



# S.A.V.E. NOTES

News from the Science Alliance for Valuing the Environment

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## The Call to Be an Ecozoic Human

We don't need to be a "rocket scientist" nowadays to understand we are living in very trying times. While we in the States face mega-tornadoes, severe drought and flooding with crop shortages to follow, gigantic forestry disasters, and loss of home, pets and businesses, we forge on. In other parts of the world, hurricanes, plant and animal extinctions, and wars compound the situation further. Surely, the people of Ukraine see their land devastated, cities demolished and family, friends and pets buried in unmarked graves. Sixty-five million years ago, our planet Earth was transformed by natural disasters and millions of species faced extinction. This was the start of the Cenozoic Era which continues to the present time. However, in the last 2000 years we have passed through other transformative times fueled by developments in agriculture, industry and now technology.

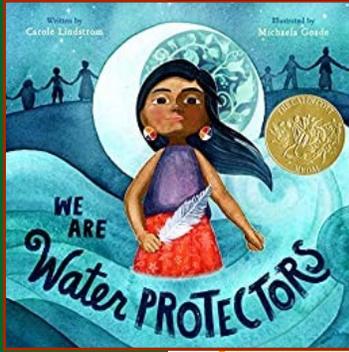
These times have come about quickly and did not take millions of years to transform the earth's landscape, because we humans moved life faster and further and the planet is reaching a tipping point. CBS news reported that scientists are saying we need to make significant changes to address climate change in the next three years or risk a downward spiral. So, what's next? We are called to be **ecozoic humans** if our species is to survive. Pope Francis in his papal document, *Laudato Si*, is urging humans to live **integral ecology**. That's being an **ecozoic human**, one who is purposefully caring for Earth, our common home and all living and non-living creatures on it. An **ecozoic human** must make radical changes. If we don't, we will be responsible for our own irreversible extinction unlike any other era of life on earth!

What an awesome responsibility! We must make the decision to be ecozoic humans and care for Earth and make life better for everything on it. I recall a story of two persons walking on the beach where they walked around hundreds of starfish. One person picked up a starfish and threw it back into the sea. The other person said, "You can't save one starfish and solve the problem for them all." The other said, "I made life different for that one!" Be an ecozoic human and if millions of us do just one thing to make a difference, millions of other creatures including us will be helped, too.

### Ecozoic Human:

**One who is purposefully caring for Earth, our common home and all living and non-living creatures on it.**

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



## An Earth Day Read for Young Environmentalists

*Water Protectors* is by Carole Lindstrom, a Native American from the Ojibway tribe, who writes of a little girl that wanted to save their land from the “black snake”, a winding pipeline which threatened the plants and animals of the region and her tribe’s way of life. She was the first Native American to receive the prestigious Caldecott Medal for this book.

### Time for Spring Cleaning!

As you do your spring cleaning, remember that S.A.V.E. needs your help in keeping the environment a little bit cleaner. S.A.V. E. partners with the “Cartridges For Kids” program to collect and recycle items that would normally end up in a landfill. We accept for recycling; cell phones, laser and ink jet cartridges, laptops, MP3’s, PDA’s and tablets, readers and notebooks.



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. **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. 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.

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S.A.V.E. Members

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Sr. Rosine Sobczak, OSF

Charlene Czerniak, Ph.D

Linda Penn (deceased)

### Financial Report

All Good Things Art & Gifts reported sales for August 2021 to January 2022 that revealed a higher-than-normal volume of honey and maple syrup sales due to holiday gift purchases. The shop will report quarterly activity in the future starting with the first quarter of 2022.

Some member dues payments continue to trickle in. If you have not submitted your annual dues, please do so as soon as possible. Expenses were for the newsletter, postage to mail it, a lecture fee and to renew the Domain Name for S.A.V.E. for five years to save 25 percent of the cost for a fee of \$74.80 and a \$50 privacy fee. Activity is tracking well in all areas to budget at this time.

We had received 67 percent of our budgeted corporate memberships and 45 percent of our individual memberships at this time by the end of February.





## 2022 SAVE AWARDS NIGHT

Join S.A.V.E. for a virtual awards ceremony on May 17 over Zoom!

S.A.V.E. is hosting its 30<sup>th</sup> annual Awards Night on May 17 at 6:30 p.m. We will be celebrating the accomplishments of the following local individuals, businesses and organizations that are working to save the environment:

**Eco-Friend of the Environment:** Future Lawn and Clean Wood Recycling

**David and Jan Sandys Eco-Service Award:** Carla Leow

**Eco-School Award, Elementary:** Wayne Trail Elementary School, Maumee

**Eco-School Award, Secondary:** Maumee High School

**Eco-Educator Award, Elementary:** Kristy DiSalle, Dorr Elementary School, Toledo

**Eco-Educator Award, Higher Ed:** Thomas Wassmer, Siena Heights University

**Eco-Community Award:** Mike Ferner

**Eco-Faith Community:** St. Timothy Episcopal Church, Perrysburg

**Community Building Award:** Alicia Smith

We will also be honoring the winners of the Planet Earth Sustainability Award from the Northwest District Science Day, Fiona Noolah Freimuth, Avnish Vithal Shendge and Caitlin Marie Shroyer. Join us as we celebrate the wonderful people who are helping our Earth become the healthy, just and sustainable place it was meant to be!

