



S.A.V.E. NOTES

News from the Science Alliance for Valuing the Environment

VOLUME 33, ISSUE 2

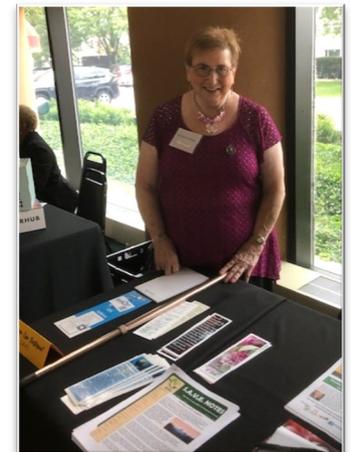
OCTOBER 2022

INSIDE THIS ISSUE:

Multifaith Tea	2
S.A.V.E. Swag	2
Financial Update	2
Food Safety	3
Nature's Nursery	4
Animals Adapt	4
Green Burials	5
Streaming Content	6
Scholarship	7
New Members	7
Honey & Syrup	7
Peace Walk	7
Forest Bathing	8
Sustainable Thanksgiving	8
Gifts & Memorials	9
November Lecture	10
Lecture Series	11
Member Application	12
Corporate Sponsors	13
Calendar	14

Seeing with the Eyes of Our Hearts

On Saturday, September 29, 2022, S.A.V.E. was invited to exhibit at the 'SHINE, Women's Summit' held at the Valentine Theater in Toledo. Nearly 300 women were in attendance with social networking in abundance. We heard guest speaker **Dr. Mona Hanna-Attisha**, a pediatrician who practices medicine in Flint, Michigan. Dr. Hanna-Attisha noticed an uptick in sickness in her patients, but the cause wasn't evident. Her heart led her to work with a group of researchers, doctors, and parents to identify the trigger, which as we now know was caused by lead-lined pipes contaminating their drinking water. It was a difficult battle convincing others that something was wrong. Her book, *What the Eyes Don't See*, details their struggle to confront companies and city officials to admit there was a problem and work together to solve it. Her heart moved her to become an activist, and her book is worth the read.



There are others who saw with "the eyes of their heart." Famously, **Erin Brockovich**, an unemployed single mother who became a legal assistant and almost single-handedly brought down a California power company accused of polluting a city's water because her children were ill. **Lois Gibbs**, from Niagara Falls, NY, was a housewife who noticed that her young son's elementary school had many children sick with leukemia. She later discovered the school was built on a toxic waste dump. Her entire neighborhood, the now famous Love Canal, was built on this dump. Her activism caused 833 families, a large school and two churches to move, but with much opposition. Her book, *Love Canal, My Story* is another good read.

These women saw with the "eyes of their hearts" and were called to make an environmental difference. Might this be a way for the Creator to alert us of an important message in our time to which we are being called? If we take time for mindfulness, a time to listen and see with the "eyes of the heart," maybe our poor Earth would feel the positive effects coming from us humans.

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



Multifaith Tea & Fundraiser

A Multifaith Tea was held on Saturday, September 17, 2022, at Corpus Christi University Parish, with Sister Rosine representing S.A.V.E. at the hospitality table. Sister was delighted to meet and greet nearly 50 attendees from a diverse multifaith crowd. Tea was served piping hot in dainty cups and charming tea pots. Networking is important after the COVID pandemic and there was much networking going on at this event!

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 Sandys

Board Affiliates

S.A.V.E. Members

Co-Founders

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

Support S.A.V.E.—Stylishly

What does the best-dressed dog wear? A S.A.V.E. bandana!

S.A.V.E. has doggie bandanas for sale as part of our fundraising efforts. Four different styles are available: a red Love That Dog scarf with hearts and bones, a blue Love Those Bones scarf with paw prints and bones, a blue Cosmic Walk Scarf with gold stars, and a black scarf with adorable tiny white paw prints. The painted scarves are sized for a small to medium sized dogs and sell for \$7.50 each. **To purchase, please contact Sister Sharon at 419-517-7488 or save@lourdes.edu.**



Financial Report for the End of Fiscal Year 2022

While we have seen an increase in dues renewals last month, some member dues payments are still past due. IF YOU HAVE NOT YET SUBMITTED YOUR ANNUAL DUES, please do so as soon as possible. These late payments cause us to send out a postcard notice causing additional expense. Expenses went toward scholarships, the newsletter, postage to mail it, a lecture fee and the annual award ceremony. Activity is tracking well in all areas to budget at this time.

