

Spring 2007

*Choosing the slow lane, living close to the earth,
heading for sustainability at the end of the race*

What's ahead for Idaho Earth Institute

April 20, 6:00pm -- Turtle Talk. 6:00pm potluck, 6:30pm movie, 8:00pm discussion. Free. Wright Congregational Church, 4821 W. Franklin near Orchard. Movie: a Guy Dauncey presentation titled: *The Great Energy Revolution: Practical Solutions to the Climate Crisis and Peak Oil*. Discussion facilitated by Kevin Bayhouse, local peak oil expert, ACHD Bicycle Advisory Committee member, and Idaho Green Party Rep. and John Weber, local solar energy expert and founder of the Boise Sustainable Living Community.

April 21. Idaho Earth Institute sustainable plant sale. 11am to 4pm, Julia Davis Park. (part of Idaho Earthfest; free admission) Gail Kirgis & Sharon Matthies, co-chairs. A few more volunteers needed: setting up booth, cashing, disassembling booth. Free alyssum plants to the first 100 customers; 5 syringa plants will be given away during the sale.

May 18, 3rd Friday, 7:00 to 8:30pm – Turtle Talk. Healthy Children, Healthy Planet topics. Earth friendly ideas for summer vacation. Jennie Rylee (Foothills Learning Center), Wendy Young (BUGS – Boise Urban Gardening School). Foothills Learning Center, 3188 Sunset Peak Rd (up 8th Street, after pavement ends). Free.

Other happenings

April 16 to 20 – Earth Week at Boise State University. All events are free, including the movies *Who Killed the Electric Car?* (4/16 6pm) and *Darfur Diaries* (4/17 6pm), and an Earth Charter exhibit in the SUB gallery. Visit the BSU Environmental Studies Association web page: www.boisestate.edu/studentorgs/esa

April 14 to 21 – Idaho Earthfest-related events. www.idahoearthfest.org

April 19, Thursday, 7:30pm, Cathedral of the Rockies, Boise – Author & priest Matthew Fox speaks about “A Spirituality for the 21st Century” as part of the Kessler-Keener lecture series. Fox’s work appears in NWEI’s course book *Exploring Deep Ecology*. Through the new creation story from science, the wisdom shared in faith traditions of East and West and of indigenous people everywhere, he will explore how creation spirituality can help awaken in us our divine origins and the need for ecojustice and gender justice. \$10 at the door.

April 20 - Interfaith Prayer Breakfast with Matthew Fox, 9:00 a.m., Ahavath Beth Israel Synagogue. Free. 50 to 100 people expected. Collected offering will go to Sanctuary’s homeless project.

April 20 - Nourishing the Heart, Compassion for the Caregiver, 1:00 - 4:00 p.m. workshop with Matthew Fox, \$15, Boise Public Library, 715 S. Capitol Blvd. Professional and non-professional care-givers welcome; CME credits

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Turtle Times



‘Lions and aphids and snails – oh my!’

Dandelions, that is. This tends to be the season when we renew our interest in weeds and garden pests. And whether we’re trying to appease our neighbors by working toward a weed-free lawn, or just feel that the roses need to be bug-free at all times, we might consider putting our paws on some herbicides and pesticides.

Fortunately, there are many less-toxic and non-toxic gardening methods, and they’re often easier, friendlier and less expensive than using harsh chemicals. For example, spreading corn gluten meal on the lawn (best around the time forsythia are blooming) does double duty: keeps weed seeds from sprouting while feeding valuable nitrogen to grass roots.

A comprehensive set of info sheets on a variety of home and yard care “pest” topics can be found at the Northwest Coalition for Alternatives to Pesticides web site (www.pesticide.org). Garden on!

The seventh NWEI discussion course!

Northwest Earth Institute unveiled the latest topic, *Global Warming: Changing Course*, around the time that Al Gore visited Boise in January. Groups are already forming.

The four sessions are titled “Off Course,” “Collision Course,” “Changing Course,” and “Setting a New Course” and include text from authors such as Donella Meadows, Van Jones, Rev. Sally Bingham, and Bill McKibben.

