

# Treehuggers United = Invincible

**Invincible:** Too powerful to be defeated or overcome.

**Think about it:** What are you doing to and for our future?

Volume 6: June 16, 2023



Photo: Janice Bengston, Volunteer Coordinator, USFWS

Resident Volunteers, Jan and Rocky Larson, while clearing a new trail at Tamarac National Wildlife Reserve in Minnesota, USA.

## Failing at Retirement - Peripatetic Lifestyle

### Special Feature to Treehuggers

By Jan and Rocky Larson  
New Jersey, USA

Years ago it was said that Jan Larson was an endangered species and her husband, Rocky, was “Mr. Jan Larson.” She was born and raised in Toms River, New Jersey, although educated in Western Pennsylvania. She was a career employee with the County of Ocean where she was a Resource

Management (natural resources) Program Associate with Rutgers Cooperative Extension. Rocky graduated with the Toms River High School Class of 1964. He was a Hospital Pharmacist working mainly in the Central Jersey area; however, in his younger years he was also an avid hunter and outdoorsman. Today they both hunt with binoculars and cameras. They retired 17 years ago and began to live the dreams they spent years planning.

With a 30-foot Class A motorhome

and a small SUV in tow, they became Resident Volunteers for U.S. Fish & Wildlife Service (USFWS). As Congress issues the USFWS budget allocation, and staff leave due to attrition and are not replaced, volunteers have become more and more important to the functioning of the Service. The Larsons live in their motorhome about eight months of each year and go from National Wildlife Refuge to National Wildlife Refuge (NWR) living on

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# The Go-Back Club: A Simple-Living Brigade

**Our Motto:** Use it up, wear it out, make it do or do without.

## My fundraising days are over!

This is written in hopes that you can adopt my thinking to something in your own life which is stressful and encourage you to find a way to eliminate it.

Historically, I have been a lousy fundraiser with a caring heart. I even couldn't raise money for my own newspaper though I spent months trying. But when I was asked to raise money for baby David in an orphanage in Uganda and then for his orphanage manager, my friends came through for me.

When John and I were running the Grassroots Coalition for Environmental and Economic Justice, he happened to be a very good fundraiser; me, I just took crappy part-time jobs to help pay the bills.

For 30 years, we struggled to keep the Coalition going. After he died and I was thrilled to meet so many wonderful African activists, I wanted to help them all, even if only by publishing their stories.

We just finished a miraculous fundraiser for Mukama Awali, a very good friend who was running an orphanage in Uganda with his earnings from a plumbing job until his fall, followed by

a coma, from which he awoke. If you read the last issue of *Treehuggers*, you know the story.

We were blessed that several friends came through with the money he needed for medical treatment after he was released from the prison where his evil landlady put him because he couldn't pay his rent.

Thank god he found a new friend who has worked tirelessly with me to start and finish the fundraising effort. You can read more on page 12.

I am "Going Back" to the days of simply publishing a global warming/climate change newspaper with absolutely no articles or pleas for money, not even for me. I will be fine.

If you love one of the stories I do publish about a project in Africa, know in your heart that they will need money but don't ask me to get involved. I'll publish their email address so you can contact them directly and they will guide you carefully on how to send a donation. I'm not doing this anymore.

I have reached a point where I'm not even going to answer emails from

people seeking money directly.

Is there something in your life causing you unnecessary stress? Was there a time of your life when that stress was absent? Didn't that time feel better? What can you do to revert to those blissful, peaceful days? Maybe they weren't entirely carefree but if you can remove one element of stress like I'm doing, you will be happier even if you must struggle in other ways. I'm struggling in other ways and, believe me, I'd rather struggle in the ways I'm confident in handling than in a whirlwind of efforts with no predictable results.

I hope this helps you.

CONSUMER LIBERATION is my theme. Let us not be slaves to things. I repeat this motto: Use it up, wear it out, make it do, or do without. Maybe you can memorize it like I have done, and then share it with everyone you know.

Please join my simple living brigade, a group of people who have something in common, who work together to put out fires, and in our case, to seriously fight global warming/climate change.