We have received 75% of our budgeted corporate memberships and 67% of our individual memberships at this time by the end of August, which is the end of our fiscal year.

Food Safety

Industrial processes, packaging and certain additives all contribute toxic chemicals to our food as reported by the EDF (Environmental Defense Fund) Spring 2022, Solutions newsletter.

Some ways to keep you safe by reducing exposure to these chemicals are:

Diversify your Diet. Some heavy metals are found in air, water and soil. These can eventually land in our foods. Rice absorbs these metals and could cause learning behavior and attention disorders. It is best to eat other grains like oats, wheat, barley and vegetables. Substituting brown rice for white rice is exposing yourself to a greater proportion of arsenic since the bran in brown rice stores it more than white rice.

Wash and peel. No matter if food is grown in your yard or is purchased as organic, root vegetables should always be peeled to remove heavy metals from the soil.

Ditch the Dyes. Eat foods with natural dyes from fruits and vegetables. Artificial dyes, although they “look nice,” may have naphthalene, a chemical derived from petroleum.

Detox your Leftovers. Chemicals used to make plastics contain harmful chemicals that can leach into the food stored. Hard plastics can over time damage the liver, lungs and reproductive systems while others can lead to immunity problems.

Go slow with the fast food. Hamburgers and chicken burritos studied contained the highest amount of the more dangerous chemicals.

Adapted from EDF *Solutions* by Tom Clymes

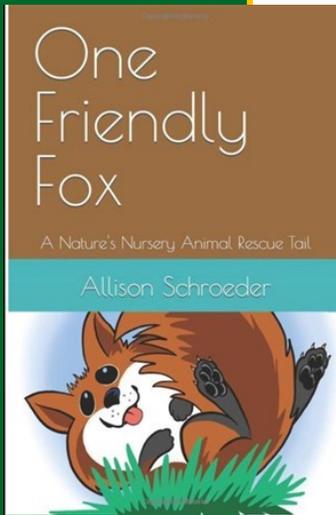


**Whales and redwoods both make us feel small
And I think that's an important experience
For humans to have at the hands of nature.
We need to recognize that we are not
the stars of the show.**

**We're just another pretty face,
Just one more species among millions more.**

Roger Payne

Nature's Nursery Children's Books



It isn't too early to be thinking about Christmas and gift giving. Do you need something unique and meaningful for children and grandchildren? Nature's Nursery has an idea for you!

Nature's Nursery is a Center for Wildlife Rehabilitation and Conservation Education and is a 501(c)(3) non-profit organization located in Whitehouse, OH for over 33 years. Allison Schroeder, the Executive Director, has written two children's books about two special animals. Her first book, *One Special Owl* (2020) features a baby barred owl that was rehabilitated and returned to its nest, while her second book, *One Friendly Fox* (2022), was written about Lenny, a fox that was unable to be released and remains an ambassador animal at the site for educating others while in captivity. These are charming children's stories that adults will love as well. Both are available on Amazon for \$20.00 each. A link can be found on Nature's Nursery website under "merchandise." All proceeds from these books go to Nature's Nursery to help care for animals, so you will be giving animals a Merrier Christmas, too!

Getting Ready for Winter—Animals Know How



Animals can do three things when the temperature drops- move to warmer areas, hibernate or tough it out. Some remarkable animal adaptations are:

- Polar bears have hollow white hairs that reflect body heat back to their black skin underneath.
- Moose shed their heavy antlers to conserve energy.
- Chickadee expand part of their brain by 30% to remember where they stored food.
- Arctic fox changes its summertime fur to white, like the snow, to absorb heat and protect it from invasion.
- Humpback whales will travel up to 1,000 miles to reach warmer water.
- Animals are Amazing!

