

Green Team Newsletter

Healthy Habits

This past year, the Green Team has been learning how to make better food choices both through eating and cooking. Green Team has been sharing that knowledge with the community by leading cooking demos.

One of these was at the Lawrence Community Works Convention that was held at the South Lawrence East School in March. The Green Team made posters with nutrition information, recipe cards, and had their own demonstration of guacamole and smoothies with fresh fruit. The Green Team explained to the audience how easy and healthy it is to make the guacamole and smoothies, handed out samples and talked about the health benefits. The demonstration was very successful. The audience wanted more of both items and asked for more workshops with more recipes.

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from left to right - Elio, Sacha, Giovanni, and Jesenia working on the smoothies at the Lawrence CommunityWorks Convention.

“Green It Up” Campaign



from left to right - Jazmin, Wilnely, Elio, Jennifer and Randolph planning the kick-off for the “Green It Up” Campaign.

When applying for the Green Team we all had to answer this question: ‘What environmental issue concerns you the most in Lawrence?’, to which we all answered: trash, litter, and/or pollution. Born from our desire to do something about it came our ‘Green It Up’ Campaign. The “Green It Up” Campaign is about creating a cleaner, greener, Lawrence and us learning so we can teach others what we have learned. We are learning more about being green, the importance of recycling, and about where our trash goes and how can we reduce trash. We hope through our learning and then teaching others we can spread the message to the community about our campaign and the importance of reducing, reusing and recycling! Some people think we are wasting our time, but they are wrong we know we can make a difference and hopefully help people change their own habits.

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Spicket River Clean Up

The Spicket River clean up was an opportunity to involve hundreds of people in our efforts to clean the Spicket River. During the clean up, we found a lot of things that were not supposed to be in the river. The back of a pickup truck was among the things found in the river. Many kids from Lawrence High School were involved in the clean up. This clean up is really important to the community. This event is so important that Lawrence High School and Phillips Academy have made this event a tradition at their school; it's a great opportunity for the youth to become aware of the pollution in the river and other water bodies in our city. The clean up was a lot of fun because we not only got to know other Green Team members better but we also met people from our city and other members of other environmental groups and organizations.

"I had a lot of fun at the cleanup, we worked really hard and we also found some interesting things ." **Luis**



Jesenia and Wanny, Green Team members speaking at Glow.



Glow Gala

Each year the Green Team is part of Groundwork Lawrence's Glow Gala and Fundraiser. We lend a helping hand all evening, greeting guests, selling raffle tickets, and doing whatever is needed of us. This past year, two of our Green Team members were excited to have their art featured in the Glow gala silent auction. They were especially proud because all art was juried by a committee. This was a very competitive process and the art had to meet certain Eco-Art guidelines. Also two of our green team members spoke to the crowd of supporters and funders, encouraging people to continue to support the organization and the youth program. It was a fun event. We worked hard and even helped to raise money to support the Green Team program.



Earth Day Clean Up

The Earth Day Clean Up on Tuesday, April 21st was a great success! On a cold, wet day 70 people showed up and did a great job helping us clean the city. We were happy that this many people showed up, even though the weather was bad, mostly youth with only a few staff people. Volunteers helped to collect 100 bags of trash and 200 gallons of recyclables. Two of our green team members got us 36 boxes of pizzas donated from different local businesses in Lawrence to feed all volunteers. This was a great way to kick-off our “Green It Up” Campaign by encouraging our peers to pick up litter, and recycle—we look forward to encouraging more of our peers and community at large as we continue the campaign.

“This was a great experience for all of us especially for me. It was my first time participating in a cleanup that big. I learned how to be a leader and I lead others around the streets. This experience will help me for many other things I do and when I have to be a leader.”

–Elio



Rebecca Veilleux, Lawrence High School Biology teacher, Jazmin, Wilnely, Randolph, and Rowan Van Ness, AmeriCorps*VISTA Intern.

Trip to AMC's Pinkham Notch



This trip was really fun for us. During this trip we all got to know each other a lot better. We had a lot of fun going up the mountain, even though it was a rough trail. This was a great experience for a lot of us because we didn't use any electronics, and a lot of us are not used to being without our phones and blow-dryers. Some of us got to see shooting stars that passed by while we were out during an evening walk.

“I really enjoyed this trip a lot. I learned many things but most of all it was the first time that I saw a shooting star. It brought me joy inside.”

– Jazmin

Arbor Day

On Arbor Day we celebrated the 60th tree planted in Lawrence in April of 2009 through Groundwork's 'GreenStreets' Program. It was really fun as we met many youth from Youth Build Lawrence (who worked together planting all those trees) and heard them speak about their experiences. We even got to meet a Veteran from the Patriots Football team and the Mascot. Also in attendance were Congresswoman Tson-gas and Senator Tucker who praised the work of the 'GreenStreets' program.

Rivers Day with Congresswoman Tsongas

On a beautiful day in October, the Green Team greeted Congresswoman Tsongas at Dr. Nina Scarito Park on Brook Street in Lawrence, MA—her last stop on her ‘Rivers Day’ Tour. She spent the day highlighting the important role rivers play in the economy, culture and environment. We guided her through the park and stopped at the community garden where we had been growing food all summer and offered her some of our harvest. She loved the pear tomato we gave her. She then gave Groundwork an award for all the work we do. It was amazing to meet the Congresswoman and to share our harvest with her.



