

FOSL News

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The Foundation of Sustainable Living (FOSL) is a non-profit educational foundation. Articles published 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. Hence, FOSL will publish many 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.



Local musical group, the Blushin Roulettes perform at the Caspar Fest which included sustainability workshops such as gray water management, soil building and water storage. – Photo by Ed Oberweiser

Sustainability party will happen in Fort Bragg

By Erica Miller

EcoMotion Mendocino, a free day-long music block party, will take place in Fort Bragg on Saturday, October 10th from noon until 10 p.m. to unite community sustainability efforts.

The event, with the tagline “Block Rockin Beats for Sustainable Eats” has a mission to support and unify Mendocino County sustainability action and education while raising statewide awareness of Fort Bragg as a growing and progressive vacation and business destination.

During EcoMotion Mendocino, Fort Bragg’s downtown area (east of Main Street) will be closed to traffic to make room for non-profit booths, music stages, art exhibits and theater expositions. The event will host internationally known artists including: the world renown Aboriginal act Ganga Giri, activist Radio ACTIVE, as well as local

artists like Steven Bates and the Laverder Grace Band.

Music acts playing throughout the day in addition to vendors, art exhibits and speakers promise to draw a healthy crowd to the event. Other fun activities include a kid’s play space, organic beverage and beer garden, healing arts sanctuary and a local shopping extravaganza.

The event is a benefit for Mendocino County non-profits including Noyo Food Forest, North Coast Opportunities, Emerald Earth, Laytonville Healthy Start Garden and Growing Healthy Kids, as well as other non-profits who will be hosting exhibits at the event. EcoMotion Mendocino is being produced by local event production company Nykety Splits Presents. Nykety Splits, out of Fort Bragg, is committed to creating events for the people, cultivating sustainability and supporting artists and healthy living

education though producing big events for small places. EcoMotion Mendocino is actively seeking volunteers to assist with the planning and production of this free community event as well as donors and sponsors.

To participate in making this event a success for Mendocino county and surrounding areas and for more information including the schedule of events and online donation, go to www.EcoMotionMendocino.com or send an e-mail to info@ecomotionmendocino.com.

For more information on EcoMotion Mendocino or to schedule a personal interview with EcoMotion Mendocino Director Nicole Kench and any of the participating non-profits, please contact Erica Miller Publicity Coordinator, EcoMotion Mendocino at 415-935-7249, email:

publicity@ecomotionmendocino.com
web: www.ecomotionmendocino.com



The social side of sustainability

New York City will plant one million trees while 127 initiatives focus on sustainability

By Jesse Moore

In April, 2007 Michael Bloomberg, Mayor of New York City, announced PlaNYC. PlaNYC is a comprehensive strategy to make New York City a more sustainable city. PlaNYC is made up of 127 separate initiatives that focus on different aspects of sustainable development.

Public transportation, sustainable housing development, energy efficiency and air and water quality are a few of the issues being considered in PlaNYC .

MillionTreesNYC is just one of the initiatives outlined in PlaNYC. The overall goal of the MillionTreesNYC program is to plant *one million new trees* in the five boroughs of New York City by 2017.

Planting one million new trees in New York City would increase the forest canopy of the city by 20 percent.

The million trees will provide benefits to the citizens of New York City, such as increasing property values, reducing heating and cooling costs and helping to mitigate storm water runoff. They will also sequester carbon dioxide from the atmosphere and help mitigate the effects of global climate change.

It is estimated that the trees in New York City currently store 1.35 million tons of carbon and sequester an additional 42,000 tons annually from the atmosphere (MillionTreesNYC 2009).

The current plan for MillionTreesNYC calls for the one million trees to be split into three categories based on who is doing the planting and where the trees will be planted.

A total of 220,000 trees will be planted by the New York City Department of Parks and Recreation (NYC Parks) as street trees. Another 380,000 trees will be planted by NYC Parks for what they call reforestation. The remaining 400,000 will be planted by "private partners" on land not owned by New York City.

In order for a tree to be counted as one of the million trees it must be a minimum of two feet tall and be grown in at least a two-gallon sized container prior to planting. The trees must also be planted in the ground (as opposed to a planter, or some other structure).

The 380,000 trees previously described as "reforestation" trees will be planted primarily on 2,000 acres of New York City park land. While it's easy to imagine the conditions under which the 220,000 street trees will grow in New York City (evenly distributed, limited canopy overlap at a mature age, etc.), it's more difficult to intuitively know the planting regime of the 380,000 "reforestation" trees.