Adapted from *Nature Conservancy Magazine*

Another Local Labyrinth

After reading previous S.A.V.E. Notes about labyrinths, Member Betty Dorcas reports that there is another labyrinth locals should check out in front of the Sylvania United Church of Christ on Erie St. "There are stones embedded in the ground that form a labyrinth. You have to get close to it to even grasp that it is there, but it's worth it!" she advises.

Environmental Trends
Rest in Peace and Peace to the Earth



The concept of a ‘green burial’ is a relatively new idea for some areas in the U.S. People are rethinking where they wish their final resting place to be and the impact it has on the Earth for generations to come. **Green burials** typically forgo caskets, cement vaults, special clothing, embalming fluid and any other costs connected to traditional funerals for biodegradable materials wrapping the person in cloth or wicker. Bodies are placed in the soil at a depth that optimizes decomposition and allows nutrients to return to the soil.

For those uncomfortable with the simplicity in this, there are other ‘greener’ alternatives to the traditional burial such as cremation or requesting a re-

duced embalming fluid. While this new way of thinking is catching on, the selection and traditions for each person should be honored.

Aside from being earth-friendly, there are other benefits to a green burial such as being significantly less expensive. The cost of burials today is exorbitant. The average funeral in the United States costs over \$7,000.

Environmentally, consider the following information found in the U.S. Statistics. For traditional funerals, as recorded by the Green Burial Council, annually these resources are used for traditional funerals:

Traditional burials include “more than four million gallons of embalming fluid, 1.6 million tons of concrete, 64,500 tons of steel and 20 million board-feet of hardwood.

Laws and family traditions vary in certain areas, and you must choose what is right for you when speaking to your funeral director.



Have anything that needs fixing?

Why throw it away?

Bring your small appliances, Jewelry, computers, clothing, bicycles and more to Repair Café Toledo. Follow them on Facebook to see which public library is hosting them each month. There is no fee for this, but donations are accepted!

Saturday, October 22

10:00 a.m.—2:00 p.m.

Reynolds Corners Branch Library

4833 Dorr St., Toledo, OH 43615

Saturday, November, 19

10 a.m.—2:00 p.m.

Kent Branch Library

3101 Collingwood, Toledo, OH 43610

Science Alliance for Valuing the Environment - SAVE



VISIT OUR NEW
WEBSITE AT
sciencealliancesave.org

S.A.V.E. Time to Check Us Out on

It appears the Great Pandemic of 2020 to 2022 has caused many changes in people's lives as well as their industry. Science Alliance S.A.V.E is no exception to this transformation. S.A.V.E. Board Members had decided to enter the area of streaming video presentations based upon one goal associated with their organization's Strategic Plan – **Create new and innovative programming aligned with the Science Alliance-SAVE mission and vision statements.** Starting with our December 2020 S.A.V.E. Lecture featuring Michael Metzger and his presentation on "Appreciative Inquiry & the Rights of Nature Movement in Toledo & the World Over," S.A.V.E. has been providing our lectures and awards banquets in a virtual setting. Twelve S.A.V.E. presentations are currently available to watch using any Internet-connected Smartphone, Tablet, or personal computer (search **Science Alliance SAVE YouTube**).

This past summer and in planning for the future post-pandemic world, S.A.V.E. Board Members were busy planning continued use of this new virtual program format. Our most recent lecture featured Tom Wertman and his presentation on "Current Government Research into UFO's," and utilized a hybrid-formatted presentation – a live Face-to-Face presentation that included live-streaming to a virtual audience. S.A.V.E. Board Members envision a greater virtual audience attending S.A.V.E. events especially as winter approaches.

Taking advantage of the generosity of Lourdes University, S.A.V.E. uses their physical facilities to manage the in-person event and uses their Professional ZOOM video-conference technology for the virtual session. ZOOM allows the recording and saving of recorded sessions to individual personal computers. The utilization of a video-editing software (Camtasia) allows the initial presentation video recording to be edited, making it suitable for public viewing. Having established an account with YouTube, S.A.V.E. can now present to an international audience through the World-Wide Web.



