



S.A.V.E. NOTES

News from the Science Alliance for Valuing the Environment

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Digging Deeper: A Call for Justice

Happy New Year! So, you may ask, what is “happy” about the time we are in? Amanda Gorman, the National Youth Poet Laureate who read her poem at President Joe Biden’s Inauguration, has written a new poem entitled “New Day’s Lyric.” She writes:

*We are learning
That though we weren’t ready for this,
We have been readied by it.
We steadily vow that no matter
How we are weighed down,
We must always pave a way forward.
To leave the known and take the first steps.
So, let us not return to what is normal,
But reach for what is next.*

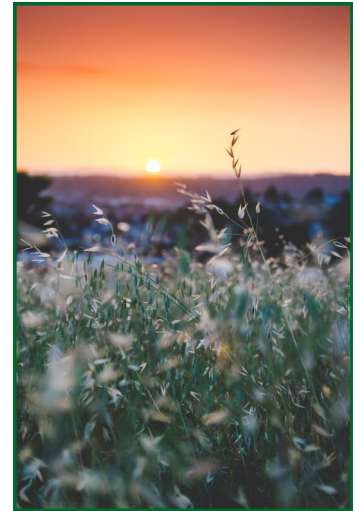
We humans are called to intentionally take care of Mother Earth if we want to save her. Gorman's poem continues:

*For wherever we come together,
We will forever overcome.*

The answers are coming if we dig deeper in ourselves and find the true source of Wisdom. We humans are called to co-creative stewardship which is inherently known as a call to justice (*Earth Letter*, Winter 2022, Rev. Dr. Marilyn Cornwell). A few ideas for moving forward in a more active way...

- Consider subscribing to a nature journal such as *Nature Conservancy* or *National Wildlife* to read about how others are digging deeper to find justice.
- Connect with like-minded others by joining local organizations like SAVE.
- Some are trying to reduce climate change. Start small by researching ways to lower your own energy usage.
- Scrub jays will forgo eating to feed another’s young. Consider making a donation to a local charity to sacrifice for someone else in need.
- Vampire bats give some of their blood to another bat in need. Why not donate to the American Red Cross today?

A call to justice is a call to each of us to dig deeper and build a more compassionate and love-filled world.



Sister Rosine Sobczak, OSF
S.A.V.E. President



S.A.V.E. welcomes new corporate sponsor

Lake Erie Waterkeeper Inc. (LEW) has just become a new Corporate sponsor of S.A.V.E. The mission of LEW is to preserve, protect, and improve the watersheds, waters, and fish of Lake Erie, the warmest, shallowest, most biologically alive of the Great Lakes. S.A.V.E. and LEW have similar goals and support one another through Sandy Bihn, a Waterkeeper since 2004.

Partner with S.A.V.E. in recycling efforts

S.A.V.E. needs your help in keeping the environment a little bit cleaner. Our organization partners with the "Cartridges For Kids" program to collect and recycle items that would normally end up in a landfill. Items we accept for recycling include: cell phones, laser and ink jet cartridges, laptops, MP3 players, PDAs and tablets, readers and notebooks.



Recyclable materials can be dropped off at the S.A.V.E. office in St. Agnes Hall, Room 166 on the campus of Lourdes University.

S.A.V.E. is looking for corporate and business partners who would be willing to accumulate materials and then donate them for recycling. S.A.V.E. would provide a receptacle for the deposit of recyclable items. Pick up of quantities can be arranged. If your business would be willing to assist in this effort, contact the S.A.V.E. office at 419-824-3691.

S.A.V.E. was established in August 1990 by a group of concerned citizens who wanted to make a difference and promote a love and appreciation for our natural world. It is a non-profit 501(c) (3) organization.

President
Sr. Rosine Sobczak, OSF

Treasurer
David Sobczak

Acting Secretary
Sr. Rosine Sobczak, OSF

Board Members
Nancy Simon
John Krochmalny

Corresponding Secretary
Sr. Sharon Havelak, OSF
Dave and Janice Sandys

Board Affiliates
S.A.V.E. Members

Co-Founders
Sr. Rosine Sobczak, OSF
Charlene Czerniak, Ph.D
Linda Penn (deceased)

Financial Report

Receipts included eight member dues renewals and three donations. Expenses were for the October newsletter, awards expenses, and a 1/8th page ad in the Sylvania Advantage with the cost shared by Nature's Health Food. George Brymer waived receiving his lecture fee. Activity is tracking well to budget at this time. After discussion of the options to renew the website domain name for S.A.V.E., a motion was made to renew for five years and save 25 percent at a cost of \$74.80 plus a \$50 privacy fee.



