



August 2016 Newsletter // Volume 8 // Issue 11

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Site Features

Cedar Falls tours Iowa Lakes Wind Turbine

Recently, members of the Cedar Falls Green Iowa team were presented with the opportunity to tour a wind turbine at Iowa Lakes Community College in Estherville, IA. While scaling the 250 feet of ladder to the top was certainly a challenge, the view atop the turbine justified the ascent.

Having spent much of their term spreading knowledge about renewable energy, the Cedar Falls team is grateful to have experienced, first-hand, Iowa's most abundant renewable energy source. The tour has given the team a whole new outlook on these marvels of modern engineering.

The potential energy available in wind energy alone holds enough capacity to meet the energy demands of humans. Transitioning to more renewable energy sources can provide us with a greater stability in the realm of utilities as well as help prevent unnecessary pollution which can result from traditional non-renewable sources. Renewable energy may still largely be in its infancy and will only continue to expand and improve in the future.



Green Iowa helps Matthew 25 "Transform" local community

The Cedar Rapids team is wrapping up a variety of projects the group has been working on for the past year as well as contributing to larger projects with their site host Matthew 25. Matthew 25 hosts a week long volunteer event titled "*Transform*". For five days a host of men and women came together to satisfy the needs of the local community Matthew 25 serves.

One of the projects included daily work at the Urban Farm in which volunteers helped weed, harvest and trim plants that were in desperate need of some TLC. Another project put to good use the skills of those in the construction field to give one local a livable home for herself as well as her three children, two of which suffer from side effects caused by autism. In this home, black mold

was removed, the roof was replaced, new kitchen cabinets and counters were installed, and a home was given to a four person family that had previously shared one bed and room.

After Transform has ended, the group will continue to work on this home and just recently finished installing a brand new shower for the children.

Through this week of transformation, the team not only learned a variety of new skills, but helped changed the lives of several within the neighborhood and the community as a whole.

Des Moines Learns How to Rock the Block

This month was a big month for the Des Moines Green Iowa team. They had the opportunity to serve with the Greater Des Moines Rock the Block team as they hosted Habitat International's Learn and Build program in the Capitol East neighborhood. Habitat Learn and Build brings high school students from around the world to participate in a week of service with a Habitat Chapter.

The group that visited Des Moines represented 28 states and 7 countries and totaled over 200 volunteers. Members of the team led groups of volunteers in, window replacements, painting, storm door installation, neighborhood clean up, and building a playground. While the work was hard the reward of bringing joy to a community in need made it all worth it. Green Iowa Member Hannah reflected on her experience stating "Joshua Christian Academy has a really great mission of providing quality education to low income students. I am very excited that they now have a safe playground to enrich their days".

Greater Des Moines Habitat for Humanity Rock the Block has been serving in the Capitol East neighborhood since 2014. In that time span they have served over 70 families with 14 of those stemming from this event. The Des Moines team is honored to have been a part of this event and to be serving at such a compassionate Habitat affiliate.



Green Iowa member Hannah Fuerhoff poses with Learn and Build volunteers at the playground they built.

Success Stories

Revitalizing the Empowerment Garden

On July 25th Green Iowa Des Moines members partook in a community garden revitalization. Sarah

Kielly and Shannon Sullivan coordinated this volunteer event in conjunction with a local non-profit, Homes 4 My Peeps, because "We had worked at the Empowerment Garden previously and saw that it could use a major face lift. The garden had been vandalized in the past and we wanted to make it more accessible and appealing to community members".

With the help of 16 volunteers including other AmeriCorps service members in Des Moines and a few of the Habitat Rock the Block team 4 benches were built, 15 garden beds were weeded, 300 pounds of trash cleared, 50 pollinator plants planted, and over 500 sq. ft. of mulch spread. A huge thanks you to everyone that came out to support this event! Way to go Des Moines team Members keep up the good work, y'all are Rock Stars!!!



Dubuque's 2nd Annual Summer Sustainability Fair

After months and months of planning, the Green Iowa team in Dubuque couldn't have asked for a better turnout to the 2nd Annual Summer Sustainability Fair! Not only did the weather cooperate, but the participating organizations, the workshops put on, the activities, the music, and-most importantly-the pizza were all up to par.

Some notable activities included the Conservation Station that taught kids about runoff and water quality conservation; the Jackson County Conservation booth that featured furs, turtles, and even snakes; the milkweed seeds dispersed by Catfish Watershed Management Authority Board; and, last but not least, the garden scavenger hunt led by Dubuque's own Brianna Arnold, which sent kids around the garden looking for all sorts of fruits and plants like basil, kale, tomatoes, and buckwheat.

