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| **March 07, 2023**  **Email:** [**endionspei@gmail.com**](about:blank) **Website:** [**nspeidiocese.ca/den**](about:blank)  **Facebook:** [**Environment Network Diocese of NS & PEI**](about:blank)  **“To strive to safeguard the integrity of creation and sustain and renew the life of the earth”**. |
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Today we celebrate all women but especially those who champion the climate crisis in all ways, large and small. A special shout-out today to the women who make the DEN Enews a valuable source of information: Rev. Marian Lucas Jefferies (DEN Co-coordinator), Rev. Tori Byrne (DEN Co-coordinator), Nancy Blair (Climate Café), Eva Evans and Jesse Hamilton ( Advocacy Editors) and Claudia Zinck ( Grandma’s Going Green).

Whatever your passion, we would love to hear your story and highlight it here. Installed solar panels? Let us know. Made planting kits? Please tell us. Your input makes the Enews the inspiration we hope it can be for you and your parish.



“Let Justice and Peace Flow” is the theme chosen for [Season of Creation 2023](https://seasonofcreation.org/), the ecumenical celebration we hold each year from September 1, World Day of Prayer for the Care of Creation, to October 4th, the feast of St. Francis of Assisi. For more information: <https://seasonofcreation.org/> or contact the Dicoesan Environment Network at [endionspei@gmail.com](mailto:endionspei@gmail.com)



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| [https://secure.kairoscanada.org/sites/secure.kairoscanada.org/files/civicrm/persist/contribute/images/uploads/static/EarthWeekLogoEn_fd394478602ed7a85b2927070a616557.jpg](https://secure.kairoscanada.org/sites/all/modules/civicrm/extern/url.php?u=11058&qid=2615637) |
| |  | | --- | | **Let’s make hope visible across the country** | |  | | On Earth Day in 2020, KAIROS Canada, faith bodies and faith-based organizations in Canada came together to launch [**For the Love of Creation**](https://secure.kairoscanada.org/sites/all/modules/civicrm/extern/url.php?u=11059&qid=2615637). This national initiative is a unified banner to mobilize education, reflection, action and advocacy for climate justice. It is faith based and theologically grounded, centres Indigenous self-determination and youth empowerment.  Three years in, we invite all faith communities to be part of the movement and join with faith communities across the country in:  **Earth Week 2023 - Together for the Love of Creation**  **During the week of April 16 - 23, engage in a climate justice activity…praying, learning, acting.**  Coming together for the love of creation is a way to connect, grow, listen, inspire hope and affect change. Your activity could be visibly joining a community-wide event or creating something new. This is a chance to reach out to other faith communities and neighbours in your climate justice initiatives.  Mark Earth Week in a way that reflects and challenges your community. Some ideas to get you started…   * **Praying:** Include special prayers in your service. Hold a prayer service in creation. * **Learning:** Hold an open house to share the greening efforts on your property. Host a [Faithful Climate Conversation](https://secure.kairoscanada.org/sites/all/modules/civicrm/extern/url.php?u=11060&qid=2615637). Invite a speaker (e.g. a youth or Indigenous COP delegate, or a local Indigenous land or water protector) * **Acting:** Meet with elected officials about climate policy. Organize a collective carbon footprint audit. Participate in Indigenous-led land based activity   Activities will be posted on this [interactive map](https://secure.kairoscanada.org/sites/all/modules/civicrm/extern/url.php?u=11058&qid=2615637). Add yours today! | |



[**Support women defending land and environment - Oxfam International**](https://actions.oxfam.org/international/women-defenders/petition/en/)

Colombia is the second most dangerous country in the world for people who defend the land and the environment, being a woman or Indigenous adds to this danger. In the past decade, 322 known Colombian environmental activists have been murdered. 33 environmental activists were killed in 2021 alone, and there have been years where every 2 weeks a woman land defender was murdered. Most of these crimes go unpunished and this will continue unless we stand together. This petition is for the Colombian president, asking to implement preventive and protective measures for environmental and territorial defenders, and especially Indigenous, rural, and afro-Colombian women.

[**Take Action | Amnesty International Canada**](https://takeaction.amnesty.ca/page/77045/action/1?utm_term=online_actions_listing&utm_campaign=webpromo&_ga=2.30078271.1431085425.1677991514-488189064.1675550709)

In the past decade, the country of Honduras has been named at least once as the most dangerous country in the world for activists protecting forests and rivers. It’s now been seven years since the murder of renowned environmental activist and Indigenous rights defender Berta Cáceres. She had received death threats, because she was working to stop construction of a hydroelectric dam that local Indigenous communities opposed. She leaves behind family and an organization working to bring justice, hope, and change for the future. One of Berta’s favorite expressions was "They are afraid of us because we are not afraid of them”. Those responsible for Berta’s murder have yet to face justice, despite evidence and expert findings. There is a need for an independent and impartial investigation. This petition is asking for a transparent judicial process, with public access and journalists allowed. If you are looking for an International Women’s Day petition to sign, then add your name asking for Justice for Berta and for the protection of those who continue her work for human rights and the environment!

