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**July 18. 2023**

**Facebook:** [**https://www.facebook.com/groups/101542159983749**](about:blank)

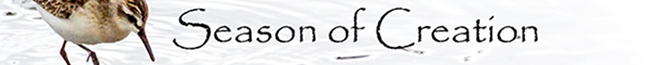
**Website:** [**https://www.nspeidiocese.ca/ministries/diocesan-environment-network**](about:blank)

##### **Email:** [**endionspei@gmail.com**](about:blank)

**Our Mission:** “To strive to safeguard the integrity of creation and sustain and renew the life of the earth”.



DEN offers you the opportunity to pray with others for Creation. Join us Monday Evenings at 7 pm on zoom. Please email us for the link. [**endionspei@gmail.com**](about:blank)



**Season of Creation 2023 has been launched:** [https://seasonofcreation.org/2023/03/03/we-are-launching-season-of-creation-2023-let-justice-and-peace-flow/](about:blank)

**Celebration Guide** [**https://drive.google.com/file/d/145WzDi32U8YdlyY9Peo1bn-aLqyi4cl6/view**](about:blank)



**AFC issues $100,000 Green-Themed Request for Proposals (RFP)** The Anglican Foundation of Canada (AFC) is inviting all Canadian Anglicans to put on their green-coloured glasses and ready their submissions for the 2023 Request for Proposals (RFP) under the theme: Viriditas—God’s Greening Power. [https://www.anglicanfoundation.org/2023-rfp-goes-green/](about:blank)

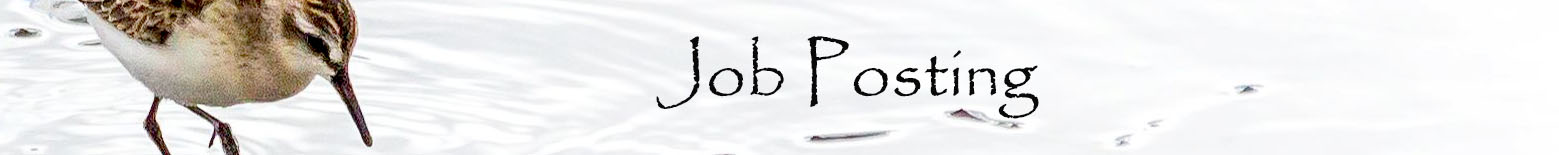


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| **Extended deadline to apply: Monday, July 24!** |
| We are thrilled to once again offer small grants to help establish a national network of Healing Forests. **Healing Forests are green spaces honouring residential school victims, survivors and their families. They also promote rewilding and connection to nature.**  [https://davidsuzuki.org/take-action/act-locally/healing-forests/?utm\_source=mkto-first-englishBroadcast-banner-header&utm\_medium=email&utm\_campaign=nature-healingForestsKicker-en-16jul2023&mkt\_tok=MTg4LVZEVS0zNjAAAAGM\_eCd3oSjrMGQgb9L4EOIWw5wnxmLEI5s2iL94qJz8O7ek9x\_akr8FsFC9jddxplAAT1sCnOQzr1J3p73cZwwu-V32RODs9ePOHbALXvo9kPjHw](about:blank) |

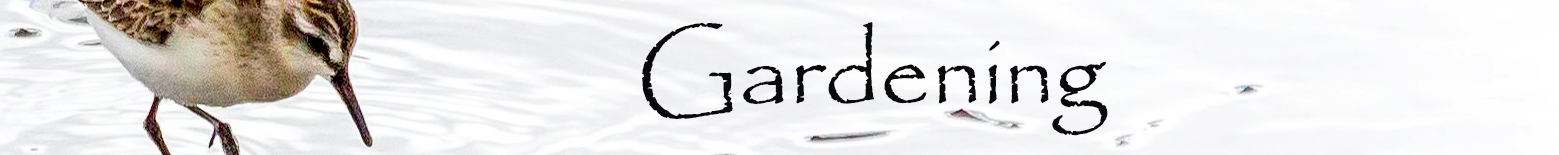


New training opportunities have been announced by the Nova Scotia Environmental Network in connection with Holland College. Please see more info here:

