



# S.A.V.E. NOTES

News from the Science Alliance for Valuing the Environment

VOLUME 34, ISSUE 2

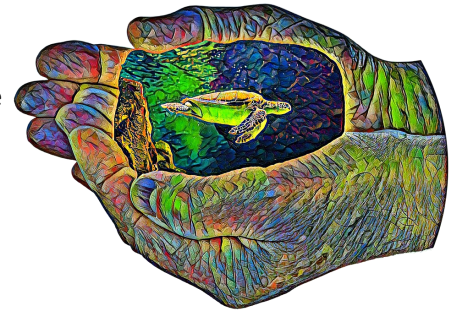
APRIL, 2023

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## Earth Day April 22: Why Not Every Day?

On April 22, 1970, Gaylord Nelson (1916-2005), a US Senator from Wisconsin and an environmentalist, founded Earth Day and celebrated it for the first time. Inspired by the teach-ins linked with the Vietnam War, Nelson felt that there needed to be a teach-in on the environment for the poor and disadvantaged who were suffering in cities from the lack of parks and increased pollution. He launched the first Earth Day on April 22, 1970, forcing public officials to focus on the problems of the day, with his goal to help alleviate societal and economic problems. The celebration continues for fifty-three years in the USA and globally since 1990. The United Nations General Assembly has designated April 22 as the International Mother Earth Day and it is celebrated by over a billion people worldwide. Mr. Nelson, the Founder of Earth Day, was given the Presidential Medal of Freedom in 1995.



Earth Day 2023 is almost upon us. How do we carry on Nelson's legacy? We have celebrated this day and the changes we have needed to make for 53 years. That's a long time – with little to show for it. We have the capacity, but having the capacity is not enough. It is us humans who knowingly are ravaging Earth by changing the climate; causing species extinction; increasing pollution to land, water and air; environmental degradation and taking part in exorbitant consumerism. When is enough ... ENOUGH? Let's say we challenge this by...

- Spending more time outdoors to see birds, feel the grass, look at the colors.
- Buying less and enjoying what we have.
- Having plants in your home and watch them grow because you care.
- Drinking less soda (pop) and telling a waitress or waiter, "Just water please."
- Eating nutritious meals and eating less meat one or two days a week.
- Cleaning up poop after our pets and placing pet waste in the garbage.
- Limiting lawn fertilizer to protect surface water from pollution.
- Letting fallen leaves under bushes and shrubs for little animals to winter.
- Clean up car leaks immediately.

I leave you with these thoughts:

Biologist Paul Ehrlich sees humanity as "sitting on the limb we're sawing off."

And author Anthony T. Hincks writes: "We touch the sky, not to soar above the clouds, but to show respect to the earth beneath our feet."

Let's quit "sawing" and start "respecting what's beneath our feet" this Earth Day!

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

## Children's Books for Summer Reading

Need some summer reading books for your children, grandchildren, or friend? Why not introduce them to books with nature themes! Here are some suggestions for you to consider:

***A New Horse Comes to the Barn***, by Donna-Schroyer-Riesen and 10-year-old Azelyn Bosinger.

***School for Baby Animals***, by Dave Vnuck, also published by Gracious Light, New York

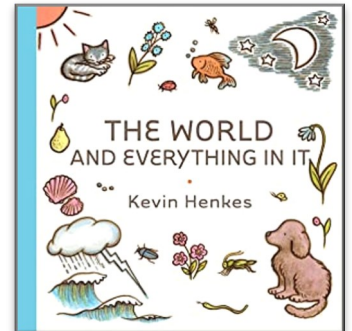
***The World and Everything in it***, by Kevin Henkes

***Just a Worm***, by Marie Boyd

***I Am A Tornado***, by Drew Beckmeyer

***Evergreen***, by Matthew Cordell

***Being a Cat - A Tail of Curiosity***, by Pete Oswald



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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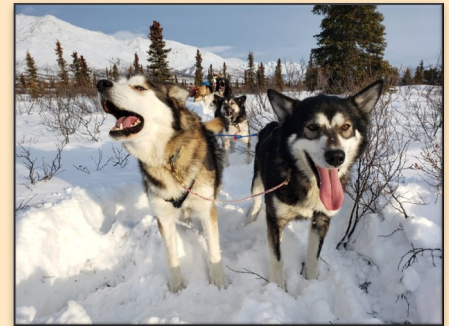
Sr. Rosine Sobczak, OSF

Charlene Czerniak, Ph.D

Linda Penn (deceased)