## How to Subscribe

Dear Sister/Fellow Treehuggers,

If you'd like to receive future issues of my newspaper, please email me at [grassrootscoalition@pa.net](mailto:grassrootscoalition@pa.net). Also, email me if you have good stories and photos you'd like me to consider publishing in future issues. In the past, I have published a Messages page similar to Letters to the Editor so if you'd like to share your thoughts, please do so.

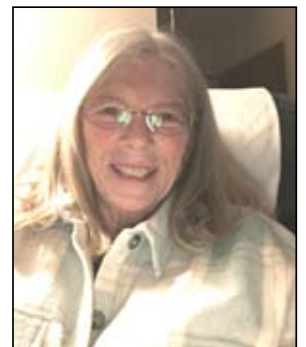
I'd like to see this become a team effort as it has

been in the past but we need time to develop this project and figure out ways to work together.

This is a labor of love but I always appreciate donations, which you can send to: Iona Conner, 157 Chambersbridge Road 4A, Brick, NJ 08723. If you use Zelle or PayPal, please reach my bank account directly via [dosomething@pa.net](mailto:dosomething@pa.net). Cash is OK, too. Thank you!

For the Earth and the Trees,

*Iona*



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Fair Use Logo





Photo: Robin L. Kuri (Eva's mother)

*Resident Volunteer, Rocky Larson, teaching his granddaughter, Eva Kuri, the joys of seeing manatees in Three Sisters Springs at Crystal River National Wildlife Refuge, Florida, USA.*

refuges behind locked gates with the wildlife. They volunteer helping the professional staff educate the public, restoring habitat, and protecting endangered species. They do whatever needs to be done and continue to learn new skills when needed.

They recently finished volunteering at their thirty-second refuge and have accumulated over 10,000 volunteer hours each. Jan and Rocky enjoy this lifestyle very much and have met some of the most wonderful people on Earth. They have also had the opportunity to see and sometimes touch some of the most endangered plants and animals on Earth. It is very rewarding to

“give back” by helping compensate for society’s degradation of the environment, according to the Larsons.

Some Resident Volunteers have “home refuges,” returning to the same locations as the seasons change. However, the Larsons want to see as much of our country as possible and therefore pick a new refuge for each assignment. There are six federal agencies with similar volunteer programs, but U.S. Fish & Wildlife Service seems to fit Jan and Rocky’s preferences and skill sets. Each agency has their particular Resident Volunteer standards. Generally, in the lower forty-eight [states], USFWS requires

24 volunteer hours each per week for a couple (32 hours for a single person) for a minimum of three months. The Service provides full hook-ups, uniforms, laundry facilities, Internet access, tools, and a vehicle for work. You can explore volunteering for the federal government at: [WWW.VOLUNTEER.GOV](http://WWW.VOLUNTEER.GOV).

It’s hard to capture all of the Larson adventures in a short article. They have volunteered from Alaska to the Lower Rio Grande Valley and from the Outer Banks of North Carolina to the Salton Sea in Southern California. They have led canoe floats for bird-

**Continued on next page**

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Photo: Rocky Larson

*Resident Volunteer, Jan Larson, mowing at Seney National Wildlife Reserve on the Upper Peninsula of Michigan, USA..*

ers, swept the desert to remove illegal off-road vehicle tracks, helped band several different species of birds, planted seedlings, pruned trees, created pollinator gardens, done data entry, cataloged scientific articles, painted offices/equipment/gates, made and installed signs, operated visitor centers and refuge nature stores, conducted

environmental education programs, drafted a volunteer handbook, led trail hikes, mowed and mowed and mowed, and lots of other jobs, all while exploring different regions of our country and visiting family and friends along the way.

Where have the Larsons been recently and where will they go next?

Last summer they volunteered at Fort Niobrara NWR in north central Nebraska and this past winter found them at Lake Woodruff NWR in north central Florida. They are currently at Rachel Carson NWR in southern Maine and do not know yet where they will be next winter, but it will most probably be a warm refuge!

