

The Foundation of Sustainable Living (FOSL) is a non-profit educational foundation working to create new institutional forms that provide access to land based on social and ecological objectives rather than market forces. Articles in this newsletter are the opinions of the authors and do not necessarily reflect the philosophy of FOSL.

To be educated, one must consider all sides of an issue. FOSL will publish diverse points of view. However, FOSL will not publish opinions we judge as hateful or advocating consumerism, overpopulation, religion, environmental destruction, violence, injustice, prejudice or patriarchy. Please send article submissions (850 words or less) to elained@mcn.org by the 20th of each month.



A fallen Redwood tree in Mendocino lands bought by the Save The Redwoods League to protect them from over logging

Rebuilding community one green home at a time

From Trailblazers for Good

<http://www.care2.com/causes/trailblazers/blog/one-green-home-at-a-time-foundation-rebuilding-community>

The Oliver neighborhood in East Baltimore is full of vacant houses and run-down buildings. That's why One Green Home at a Time Foundation (<http://onegreenhome.org>) stepped in to rehabilitate the houses with a green touch.

The nonprofit organization was started only 15 months ago and is funded by Bridge Private Lending. Their aim is to purchase and rehabilitate homes in low to middle income neighborhoods with a focus on eco-friendly building techniques. This will give the communities a green face lift and bring them back to life. By giving the vacant homes a new green look, the idea is to bring people back into the community and revitalize the area.

"The hope is the entire neighborhood will come back," said David Borinsky, an attorney and CEO of Bridge Private Lending. He founded the One Green Home at a Time Foundation.

The organization cares about more than just the houses. Their effort is to make the entire neighborhood more green by funding public green spaces and community gardens. They also offer on-the-job training to the residents to help them learn how to make their homes more green and eco-friendly by themselves.

Already 23 homes in the area have been fixed up with a green touch and the neighborhood is starting to come back to life. The homes are made more energy efficient and include many little green touches to increase their value.

Many people are excited to see how the simple changes to the once run-down homes are bringing more people to the neighborhood. The changes have been so

dramatic that many independent contractors have begun stepping in to help with the renovation efforts.

"My focus here is to bring back what people think of when they think of a community. A place that's safe, a place people can enjoy and a place they can feel proud of," said Johnson, executive director of the Green Home foundation.

Efforts to green up run-down neighborhoods have begun springing up all across America.

In New Orleans, the Make It Right Foundation has been building sustainable housing in the devastated 9th Ward (<http://greenbuildingelements.com/2010/09/02/make-it-right-foundation-builds-sustainable-houses-in-new-orleans-9th-ward/>).

In other areas, communities are banding together to help make their homes and neighborhoods more energy efficient and greener over all.

Help honeybees by learning beekeeping!

By Alison Trick-Thornton

The National Honeybee Day program is held one day each year, but that doesn't mean the public can't help the rest of the year.

Awareness of the environment around you is a yearlong effort. Just as beekeepers reach out to the public beyond the festivities and events associated with the National Honeybee Day event, the public can also get involved daily with helping the bees.

How to Help Honeybees

Here are a few ways non-beekeepers can support, help, and save the honeybee.

1) Consider beekeeping as a worthwhile hobby and seek information to get started.

More beekeepers translate into more voices to be heard.

2) Support local beekeepers by buying locally produced honey and other beehive products. Honey is the best "green" sweetener you can use.

3) Attend and support beekeeper association events held throughout the year in most communities, such as environmental centers, schools, state parks and other various places.

4) Educate yourself on the dangers and risks from household pesticides and chemicals. Whenever possible, choose non-damaging non-chemical treatments in and around the home. Most garden and backyard pests can be dealt with without harsh chemicals. Many are toxic to bees, pets, kids and the environment.

5) Get to know the honeybee. Unlike other stinging insects, honeybees are manageable and are non-aggressive. Don't blame every stinging event on the honeybee. Many times, stings are from hornets, yellow jackets, and wasps.

6) Plant a bee-friendly garden with native and nectar producing flowers. Use plants that can grow without extra watering and chemicals. Native plants are the best to grow in any region. Backyard gardens benefit from the neighborhood beehive.

