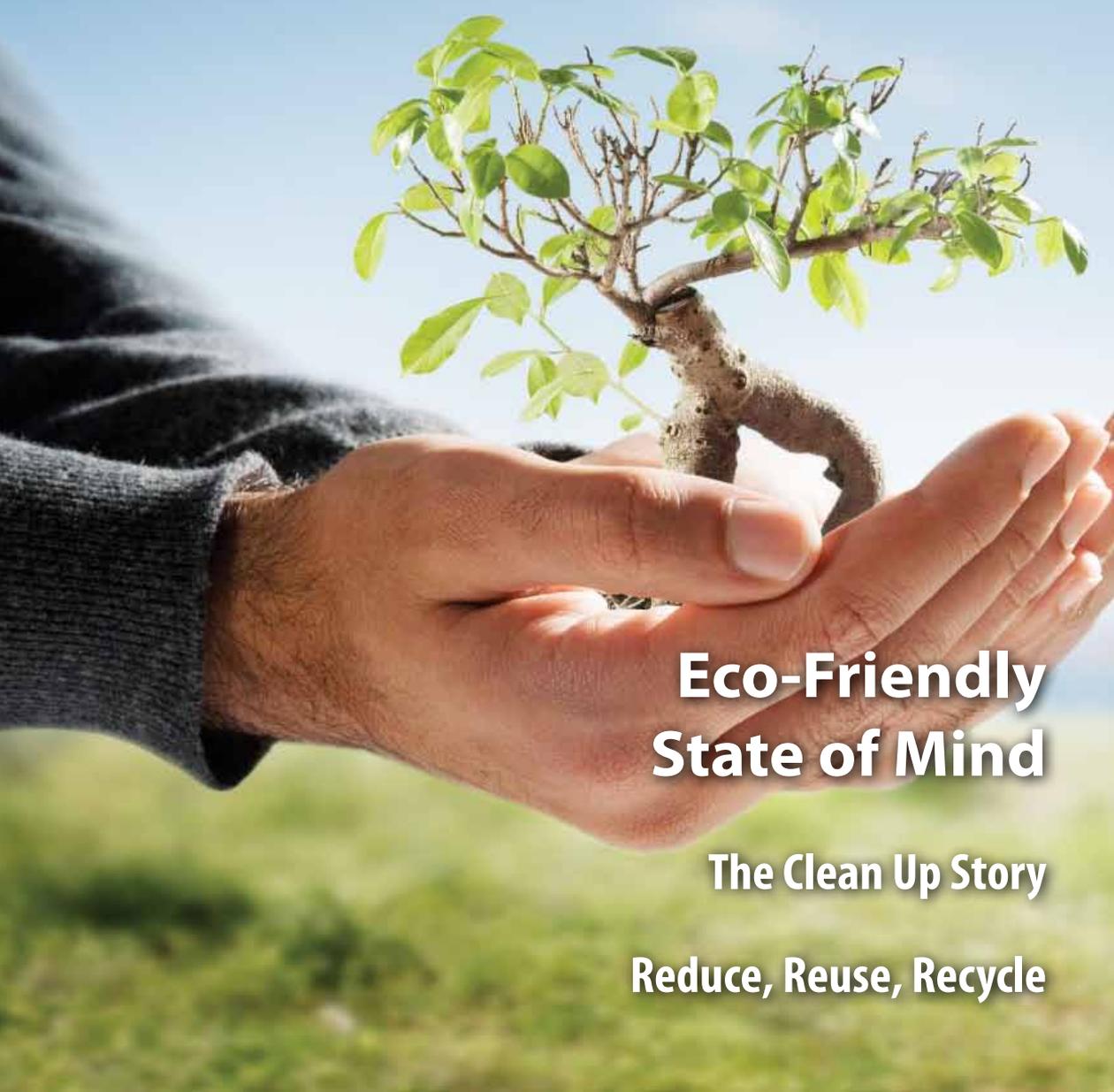


Volume 3, Issue 12

MOTIVATED

THE MAGAZINE THAT MOVES YOU!