We have received 50 percent of our budgeted corporate memberships and 25 percent of our individual memberships at this time.

Forging community partnerships

S.A.V.E. is involved with other organizations to form mutually beneficial partnerships. This sharing of knowledge, expertise and resources enhances the organization's goals and helps us reach a greater audience. Nonprofit organizations and a partners join forces to meet common goals on their shared values. Such partners do not take part in the management of the organization. Partnership examples might include:

- ◆ Fundraisers
- ◆ Event Sponsorship
- ◆ Corporate Donation Programs
- ◆ Event Speakers
- ◆ Volunteer Opportunities

Below you can see our current community partner organizations. Contact S.A.V.E. today if you are interested in learning more about joining us as a community partner!



**Maumee Valley
Heritage Corridor**



**Sylvania Schools
Horticulture
Program**



**Toledo Metropolitan
Area Council of
Governments**



Tree Toledo



**Lucas County Soil
and Water**



**American
Association of
University Women
(Toledo Branch)**



**All Good Things
Art & Gifts**



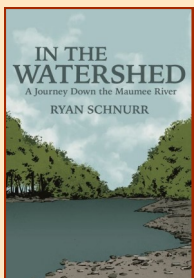
**Christ Child Society
of Toledo**



**Nature's Health
Food**



**Toledo Lucas County
Sustainability
Commission**



Like to read and learn about the Maumee River?

Author Ryan Schnurr took a ten day trip down the Maumee River from Fort Wayne, Ind., to Toledo and wrote about his journey. In his book, *In the Watershed: A Journey Down the Maumee River*, he chronicled events and thoughts as he floated down the river and discovered more mysteries about something he thought he knew so much about. His focus on history and environment enable readers to get a new perspective on a river which we locals take so much for granted.

The Business of Uplifting Others in a Time of Despair

On Nov. 9, George Brymer presented “A Pandemic of Hope: The Business of Uplifting Others in a Time of Despair.” In keeping with the theme of this year’s S.A.V.E. lecture series, Brymer’s lecture tied in to UN Sustainability Goal #8: Decent Work and Economic Growth.



George Brymer

A Toledo native, Mr. Brymer is president and chief creative officer of The Creative Block, an advertising firm. He has a Master’s in Organizational Leadership from Lourdes University where he also serves as a member of the board.

Reviewing the past 18 months of experiences during the pandemic, Brymer contrasted the statistic that 20 percent of Ohio restaurants have failed with examples of organizations that adjusted to survive:

- ◆ J&G’s Pizza in Sylvania closed indoor seating but made adjustments to their pickup process with assigned numbers in their parking lot that did not interfere with local traffic but kept business going.
- ◆ When shortages of personal protective equipment (PPE) and hand sanitizers were occurring everywhere, Bedmark Studios partnered with Duggal Visual Solutions, a producer of display cases, to convert production to making face shields for healthcare workers. Baccardi converted the alcohol products it makes and supplied it to sanitizers at cost.
- ◆ Ventilator shortages were causing many people to die without the equipment. Mass producers, such as General Motors, etc., helped out. In 154 days these companies made 30,000 ventilators.
- ◆ Auto insurance companies reduced premiums for less driving and ZOOM removed the 40-minute meeting limit.
- ◆ Drug companies rushed to produce vaccines.



A recording of this and other previous lectures may be viewed on our [YouTube Channel](#) or on the [S.A.V.E. website](#).

These examples reveal a basic human value of the willingness to help those in need from lessons learned from St. Francis of Assisi. In this lecture, Brymer demonstrated that the spirit of Franciscanomics remains healthy during these troublesome times.

In loving memory of a S.A.V.E. Member



We mourn the loss of S.A.V.E. member Karen McMahon, who died Nov. 11, 2021. She was a kind, loyal, hard-working and dependable woman and leaves behind her a legacy of charitable works to benefit thousands. She joined S.A.V.E. in 2002 and remained a faithful member until her death.

