes life worth living.



To watch Gever Tulley's inspiring talk: "5 Dangerous Things You Should Let Your Kid Do" visit: TED.com
Search: Gever Tulley
www.tinkering.school.com

Story from Positive News UK





California Celebrates Closure of Dangerous San Onofre Nuclear Power Generators

SoCal Edison resolved to permanently decommission the two remaining faulty reactor units

by Mary Bath Brangan

Anti-nuclear activists were jubilant at the June 7 announcement by Southern California Edison to permanently close its San Onofre Generating Station in San Clemente, California. The nuclear station, situated within fifty miles of over 8.7 million people, sits between Los Angeles and San Diego on a Pacific beach only 13 feet above high tide, and like Fukushima, near multiple earthquake faults in a tsunami zone.

The plant had been forced to shut down in January of last year because of a radiation leak caused by faulty new steam generators that operated for less than two years before eroding beyond repair. Despite the severe problems, Southern California Edison intended to restart the ailing reactors until the surprising June 7 announcement.

Gary Headrick, of San Clemente Greens, a leader in the efforts by local residents to close the reactors, said the closure news was as emotional a moment

as the birth of his two children. "The joy and the relief is comparable to something that big in my life, to know that 8 million people will be safe now from this supposed restart. It's incredible to think what was at stake and how incredibly important today is, not just for San Onofre, but for Diablo Canyon and other nuclear power plants around the world that have this old technology."

And Shaun Burnie, of Friends of the Earth adds: "It has great national implications and is a real strong message that this nation does not need nuclear power."

US Senator Barbara Boxer said she was "greatly relieved that the San Onofre nuclear plant will be closed permanently... This nuclear plant had a defective redesign and could no longer operate as intended."

San Onofre is one of five nuclear reactor stations closed this year from — as energy expert Amory Lovins puts it, "an overdose of market forces," despite nuclear industry 'renaissance' hopes.

Now activists will focus on the



Photo by EON/Laurent Malaquais

Activists and organizers for nuke-free Southern California celebrate outside of the San Onofre nuclear power plant's gate

issue of the tons of radioactive waste still stored at San Onofre and on the push to close the re-

maining California nuclear plant at Diablo Canyon. One down and one to go!

More Information:

Sanonofresafety.org

Sri Lestari travels by motorcycle to empower people with disabilities

Traveling by modified motorcycle Sri Lestari rides around Indonesia giving disabled people new hope.

Sri doesn't let her inability to walk diminish her passion. For example, in May this social worker for Wheels for Humanity drove for more than 750 miles from Jakarta, the Indonesian capital, to Ubud, on the island of Bali, on

a campaign to empower disabled people. Her life's mission is to prove that being disabled still means freedom, and it starts with the very thing that first injured her: a motorcycle.

When she was 23, a motorcycle accident left her paralyzed from the chest down. She fell into a deep depression spending the next 10 years in her home in Klaten, in Central

Java, embroidering to help her family and rarely going outside. She was beginning to accept she might never walk again, but that there were things she could do to improve her wellbeing.

Things changed in 2006, when Sri decided to undertake volunteer work making Braille books for the visually impaired. "On that very first day volunteering I heard about a motor bike I could drive while sitting in my chair," says Sri of the moment

Wheels for Humanity has given out 5000 wheelchairs in Indonesia already. The numbers supplied by the government are just not enough, and the government gives adult-sized chairs to children, which leads to scoliosis of the spine," explains Sri who, during her extraordinary trek from Jakarta to Bali, met with disability organizations, field workers and former prisoners to share how others can also live life without limits.

Sri is a fierce advocate for those living with disabilities. "I hope my experience can spread all around the world [the message] that disabled people really need accessible transportation." She reasons that even though the government of Indonesia offers vocational training to the disabled community in how to bake cakes, sew, or make handicrafts, in an effort to help them earn a

living, this type of assistance is meaningless, she says, if people have no transportation to leave their villages to sell their products.

Heny Prabaningrum, the deputy director of United Cerebral Palsy in Yogyakarta, says that Sri inspires her clients and shows them that independence can be a reality, despite their disabilities.

"I think I am a good example. So many parents will see the positive things from me — that even if they have children with a disability, they have a brighter purpose, that hopefully their children can be like me," Sri says. "They can be free and independent!"



Sri Lestari and her modified motorcycle

"I hope my experience can spread all around the world [the message] that disabled people really need accessible transportation."

her world began to brighten.

Within a few years — and with a lot of help from Caritas and other sponsors — Sri had her own modified motorcycle and discovered there was life after her accident.

"I was again independent and doing useful work," says Sri, who is now a social worker in Yogyakarta with Wheels for Humanity Indonesia, an organization that supplies wheelchairs to people living with paraplegia, spina bifida, cerebral palsy and other circumstances preventing people from walking.

"So many people in need don't have wheelchairs, so they are kept at home.



Richmond Grows a Seed-Lending Library

The working-class and often under-served city of Richmond, CA, has sprouted a lending library where you can “check out” vegetable seeds for free

by Katherine Russell

Since May 2010, Richmond Grows Seed Lending Library—the sixth such “flowering” of a growing global movement—allows its borrowers to choose free seeds from beans to tomatoes, even the more challenging-to-grow pepper plant. The catch? Instead of fines or produce, members are encouraged to return seeds from their own first-harvest crops to replenish and pay forward the organic stockpile for future borrowers.

