Ecotones: The Heartbeat of Huxley, 2002, Fall, Issue 08

Laurel Eddy
Western Washington University

Huxley College of the Environment, Western Washington University

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Thanksgiving: Vegetarian Style

By Erik McKenna

This time of the year is difficult for many vegetarians. They are surrounded by people whose actions they find morally wrong, though vegetarians have more options available to them this holiday season.

Turkeys are the main course for many holiday celebrations. Some vegetarians believe the killing of animals to provide food for people is morally wrong. "I became a vegetarian because of my moral belief about raising animals for eating," Western student Ceann Knox said.

Knox believes strongly that animals should not be raised to provide food for people. As a result of her belief, she does not eat meat.

Some students attending Western have made the choice to change their lifestyles and join the ranks of vegetarians. They are against the mistreatment of animals and look at vegetarianism as a way to eat healthier. Vegetarians consume less fat and calories, which leads to a healthier lifestyle.

Thanksgiving is a holiday focused on eating meat, and is a time when very few vegetarian options are available.

According to People for the Ethical Treatment of Animals' (PETA) Web site, people's Thanksgiving meals consume approximately 45 million turkeys each year.

"I eat the stuffing, cranberries, and salads,"

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'Food Not Lawns' Building Gardens

By Anne Chapin

Food Not Lawns has been around for a little over a year, but is already changing the landscape of Bellingham by turning lawns into organic gardens. The not-for-profit group has about 25 volunteers, including Western students and Bellingham community members. Eric Conn, a Huxley graduate, is one of the founders and current leader of Food Not Lawns.

"It's a way of empowering people into making a change in their own community and then the whole world is going to change."

Food Not Lawns' mission is to "help Bellingham become more sustainable by restoring abused and unused land into organic gardens."

Lawns are unhealthy for the environment because they use up water resources, pollute the air and water with pesticides, and do not turn carbon dioxide into oxygen as well as organic gardens.

The group planted organic gardens on donated land at the Community Food
Native American Student Has Strong Connection to Bison

By Laurel Eddy

As he spoke to the Environmental Education class, Huxley junior Cetan Wanbli Williams' head was lowered and he said 'um' or 'you know' a lot. Clearly, he was not comfortable in front of the class. Equally clearly, he had a passionate message of animal rights and respect that was far more important to him than his shyness, which, as he went on talking, disappeared. His head came up and the 'ums' magically went away.

Williams recently attended the Inter Tribal Bison Cooperative on Nov. 7-9 in Denver. He was moved to talk about the importance of bison, or buffalo, and to share pemmican, a dish made with bison meat and plains berries, with the class.

"I felt a certain responsibility, not only to my tribal community, even my family community, but the community I seek knowledge with, to share and exchange that gift of knowledge," Williams said. "That's something people learn from the bison, from their generous nature."

Wearing an Intertribal shirt and bandanna over his customary single braid, Williams said bison are generous because they have provided his tribe with essential materials for their way of life.

He said killing a bison should not be done lightly, and they should be killed only if their meat is needed.

"They gave us who we are, our origin, traditions, we speak of coming into this world with the bison. They gave us a way of life and now we feel it is our duty to help them live this life again," Williams said.

"The death of that animal would be as important as the death of your grandmother," Williams said.

When asked about the Makah's whaling expeditions, Williams said he supports them.

"They're going out and killing their grandfather," he said. "But that grandfather is giving them life ... we truly believe that we can communicate respect to this animal, that love...and in exchange, it will give us its life."

Williams said bison is necessary to his culture and his tribe's way of life, and is a staple of their diet. He said his tribe gives bison refuge and a home, and in exchange, uses them for food.

"These animals were harvested in a way that preserves their integrity," Williams said. "In order to preserve their integrity...each animal is only killed after our proper ceremonial protocols have been taken care of or performed and in that way, we truly believe as with any family member or in any kind of relationship with anyone that if you have that respect, then giving your life becomes a symbol of that generous nature."