Karen also served as president elect 2002-2003; president 2003-2005; past president 2005-2006; and board member 2006-2008. She loved organizing events and

S.A.V.E. Walk-A-Thons were her forte. She will be missed by all S.A.V.E. members who knew her. Her obituary indicates her continued support for planet Earth as her family suggests memorials to the Goerlich Family Foundation or the Science Alliance for Valuing the Environment. The S.A.V.E. board and president, Sr. Rosine Sobczak, ask that you hold her in prayer at this time and support her family and friends.

Welcome to Our New Members!

Bridgett Miller

Active/Supporting member

Jana Whitmore

Active/Supporting member

Myndi Dawes

Active/Supporting member

Ashley Ray

Active/Supporting member



What implications do UN Sustainable Development Goals have locally?

In 2015, the United Nations identified specific goals that, if adopted and applied, would lead the globe towards a sustainable future for everyone on the planet. The 17 goals adopted by UN Member States include No Poverty, Zero Hunger, Clean Water and Sanitation, Responsible Consumption and Production, and more. Working at the international level, UN and related agencies have been instrumental in developing and implementing various programs that transform global areas towards a more sustainable model.



Project successes may have greater impact when done globally, however, because all actions have local players and stakeholders, any work at the local/regional level is equally important.

In keeping with the SAVE Strategic Plan, S.A.V.E. board members are in the process of discussing these goals, considering the implications, and developing ideas for expanding programming in northwest Ohio.

BECOME A MEMBER OF S.A.V.E.!

Members receive a quarterly newsletter, fliers for upcoming lectures and events, announcements concerning local opportunities, scholarship opportunities and more. Fill out the application on page 10 or submit your application online today!

“It’s up to us. We get to choose what the future holds... What kind of future can you imagine?”

- Sir David Attenborough



Birds are responsible for Ohio forests

Jay Wright, a PhD candidate at Ohio State University, presented some of his research at the Toledo Naturalists Association meeting this fall. Oak trees are home to many butterflies and moths and provide food for their larva. While the trees provide acorns for many wildlife species, Wright focused on acorn dispersal and the development of oak seedlings.

Squirrels are acorn larder hoarders but blue jays are acorn scatter hoarders, making them more responsible for acorn dispersion and oak tree expansion. Wright noted blue jays carried acorns up to 4 or 5 kilometers. A part of the Oak Openings Research Conservancy (OORC) looks at oak seedlings to predict the type of future forest that can be expected. Perhaps blue jays should be studied to note their participation in the oak tree succession in our area.

Source: OORC Sandtracks, Fall 2021.

Planting trees, planting hope

Looking at the statistics published in the 2021 Impact Report of the Arbor Day Foundation, many people have been planting, nurturing and celebrating trees. Some of their accomplishments are:

- ◆ 439,021 of its 800,000 members planted 8,162,887 trees in forests across the planet.
- ◆ 197 distribution and planting events were held this year as part of the Community Tree Recovery Program.
- ◆ 3,676 communities received the designation of Tree City USA this year. (Note: Sylvania received this designation over 30 years ago and maintains this status to this day!)
- ◆ 392 colleges and universities were recognized as Tree Campus Higher Education Schools this year.
- ◆ Nearly 31,000 students were engaged in service learning projects related to Tree Campus Higher Education.
- ◆ 2,287,924 trees were planted in reforesting tropical rain forests this year.



Bless the tree planters around the globe! Where there are trees, there is hope for the future. They supply the precious oxygen required for living things to survive.

Honey & Syrup Sales



No honey or syrup sales to report but All Good Things Art & Gifts indicated it will report quarterly activity in the future starting with August to November, 2021. The shop on the campus of the Sisters of St. Francis of Sylvania continues to sell pure honey (\$9.90) and maple syrup (\$8.80) produced by our community partner, Nature's Health Food. Call the store directly at 419-824-3749 for current hours.



Memorials and Tributes



Did you know...

You can make a gift to S.A.V.E. in honor of someone?

You can make a gift to S.A.V.E. in memory of someone?

Perhaps you know someone who has done something for the environment and you would like to acknowledge them, or perhaps someone passed away and you would like to memorialize their legacy. Please use the form below. Your donation will be featured in the next newsletter or, if you wish, listed as Anonymous.

Please mail forms to:

S.A.V.E. Office
c/o Sr. Rosine Sobczak OSF
6832 Convent Blvd.
Sylvania, OH 43560



Thank you for your generous gift

Enclosed is my gift of \$ _____

In memory of _____

In honor of _____

My employer will match my gift.