7) Understand that backyard plants such as dandelions and clover are

pollen and nectar sources for a wide variety of beneficial insects, including honeybees. Unfortunately, dandelions and clovers are regarded as a nuisance



by many homeowners. The desire to rid yards of these unwanted plants and have the "perfect yard" are sources for chemical runoff and environmental damage from lawn treatments. A perfect lawn isn't worth poisoning the earth!

8) Consider allowing a beekeeper to maintain beehives on your property. In some areas, beekeepers need additional locations due to restrictive zoning or other issues. Having a beekeeper maintain hives on your property adds to overall quality and appeal of any country farm or estate.

9) Beekeepers are on the forefront of helping communities deal with wild bee colonies in unwanted situations. Every township and community should welcome beekeepers. It's not the managed colonies that beekeepers maintain that cause many problems, it's the unmanaged colonies. Every community should be able to rely on beekeepers and beekeeping associations for dealing with issues and other aspects such as educational programs.

Communities shouldn't pass restrictive measures or ban beekeeping. Banning beekeepers means nobody may be around to help when help is needed.

10) Get involved with community events such as local environmental center programs for kids. These volunteer programs are nature-based. No doubt you'll meet a beekeeper. Beekeep-

ers aren't just people who keep bees. They're part of your community and most love nature on all levels. Beekeepers give generously to affiliated programs, as they are all connected within the communities in which they live.

Some Interesting Facts About Bees

There are three types of honeybees in the hive: The queen, workers and drones.

The Queen She will live normally between one and four years. She's fed royal jelly by the workers and has a non-barbed stinger. The queen can lay more than 1000 eggs per day. Without a queen, the colony will eventually die. The queen develops in 16 days

The Workers They can number between 40-60,000 in a strong colony. Workers are all females and perform a multitude of tasks. These include tending to the queen, feeding larvae, feeding drones, nectar ripening and producing heat.

They also collect water for cooling and do housecleaning, guard duty and field collection of pollen, propolis and nectar. A worker will die if she stings. The barbed stinger is left behind. They live six to eight weeks in summer and work till their wings give out. They live four to six months in winter when they're not actively working or foraging and develop from larvae in 21 days

The Drones Their sole responsibility is fertilization. They leave the hive for two to three hours each day and have no stingers. If the workers stopped feeding the drones, they would starve. Drones develop from larvae in 24 days

General Facts About Bees

A single bee may collect 1/12 teaspoon of honey in a lifetime. To make one pound of honey, bees may need to fly 50,000 miles!

Honeybees may forage up to two to five miles from the hive. Bees don't hibernate. They cluster for warmth and remain active in winter.

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More interesting facts about bees

Bees from page 2

Bees will maintain an internal cluster temperature of 92 degrees in the coldest part of winter, while rearing their brood. Bees will disconnect their wings allowing themselves to pump their wing muscles to provide heat. They will fly outside the hive when temperatures rise higher than 50 degrees.

A beekeeper's main tools are a protective veil, smoker and hive tool. Smoke inhibits alarm pheromones from alerting other bees. Bees also gorge themselves, as their instinct tells them that a fire is approaching. If they need to flee, they want to take as many resources as possible.

A good beekeeper only harvests the extra honey the bees provide beyond what they need to survive. The record harvested from one colony was **404 pounds** from the Aebis family in 1974!

Raw honey contains many beneficial minerals and vitamins. Honey also has antibacterial properties and anti-oxidant benefits. Many claim relief from allergy symptoms by using local raw honey containing pollen.

There are many varieties of honey. From Orange Blossom produced in the South, award-winning Tupelo, Clover and Alfalfa, to Apple and Blueberry. Lighter varieties are milder and are usually produced in the springtime. Later varieties are darker, have a bolder taste and are excellent for cooking. Honey comes as extracted or liquid, creamed, or in the comb.

The U.S. produces only about 50 percent of the honey it consumes. There are only about half the number of beekeepers there were 25 years ago. We've lost roughly one third of all the bee colonies we had 25 years ago. This is a wake up call to do what we can to save honey bees since they pollinate one third of all fruits and vegetables.