[https://api.neonemails.com/emails/content/fe7KrCR9xVIfNz3uWnYwgky1YFoGDq5n1uk\_\_I0VzZc](about:blank)=

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**The Laudato Si Movement**  Board of Directors has decided to extend the search process for the new Executive Director of Laudato Si’ Movement until September 8.[**https://www.mail.laudatosimovement.org/view.html?x=a62e&m=WY&mc=s&s=Rg7&u=z&z=Bnl5vzR&pt=view**](about:blank)

Kudos to Holy Trinity Emmanuel in Dartmouth NS for their new vegetable gardens. Photo credit to Lynn Orton.



**What has your church planted this year? Please send us pics so we may share your**

**Good News Greening Projects**

**With thanks to our Advocacy Editors Eva Evans and Jesse Hamilton**[**Environmental Defence Canada**](about:blank)

PFAS are also known as “forever chemicals”, and they are found in everything from our drinking water, cookware, to cosmetics. This ongoing exposure means these chemicals accumulate in our bodies and in the environment. Health Canada’s recent State of the Science report confirms this is a significant health risk and includes higher rates of kidney disease and cancer. The federal government is considering an approach to restricting PFAS, but many sources of exposure are left out of the proposed regulations. This petition is a chance to advocate for more; for a ban on PFAS as a class of chemicals, investment in tools to remove PFAS from drinking water, and accountability to ensure polluters contribute to cleanup efforts. We can demand regulations that protect us from all sources of PFAS exposure.

[**Uganda: Stop criminalizing pipeline protesters! - Rainforest Rescue (rainforest-rescue.org)**](about:blank)

Authorities in Uganda are cracking down on critics of fossil fuel projects. This includes brave university students who have been arrested for protesting against the EACOP pipeline. This pipeline project will result in 379m tonnes of climate-heating pollution and will be hosted by Uganda and Tanzania, causing more than 25 times the combined annual emissions of these countries. People have a right to protest and this petition is simple, it’s calling for the charges against the students to be dropped and to refrain from intimidating critics of the EACOP and other oil projects.

[**Tell Steven Guilbeault to ban harmful insecticides and herbicides to save the bees (greenpeace.ca)**](about:blank)

1/3 of the food we eat globally requires bees and other insects for pollination. Scientists estimate the population of bumblebees has dropped by 99 percent in the past 30 years. They are facing imminent extinction and this can contribute to cascading impacts throughout the entire ecosystem. There are many things we can do to help though, including adding your voice to this petition. It’s asking our Minister of Environment and Climate Change to protect bees' health by banning harmful insecticides and herbicides. Right now, there is no comprehensive legislation in Canada to protect these critical catalysts that underpin our entire food chain. Let’s ask Steven Guilbeault to change that!

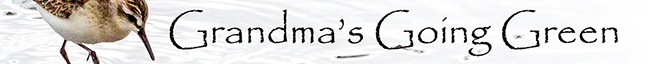
[**Cambodia: Save Koh Kong Island! - Rainforest Rescue (rainforest-rescue.org)**](about:blank)

We know there are fewer and fewer places in our world left untouched by humans. Cambodia’s largest island is one of these unspoiled places with rich biodiversity on land and underwater. The tropical lowland rainforests, freshwater lagoons, white beaches, and mangroves of Koh Kong Island host a wide range of life and history. The government wants to “develop” this area by turning it into luxury resorts, amusement parks, sugar and rubber plantations, and other businesses. Help save Koh Kong Island by adding your name asking to classify the whole island and surrounding sea waters as a National Park that is off limits to any form of destructive development.

