

GREEN TEAM

GREEN TEAM SUMMER 2010 UPDATE



The Green Team has had a very successful summer. Our main focus this summer was to really spread awareness about who we are, what we do, and most importantly to spread awareness about the environmental issues that are affecting our community and ways people can help to make a positive difference. Not only have we been working hard to engage the community, we have also been learning a lot of new life skills and important facts about our local and global environment and what effect we are having on it.



"Although I am new this summer, working with a group of nine other students, I really feel like a part of the team. We have become very close this summer, I really love this job."- Nashira Mencia

"We really feel that we have made a great difference by making these Public Service Announcements, and because of this great experience we can now go to Lawrence Cable Access TV studio any time and make videos."-Elio Navarro

PUBLIC SERVICE ANNOUNCEMENTS

This summer the Green Team was divided into four groups to make Public Service Announcements (PSA's). These groups had to make four different one-minute long PSA's about various environmental issues in Lawrence. We worked with Lawrence Cable Access TV and for our first week we were

trained in video production and editing. We now have memberships at the Lawrence Cable Access Station and we are all allowed to come and use the equipment any time we please. Our PSA's included information on healthy cooking, our community gardens, the trash that harms our city,

and what we do as Green Team. We created these PSA's to inform the public about the environmental issues that are affecting Lawrence, and what Green Team is doing to make a difference. Check out Channel 8 to see the Public service announcements on TV.

COOKING

This summer we used the Lawrence Heritage State Park kitchen facility to cook delicious and healthy meals!. The purpose of our cooking is not only to eat well and use the veggies from our garden, but to learn how to maintain our body with a healthy diet. By making food from scratch we have learned that we can stop spending money on fast food, and start saving money by cooking our own food; such as vegetable stir fry, fruit salads, and smoothies. It was really nice to sit down together after we cooked our meal as a group and bond over what we had just made.



"I really enjoyed the cooking experiences because they allowed me to discover my Italian heritage."- Dorian Straker

OUR TRIP TO THE APPALACHIAN MOUNTAIN CLUB

During the first week of Green Team, all ten members went on a weeklong trip to the AMC Highland Center in Bretton Woods, New Hampshire. We were glad to go on this trip so that we could all get to know each other, since there were five newcomers to the team. During this week we all bonded very well by getting to know each other through games, ice breakers,

our hike up the mountain, and by just hanging out. One of the highlights of this trip was the hike that we took up Mount Lafayette, which was about 2.9 miles up the trail. Although there were definitely some rough times and obstacles that we had to overcome in order to summit the mountain, it was a new experience and really fun for all of us. On

this trip, we also got to know another Groundwork Green Team from Yonkers, New York. There was also a group of adults from the AMC volunteer network that we met and worked with in group meetings that week. During these meetings we learned about intergenerational issues and how we can use our collaborative ideas to help preserve the environment.

EXPLORING OUR NATURAL ENVIRONMENT

Every Wednesday the Green Team partnered with Rebecca Veilleux, a biology teacher from the Lawrence High School, and members of the Massachusetts Audubon Society to perform Rapid Ecological Assessments along the Spicket River. These REA's will be used to inform future development of the Spicket River Greenway. Mass

Audubon staff have taught us various ways of identifying birds, invertebrates and plants. By listening to bird calls, using our senses, learning how to use binoculars and utilizing guide books we have become experienced naturalists. We recorded our observations in nature journals which we referred to

when we wrote our final group assessments. The weekly REA's allowed us to look at green spaces around Lawrence in new ways. We have learned that our city has so much natural beauty for everyone to enjoy.



WHAT'S UP WITH THE COMMUNITY GARDENS

Community Gardens give people in the community the opportunity to plant and care for their own vegetable gardens. There are currently 4 different locations in which you can find community gardens. Community Gardens open doors to a better and healthier lifestyle because your body consumes natural and fresh food. The Green Team, maintains 3 garden beds in the Brook street community garden. We visited our garden beds at least two times a week (during the summer) to water, weed, cultivate and harvest them. We all love the process of planting our own vegetables from seeds and seedlings, watching and caring for them as they grow, and then cooking with and eating them.



HELPING OUT WITH NATIONAL NIGHT OUT

National Night Out (NNO) is a national event that takes place at parks and public spaces throughout different cities. Green Team along with the rest of Groundwork Lawrence staff and Lawrence Community Works hosted one of many Lawrence NNO sites at Scario Park. One of the main goals of this event was to bring the community together and to build awareness about preventing vio-

lence. Each member of the Green Team volunteered for different activities during the event from face painting, to relay races, to food distribution, to organizing a basketball tournament. There were also Green Team members at a table helping to answer questions about Groundwork Lawrence and to help people better understand what green

team does to help our city. Green Team also performed a skit we created about the importance of recycling. We used this as a tool to educate the audience about the basics of recycling. One of the goals for the Green It Up Campaign is to educate people about recycling and to increase the number of households that recycle in the city. The skit was a great way to promote our campaign.

"It was very fun to have our own garden to grow produce that we can use for ourselves when we cook."-
Obed Pagan

HOW YOU CAN HELP!

The Green Team is constantly trying to lead by example. When you see us in your local park do not hesitate to stop by and lend a helping hand. Every year we hold various events to benefit the city of Lawrence. Two major events are the annual Spicket River Cleanup and the Earth Day Cleanup. We hope that you will join us at future events!



WORKING AT THE JOHNSON'S FARM

One of our favorite weekly activities was driving up to and working at Scott and Christy's farm in Windham, NH. They own the last family farm in Windham and have a special partnership with Neighbors in Need, a non-profit that runs food pantries in the Greater Lawrence Area. The Johnson's donate over half their produce to Neighbors in Need to allow people without access to food in Lawrence to be able to have fresh fruits and vegetables dur-

ing the Spring, Summer, and Fall, instead of only distributing non-perishable food items. To help them help the hungry in our community, we would weed and harvest weekly at the farm. We also got to experience farm life there, from their farm stand to their chickens, horses, pig, and goats! Scott taught us a lot about local farming. We could then take the skills we learned and bring them back to our own community garden plots.



HOW CAN WE HELP YOU MAKE A DIFFERENCE IN OUR COMMUNITY?

Part of the skill set we were developing this summer is how to be leaders to make a difference in our communities. Our Green It Up Campaign allows us to share our knowledge within the community, specifically regarding trash and recycling in Lawrence. But we are always looking for more ways to spread the word about keeping Lawrence green and clean, healthy cooking and diets, and the benefits of gardening and eating locally grown foods. Please let us know how we can be of service to you, your community organization, or local business. We are happy to host a group of volunteers to clean up a park or garden, or bring a workshop about recycling, trash, cooking, or gardening to you! Or if you have any other projects that you think would be a good match for the Green Team just let us know. Please contact Anna at Groundwork Lawrence at (978) 974-0770 or arickards@groundworklawrence.org



Green Team with trash barrels they painted as part of Lawrence Community Works "Pick It Up, Throw it In!" program, a resident-lead initiative to increase trash barrels in our community as an effort to reduce trash in the streets of Lawrence.

