Sustainability

We all know that it’s important to maintain natural systems... but what are you going to do about it?

That’s the idea of sustainability. If something is sustainable, it can last. One of the ways to make something last is to use as little of it as possible.

For example, do you think it would be sustainable for everyone to take 30-minute showers every day? Of course not! Fresh water is a very precious, limited resource. We need to conserve natural resources to be sure that there is enough to support life on earth.

Living sustainably can be a fun challenge. Starting a new year is a good time to find new ways to improve ourselves and our lives. Hopefully these activities will inspire you to TAKE ACTION and to think of MORE ways to make the world a better place. For more sustainability tips, see the Word Search on page 3!

Take Action with Science

Citizen science is a way for anyone, even if you are not a scientist, to become involved in real scientific research. Both kids and adults can partner with scientific researchers on many different kinds of projects to answer real-world questions. Are you interested in collecting scientific research or data, to help scientists all over the world?

Citizen science can really make a difference! When scientists told elementary students in Waterville, Washington that there were no Pygmy Short-Horned Lizards in the area, the kids said, “Yes there are, we catch them all the time!” Those students worked with people in the community, the scientists, and a citizen science program called Nature Mapping to change the information they had on these lizards for Washington State.

Programs like Nature Mapping are often done through schools, but many citizen science programs can be done from your own home. Every year the Audubon Society does a Christmas Bird Count. Thousands of people all over the country have made this a family tradition. The bird count information helps scientists to understand changes in bird populations and make decisions on how to protect them.

If you are interested in becoming a citizen scientist, there are many more options. Project Ladybug helps scientists gather important information on lady bugs. What could be better than going on a lady bug search and taking their pictures? The numbers of Monarch Butterflies have really gone down over the years. Help bring back Monarch populations with Monarch Watch. If you like plants – don’t worry! Scientists need lots of help with plant research too. Check out Project BudBurst. If you like weather, CoCoRaHS has their citizen scientists install and use rain gauges to watch and measure the amount of precipitation (that is rain, snow, and hail).

There are many more citizen science programs out there. You can do some research on the computer or talk with your local parks or wildlife organizations. Get your family involved – it can be fun for everyone!

Find out more on these Citizen Science Programs:

Audubon Society: http://www.audubon.org/
Project Ladybug: http://www.projectladybug.org/
Monarch Watch: http://www.monarchwatch.org/
Project Budburst: http://neoninc.org/budburst/
CoCoRaHS: http://www.cocorahs.org
Paper Craft

**Drinking Cup That Works**

You need: wax paper 8 inches square

1. Fold square on the diagonal.
2. Fold left-hand corner to middle of opposite edge.
3. Do the same with right-hand corner.
4. Fold down one layer of top triangle. Turn over and fold down other layer of triangle.
5. Open cup and push in at bottom.

Here's a great way to Take Action! Make your own drinking cup. You can use any paper, but wax paper works the best.

EnviroKids’ Club presents....

**I Love Clean Air Day**

Friday, February 1st, 10am-2pm

Mobius Science Center—Spokane
811 W Main Street—downtown

Fun, hands-on clean air activities.
Museum admission fee. Club members get $1 off admission & earn points by participating.

An EnviroKids Thank You!

Ten-year-old Julia Albrecht recently redeemed her many EnviroKids points and received “the Bird Show” through the West Valley Outdoor Learning Center. Here is a Thank You we received from her family:

“...I can't thank you enough for the bird presentation that Julia earned from the EnviroKids! She used it to present to her Girl Scout troop on Tuesday, October 11th. Gabe and Kelsey brought Hanovi, the great horned owl, and the program was a big hit with the girls! It turns out that the West Outdoor Valley Learning Center may be a good place for our girls to work on a project for the bronze award, the highest honor Junior Girl Scouts can earn.”

Congratulations to Julia and best of luck on her future adventures. Her determination will take her far!

Community Calendar

- **February**
  - 1 I Love Clean Air Day—Mobius SC 10-2pm
    - admission fee
  - 19 WA Green Schools parent/teacher mtg

- **March**
  - 19 WA Green Schools parent/teacher mtg

- **April**
  - 13 Earth Day – downtown Spokane
  - 27 Arbor Day—Finch Arboretum
Sustainable Living Word Search + Hidden Message

Circle the words in the puzzle. Then fill in the unused letters in order below to reveal the hidden message.

Using the word search list above...

- Replace Light Bulbs
  Compact Florescent Lights (CFLs) or Light Emitting Diodes (LEDs) are eco-friendly and use less energy than a standard incandescent light bulb. By replacing the standard bulbs with CFLs or LEDs, you help the environment!

- Do IT — Take Action!
  Using the word search list above...
  
  - Circle the actions that you and your family already do to live more sustainably.
  - Put a square around actions that you want to start doing today or this year.
  - Write down other ways not on the list that you could do.

Special Thanks to EverGreen Twins Activity Book @ www.evergreentwins.com
EnviroKids’... caring for the Earth

EnviroKids’ Club provides its 200+ members with information and activities to explore aspects of the environment: air, water, weather, garbage and recycling, plants and animals. The Club is open to all Spokane County residents who are in grades K-6.

Club members receive a newsletter in the mail four times a year. The newsletter contains activities to complete and ideas for activities at home or in the community. Members who are interested can complete activities and/or participate in some of the events to earn points. Earned points can then be used to trade-in for prizes. **Members need to participate in at least one activity per year to receive newsletters.** For more information, visit [www.spokaneenvirokids.org](http://www.spokaneenvirokids.org).

To earn points, mail the completed activities page and this page by March 31, 2013 to:

EnviroKids’ Club c/o National Weather Service
2601 N Rambo Rd. Spokane, WA 99224

Complete the activities in the newsletter, fill in this form and send it back to us to earn your points! Do you have a friend or sibling who would like to join Envirokids’ Club? Copy this page for them to send in and be added to our mailing list.

Name: ___________________________________ Age: _________ Grade: ______ School: ___________________________

Home Mailing Address: __________________________________ City: ________________________ Zip Code: ______________

E-mail Address: ___________________________________________ Phone: _________________________________

My child has permission to participate in EnviroKids’ Club activities that I accompany him/her to and permission is granted to use his/her photo that may be taken at such event, for promoting the Club (newsletter, flyers, ads, website, etc.)

_______________________________________________________________________________________________________

Parent Signature. Please print name, then sign and date


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