

Earth Day Celebrations

That Make the World Go 'Round!

By Susan Hawkins



A Library for the Enthusiastic Host



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*We do not inherit the earth from our ancestors,
we borrow it from our children.*

~Native American Proverb

Why Earth Day?

There's nothing rare about Planet Earth. Astronomers say there are billions of other possible life-sustaining planets somewhere out in space. That's good news because, when we complete the depletion and destruction of our air, water and all other natural resources essential for human survival, we'll need to abandon what's left of this rock.

After we find another inhabitable planet, we'll simply move the 5, 6 or 7 billion people—or however many of us are left—to this new world when the last drop of unpolluted water and the last gasp of clean air are irrevocably gone.



We just have to believe the discovery of another planet capable of sustaining human life *and* affordable deep-space travel will exist well before the inevitable happens. Do you believe it will, or do you believe humans are in a race against time to rescue our *home* from our own thoughtless choices?

More importantly, do you care? If we're being honest, you and I, probably your kids and, with some luck, your grandkids and great-grandchildren won't be standing in that long, long line for a ticket on the next space shuttle to New Earth. We're safe and, though we're well aware of the environmental issues facing

our planet, not particularly worried. Why should we worry? By then, the curtain will surely be down on my life and your life—that precious window of opportunity to make a difference in the world.

Like it or not, we are all standing at a fork in the road to tomorrow. The left fork continues down the same path we've been following for millennia—with most of us

using the gifts of nature at our pleasure, with little real thought about how it will impact, not only the rest of the world, but future generations of our very own families.

The right fork, the road less traveled, is much harder to navigate because selfless choices need to be made, individuals and nations must work together in a Herculean effort, and personal responsibility is imperative. Daunting? Yes. Doable? Absolutely. Our E-Guide offers encouragement and ideas for observing Earth Day from people just like you who know the power of “one step at a time.” For any steps you’ve already taken down the right fork—on behalf of your fellow earthlings, we thank you! Let’s *all* travel the rest of the way together! As far as celebrations go, this is one that should never *EVER* end.

Start Here: [The Earth Day Network](#)



Earth Day: A Brief History

Up until 1970, a factory in the United States could spew black clouds of toxic material into the air or flush tons of toxic waste into a nearby stream, and it was perfectly legal. They could not be taken to court to stop it.

Why? Because there was no Environmental Protection Agency, no Clean Air Act, no Clean Water Act. There were no legal or regulatory mechanisms to protect our environment.

In spring 1970, the US senator from Wisconsin, Gaylord Nelson (1916 –2005) created Earth Day as a way to “force this issue onto the national agenda.”



Five months earlier, Nelson announced in September of 1969 that there would be a nationwide grassroots demonstration on behalf of the environment, and he invited everyone to participate.

In Nelson’s own words, “The wire services carried the story from coast to coast. The response was electric. It took off like gangbusters. Telegrams, letters and telephone inquiries poured in from all across the country. The American people finally had a forum to express its concern about what was happening to the land, rivers, lakes and air—and they did so with spectacular exuberance.”

On the first Earth Day, April 22, 1970, which coincided with the spring equinox, 20 million Americans demonstrated in different U.S. cities. Just how successful was it?

In December 1970, Congress authorized the creation of a new federal agency to tackle environmental issues, the U.S. Environmental Protection Agency.

Today more than 500 million people in 175 countries participate in Earth Day events each year to remind people everywhere that our planet—our home—even with all its day-to-day problems, is worth, not just preserving, but improving, so that *everyone* who passes through enjoys the quality of life made possible only by this ever-enlightened age of information and technology *and* the dedication of us all. If not us, who?

Toward that end, this Earth Day E-Guide is dedicated to the protection and nurturing of your family tree. May it grow stronger and taller every day—forever.

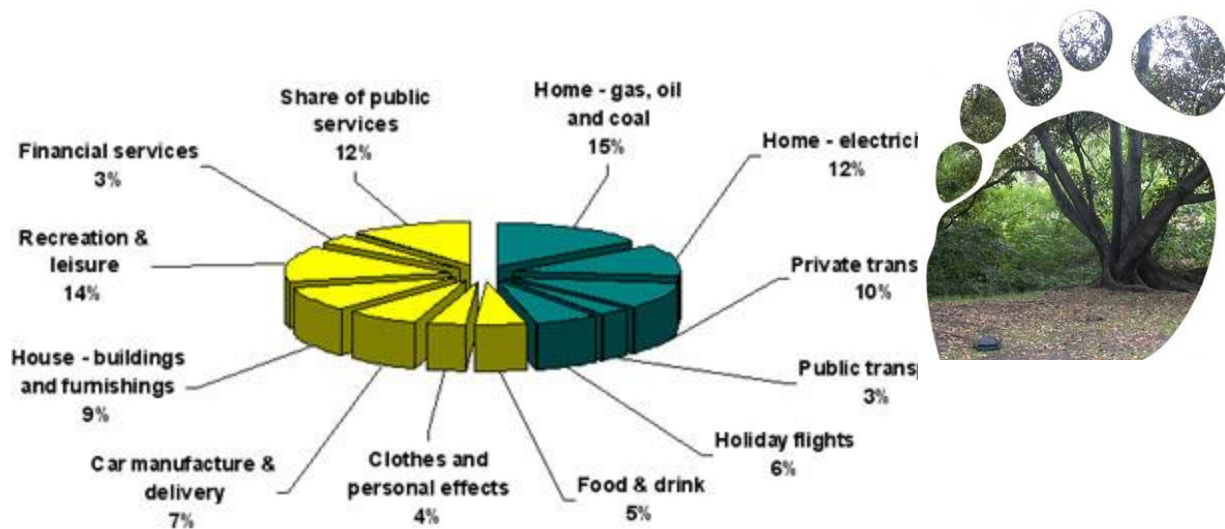


Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.
~Chief Seattle, 1855

What is a Carbon Footprint?