Further investigation reveals that the "reforestation" would be better named "afforestation" trees because they will generally be planted in areas that have not been forested within the past 50 years.

Many of the afforestation plantings will extend from already forested areas into lawns or other areas lacking trees. In fact, trees will not be counted toward the one million trees goal if they're planted in the understory of an already existing canopy. The afforestation trees are being planted three to four feet apart at densities of roughly 1,000 trees per



acre.

At these densities, it's expected that a large number of the trees will not survive to maturity but that forest canopy will remain closed over the lifespan of the trees (Bounds, 2009). The growing conditions of the remaining 400,000 trees that are to be planted by private partners are even more ambiguous. These 400,000 private trees are not to be planted on city owned property, but rather private, state or federal owned property because of space limitations (Bounds, 2009).

It's unclear what mechanisms are in place to ensure that these private trees will be planted within the ten-year time frame of the MillionTreesNYC program. It's assumed that the 400,000 private trees will be planted in a setting more similar to street trees than afforestation trees. It will be interesting to see how private involvement in the program will be affected by the current economic conditions.

A study by Nowak and Crane looked at carbon sequestration by urban trees in cities across the United States. The authors noted that urban forests generally store less carbon than forest stands on a per-area basis, primarily due to the lower planting density in urban forests.

[See NYC Urban Forests page 3](#)

NYC Urban forests absorb tons of CO₂

In spite of this fact, urban forests typically surpass forest stands in terms of both carbon storage when normalized for canopy cover. It's estimated that individual forest stand trees contain only one quarter of the carbon in an individual urban tree. The differences between carbon storage are believed to be due, principally to the higher light availability to urban trees as well as the fact that many urban trees are much larger than forest stand trees (Nowak and Crane 2002).

In order to estimate the carbon sequestration potential of the MillionTreesNYC program, the carbon sequestration of the 220,000 street trees and 380,000 afforestation trees must be calculated separately because of their inherently different carbon sequestration rates related to their associated growth conditions.

The 400,000 private trees will be excluded altogether from the calculations because too many assumptions would need to be made and thus the final estimation would be nearly meaningless. The United States Department of Energy has developed a method for calculating the carbon sequestration of street trees based on tree age, species and number planted. This method was applied to the 220,000 street trees that will be planted (US Department of Energy 1998). A number of assumptions were made in order to calculate the carbon sequestration of the street trees.

First, it unrealistically assumed that all trees would be planted in the first year of the project. Second, all trees were assumed to be planted at the minimum size requirement (two feet in height). Lastly, two different scenarios were selected to calculate carbon sequestration. It was assumed that the types of trees planted were either hardwoods with moderate growth rates or hardwoods with fast growth rates. The moderate growth rate calculation represents the average value, while the fast growth rate represents the optimal value of carbon sequestration. Potential carbon sequestration was calculated over the first 15 years after planting.

The carbon sequestration potential over the first 15 years of growth for the 380,000 afforestation trees was calculated based on values from the United States Department of Agriculture's methods for calculating forest carbon. This calculation required a different set of assumptions. It was assumed that the tree species planted would most closely match the northeast oak-hickory stands of the USDA's methods (Smith et al. 2006).

Next, calculations were made using two different assumptions of the total acreage planted. First, an even planting density of 1,000 trees per acre was assumed based on information from Katerli Bounds. Second, a total planting area of 2,000 acres was assumed based on information from the MillionTreesNYC website. Based on these analyses the total carbon sequestered by the 220,000 street trees and 380,000 afforestation trees over the first 15 years ranges from 21,776 to 88,912 metric tons. These values converted to CO₂ equivalents are 79,918 to 326,307 metric tons.

This amount of carbon dioxide sequestration, traded at the current price of \$1.65 per metric ton on the Chicago Climate Exchange, would approximately be worth between \$132,000 and \$538,000 (Chicago Climate Exchange 2009). It's important to recognize the uncertainty of these calculations as a result of the assumptions made and other factors.