For Green Iowa's Steph Schmidt, the Fair was well worth the months of planning culminating with her chance to eat a cockroach from the Madison Children Museum booth. Insect chef Julie Butler had brought along a terrarium, where she keeps meal worms and cockroaches that are grown and harvested as a sustainable nutrition source. At her booth, fair-goers learned that growing insects utilizes 2,000 times less water than some traditional protein sources like cattle!



Steph about to eat a cockroach at The Fair

Although Green Iowa made sure everyone walked away from the Fair a little bit wiser, they made sure fair-goers were able to relax, unwind, and remind themselves why they love Dubuque and its sense of community. All in all, the Fair turned out to bring together a jovial crowd. Informative booths, games, yoga, honey lemonade, and wood fired pizza in the garden space the team couldn't have asked for a better time. While there will be a new crew next year, the team is confident that the Fair will continue to provide a fun and enriching afternoon to Dubuquers for years to come.

Cedar Falls Community Garden

Throughout the summer the Cedar Falls Green Iowa team and their summer squad have been tending to a few plots in the Cedar Falls community garden. All produce harvested from the garden has been donated to the Northeast Iowa Food Bank in Waterloo.

So far, 59 lbs. of produce have been donated with much more to come. The project has been rewarding in that many members of the team have learned much about gardening while contributing to a good cause.



Member Spotlights

Dusty Moon

What drives you?

My Volvo. No, uh, my heartrate.

What's your favorite color?

Orange? More specifically, tangerine orange.

What's one thing that you bring with you?

The importance of communication and optimization of team synchrony.

Spirit animal: Horse

What most excited you about the second term?

The opportunity to be myself and serve the community.

Where are you from?

Green Iowa AmeriCorps program.

What is your favorite topic of sustainability?

Food and implications of mass scale agricultural systems and their impact on our environment as a whole.

What's your favorite vegetable?

Tomato.



***Dusty Moon, Marketing Coordinator at
Fairfield, Green Iowa.***

Mysti Mosley

***Why did you choose to join
Green Iowa AmeriCorps?***

I wanted to be able to help communities that really needed it and in the process be able to learn new hands-on skills that go along with my degree (a Bachelor's in geography with a minor in environmental science).

What is the most rewarding part of the job?

Being able to help the community with not only energy sustainability, but also with community events and implementations of new projects that will help the city and individual communities for a while to come.

What is your favorite part of the program?

There is never a boring routine, and it definitely puts your patience and knowledge to the test.

What do you do in your spare time?

Go on adventures and explore new things.

If you were a werewolf, where would you live?

If I were a werewolf, I would live in The forests of New England, but roam the forests of the world (provided I could swim across oceans!)



Mysti Mosley, Audit Coordinator of Dubuque Green Iowa

Plant Trees Through Using Ecosia Search Engine

That's right. Check out the link below to find out how you can put your internet search-based curiosities to good use through planting trees! No shovel required!

<https://info.ecosia.org/>

Green Tip of The Month

Traveling is an essential part of summer vacations whether you are exploring a new place to hike, finding a new beach, or visiting family and friends. There are many tips and tools that make it much easier to travel cheap while also reducing your carbon footprint.

Before You Leave:

1. Make sure to unplug everything, so that you are not wasting unnecessary phantom energy.
2. Pack light taking only the necessities- the heavier, the more fuel you'll consume.
3. Be sure to pack your reusable water bottles, and shopping bags.
4. Be sure to turn down your thermostat.

Transportation

Since transportation accounts for about 40 percent of our nation's CO2 emissions, it is incredibly important to consider which options are best for you when traveling.

The most eco-friendly modes of transportation from most to least are:

1. Buses
2. Trains
3. Hybrid Car (If renting a car, it's best to request a hybrid or the smallest car available)
4. Airplane (When traveling greater than 500 miles)

Lodging

Airbnb is becoming an increasingly popular site that travelers are utilizing since its inception in 2008. Airbnb is a home renting service in which owners are able to rent anything from a futon in a living room to an entire house or apartment. Benefits include:

1. Eco-Friendly
2. Half the price of hotels
3. Your Host (As a native they can show you local hot spots not listed in tour brochures)

Camping is also a great way to travel and immerse yourself into nature at little to no cost!

Leave No Trace

Make sure that you dispose of your waste properly and minimize your campfire impacts in order to reduce waste that ends up in our rivers and wildlife habitats.

Upcoming Events

Cedar Falls:

8/4/16 - CVNA Grant Writing Workshop, 425 Cedar St, Waterloo, IA, 8:00-9:00am

8/19/16 - HCVC Sustainability Tour, Location TBD, 10:00am-12:00pm

Decorah:

8/18/2016 - Potluck Dinner to thank local partners/organizations

Phelps Park in Decorah, IA at 5pm

Dubuque:

8/10/16 - Dubuque Community Garden Coalition Potluck

Washington Neighborhood Garden,

1800 block of Washington St, Dubuque, IA at 5:30pm

Name | Company | Phone | Email | Website

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