Thanks to CarbonFootprint.com for this precise explanation:

A **carbon footprint** is a measure of the impact our activities have on the environment and, in particular, climate change. It relates to the amount of greenhouse gases produced in our day-to-day lives through burning fossil fuels for electricity, heating and transportation, etc. The carbon footprint is a measurement of all greenhouse gases we individually produce and has units of tonnes (or kg) of carbon dioxide equivalent.



The pie chart above shows the main elements which make up the total of a typical person's carbon footprint in the developed world.

A carbon footprint is made up of the sum of two parts, the primary footprint (shown by the green slices of the pie chart) and the secondary footprint (shown as the yellow slices.)

1. The **primary footprint** is a measure of our direct emissions of CO₂ from the burning of fossil fuels including domestic energy consumption and transportation (e.g. car and plane.) We have direct control of these.
2. The **secondary footprint** is a measure of the indirect CO₂ emissions from the whole lifecycle of products we use—those associated with their manufacture and eventual breakdown. To put it very simply—the more we buy, the more emissions will be caused on our behalf.

All we have to do is minimize our carbon footprints to improve our environment...

Reduce, Reuse, Recycle, Restore

Remember the three Rs—Reading, Writing and 'Rithmetic? All three are fundamentals of education. The foundation of our earth-saving education has four Rs for us to remember and incorporate into our daily lives: **Reduce**, **Reuse**, **Recycle** and **Restore**.

GreenFeet.com tells us about each R and offers simple ways to incorporate them into your life:

Reduce. De-clutter your life, simplify it and rid your home of excess stuff. The key is that once you de-clutter your life, keep it that way. This is where the shift in thinking takes place. Ask yourself: Do I really need this? Is there an option that has less packaging or one that's more recyclable? Can I buy this product concentrated? Can I buy it in bulk? Is there a product that serves more than one purpose, thus requiring less stuff? In a nutshell: Buy and use only what you need.



Super Easy Step: Buy one product in bulk this month—shampoo, trail mix, whatever. Take your container back every time you need more. Most major markets and stores have bulk isles.

Reuse. This is an area that can directly affect your wallet in a positive way. A perfect example is to gently wash and dry your plastic baggies. They can be used multiple times before they wear out (don't turn inside out - it ruins the seal.)

Super Easy Step: Bring your own travel coffee mug to your favorite coffee house. You'll save a ton of non-recyclable foam cups from heading into the landfill, and many of the coffee places in town will discount your coffee (if you order a large, they charge you the medium price.)

Recycle. Did you know that you can reduce your trash bill by recycling more and downsizing your trash can? On average, half of what's in your trash can be recycled, since it's mostly paper. Here's what to do. Simply put your paper items in with other recyclables and place inside your recycle bin. The lovely folks at your local recycling plant will sort and separate for you. (They make it so easy, it's hard not to recycle!) Call and ask them what you can do to reduce your trash bill. With the majority of landfills expected to be at capacity in less than 35 years, they're more than happy to provide any information they can to help you recycle more.



Super Easy Step: Keep a "trash" can in the kitchen for recycled goods and one for non-recyclable items. Empty into your recycle can as needed (hint - it should be twice as often as your trash can!)

Restore. Be thrifty. Repair damaged goods to save them from the landfill. Buy used. You can get some incredible deals at yard sales and thrift shops. Many times little to nothing needs to be done, so don't feel like you need to be crafty to get a good deal.

Super Easy Step: This year for your summer BBQ, forget the plastic cups that don't compost and visit a local thrift store. For pennies you can pick up assorted glasses to use throughout the summer. You'll save money on disposable cups and will have glasses for use next year as well. (check out FreeCycle.org for your local chapter to get, give or trade unwanted "stuff" for free.)



Only when the last tree has died and the last river been poisoned and the last fish been caught will we realize we cannot eat money.

~Cree Indian Proverb

Celebrations and Activities



Commemorating Earth Day should be a family affair and, when you think about it, we're all family. We can step up as individuals, families, schools and communities to share ideas and enthusiasm in support of Mother Earth.

As grown-ups become more aware of what we can do to improve our own corner of the planet, we have an obligation to set a

good example for our children. And, when schools make environmental issues part of their curriculum, our kids will understand how they control their own future and what to expect from the eco-friendly changes they make in their lives.

It's time to hear from everyday people who make the day special because it matters. You'll learn how families, schools and companies honor the occasion and, in doing so, show their love, both for the planet and future generations long after the day has passed.



Make the Dash to Geocache!

"I celebrate Earth Day because I'm grateful to be alive and be able to enjoy Earth's Bounty. We should be celebrating the Earth every day! I plan to go on a geocaching adventure. It combines being outside with seeing spaces we've not visited before and maybe finding a bit of a treasure."