My spouse's employer will match my gift.

My check or money order is enclosed.

(Please make checks payable to S.A.V.E. Inc.)

Donor: Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-Mail Address _____

Please Notify: Name _____

Address _____

City _____ State _____ Zip _____



2021-2022 FREE Public Lecture Series on ZOOM

NO REGISTRATION REQUIRED



WHOLE FOOD PLANT-BASED DIET:

Minimizing Salt, Oil and Processed Sugar are Key to Eliminating Cardiovascular Disease and Type 2 Diabetes

UN Sustainability Goal #12: Responsible Consumption and Production

Tuesday, January 18, 2022 • 7:30 - 9:00 pm
Zoom Meeting

A SOS whole food plant-based diet has been shown to minimize the risk for cardiovascular disease and Type 2 diabetes. The fiber in the diet promotes the growth of a healthy gut biome and the absence of animal related products eliminates chemicals that cause increased blood pressure, inflammation, arterial blockage, and insulin receptor resistance. What we eat multiple times daily is the most abundant source of chemical input into the body. We are chemically regulated and powered machines. A poor diet provides an onslaught of kilograms of harmful chemicals whose damaging effects cannot be countered by drugs or exercise. The path to achieving optimal health and quality of life is to follow a SOS whole food plant-based diet. Ways to circumvent obstacles to practicing a SOS diet will be discussed. The understanding gained will empower each person to make more informed decisions about the foods they eat and provide hope for realizing a healthier life.

<https://lourdes.zoom.us/j/4084419807?pwd=YnByMHZYT25HSIRxL2UOK3RjdXJsUT09#success>
Meeting ID: 408 441 9807 Passcode: 796896



Steven M. Peseckis, Ph.D.
 Associate Professor of
 Medicinal Chemistry,
 University of Toledo

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www.facebook.com/SAVEscienceAlliance

For more information, contact:
Sr. Rosine Sobczak, OSF
 419-824-3691
 or
save@lourdes.edu



S.A.V.E.

Science Alliance for Valuing the Environment, Inc.

2021-2022

FREE Public ZOOM Lecture Series

(Tentatively all held on ZOOM until further notice.)

September 14, 2021 7:30 P.M. – 9:00 P.M. **(Tuesday)**

“Happiness in Our Time: How? When? What Do We Want?”

By: Dr. Alphonsus Obayuwana, MD, Ph.D., CPC

Physician, Author, Happiness Guru at Triplett H Project LLC

➤ UN Sustainability Goal #3 Good Health and Well Being

November 9, 2021 7:30 P.M. – 9:00 P.M. **(Tuesday)**

“A Pandemic of Hope: The Business of Uplifting Others in a Time Of Despair”

By: George Brymer, President, Chief Creative Officer-The Creative Block

➤ UN Sustainability Goal #8: Decent Work and Economic Growth”

January 18, 2022 7:30 P.M. – 9:00 P.M. **(Tuesday)**

“Whole Food Plant-Based Diet: Minimizing Salt, Oil, and Processed Sugar are Key to Eliminating Cardiovascular Disease and Type 2 Diabetes”

By: Steven M. Peseckis, Ph.D.

Associate Professor of Medicinal Chemistry, University of Toledo

➤ UN Sustainability Goal #12 Responsible Consumption and Production

March 15, 2022 * **2:00-3:30 p.m. (Tuesday) Dunbar, Scotland**

“Trespassing Across America: One Man's Epic, Never-Done-Before (and sort of Illegal) Hike along the Keystone XL Pipeline.

By: Ken Ilgunas, author, journalist, Travel and Environmental

Writer for *Wall Street Journal*, *Chronicle of Higher Education* and

Time; His books featured on *National Geographic*, *NPR* and *The*

New Yorker; and is a backcountry ranger in Alaska now living in

Dunbar, Scotland.