For example, currently NYC Parks is having difficulty acquiring enough trees of the minimum size and as a result have been planting one-foot tall trees. These undersized trees are not currently being counted toward the million tree goal and it's unclear if they'll be counted in the future after they reach the minimum size. The tree supply problem is being

eliminated as new contracts are being signed by nurseries for the long-term supply of 55 different tree species. Currently, there are also many trees being planted by contractors hired by NYC Parks that are much larger than the minimum size (Bounds 2009). There are many other aspects of the MillionTreesNYC program that require further investigation to determine the net effect on

greenhouse gas emissions. What are the effects on soil carbon? How long will the carbon be stored? What are the emissions reductions associated with reduced heating and cooling costs? Despite these unanswered questions, it's clear that the MillionTreesNYC program will positively impact the lives of New Yorkers and people all over the globe.

"The million trees will provide benefits to the citizens of New York City, such as increasing property values, reducing heating and cooling costs and helping to mitigate storm water runoff. They will also sequester carbon dioxide from the atmosphere and help mitigate the effects of global climate change."

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Quote of the Month

"Essentially, all life depends upon the soil ... There can be no life without soil and no soil without life; they have evolved together."

**— Charles E. Kellogg
USDA Yearbook of Agriculture, 1938**

Urban farming takes root in surprising ways

By Lisa Stiffler

www.worldchanging.com/archives/010149.html

There's a move afoot to spread urban farming and its healthful benefits to folks without their own plots for planting. Will Allen is gaining national attention for Growing Power, a Milwaukee program that's growing food in the city for 10,000 urbanites, including schools. It's also delivering low-cost market baskets to neighborhood drop off points. The group trains want-to-be growers in the ways of intensive farming on small plots, turns organic waste into rich soil and employs local residents, including some from public-housing projects.

Allen's inspiring efforts were profiled in the *New York Times Magazine*. For Allen, it's about more than helping the environment by supporting organic, local foods. It's also a matter of equality. Low-income city neighborhoods tend to have limited access to good grocery stores and are dominated by fast-food restaurants and convenience stores, creating what Allen calls a "food desert."

As Allen told the *New York Times*, "It's a form of redlining. We've got to change the system so everyone has safe, equitable access to healthy food." In

Seattle, Urban Garden Share www.urbangardenshare.org/?p=home is expanding the reach of the urban-farming movement. Urban Garden Share links homeowners with land available for planting with folks eager to grow food but who lack a place to do it.

Homeowners can be overwhelmed by yet another garden project. However, with the help of Urban Garden Share,



they make a great team.

"Recent offers of land include, 'Give lame grass-covered yard a purpose!' 'Large plot on north Beacon Hill, easy to get to, next to bike path, near buses.' 'Friendly garden space in South Seattle.'"

Another option for urban farming is the city's Department of Neighborhoods P-Patch Program which aims to "serve all citizens of Seattle with an emphasis on low-income and immigrant

populations and youth."

www.seattle.gov/neighborhoods/ppatch. P-Patch provides 200 gardens in which people grow seven to ten tons of produce for food banks each year.

PPatch's Seattle Market Gardens program also provides veggie baskets to low-income neighborhoods. The produce comes from two community supported agriculture (CSA) plots farmed by Seattle residents.

Portland, Oregon has a program called Growing Gardens www.growing-gardens.org. According to the About Us link on their web site,

"We organize hundreds of volunteers to build organic, raised bed vegetable gardens in backyards, front yards, side yards and even on balconies. We support low income households for three years with seeds, plants, classes, mentors and more. Our Youth Grow after school garden clubs grow the next generation of veggie eaters and growers!"

Editor's note: The time of healthy, locally grown produce has arrived! People can grow food on ex-lawns and vacant city land. They can then trade crops with their neighbors and get food without money!

See "Many Hands make Light work" on page 5 of the June 26, 2008 issue of the FOSL News <http://thefosl.org/files/Newsletter/June2008FOSLNews.pdf>

We can learn to live without money or oil

By Rebecca Lerner

From Culture change
www.culturechange.org

Dale Coleman is a burly, bearded mountain man with buckskin shorts and a knife at his hip. His earlobes are pierced with spikes from a deer antler. Coleman, who prefers the moniker Blond Bear, could make it just fine in a peak oil situation. He's an ancestral skills enthusiast and a co-founder of Echoes In Time, an annual gathering with workshops on hide tanning, basketry, herbal medicine and more.