Eco-Friendly State of Mind

The Clean Up Story

Reduce, Reuse, Recycle

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FROM THE EDITOR

We've been given an amazing and beautiful world, and humanity was appointed to care for it and manage its resources, not as owners, but as stewards.

But when we look at God's creation today, while much of the world is still beautiful and functioning the way it was intended, parts have greatly deteriorated. Natural forces have taken their toll, but we humans have also played a part. Many of the earth's ecosystems are failing, animal and plant species are becoming extinct, and resources are being depleted—and it is largely because of humanity's failure to care for and watch over what has been entrusted to us.

We reap the consequences of our neglect. Air and water pollution have reduced the quality of life for millions. Deforestation is creating new deserts. Misuse of land and water resources is causing severe food shortages, displacing millions of people, and triggering wars in some regions. Areas of our oceans, lakes, and rivers are becoming dead zones, devoid of life—all problems that are likely to get worse as the world population continues to grow.

Granted, not all of man's impact on the environment is harmful, and there is much disagreement over the extent of the environmental problems we face and the best means to solve them. The fact remains, however, that our collective home is in danger and we each share in the responsibility of saving it. We can do better when we work together. A lot better.

Christina Lane
For *Motivated*

ONE MAN'S DIFFERENCE

A true story

By Chris Hunt, adapted

Sustaining the environment has become a serious concern of nearly every nation, and debates on the best way to achieve this are continuous and often contentious. Overwhelmed by the complexity of the issue, most of us look to scientists and others with more knowledge and resources to find solutions.

Abdul Kareem is one man who hasn't waited on anybody else. If you were to visit him at his home, you would see acres of rich forest with abundant wildlife. In a part of the world where water is often in short supply, his land and the villages around it have no such problem. But it hasn't always been that way. Twenty-five years ago, the area was a series of dry, rocky, lifeless hills.

Kareem was strangely drawn to the area during visits to his wife's family, who lived there. "I would walk around the area and see barren hillsides," he recalls. "It was a heartache of a sight, and yet the pull on me was strong. I suddenly realized that I had often—though only for brief moments—dreamt [about this place]."

On an impulse, he bought five acres. In spaces between rocks, he planted saplings of trees native to the region. The well on the property barely yielded a bucketful of water at a time, so for three summers Kareem used a motorbike to haul water from a source a kilometer (about 2/3 mile) away. During this time, he also bought adjoining land from neighbors who were happy to exchange their desolate properties for cash.

The fourth year, Kareem's efforts began to pay off. The new vegetation, sparse as it was, helped his land retain more rainwater. The water level in his well rose, which made it possible for him to gradually plant and tend the rest of his property, which had grown to nearly 13 hectares (32 acres). The transformation was slow but steady.

As the saplings grew, birds flocked to the area and sowed the seeds of a variety of other plants. A natural revival was underway. Year by year, more vegetation grew, more wildlife arrived, and the water table continued to rise. As a result, other wells within a 10-kilometer (6.2 mile) radius of Kareem's now also have more water.

With few resources at his disposal, Kareem has changed his part of the world, day by day and step by patient step. 



ECO-FRIENDLY STATE OF MIND

By Oli Bauer, adapted

As I was growing up, my parents taught me good habits such as saving electricity and water, not wasting food, and finding new uses for items that had outlived their original purposes. Our family didn't have a lot of money, so taking good care of the things we did have was a logical, practical choice. It never occurred to me to equate these practices with environmentalism.

As a teenager, mostly through my love of reading the newspaper, I sometimes became aware of environmental issues, but usually only when activists did something extreme to draw attention to their cause. As a result, I associated environmentalism with only the more radical elements, and the term "environmentalist" with those who engaged in bizarre vigilante activities. Now that I've read and studied more, I realize that my youthful generalizations were wrong.

For me, having an eco-friendly state of mind involves these elements:

Awareness. Reading and studying to remain informed about environmental concerns and solutions, as well the ecological systems of the area in which I live. Information regarding the products that I buy is easier to

come by today than it was in years past, enabling me to choose organic, biodegradable products.