There are extensive resources, too, toward the end of the book – and online at <http://www.nwei.org/NWEI/Global%20Warming%20Resources.html>

Plant sale April 21

Local, native, organic, and low-water selections

There’s something fundamentally joyful about buying little potted plants to take home for the yard and garden. When the seedlings are organic, all the better. And local/native and waterwise selections are a special treat – for humans, and for the birds, insects and other critters we share our yards with!

It’s rare, though, to find such plants at retailers and nurseries around the valley. Thankfully, the annual Idaho Earth Institute plant sale offers the opportunity to obtain plants offered specifically to help us grow *with* nature – *with* the amount of natural precipitation in this area, and *without* toxic chemicals. A local “Bug Bloom Blend” seed packet allows gardeners to entice beneficial pollinators & pest predator insects, further reducing the need for chemicals.

The plant sale booth will be staffed by volunteers who are sustainable gardening enthusiasts, which means plenty of free information and engaging conversation. (Want to join in? Zip us an e-mail!)

The tantalizing selection of plants includes:

- Veggies, food: Artichokes (accompanied by a tip sheet on how to overwinter them), asparagus, rhubarb, tomatoes, lettuce mix, mustard mix, onions, shallots, broccoli, chard mix, leeks
- Herbs: basil, cilantro, marjoram, oregano, parsley and the silver sorrel
- Annuals: white alyssum (lovely scent and good for attracting beneficial insects), Frances Hoffman’s Choice marigold, Rocket Mix snapdragon, Daddy Mix petunia, and Prince Zulu daisy
- Perennials: Native penstemons, globemallows and daisies, as well as salvias, asters and other flowering perennials; also ornamental grasses and groundcovers

Diane Jones of Draggin’ Wing Farm (www.waterthriftyplants.com) and Beth Rasgorshek of Canyon Bounty Farm (www.canyonbountyfarm.com) are donating a portion of their sales to IEI.

IEI walking the talk

reduce, refuse, reuse, rethink, recycle, repair / restore

Seasonal instead of monthly newsletter. (reduce)

Newsletter available electronically as a PDF e-mail attachment. (reduce)

Newsletter printed on recycled chlorine-free paper. (recycle, reduce)

Web site and e-mail provider powered by solar and wind technology. (reduce, rethink, restore)

Encouraging people to participate in a way that is joyful and balanced rather than guilt-driven or obligatory. (reduce, rethink, restore)

Comings and Goings Within IEI

We've been looking for one or more individuals to take over the course starts coordination role from Dan Walters, who's been handling it for over two years (recently on a solo basis and before that in partnership with Ryndy Williams).

Happily, a pair of long-time friends has agreed to join the IEI team. Jenn Siegel is nurturing her newly-hatched green cleaning business, and in her spare time helps housemate Casey O'Leary with her subscription farm & market garden business. Becca Stroebel returned to Idaho last year from a Peace Corps job in Grenada; you may have seen her recently at the Boise Public Library. In other words, each is big on sustainability. They've enjoyed working together on other projects, and they seem a great fit for the team.

Becca and Jenn are fairly new to the organization, which means fresh and creative ideas and perspectives. It also means they are seeking access to some institutional memory and expertise, so if they ask you for a tea or coffee date...

As we ponder the changing of the guard, we keep muttering things like "I wish I had the kind of energy Dan has," and "his passion and dedication are always so evident." Which is all to say that he'll be missed as he steps away from the role. But being an extremely long-term supporter of IEI and the discussion courses, plus a huge supporter of the idea of collaboration among various organizations, he's not leaving – just changing his role. And yet, this is a great time to express deep gratitude for all the time, energy, resources and ideas he's contributed over the years. Thanks Dan!

And, welcome Becca! Welcome Jenn!

One more important transition: Jonna Moore, who's coordinated and presented the full "season" of interesting and well-attended Turtle Talks starting in September 2006, is ready to move out of that role. If you'd like to be the coordinator or part of a Turtle Talks team, please visit with Jonna or contact us at info@idahoeearth.org.