**Forest.**

**Thousands of tree bodies and mine**

**Leaves are waving,**

**Ears hear the stream's call,**

**Eyes see into the sky of mind,**

**A half-smile unfolds on every leaf.**

**There is a forest here**

**Because I am here.**

**But mind has followed the forest**

**And clothed itself in green.**

*~ Thich Nhat Hanh ~*

Submitted by C.B., Pennsylvania USA

## Strangely Like War: The Global Assault on Forests

By Derrick Jensen and George Draffan, *excerpt from pages 16-18.*

[*In this book, 'I' refers to the primary author, Derrick Jensen, and 'we' refers to both authors.*]

When a forest is cut, not only trees are killed. Whether it's lions in ancient Greece, spotted owls, or Coho salmon right now in the Pacific Northwest, or gorillas in Africa, the loss of forests means the loss of the creatures who live there.

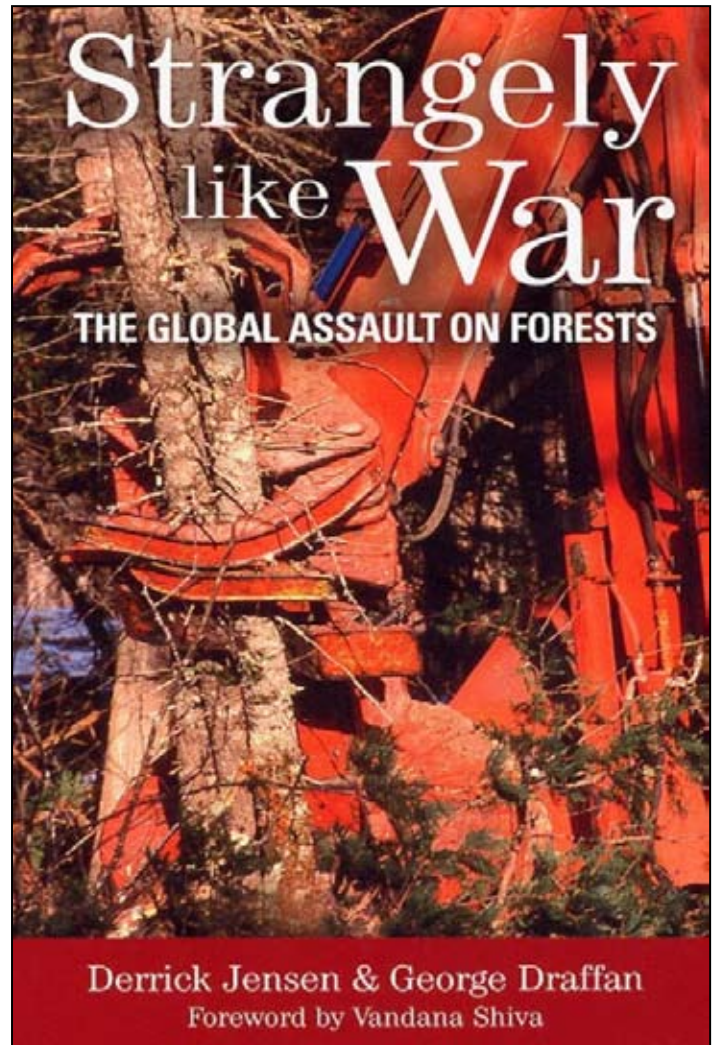
The list of plants and animals damaged or extirpated by the deaths of once-great forests is long, and getting longer every day. Golden-crowned lemur, orangutan, Siberian tiger (of whom there are only 250 left), marbled murrelet, Port Orford cedar (killed by a fungus transported on logging equipment), black forest-wallaby, aye-aye, red cedar, mahogany, ivory-billed woodpecker, Carolina parakeets, golden-capped fruit bat, Hazel's forest frog, smooth-skinned forest frog, Amur tiger, Amur leopard, forest owlet, Nelson's spiny pocket mouse, Saker falcon, red wolf, panda bear, and on and on.