**Zoom Access Info:** <https://lourdes.zoom.us/j/4084419807?pwd=YnByMHZYT25HSIRxL2U0K3RjdXJsUT09>

**Meeting ID: 408 441 9807 Passcode: 796896**

### *Did You Know?*

In the days before commercial whaling there were an estimated 4-5 million great whales in our Earth's oceans, but the numbers have plummeted to two thirds of that amount today. Recent studies indicate that their decline has also affected climate change. Whale waste feeds surface vegetation, which captures carbon dioxide from the air and provides food for a large web of marine creatures that bring the carbon to the sea floor where it is stored for millions of years. Isn't this a good reason to protect whales and our own future?

Source: Solutions, Fall 2021, [Environmental Defense Fund](#)

## Benefits of the Whole Food Plant-Based Diet

Local professor Dr. Steven Peseckis from The University of Toledo was the presenter for the S.A.V.E. January lecture that was held virtually on Jan. 18. Dr. Peseckis is Associate Professor of Medicinal Chemistry and he spoke on the health and environmental benefits of whole food plant-based diets that minimize salt, oil and sugar.



The focus of this diet is to avoid any dairy, meat, poultry and fish. Oil, salt and sugar should be avoided or minimized. Sodium intake should ideally be between 500-1500 mg. daily.

A big myth of this diet is that it doesn't supply enough protein. According to Dr. Peseckis, many legumes and grains supply complete proteins and plants have more protein than meat and are a less calorie dense food. Whole fruits are recommended, plus nutritional yeast, mushrooms and other fungi.

Dr. Peseckis says this diet can prevent or even reverse cardiovascular disease and type two diabetes. It does this by eliminating the chemicals that cause inflammation, increase blood pressure, arterial blockage and insulin receptor resistance. No drugs or alcohol can do this. Meat products inflame the arteries whereas plants soothe them.

Cruciferous vegetables (broccoli, cauliflower, cabbage, kale etc) are especially good for gut bacteria. They provide fiber and digest in the large intestine releasing chemicals that regulate the immune system, fight cancer cells, detoxify the system and increase neurotransmitters.

A plant-based diet is also the best way for individuals to reduce their impact on the earth. As Dr. Peseckis stated seven times, greater resources are needed to raise meat as compared to plants. 2400 gallons of water are needed to make one pound of beef, 683 gallons to produce one gallon of milk and 25 gallons to raise one pound of wheat.

Climate goals cannot be reached without a change in our food system, which emits up to 30 percent of global harmful gases. A plant-based diet reduces food waste, deforestation and land clearing. It helps alleviate animal abuse, neglect and suffering. It enhances social justice and sustainability.

This lecture addressed the United Nations sustainability goals #3, Good Health and Well Being and #12, Responsible Consumption and Production.

*2400 gallons of water are needed to make one pound of beef, 683 gallons to produce one gallon of milk and 25 gallons to raise one pound of wheat.*

## COLLEGE SCHOLARSHIP

S.A.V.E. is now accepting applications for a new scholarship. The **S.A.V.E. Environmental Leadership Scholarship** will award \$500 each to two high school seniors from Northwest Ohio and Southeast Michigan to assist with college/university tuition, books, fees and or any other aspect of education for their freshman year.

An application form, 500-word essay, a recommendation letter from an administrator or teacher and a proof of college/university enrollment are required to apply. You do not need to be a S.A.V.E. member and students planning to attend any college/university are eligible.

Deadline for submission is Friday, May 20, 2022. For more information and an application, **visit the Scholarships page under the events section of the S.A.V.E. website.**

## S.A.V.E. Speakers Bureau

The S.A.V.E. board consulted on a proposal that, if agreed upon, would establish a listing of organizations and people that are aligned with the S.A.V.E. Mission and Vision Statements and could serve as a community resource for presentations and talks. Discussed were the many Northwest Ohio-area organizations that in some way address issues of environmental health, global sustainability and ecology.

A particular benefit for SAVE would be to become a local resource for presentations to our bi-monthly S.A.V.E. Lecture Series. A S.A.V.E. Speakers Bureau could also be a clearing house assisting other organizations seeking out those who could present at their events. The S.A.V.E. board unanimously accepted this proposal and will be establishing this service in the near future.