In a world facing the rapidly encroaching mutated and modified seeds by the likes of GMO giant Monsanto, the purpose of Richmond Grows and its sister seed-lending libraries is to act as a repository for heirloom and organic seeds while modeling sustainability for local communities.

Seed libraries also support the flourishing of homegrown libraries that can be replicated anywhere, by anyone. For some of these offshoot seed libraries, the focus is on specific regional varieties, while others branch off into seed or crop swaps, community service skill

building or other sustainability goals.

As Rebecca Newburn, co-founder and coordinator of Richmond Grows, points out, “We create community. We provide food access for people who may not have access to healthy food without us. Our work dovetails with all the great things happen-

ing out there in the social justice and biodiversity movements.” Since Richmond Grows operates out of the Richmond Public

Library, the seed library benefits from the resources of its landlord. “The public library has also bought every book I’ve recommended for classes, so people can check out books about their classes and follow up on special interests,” Rebecca notes.

The seed library lends out more than lima beans and peas to

Grows’ biggest bumper crop. “It has been such an honor and a pleasure to get more involved with the community through all of our classes and all the things we do, and working with our 100 percent volunteer staff and educators,” Rebecca says.

In fact, she’s seen significant community growth in the three brief years since Richmond Grows sprouted. “We now have a lot of people using the seed library. It’s nice to know that people are able to grow their own food. We have Crop Swap on Mondays and Tuesdays—people are bringing produce, some of which they got from the library seeds; they share recipes and crops and friendships,” Rebecca recounts.

Remarkably for such a young project, many of the founders’ original goals for Richmond Grows have already been met. They also dreamed of creating an international movement, and now 170 seed lending libraries have opened in 35 states and 10 countries. They wanted to create an online resource to em-

power people worldwide to build their own seed libraries, and Rebecca says that they’ve met that goal as well.

“When we provide resources, we’re creating this huge network where any new library can plug in. You don’t have to reinvent the wheel for every new library. I’m a middle school teacher and my kids set up their own seed library just using the Richmond Grows online website instruction.” She also adds, “The seed library has value now. The importance of biodiversity is huge.”

What the seed-lending library ultimately offers borrowers—beyond the goals of sustenance and community—is a protected cache of increasingly precious heirloom and organic seeds, which through their careful tending may provide not only a biodiverse window to our future but connect us to our ancestral past.

“To preserve our genetic diversity, to reconnect us to our food and the land, to rejoin the rituals of what our ancestors have done for 12,000 years—there’s a lineage and a wisdom that’s important there,” Rebecca explains. What’s also as important for her home gardeners is the opportunity, as she puts it, to “create a new story” for themselves.

More Information

www.richmondgrowsseeds.org



© Richmond Grows



Recharged Ithaca Community Harvest Spreads the Bounty

by Vanessa Wood

Ithaca Community Harvest (ICH) is a diverse group with an inspiring mission to strengthen collaboration amongst food justice and sustainability leaders and build local food sovereignty movement to serve as a model for the systems approach needed in our broader society.

Operating since 2010, ICH organizers find themselves charged with new energy as they prepare to launch a new website, engage in new community collaborations, and welcome three new hires.

ICH was born out of a need to keep the Fresh Fruit and Vegetable Snack Program (FFVSP) running in Ithaca’s Beverly J. Martin (BJM) Elementary School. Developed as a pilot program by the New York Coalition for Healthy School Food with partner GreenStar Community Projects, the program had already proven itself for two years and

more ideas emerged for how it could continue sustaining itself.

The Village at Ithaca, a nonprofit advocating for excellence and equity in Ithaca’s public schools, had filled one need by becoming the fiscal sponsor for the snack program. Additionally, a diverse group of people caring about the program came together to discuss its future. These included farmers, school board members, teachers, parents, and people from a variety of nonprofit organizations. From this input, Ithaca Community Harvest was born.

Additionally, ICH created a system of gleaning extra produce from farms and gardens, then storing and distributing that surplus to the BJM snack program or nearby community centers that welcomed more produce.

These outlets then join in the work of preparing local produce and sharing information about its availability. This imbues unlikely

communities with the appreciation and consumption of healthy local food, and fortifies relationships with a sense of teamwork.

Beyond the snack program and the gleaning project, ICH runs both a Market Box and a Healthy Dinners program, further increasing access to healthy foods in homes regardless of income.

One satisfied recipient sums it up. “I have seen the benefits and impact of the [program] ... [it’s] made my kids familiar with more fruits and vegetables, more comfortable trying new foods, and request[ing] healthy snacks more often. As a working mother in a single parent/low-income household I have enjoyed the food, savings, and convenience of both the Market Box and Healthy Dinners.”

More Information:

www.ithacacommunityharvest.org



© ICH

Students at BJM sorting mint leaves

Animal Communication & Healing



Lisa Hartnett, D.C.

Are you interested in what your animal is thinking or feeling, curious about his or her behaviors or change in behaviors? Does your animal have health concerns or an injury and need help in the healing process or in the process of dying? Is no one else able to help you or give you answers? I help you and your animal companion(s) through listening, communication, energy and intuitive healing.