He said by using high-quality facilities, his tribe both shows their respect for the bison and ensures a high-quality product.

"The actual facilities used for butchering are a state-of-the-art mobile slaughter unit that's specifically designed for prairie grass-fed bison."

He said bison meat was also the healthiest red meat on the planet, especially when raised naturally.

QUESTION OF THE WEEK

“How do you feel about eating turkey this Thanksgiving?”

"I'm a meat eater. I (also) think that people should eat only as much as they need."

-Mike Eckerman, Accounting major

"I enjoy turkey...It's not what you eat, it's giving thanks that we have the option of choosing."

-Linda Alvarado, Finance and Marketing Department

"I love it!"

-Brett Witaker, Accounting major

"I'm a vegetarian so I don't. I never really liked turkey. I always preferred the stuffing instead."

-Regina Amodeo, Creative Writing major

"I think it's cool if people want to adopt a turkey, but I also eat turkey."

-Carrie Meredith, Public Relations/ Journalism major

"I think eating meat in general is a waste of resources."

-Sharon Wherland, Music and Art major
"There are no pesticides used, there's no growth hormone, they're not knowledge of our children."
He said educating people about bison was important to him for that reason.

While bison are not endangered, they are not numerous either, and Williams said his tribe fears their extinction.

"If the bison aren't restored, then we'll cease to exist along with them," Williams said.
He said without becoming connected to the natural world again, all of humanity would die.

"(There's such a need to restore that connection with the different species that inhabit those different environments," he said. "It could be the wind, it could be the sun, it could be the night, it could be the mud."

He said people need to make connection with some natural force or animal, and need to learn to measure quality of life in terms of humans instead of domestic product.

"What does that really mean to be native to a place?" he said. "It's more than just a philosophy, more than just a religion, more than just a science."
He said all these disciplines were connected, and everything in life was based on connections, right down to the molecules.

"How do our atoms know how to bind?"
For more information, write to the Bison Intertribal Cooperatives at 1560 Concourse Drive Rapid City, S. Dakota 57703, call them at 605-394-9730 or check out their Web site at www.intertribalbison.org.

The Humanity of Bison
How Bison Act Like Human Beings

"Bison management is really an oxymoron," Williams said, because bison are so wild. "If they want to go somewhere, they'll go somewhere."
Sound like anyone you know?

"I could tell you a story about attending a bison funeral."
Williams said the biggest bulls tried to help a bull who had just been shot. They nudged him, lifted him with their horns and got him up. He fell down in a few steps and they tried again and got him up.

"And pretty soon, as hard as they tried, they couldn't get him back up," Williams said. "You may not believe me... but I saw buffalo cry that day, and mourn that member of their family."

"They're really playful," Williams said. "If you really get to know them, you can see how they even tease each other. One time we had this herd of young bulls, probably yearlings comparable to a group of young teenage boys."

He said at times, males stay separate from females and young, but one bull kept getting run back to Mama.

"He was a little bit smaller, his horns weren't as big, he was real light in color," Williams said. "They really kind of picked on him...Every time he'd come around, they'd specifically chase him back into the females...He grew and he got bigger and he kind of turned out to be one of the more ornery ones."

"You just have to be around these animals, when you see how they nurture. Some of the cows will act as surrogate mothers."

Scholarship Available for Student
Field Biology and Geology Course in Baja California, Mexico Dec. 27th-Jan 17th
David Silverberg, a Huxley graduate and owner of the Arizona based Environmental Learning Institute is offering the scholarship along with the course. The program costs are covered and the student only pays transportation to and from the San Diego airport.
Students must submit an essay explaining why they should be selected. Important criteria will include academic scholarship, background preparation, interest in the Baja/Mexico region, and the student's degree/career plan. A letter from faculty or advisor is also needed. For more information go to http://www.environmentallearning.org.
Student Began Teaching Conservation in Kenya

By Tara Nelson

Some people believe changing the world is beyond their reach. Fairhaven student Wanambisi Wesakania does not. He began to change the world at a community level, teaching organic farming in his native Kenya.

