



S.A.V.E. NOTES

News from the Science Alliance for Valuing the Environment

VOLUME 32, ISSUE 2

OCTOBER 2021

Earth Crisis is a Spiritual Crisis

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On a TV commercial, two people are sitting on a sofa. One is suffering from shingles and the other is trying to sympathize when they hear a voice say, "There is a vaccine for shingles." The couple says in unison, "A what?" and they run to the pharmacy for treatment.

What if you heard, "The Earth crisis is a spiritual crisis!" And you said, "A what?" Would you run out and do something about it? We humans have a spirituality, a deep wisdom that is part of the human spirit. We are born with it and few of us even know it's there. It connects us with every other being on Earth and it functions to bring us to ecological harmony or equilibrium. This is known as ecosophy.



We can choose two ways of dealing with the Earth crisis:

- We can listen to our spiritual dimension and work to do something to help Earth because we feel interconnected to it and all life; or
- We can choose to be indifferent in spite of what our spiritual dimension directs us to do because we don't realize we are connected to Earth and all life.

We humans are nature! The crisis nature faces today is the same one affecting humans. What affects nature affects us, too! Nature is trying to speak to our wisdom center. Are we listening? Do we sense the chaos happening on Earth — volcanoes erupting, flooding, glaciers melting, humans migrating, and other natural disasters?

Yet, after chaos, there's a renewal that happens and there is an emergence of new realities. Islands are made, people rebuild their lives, and life continues. Our Universe even began in chaos, but look at the planets that emerged with Earth as one of the grandest outcomes.

In the fall 2020 issue of *National Parks* magazine, David Brille stated, "constancy amid chaos calls us to see how constant nature is." While on a retreat, he mediated on the fact that the seasons come and go, flowers bloom and die only to regrow again, night follows day, and rain comes and sun follows. Our spirituality helps us to make these observations so that we can appreciate the beauty in nature and want to protect it. Constancy helps us through chaotic events. These events of nature demand from us a radical change to respond to nature, value its gifts and work for ecological harmony. This is our spirituality at work. If we don't listen, our spirituality is likewise in crisis.

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

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 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 and volunteer opportunities.

A list of organizations partnered with S.A.V.E. can be found on the [S.A.V.E. website](#). To learn more about becoming a community partner, contact 419-824-3691 or save@lourdes.edu.

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

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Sr. Sharon Havelak, OSF
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Board Affiliates

S.A.V.E. Members

Co-Founders

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



Calling all dog lovers!

S.A.V.E. has doggie bandanas for sale as part of our fund-raising efforts. Four different styles are available: red Love That Dog! Scarf with hearts and bones, blue Love Those Bones! Scarf with paw prints and bones, blue Cosmic Walk Scarf with gold stars, and black with tiny white paw prints. The painted scarves are sized for a small-to medium-sized dog and sell for \$7.50 each. To purchase, please contact Sr. Rosine at 419-824-3691 or save@lourdes.edu.

Financial Report

This report covers our 12-month fiscal year ended Aug. 31. Despite a difficult COVID year, S.A.V.E. receipts, including product sales, were 94 percent of what we budgeted due to new members, donations, and All Good Things sales. Monies were spent to award students for the annual NW Ohio District Science Day and on lecture fees, our newsletter and website development.

About 80 percent of our members have renewed their membership. Thank you to those who responded to our postcard membership renewal program. We still have a number of members who have not renewed their membership with dues. Please consider renewing your membership by paying annual dues. We continue to seek new members and board members and additional contributions. We encourage your suggestions on how to get our membership more involved in our organization.



CONGRATULATIONS TO THE 2021 SAVE AWARDEES

The highlight of the year's activities, S.A.V.E.'s 29th annual Awards Night was held virtually Oct. 12 through Zoom. The event celebrates local people working to save the environment. We missed being able to get together physically this year, but had a great time with some wonderful people through technology! Our awardees this year are:

Markie Miller, Toledoans for Safe Water

Eco-Friend of the Environment

Ashley Ray and Myndi Dawes

David and Jan Sandys Eco-Service Award

H.O.O.V.E.S., Amanda Held, Director

Eco-Community Award

**Forest Time Kindergarten, Sherri Dauer, Director,
Toledo**

Eco-School Award, Elementary

**Sylvania Schools Horticulture Program, Bryan Smith,
Instructor**

Eco-School Award, Secondary

**Cody Murnen, Westside Montessori, Outside Education/
Coordinator**

Eco-Educator Award, Elementary

Dr. Elliot Tramer, University of Toledo, retired, Northview High School

Eco-Educator Award, Higher Education

Toledo Buffalo Soldiers Motorcycle Club, Inc., Earl D. Mack, President

Community Building Award

The Community Building Award is a new award this year that grew from SAVE's emphasis on the variety of ways the UN Sustainability Goals invite us to respond to the needs of our world and its inhabitants, especially those who lack basic needs.