IN PERSON AND PHONE SESSIONS AVAILABLE

Fulfilled Living Wellness Center

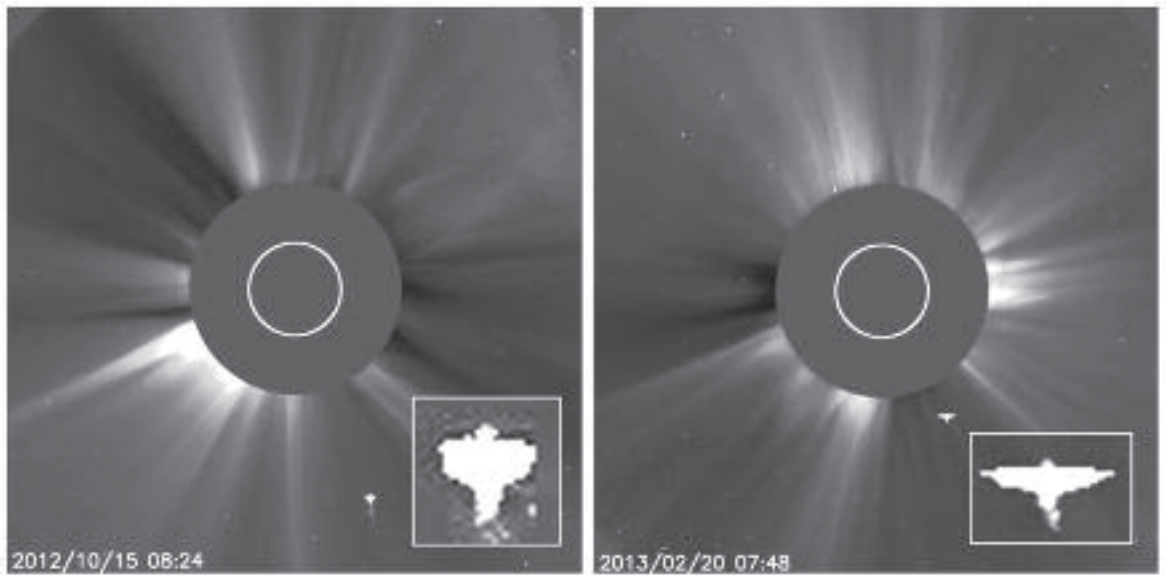
503 D Street, Suite 7, San Rafael, CA 94901
417-457-0155 • www.fulfilledliving.com



the away station
A Marketplace of ReUse
Visit The Away Station at the employer-owned
Fairfax Lumber: 109 Broadway in Fairfax, CA
(415) 453-4221
theawaystation.org

MARINSUN PRINTING
For your printing needs:
school papers, promo pieces, catalogs, etc.
415-499-3521
fax 415-499-8920
marinsun@sonic.net

'Angel' filmed by NASA



'Angel' filmed by NASA on October 15th, 2012 at 8:24 am and the same 'angel' filmed on February 20th, 2013 at 7:48 am from the Solar and Heliospheric Observatory. (Photo source: sohowww.nascom.nasa.gov)

April 2013 – In recent months, two extraordinary photographs were recorded by NASA cameras of a gigantic angel-like figure hovering near the sun. The photographs have been widely seen on YouTube and UFO websites, but NASA scientists have given no explanation for the mysterious phenomenon.

Share International magazine has been reporting on miracles for over 30 years and offers the following explanation. Editor Benjamin Creme says that while many people thought the images were UFOs, "our information is that it is an 'angel', or 'deva' as they are known in the East. The angelic or deva evolution runs parallel to that of the human and they can vary in size from tiny to colossal. This 'angel' was filmed moving near the sun and both photographs are of the same 'angel'. Our information is that it is gigantic: about half the size of the Earth."

Miracles have been occurring in increasing numbers in the last three decades. Share International connects these miracles to a bigger story: the emergence of a group of spiritual teachers at this critical time. At their head is Maitreya, the World Teacher. Expected by all religious groups under different names, he comes not as a religious leader, but as an educator in the broadest sense, for people of all faiths and those of none. Maitreya's emergence is imminent.

www.shareinternational.info/pn

Media Production, News
& Information Services
for Positive Change-Makers

EON
PEACE JUSTICE
COMPASSION SUSTAINABILITY

**ECOLOGICAL
OPTIONS NETWORK**

www.EON3.net
YouTube.com/EON3
Info@EON3.net 415-868-1900

The Redwoods Haus Inn
Zimmer mit Frühstück
1 Belvedere & Hwy. 1
P.O. Box 404,
Stinson Beach, CA 94970
(415) 868-1084 (415) 868-9828
www.stinson-beach.com
\$55/night

Get full fair market value tax deduction
for your donated vehicle.