Wish List

Eagle Island Experience, May 2007. Wanted: an IEI volunteer coordinator to staff a shared booth.

New Turtle Talks coordinator(s) starting with September 2007.

Hyde Park Street Fair, September 2007. IEI booth coordinator and about 30 participants desired for 2-hour shifts all weekend.

Plant sale committee, September 2007. A variety of roles are available, from schmoozing customers on the day of the sale to schlepping the donated items beforehand.

Festival of Trees, November 2007. Two volunteers have already indicated interest in submitting a tree, with a unique twist that only IEI might attempt (reduce, reuse, recycle...). If you'd like to join them, let us know.

Space for our lending library. Do you have room in your office for some bookshelves, and is your business or organization open at regular times for walk-ins?

Storage space for various materials, such as inventory of course books and canopy for booth at events like Hyde Park Street Fair.

Course starts coordination team – would like one or two more individuals to join Becca and Jenn in helping support discussion groups from start to finish. If you're detail-oriented, enjoy networking and like to solve puzzles, this might be just the volunteer gig for you!

New board secretary. Natalie's ready to pass the "meeting minutes torch." We currently meet the 2nd Thursday of each month at 6pm for a delish potluck plus gentle humor and engaging conversation about organization logistics.

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available. Contact: Ed Keener, 429-0266, edmakeener@cableone.net

April 21. Idaho Earthfest at Julia Davis Park. 8am to noon: fun & meaningful service/volunteer projects (see www.idahoeearthfest.org for details). 11am to 4pm booths & food, then music & food until 7pm. Free admission.

April 21, 9am to noon. Earth Day Litter Lift. Litter's not for critters, so help clear litter from the Lake Lowell sector of Deer Flat National Wildlife Refuge. <http://www.fws.gov/deerflat>

April 26, 3:30pm to 5:00pm, BSU. Climate Change Panel Discussion.

April 26, 6:30pm, starting at the Hidden Springs mercantile – Wildflower Walk. Join botanist Ann DeBolt for a casual stroll along Dry Creek near Hidden Springs to view and learn about some of the native plants growing in the area. No pets; wear good walking shoes and be prepared for any form of weather. <http://www.idahonativeplants.org/default.aspx>.

April 27. Arbor Day. Idaho Forest Products Commission (www.idahoforests.org) giving away about 30,000 spruce seedlings. Visit the Boise Co-op for your free tree!

April 28. Join other volunteers and help plant trees along the streets of Boise! http://www.cityofboise.org/parks/caring/forestry/index.aspx?id=forestry_Releaf_2006

May 1, Tuesday, 10am-2pm (set-up 9:30, clean-up 2:30) -- Hewlett-Packard Boise Sustainability Network's annual information fair at the HP Boise Earth Day 2007 Event (at HP Boise complex, 11311 Chinden Blvd). Idaho Earth Institute will have a team of tablers.

May 10, 7:00pm (doors open at 6:30). Martin Marty, highly acclaimed scholar, speaks at BSU's Jordan ballroom in the SUB; free. "Everyone gets in on the act: connecting faiths and the environment." His university gig: <http://marty-center.uchicago.edu/about/> and his blog: http://newsweek.washingtonpost.com/onfaith/martin_marty/

May 12, 2pm & 7pm (two showings), Boise Center on the Grove – Planet in Focus Environmental Film Festival, coordinated by Land Trust of the Treasure Valley. www.planetinfocus.org. www.lttv.org.

May 18, 19, 20 – Eagle Island Experience Festival, including a Sustainability Village. Fri 5pm – 10pm, Sat 10am – 10pm, Sun 10-6. \$5/person, kids under 12 free, \$4/car. <http://www.gruntwerks.net/eagleislandexperience.htm>. To help staff an IEI table, drop us a line.