Lynn Colwell

CelebrateGreen.net

Unfamiliar with geocaching? Geocaching, also referred to as a global positioning or GPS stash hunt, is a recreational activity in which someone "buries" something for others to try to find using a Global Positioning System (GPS) receiver. The pursuit can be thought of as a GPS-enabled treasure hunt. Usually, a geocache consists of a small, waterproof container that holds a logbook and inexpensive trinkets. Participants are called *geocachers*, and most major cities have geocaching organizations to help you get started.

Dive Into Nature!

"I will be celebrating Earth Day this year by seeing DisneyNature's [OCEANS](#), a movie which is opening in the US on Earth Day in celebration of Earth."

Melissa McNeil



Sounds like a movie worth checking out! Award-winning French composer Bruno Coulais sets an ethereal tone to [the movie,] opening in theaters on Earth Day, April 22, 2010. *OCEANS* offers an unprecedented look beneath the sea, exploring the playful splendor and harsh reality of the weird and wonderful

creatures that live within. "*OCEANS* is more than a film; it is a manifest for nature," Coulais said. To capture the great depth of *OCEANS*, Coulais conveys through music how wonderful the world is, but also fragile. Coulais hopes through this film, and his music, the audience will have a greater understanding of how important it is to preserve the splendor of the oceans.

There are no passengers on Spaceship Earth. We are all crew.

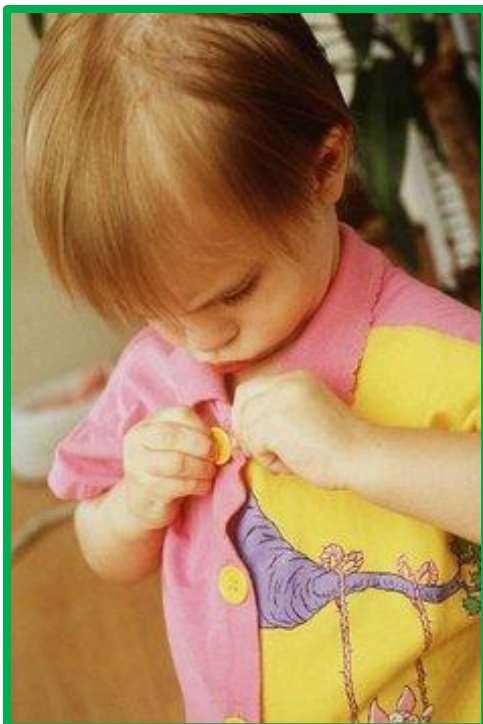
*~Marshall McLuhan,
Communications theorist, educator, philosopher*

Be Kind! Remind!

People are always influenced by friends, so you might want to consider sending an Earth Day card to everyone one you know. The card should be meaningful in its message and also its delivery. Nancy Rielle at VerveCards.com let you send paper-free "wry and snappy—never sappy" e-cards. They have [Earth Day e-cards](#) as well as "Gone Green" e-cards, so that folks can announce their switch to paper-free greetings and invite their friends to come along!



Think Netflix for Clothes!



We love this idea, too! It comes to us from Karen Fein, who says "[thredUP kids](#)" is the place for America's greenest families to exchange kids clothing online. Swapping clothes is a great way to teach kids the importance of sustainable living."

"thredUP kids" is an easy way for parents to exchange clothes that no longer fit their kids for stylish ones that will. The theory is that if recycling clothes isn't easy, families won't do it. thredUP kids is all done online, with home pick-up and delivery.

The good news? The site is so popular, there's a wait list. The best news? "thredUp kids" has created a special link for our E-guide subscribers to bypass the

list! Just [click here!](#)

You'll find a blog for kids on the site to help engage them in the clothes-recycling arena. There's also a [ThredUp](#) for adults. Why? According to the guys at [thredUP.com](#), "Americans discard two-quadrillion pounds (that's a two with fifteen zeros!) of used clothes and textiles into landfills each year. thredUP lets families GO GREEN by swapping with like-minded eco-conscious families across the country. By sharing what we already have, families can make a huge step towards sustainability. Teach your kids the importance of green living by creating a "thredbank"—the place for kids to save outgrown clothes to exchange when the time is right. As a family, pack boxes of gently used clothes to be shipped to another family with younger children. Children are rewarded with a box of items from another child's closet in their size! Everyone loves gifts!

*What is the use of a house if you haven't
got a tolerable planet to put it on?*

~ Henry David Thoreau

Hosting Composting!

"Our school is celebrating Earth Day by starting a composting program at lunch time and putting on a contest to challenge students to take more action to protect the planet. The classroom that earns the most points collectively gets to plant a new tree on our school's campus that will grow by a sign that reads "Planted by Mrs. XYZ's class on April 22, 2010". Our family is celebrating by planting a veggie garden and starting a "Power Quarter Jar."

Anyone who forgets to turn out a light when leaving a room will have to put in a quarter. We'll donate the money to the World Wildlife Fund."

Kat Eden

Kat Eden works for [Education.com](#), which has a Web site with lots of ways families can celebrate Earth Day together. Head to their Web site to learn more!



Setting the Stage for Earth Day!