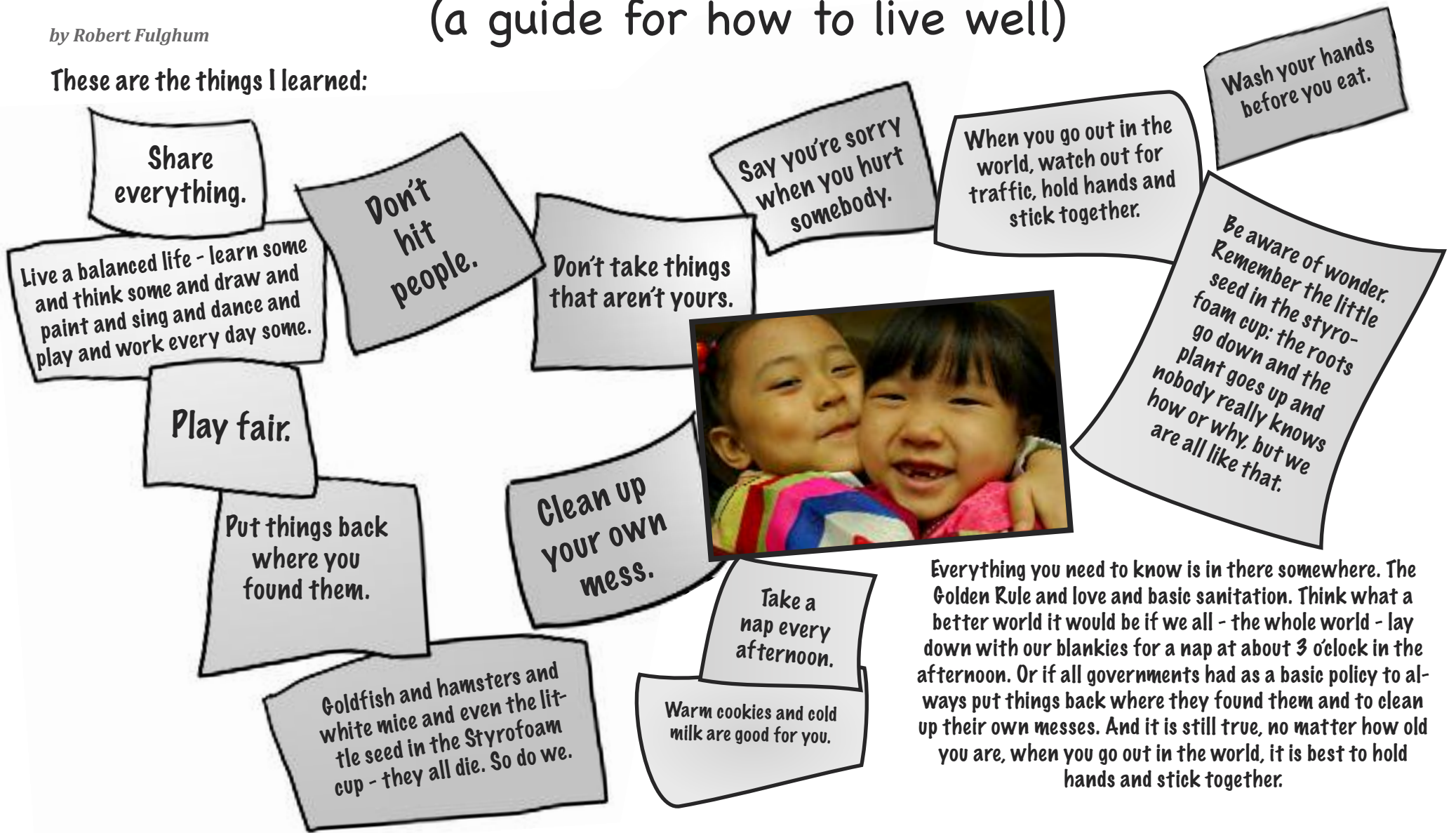
Find out more at:
respectingourelders.org
or call: (415) 935-6132



ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN (a guide for how to live well)

by Robert Fulghum

These are the things I learned:



Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Think what a better world it would be if we all - the whole world - lay down with our blankies for a nap at about 3 o'clock in the afternoon. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own messes. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.

Tech's Best Feature: The Off Switch

Our brains crave connection. But sometimes disconnecting from technology is the best way to reconnect with each other, and ourselves

by Tiffany Shlain

It's Friday evening. The smells of rosemary chicken and freshly-baked challah bread fill the house. My daughters, three and nine, sigh as I gently detach the iPads from their laps. One by one, our screens are powered down. My husband, Ken, is usually the last holdout, in his office, scrambling to send out just one last email before the sun sets. Then he unplugs too. We light the candles, and sit down to a sumptuous meal.

I'm prepared. I've printed out the next day's schedule, along with maps and phone numbers that live on my cell phone. Most people in our lives know they will not be able to text, tweet, email, Facebook, chat, or Skype with us for 24 hours. If they want to reach us they can just come over.

And so it has gone, every week for three years. Our "tech Shabbat" lasts from sunset on Friday until sunset on Saturday. Inspired by a

National Day of Unplugging, Ken and I decided to institute something we had tried in fits and starts since we met: unplugging for one full day every week. What we call our "technology shabbats."

Albert Einstein said that "time is relative to your state of motion." With all this texting, tweeting, posting, and emailing, we're making our minds move faster, which accelerates our perception of time. It seems there isn't a day that goes by when I don't end up thinking, "How did it get to be 5 p.m.?"

And what is the one day I want to feel extra long? Saturday. During our Tech Shabbats, time slows to a beautiful, preindustrial pace. We are able to engage in all those activities that seem to get pushed aside by the lure of the network.

We're Jewish but not orthodox. We drive our car, turn the lights on and answer our landline in emergencies, so ours is a modern interpretation of a very old idea of the Sabbath. Our Saturdays

now feel like mini-vacations—slow living that we savor like fine wine. We garden with our kids, play board games, ride our bikes and cook and I write in my journal.

Every week, it's like a valve of pressure releases from the daily bombardment of interesting facts, articles, and tidbits I consume daily as I travel on this info-rocket of discovery, procrastination, productivity and then, eventually overload.

Neuroeconomist Paul Zak has found that social networking produces a burst of oxytocin, the hormone responsible for bonding, empathy, trust, and generosity. I sometimes imagine that every post, tweet, and text is flooding the planet with oxytocin, making us more empathetic and more inclined to share and collaborate. Maybe this is why collaboration is on the rise.