We look forward to our next Awards Night, planned for May 3, 2022. We hope to be able to celebrate together again for another great gathering of people passionate about our Earth!



A recording of the awards ceremony may be viewed on our [YouTube Channel](#) or at www.sciencealliancesave.org.

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!](#)

Dr. Obayuwana offers lessons on hope and happiness



“Happiness in our Time,” the topic chosen for the first installment of the S.A.V.E. Lecture Series for 2021-2022, could not have been more apropos for the time we are in. Dr. Alphonsus Obayuwana, MD, PhD, CPC, also known as the “Happiness Guru,” presented a most interesting, thought-provoking and interactive lecture. He uniquely interwove his background as a military man, OB-GYN, author, grandfather and business person to show ZOOM attendees how to cope with life and stay happy.

While Dr. Obayuwana is not a psychiatrist, thirty some years ago someone recognized his potential and he received a grant to research HUMAN HOPE. He began the Triple-H Project in Perrysburg, Ohio, to focus on these issues and topics and has seen real changes in people, which make his 30 years of research a success in helping others find Hope.

Dr. Obayuwana contends that we are born unhappy being forced from the womb and placed in an unknown environment. The crying

newborn is forced to live and make adjustments going forward. The infant has five basic hungers – food, comfort, need for a trusted person to depend on, continuity and certainty. Children like to be included, and these hungers follow us into adulthood. Seeing a sad child is difficult and an unhappy child is clearly noticeable.

Attendees were directed to find their HOPE Score and HUNGER Score through a series of guided questions. They were then told to divide the later by the former score, producing a number that indicated a HAPPINESS SCORE. If one’s Hope Score is up and Hunger Score is down, Happiness increases.

Hope is the only thing that gives us relief of future anxieties. Five sources of Hope are: intrinsic assets, human family assets, economic assets, educational assets, other special assets. A happy life is a life full of Hope. One can be a happy peasant or a miserable millionaire. Hope will guard against the COVID pandemic which breeds separation, isolation and uncertainty.

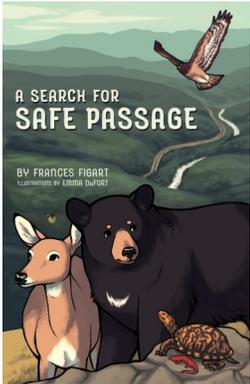
The benefits of Happiness are many: lower blood pressure, less cardiovascular issues, more energy, better immunity to fight disease, and a longer life span.

According to Dr. Obayuwana, the five things that matter most in life are: Self, Others, Reasoning, Knowledge and Spirituality. The Happiness Score will indicate where the pitfalls and high points in your life are right now and then urge you to face the issues and lead you into a happier life.

Dr. Obayuwana gave attendees five techniques to cope: Pray, Count, Forgive, Aim, and Accept. He also stressed several practical ways to make our lives happier:

- have a daily agenda of what you want to accomplish even if it is something very small;
- establish a routine;
- plan your day;
- affirm your calling in life.

Gift idea for young nature lovers



In the children’s book, *A Search for Safe Passage*, author Frances Figart spins a tale of wildlife banding together to cope with the dangers of a human highway that cuts through the mountains where they live. A parade of animals beautifully illustrated by Emma DuFort features a firefly reciting a poem to a ponderous turtle, who meets new friends, receives guidance from a wise elk and ultimately discovers a natural land bridge that connects the two parts of the historic range in the Great Smoky Mountains National Park.

Figart, who traces her interest in wildlife back to her childhood in eastern Kentucky, says she harbors the dream that the book will land in the laps of budding road ecologists and engineers. She says, “I want to provide a way for youth to really engage with the problem because they are the future designers and engineers.”

Welcome to Our New Members!

Sr Rebecca Rutkowski, OSF

Myndi Dawes



Board member represents S.A.V.E. on Natural Resources Assistance Council committee



Toledo Metropolitan Area Council of Governments (TMACOG) is a non-partisan regional planning partnership made up of voluntary members in northwest Ohio and southeast Michigan. Besides working on transportation issues and area economic development, TMACOG also is actively involved in preserving and advancing the region’s water quality under the State of Ohio’s Natural Resources Assistance Council (NRAC) and their Clean Ohio Fund. In 2000, Ohio voters approved the Clean Ohio Fund to return tax dollars to local communities for the protection of the environment. These funds have returned millions of dollars to Lucas County for open space acquisition, and to protect and enhance riparian corridors and watersheds.

Ohio’s Lucas County Clean Ohio Fund District 12 has an 11-member committee that evaluates local applications for the Clean Ohio grants. TMACOG manages that committee, known as the Natural Resources Assistance Council for District 12 (NRAC/12). Members of the district NRAC were chosen from among organizations with expertise in conservation, natural resource protection, parks and recreation, real estate development and environmental protection. The NRAC is responsible for receiving applications and deciding how to allocate grants from the Clean Ohio Fund, based on uniform statewide criteria.