"I celebrate Earth Day because it gives me a chance to actually DO something, however small (composting, veggie gardening, etc.), that hopefully does something good for the planet...and it makes me THINK about it! My husband and I have an historic inn which he saved and restored (as both our home and the inn,) after the floods of 2001 and 2002 [in West Virginia] left it a mud-and-mold-filled shell with a waterline 4-feet high inside (and 5 feet of mud in the basement!) "Restoring" and "Recycling" writ large! At 63 and 50, we've been "green" for quite awhile without really thinking about

it—way before it got "hip"! In addition to the buildings, my incredibly creative, workaholic US Army-Retired husband salvaged and restored other things from the flood debris as well, like our commercial kitchen sinks. We planted trees, and he brought in thousands of pounds of topsoil to put in a vegetable garden using pre-loved railroad ties for the surrounds. We also planted hundreds of bulbs and flowers, and I got him a composter for Valentine's Day!

We encourage catch-and-release trout fishing on our property, as fishermen and hunters are THE BEST conservationists we know, and we actively work to keep the creek that runs through our property clean and healthy. We buy local products for Chef Dan's dinners at the Inn whenever possible, Dan cuts up downed trees with a chainsaw and axe for our firewood, and we feature locally made jams and gifts in our gift shop. As there isn't a recycling program in our county, we do as much of it ourselves as possible! So I guess you could say Earth Day around here is every day!



Elisse Jo Goldstein-Clark
[The ELKHORN INN & THEATER](#)

...do something. Pay your rent for the privilege of living on this beautiful, blue-green, living Earth.

~ Dave Foreman

The Circle of Life



At this point in time, we should be moving toward a “cradle to grave” mindset so everyone grows up with the four Rs as habit and a natural part of their lives. We’ll start with the cradle...

Here’s a mom-friendly, earth-friendly breast pump from Hygeia we heard about from Sarah Wadle! The [Hygeia Enjoye™](#) is a professional-grade electric breast pump, made from recyclable materials. The breast

pump has received FDA clearance to be used by multiple users. This means a mom can pass along her pump to a friend when she's done, sell it, or return it to Hygeia for recycling and reuse. Even though each mom has to buy her own Personal Accessory Set (PSA,) it’s still a cost-saving, earth-saving option. With approximately 2 million breast pumps purchased each year, there are a lot of pumps clogging our landfills!

Bet you’re wondering how the “grave” part fits into all this. We’ll let Oregon mortician Elizabeth Fournier of [Cornerstone Funeral Services and Cremation](#) tell you!

“Affectionately known as the Green Reaper, I am often credited as being one of the foremost authorities on green burial—a movement which is gaining significant traction in the funeral business. As a small-town, professional female, I have many clients, colleagues and members of the public at large that mention their surprise that I am the Portland-area go-to girl for making papier mache urns, finding sea grass caskets, or teaching interested people regulations about burying a decedent (legally!) in their backyard.



Last summer I was cast by Toshiba Laptops in a 6-week web campaign featuring real people using their laptops to achieve an interesting goal. My project was to promote environmentally friendly and affordable ways to bid farewell to loved ones. One of my goals is to continue to create awareness about the Earth. (This is how the kiddies can use my idea!) I am launching a line of papier mache urns made with dryer lint for the 40th anniversary of Earth Day. Lint papier mache can be made with a mixture of flour and

water. As an added incentive, I name urns after all who donate their dryer dregs. Kids can use dryer lint from their own dryers, mix it with the two ingredients with help from an adult, and make papier mache.”

Speaking of Expiration...



In between the recyclable breast pump and the papier mache urn, we're all likely to get a few scrapes and scratches along the way. A Princeton, New Jersey company called TerraCycle *upcycles* used packaging into high-quality goods. In celebration of Earth Day's 40th anniversary on April 22, 2010, NEOSPORIN®, the number one doctor-recommended topical antibiotic ointment, has partnered with TerraCycle, to provide families the opportunity to discard their

expired or empty NEOSPORIN(R) tubes in an eco-friendly way.

Every time you finish a NEOSPORIN® product, you can save the tube and send it in to [TerraCycle](#). They'll upcycle the tube into fun, new innovative products. For each approved tube received, \$.02 will be donated to the non-profit organization or school of your choice. Just imagine how many tubes kids in schools can collect to help raise money for computers or playground equipment!

Practice What You Preach!

*"I celebrate Earth Day every day!
EVERYTHING we eat, wear, drive, use comes from the earth. I own a "green" business, and this year I am going to a grade school to teach 2nd and 3rd graders how to use trash in a positive way by refashioning refuse into a usable item."*

Tina Wick

[GPurse.com](#)

Tina's business was born from recycling. She says no material is unusable; whether it's an old pair of jeans or a plastic grocery bag, it can be refashioned into a beautiful bag, purse, or any number of accessories. For instance,



grandpa's old sweater could become your new overnight bag...or a vintage silk shirt could be transformed into a stylish clutch. She gives old fabrics new life.

When one tugs at a single thing in nature, he finds it attached to the rest of the world.

~ John Muir

What Can YOU Transform Today?



"I celebrate Earth Day because our planet is precious. Through a unique combination of circumstances, abundant life is possible."

As an editor for the popular crafting website FaveCrafts.com, I will be celebrating Earth Day with a call for people to craft green. With crafting, people can reuse, repurpose and recycle many materials that might normally end up in the trash and ultimately the landfill. A plastic bottle can become a birdfeeder, tin cans can become luminaries and old sweaters can become ten different things.

People can also make their own reusable shopping or grocery bags with crochet or simple sewing. They can make reusable snack bags with muslin. These crafts can reduce or eliminate the number of disposable plastic bags in people's daily lives.