Scientists estimate an average of 130 species are driven extinct every day. That's about 50,000 each year. That is not just by deforestation, but by the larger effects of industrial civilization. Deforestation plays its part, though, in great measure because forests are home to so many creatures. For example, although rainforests presently cover only 3.5 percent of the planet's land surface, they support more than half of all known life forms. The national forests of the United States provide habitat for 3,000 species of fish and wildlife.

Seventy-five percent of the mammals endangered by the activities of industrial civilization are threatened by loss of forest habitat. For birds, the figure is 45 percent. For amphibians it's 55 percent, and for reptiles it's 65 percent.

Even those apologists for industrial forestry who admit other creatures besides humans live on this planet, and who acknowledge that destroying their homes could possibly – remotely possibly, mind you – harm them the tiniest little bit, still then argue that logging is a trivial cause of damage compared to mining and agriculture. They especially like to show pictures of poor (brown) people using slash and burn agricultural techniques in the rainforests. But this argument is as much as deflection as most of their others. Worldwide, logging likely accounts for more than two-thirds of the forests destroyed, as opposed to burning and other causes of destruction. In Oceania it's "only" 42 percent. Asia, 50 percent. Central America, 54 percent. South America, 69 percent. Africa, 79 percent. Europe, 80 percent. North America, 84 percent. Russia, 86 percent.

Recent studies show, too, that species extinction likely continues for a century after deforestation. Guy Cowlshaw of the Zoological Society of London cautions, "We should not be lulled into a false sense of security when we see that many species have survived habitat loss in the short term. Many are



not actually viable in the long term. These might be considered 'living dead'."

By correlating, for example, the number of individuals of different species of primates living in Africa, their habitat size, and the extent of deforestation of their habitat, he has come to the conclusion that deforestation is leaving Africa with a large extinction debt. Even if no additional forest were to be cut, six countries – Benin, Burundi, Cameroon, Cote d'Ivoire, Kenya, and Nigeria – stand to lose more than a third of their primate species in the next 30 or 40 years.

That presumes, once again, no further deforestation. But scientists estimate that within that same time, 70 percent of remaining West African forests and 95 percent of remaining East African forests will be cut. It's not just primates. Studies on birds show similar trends. Thomas Brooks, a biologist from the University of Arkansas who has studied avian extinction in Kenya's Kakamega Forest, said, "Even a century after a forest has been fragmented, it may still be suffering from bird extinctions."

Brooks continued, "The good news is we have a brief breathing space. Even after tropical forests are fragmented, there is still some time to adopt conservation measures to prevent the extinction of their species. The flip side of this is bad news, though: There is no room for complacency."



Photo Courtesy Climate-Forests.org

*Climate Forest works to protect mature and old-growth trees and forests from logging across America's public lands.*

## Climate Forests: Group Fights to Save Old-Growth Forests in U.S.

We work to protect mature and old-growth trees and forests from logging across America's public lands as a cornerstone of U.S. climate policy.

Our organizations have worked to protect federal forests, wildlife, watersheds, and our climate for decades. We've come together to launch the Climate Forests Campaign because conserving our remaining older forests and trees on federal public lands is one of the country's most straightforward, impactful, and cost-effective climate solutions. This must be prioritized alongside rapidly reducing greenhouse gas emissions.

We are calling on the Biden Administration to enact a strong, lasting rule that protects mature trees and forest stands from logging across federal lands as a cornerstone of U.S. climate policy. The older parts of our nation's forests are climate and biodiversity champions – they sequester large amounts of carbon and can store that carbon for centuries, providing the foundation for a diversity of life. If the Administration is going to lead in solving the climate and biodiversity crises, it must protect these carbon critical climate forests and set an example for the world.

The continued logging of mature and old-growth trees and forests on Forest Service and BLM lands undermines President Biden's international leadership on forest conservation and climate change.

On April 22, 2022, President Biden recognized the importance of our mature and old-growth trees and forests on federal lands as an essential climate solution, and directed federal agencies to define, inventory, and develop policies to protect them. Despite this Executive Order, the U.S. Forest Service and Bureau of Land Management continue to log these essential climate-saving trees and forests at alarming rates.