➤ UN Sustainability Goal #7: Affordable and Clean Energy

April 12, 2022 7:30 P.M. – 9:00 P.M. **(Tuesday)**

“Climate Care vs. Climate Chaos: Finding Our Voices and Charting a Course”

By: Bob Clark-Phelps, Ph.D., Senior Member of the Technical

Staff at First Solar; Member Citizens Climate Lobby; Founder of

Creation Care Team at St. John XXIII Catholic Community

➤ UN Sustainability Goal #13 Climate Action

Due to the COVID-19 pandemic, SAVE Lecture Series 2021-2022 presentations are ZOOM lectures following the Center of Disease Control and Prevention (CDC) guidelines and the COVID status in Lucas County at the time of the scheduled lectures. If this changes, you will be notified. For further information, please contact the S.A.V.E office: 419-824-3691 or e-mail: save@lourdes.edu. Visit our website at www.sciencealliancesave.org.

S.A.V.E. 2021-2022 LECTURE SERIES



S.A.V.E. Membership Application

2021-2022

Membership is from September 1st of current year to August 31st of following year.
 Please complete the following application and return with your check made payable to S.A.V.E., Inc.

Application may also be completed online at www.sciencealliancesave.org.

Send application and dues to: S.A.V.E., Inc.

Lourdes University 6832 Convent Blvd. Sylvania, Ohio 43560 | Phone: (419) 824-3691

Last Name:		First Name:		M.I.	
Affiliation:			Position:		
Address:					
City:		State:		Zip Code:	
Phone: (business)			Phone: (home)		
Email:			Fax:		

Membership: New Renewal

Types of Membership: Annual Dues

- Student Member \$10.00
- Senior Member \$10.00
- Active/Supporting Member \$20.00
- Family Membership \$30.00
- Corporate Member ** \$100.00 (please include a camera ready logo)

* All members will receive the quarterly newsletter.

I would like to help in one of the following areas:

- Membership Newsletter
- Fundraising Lecture Series
- Phone Committee Award Reception & Dessert Buffet

Please help us increase the effectiveness of S.A.V.E activities by becoming involved.

THANK YOU TO OUR S.A.V.E. SPONSORS

Please support our generous sponsors and let them know you saw them in the S.A.V.E. newsletter!

Interested in becoming a sponsor of S.A.V.E.? Contact SAVE@lourdes.edu or 419-824-3691.



**Want to see your
business here?**

*Learn more about
corporate sponsorship
on our website or
contact
SAVE@lourdes.edu
or 419-824-3691.*





S.A.V.E. Inc.
6832 Convent Blvd.
Sylvania, OH 43560

Phone: 419-824-3691
Fax: 419-824-3526
E-mail: SAVE@lourdes.edu

An Educational Consortium for
Environmental Sustainability

VISION STATEMENT

S.A.V.E. is a catalyst for individual and community action for sustainability.

MISSION STATEMENT

The Science Alliance for Valuing the Environment (S.A.V.E.) fosters a personal awareness and respect for the interrelatedness of ecology, spirituality and sustainability. S.A.V.E. creates formal and informal life-long learning opportunities in collaboration with organizations at all levels — local, national and global. S.A.V.E.'s activities are designed to empower individuals to values-based action for a just and sustainable world.

FIND US ON THE WEB

www.ScienceAllianceSAVE.org



www.facebook.com/SAVEScienceAlliance

S.A.V.E. CALENDAR

Jan. 18, 2022

S.A.V.E. Lecture

“Whole Food Plant-Based Diet: Minimizing Salt, Oil, and Processed Sugar are Key to Eliminating Cardiovascular Disease and Type 2 Diabetes”

March 15, 2022

S.A.V.E. Lecture

“Trespassing Across America: One Man’s Epic, Never-Done-Before (and sort of Illegal) Hike along the Keystone XL Pipeline.”

April 12, 2022

S.A.V.E. Lecture

“Climate Care vs. Climate Chaos: Finding Our Voices and Charting a Course”

Follow S.A.V.E. on Facebook for the latest event information!



Mark your calendar for more earth events!

Save the date for these fun upcoming community events!



The annual **Toledo GROWS Seed Swap** is slated for Feb. 26, noon to 3 p.m. at Scott High School in Toledo. In addition to free seeds, numerous natural resource agencies will be represented. All are welcome! Find more information at www.toledogrows.org/ or on the organization’s [Facebook page](#).

EcoFest Toledo is back! Join the Toledo-Lucas County Sustainability Commission for free workshops, eco-vendors, non-profits with info on volunteering, food trucks, and live music on April 9 from 10 a.m.-3 p.m. The event takes place at Handmade Toledo with free admission. Visit the [Toledo-Lucas County Sustainability Commission on Facebook](#) for the latest event information.