"I was teaching as a volunteer in Kenya," he said. "I started a youth group and organized it to work on environmental conservation and organic farming. Through that group, I started teaching the community, but I needed more formal training in that field."

He said there was a need for environmental conservation in Kenya because the practice of chemical farming was ruining the soil and was becoming unaffordable.

"Before chemical farming, we had very fertile soil... Delicious mushrooms grew everywhere," Wesakania said. "Then with chemical farming and spraying, all the termites, which are very important ecologically in the tropics, were killed and the mushrooms disappeared."

In 1993, Wesakania left his wife and two children to attend a local training center where he earned a diploma in organic farming. He then decided he would need additional training in environmental conservation.

"After my training to teach organic farming, I realized that it wasn't enough because people were cutting down trees, ruining the hillsides and also draining and clearing wetlands which caused major drought," he said. "Therefore, I took the challenge to have more training in environmental conservation to have skills to combine with organic farming so that I could teach people skills of managing their own resources."

After working with his community, Wesakania was recognized by international environmental organizations. They invited him to speak at workshops of his experience. From then on, he said he "just networked."

Wesakania first came to Seattle in 1997 to learn more about conservation. He worked with King County Wild Conservation Core Program, now called Earthcorps. For four months, he maintained trails in parks, imported exotic plants and animals, cleaned solid wastes from streams and restored salmon habitats. From there, he was invited to Skagit Valley College to speak to the Environmental Conservation Program.

"When I came to SVC, I realized that they had a two-year program about environmental conservation that was not offered in Kenya," Wesakania said. "I decided to go back to school and get the knowledge I needed to be able to work with the community."

Wesakania graduated from SVC in June of 2002. He was a recipient of the 2002 McIntyre scholarship, but says he struggles financially because tuition rates are around $4,000 per quarter for international students.

"Right now, because of financial hardships, I'm doing an upside down degree. I do not get financial aid... The scholarship is about $20,000 for two years, but it is not enough for me because I am an international student." he said. "I live with a woman and her husband. They give me food and a place to stay. That is how I am able to get my education here."

Wesakania said he enjoys the U.S. but misses the sun and the animals in Africa, especially the monkeys.

"The U.S. is a very good place to go to school... I'm learning what I need," he said. "I'm very fascinated with the technology here because the technology in Africa is so low."

Wesakania says he has started to look at graduate schools but is still interested in Western.

"My dream is to finish here on campus and get my master's degree so I can teach in an institution in Africa and continue to work with communities," Wesakania said.


Permaculture is a type of agriculture that uses plants that produce food year after year. Planting a variety of organic food plants allows them to grow well in a smaller area and keeps the soil healthy and productive without the use of pesticides.

Organic gardens are beneficial to the soil and produce nutritious food. The cereals and grains that work best in organic gardens, such as the South American quinoa (pronounced "keen-wa"), are generally more nutritious than American wheat. Fruits and vegetables, such as tomatoes and carrots, also grow successfully in organic gardens. The time put into creating an organic garden is small compared to the...
Continued from pg 1-

**Tofurky**

Knox said.

She admitted most stuffing is cooked with the turkey, and is therefore not a vegetarian dish, but said she liked stuffing too much to give it up.

According to the PETA Web site there are over 20 million vegetarians in the United States, about 12% of the U.S. population.

"I am the only vegetarian, (in my family)," Knox said, "My family is good about having other dishes besides dishes made with meat products."

There are many meals people can substitute for turkey and for dishes created using meat. Un-turkey is a popular alternative to real turkey.

Un-turkey was reported to be created by a restaurant trying to create a vegetarian meal. The Un-turkey is made of wheat gluten and stuffed bread dressing. Un-turkey has skin made of soy, which looks much the same as real turkey skin.

Another popular alternative is Tofurky, which is made with a cultured cake of beans and/or grains and comes with imitation gravy. Tofurky is available at the Food Co-op located at 1220 N Forest.