Beekeeping has been practiced for at least 4500 years. For every 100 beekeepers, 95 percent are hobbyists, four percent are part timers and less than one percent are full-time or commercial beekeepers. Beekeeping can be a sustainable endeavor, producing the most "green" sweetener you can buy locally or produce yourself. Besides honey, you can harvest beeswax, propolis, and pollen. Renting beehives to farmers in need of pollination generates a source of income for some beekeepers.

In addition to farms, hives are kept in backyards, on balconies and high-rise rooftops all across the country. Honey Bees are kept or managed in all 50 states. There are local, county, state and national bee associations.

Depending on the crop, some fruits would not develop without pollination from honeybees. With other crops, we might get fruit, but not the same amount or the quality we desire. A lopsided apple or pumpkin is a sign of improper pollination. Without the honeybee, many things in nature would be "lopsided."

Some suggest that between 50-80 percent of the world's food supply is directly or indirectly affected by honeybee pollination. Whether it's pollination of apples or pollination of plants to produce grain for livestock, the food chain is linked to honeybees. The world's production of food is dependent on

pollination, provided by the honeybees.

Buying locally is the "greenest" purchase for most food products. So, become a "locavore" and help the environment, the farmers, and the bees.

Contrary to popular belief, Einstein didn't say the world would end in four years without honeybees. However, we certainly would have to change farming practices. Food prices would soar without the industrious honeybee. Be grateful they work so hard and can be managed. We need to respect that, and be stewards of not just the honeybee, but also the environment.

Bees and bee products have been used in many areas of health, from bee sting therapy for arthritis to antibiotic treatment with honey for burn victims. Studies have shown that relief of a sore throat is higher with honey than most over the counter medicines.

Bees provide products for a wide range of uses, even in the horse industry for hoof salves (propolis). Honey is also used for various medicinal applications and was even used as a form of currency. It's been a longtime food source. Ongoing research suggests antibacterial and viral application on a wide scope of uses, even for possible cancer treatments.

Honeybees are perfect for gauging the health of the environment since they're very sensitive to pesticides. Some pesticides effect the honeybees with devastating and deadly results at only several parts per billion. Many of these pesticides can be bought for homeowner use. If it kills bees, what about family pets or visiting grandkids running around the backyard barefoot? Be aware of your impacts on the environment. Buy some locally produced honey and try different flavors. You'll be surprised at what you're missing!

For Mendocino County folks living on the coast, you can contact Tanya Wildflower about local beekeepers at 964-8987.



Genetically modified seed threat

By Rob Hopkins

This is an excerpt. To read the entire article, visit <http://transitionculture.org/2010/03/10/why-gm-has-no-place-in-a-world-in-transition/>

Handing food and farming over to vast agribusiness corporations in order to save the planet is a completely self-defeating 'compromise.' Let's be clear, Monsanto and other biotech corporations did not start genetically modifying seeds in order to feed the world, they did it in order to privatize genetic information, to hold patents for the very stuff of life.

They also didn't invent GM in order to save the world from climate change. That has been a much more recent piece of sales spin. A low carbon food and farming system will need to be based on a re-empowering of small farmers, a re-valuing of farming as a profession, a democratizing of agriculture, not a bowing down of food and farming to corporate wishes. . ."

This is my vision of FOSL

By Parker Watwood

I'm writing this in self defense because some people in The Foundation of Sustainable Living (FOSL) accused me of being responsible for initiating the FOSL vision. This is not true. What FOSL is morphing into is a composite of ideas from everyone who participates in FOSL.

Webster's Dictionary has a very long entry with multiple meanings of the word "vision."

1a: seen in a dream, trance, or ecstasy – the supernatural that conveys a revelation. b. a thought or concept formed by imagination. c. a manifestation of the senses of something immaterial.

2a : act or power of imagination. b. mode of seeing or conceiving the unusual. c. direct mystical awareness of the supernatural.

3a : act or power of seeing. b. physical act of seeing an object with the eyes transmitted to the brain.

4a : something seen. b. a lovely sight.

I suppose definitions 1 and 2 are related to the fields of mysticism, spirituality, the occult, or religion. As I have no sense of, or connection to these definitions, 1 and 2 would not apply to my thoughts about FOSL.

All of definition 3 and 4 relate to physically seeing something. Since the concept of FOSL is not physical, these definitions don't apply to my thoughts about FOSL, even though some FOSL concepts are physically manifesting.