June 12, Tuesday. Choices in Community Giving (local workplace giving program; alternate to United Way) summer luncheon and afternoon workshop. Guest speaker: Trudy Toliver, President of the National Alliance for Choice in Giving and Executive Director of EarthShare – Oregon (<http://www.earthshare-oregon.org/>). Info: <http://choicesincommunitygiving.org/>.

June 21 – summer begins; summer solstice
July 7, 2007 (7/7/07) – "Live Earth" multi-city 24-hour series of rock concerts.

Membership Form - *We keep your information private.*

Become a member at whatever level fits your budget:

\$35 Basic member \$50 - 99 Supporter \$100 - 249 Earth Steward
 \$250 - 499 Sustainer \$500+ Patron Other \$ _____
 \$15 Living Simply

Name _____

Address _____

City/State/Zip _____

Phone number(s) _____ E-mail _____

Check here if you prefer to receive Turtle Times via e-mail only.

If you'd like to start or join a discussion group, indicate the topic here: _____

Which volunteer and networking opportunities interest you?

board book inventory manager special events
 mailing parties newsletter articles media & graphics
 mentoring & presenting fundraising plant sale
 yard sale Turtle Talks (monthly gatherings)

NL0407

Idaho Earth Institute, PO Box #245, Boise, ID 83701

Energy efficiency at home

Our October Turtle Talk featured Ron Oltman, home performance specialist for Energy Solutions, and Annie Black, program specialist for Idaho Power. They recommended ideas like choosing Energy Star appliances and increasing the amount of insulation in walls, ceilings and floors. Ron's "Take the Tour" handout included these thoughts: 1. Well constructed, efficient windows. 2. Improved wall and floor insulation. 3. Better attic insulation. 4. High efficiency furnace and water heater. 5. Sealed ductwork. 6. Energy Star certified appliances. 7. Energy efficient lighting. 8. High efficiency air conditioner. 9. Whole house ventilation system. To find this brochure and other handouts, visit: www.IdahoPower.com/EnergyCenter, www.IdahoEnergyStar.com, or www.EnergyStar.gov.

The Hyatt Wetlands (off Chinden Boulevard!)

People are abuzz about the Turtle Talks they attend. Someone who was at the March talk by Golden Eagle Audubon Society speaker Mike Morrison enthused about the subject. "I've been there once already, in the morning, and it's gorgeous. It seems you don't see meadowlarks around the valley anymore. But that day, in that spot, they were everywhere. I'll be back again. Beautiful!" To find the spot or volunteer: http://www.cityofboise.org/Departments/Parks/PDF/PlanningDesign/mp_hyatt_wetlands.pdf

Permaculture tidbits

The term permaculture is a combination of "permanent" and "agriculture," and is about creating & maintaining productive systems with "the diversity, stability, and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter, and other material and non-material needs in a sustainable way."

Carrie Jones shared her thoughts on this topic at our February Turtle Talk. She especially recommends the book *Permaculture—Principles and Pathways Beyond Sustainability* by David Holmgren.

Audience members also like *Gaia Garden* and *This Organic Garden* and suggest these two sites as excellent resources: www.permaculture.org.au/ (scroll to "Greening the Desert") and www.pathtofreedom.com. Finally, here are two Idaho sites that have recently crossed our path: <http://www.havenup.com> and www.idahopermaculture.com.

The All-volunteer Board

Anne Barker, Treasurer
 Natalie Chavez, Secretary and Eco-Parties Maven
 Stan Kidwell, At Large and Graphics Designer
 Sharon Matthies, Communications Chair, Acting President
 Jonna Moore, Turtle Talks Coordinator and Membership/Database Chair
 Jenn Spiegel, Course Starts Coordination Team, Database Project Manager
 Becca Stroebel, Course Starts Coordination Committee Chair
Our current mentors & presenters (also volunteers)