But the technology we've created also takes something away from us: being present, focused,



"Honey, it would have been rude not to have included all of us, you, me, and your BlackBerry."

and in the moment. Have you ever faked a need to use the restroom to check email? I have. More than once. Researchers at the National Institute on Drug Abuse have compared the sense of technological dependency—the feeling that we must be accessible and responsive at any time and in any place—to that of drugs and alcohol.

That's why, even though on

sundown on Saturday, we often can't wait to get back online, still, every week we remember the most important thing about technology: It has an off switch.

More Information:

www.sabbathmanifesto.org

Story from *Greater Good, The Science of a Meaningful Life*



Detroit Bankrupt?

Five Ways the Motor City Is Thriving

National media accounts of Detroit's bankruptcy miss the growing industries, strong communities, and policy changes laying the foundations for the city's recovery

by **Larry Gabriel**

Since Detroit filed for Chapter 9 bankruptcy in July, I've been reading about garbage piled up in the streets and blackout conditions with streetlights out, while the national news shows images of abandoned, dilapidated buildings and vacant lots. Based on what I've heard, one would think that nobody lives in Detroit but a handful of marginal folks and some gangsters busy killing each other.

But according to the 2010 census, there are still 700,000 people living in Detroit. We still eat, work, and shop like people everywhere. We get married, have babies, and die. We love, hate, laugh, cry, and hope like people everywhere. Most of us are not thugs and wish for great neighborhoods as much as anyone else.

The bottom line is that the coverage of the bankruptcy reinforces a tired old story. But the internal narrative has already changed direction. There are plenty of positive major economic stories coming out of Detroit, starting with the federally bailed-out General Motors and Chrysler auto companies emerging from bankruptcy with improved sales and record profits, and continuing with the likes of the booming Midtown as a flagship community of the new Detroit.

The people of Detroit are certainly not bankrupt for resources or ideas. Here are five ways that

they're helping to create a stronger Motor City.

1. The powerhouse riverfront

One of the reasons the auto industry grew up in Detroit is that the needed technical expertise and facilities were already here serving the commercial ships on the Great Lakes. Basically, gigantic liner engines were downsized to become car engines.

Detroit remains the busiest border crossing between Canada and the US, and Michigan is intent

Meanwhile, groups like the Detroit Food Policy Council, the Eastern Market Corporation, and the Detroit Black Community Food Security Network have been developing produce markets to bring more fresh nutritious food to the public.

Recently, their work has received some official support. In 2012 Detroit Public Schools initiated a program to teach agriculture at 45 schools with the expectation that jobs growing, selling, processing, and preparing food will be strong options for future Detroiters. In February, the



© Bob Ponder/Downtown Detroit

Participants in Downtown Detroit CROP Hunger Walk celebrate the life-giving importance of water

on building a bridge, called the New International Trade Crossing, to accommodate the traffic.

2. At the forefront of urban agriculture

Keep Growing Detroit's garden resource program supports more than 1,400 gardens, many of them organized as community projects. That's in addition to a few dozen market gardens and numerous uncounted home gardens in yards and adjacent lots.

City Council passed an Urban Agriculture Ordinance that gave the nod to the phenomenon and set some rules as to how it's going to be done.

3. Making the city council accountable to the neighborhoods

In the past, because city council elections were held on a citywide basis, candidates had no accountability to specific neighborhoods. That way of doing things is

over. In November, Detroiters will vote for their council members in seven districts for the first time in nearly a century. This makes it possible for candidates to win based on their work at the neighborhood level; it will also be much cheaper to campaign in a district rather than across the entire city.

Citizens chose the new system because they expect more direct accountability for what's going on in their neighborhoods. And if they aren't happy with the performance of their councilperson, it will now be easier to unseat him or her in the next election.

4. The Boggs factor

The James and Grace Boggs Center to Nurture Community Leadership is a nonprofit organization that has been creating community leaders since being organized in 1995. Its do-what-you-can-with-what-you-have ethos has empowered Detroiters living at ground zero for deindustrialization to truly reimagine their possibilities. The Boggs Center is a place where people meet to engage in problem-solving discussion and imaginative ideas—not to receive marching orders from a leader.

At 98, philosopher and activist Grace Lee Boggs possesses a true skill of helping others see that their power lies within themselves. After a lifetime working in leftist politics, Grace and friends have redefined revolution as personal transformation to meet the needs of where you live—be that safety, hunger, education, or artistic expression.

Julia Putnam, for example, was the first volunteer for Detroit Summer, a Boggs-related program. She is now a lead administrator at the Boggs Educational Center, a charter school that opened its doors on September 3.

5. Grassroots urban renewal

One of the ongoing debates in Detroit has been about whether to focus on development downtown or in the neighborhoods farther from the city's center. Most of the major efforts to revitalize the city—the Renaissance Center, Hart Plaza, Campus Martius, Comerica Park — have been downtown. At the same time parks, recreation centers, neighborhood city halls, police stations, and other services in neighborhoods have steadily closed down.

But many Detroiters aren't waiting for the city government anymore. Among the efforts to create change from below are the Motor City Blight Busters, which started 23 years ago when insurance agent John George got fed up with the drug dealers operating out of a nearby abandoned house. One day he started boarding up the place. A few neighbors came out to help and a community group was born.

Since then, the Blight Busters have leveraged nearly 700,000 volunteer hours cleaning up, fixing up, establishing businesses, recycling building materials, and more. A recent ambitious project is to clear two full blocks to establish Farm City Detroit, an urban farm and community hub.