There are many "lovely sights" surrounding FOSL, such as being on the land with folks helping one another. However, there are also many disturbing sights in today's world that impel me to work harder to make the FOSL vision a reality.

There are those who are called futurists. Many of them are great authors who write about the future both as serious essayists and as science fiction writers.

I feel a great empathy and brotherhood for the authors and speakers in this group of thinkers. They extrapolate from the present, tempered by what history shows us about ourselves and our past.

"Vision" is pretty mundane in that it's a lot of research, cross-referencing and linear extrapolation. I'm getting my intellectual clock cleaned in conversations with intelligent people about their ideas concerning the future and my ideas about what may come to pass.

The two main purposes of FOSL are to educate people about living sustainably and to act as a land trust for future generations. The problems and solutions we've crafted and refined are defined below. If there are errors, they should be seen as examples of my pedestrian projections about tomorrow. The facts and logical projections that follow, pretty well define FOSL's roles, direction and reasons for existing.

Problems

Climate change is affecting freshwater distribution on the land masses and will continue to be a moving target. This will create deserts and floods where they have not been before. It will deprive billions of people access to clean available water for drinking and irrigation. So-called "natural" disasters are becoming more intense and are happening more often due to human-driven climate change.

With climate change, non-organic agriculture controlled by multinational corporations will be affected in major ways. The 1400 mile average delivery of your next meal is becoming more problematic.

The disease vectors for plants and animals (including people) are changing rapidly with virulent strains moving North and South from the Tropics. Temperate disease vectors are moving further south as well.

Solutions

We must define geographic areas without major resources so the powers that be do not covet our chosen area. It should not have a history of major storms, floods and droughts. We must choose areas that have a long-term history of water and lay in zones without too much heat, cold, rain and droughts, etc.

We need to research the paleobotany, and paleoclimate against fossil records. We must also review the archeological records and research what has happened in these areas historically as well.

Research must be done on the level of political resistance to sustainability as expressed in land use regulations, political obstinance, community conservancy and corporate control of resources and government.

Having decided to move there as soon as possible FOSL must integrate with and teach the local communities to localize basic needs of production from a sustainable agricultural base.

Problems

Overpopulation causes resource depletion and environmental destruction. There are seven billion people on a world that can only support two to three billion without environmental destruction, even using state-of-the-art organic agricultural and production technologies.

Since 1988 the world has harvested (mined) less phosphorus each year. The same goes for potassium since 1991, with peak oil the big revelation at the moment. Many of the 50-60 precursor materials needed for industrial, agricultural, and technological production have already peaked in worldwide production. This resulted from an ever-growing GNP and the doomed effort to live outside of nature's ability to provide a sustainable annual production. This will



Monsanto infiltrates the White House

Excerpted from http://www.organicconsumers.org/articles/article_22499.cfm

The United States is rapidly devolving into what can only be described as a Monsanto Nation. Despite Barack Obama (and Hillary Clinton's) campaign operatives in 2008 publicly stating that Obama supported mandatory labels for GMOs, we haven't heard a word from the White House on this topic since Inauguration Day.

Michele Obama broke ground for an organic garden at the White House in early 2009, but, after protests from the pesticide and biotech industry, the forbidden "O" (Organic) word was dropped from White House PR.

Since day one, the Obama Administration has mouthed biotech propaganda, claiming, with no scientific justification whatsoever, that biotech

crops can feed the world and enable farmers to increase production in the new era of climate change and extreme weather.



Obama has not come through on his 2008 campaign promise to label GMOs. His broken promises include ending the wars in Iraq and Afghanistan, controlling bankers and oil companies, drastically reducing greenhouse gas pollution and creating millions of

green jobs.

His unilateral approval of Monsanto's genetically engineered alfalfa, (overruling the federal courts, scientists and the organic community) offers the final proof. Don't hold your breath for this man to do anything that might offend Monsanto or Corporate America.

Obama's administration, like the

Bush and Clinton administrations before him, has become a literal revolving door for Monsanto operatives. During his 2007-2008 presidential campaign, Obama claimed that agribusiness cannot be trusted with the regulatory powers of government.