## Denali's Working Wagging Warriors

At the **Denali National Park & Preserve** in Alaska one visits the kennels for sled dogs which are not in any other park system. These dogs are bred to mush and drive in the Alaskan wilderness where there are no roads. Each breeding season dogs are selected from the litters that have the desired qualities including long legs, compact paws to prevent ice build-up between their toes, have very thick fur and have a friendly temperament. Those not chosen are sold to good homes. Several Lourdes University students have them as pets. Sled dogs help park rangers manage reaching places they would be unable to traverse and haul materials for projects like environmental clean-up. The dogs love what they are doing and go "ballistic" when they are getting ready for a run, which serve as workouts to build up their stamina. Take a peek at Denali's puppy cam online!



## Financial Report for April 2023

While we have seen an increase in dues renewals this year, some member dues payments are still past due. We have seen an increase in new memberships as well. That is good news. IF YOU HAVE NOT YET SUBMITTED YOUR ANNUAL DUES, please do so as soon as possible via cash, check, Pay Pal, etc. These late dues have caused us to send out a postcard notice at additional expense.

Main expense was for two years of website hosting. Activity is tracking well in all areas to budget currently.

We have received only 42% of our budgeted corporate memberships. If you are a corporate member, please insure your annual dues have been paid. Thank you!

## St. Katherine Drexel Award Goes to Sister Sharon Havelak, OSF

On February 26, Sister Sharon Havelak, OSF, received the **St. Katherine Drexel Award** for her Justice and Peace work from St. Martin de Porres Parish.

Sister Sharon's advocacy for the poor and marginalized has been a lifelong ministry. She is a regular participant in protests around Toledo, standing up for justice and reform.

The event celebrated the 33<sup>rd</sup> Black History Month Concert featuring the Toledo Symphony Orchestra.

Katharine Drexel, SBS was an American heiress, philanthropist, religious sister, educator, and foundress of the Sisters of the Blessed Sacrament. She was the second person born in what is now the United States to be canonized as a saint and the first one born a U.S. citizen.

Katharine Drexel had a system of black Catholic schools in more than 13 states, 40 mission centers, and 23 rural schools. She established 50 missions for Indians in 16 states according to Franciscan Media. She died on March 3, 1955, at 96 years old.



*Award recipients, Wendi R. Huntley of Connecting Kids to Meals and Sister Sharon Havelak, OSF.*

“Once we start to act, hope is everywhere.  
So instead of looking for hope, look for action.  
Then, only then, hope will come.”

***Greta Thunberg***

## Biodegradable vs. Compostable

If a bag is biodegradable, it means that when left in a totally natural environment, over time, it will eventually start to degrade with the help of biological helpers like bacteria or fungi.

If a bag is compostable, it means that it will break down in a very specific set of controlled conditions within a certain amount of time, without leaving any toxic residue in the environment. While this term can also be misused, it's more strictly regulated.

Compostable bags are usually made from plants like corn or potatoes instead of petroleum. If a bag is certified compostable by the Biodegradable Products Institute (BPI) in the U.S., that means at least 90% of its plant-based material completely breaks down within 84 days in an industrial compost facility.



Sautter's Market in Sylvania has switched to using compostable bags for their groceries.

## Toledo Repair Café: Fix it First



Have any jewelry, small appliances, bikes, clothing or computers that need repair? Bring your items to the Toledo Repair Café's team of volunteers free of charge.

The team seeks to help reduce consumerism waste filling up landfills by offering expert solutions to fixing the items we already own before trashing them and buying new. Sister Rosine reports that she has had three necklaces, one lamp and two purses repaired already.

The Toledo Repair Café is made up of volunteers from local communities of faith, community colleges, and our own Toledo Lucas County Public Library System. S.A.V.E. is represented in this project, by John Krochmalny, who is a repair volunteer.

Donations are not needed but will be accepted if offered.

### Upcoming Dates

**Saturdays, 10:00 a.m.—2:00 p.m.**

**April 29: King Road Branch Library**

**May 27: Oregon Branch Library**

## Calculating Your Carbon Footprint

Alexandra Shimo-Barry, author of “The Environment Equation,” has come up with a formula that explains how to calculate your carbon footprint at home, too! Simply follow the steps below:

1. Multiply your monthly electric bill by 105.
2. Multiply your monthly gas bill by 105.
3. Multiply your monthly oil bill by 113.
4. Multiply your total yearly mileage on your car by 79.
5. Multiply the number of flights you’ve taken in the past year (4 hours or less) by 1,100.
6. Multiply the number of flights you’ve taken in the past year (4 hours or more) by 4,400.
7. Add 184 if you do NOT recycle newspaper.
8. Add 166 if you do NOT recycle aluminum and tin.
9. Add 1-8 together for your total carbon footprint.