[**GreenPeace Africa Petition on Logging in Kenya**](about:blank)

Greenpeace Africa has asked for our help. "Despite more than 10 000 people urging the Kenyan government to keep the six-year-old logging ban in place, President William Ruto has lifted it. By lifting this ban, President Ruto has prioritised profit over people and nature as the decision allows sawmillers to harvest mature trees from both public and community forests, which could result in devastating consequences to our environment in this crucial time of the climate crisis. This petition urges President Ruto to immediately reinstate the ban on logging in all the community and public forests and explore sustainable alternatives like bamboo to supplement the wood and timber needs of the country." Note the Law Society of Kenya agrees, saying: *"This reckless action completely disregards the crucial role that forests play in mitigating climate change, preserving biodiversity, and safeguarding vital ecosystems."*

**DON’T SPRAY NOVA SCOTIA FORESTS is a rapidly expanding group of individuals who oppose the aerial spray of glyphosate in our local forests. There is convincing evidence that glyphosate and other ingredients in its various herbicide formulations, are highly toxic agents that are deadly to many organisms, harmful to ecosystems and threaten the biodiversity in our forests.  We are convinced that, with the support of Nova Scotian Environmental Non Government Organizations such as DEN, we can encourage Municipal Councils to put pressure on the Houston government to finally put an end to this seriously harmful practice. The attached letter outlines our position and we hope that you will sign on behalf of your group. TIME IS OF THE ESSENCE AND A PROMPT RESPONSE WOULD BE IMMENSELY APPRECIATED.   We hope to send this to Minister Halman by August 1. 2023**



**Hugelkultur Gardens**

Welcome back! Having the week off sure helped me. I caught a bug and didn’t have much energy. A week of rain made me rest. Nothing like a slow down and refresh to bring you back stronger.

Grandma became a bit of a binge TV watcher finding this new show on the Discovery chanel titled Homestead Rescue. These people do amazing entertaining things that help other people out. Now and then you see something you could use in your own yard.

One thing was a way to deter deer. Have strips of cloth and a bottle of Javex. Lay or tie the strips of cloth around your garden, especially on fences, and soak them with Javex every couple days. There may be hope for my rhododendron.

Another idea was Hugelkultur gardens. Hugelkultur is a method where you lay down big pieces of wood, branches, leaves, compost and soil. There are many ways to make these gardens. I chose the method where an already constructed box garden is used for my base.

I have one garden box that is built over the rock pile of a former wood shed. Each year my pitching arm gets stronger as I dig up and throw rocks. A Hugelkultur garden would just use those rocks for a base.

Why bother with these types of gardening?

Yes it is a bit of work the first year. You may have to add an inch or two of soil every year after but besides that, this is a no till, little prep work garden from the second year on.

The logs and tree branches, leaves, straw, manure that you put in the base slowly decays and sends out a slow-release natural fertilizer.

It uses up pruned materials in your yard

It is drought resistance. Once watered with a rain or a hose it stays wet for weeks.

This rounded mound can be made as high as you want to work comfortably.

It is suggested that you start one year to prep for a garden the next year. Then as you prune you fill up the base area. If you are lucky to be able to get straw, spread that over the branches to help fill in spots before the compost and soil.

Do not put walnut or cedar branches in it but besides that, most shrubs or bushes can work. One article warned that if for example you trim a rose bush and had added that to the base, roses may come up through the mass if not thick enough.

This will be my project this summer. I will send pictures as it progresses.

Drought resistant, Slow Fertilizer Releasing Garden. Yep, I could do with one of those. See what we can do.

The garden has progressed to where I can start to bring the topsoil in. This is the first layer and the branches.

A pile of wood in a box

Description automatically generatedA tree next to a fence

Description automatically generated

**Half Moon Garden Update.**

A picture containing outdoor, grass, groundcover, plant

Description automatically generated

We all have an opinion on the rain that has come our way. If nothing else, it showed me that the half moon concept WORKS.

On June 19th I transplanted zucchini on the sides and planted potatoes from seed at the top of the horseshoe shape. Look at the first box at the top of the picture. They went in May 25th. Not much difference in size of the plants.

This picture does show how during the rains a three-sided gardens allows water to pool and slowly soak in the soil. Will send more pics as it progresses, and you can actually see the weeds from the garden.