For more than two years, S.A.V.E. has been an active member of this organization’s Green Space Conservation Program that has awarded more than \$16 Million dollars to Lucas County organizations involved in protection of green spaces and wetlands. John Krochmalny, a S.A.V.E. board member, has been re-appointed to another two-year tenure representing S.A.V.E. at the TMACOG – NRAC Committee.

Six Ways to Connect with Nature

*The water that we drink,
The air that we breathe,
The hand that sustains us
Connects us all.*



Many of us are still on lockdown or are taking precautions to protect ourselves and others from the COVID virus. We all must admit that it is a time like no other! One wonders what will be our way out of this? National Catholic Reporter climate editor Barb Fraser invites us to be spiritually rooted in the natural world. However, many of us may find maintaining our connection to the natural world difficult because of our living environment.

She proposes six ways to deal with this:

- 1. Open your eyes to the world around you.** Begin to see the world around you with new eyes. See the world as never before. Focus on a tree or a small weed growing along the side of the road. Maybe a small flower will pop up here and there, or you will think of water as you wash your hands.
- 2. Make it intentional.** Brush your teeth in the morning. Reflect on water used. We tend to overlook things which are so very close to us! Look out a window and see what's out there. You may see it every day but this particular day you see it for the "very first time!"
- 3. Stop and Look.** See a tree outside your window or see a plant in your window box. You will be amazed when you see something happening that was not there before.

4. Write from the Heart. Write and read what you wrote about. Write poetry and try different forms. Possibly write three-line haiku in a pattern of five, seven and five syllables. For example:

*Hummingbird hovers.
Darts, pauses, then drinks deeply
From a crimson cup.*

5. Stop and Listen. Take a piece of paper, mark yourself in the middle of it and draw images or write words to represent what you hear — dogs barking, wind howling, trucks passing by. Are the sounds close or far; piercing or soft? This is deep listening.

6. Remember that WE are nature. We have forgotten that we are earth. We are the natural world. This reconnection of heart, mind, body and spirit are essential. We come from nature. This is who we are.

*Adapted from "Shut in, locked down, no green space? Six tips to connect with nature,"
National Catholic Reporter, May 10, 2021*



Honey & Syrup Sales



Nearly all sales have been as a result of sales at All Good Things Art & Gifts on the Sylvania campus of the Sisters of St. Francis. COVID-19 has disrupted our individual sales but we managed to reach 83 percent of our budgeted sales for the fiscal year ended Aug. 31 as a result of the gift shop efforts. Our supplier has announced a price increase of 10 percent and as a result our prices are raised to \$9.90 for pure honey and \$8.80 for maple syrup as of September 17. 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 _____

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2021-2022 FREE Public Lecture Series on ZOOM
NO REGISTRATION REQUIRED



A Pandemic of Hope:
*The Business of Uplifting Others
 in a Time of Despair*

UN Sustainability Goal #8:
 Decent Work and Economic Growth

Tuesday, November 9, 2021 • 7:30 - 9:00 pm
Zoom Meeting

George Brymer has always been inquisitive. His first spoken word as a child likely was, “Why?” That he’s failed to outgrow that curiosity is evident in his probing conversations with client – and his approach to creativity.

George is President and Chief Creative Officer of The Creative Block, a fullservice advertising firm he founded in 2016. He’s a former banker and leadership coach. George has a Masters in Organizational Leadership from Lourdes University and now serves on the Lourdes board of directors. He also has considerable experience on area nonprofit boards. A parttime author, George has written and published two books.

Away from work, George enjoys golf and reading. He likes long weekends in Chicago and northern Michigan and posting smart-alecky comments on social media.



George Brymer
*President,
 Chief Creative Officer –
 The Creative Block*

<https://lourdes.zoom.us/j/4084419807?pwd=YnByMHZYT25HSIRxL2U0K3RjdXJsUT09#success>
Meeting ID: 408 441 9807 Passcode: 796896

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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)	(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

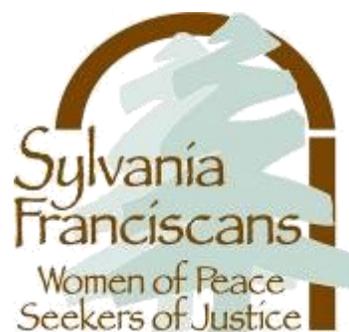
Please help us increase the effectiveness of S.A.V.E activities by becoming involved.

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.
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Sylvania, OH 43560

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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

Nov. 9, 2021

S.A.V.E. Lecture

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

Jan. 18, 2022

S.A.V.E. Lecture

March 15, 2022

S.A.V.E. Lecture

April 12, 2022

S.A.V.E. Lecture

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



S.A.V.E. seeks recycling partners

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.

Please help us help the environment. The used cartridges from your home printer are a resource worth recycling.