[**Demand bold, green investments in Canada’s budget! - (davidsuzuki.org)**](https://davidsuzuki.org/action/demand-bold-green-investments-in-canadas-budget/)

We have a chance to send a letter and be involved in Finance Canada’s Pre-Budget Consultations. It’s a chance to give a clear message saying 2023 must include bold investments in climate action and nature protection. This letter is asking that the environment and fighting climate change be our top priorities. This includes rapidly expanding clean electricity, permanent funding for ocean and land conservation, a permanent Municipal Climate Action Fund, and the development of a national environmental justice strategy. Let’s make sure Minister Chrystia Freeland receives overwhelming public support for strategic environmental investments in Budget 2023.

[**petition: A New European Law Will Keep the World's Forests From Being Demolished. The US Must Take Similar Action! (thepetitionsite.com)**](https://www.thepetitionsite.com/en-gb/takeaction/675/234/848/?z00m=33145613&redirectID=3292600265)

A new import law approved by the European Union will be a game changer for the environment. Under the rule, companies cannot sell beef, coffee, and other commodities if they were grown on recently-cleared forest land. It is an incredible victory for some of the world's most threatened forests! There are a few popular food products produced at the expense of the Earth's forests. Coffee is often produced on recently cleared forests, especially in the Congo Basin. The United States is the second-largest buyer of beef produced from Brazil, much of this comes directly from ranching on recently burned and bulldozed Amazon Rainforest land. This petition that anyone can sign is going to the US Congress, asking them to follow in the EU’s footsteps and pass the Forest Act!

[**Stop the cruel poisoning of wildlife | IFAW.org/uk - International Fund for Animal Welfare**](https://action.ifaw.org/page/82163/action/1?ms=KONDG220751131&cid=7013k000001CxNs)

 The Canadian government allows for deadly poisons to be used to kill wolves, bears and coyotes in the province of Alberta. These poisons, strychnine and Compound 1080, have no place in modern biodiversity conservation policy. The widespread and poorly regulated use of these indiscriminate poisons results in painful deaths, not only for these animals but endangered species, dogs, and other non-target animals. This petition is a message to the governments of Canada and Alberta, urging them to put an end to the cruel and unnecessary poisoning of wild animals.



**Ideas for Earth Day.**

We are in March now. This is the time to plan for that big day in April.

April 22nd is like Christmas Day to Grandma. It’s a day that we can celebrate any way we want, but the focus is living in companionship with our environment. It doesn’t have to be big but here are some ideas you could plan for that day.

Make a sandwich, trail mix, and maybe a thermos of tea so that whatever activity you are doing, you have food to feed your body as you help the environment.

Do bicycle maintenance and take a short run.

Maybe someone in your community could teach you how to sharpen knives, saws, scissors, pruners, etc.

Have a paint your garden tools day.

Have a “Make a Soup” day. Get a group together to make a Stone Soup and invite people in for lunch. (Remember the story of stone soup where a traveler asks if he could borrow a pot in a village. After washing and placing big stones and water in the pot he stirs it and enjoys the flavor. Someone asks what he is making, and he answers Stone Soup. “It is good but it is better if I had a carrot” They get a carrot and the next person potatoes and cabbage and there is enough soup for the whole village including the stranger.)

Have a workshop to make reusable bags

Have a free clothing swap. You bring some, you take some. Any leftovers go to a donation bin.

Plan a trail walk, if only up and down a road.

Adopt a piece of road and clean the litter out of ditches.

Better still claim a piece of shoreline and clean it.

Grandma will be in the back of the Blandford Community Centre between 10 and 12 working on the new community gardens.

An old garden bed will be refreshed to make a Bee and Butterfly sanctuary. Once we build it up with the compost ground donated by our Louisiana Pacific plant nearby, we will plant a variety of flower seeds donated by Rainbow Seeds in Roachville, NB. If you live nearby come pick a garden box to plant in this year. We received a grant from the Municipality to build one or two more waist-high gardens.

Sounds big but it can start with one little garden box and square-foot gardening.