However, starting with his choice of Tom Vilsack (the pro-biotech former governor of Iowa) for USDA Secretary, Obama let Monsanto and the biotech industry know they'll have plenty of friends and supporters within his administration. Obama took his team of food and farming leaders directly from the biotech companies and their lobbying, research, and philanthropic tentacles.

Michael Taylor, former Monsanto Vice President, is now the FDA Deputy Commissioner for Foods.

Roger Beachy, former director of the Monsanto-funded Danforth Plant Science Center, is now the director of the USDA National Institute of Food and Agriculture.

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become obvious this generation. Resource depletion will destroy the world's economies, production matrices and distribution systems one piece at a time.

This will cause massive migrations, wars, disease, civil unrest, police and military interventions, total loss of personal freedoms and the demonization of minority populations.

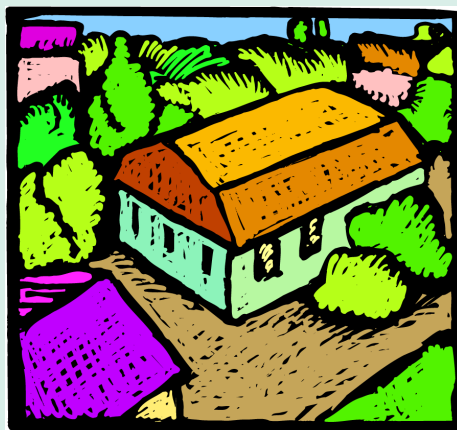
This will happen when the value attached to such things as stocks, bonds, currencies, precious metals, physical control of resources and deeds of trust become secondary to the needs of personal survival. Food, water, personal security, the current hierarchical domination of corporations and their agents' governments will be threatened and challenged on all sides.

Solutions

We must localize production by using all the knowledge our forbears had and what we have learned in the last 60 years. This will enable us to again be part of nature's annual yield based on a Permacultural model.

We must accept that the tiny soil organisms are all that keep us and the planet alive. We need to hold soil and its tiny constituencies in the highest

regard and shape our lives as soil stewards. All our food, medicines, fiber and sustainable power sources come from the earth. Most economists fail to understand this.



Make our communities and families just and democratic. We can't depend on the government and its owners, the corporations, to take care of us. Don't trade your life away by plugging into the current economic system. Spend more of your time and energy providing for yourself. Don't trade time for money to buy non-locally produced items. Establish networks with

other communities nearby and nearby bioregions to trade for what you can't produce.

Problems

Governments, corporations, military and police will control the fresh water, food, land use and weapons "for our own good." They will determine who gets what. Based on past allocation and rationing programs, the entities of civil control have always gotten first choice of any limited supply. Local people get the remaining crumbs if anything. This has been true worldwide including in the United States.

Solutions

Produce locally and support local producers of all agricultural products. Convert to minimalism and sustainability for power and water use. Support local producers of goods and services who work to make the transition to sustainability. Live much more simply. Don't be a conspicuous consumer. Dedicate a portion of each day to restoring your bioregion to biological diversity and the restoration of nature.

Think of your future and that of your children not as a change of address but as a change of lifestyle.

The Fable of the porcupine

It was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing the situation, decided to group together. This way they covered and protected themselves; but the quills of each one wounded their closest companions even though they gave off heat to each other.

After awhile, they decided to distance themselves one from the other. And they began to die, alone and frozen. So they had to make a choice: either accept the quills of their companions, or disappear from the Earth.



Wisely, they decided to go back to being together. This way they learned to live with the little wounds that were caused by the close relationship with their companion, but the most important part of it was the heat that came from the others. This way they were able to survive. The best relationship is not the one that brings together perfect people, but the best is when each individual learns to live with the imperfections of others and can admire the other person's good qualities.

Quote of the month

"It would be naive to imagine that we can directly confront Empire. Our strategy must be to isolate Empire's working parts and disable them one by one. No target is too small. No victory too insignificant. We could reverse the idea of the economic sanctions imposed

on poor countries by Empire and its Allies.

We could impose a regime of Peoples' Sanctions on every corporate house that has been awarded with a contract in postwar Iraq, just as activists in this country and around the world

targeted institutions of apartheid.

Each one of them should be named, exposed and boycotted, forced out of business. That could be our response to the Shock and Awe campaign. It would be a great beginning."