“I think that that’s another reason why recycling is important, if we reduce the trash more by recycling, we would be able to lessen the landfills within our state, and the money that the city uses to pay for trash disposal and ship the trash to other places” -*Sacha*

Tour of Covanta Energy

In March of 2009, the Green Team visited the Covanta Energy facility in Haverhill. Joe Becker, the Chief Engineer, gave us a tour through the facility and we found it very interesting. We learned that Covanta Energy uses municipal solid waste as a fuel to generate clean, renewable energy. Within the building, there were many levels, on one of the levels we were amazed to see how much trash is being collected in the city of Lawrence. As we listened to Joe explain the process, we learned that the trash they collect each day is then burnt and the steam from the fire produces energy (that pays for the Covanta facilities electricity bill and then even earns them money), then the ashes from this process are taken and put in the land fill. Through this process they emit less harmful toxins into the air, make energy out of trash and fill less landfill space. A non burning landfill would fill up at 10x the rate the ash by-product does.

Tour of Osgood Landing

The Osgood Landing trip was a great experience for all of us. We each learned a lot about the solar panels on the roof. The solar panels help save the building lots of energy and money. This experience made us think about all the energy we are wasting every day. It made us think about different situations in which we could save energy and it increased our interest in buying the solar panels. Solar panels are expensive up front, but in the long run, you would save yourself more money than what you spent on the solar panels.

“At first when we were going on this trip, I thought it was going to be another boring lecture. But, as our guide talked about these solar panels, I became interested. It made me realize how much better off we would be with them because we would be able to save a lot of money and energy.”-*Giovanni*

Healthy Habits

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We also conducted a demo at Cambridge College and made fruit and yogurt parfait with granola. We had many samples to share and also had the recipes for samplers to encourage them to make it at home. Most of our samplers couldn't believe it was free and commented on how good it tasted.

We've really enjoyed cooking.



Luis, Randolph, and Jennifer preparing guacamole.



“Green It Up” Campaign

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This is what “Green It Up” is all about—making change happen and hopefully changing people’s lives and making them think differently and act differently.

Above, the button we've created to spread the word about our campaign. We are happy to report the City of Lawrence will be purchasing 1,000 of these for us to distribute.

“The Green Team is not just about recycling. We are a family, we do fun stuff, we laugh, we joke around, and the most important thing we enjoy what we do. We all love being green and helping out our society, and this is something I will always remember for the rest of my life.” – *Elio*



> June 2009: Teenage Trailblazers
Photo by Tracy Powell

Den Rock Park

We were really excited recently to be featured in AMC's Outdoor Magazine, June Issue for our work in Den Rock Park.

<http://www.outdoors.org/publications/outdoors/2009/features/teen-trail-workers.cfm>

Den Rock park is the City of Lawrence's only naturally-wooded area. The 120 acre's of land unfortunately doesn't get the TLC it needs. We have adopted it as our own and have worked through a partnership with AMC to maintain the trails and take care of it.

Bioneers by the Bay

In October, we were fortunate enough to attend the Bioneers by the Bay Conference with Groundwork Lawrence with support from our teachers. We went in hopes of learning and connecting with other youth and were happy to come back to Lawrence to share knowledge and build awareness around some of the environmental issues we learned so much about. We woke up early to eat breakfast and then went to the opening ceremonies in the morning from which we learned a lot from a panel of speakers. We stayed there until about noon; then we had lunch. All of the food was organic and very healthy. We had youth meet ups and went to workshops, which were very fun for all of us. We attended workshops such as: "How to Green Your School," "How to Make Bio-Diesel and Other Renewable Energy," "Eco-Fashion," "Low-Carbon Diet," and "Cool Community and Grease 101: Using Waste Vegetable Oil for Fuel." We were there for a whole weekend and left on Sunday at noon. We each learned something new and left with a new experience.

"This was the second time that I attended the annual Bioneers By the Bay, and I believe this one has been the best one yet. I learned many new things and I got to meet many new people. It was such a great experience. I am looking forward to attending next year." -*Wilnelly*

Union Crossing

The Union Crossing project is a very interesting project and has been an educational experience. As the Green Team, we were given the chance to interview the architects and engineers that are responsible for the eco-friendly blue prints of the renovated Southwick and Duck mills. The Union Crossing project will be responsible for the renovations of a 19th century mill complex into a living place, work place, green place and commercial place. We had the opportunity to learn about the "green" architecture and lifestyles and also learned a lot of the history of the mills by going to the Lawrence History Center. The Green Team interviewed different people who are involved in this amazing project. We also worked with the MIT at Lawrence Collaborative to work with audio editing software to edit our interviews and store them in the Lawrence History Center. These interviews can also be found at:

<http://uchistory.ning.com/>.



I came to enjoy the interview...I learned a lot and I'm going to be able to tell stories about the people who built these buildings.

- **Wanny**