The Climate Forests campaign released a report called "Worth More Standing," in July 2022 which outlines over 240,000 acres of egregious mature and old-growth logging projects taking place on our federal public lands right now ([https://www.climate-forests.org/\\_files/ugd/73639b\\_03bdeb627485485392ac3aaf6569f609.pdf](https://www.climate-forests.org/_files/ugd/73639b_03bdeb627485485392ac3aaf6569f609.pdf)).

Our latest report, 'America's Vanishing Climate Forests' comes more than six months after President Biden's Executive Order directive and serves as a progress report detailing the urgent,

imminent, and continued threat of logging to our federal public lands. Findings show that federal agencies have done nothing to correct the course on any of the original logging projects highlighted this past summer, with the exception of two projects where a judge found agencies were illegally harming an imperiled species.

Rather, America's Vanishing Climate Forests spotlights 12 additional egregious examples of mature and old-growth logging set to take place in federal forests in defiance of President Biden's order to protect them. See [https://www.climate-forests.org/\\_files/ugd/ae2fdb\\_b5a2315e3e8b42498-b4c269730c3955a.pdf](https://www.climate-forests.org/_files/ugd/ae2fdb_b5a2315e3e8b42498-b4c269730c3955a.pdf).

Members of this coalition include: Old-Growth Forest Network, Earth-Justice, NRDC, Sierra Club, Oregon Wild, Environment America, Alaska Wilderness, Conservation Northwest, New Jersey Highlands Coalition, KeeptheWoods.org, Environmental Action, Forest Keeper, The Forest Advocate, Wild, Audubon Alaska, The Grazing Reform Project, and Student PIRGs.

**Source:** <https://www.climate-forests.org/>

# Growing a Just Future in Tulsa

By Breanna Draxler  
YES! Magazine: May 31, 2021

The ancient elm's trunk bows gently, gracefully toward the ground before reaching skyward again. Perhaps this unique shape is the result of the generations of children playing on its branches, or the weight of the history the tree has witnessed. The tree sits on the grounds of Carver Middle School, in Tulsa, Oklahoma USA. It was there before the school was built, and before the entire Greenwood neighborhood was destroyed by an angry White mob in 1921, leaving an estimated 300 Black residents dead and 10,000 people homeless.

This tree was a witness to the atrocities 100 years ago, and in 2021, it was dedicated as a memorial to mark the centennial of the massacre.

"This tree is still growing and adapting and changing," says Bryan Meador, who organized the event. He says it is just as dynamic today as it was 100 years ago. "That's the kind of energy that I want to bring to this centennial moment... This sense of dynamism, this idea that history is being created all the time and that we have the power and the responsibility to move it in a positive direction."

Meador is a designer and the founder of the Plant Seeds project, which aims to tackle climate change in the built environment through sustainable design. To mark the centennial of the massacre in his hometown, Meador invited students from Carver Middle School and the Tulsa community at large to pick up about 100 elm seedlings to plant all over the city.

"What I wanted to accomplish was, first and foremost, just getting the idea and the history of the Tulsa race massacre out into the world in a way, again, that acknowledges the past, and doesn't shy away from the gravity of the situation, but also gives people – young people in particular – a



Photo: Ian Maule/Tulsa World

*Audience members gather during a dedication event for the Tulsa Race Massacre Memorial Tree at Carver Middle School in Tulsa, on April 17, 2021.*

sense that change is possible, that real growth is possible," says Meador, who attended Carver Middle School, where he first learned about the massacre and was moved to take action. Meador says much of his childhood was spent in his family's garden, learning about nature and his family's Cherokee heritage, which continues to inspire his work. That's why he sees trees as a powerful opportunity for community growth and healing.

"I'm a White person living in Tulsa," Meador says, "but I think that it's important to engage with this stuff, even if it's uncomfortable, even if it's outside of what you would normally do, because that's the work that really needs to be done to move past this – addressing these problems head-on and doing it in a way that is tender and is caring, but is also really in it for the long term."