– Arundhati Roy

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Islam Siddiqui, Vice President of the Monsanto and Dupont-funded pesticide-promoting lobbying group, CropLife, is now the Agriculture Negotiator for the US Trade Representative.

Rajiv Shah former agricultural-development director for the pro-biotech Gates Foundation (a frequent Monsanto partner), served as Obama's USDA Under-Secretary for Research Education and Economics and Chief Scientist. He's now head of USAID.

Elena Kagan, who, as President Obama's Solicitor General, took Monsanto's side against organic farmers in the Roundup Ready alfalfa case, is now on the Supreme Court.

Ramona Romero, corporate counsel to DuPont, has been nominated by Obama to serve as General Counsel for the USDA.

Of course, America's indentured Congress is no better than the White House when it comes to promoting sane and sustainable public policy. According to Food and Water Watch, Monsanto and the biotech industry have spent more than half a billion dollars (\$547 million) lobbying Congress since 1999.

Big Biotech's lobby expenditures have accelerated since Obama's election

in 2008. In 2009 alone, Monsanto and the biotech lobby spent \$71 million. Last year Monsanto's Minions included more than a dozen lobbying firms, as well as their own in-house lobbyists.

America's bought-and-sold mass media have likewise joined the ranks of Monsanto's minions. Do a Google search on a topic like citizens' rights to know whether our food has been genetically engineered or not. Then Google the hazards of GMOs and their companion pesticide Roundup. You'll find very little in the mass media.

However, do a Google search on the supposed benefits of Monsanto's GMOs and you'll find more articles in the daily press than you would ever want to read.

Although Congressman Dennis Kucinich (Democrat, Ohio) recently introduced a bill in Congress calling for mandatory labeling and safety testing for GMOs, don't hold your breath for Congress to take a stand for truth-in-labeling and consumers' right to know what's in their food.

During a decade of Congressional lobbying, the Organic Consumers Association has never seen more than 24 out of 435 Congressional Representatives co-sponsor one of Kucinich's GMO labeling bills.

The 2010 Supreme Court decision in the outrageous Citizens United case

gave big corporations like Monsanto the right to spend *unlimited* amounts of money to buy elections *while remaining anonymous*. Our chances of passing federal GMO labeling laws against the wishes of Monsanto and Food Inc. are all but non-existent.

Keep in mind that one of the decisive Supreme Court swing votes in the Citizen's United case was cast by the infamous Justice Clarence Thomas, former General Counsel for Monsanto.

To maneuver around Monsanto's minions in Washington we need to shift our focus and go local. We've got to concentrate our forces where our leverage and power lie, in the marketplace at the retail level. We need to pressure retail food stores to voluntarily label their products.

On the legislative front we must organize a broad coalition to pass mandatory GMO and concentrated animal feeding operations (also known as factory farms) labeling laws at the city, county and state levels.

While we're doing this we need to join forces with the growing national movement to get corporate money out of politics and the media and take away the fictitious "corporate personhood." This is the legal right of corporations to have all the rights of human citizens, without the responsibility, obligations and liability of real persons.

Woman are reclaiming reproductive rights

By Elaine Charkowski

"A free race cannot be born from slave mothers. No woman can call herself free who does not own and control her own body." —Nurse-midwife Margaret Sanger (1920).

"The defenders of authority dread a woman's right to choose! Who would fight the wars? Who would create wealth? Who would make the policemen, the jailers, if women were to refuse the indiscriminate breeding of children?" —Emma Goldman (1917).

"Doorways are sacred to women for we are the doorways of life and we must choose what comes in and what goes out." —Contemporary poet and writer Marge Piercy

Forbidding abortion violates the separation of Church and State because the belief abortion is wrong is a religious belief. This is mandated pregnancy. It treats women like female farm animals who are also forced to bear young against their will. Many young women who grew up during the decades of reproductive choice don't realize this threat. Their right to choose was won by previous generations of women.

Instead of constantly fighting for reproductive choice in a political arena controlled by anti-choice men, women can take back their bodies without asking permission. *A Woman's Book of Choices* by Rebecca Chalker and Carol Downer explains how to safely use Menstrual Extraction.