Closing thoughts

Detroit is a story in progress with many possible endings. It will be years, even decades, before the conclusion is known. If we do the right things, then it will be in the near decades.

I contend that the pieces are already in place to make Detroit a modern, socially, and economically diverse urban village sooner rather than later.

More Information:

Story from YES! Magazine
www.yesmagazine.org

Giving ca\$h without any strings attached

After Mexico's economic crisis in the mid-1990's, Santiago Levy, a government economist, proposed getting rid of subsidies for milk, tortillas and other staples, and replacing them with a program that just gave money to the very poor, as long as they sent

and that sending cash might lead to a rise in domestic violence as families fought over what to do with the money.

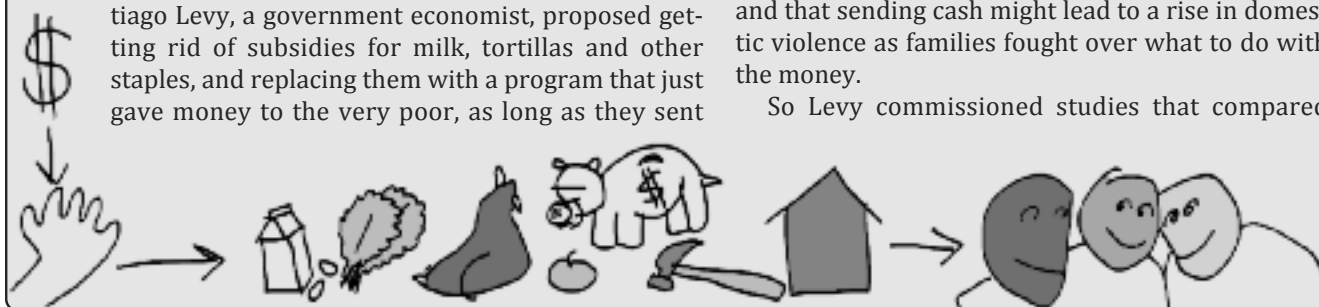
So Levy commissioned studies that compared

their children to school and took them for regular health checkups.

Cabinet ministers worried that parents might use the money to buy alcohol and cigarettes rather than milk and tortillas, and that sending cash might lead to a rise in domestic violence as families fought over what to do with the money.

spending habits between the towns that received money and similar villages that didn't. The results were promising; researchers found that children in the cash program called Oportunidades were more likely to stay in school, families were less likely to get sick and people ate a more healthful diet. The payments would almost always go to women who ensured that the money didn't get spent on booze or cigarettes, many of whom even invested a chunk of what they received. Today, more than six million Mexican families get cash transfers.

Oportunidades has inspired dozens of countries worldwide.





New human rights training center to teach digital tactics

Groundbreaking training center for activists, developed in response to the use of social networks in the Arab Spring, opens in Italy

by Rachel England

An international human rights training center, teaching digital skills to activists and protesters, has opened in the Italian city of Florence.

Based in a converted prison, the RFK International House of Human Rights was developed in response to the way social networks such as Twitter and Facebook were used during the Arab Spring.

It aims to help equip activists with tools allowing them to "promote democracy, human rights and justice" through technology.

The first students – expected to arrive this year – will come from countries such as Zimbabwe, Sri Lanka, the Philippines, Mexico, Pakistan and Burma. They will learn practical skills such as pixelating or blurring faces in videos, using anonymizing software or preventing website blocks.

The center has been set up by the European branch of the Robert F Kennedy Center for Justice and Human Rights, which

was created in the 1960's to honor the memory of the assassinated senator and civil rights activist.

His daughter, Kerry Kennedy, who opened the center, said it would "bring together human rights defenders who are changing our world with digital experts who are shaping the way change happens in the 21st Century."

"Together they have the tools to help realize Robert Kennedy's dream of a more just and peaceful world," she added.

The institute,

which has no affiliations and is entirely neutral, is thought to be the world's first such training center. It occupies three floors, has 12 apartments, common room, staff offices and a library in addition to training rooms.

A range of international campaigners will be invited to

attend on scholarship, their identities kept hidden. Members of groups such as Witness, Human Rights Watch and Tactical Technology Collective will be providing teaching guidance.

“The center has been set up by the European branch of the Robert F Kennedy Center for Justice and Human Rights.”

© RFK Europe/Giuseppe Marano



Kerry Kennedy, Robert F Kennedy's daughter, opens the RFK International House of Human Rights in Florence, Italy

While tools such as Twitter have enabled people to share and discuss human rights issues faster and more expansively than ever, they can also lead to the promotion of misguided reporting. The RFK Center hopes to help activists use social and digital tools to communicate clearly and create more vocal human rights activism.

More Information:

www.rfkcenter.org

Story from Positive News UK

Impact Journalism Day puts inspirational news in front of 50m readers

A new initiative in June saw newspapers around the world dedicate space to news that highlighted positive responses to global challenges

by Claudia Cahalane

A greater number of inspiring stories made it to the media this summer, thanks to the first ever Impact Journalism Day, which saw 20 national newspapers around the world dedicate space to news about positive devel-

last year by France's Christian de Boisredon, who also co-founded Reporters d'Espoirs (Reporters of Hope).

The team provided partner papers with a package of 20 positive stories and then asked them to send their own reporters out to find the most inspiring innovations

concrete solutions, at both a local and global level.

"We believe solutions-centered reporting will translate into a significant increase in sales for every partner paper," he added.