This year, Echoes was held in a grassy field at Willamette Mission State Park near Salem, Oregon during a heat wave in late July. The gathering drew about 100 participants of diverse ages and backgrounds, including survivalists, history buffs, homesteaders and generally "everything from hippie chicks with dreads to retired dentists," Coleman

said. "People call what we do 'wilderness survival' but I like to think of it in terms of thriving, not surviving," said Kili Yu, an Echoes instructor who specializes in crafting animal skin kayaks.

Earth-based technologies used by hunter-gatherers offer a historically viable model for *living without money or oil*. For instance, the wild plant horsetail can be used as a nail file, a tincture of Oregon Grape root is an effective antibiotic and hides peeled from road kill deer can become clothing and animal-skin kayaks.

"Kayaks are one of the few ways you can get around without oil. You can launch through the surf to get fish when a fishing boat can't go out and you can survive much rougher waters than with a canoe," Yu said.

Pre-agricultural life ways are widely referred to as "primitive skills" by proponents, including wilderness

schools and organizations such as the Society of Primitive Technology which publishes a seasonal bulletin with detailed how-to articles. However, some take issue with the term "primitive" because it conjures images of the fallacious social evolution theories developed by Eurocentric thinkers in the 19th century.

"'Primitive' is a derogatory term in my book. It has no meaning other than a comparative value of one culture against another," said Leland Gilson, a co-founder of Echoes and the former state archeologist of Oregon. "[Hunter-gatherers] were just as smart and clever as [post-industrialized people] today. They just used different materials."

Wilderness skills were once the province of Boy Scouts and backwoods survivalists. However, mainstream interest has been booming

See Skills page 6



Tech Talk



By David Bacon

Greetings FOSL folks! The goal of this column is to make your computing life easier by describing practical techniques for using computer technologies, focusing on the average user and by identifying low cost or free solutions whenever possible.

If you have a burning computer issue, chances are others do too. We may be able to wrestle with it here and help many people. If you have a topic suggestion, just send an email to davidb@thefosl.org. Your suggestions are always welcome and we look forward to hearing from you!

Web Tools

It would be safe to guess that you use Microsoft's Internet Explorer (IE). When you browse a web site, that web site gets a bit of information about the browser you're using and the operating system (OS) that you use. The web site can store and aggregate that data to draw general conclusions about browser usage patterns.

Several organizations perform the math and publish aggregate results. There's a Wikipedia entry with July 2009 data, as of this writing. A lot of users access Wikipedia pages, so the Wikipedia data should be pretty representative of general web use.

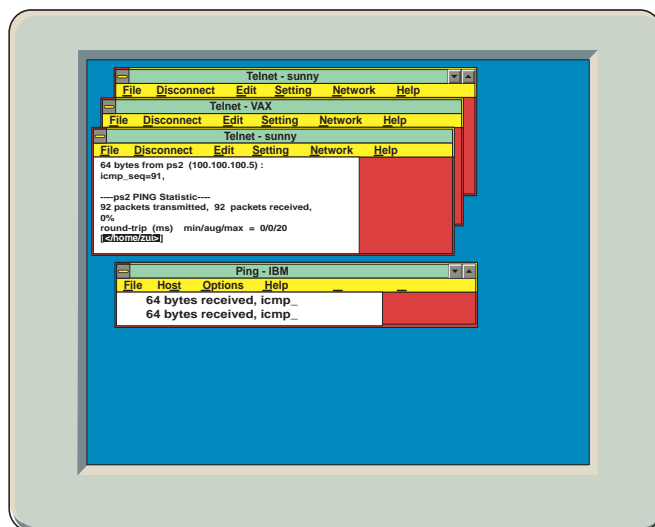
Why is this important? It turns out that about 68 percent of web users use IE to view web sites. Who cares? The bad guys! When the bad guys want to try to exploit users, guess which browser they target? Yes indeed, usually IE!

That's partially due to the widespread IE usage but it's also due to a rather checkered history of security compromises of the Microsoft operating systems. They tend to be easier to attack

than Linux and the Mac OS. So, both the browser and the OS are vulnerable. How can you protect yourself?

Operating Systems

One option to have higher security is using a non-Microsoft OS. Linux can usually be installed on the same computer that runs XP or Vista. Download a "Live CD" from the Ubuntu site <http://www.ubuntu.com/GetUbuntu/download>



load. Put the CD in the drive and boot Linux. Running a live CD is safe, it doesn't affect the OS installed on the computer. When done, remove the CD and reboot the system. You'll be back to the old OS. That's an easy way to give Linux a trial.