Gratitude. Taking time to appreciate the wonderful world that I'm privileged to live in, and to marvel at the intricacy of it all. Gratefulness and mindfulness go hand in hand.

Respect. I believe that part of respecting God is respecting all of His creation. With that in mind, I feel responsible to the over 7 billion others alive today, as well as to the generations to come, to not take from the planet what can't be replenished, or take more than I need.

I want to continue to learn about the environment and environmental issues. I want to incorporate more environmentally conscious practices into my lifestyle, beyond conserving electricity, water, and other resources, and beyond trying not to pollute our planet. I want to find ways to simplify my life, because I believe that will help me to be less wasteful.

I can't abide by every environmentally-friendly practice that has been suggested, but I can do what I can. ♻️

So often, the problem with environmental issues is that they are overwhelmingly complex and driven by powerful social and ecological forces. It sometimes seems that we are helplessly floundering when we try to make a positive change.

The number of environmental issues that desperately need our attention is overwhelming; but dwelling on gloom and doom can be paralyzing.

For this reason, it is important to be exposed to success stories. The lessons from these stories can help change the way we think about solving environmental problems.

EcoTipping Points

By Gerald G. Marten and Catherine E. Matthews, adapted Web Reprint

They also motivate us to learn important ecological concepts and inspire us to take action.

In each success story, usually a lever sets in motion the process leading to success. The idea of a lever—that little things can make a big difference—can be very exciting.

We call the levers in our success stories EcoTipping Points. They turn environmental decline toward a course of restoration and sustainability.

“When I am asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren’t pessimistic, you don’t understand the data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren’t optimistic, you haven’t got a pulse.”

— Paul Hawken
[Author of *Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw It Coming*, 2007, Viking Press.]

THE APO ISLAND STORY

A great example of an environmental success story comes from Apo Island, a small fishing village in the Philippines—a tropical paradise of coral reefs and sandy beaches. The Philippines' coastal, coral-reef fishery is one of the world's largest fisheries, but is also in serious trouble.