The seedlings distributed as part of the project were grown in partnership with the nonprofit Up With Trees, which has planted 40,000 trees around Tulsa in the past half-century, and the Dick Conner Correctional Center, 40 miles northwest of Tulsa.

"We take on these community projects all the time, but this one's

really been a neat one," explains John Kahre, a retired horticulture professor who now leads a horticulture program at the correctional center. "Because when you grow, say, the butterfly milkweed – we do that – well, that'll last a season. Or we can do annuals or vegetables for community gardens, but that's a season." But the trees, he adds, "can last generations."

The lasting impact of the project isn't limited to the trees, though. Kahre works closely with incarcerated people at the correctional center, including horticulture student Darrell Elliott, who Kahre says has enthusiastically "taken charge of this project." In a video produced by the Oklahoma Department of Corrections, Elliott shows the elm seedlings that he planted to commemorate the people who lost their lives 100 years ago.

"They're supposed to stand as a representation of a time in history that was a dark moment, but this is giving us a sense of hope, a sense of community," Elliott says in the film. . . .

**Source:** <https://www.yesmagazine.org/social-justice/2021/05/31/tulsa-race-massacre-black-wall-street-trees>



## Youth Grow Trees, Deliver Them by Bike, and Plant Them in Uganda

### St. Praise Nursery and Primary School Youth Guardian Group

*Our story on climate and environmental justice through tree planting and plastic management.*

By Mugarura Amos, Comforter of the Voiceless Child Friend Space, Uganda

“We plant and maintain trees and are responsible for them for many years to come in communities, trading centres, schools, and churched neighboring Bwindi Impenetrable National Park.”

The primary foci of this project are the communities and schools neighboring Bwindi Impenetrable National Park. The farmers in these communities constitute over 75% of the region’s population in both coffee- and tea-growing along with other agricultural practices, with over 75-80% of this



population being youth who are less than 30 years of age and women constituting about 60%.

Agricultural practices in this region are largely subsistence and marked by traditional approaches such as bush

burning, deforestation, and uninformed use of fertilizers. This program is targeting over 15 villages surrounding the park for the start and over five have been touched through a grant.

We applied for a grant through Conservation Through Public Health in partnership with Global STEAM in Colorado U.S. towards tree planting and plastic management by using plastic bottles as fences to protect the trees from animals, thus creating a relationship within the environment without the interference from each other and we were successful. However due to limited funds we have left lots of places uncovered but our campaign still stands towards achieving a better world for someone to live.

Photos courtesy Comforter of the Voiceless Child Friend Space.

**Contact Mugarura Amos:** amugarura77@gmail.com



**SAY NO TO CUTTING DOWN TREES** for in the true nature of thing, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver. Note only this but nature beats Human constructions any day of the year. That's why it is so virtual to preserve our planet's biodiversity.



**PLANT TREES AGAIN AND  
GAIN**

**SAVE THE  
MOTHER EARTH**  
PROTECT THE EARTH

**SPREAD THE WORD**

- Plant more trees
- Apply 3-D cycle to Reuse, Recycle & Reduce
- Spread Awareness



Powered and sponsored by: **GLOBAL STEAM** through CTPH in partnership with **ST PRAISE NURSERY AND PRIMARY SCHOOL YOUTH GUARDIAN GROUP**


Contacts: [amosmugarura@icloud.com/](mailto:amosmugarura@icloud.com/) +256787940033



Photo: Jay Fleming, via The Nature Conservancy

An underwater image of eelgrass in Virginia. As seagrass meadows are restored, they bring benefits including clearer waters and stabler shores.

## Powerful Climate Solution Just Below the Ocean's Surface

By Tatiana Schlossberg, *excerpt*   
*The New York Times*: May 24, 2023

They can bolster the coastlines, break the force of hurtling waves, provide housing for fish, shellfish, and migrating birds, clean the water, store as much as 5 percent of the world's carbon dioxide, and pump oxygen into the ocean, in part making it possible for life on Earth as we know it.