Another way to "test drive" Linux is to install it as a guest on your existing MS OS. Wubi installs Linux within XP or Vista. After installing Wubi, each time the system is started, you will have the option of booting the existing OS, or booting Linux. Wubi doesn't modify the existing OS and is easily removed from the system. Download Wubi at <http://wubi-installer.org/>

Browsers

Let's now assume you will not consider a different OS and will continue to use XP or Vista. First, be sure to have a security product installed on your computer, like a Symantec, McAfee, or a Trend Micro product.

There are also quality free security products available, like Avira AntiVir, Avast! and AVG Anti-Virus. This is your first line of defense and is essential. Be certain one of them is installed on your system.

Second, consider using a browser other than IE. There are a couple of outstanding alternatives. Firefox is the second most widely used browser, with about 22 percent of users browsing with it. Firefox is a very mature application and has a long history, beginning with the Netscape Navigator, in the 1980s. It's proven to be a stable and innovative application. Several features found in current IE versions were modeled after Firefox features!

The most important consideration is security. Firefox has proven to be far less susceptible to compromise than IE. So, improve your web surfing security by downloading and installing Firefox at <http://www.mozilla.com>

Firefox has a extensive community of developers who develop extensions, called "Add-ons." There are Add-ons that supply lots of additional features, like a to do list, a note pad, Gmail extensions, and an FTP client.

Those are just a few of the hundreds offered! There are also opportunities to change the Firefox appearance and behaviors.

You can customize Firefox and make your computing life easier and more secure. Take a look at all the Add-ons offered at <https://addons.mozilla.org/en-US/firefox/browse/type:1/cat:71>

There are several other browser choices. Some are available on a smaller number of operating systems like Safari on the Mac OS, or Konqueror on Linux. Opera <http://www.opera.com> is another quality browser, available on many operating systems which is renowned for enjoying very high performance

It's OK to have more than one browser installed on a computer. Go ahead, install a few and figure out which you like the best. Each has merits. Any will offer higher security than using IE. Later, you can always remove those that you don't use.

Demand and scarcity will ration medical care

By Joy Colangelo

We're running out of everything. We shouldn't worry about Barack Obama's idea to ration medical care because medicine as we know it will burn itself out soon enough.

Think of the worldwide demand for insulin as diabetes numbers explode. Those scans for every ache and pain suspected of being cancer are going to be a thing of the past because there is a major isotope shortage.

That means much of our diagnostic screening will have to meet more

stringent criteria for use. We could use PET scans but they're more expensive and Medicare doesn't cover them. Are you willing to pay for it yourself?

No, I didn't think so. We could use iodine 123 for thyroid imaging or thallium for stress testing, but those require a cyclotron, an expensive endeavor on a good day. In the United States, 50,000 scans are performed each day using isotopes. That consumes 30 percent of the world's supply — and we want more. The nuclear reactor in Ottawa provides about a third of the world's supply of medical isotopes and

there are only five plants worldwide, all of them aging as fast as grandma. The Ottawa plant is 52 years old and it's leaking. The Netherlands' reactor, which runs a close second to Ottawa, will be closing for a month for maintenance and then longer again in 2010. You can't stockpile the stuff. Molybdenum-99 is an unstable chemical and decays in 67 hours. Most medical centers have

mining with any more aplomb than we have. It's used to make generators, magnetic drives and fuel cells. We can forget about making enough solar cells, windmills, hybrids or electric cars to offset any fuel shortages.

While there's a call to substitute scarce metals with less scarce metals (called the Elements of Hope) and a call to connect with the elements of nature through alternative energy, it's more likely we'll be called to connect with Elements of Reality.

There is, ultimately, no hope in technology saving us from ourselves. We'll have to do it for ourselves. We can have all the brightest and best scientists working on the technology, but if they have no nickel to make a fuel cell, smart doesn't count five cents toward a solution.

We need to wake up and smell the technology. We can't be mining zinc in Canada, shipping it to Wales, then to China and Japan and back to the USA to make a hybrid battery. Our appetites for energy can't increase while our energy sources are depleting.

We already don't take coal out of the mountains. We take the mountains away from the last stores of coal. It's lucky that we're running short of the stuff. *Joy Colangelo of Pacific Grove is an occupational therapist. She can be reached at bellpg@AOL.com.*

“There is, ultimately, no hope in technology saving us from ourselves. We'll have to do it for ourselves.”

already been hard hit. Not only will your 90-year-old grandmother will have to forgo a scan. So will you and your kids.