"There is power in these pages—more power than any law can give us!" said Barbara Ehrenreich.

Menstrual blood is removed from the uterus using an airtight, hand-operated suction device to safely eliminate inconveniently timed periods

(athletic events, camping etc). It can also be used for low-risk early abortions (up to 7 weeks) without anesthetics and a greatly decreased risk of infection.

It's often an outpatient procedure, sometimes performed at home by a trained medical professional and a self-

**I am not your cornfield,
Not your uranium mine,
Not your calf for fattening,
Not your cow for milking.
You may not use me as your factory.
Priests and legislators do not hold shares
in my womb or my mind.
This is MY body!
If I give it to you, I want it back!
My life is a non-negotiable demand!
— Marge Piercy**

help group of trusted women. Non - medically trained women can also learn to safely perform Menstrual Extraction.

The most common device used is called a Del-Em which was invented by Lorraine Rothman. Materials used to construct a Del-Em device are easily obtainable, such as a medium sized jar, aquarium tubing and two hole rubber stopper. Other items such as the smallest size cannula and a one-way bypass valve can be obtained through a laboratory or chemistry scientific catalogue.

The cannula is inserted into the uterus through the undilated cervix. A syringe, with a one-way bypass valve prevents air from entering the uterus, which can be fatal. It creates the suction necessary to evacuate the interior of the uterus. The material collects in an airtight glass jar. In a very few cases, a second extraction process must be performed if the abortion was not completed the first time. The procedure should be performed by a trained medical professional. However, with proper training, women who aren't medical professionals can also be taught to safely perform ME in self-help groups.

As Sojourner Truth said, women should stop just talking about their rights and just TAKE them!

Resources

1. Google Menstrual Extraction.
2. www.sisterzeus.com/

and www.sisterzeus.com.MenExt.htm It's a HUGE resource for women's reproductive rights and health issues. To find a self-help group trained to safely do ME, Sister Zeus suggests checking with midwives, feminist health centers, fertility counselors and local feminists.

Finding a self-help group is difficult but ME is still barely legal since ME can be used when not pregnant. Self-help groups may be found by word of mouth

Sister Zeus will help you find women in your area to start a self-help group and learn safe ME. www.sisterzeus.com/StateList.html All information kept confidential. www.sisterzeus.com/self-help/plan.html

Planned Parenthood 1-800-230-PLAN
Women's Health Specialists
1-800-714-8151

www.womenshealthspecialists.org

ME may be used in cases of rape, incest or failed birth control. However, there's no substitute for safe sex. Men must share responsibility. Birth control can save humanity and the Natural World.

Overpopulation Facts

- The population increased more since 1950 than during the previous four million years. Decreasing food supplies indicate Earth's ability to feed humanity began diminishing in 1994. (WorldWatch Institute).

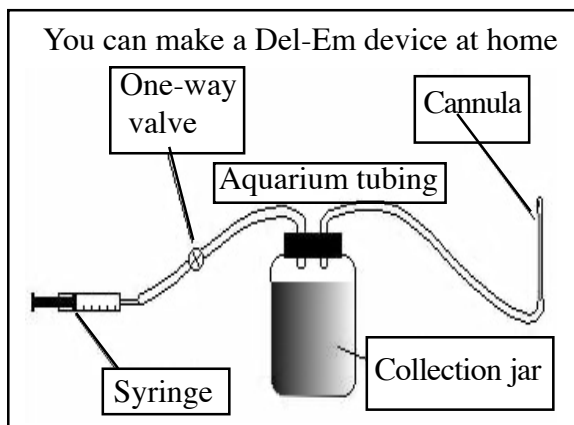
- 90 million babies are born each year. The UN Population Fund found 80 million births are ill-timed or unintended. (Population Connection formerly Zero Population Growth).

- Most of the world's women (and all female farmed animals) are forced to bear young against their will. Neither have reproductive rights.

- Contempt and abuse of nature, animals and women are interconnected forms of oppression based on "Might makes Right." Animal abuse legitimizes the abuse of women. Suggested reading: *An Unnatural Order* by Jim Mason

The Power of Three

Make three copies and give them to three women (hard copies or send to three women's email address. If each woman gave this information to three women, more than one billion women would get this information after only 19 "givings"! Do the math! $3 \times 3 = 9$, $9 \times 3 = 27$, $27 \times 3 = 81$, $81 \times 3 = 243$, $243 \times 3 = 729$, $729 \times 3 = 2187$ $2187 \times 3 = 6551$ etc.