Caley Walsh
FaveCrafts.com

The Wind Beneath Their Wings

"As a green business, we find that Earth Day is a great opportunity to work with kids. We volunteer at Green's Farms Academy here in Westport. With our help, the 4th grade science classes build wind turbines which they have the are able to display during the school's Earth Day Fair. Other grades make solar powered cars and sun ovens out of Domino's Pizza boxes, as well as numerous other projects that facilitate a better understanding of how they can help be conscious stewards of our planet."



Adam Lutsky
TheGreenLivingCentre.com

Eco-Friendly Rock 'n' Roll!

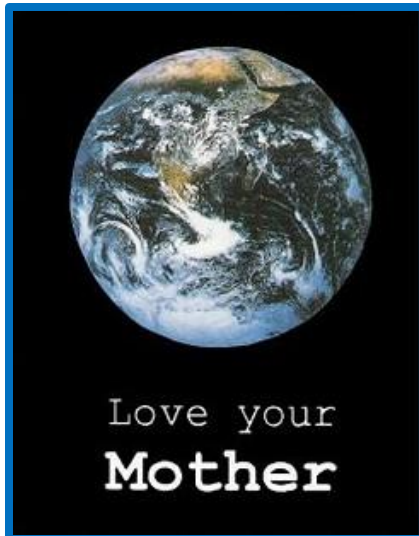
As you're reading this, David and Bradi Nathan of [My Work Butterfly](#), a site dedicated to moms who want to *spread their wings*, are hosting an [online auction](#) to benefit Green Wish, a non-profit organization that helps local green organizations fund projects for their communities, and VHI's Save the Music Foundation, which restores instrumental music programs to America's public schools. The highest bidder receives:

- Domestic round-trip JetBlue airfare for two to Los Angeles
- Luxury hotel accommodations for one night in LA
- A Couples Dinner Date with Rachelle and Ed Begley, Jr. (mega eco-conscious stars of Planet Green's *Living with Ed* television show) at a "green" restaurant in LA
- Gifts from MY ECO Shopping Bag System, the ultimate reusable, sustainably chic must-have



The bidding runs from April 1 through April 11, 2010. By the way, if you've never seen [Living with Ed](#), you might want to catch the show to get some great ideas for living green from top to bottom and inside out! Here's a [clip](#) of the show that features the mean, green Begley routine for environmentally sound living.

Words to Live By



"I celebrate Earth Day because of my connection to the Earth. We come from the Earth, we shall return to the Earth, our physical bodies are embodiments of Earthly elements. What a great reason to enter into a continuous dialogue with the Earth. As we connect by quietly listening, we hear of the great pain and suffering that our species has created. With continued connection we also hear of the great creativity and life force that exists universally, and within each of us. From this place the answers unfold, the joy in recreating habits awakens, and we see an Earthly connection with each and every aspect of our world. Earth Day becomes a way of life, and a way into Life."

Sydney MacInnes

[MotheringMother.com](#)

The Earth is what we all have in common.

~Wendell Berry, author, farmer, cultural critic

Take a Hike!

"I'm celebrating Earth Day by launching a website on April 21 called Weekendwalk.com, which will promote and support self-guided inn-to-inn walking tours all over North America. We're trying to make the oldest form of travel on earth hip again (or maybe that's hip for the first time...) We've got some great affiliations with Rails to Trails and soon, AmericaWalks.org. We'll feature stories on walks already taken and walks that are planned out but still "need feet" to do them. It's green, lean, healthy, and local!"

Jamie Stringfellow



Going with Green Technology!

"My company, textSAT, plans to celebrate Earth Day by sending all of our subscribers a celebratory Earth Day text message. The text message, a green method of information distribution, will be a festive toast to our Earth as well as an SAT vocabulary word lesson. We at textSAT can't wait to celebrate Earth Day by encouraging Earth joy and appreciation via text message!"

Sue Wilkowski

textSAT

If you've got a high school student who's preparing to take their Scholastic Aptitude Test (SAT,) textSAT will send her or him daily text messages filled with essential SAT review material. Now that's a text worth getting!

From Tiny Cell Phones, Mighty Oaks Grow!

Hans Chung's organization asks individuals to recycle their old phones to fund the planting of new trees. For PlantMyPhone.com, every day is Earth Day. To make it rewarding, they inform each participant of how many trees their phone planted, and participants have a chance to win \$1,000.

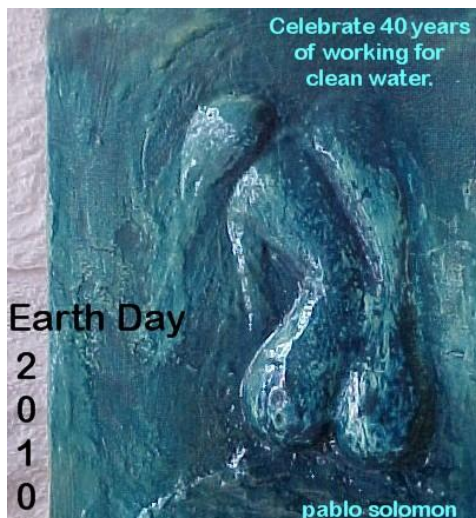
In celebration of Earth Day, everyone can send in their cell phones to [PlantMyPhone](http://PlantMyPhone.com). The system is set up such that each individual can sign up and print out their own free shipping label. Here's your chance to clean all those old cell phones out of your drawers, turn them into beautiful trees—and potentially make \$1,000! It's truly something to talk about!