How does your footprint stack up? A number below 6,000 (reflected in pounds per year) is excellent. Over 22,000? It’s time to figure out how to make some changes. Good is anywhere from 6,000 to 15,999, while 16,000 to 22,000 is average.



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## US Approves World’s First Vaccine for Declining Honey Bees

This vaccine is a genetically engineered vaccine and approved by the US Dept of Agriculture to protect bee larva from the American foulbrood bacterial disease.

This vaccine will protect the bees that are disappearing due to weakened immunity in the larvae. Inactive bacteria are injected into the royal jelly that is fed to the queen bee and provides her larvae to have increased immunity.

Bees are huge pollinators and have been declining since 2006 due to Colony Collapse Disorder, which is when worker bees leave the queen bee high and dry. The honey bees, as well as bats and birds, are responsible for one third of the world’s crop production according to the United Nations Food and Agricultural Organization. This year it launches in the US, although distribution is limited.

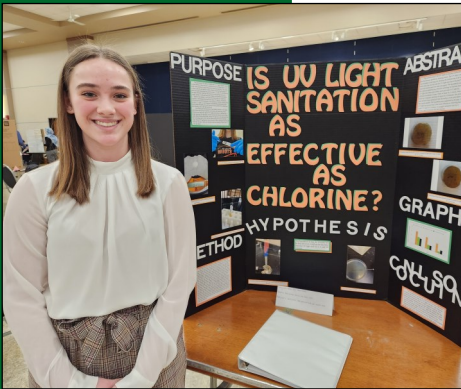


## Students Shine at Science Day

By Susan Perzynski

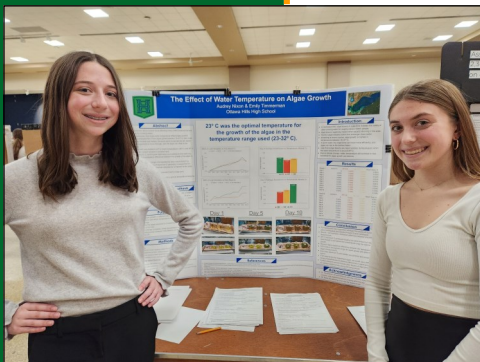
The Northwest Ohio District 2 Science Day was held at the University of Toledo on March 11<sup>th</sup>. Two of our SAVE board members had the pleasure of judging several projects relating to the environment and sustainability. Three outstanding projects were chosen for special Environmental Awards to be presented at the annual SAVE Awards Night on May 9 at the Franciscan Center, where they will display their projects.

We would like you to meet these remarkable young people!



Halle Jones is an eighth-grade student at Hilltop School in West Unity, OH. Her project was titled, "Is UV Light Sanitation as Effective as Chlorine?" One of Halle's concerns was our drinking water and safer, more efficient, ways to purify it. Another was the increased sanitation needs sparked by the pandemic.

Samuel Kerrigan is a ninth grader who attends the 565 Academy, a private Christian school in Toledo. His project, "Replacing Sand," explored alternatives for the use of beach-grade sand in manufacturing concrete. Beach sand, unlike desert sand, is desirable for concrete, but is becoming more depleted, especially with rising sea levels.



Ottawa Hills High School had their ninth graders work in teams. Audrey Nixon and Emily Timmerman researched "Water Temperature and Algal Growth." They were very aware and concerned about the algal blooms in the Maumee River and Lake Erie.

Congratulations to the S.A.V.E. winners!

## Calling All Chocolate Lovers

We all love chocolate, but is it good for the environment?

A reader asked the EDF (Environmental Defense Fund), to do some research regarding chocolate industries and deforestation, soil pollution and child labor issues.

The Chocolate Collective Advocacy Coalition has something readers may find very interesting.

Go to [chocolatescorecard.com](http://chocolatescorecard.com) to find out which chocolate companies are doing a good job.



*How much science do we need to know? Enough to be stunned by its beauty. — Larry Edwards*

### COLLEGE SCHOLARSHIPS

**Scholarship Application Now Found on Lourdes University Website**

S.A.V.E. is excited to announce that the S.A.V.E. Scholarship Application has been added to the Lourdes University website at [apply.lourdes.edu/register/SAVEApplication](http://apply.lourdes.edu/register/SAVEApplication).