**Forget not that the earth delights
To feel your bare feet and the wind
Longs to play with your hair.**

Khail Gibran

COLLEGE SCHOLARSHIPS

S.A.V.E. announces a new initiative beginning this year (2023). Two high school seniors from NW Ohio and Southeast Michigan will receive a \$500 scholarship to assist with their college/university tuition, books, fees and or any other aspect of their education for their freshman year. An Application Form, 500-word essay, a recommendation letter from an administrator or teacher and proof of college/university enrollment is required. Anyone may apply regardless of the college/university they are planning to attend. You do not have to be a S.A.V.E. member to apply. See the S.A.V.E. website for details. www.sciencealliancesave.org). **Applications accepted beginning February 3, Deadline for submission is April 14, 2023.**

Honey & Maple Syrup

Spruce up your holidays with local products!

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 (\$10.89) and maple syrup (\$9.68) produced by our community partner, Nature’s Health Food. Call the store directly at 419-824-3749 for current hours.



U.N. International Day of Peace

SAVE was a co-sponsor of the Peace Walk that took place at the Lucas County Courthouse on Wednesday, September 21, 2022. Sister Sharon Havelak joined a broad coalition of area activists, local neighborhood groups, government officials and concerned, committed citizens gathered to share their hopes for justice and equality for all in our area and in our world. May our Sister Mother Earth – and all who depend on her – find healing and live in peace!

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!

Welcome to Our New Members!

Amy Dixon

Joan Ebbitt

Sr. Mary Peter Kaminski, OSF

Karen Monroe

Tony and Susan Perzynski

Sr. Jordan Schaefer, OSF- Senior

Sr. Nancy Ann Surma OSF

Martha Wheeler

Membership Levels

\$10 Student/Senior

\$20 Individual

\$30 Family

\$100 Corporate

\$200 Sustaining Member

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!](#)

Forest Bathing: Ancient Ideas Become Modern



Trees and forests have long held a special place in people's hearts. In the 1980's, doctors in Japan began seeing more depression, anxiety and other health problems due to increasing demands at work, home and life in general. In response, some began a healing practice known as *shinrin-yoku*, meaning "taking in the forest air" or, forest bathing. This practice has been used around the world and has recently found a following here in the States. It's not just the beauty of the forest that helps. Science tells us that forests release chemicals called **phytoncides**, which are essential oils released by trees. These, along with the sensory and visual effects of trees, work together to provide a healing atmosphere. This is another important reason to protect our forests.

Source: *Smithsonian*, September, 2022.

10 Thankfully Sustainable Tips

Make your Thanksgiving celebration a little more mindful of the Earth with these simple tips:

1. Use reusable serving ware.
2. Purchase local and organic foods when possible.
3. Eat with pleasure, slowly and gratefully.
4. Fill the table with plenty of plant-based dishes.
5. Get outside, take a walk and enjoy the fresh air.
6. Overbought? Take the rest to your local food pantry.
7. Remind guests to bring reusable to-go containers to take home leftovers.
8. Carpool to your dinner destination.
9. Avoid over-consumption—both at Thursday's dinner and during Black Friday Sales.
10. Assign a compost collector to properly scrap compostable food.



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



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 _____



2022-2023 FREE Public Lecture Series

NO REGISTRATION REQUIRED • IN-PERSON AND ZOOM

PATHS TO A SUSTAINABLE FUTURE

Learn How to Use Your Voice, Your Vote

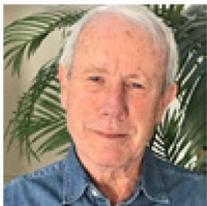


UN Sustainability Goal #13: **CLIMATE ACTION**

Tuesday, November 15, 2022 • 7:30 - 9:00 PM

Franciscan Center Conference Room A and B

Julie Shapiro completed the Climate Reality Training Program, preparing her to educate others on climate change and mitigation strategies. She is a member of Citizen's Climate Lobby (CCL), a National Advocacy group working to pass legislation to reduce carbon emissions. Stephen



Roberts, PhD is a member of the Climate Reality Project, NW Ohio Chapter. And the Citizens' Climate Lobby, Perrysburg Chapter educating the public and lobbying politicians concerning the Energy Innovation & Carbon Dividend Act.