The earth is a generous mother; she will provide in plentiful abundance food for all her children if they will but cultivate her soil in justice and in peace.

~Bourke Coekran

The Art of Earth Day



We're honored to bring you the 2010 Earth Day offering from internationally recognized artist [Pablo Solomon](#), who is known for his visionary environmental designs. The sculptures, drawings, paintings and other design work of Pablo Solomon have graced some of the finest collections in the US and Europe for the past 40 years. He is known around the globe for his drawings and sculptures of dancers. Solomon has been recognized in books, magazines, TV, radio, newspapers and film as one of the most creative and productive artists of our times.

Last year he was featured in an article by Mark Anderson for National Geographic about his part in the first Earth Day. He has been involved in conservation most of his life. Pablo and his wife Beverly not only talk green, but live it. Their 1856 historic ranch in the Texas Hill Country is not only a state historic site and official Texas Wild Scape, but was nominated in 1997-98 for the highest award in Texas for land stewardship.



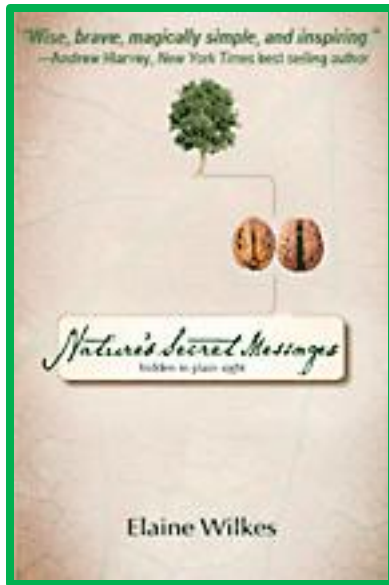
Don't Duck Your Responsibilities!

One of the most common consumer products in most every home in America is the rubber duck. Virtually every one of us had one as a child. Craig Wolfe's company, [CelebriDucks](http://CelebriDucks.com), just released a "Rubber Duckie Remix" which is the world's first ever totally recycled "geen" duck—the duck, the packaging, all 100% recycled. Suitable for children of any age, this adorable duck meets every safety standard for any country worldwide.



If you go to their Web site at www.GreenGram.net, you can send a gift of Mr. Green rubber duck, a bar of amazing green natural soap, and a personalized note on recycled paper to anyone in the country—thus, Green Grams! They're even creating a whole other division to do Green Regattas to add an ecological twist on the traditional duck race. Their ultimate goal is to see these Green ducks used by many, many non-profits as a way to raise funds for their organization. I think we can all get “down” with this! (Sorry, couldn't resist the pun!)

Read All About It!



Elaine Wilkes can't think of a better Earth Day than one that celebrates the genius and love of the planet, and she made it her mission to do just that with her book, [*Nature's Secret Messages: Hidden in Plain Sight*](#). It's the first book to look at nature's four billion years of wisdom and ask what we can learn from it and how it can help us mentally, emotionally, spiritually, and physically. Nature has got it all figured out. What a perfect message for Earth Day!

In fact, Andrew Harvey of the New York Times says, "This wise, brave, magically simple and INSPIRING book will help us all RECONNECT WITH THE SOUL OF NATURE, and work together to preserve the environment and the human adventure." The other stellar reviews we read tell us this fascinating book will arouse our curiosity by combining ancient wisdom with modern research, and science with imagination. "You'll enjoy the intrigue of unraveling nature's clues that fill you with inspiration, healing, and the wonder of your child within." We should all be full of wonder at every age!

Denim Helps Save the Day!

Here's one more in a long list of companies that have the Earth's best interests at heart! Gearing up for the 40th anniversary of Earth Day on April 22nd, 2010, [*Sama Baby*](#), designers and manufacturers of eco-friendly children's clothing, celebrates their new organic denim line. SAMA is an ancient Sanskrit word that means balance, calmness, and serenity.



Sama Baby follows the highest standards for organic cotton garments like using eco-friendly dyes, an environmentally-safe dying processes, and biodegradable bags to store their fabrics. They don't bleach, use chemical softeners, harsh toxic dyes, or mix synthetic materials with their garments. Their line is sold nationwide at Whole Foods Markets and available online at Sama Baby. And don't just buy organic clothes for your kids—tell them why!

There is hope if people will begin to awaken that spiritual part of themselves, that heartfelt knowledge that we are caretakers of this planet.

~ Brooke Medicine Eagle

2010 Earth Day Celebrations Around the World

This E-Guide celebrates the 40th anniversary of Earth Day, a commemoration and annual reaffirmation of our collective efforts to reverse the unhealthy practices that diminish the quality of life for all earthlings. To our credit, every year dozens of countries and millions of people who honor the day find new, creative ways to have a profound effect on the behavior of the human race. At Life.Gaiam.com, we found some events occurring around the world in 2010!



Thailand

The World Dhammakaya Centre in Thailand is celebrating Earth Day by gathering more than 100,000 Buddhist monks from 30,000 temples around Thailand at its temple north of Bangkok. All share a goal to promote world peace through inner peace.

PraRajpavanavisuth, the Abbot of Dhammakaya Temple, is welcoming the other monks and leading a mass meditation. This year, the event is followed by the sacred tradition of the casting of the final set of 300,000 personal Buddha statues at the Grand Meditation Stadium.