## S.A.V.E. Fundraisers

If you are looking for a way to support S.A.V.E., All Good Things Art & Gifts on the campus of the Sisters of St. Francis of Sylvania sells 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.



S.A.V.E. also 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. Sharon Havelak at [shavelak@sistersosf.org](mailto:shavelak@sistersosf.org).

## Welcome to Our New Members!



**Betty Dorcas**  
Senior

**Julie Shapiro**  
Senior

**JOIN S.A.V.E.  
TODAY!**

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!

## S.A.V.E. Presents Planet Earth Sustainability Award



*Caitlin Shroyer*

S.A.V.E. sponsored the “Planet Earth Sustainability Award” at the 2022 Northwest District Science Day, which was held remotely.

Three students and their projects were recognized for their efforts to address sustainability on various levels. The awardees were:

**Fiona Noolah Freimuth, Patrick Henry High School, Grade 9**

“How Plants Survive Different Liquids”

**Avnish Vithal Shendge, Ottawa Hills School, Grade 7**

“Novel Irrigation Design for Water Conservation”

**Caitlin Marie Shroyer, St. Rose Perrysburg, Grade 8**

“Electrical Resistance in Soil”

A large number of students presented their research and shared their findings for review by the S.A.V.E. judges. Students submitted their project report online with a video component. This year's judges included Myndi Dawes, Laura Rodriguez, Sr. Rosine Sobczak, OSF, and David Sandys.

S.A.V.E. will recognize these students at the S.A.V.E. virtual awards night in May. The students will be asked to share their research at this event.

## Partnership with Baha'is of NW Ohio

The Baha'is of NW Ohio have been a corporate donor and active participant in S.A.V.E. for a number of years. In a formal proposal to S.A.V.E., the Baha'is of NW Ohio have asked S.A.V.E. to become a partner in a new endeavor that seeks other individuals and organizations for the transformation of our community.



The news coverage of our area contains many stories of seemingly intractable issues. Last year, the City of Toledo saw a record number of homicides, and many of these involved teenagers and their guns. The Federal Bureau of Investigation (FBI) had made arrests of five City of Toledo public servants, four of which were on City Council. The Toledo Blade identifies increasing area deaths caused by illegal drugs coming into our area. Ethnic, social, political, and economic prejudice seems to be a continual problem affecting the prosperity of many families. Environmental concerns also are being identified as a critical challenge that could affect future generations. Community leaders from various backgrounds and expertise appear to be at a loss to come up with constructive and effective solutions to these problems.

The upcoming “Conference for Hope” on May 21 will bring together individuals and organizations to start the process of discussing the critical needs to our local area, exploring possible solutions and creating and acting upon those solutions. Rather than this conference being a “one-shot” event, the Baha'is of NW Ohio and their partners envision this to be a start of a continuous effort of actions leading to the betterment of our NW Ohio community. The S.A.V.E. board members unanimously accepted this proposal.

## April is Native Plant Month!

This month is Ohio Native Plant Month and National Native Plant Month.

Why are native plants important? These plants are completely adapted to our growing conditions in Ohio. They have evolved over thousands of years to thrive in our climate. They are comfortable with the amount of rainfall we receive, to our unique soils, our hot humid summers and our cold winters. Because of this, native plants often grow better in our gardens than non-native plants.

But the primary reason native plants are important is that they are a source of food for our native bees, butterflies, insects, caterpillars, birds, and all wildlife. Wildlife like bees and butterflies need the sweet nectar and pollen from flowers for survival. Native caterpillars need tender plant leaves for survival. And some birds eat seeds produced by plants later in the summer. In these examples, wildlife feeds directly on plants. The wildlife that does not eat plants directly, feed on insects or other animals that feed directly on plants. Plants are critical to the survival of all wildlife!



Learn more about native plants and find ideas for pollinator gardens and where to buy them at [www.ohionativeplantmonth.org](http://www.ohionativeplantmonth.org). Source: *Ohio Native Plant Month*