The Climate Reality Project®

**Julie Shapiro, MSPH
and
Stephen M. Roberts,
Ph.D.**
*Climate Reality Project,
NW Ohio Chapter*

<https://lourdes.zoom.us/j/4084419807?pwd=YnByMHZYT25HSIRxL2U0K3RjdXJsUT09>

Meeting ID: 408 441 9807 Passcode: 796896

SPONSORED BY:



LIKE US ON FACEBOOK
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.

2022-2023

FREE Public Lecture Series

In-person lectures held in the Franciscan Center on the Lourdes University campus at 6832 Convent Blvd., Sylvania, OH 43560

September 13, 2022 7:30 P.M. – 9:00 P.M. **(Tuesday) In-person & ZOOM**
 “CURRENT Government Research into UFO's – Military Encounters Indicate Potential Effects on Crew”

By: Thomas Wertman, Ohio Director of Mutual UFO Network

➤ UN Sustainability Goal #3 Good Health and Well Being

November 15, 2022 7:30 P.M. – 9:00 P.M. **(Tuesday) In-person & ZOOM**
 “Paths to a Sustainable Future – Learn How to Use your Voice, Your Vote”

By: Julie Shapiro, MSPH and Stephen M. Roberts, Ph.D.

Climate Reality Project, NW Ohio Chapter

➤ UN Sustainability Goal #13 - Climate Action

January 17, 2023 7:30 P.M. – 9:00 P.M. **(Tuesday) ZOOM Lecture Only**
 “Sacred Pathways to Earth Healing: from Cosmic Grace and Guidance to Personal and Community Choices”

By: Maureen A. Wild, SC, M.Ed.

Sisters of Charity (Halifax) Coordinator of Pax Gaia Educational and Retreat Initiatives.

➤ UN Sustainability Goal #6 – Clean Water and Sanitation

March 14, 2023 7:30 P.M. – 9:00 P.M. **(Tuesday) ZOOM Lecture only.**
 “Embracing the Challenge of Sustainability: Reshaping Minds and Investing in our Common Future”

By: Dr. Justin Mog, Ph.D.

Assistant to the Provost for Sustainability Initiatives, University of Louisville, Kentucky.

➤ UN Sustainability Goal #13 Climate Action; #3 Good Health and Well Being, #11 Sustainable Cities and Communities.

April 11, 2023 7:30 P.M. – 9:00 P.M. **(Tuesday) ZOOM Lecture only.**
 “Hope in Transapocalyptic Times: Turbulence, Change and Survival in the 21st Century”

By: Herman Green, JD, MTh, MDiv, DMin, MA

Center for Ecozoic Studies in Chapel Hill, NC.

➤ UN Sustainability Goal #10 – Reduced Inequalities and #11 Sustainable Cities and Communities.

The S.A.V.E. Lecture Series for 2022-2023 will be held both at the Franciscan Center in person and/or on ZOOM plus on ZOOM from the comfort of your home. In case of inclement weather, attendees have a choice to hear stupendous lectures either way.

S.A.V.E. 2022-2023 LECTURE SERIES



S.A.V.E. Membership Application

2022-2023

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)
- 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 or 419-824-3691.



Style and service for every budget.®



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

Nov. 15, 2022

S.A.V.E. Lecture

*Paths to a Sustainable Future – Learn How to
Use your Voice, Your Vote*
Julie Shapiro, MSPH and
Stephen M. Roberts, Ph.D.
Climate Reality Project, NW Ohio

**Follow S.A.V.E. on Facebook or
access S.A.V.E.'s [Google
Calendar](#) under the Events tab of
www.sciencealliancesave.org for an
up-to-date events listing.**

Did you know?



Dead trees and logs known as “snags” are vital for wildlife.

In both urban and rural settings, snags are habitats for over 1,000 species of birds, small mammals, insects, reptiles and amphibians. Trees of all sizes are potential snags, but the larger the better. If the tree poses no threat to person or property, consider leaving it for nature. Dead decaying logs can replenish the soil with added nutrients and create suitable habitats for salamanders, snakes and chipmunks.