Canada

Cities all across Canada are celebrating Earth Day by advocating collective environmentalism. Museums, parks, schools and community groups throughout the region are offering programs to help citizens be more eco-friendly in their daily lives. Related events include the Earth Day Festival in Edmonton, Alberta; a Recycling Awareness seminar in Prince Albert, Saskatchewan; a Plant-a-Tree Campaign in Kawartha Lakes, Ontario; an Earth Day Extravaganza in Lunenburg, Nova Scotia; and spring cleanups and greenups in dozens of locations in most provinces.

Monaco

The annual Monaco Earth Day Swim is a 2.5km, open-water swim in the Mediterranean. Participants help raise money for causes that support the environment and receive an olive tree upon completion. Check it out to find out what the green balloons are for!

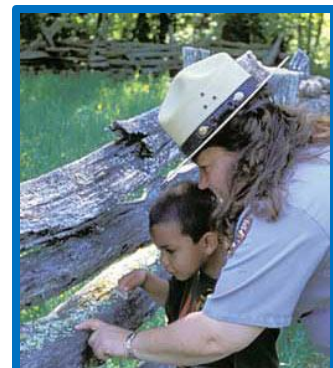


Spain

The eclectic 14th annual Fira per La Terra (Fair for the Earth) takes place at the Parc de la Ciutadella in Barcelona, Spain. This two-day outdoor celebration the weekend before Earth Day features eco-friendly products; artisans, dancing, singing, and music; and discussions on topics such as health, alternative therapies, personal growth, fair commerce, ecology, and composting. Other highlights include the “ORIGENS” visual arts concert, Afro-Cuban and Native American dances, the Forum on Sustainable Energy, and a seminar on mind, body and spiritual harmony.

United States

By presidential proclamation, the annual National Park Week coincides with Earth Day every year. From April 18-26, all of the nearly 400 sites in the NPS system hold special events including Earth Day celebrations, guided nature walks, organized cleanups, presentations at local schools, and much more. For a list of events at a national park, historic site, preserve or national monument near you, [click here](#).



In New York City, the busy Grand Central Terminal hosts a weeklong festival that includes The Giant Earth Images, with inspiring Earth-related artwork by artists such as Andy Warhol and Keith Haring dramatically projected onto two of the north

columns in the terminal's main concourse; and EarthFair, a two-day event with live music, educational booths, and organic food.

Bulgaria

In honor of Earth Day, organizers of the World Energy Forum chose April 22-24 for the event's dates, held in Bulgaria for the first time. The heads of state of at least 20 countries, including U.S. Secretary of State Hillary Clinton and Russian Prime Minister Vladimir Putin, are expected to attend the meeting of the minds in Sofia, Bulgaria's capital.

Costa Rica



Project Green Jungle presents Twearth Day—a name derived from the combination of "Twitter" and "Earth Day." Followers can use Twitter.com to keep updated on the group's weeklong Earth Day efforts in the jungles of Costa Rica, which will include water-quality tests along the Sixaola River, a species account and biodiversity survey of Hitoy

Cerere Biological Reserve, and a Beach Cleanup in Puerto Viejo.

Ethiopia

Ethiopia, Africa's 10th-largest country in size but second-most populous, is celebrating its first-ever Earth Day this year. Citizens will learn how their health and community's well-being is dependent on the protection of our natural environment, and special events will include panel discussions; an Awareness Fair with presentations by green businesses; and a lecture series at Addis Ababa University.

The ultimate goal is creating a "Green Generation" in Ethiopia that will allow people to advocate for green policies that protect their health and natural environment, protect natural resources, and encourage less wasteful and healthier lifestyles. This year's events are the kickoff for a series of other events leading up to Earth Day's 40th Anniversary Celebration in 2010.

The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.

~ Gaylord Nelson, former governor of Wisconsin

Earth-Friendly Food and Drink

Your menu for today's celebration, no matter what that may be, begins with locally grown foods—meats, fish and produce that comes from farms in your area. Locally grown food:

- Is fresher, more nutritious and sustainable
- Eliminates need for elaborate processes, packaging and trucking, which reduces CO2 emissions
- Safeguards local family farms
- Boosts local economy
- Allows farmers to practice organic farming techniques which do not use harmful pesticides or fertilizers; instead, as stewards of the land, they work to improve the health of the soil, to protect the wellbeing of livestock, and to preserve local water quality
- Fosters community



Here are several sites featuring Earth Day menus and recipes you can easily make using locally grown ingredients:

NaturalHomeMagazine.com

Epicurious.com

Kaboose.com

AllRecipes.com

SheKnows.com



We included “Drink,” because we’re sure many of our iHost fans are wondering how they can make their favorite cocktail earth-friendly. You’ll be happy to know there is an organic vodka, and we have some exclusive recipes right here.

So how is Prairie organic vodka produced? We knew you’d ask!

“The process begins with certified organic #2 yellow corn raised by the farmers who own the distillery in Benson, Minnesota. Continuing on its natural journey, the corn is distilled in limited quantities, not far from the fields of its origin. The distillery has earned Oregon Tilth organic certification, ensuring that every step in the meticulous process meets organic standards. Each batch of Prairie is distilled as many times as necessary (4-6X) to yield the desired character and smoothness.