Sr. Agnes Reichling (St. Gertrudes)
 Sr. Carlotta Maria Fontes (St. Gertrudes)
 Casey O'Leary
 Claudia Fernsworth
 Crystal Spicer
 Derek Hurd
 Diane Jones
 Dwight Allen
 Gayle Dixon (Council & McCall)
 Jeff Rylee
 Jennie Rylee
 Joanna Guilfooy
 Jon Barrett
 Jonna Moore
 Mary Beth Nutting
 Mike Phillee
 Paige Keck
 Ryndy Reed Williams
 Sara Kate Foster (Moscow)
 Sharon Matthies
 Tracey Kindall (McCall)
 Veronica Daley Zaleha

Just some of the other cool volunteers

Glenna Rhodes, web mistress
 Jeanette Ross, September 2006 yard sale co-coordinator
 Gail Kirgis, April 2006 & April 2007 plant sale co-coordinator
 Nadine York, mentor & presenter trainer, newsletter editor
 Sue Phillee, talks us up at events
 Dan Walters, outgoing course starts coordinator
 Claudia Fernsworth, Sharon Fisher, Crystle Wallace and Dorothy Burrows, team of tablers for HP Earth Day event this year.

About IEI

Idaho Earth Institute offers seven discussion courses developed by the Northwest Earth Institute (NWEI): *Voluntary Simplicity*; *Exploring Deep Ecology*; *Discovering a Sense of Place*; *Choices for Sustainable Living*; *Globalization and its Critics*; *Healthy Children, Healthy Planet* (for parents & teachers, about children); and *Global Warming: Changing Co₂urse*. Our monthly presentations on sustainability topics, Turtle Talks, provide local expertise at no cost. And our home Eco-Parties, where nothing is sold, are all about finding non-toxic (and often less expensive & time-intensive) solutions to household and yard care. In addition to *Turtle Times* several times a year, we communicate about specific events and upcoming courses via e-mail (info@idahoeearth.org) and our web site (www.idahoeearth.org).



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Turtle Times

Spring 2007

Getting connected, staying connected

If your contact info has changed, you want to receive *Turtle Times* via e-mail only, you'd like to be added to our e-mail list to hear about discussion groups that are forming, or would like to start your own discussion group with friends or co-workers, contact us at info@idahoeearth.org.

Local eats – benefits and inspiration

In addition to serving us exceptionally delicious home-made and local lentil and squash soups, plus lavender-herb tea during the January Turtle Talk, Casey asked us each to write a haiku about gardening. The winner (chosen by the audience) received a dozen organic eggs. Casey then led the attendees in creating a list titled "Why We Like Local Food!" Here's a tiny sample:

- Provides lots of people with meaningful work that uses our bodies and hands creatively, is in harmony with the cycles of nature, lets us spend time outside, and is personally empowering.
- Creates a strong community by strengthening the local economy; allows us peace of mind because we know where, how and by whom our food is produced.
- Puts us in touch with small wonders, nourishes all of our senses, give us a sense of place, slows us down to a more earthly pace, promotes and fuels our desire and ability to express gratitude. "Opening up a jar of home-canned something in the winter brings the garden to life even in the gray times."

And someone in the audience shared this slogan: Fight Nature Deficit Disorder.

For the full list of local food benefits, or information about further developing a local food system including local subscription farms, contact Casey at greenshera@hotmail.com

Green building concepts part of new Treasure Valley elementary school

Endeavor Elementary School, opening in Nampa this fall, will feature lots of natural light, sustainable materials and energy-efficient products. Insulated skylights will allow teachers to keep electric lights turned off much of the time. Cabinets will be made of wheat board -- a recycled wheat chaff product. And instead of vinyl bulletin boards, they'll be made of jute. A grant provided funds for the two sustainable-material classrooms at the school.

a Cool City

Idaho Earth Institute celebrates Boise as the first Idaho city to sign on as a Cool City (via the U.S. Mayors Climate Protection Agreement). Since then, Sun Valley, Bellvue and Pocatello have come on board. For more: www.cityofboise.org/Departments/Public_Works/Services/AirQuality/page12164.aspx, <http://Idaho.sierraclub.org/middlesnake> or www.coolcities.us. And be on the lookout for a new web site: www.coolboise.org