It doesn't take a death squad to dole out the resources. The resources will limit themselves. Medicine isn't the only industry to suffer high tech scarcities. We're running out of all the strategic metals in the world.

The United States is already 100 percent dependent on the importation of strategic metals like nickel. Rare earth metals (REM) are another thing. REMs like neodymium are dominated by China, a country unlikely to manage

Skills from page 4

in recent years, with full-time immersion programs and weekend retreats popping up across the United States

Primitive skills meet-ups are much like hobby festivals, the prehistoric equivalent of Star Trek conventions and Renaissance fairs. There are rendezvous across the country, such as Rabbit stick in Idaho. Much of the appeal may be driven by the desire for a kind of poverty insurance during uncertain times.

Learning these skills also acts as a counterbalance against society's increasing alienation from the natural world. In his letter, *The Wilderness Idea*, Pulitzer Prize winner Wallace Stegner called alienation from the natural world a “headlong drive into our technological termite-life, the Brave New World of a

completely man-controlled environment.”

Editor's note: To read his entire letter written to the Outdoor Recreation Resources Review Commission, visit www.wilderness.org/content/wilderness-letter

Because some historians argue that socio-economic stratification in human civilization can be traced to the advent of agriculture, some enthusiasts consider the practice of ancestral skills to be a political statement in favor of anarcho-primitivism.

“Primitive technology is a result of a social technology that was successful and modern technology is the result of a society that's destroying the planet,” said Peter Bauer, better known as the rewilding ideologue Urban Scout.

Some Echoes attendees have

come to rely upon on wilderness skills in their daily lives.

“We're an intentional community of queer hunter-gatherers living pretty rustically on 40 acres in northern Washington state. We have to know about wild plants, hunting and trapping,” said a 21-year-old woman who asked Culture Change to withhold her name. “We live in a place that's in the woods, so these things are very practical.”

“There very well could be an end or a tough time, but I just like the simpler lifestyle, the feel of knowing that I do a lot of the same things my great-grandparents did,” said Coleman.

To learn more about Echoes in Time, visit www.echoes-in-time.com/ or contact Dale Coleman 503-873-4055, Email blondbeart@aol.com

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 at our monthly meetings in Santa Cruz, by mail (891 Prospect Heights, Santa Cruz, CA 95065) or on PayPal. See the application to join FOSL on page 8.

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 (Monterey Bay area) contact Parker at 831-214-8207. In the Fort Bragg area, contact Ed and Elaine at 707-964-7965.

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Foundation of Sustainable Living Membership Enrollment Form

Mail to: 891 Prospect Heights, Santa Cruz, CA 95065 Phone: 831-818-2236 www.thefosl.org



"Walla Walla Wheat" by Martino Hoss: Original Serigraph www.hossfineart.com

Last Name	First Name	Middle Name	Date
Street Address			Home Phone
City	State	Zip Code	Work Phone
E-Mail(s)			Cell Phone

Please share with us any and all skills or trades that you are interested or proficient in?	
Skills or Trades	Interested in learning or teaching

(by skills or trades we mean anything including software applications, art, crafts, marketing, current employment etc.)

Type of help you are interested in providing the future through FOSL?

FOSL members engage in many ways, volunteering their time and ideas to councils, committees and various projects that they are interested in. They also contribute monetarily as they are able. Membership payments are a tax-deductible donation. Please choose the level of financial contribution to support FOSL's vision.

Monthly

___ \$10 ___ \$30 ___ \$50 ___ other

Monthly: are those who pay a monthly subscription. **Members** are kept informed on seminars, lectures, demonstrations, meeting updates through electronic mail. *And* will have full access to FOSL's website, educational, informative and contact databases.

Annual

___ \$35 ___ \$50 ___ \$100-499 ___ other
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Annual: are those who pay a once a year subscription. **Members** are kept informed on seminars, lectures, demonstrations, meeting updates through electronic mail. *And* will have full access to FOSL's website, educational, informative and contact databases.

Capitol or one time contribution

___ \$500 ___ other

Large donations designated for FOSL's capitol fund will enable the purchase of property and the support of Community businesses. Levels of participation include non-cash or real property; items, physical and intellectual, currently of value can be "gifted" to the Foundation with the commensurate tax write

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