In the spirit of self-reliance, the distillery converts leftover corncobs and other biomass to create biogas energy for powering the stills and returns distiller grains, a co product of distillation, to farms for reuse as feed. And because Prairie is crafted many thousand miles closer than imported brands, far less petroleum is consumed to bring the vodka to market.



In order to be certified organic by the USDA, the growing process cannot use genetically modified seeds, artificial fertilizers, hormones, weed controllers, or pesticides.

Plant a Tree! Enjoy a Drink!

Flower Child

Prairie Organic Vodka Infused with
White Rose Tea, Organic Agave Nectar,
Fresh Lemon Juice,
Cointreau and a Dash of Bitters

Prairietini

4 parts Prairie Organic Vodka
*Pour Prairie into a shaker over ice and strain into a chilled martini glass.
Garnish with three organic olives.*



Prairie Mary

2 parts Prairie Organic Vodka
½ cup tomato juice
A squeeze of fresh lemon juice
Worcestershire sauce to taste
Hot sauce to taste
1 celery stick for garnish

Mix Prairie, tomato juice, a squeeze of fresh lemon, Worcestershire sauce, and hot sauce into a shaker, shake over ice and pour mixture (including ice) into a highball. Garnish with a celery stick or any of your favorite organic fixings.



SUNBURST

2 oz Prairie Organic Vodka
1 barspoon Natural Apricot Preserve
1 oz Natural Cranberry Juice
¼ oz Passion Fruit Syrup
½ oz Fresh Lime Juice
2 dashes Orange Bitters

Shake ingredients over ice until well-chilled and the preserves have dissolved. Strain into a chilled cocktail glass and garnish with a dried apricot on the rim.



Tallgrass Tea

3 parts Prairie Organic Vodka
4 parts green tea
1 tablespoon sugar
2 tablespoons of fresh lemon juice

Shake over ice and strain into a sugar-rimmed martini glass.

Country Thyme

Prairie Organic Vodka
Handful of Fresh Berries, Fresh Organic Lemon,
Organic Agave Nectar and Fresh Thyme

Decorations/Favors/Fun for Kids



If you want to leave a lasting legacy to your children, teach them to be friends of the earth. Make it a lifelong learning experience, and you've given some things far more valuable than money—essential knowledge, respect for the Earth, a healthier life, a thriving planet and hope for the future.

The cool thing about Earth Day celebrations? There are no long-standing traditions or rituals connected to it. You create your own, and they can be dynamic—changing every year *and* inspiring you every day. Even the smallest things, like [eco-friendly party favors](#) to celebrate life's special moments, have a positive impact that trickles down to everyone on the planet.

The cool thing about Earth Day *lessons*? They can be exciting, interesting and fun! It's likely your schools already make Earth Day part of their curriculum, and there are lots of things you can do at home with your kids. Remember, you're never too young—or too old—to help make a difference.

"I celebrate Earth Day because I feel lucky to live in such a beautiful place, and I'd like to keep it that way so my children and my children's children can enjoy it as much as I do. I find joy in many of the things I participate in to do my part. My kids absolutely adore the "[3 Rs](#)" song by Jack Johnson. It helps them learn all about reducing, reusing, and recycling. They've caught on pretty quick too, my 5-year-old especially. He is a recycling fanatic now and it's adorable. Even at friends homes he will ask if he can put stuff in their recycling can for them."



Katie Goodman
GoodLifeEats.com

We'll start off with a decoration that looks like loads of fun to us! It's from Kaboose.com:

Sticks and Stones Mobile

What you'll need:

- 3 sturdy twigs
- String (recommended: natural fiber string such as hemp or twine)
- 8 rocks (1"-2" in diameter)
- Hot glue gun
- Scissors
- White craft glue

How to make it:

1. Cut 3 pieces of string, 18" long. Cut 1 piece that is 12" long. Lay the twigs on the work surface, lining them up next to each other. Tie the 12" piece of string to the center of whichever twig you want to be at the top of your mobile. This string will be your hanger. Next, tie one of the 18" pieces to the same twig in the same place you tied the first string. The first string (your hanger) will go in one direction (up) and the other string will go in the other direction (down).
2. Connect the second twig to the first twig by tying the end of the second string on twig #1 to the center of twig #2. Tie another piece of string to the twig to connect twig #2 to twig #3.
3. Add some white craft glue to all of the knots and hang somewhere to dry. When dry, trim the tied ends.
4. While glue is drying on the twigs, heat up the hot glue gun. Cut more string to hang your rocks from. Cut them into varying lengths, some long some short, all should be 12" or less. Tie a loop into the end of a string and slip a rock inside. Tighten the knot and use hot glue to secure the rock and string together. Tie into a tight knot and glue again. Repeat this for all of the rocks.
5. Tie each of the rocks onto the twigs, 2 on the top twig (one at each end), 2 on the middle twig, and 4 on the bottom twig. Add some glue to each of the knots and let dry.



Tips:

1. Loosely tie your hanger to a sturdy curtain rod so that you can balance out your mobile as you add rocks.
2. When choosing your rocks, try to stay with relatively the same size and weight. Wash and dry rocks before adding them to your mobile.
3. Ensure there are no bugs in your twigs before working with them.

Enjoy more Earth Day activities with your kids:

[Recycled crafts](#) for kids from Kaboose.com

[Fun ideas](#) from PlanetPals.com

[Crafts and Decorations](#) from Dltk-Kids.com

Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.

~Margaret Mead

LET'S SAVE THE



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