**Bottle Cap Mobile**

A few weeks back I promised to show a picture when I made my bottle cap mobile. Put together with plastic bottle caps (since we can’t recycle them any longer) pieces of the last of my plastic straws and wooden beads of many colours. They were fun to make. The circular top was the outer rim of my old splatter screen covered in strips of a plastic bag saved since we stopped using plastic grocery bags. I hope it helps deter deer, however we have discovered at 10 AM this morning that a 21-pound Boston Terrier named Jazz was fast on the tail of a deer that dared to come in the yard. I think I should consider agility classes. She got extra treats for that one.



**I saw a little notice**

On a cup wrap from Tim Hortons I read “We are eliminating double cupping in Canada to save 200 million cups a year.” The wrap is about one third the size of a regular cup and is made from cardboard without the plastic coating.

I wonder if the 200 million takes into account the cardboard needed for the wrap.

Either way it is a good start. Credit where it is due.

**Cake Mix Bars**

One day Grandma walked into her grocer and there was a big display of yellow cake mixes on sale at an extremely low price. Another lady was looking at them. She turned to me and said, “Oh these are plant base mixes. No, I want the real thing”. As she walked off I wondered what else beside “plant based” ingredients would be in baking? I am using the last of the six I got that day. After the recipe for cake mix bars, I have included my homemade cake mix. When the family was small and something sweet was needed each night, I would spend a day making mixes that I could grab, add some oil, egg and milk and throw in the oven while making supper. Have fun!

**Cake Mix Squares**

1 Yellow Cake Mix

1 egg

½ cup milk

½ cup canola oil

1 cup white baking chips (lemon, white chocolate)

They suggest ½ cup of sprinkles (optional)

Oven at 350

Make a well in the flour mixture from the mix. Add wet and stir.

Grease a 10 x 13 (15) inch pan and spread the dough. It will look as if it is not enough. It rises.

**Grandma’s DIY Cake Mix**

Dry Mixture

10 cups flour

5 cups sugar

5 tbsp baking powder

2.5 cups of shortening

1 cup powdered milk

Dash of salt if doesn’t interfere with medical

Mix in the shortening till the mixture looks like crumbles and put everything in an airtight jar. I used pickle jar size.

We added MILK as powder so you just add water which makes this easier when camping. Otherwise you can leave out the powdered milk and add fresh milk

**Make yourself a note**

2 cups of mix in a bowl and add

1 cup milk or water

2 eggs

1 tsp vanilla

(and then start adding any fun things you want)

Baking chips of any flavor

Instead of vanilla add another flavor

Coconut

Marshmallows (tiny ones, they make holes in the squares where they melt)

Nuts, etc.

Have fun baking!



Grandma inspired this editor to add another make-ahead mix that is so easy to always have on hand. This recipe came from a Gourmet Magazine years ago and has been a staple in the family recipe box. Sustainable living requires us to emulate the skills of earlier generations by reducing packaged foods and their carbon footprint and as a bonus, reducing unnecessary chemicals and additives in our diets.

**Basic Pancake Mix**

Makes about 7 cups mix – enough for 6 dozen pancakes.

7 ½ cups flour

¼ cup baking powder

1 tablespoon plus 1 teaspoon salt

2/3 cup sugar

Sift all ingredients together and store in airtight container at room temperature.

*To make a dozen pancakes:*

Whisk 1 egg in medium bowl. Whisk in 1 cup milk and 2 tablespoons melted butter. Add 1 ¼ cups pancake mix. Sir until just moistened.

Recipe also makes great waffles. Use two egg yolks in mixture. Fold in two beaten egg whites.

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*Oh how beautiful are your ways, O God, the works of your creation. Raise our consciousness to know and feel deeply in our hearts our connectedness to all that is.*

*Instill in us the gift of being co-creators and sustainers of life. Teach us new and unsuspected ways of living so that current and future generations can walk humbly in beauty, love all compassionately, and live justly in solidarity with all creation.*

*Loving and gracious God, give us the courage to seek this transformation of self and society and the strength to see it through. Amen*

School Sisters of Notre Dame Green Team

https://socialjusticeresourcecenter.org/prayers/environment/