From September 25-27 this year, Sparknews will bring together partner edi-

“Readers all over the world today are hungry for stories with a difference. Stories that bring hope and concrete solutions, at both a local and global level.”

opments.

On Saturday June 22, papers in countries from Algeria to Canada, Brazil to Singapore – and many in between – published a range of positive stories. The stories reached more than 50 million readers.

The Impact Journalism initiative, spearheaded by news aggregation service Sparknews, was launched

in their local areas. All articles were shared across dedicated 'solutions' pages in the publications.

"Stories like these are often hard to find," said Christian. "As the proverb says, 'a falling tree makes more noise than a growing forest'. Readers all over the world today are hungry for stories with a difference. Stories that bring hope and

tors to discuss the media's role in creating change at the LH Forum, Movement for a Positive Economy in Le Havre, France.

More Information:

www.sparknews.com

Story from Positive News UK

We need to promote health, not just attack disease. To do that for society, it's not enough to know what's broken; people need to know how problems could be, or are being, fixed. Today, after four decades of declining confidence in virtually all major institutions, it's important to provide people with credible stories that help them *believe* that progress is possible (at least when evidence suggests that it is!)

~ David Bornstein, a co-founder of the Solutions Journalism Network.



Alternatives
FEDERAL CREDIT UNION
Where Good Things Happen

Alternatives is not just a full-service financial institution.

We're Also Known For:

- Matched savings programs
- Living Wage Study
- Student Credit Union branches
- Green loans
- Business coaching and education
- Free tax preparation

125 N. Fulton St., Ithaca, NY 14850
607-273-4611 • www.alternatives.org

2010
Ithaca County Chamber of Commerce

soy • corn • cotton • sugar beets • zucchini • alfalfa • mangoes • canola • salmon • apples

GMO

JOIN THE BOYCOTT!

ONLY BUY ORGANIC AND NON-GMO!

Looking for Cooperative Culture?

Subscribe to COMMUNITIES MAGAZINE

Your source for the latest information, issues, and ideas about intentional communities and cooperative living today!

Each issue is focused around a theme: Conflict & Connection; Ecovillages; Growing Older in Community; Love, Romance, & Sex; Christian Communities; Cohousing...

Reach listings—helping communities looking for people and people looking for communities find each other.

Subscribe online or by phone
800-462-8240 • orders@ic.org • communities.ic.org

JOKE: Q. What do you get when you cross a four-leaf clover with poison oak?
A. A rash of good luck.

Acorn Designs
CELEBRATING
THE NATURAL WORLD

Notecards, Journals & more
on eco-friendly papers

Retail, Wholesale,
School Fundraising

www.acorndesigns.org

Fresh Local Fare made from
scratch, visit our
2 cafes.

catering!

Mannible CAFE **FORK and GAVEL CAFE**

Mann Library-manniblecafe.com level B Cornell Law School
forkandgavelcafe.com

Kazoo Studios
design, branding,
screen printing,
art commissions,
creative consulting

etsy.com/shop/kazoostudio
lovekazoo@gmail.com

SHOP. DONATE. VOLUNTEER.

ReUSE
FINGER LAKES

Quality Furniture, Building Materials, Housewares, Office Supplies, Home Electronics & Refurbished Computers

ReUse Center OPEN DAILY!
Deconstruction & Salvage Services
Affordable Computer Repair Service

Located at the Triphammer Marketplace 2255 N. Triphammer Rd, Ithaca

(607) 257-9699 • FingerLakesReUse.org

Finger Lakes ReUse, Inc. is a 501(c)(3) nonprofit.

Feel Good In Your Body!

Nancy Young LMT
Advanced CranioSacral Therapy
Lymphatic Drainage
Therapeutic Massage
Energy Balancing
Injury Recovery
Repetitive Motion Problems
Trumansburg, NY
(607) 387-3020

Francie Goff, RN
Holistic Health Consultant/Educator

www.franciegoff.com
franciegoff1@yahoo.com
607.785.1647

Offering safe gentle Emotional Healing
without reliving or discussing details:
for anxiety, PTSD, weight loss, stress, pain,
trauma, anger, abuse, disease, depression,
and more...

Our Press

P.O. Box 512, Kattelville Rd.
Chenango Bridge, NY 13745
607-648-3021 • Fax 607-648-9191

**Proud Printers of
Positive News**

WANTED:

Be part of the media revolution:
Volunteer with us

**Experienced Writers
Articles Scouts
Distribution
Fundraising**

To find out more please contact us.
welcome@positivenewsus.org
415.868.9011



slow
down.
pay
attention.
love
more.



Have fun at
Evan's Silk Shop
at
Harbin
Hotsprings!



Sunrise Center is a 501(c)3 non-profit offering a variety of classes, seminars and public events dedicated to educating, enlivening and empowering our community in the areas of:



- ♦ Compassionate Communication
- ♦ health and wellness
- ♦ green living
- ♦ election integrity
- ♦ environmental consciousness
- ♦ relationship skills
- ♦ life after death
- ...and more.

Mention this ad when registering and bring a copy when you arrive — and receive **50% off** the cost of a Sunrise Center evening class.

Ask about our lovely 600-sq. ft. **meeting space for rent**, daytime, evenings, weekends. Reasonable rates.

- ♦ 28' x 22' main meeting room
- ♦ additional meeting space
- ♦ kitchenette; refrigerator; microwave; filtered water
- ♦ CD/audiocassette player
- ♦ comfortable seating for 45
- ♦ near Hwy 101 & restaurants
- ♦ parking ...and more!