"Tofurky tastes just like turkey," Western student Chris Jackson said.

Jackson convinced his family to get a Un-turkey instead of a real turkey, he said. "This year I have convinced my family to get a Un-turkey instead of a real turkey," Jackson said.

Jackson convinced his family to get a smaller turkey and also get a Un-turkey so they can try the Un-turkey. It is Jackson's hope that his family will like the Un-turkey and only have that next Thanksgiving. He also hopes he can encourage his family to become vegetarians, so they can enjoy the healthier lifestyle he leads. Being a vegetarian is difficult as there are not as many meat selections available.

"There are not a lot of options when I go out to dinner," Knox said.

Vegetarians have few choices when they eat out. They are forced to make most of their own meals, as many restaurants have a very limited vegetarian menu if they have one at all.

For information contact Action for Animals via e-mail at sfal.u.washington.edu or Beneml at (206) 227-5752 or www.tofurky.com.
Ongoing

Lake Whatcom/Lake Padden need your pledge
The Mt. Baker Group of the Sierra Club seeks help with the "Salmon Friendly Lawn" campaign. To participate, send a self-addressed, stamped envelope to: Sierra Club – Mt. Baker Group P.O. Box 1722 Bellingham, WA 98227 Or, if you've already taken the Lake Whatcom or Lake Padden Watershed Pledge, call RE Sources at 733-8307; leave your name address and phone number and they will send you a sign for free.
For more information, go to www.watershedpledge.org.

Ongoing through November 26

Fall Flu Vaccinations Available
Vaccinations are available to students, faculty, staff and family members ages 13 and older while supplies last. Purchase a flu shot ticket at the cashier’s office in Old Main 245 to present at the time of vaccination. Medical staff will give the shots from 8:30 a.m. to 2:30 p.m. Mondays, Tuesdays, Wednesdays and Fridays and from 9:30 a.m. to 2:30 p.m. Thursdays.
$12 Student Health Center (360) 650-2961

November 26

November 27
Post Point Herons: The North Cascades Audubon Society presents a discussion on the endangered Post Point heronry at 7 p.m. at Bellingham Public Library's downstairs lecture room. Free. 671-6192.

November 27
Mind, Body, and Spirit Connection: Join a discussion of Carolyn Myss' "Sacred Contracts" at 7:30 p.m. at Barnes & Noble Booksellers, 4099 Meridian St. 647-7018.

November 28
Special Turkey Time: The 30th annual Old Town Cafe's free Thanksgiving dinner is from 10 a.m. to 3 p.m. at the cafe, 316 W. Holly St. All volunteers, food donations by local unions, businesses, religious organizations and individuals. Features live music. 671-4431.

November 28
Auditions for the Celebrate Bellingham New Year's Eve production are from 1 to 4 p.m. Nov. 24 at Central Lutheran Church, 925 N. Forest St. Singers, dancers, actors, instrumentalists, backstage crew are needed. Show runs from 6 to 8 p.m. Dec. 31 at Mount Baker Theatre. Prepared songs, dances and monologues encouraged. 739-8386, 734-6639. Sponsored by Bellingham Parks and Recreation Department.

December 6-8
Gingerbread House Contest: The Port of Bellingham sponsors its annual gingerbread house contest, with entries going on display Dec. 6-8 at the Holiday Port Festival at Bellingham Cruise Terminal. No charge to enter the contest. The entries are used for a silent auction that benefits the American Red Cross of Whatcom County. Entry forms available at all Port of Bellingham offices, Bellingham Cruise Terminal and Bellingham Public Library. Also available online at the Port Web site, www.portofbellingham.com. Details 676-2500.

December 1-2

December 10
Herbal Crafting at the Co-op, 7-9 p.m. with Lisa Brown $15 members, $18 non-members. Learn to make herbal crafts for giving (and keeping). Class participants will learn to make flavored vinegars, herbal treats and aromatic gifts such as dream pillows and sweet bags. Everyone will...