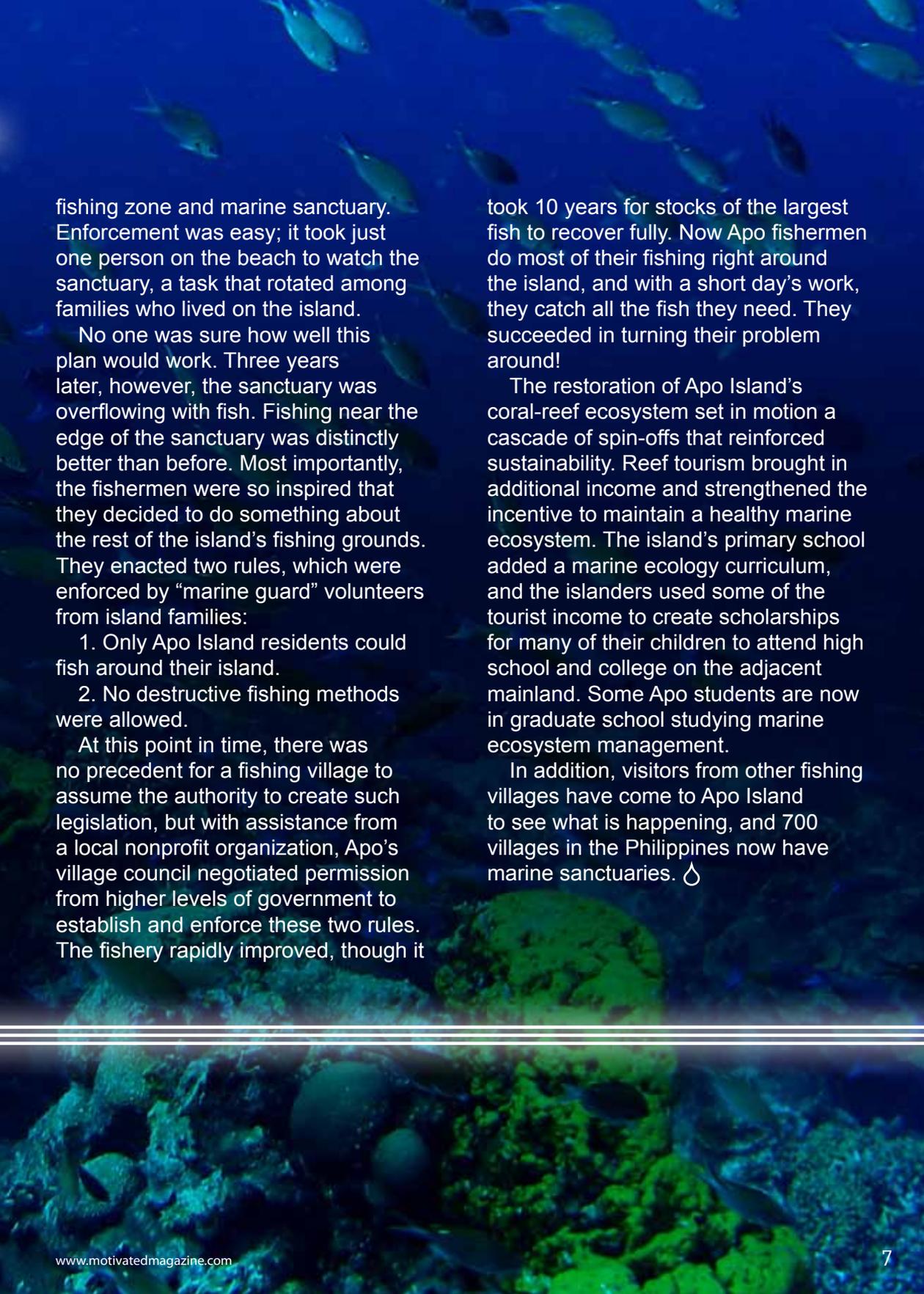
Many fishing villages are dying off—with fishermen catching only one or two fish from an entire day's work. Apo Island came close to the same fate, but instead, its fishermen found a way to save their fishery and cherished way of life.

The problem began in the 1950s with the introduction of destructive fishing methods, such as the use of dynamite and cyanide—tactics very effective for catching fish, but not very sustainable. The fishery descended into a vicious cycle of damage to the coral habitat, dwindling fish stocks, and the need for even more destructive fishing methods to catch much at all. To make ends meet, Apo fishermen—like so many others—were traveling farther from their village, working long hours to find places that still had enough fish, using

harmful fishing methods to catch all the fish they could, and ignoring the future health of the fishery. As a result, the national government enacted laws banning destructive fishing—but these laws were not enforceable.

It seemed impossible to escape the downward spiral, but in 1980, Angel Alcala, a marine scientist at nearby Silliman University, began a two-year dialogue with Apo's fishermen to help them break out of the rut. They discussed what was happening to the coral ecosystem that surrounded the island to a distance of about 500 meters from the shore, and what they might do about the problem. Alcala took some of the fishermen to an uninhabited island, where he had protected a small stretch of coral reef from fishing for several years. The number of fish in the protected area was impressive, and fish from that area were helping to replenish fish stocks around the rest of the island.

In 1982, Apo Islanders decided to try something similar. They designated 450 meters of the island's shoreline—10% of the fishing grounds around the entire island—as a no-



fishing zone and marine sanctuary. Enforcement was easy; it took just one person on the beach to watch the sanctuary, a task that rotated among families who lived on the island.

No one was sure how well this plan would work. Three years later, however, the sanctuary was overflowing with fish. Fishing near the edge of the sanctuary was distinctly better than before. Most importantly, the fishermen were so inspired that they decided to do something about the rest of the island's fishing grounds. They enacted two rules, which were enforced by "marine guard" volunteers from island families:

1. Only Apo Island residents could fish around their island.
2. No destructive fishing methods were allowed.

At this point in time, there was no precedent for a fishing village to assume the authority to create such legislation, but with assistance from a local nonprofit organization, Apo's village council negotiated permission from higher levels of government to establish and enforce these two rules. The fishery rapidly improved, though it

took 10 years for stocks of the largest fish to recover fully. Now Apo fishermen do most of their fishing right around the island, and with a short day's work, they catch all the fish they need. They succeeded in turning their problem around!