**Square Foot Gardening**

My grandchildren enjoy their everything seed gardens. When I was little, I was given a few seeds to plant where I played under a tree while Mom worked the main garden. One year we received the surprise of a big pumpkin growing in the back of my play tree.

Most years, one of my garden boxes is a square foot garden, sort of a step up from an everything-seed garden. You take a garden box and divide it into squares that are about a foot square. You plant something different in each square. It involves planning but can be a lot of fun for the grandbabies while they decide what goes where. Even a round fabric garden could be divided into four sections.

I went searching for pictures and stories for you.

<https://squarefootgardening.org/>

<https://gardenerspath.com/how-to/design/guide-to-square-foot-gardening/>

<https://simplysmartgardening.com/square-foot-garden-spacing/>

**ICE BALLOONS**

This is a fun activity if you have a 2-day or overnight time with children. I am thinking of doing this in a cold spell in winter. You will need.

Food colouring

Water

Balloons

Some sort of box or bin to hold them in.

Drop 4 or 5 drops of food colouring inside a balloon.

Fill it with water and tie it off. Give them a gentle shake or roll them around to colour the water inside the balloon. Do a few without the food colouring.

Put them in a box on a cold day (or the freezer on a warm one). Every couple of hours feel the balloons as they start to freeze.

By supper, my grandbabies have had enough of the balloons and they are left to freeze solid. In a cold winter, I once saw a coloured snowball fence made with ice balloons.

Another science lesson can come the next day. This is why we leave a few balloons plain or uncoloured. I ask how fast can we melt ice. What makes it melt faster?

Hot Water? It makes a thicker ice cover and harder to melt.

Cold water? It will melt faster.

A hairdryer for hot air? Sure works

Look at the way the ice melts making little streams for the water to run off.

Now add a little salt. You can have them look up how many kinds of salt and maybe use the type from a table salt shaker or the rough salt used for pickling or even the salt used to get rid of ice on your doorstep.

It is just a fun activity. Oh and the coloured snowballs? We make snowmen for decorations outside. Now, how can we get three balls to sit on each other in cold weather? Hmmm… (Hint, hot water helps)

Another fun activity if you get enough snow is to make the original snowman with three balls of snow. Then take any saved spray bottles and make up coloured water and spray each ball a different colour. Lots of fun!

**Sour Cream Cakes**.

Grandma is trying (*trying,* being the optional word) to learn to cook small.

She had convinced herself that there was no problem with cooking the same way she always had and freezing the extras.

Although it was good to pull out meals during the last few weeks of medical stuff, Grandma has to work smaller while the freezers have a bit of space.

Sweets are our main problem. We have one sweet a day and anything you make would give enough for many days.

Remembering when I started baking at the age of 10, I made 8 x 8 cakes that were devoured in one meal in our house. It will take us 3 days now.

This week my cream went sour and I wasn’t wasting it. I am including the frosting recipe but we usually don’t add it so we can put berries on top with some squirty cream. Get inventive and add berries to the batter.

**Sour Cream Cake**

In one bowl

2 cups of flour

2 level teaspoons of baking powder

In a second bowl mix together

½ cup white sugar

¼ to ½ cup vegetable oil

1 egg

A dash of vanilla

1 cup sour cream (cereal cream gone sour, a leftover tub of sour cream, etc.)

Mix the two together, pour in an 8 x 8 pan and bake at 350for 20-30 minutes

**Frosting**

2 tbsps. butter or margarine

A dash of vanilla

¼ cup sour cream

2-3 cups of powdered icing sugar

Mix, cover, and leave at room temperature until your cake cools enough to frost. It will be too much icing for this one cake so store covered in the fridge till you bake the next. Now, what flavors can we change this to?

To all of Grandma’s friends. I am so much better. There will always be tests to make sure I stay that way but I have finished all my treatments and can get on to having so much fun. Beware, I plan tea parties when the weather gets better. All those fancy dishes that are kept for good, are coming out and being used. Will send pics when the parties start.



*INTERNATIONAL WOMEN’S DAY PRAYER*

We celebrate You, life-giving God,

expressed in girls and women throughout the Earth.

Playing, laughing,

singing, dancing,

suffering, bleeding . . .

Seeding, leading,

nurturing, encouraging,

resisting war, weaving peace.

Giving birth to humanity’s children

in all their beauty and diversity.

Bearing and sharing Sophia ~

shining Wisdom ~

in church, world, universe.

On this international day,

we rejoice in your feminine energy,

deepening and transforming

all You generously invite us

to create with You.

Hearts filled with Hope,

we give You thanks and praise. Amen.

*(Roma De Robertis, SCIC for March 8th)*