These miracle machines are not the latest shiny tech invention. Rather, they are one of nature's earliest floral creations: seagrasses. Anchored on the shorelines of every continent except Antarctica, these plants (and they are plants, not algae, that sprout, flower, fruit, and go to seed) are one of the most powerful but unheralded climate solutions that already exist on the planet.

Restoring seagrass is one tool that coastal communities can use to ad-

dress climate change, both by capturing emissions and mitigating their effects, which is among the topics being discussed as leaders in business, science, culture, and policy gather on Thursday and Friday in Busan, South Korea, for a New York Times conference, *A New Climate...*\*

Bo Lusk is a scientist with the Nature Conservancy's Volgenau Virginia Coast Reserve. Since 2003, when the restoration effort in the Volgenau Virginia Coast Reserve began, scientists and others have planted around 600 acres of seeds, and seagrass now covers 10,000 acres, according to Dr. Lusk. He says seagrass restoration will take decades of commitment.

However, the success of the Virginia project has been somewhat difficult to recreate around the world. "You can't do this just anywhere," Dr. Lusk said.

"If the Nature Conservancy hadn't started this land protection work 50 years ago, buying up parts of the coast to preserve it, the odds are we wouldn't have the water quality we have now, and this wouldn't have been so successful. . . ." [In Conversation with Hoesung Lee, Chair of the IPCC at In Conversation with Hoesung Lee|The New York Times: A New Climate Busan (nytimes.com) <https://climate-events.nytimes.com/a-new-climate-busan/sessions/in-conversation-with-hoesung-lee>]

\*See *Protecting Our Coasts: The Promise of Nature-Based Resilience* at <https://climate-events.nytimes.com/a-new-climate-busan/sessions/protecting-our-coasts-the-promise-of-nature-based-resilience>.

**Source:** <https://www.nytimes.com/2023/05/24/climate/seagrass-climate-change.html>

# Messages from Our Friends

(For many, English is not their native language.)

**Hi Iona,**

Your *Treehuggers United* just keeps getting better!

Because I've got to get ready for today's big matinee show (Master Gardener), I only had time to look at the layout and wonderful photos. Hopefully, I can relax and sit down to read #5 late tonight. Please, keep up the good work!

In solidarity,

**Allen Hengst**, Washington DC

**Hello Friends and Family,**

This is an Environmental Newspaper [*Treehuggers*] that a very close Friend has been publishing for over 10 years. As we all know there's need all over the world.

After reading the story about this brave man [Mukama Awali] I hope you can find it in your heart to help this gentleman become well enough to return to continue to help the orphaned children.

I personally don't have much money but have decided to send what I can.

For Us All,

**Jeannette Bartelt**, Maryland USA  
jmbartelt@gmail.com

**Hi Iona,**

Today a friend and I drove out to Hemlock Overlook Regional Park and went for a very nice walk in the forest and along Bull Run. But we didn't find the hemlock grove dedicated in April [*by the Old-Growth Forest Network*]. We thought there would be a sign or something, but we just had to choose a trail and that was not it. Frustrating. No photos. Sorry.

There definitely should be a sign there. There are two placards with maps, but no indication where the hemlock grove is.

**Marney Bruce**, Maryland USA



**Dear Iona,**

Thank you for your diligence and research of behalf of the Old-Growth Forest Network earlier this year. We greatly appreciate your treks through Ocean County, and while it did not result in a discovery of old growth, it certainly eliminated some possibilities.

Thanks for all you did, and please continue to follow our national efforts.

With appreciation,

**Brian Kane**, Mid-Atlantic Regional Manager and Community Outreach Manager, OGFN (photo above sent from Brian with his card)

[start of a conversation between two members of our Global Family]

Greetings and how are you doing? It's

my wish to work with you in Zimbabwe. We have got land suitable for a tree nursery and food forest garden. We need to educate people to grow smart food and to plant more trees so as to mitigate climate change. What can we do?