The 2023 application deadline was April 14 and submissions are under review now. Readers will evaluate a 500-word essay and a recommendation letter from an administrator or teacher and proof of college/university enrollment. We hope that this increased visibility on the Lourdes website will increase volume of applicants. Anyone is eligible, regardless of the college/university they are planning to attend. More at: [www.sciencealliancesave.org](http://www.sciencealliancesave.org).

## Honey & Maple Syrup

Honey and syrup sales as reported by All Good Things Gift Shop on Lourdes campus indicated a normal volume of activity. Many other vendors are selling honey and syrup at higher prices than All Good Things and many have sources that are not local, which makes their products less beneficial. Prices effective January 1<sup>st</sup> are \$11.00 for honey and \$10.00 for syrup.



## S.A.V.E. Award Night

On May 9, SAVE will again honor local environmental heroes, individuals and groups that are having an impact through their sustainability efforts in N.W. Ohio. Be on the lookout for more information on this hybrid event. We'd love to have you celebrate with us all the good that is being done locally for our Sister Mother Earth.

**S.A.V.E. Award Night**

**6:30 PM, May 9, 2023**

**Franciscan Center**

## Membership Renewals

S.A.V.E.'s new fiscal year began Sept. 1, and this is when we request membership dues. Thanks to all who have renewed! For those who have not, **there is still time to send in your renewal**. These dues support S.A.V.E.'s free lecture series and environmental programs and scholarships. Thank you for your support!

**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 12 or [submit your application online today!](#)

## Board Members Meet & Greet

During November and December, the S.A.V.E. Board spent afternoons and evenings on ZOOM interviewing men and women for possible Board positions.

Candidates spent time discerning their interest, availability, willingness to serve one or two years, sharing strong and weak points and identifying how they could benefit the organization and themselves. We are proud to introduce you to four new Board members: Susan Perzynski, Sr. Paula Blevins OSF, Cody Murnen and Linda Fadden.

On Wednesday, January 18, 2023, the present Board invited the new members for a Meet & Greet Evening with food and fellowship before we began deliberations for our February Board Meeting.

The Strategic Plan continues to evolve. Please welcome our new Board members!

## Welcome to Our New Members!

**Sister Paula Blevins, OSF**

**Linda Fadden**

**Cody Murnen**

**Susan Perzynski**

## Kudos to Gateway Middle School

The Toledo Zoo nominated Gateway Middle School's prairie for the National Wildlife Federation's designation as a Certified Wildlife Habitat. This is awarded to gardens that qualify and have native plants, conserve water and do not rely on pesticides, making them safe for animals. Mike Dick, SAVE Awardee(2017), and a science teacher at Gateway is assisting schools in the area to develop native prairies.

Congratulations to Mike Dick and Gateway Middle School!



## School Uniforms May Contain PFAS

Researchers from University of Toronto, Indiana University and the University of Notre Dame discovered that PFAS called "forever chemicals" have been found in school uniforms labeled water repellent, stainproof, windproof, and wrinkle or stain resistant. PFAS are called "forever chemicals" because they take a long time to breakdown in the environment and build-up has been linked to serious health risks such as cancer and infertility in adults and developmental delays in children. School uniforms pose a greater threat as they are worn for eight hours daily and are directly in contact with skin. These same chemicals as reported in an earlier edition of **SAVE Notes** are, also, found in rain gear, non-stick cookware and outdoor furniture to name a few places. Read the full story on [NCRonline.org/node/216716](https://www.ncronline.org/node/216716).





# Gifts

*In Memory of...* Kathryn "Kitty" Donahue

Donated by Nancy Simon

*In Tribute to ...* Sister Rosine Sobczak

Donated by Sister Carol Gregory SND

*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.

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 \_\_\_\_\_

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## January S.A.V.E. Lecture Sobering but Exhilarating



Maureen Wild, a Sister of Charity, resides on Gabriola Island off the coast of Vancouver Island, BC. among the Salish indigenous people. Her January 17th presentation *Sacred Pathways for Earth Healing: From Cosmic Grace and Guidance to Personal and Community Choices* was divided into three parts.