The restoration of Apo Island's coral-reef ecosystem set in motion a cascade of spin-offs that reinforced sustainability. Reef tourism brought in additional income and strengthened the incentive to maintain a healthy marine ecosystem. The island's primary school added a marine ecology curriculum, and the islanders used some of the tourist income to create scholarships for many of their children to attend high school and college on the adjacent mainland. Some Apo students are now in graduate school studying marine ecosystem management.

In addition, visitors from other fishing villages have come to Apo Island to see what is happening, and 700 villages in the Philippines now have marine sanctuaries. ♪

The Clean Up Story

Web Reprint, www.cleanup.org.au



IN 1989 an “average Australian bloke” had a simple idea to make a difference in his own backyard—Sydney Harbor. This simple idea has now become the nation’s largest community-based environmental event, Clean Up Australia Day.

It is hard to believe that this campaign began as the inspiration of one man, Australian builder and solo yachtsman, Ian Kiernan.

As an avid sailor, Ian had always dreamed about sailing around the world.

In 1987 his dream came true when he competed in the BOC Challenge solo around-the-world yacht race.

As he sailed through the oceans of the world in his yacht “Spirit of Sydney”, he was shocked and disgusted by the pollution and rubbish that he continually encountered in areas such as the

Sargasso Sea in the Caribbean.

Having waited years to see the Sargasso’s legendary long golden weeds, Ian’s excited anticipation turned to anger and disappointment when he found them polluted and tangled with rubbish.

The polluted state of the world’s oceans motivated Ian to act.

Once back in Sydney Ian organized a community event with the support of a committee of friends, including Clean Up cofounder Kim McKay AO—Clean Up Sydney Harbor.

What happened after this is now well documented.

Clean Up Sydney Harbor Day in 1989 received an enormous public response with more than 40,000 Sydneysiders donating their time and energy to clean up the harbor.

Rusted car bodies, plastics of all kinds, glass bottles, and cigarette butts

were removed by the ton.

The idea of a cleanup day had ignited an enthusiasm and desire among the community to get involved and make a difference to their local environment themselves.

The next year Clean Up Australia Day was born. Ian and his committee believed that if a capital city could be mobilized into action, then so could the whole nation.

Almost 300,000 volunteers turned out on the first Clean Up Australia Day in 1990 and that involvement has steadily increased ever since.

In the past 20 years, Australians have devoted more than 24 million hours towards the environment through Clean Up Australia Day and collected over 200,000 tons of rubbish.

The next step for Ian and Kim was to take the concept of Clean Up Australia Day to the rest of the world.

After gaining the support of the

United Nations Environment Program (UNEP), Clean Up the World was launched in 1993.

In its inaugural year, Clean Up the World involved approx. 30 million people in 80 countries.

The appeal of Clean Up the World (more than 35 million people from 120 countries annually take part) has demonstrated that this simple Australian idea has universal appeal and the health of the environment is of concern to people and communities worldwide.

Clean Up the World demonstrates that people across the planet are willing to do something themselves to help protect and care for their environment.

Since then, Clean Up Australia has evolved into an organization that works with the community, government, and business to provide practical solutions to help us all live more sustainably every day of the year. 💧





By Abi F. May

Finding ways to reduce consumption, reuse items, and recycle are practical ways in which each of us can care for the environment. As a bonus, these simple measures will often help trim household expenses.

Reduce the amount of waste you generate

Waste reduction starts when you're shopping. If you regularly throw away spoiled or out-of-date food, you're buying too much. The same applies to the meals you prepare. If you often throw away leftovers, cook less.

Avoid buying items that you expect to use only a few times. Rent or borrow instead, when possible.

Reusable items such as rechargeable batteries are generally more expensive than their disposable counterparts, but they reduce waste and save money in the long run.