Kind regards,

**Biggie Musemwa**

Repair Earth Projects

WhatsApp: +263-773-841-675

**Hello Bigboy,**

One thing that I have been suggesting is planting Wild Edibles. They may be the one thing that we will depend on in the future. What kind of Wild Edibles do you have growing where you live?

I would send you seeds but they wouldn't make it to you.

Stay Safe and Well

**Jeannette Bartelt**, Maryland USA  
jmbartelt@gmail.com

[*Bigboy's reply*] Examples are dandelion, blueberry, and amaranthas.

Yes, you are welcome to send seeds.

They reach us. Our address:

Attention: B. Musemwa  
Repair Earth Projects  
PO Box A 306 Avondale  
Harare Zimbabwe

WhatsApp +263-773-841-675

[*Jeannette's reply to Bigboy*] Lambs quarter, purslane, almost All flowers are edible. Sending seeds to Africa doesn't work, I tried that and the person I sent them to never received them. If you can order Moringa seeds from India that would make a very profitable crop, both for health and money.

I wish you well in your endeavors.

For Us All,

**Jeannette Bartelt**, Maryland USA  
jmbartelt@gmail.com

Continuation from previous page

## Iona's Tree Books for Sale \$50 for the lot plus shipping

BOUGHT USED, READ, AND NOT MARKED UP

- *The Living Forest: A Visual Journey Into the Heart of the Woods* by Joan Maloof, photos by Robert Llewellyn
- *Teaching the Trees: Lessons from the Forest* by Joan Maloof;
- *Among the Ancients: Adventures in the Eastern OldGrowth Forests* by Joan Maloof
- *The Hidden Life of Trees, Illustrated Edition* by Peter Wohlleben (beautiful and easy to understand)
- *Treepedia: A Brief Compendium of Abooreal Lore* by Joan Maloof
- \* *A Beginner's Guide to Recognizing Trees of the Northeast* by Mark Mikolas

BOUGHT USED, READ, PARTS UNDERLINED WITH COMMENTS

- *The Global Forest: 40 Ways Trees Can Save Us* by Diana Beresford-Kroeger
- *Among the Ancients: Adventures in the Eastern Old-Growth Forests* by Joan Maloof
- *Nature's Temples: The Complex World of Old-Growth Forests* by Joan Maloof (new edition at <https://bookshop.org/p/books/nature-s-temples-a-natural-history-of-old-growth-forests-revised-and-expanded-joan-maloof/18548912?ean=9780691230504>)
- *Finding the Mother Tree: Discovering the Wisdom of the Forest* by Suzanne Simard

**Note from Iona:** I have always been a strong believer in passing my books on to someone who might love them knowing that they would not do anyone any good sitting on my shelf. I had the "luxury" of time spent sitting in my recliner recovering from surgery shortly after I got the volunteer opportunity of trying to find old-growth forests here in Ocean County, New Jersey. I simply do not need these great books anymore.

# Update on Mukama Awali

By Iona

Our friend and brother in the Universe, orphanage manager Mukama in Uganda, went from this:



To this:



He had been unjustly arrested and imprisoned after waking up from a long coma a few months ago because he could no longer do his plumbing work and couldn't pay his rent. Wyclif learned about this horrible situation, befriended Mukama, communicated with me, and helped us get the charges dropped by negotiating with the landlady with money Iona sent on her own. He also put in some of his own money to pay a doctor to help Mukama, who was diagnosed with tuberculosis, fever, and pink eye – all acquired in prison.

We started a fundraising campaign and yesterday, June 15, completed payment to the hospital. Thanks to everyone who donated money and/or prayed, Mukama is recovering. He was moved twice to different hospitals in the same network. Below are two recent pictures. Last night Wyclif took Mukama to his own home on a motorcycle and will care for him there as long as necessary. Without Wyclif's devotion, I'm afraid Mukama would still be in prison and without our Global Family, who knows what shape he would be in. My heart goes out to everyone who helped us, to the doctors and nurses who gave Mukama excellent care, and now to Wyclif who rescued Mukama and gave him a home.