### Local Native Plant Resources and Sales:

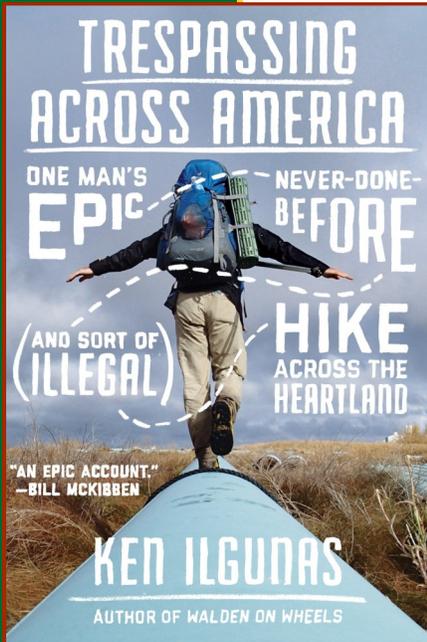
- Preorder native plants from **The Toledo Zoo** at [wildtoledo.org](http://wildtoledo.org) for pickup later this spring.
- Order native plants, rain barrels, composer's and more from the [Lucas County Soil and Water Conservation District's Backyard Conservation and Native Plant Sale](#) by May 6 and pick up your items May 13 at the Lucas County Fairgrounds.
- **Wild Ones Oak Openings Chapter** has free native garden designs and a list of local sources for native plants. The organization also has its own native plant sale May 21-22. Learn more at [wildonesoakopenings.org](http://wildonesoakopenings.org).
- The **Friends of the Wood County Parks** will host their annual plant sale on Saturday, May 7 at the Wood County Fairgrounds, 13800 W Poe Rd, Bowling Green. Visit the [Wood County Parks website](#) for more details.



### Soil Your Undies??

Officials are encouraging people to “soil their undies” but the suggestion is not as unseemly as it sounds. To help gauge the health of the local soils, the U.S. Department of Agriculture recommends planting a fresh pair of cotton underpants 3 inches deep in the ground. Wait at least 60 days, then dig them up. Healthy soil contains billions of microbes that will break down organic material like cotton, so the more hole-filled and threadbare your unearthed undies are, the healthier your soil. And the healthier your soil, the bigger the role it can play in producing nutritious plants, reducing erosion and storing carbon. Learn more about soil health at [nature.org/soil](http://nature.org/soil). Source: *Nature Conservancy*, Winter 2021.

## Trespassing Across America: Hiking the Keystone Pipeline



Author and journalist Ken Ilgunas captivated his audience on Zoom with his March 12 lecture, “Trespassing Across America: One Man's Epic, Never-Done-Before (and sort of Illegal) Hike along the Keystone XL Pipeline.” Ilgunas presented virtually from Dunbar, Scotland, where he lives with his wife and daughter.

After college in the U.S., Ilgunas finally decided to do something meaningful and adventuresome. Because he worked at national parks in Alaska during the summer months, he wove together his love for the great outdoors, wilderness preservation, climate change and the history of private property by walking the 2,000-mile Keystone XL Pipeline which extends from Hardisty, Alberta to the Gulf Coast of Texas.

He originally planned to walk with another person but it ended up being a solo journey. Ilgunas broke a toe before departure, wore out his shoes, had his toes wrapped in duct tape, went through hurdles in Canada due to international borders and had to convince the USA that this was a worthwhile endeavor.

The pipeline is 36 inches in diameter and runs underground. Tar sands are mixtures of clay and water and need to be treated first. Huge pools for this process invade our beautiful grasslands. The coke produced can then be burned like coal and sulfur is released leaving a pungent odor. This is a terrible environmental disaster created by us since the pipeline increases fossil fuels, which elevate climate change.

Ilgunas encountered stampedes of cows, charging moose and many climate change deniers as he “trespassed” across America. This was the world’s first modern journey across private property, trespassing over the most beautiful yet ignored regions of our country, the Great Plains.

In Scotland, people have the right to roam and traverse their country’s land and waters. In the U.S., this is considered trespassing, and landowners have a right to prohibit whomever they wish. A billion acres of grasslands, pastures, cropland, forests and miles of coastline are closed off to the public in our county. This contributes to social fragmentation and undercuts the common good.

All of these observations are contained in Ilgunas’ books, *Walden on Wheels* (2013), *Trespassing Across America* (2016) and *This Land is Our Land* (2018).



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



# Memorials and Tributes



## IN MEMORY OF ...

**Karen McMahon**  
Carol A. Stearns

**Karen McMahon**  
Mr. and Mrs. Craig F. Frederickson

**Paula Duell**  
Sr. Rosine Sobczak OSF

**Karen McMahon**  
VARIPO

**Karen McMahon**  
Mr. and Mrs. Jason Caswell

### 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

Or email to [SAVE@lourdes.edu](mailto:SAVE@lourdes.edu)



*Thank you for your generous gift*

Enclosed is my gift of \$ \_\_\_\_\_

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

My employer will match my gift.

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My check or money order is enclosed.

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

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E-Mail Address \_\_\_\_\_

Please Notify: Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



# 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](http://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](mailto:SAVE@lourdes.edu) or 419-824-3691.*



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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](http://www.ScienceAllianceSAVE.org)



[www.facebook.com/SAVEScienceAlliance](https://www.facebook.com/SAVEScienceAlliance)

## S.A.V.E. CALENDAR



Access S.A.V.E.'s [Google Calendar](#) for an up-to-date listing of upcoming events.

Find it under the "Events" tab of our website at [www.sciencealliancesave.org](http://www.sciencealliancesave.org).

You can also follow [S.A.V.E. on Facebook](#) for the latest event information!