In part one, she shared images of the many natural disasters hitting our planet, all sobering situations that we've seen take place across the globe. She showed us what the people of Gabriola Island have done over the past 20 years, including farmland, CSA's, festivals, activities for all ages, biofuels, electric and hybrid cars, solar cells, cheesemaking, transit services, sustainable gardens, 900 heating pumps made and sold and so much more – all of this achieved with just 50 people moving their area ahead. In 2006, Naomi Klein, author of *This Changes Everything*, presented many ideas on climate change which they took to heart. Pope Francis called her to Rome to help him better understand

climate change.

She next led us to the work of Father Thomas Berry, who for years spoke of leading humans into an Ecozoic Era, a time for healing the planet and the human, who as a species must work for peace and justice. Humans are the only species to see what we are doing to the planet and can do something about it. Thomas says that humans need good food, art, reinvigorating nature to help Earth and keep it healthy. We need to say YES to what assists in the regeneration of nature and NO to what poisons the planet and prohibits regeneration.

In Part Three she shared what her community, the Sisters of Charity, have done in the last 15-20 years for the environment. By divesting themselves of a Motherhouse, funds were able to link them with three other groups to work for potable water in El Salvador. They provided funds for latrines, pipes and other hygiene items. Water that previously came from a polluted stream has been replaced with fresh water. These Sisters will continue their passionate commitment to providing fresh water and combatting human trafficking until they can do no more. (Please see the recorded lecture on S.A.V.E.'s You Tube for further information.)

“Religion and science are the two wings  
upon which man's intelligence can soar into the heights,  
with which the human soul can progress.”  
— Baha'i holy writings

## March Save Lecture: Embracing the Challenge of Sustainability:

The March lecture was presented via a Zoom session by Dr. Justin Mog, PhD, Assistant to the Provost for Sustainability Initiatives, University of Louisville, Kentucky. Dr. Mog earned his environmental studies degree from Oberlin College in Ohio and his PhD from the University of Wisconsin.



Dr. Mog sees sustainability, not as a great burden, but as a thrilling chance to finally get it right and to reorient our attention toward thriving balance. He views our current situation as a “No Compromise” situation. It requires us to eliminate waste and pollution and to tap available resources. Our goal should be 0% waste – but we are a long way from attaining that. As an example, we need to find a different way of thinking about the desire for a perfect fertilized lawn.

He cited major climate disruptions as evidence of the need for reform: Cyclone Freddie, lasting 35 days, was the earth’s most energetic storm. Hurricane Ian also caused major disasters.

He stated that since 1970, we have been living far beyond our means as a species – over-fishing, shrinking forests, and rapidly increasing carbon emissions. He emphasized we have no time to lose.

Dr. Mog walks the walk and talks the talk. He pulled a clothespin from his pocket stating he uses no electric dryer for laundry, powers his entire home with solar power and drives a bike 100% and has never owned an automobile. He suggests we all learn to forage for wild food such as nuts and berries, carpool, use mass transit and choose trains over planes when possible.

Dr. Mog discussed the travesty of bottled water. We consume 8.6 billion gallons of bottled water annually, 0% must adhere to any government standards for clean water while the plastic waste pollutes the environment. With respect to automobiles, in his view, they contribute to sedentary lifestyles and traffic fatalities. EV vehicles are not the answer either, he stated, because they still rely to some degree on mining and burning coal (more carbon emissions).

Hidden costs to our current state of over-consumption lie in human slavery, and he suggested visiting [Slaveryfootprint.org](http://Slaveryfootprint.org) to find out which products are produced using slavery.

It was an extremely informative presentation and he responded to many questions from the interested audience.



# S.A.V.E. Membership Application

**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)
- Sustaining Member \*\*      \$200.00

\* All members will receive the quarterly newsletter.

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

- Membership       Newsletter       Board Member
- 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

**May 1, 2023**

S.A.V.E. Environmental Leadership  
Scholarship Winners Announced

**May 9, 2023**

S.A.V.E. 31<sup>st</sup>. Annual Awards Night  
(hybrid event)

6:00 p.m. Reception

6:30 p.m. Presentation of the  
Awards

### S.A.V.E. Lecture Dates 2023-2024

September 12, 2023

November 14, 2023

January 16, 2024

March 12, 2024

April 9, 2024

*Follow S.A.V.E. on Facebook or*

*Find events at [www.sciencealliancesave.org](http://www.sciencealliancesave.org).*

## Did you know?



Lion roars are the loudest of any other big cat. Their roars can reach 114 decibels (the same loudness as a chainsaw) and can be heard from as far as five miles away. This is because lions have a [square and flat-shaped voice box](#), whereas other big cats in the pack have a triangle-shaped voice box. Translation: better airflow means a louder roar with less effort!