Reuse everyday items

With a little imagination, many common items can have a secondary purpose. Envelopes can be used to keep receipts or as scratch paper. Cans, jars, and boxes make good storage containers. Old clothes and linens

can be cut into cleaning rags. Materials for craft projects can be salvaged from all sorts of worn out or broken items. Stale bread is great for French toast or bread pudding. Turn bruised fruit into sauce or jam.

Recycle

More national and local governments are encouraging or requiring recycling, and for good reason. Recycling saves on resources and energy and reduces landfill. Find out where your local recycling facilities are, and learn the guidelines for their use.

Try to buy products that are packaged in or have been made from recycled material.

Avoid buying products that can't be recycled without harming the environment, such as certain household cleaners that contain hazardous

ingredients.

Compost organic waste.

Start or join community recycling projects. Learn from others and share what you have learned.

You may not need something any longer, but someone else may. Offer unwanted items to family or friends, or give them to charity. You may also be able to sell some items online or at a second-hand market.

Join a recycling network such as the Freecycle

Network™ (www.freecycle.org). This is an internet-based, non-profit community with more than 8 million members in over 85 countries worldwide. Its members freely offer or swap items they no longer need. It is estimated that over 500 tons of garbage is kept out of landfills each day because of the sharing done over this network alone. ♪

We are not to throw away those things that can benefit our neighbor. Goods are called goods because they can be used for good: they are instruments for good in the hands of those who use them properly.—
Clement of Alexandria
(c.150–c. 215)

PARENTING
FROM THE HEART



START EARLY

By Ariana Andreassen

My son Anthony is a bright, active, three-year-old who loves to learn new things. One evening, Anthony paused in the middle of dinner, gave me a thoughtful look, and said something about how some animals are now endangered because they don't have enough food or a place to live. I was curious to know if he actually understood what he was talking about, so I asked him why the animals had nowhere to live.

He explained that because people are building houses and roads and cutting down trees in the process,

animals like koala bears have nowhere to go. Of course, it was a bit muddled, but I could see that he'd gotten the general point and was genuinely concerned that animals were losing their natural habitat.

Through talking with my son about these topics, I realized how easy it is to influence children when they're young, and therefore how important it is to teach them to make wise, responsible decisions. Children get excited about doing their part to help improve their world, and we can instill in them a love and respect for the environment from an early age.

Anthony is now

passionate about sorting recyclable trash into the proper receptacles, watering plants, and tending the garden. He knows that walking rather than taking the car, when practical, saves money and doesn't pollute, and he is getting better than I am at remembering to turn off lights when leaving a room.

Though it takes time in the beginning to explain concepts in ways children can understand and relate to without getting them worried or upset, it's worth it. It's a joy to see my little one putting thought and effort into caring for the world around him, rather than abusing it or taking it for granted. ♪



We do not inherit the earth from our ancestors, we borrow it from our children.—Native American Proverb

We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong we may begin to use it with love and respect.—Aldo Leopold

The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.—Gaylord Nelson

The activist is not the man who says the river is dirty. The activist is the man who cleans up the river.—Ross Perot

Waste is a tax on the whole people.—Albert W. Atwood

There is hope if people will begin to awaken that spiritual part of themselves, that heartfelt knowledge that we are caretakers of this planet.—Brooke Medicine Eagle

When we heal the earth, we heal ourselves.—David Orr

Environmental sustainability is not an option—it is a necessity. For economies to flourish, for global poverty to be banished, for the well-being of the world's people to be enhanced—not just in this generation but in succeeding generations—we have a compelling and ever more urgent duty of stewardship to take care of the natural environment and resources on which our economic activity and social fabric depends.—Gordon Brown

What we are living with is the result of human choices, and it can be changed by making better, wiser choices.—Robert Redford

By accepting responsibility, we take effective steps toward our goal: an inclusive human society on a habitable planet, a society that works for all humans and for all nonhumans. By accepting responsibility, we move closer to creating a world that works for all.—Sharif M. Abdullah