FOSL's goals and philosophy

FOSL's goals are to preserve and repair the Living World, provide humanity's needs while living within the Earth's annual bounty and doing so without compromising the ability of future generations to meet their own needs. FOSL believes in treating others as one would like to be treated. FOSL's philosophy and goals are rooted in Permaculture, the only viable method that insures the survival of both humanity and the Natural World.

Permaculture is intentional design based on service to a sustainable environment and a just social system. Permaculture is living within Earth's biological limits using life long observation to emulate and increase the diversity, stability and resilience of ecosystems. Permaculture utilizes practical designs and systems for providing food, energy, shelter and medicine in a sustainable way. Permaculture emphasizes water conservation, local production and regional self-reliance. All that we are and do must be as stewards for the future.

We need to learn, teach, preserve and spread the knowledge necessary for living sustainably and healing the Earth. We have a fundamental duty to the Earth and all its life which cannot be superseded by human-made laws. Environmental destruction and war can destroy culture and all life on Earth.

We must create a sustainable social lifestyle that includes designing cultures, education and systems that express a community's greatest creativity and potential peacefully, while evolving future social consciousness. A sustainable lifestyle adapts to local conditions. Close-knit social networks support and help individuals and communities. Expanding knowledge extends from the Natural World we live in to our own inner nature. Governments, corporations or a single leader cannot save us. We must be the leaders. Our shared leadership will make us both leaders and supporters in any given situation, aiming for the common good of the whole community.

FOSL's goals on the social side of sustainability are to refine the art of working and living together in collabora-

tive ways. Our personal evolution is to become more self-aware, self-responsible, service-oriented people. We must tend the gardens, educate ourselves and our children while building community. Being more responsible locally for ourselves and our neighbors is the only way our lives can be sustainable. FOSL is council-governed and run as a true democracy. Democracy is a forum, a container whose success depends upon the participation of informed, aware

citizens. True democracy requires dedicated work and deep dialog. All ideas and knowledge must be shared, heard, taught and learned for the best decisions to emerge. Building community and a socially sustainable lifestyle is a developmental process.

The long-term FOSL goal is to help form networks of like-minded communities from Mendocino to Alaska in diverse bioregions. Such communities can support each other by

trading goods, local crops, diverse seed, knowledge, research and life enhancing technologies.



FOSL Mission Statement

- To educate individuals and organizations about sustainable living.
- To build model communities using skills and technologies for sustainable living.
- To inspire individuals and existing communities to be responsible for practicing and supporting sustainable living.
- To network with individuals and communities to become more self-reliant by producing what they use.
- To establish and expand a network for the exchange of knowledge and resources to facilitate and promote sustainable living.
- To hold land in trust and restore biodiversity to assist Nature in providing a sustainable life for all creatures including humanity.

Join FOSL in building a future we choose

Dear Friends of FOSL, The Foundation of Sustainable Living has a vision for the future. We have a lot to learn and old ways to unlearn. We're facing a grand transition from social and economic hierarchy and dominance, to a new social order of partnership with nature and each other.

In partnership with FOSL members, we accomplished a great deal. We purchased a five-acre property in Fort Bragg. Our goal is to create a sustainable community where we can practice life skills. Many have been nearly lost, including growing food and orchards, bee keeping and building our own homes. Please join us.

As we build our community, we're also creating a legacy for future generations. Your participation is fundamental to FOSL's growth. We urge

you to join FOSL and make a monthly or annual donation of as much money (or time) as you can afford. You can donate by mail (891 Prospect Heights, Santa Cruz, CA 95065).

Thank you for deepening your participation and commitment to FOSL's work to sustain ecosystems, social systems and planetary health for now and the future. Visit us at www.thefosl.org

For more information on joining FOSL or about our organization contact Parker at 831-214-8207 (Monterey Bay area). In the Fort Bragg area, contact Ed and Elaine at 707-964-7965.

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To subscribe to an electronic version of the FOSL News, email us at elained@mcn.org