"I'm grateful to Sunrise Center for offering such an inspiring array of events. The series *Is There Life After Death?* is one of my favorites." — Ilonka of *Positive News*



645 Tamalpais Drive • Suite A • Corte Madera, CA 94925
415-924-7824 • info@sunrisecenter.org • www.sunrisecenter.org

From the spring of Eternal Wisdom: **"No sense being pessimistic. It wouldn't work anyway!"**

Want to help spread Positive News? Sponsor a Bundle!

There are 50-60 papers in each bundle.
If specified, we will send it to a place of your choice; otherwise, we'll pick a destination.

☐ I would like to sponsor **1 bundle**
I'm enclosing a donation of
\$15 - \$30

☐ Please send my sponsored bundle
to a destination of Positive News' choice.

☐ I would like to sponsor **4 bundles**: Spring,
Summer, Winter & Fall editions. I'm enclosing
a donation of **\$45 - \$90**.

Name of place

Contact person

Address

Telephone

TOTAL \$

Your name

Telephone

Where did you pick up this copy of Positive News?
.....

Send us checks made out to Positive News

PO Box 582 Bolinas, CA 94924,

call with credit card info 415.868.9011

or order online at www.positivenewsus.org/sponsor-a-bundle.html

One Man Envisions and Creates Iraq’s First National Park



‘Garden of Eden’ returns to life as Mesopotamian marshlands are officially recognized as Iraq’s first national park

The Mesopotamian marshlands in southern Iraq are known by many as the birthplace of civilization. Situated between the Tigris and Euphrates rivers, the area was once an oasis of aquatic wildlife filled with lush reed beds, water buffalo, lions, foxes and otters. It was also one of the world’s most important migratory flyways for birds.

In the mid-1990s, Saddam Hussein burned, drained and poisoned the area in retaliation against Shiite Arabs, who had staged uprisings following the Kuwait invasion and fled to the marshes for refuge. The wetlands once known as the Garden of Eden turned to dust bowls, driving out the descendants of ancient Sumerians who had inhabited the area for thousands of years.

Motivation

As a young boy in Iraq, Azzam Alwash spent many days out in the marshes with his father, who was head of the irrigation department in the area during the early 1960’s. He fondly remembers looking over the side of the boat into very clear water, watching large fish dart away, and spending precious time with his busy father whose work often required his presence in the field.

When Hussein rose to power, Azzam moved to the United States to escape persecution. He went on to earn advanced degrees, established a successful career as a civil engineer and

married an American woman, raising two daughters in the Los Angeles area. From afar, he read with horror and disbelief news reports that trickled in about the marshes’ destruction.

When the Hussein regime fell, Azzam knew the time had come for him to go back to restore the beloved marshes of his childhood. In 2003, he made the difficult choice of giving up a comfortable life in California and moved back to war-torn Iraq, with the hopes that one day his own daughters might be able to see the place he had loved as a child.

Plan of action

Once he got past the initial shock of seeing the drained marshes for the first time, Azzam took on the seemingly impossible challenge of bringing environmental protection to the forefront of a nation focused on restoring peace and rebuilding infrastructure.

In 2004, Azzam founded the nonprofit Nature Iraq and put his experience in hydraulic engineering to use, surveying the region and developing a master plan to restore the marshes. He reached out to the environment and water resource ministries to educate government officials about the environmental, social and economic benefits of restoring the marshes.

His work was not only politically challenging but dangerous as well. Security guards are a regular presence during his field work with his staff, and the pos-

sibility of kidnappings looms large. Nature Iraq’s office has been raided by armed terrorists.

Impact

Despite these hurdles, the Mesopotamian marshes are starting to flourish again. Almost half of the original area is now flooded again, and the Sumerians have begun to reestablish their lives. In what is perhaps the most telling evidence of his success elevating the importance of the environment in Iraq, this spring, the restored marshes became the country’s first national park.

While continuing the restoration work, Azzam is now striving to eliminate a new challenge to Iraq’s environment: an extensive chain of 23 dams upstream along the Turkey-Syria border which would reduce the flow of water into Iraq to a mere trickle.

Ultimately, the marshes can only be protected if there is an international agreement on water-sharing, he maintains. “The preservation of the marshes is not only Iraq’s duty; it is the world’s duty. This is the cradle of civilization. This is where agriculture started. This is where writing was invented.”

Story from Goldman Environmental Prize
www.goldmanprize.org

Azzam Alwash won the 2013 Goldman Environmental Prize.

© Goldman Environmental Prize



Azzam Alwash in the Mesopotamian marshlands of his childhood

Subscribe to Positive News

Name_____

Address_____

Tel#_____ Email_____

WHERE DID YOU PICK UP THIS COPY OF POSITIVE NEWS? _____

Quarterly

☐ IN PRINT

or

Daily

☐ DIGITAL

IS THIS A RENEWAL? ☐

CONTRIBUTION AMOUNT \$ _____

1 Year Subscription - \$20 - \$40
2 Year Subscription - \$35 - \$80

→ Same price for print or digital ←

Dear Subscriber,
rather than increasing the general subscription costs,
we leave it up to you to decide how much you can afford.
Thank You for your generosity!

☐ Check box if this is a Gift Subscription.
If so, you can write a personal note here: _____



Send us checks made out to Positive News PO Box 582 Bolinas, CA 94924,
Call with credit card info 415-868-9011 or order online at www.positivenewsus.org

