

Person & Planet

P u r e v a n t L i v i n g



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WELCOME

Person & Planet by Purevant Living is a publication that shares all things good within sustainability and wellness including articles, company highlights, new product development, organizations, public policy, wellness and eco tips, recipes, artwork, and photography.

This publication is a valuable resource for businesses and consumers alike, to educate readers on sustainable solutions for the planet and personal health.

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LETTER FROM THE EDITOR

Dear Reader,

Thank you for continuing on this journey to learn more about the amazing initiatives worldwide that share sustainable solutions for the planet and personal health! Each quarterly issue of Person & Planet by Purevant Living includes a seasonal creative theme, brought to life by sustainable artwork and photography. I'm honored to learn from and share the stories of so many amazing individuals and organizations that truly put person and planet at the forefront of their personal goals and business operations.

I believe it's important to share these actions in a positive light, instead of focusing on the bad and difficulties ahead of us, but rather on what is being done to create hope and positive advancements for change. Recent inspirational reading includes learning

about the Save Soil movement by Sadhguru that is addressing the soil crisis where soil is becoming alarmingly depleted of nutrients worldwide, and the book *The Upcycle*, by William McDonough and Michael Braungart that encourages a focus on companies becoming 'more good' instead of 'less bad' as a focus for positive growth. Both initiatives encourage highlighting positive actions and improvements in a contagious and unanimous upward cycle of goodness for prosperity worldwide.

To do our part, we have a commitment to donate 2% of every sale. We joined the Wisconsin Sustainable Business Council, 1% For The Planet, and Carbonfree® Partner Program for small businesses, to build a structure for giving back. Through these actions we are able to offset our annual carbon footprint from all operations. We currently print on demand via Amazon as the most carbon friendly option, but plan to move to a C2C certified printer as the publication grows. Please enjoy and share this second edition!

Thank you for caring about person and planet,

Stephanie Krubsack



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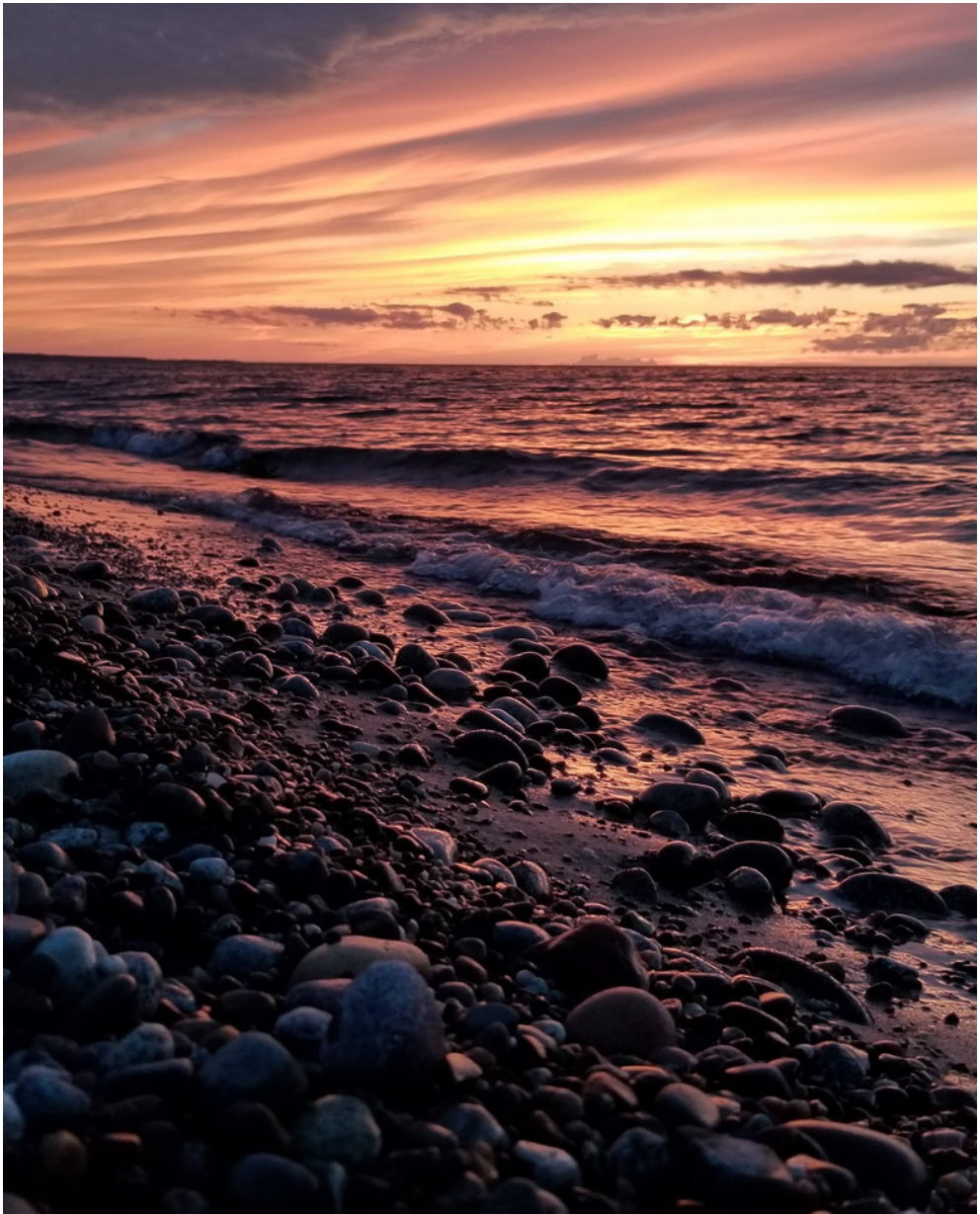
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Grand Marais, Michigan.
Photography by Stephanie Krubsack.



TWO FRIENDS WITH ONE MISSION: THE STORY OF GIVE BACK GREAT LAKES

by Cole Larance; photography by Andrew Lincoln

How did you end up in your current job? Was it your parents' suggestion, an internship, or a random chain of events?

For me, a piece of plastic in the ocean off the coast of Brazil started my journey. My name is Cole and I'm a Co-Founder and the Executive Director of Give Back Great Lakes.

One year ago in June about a month after graduating from the University of Michigan having endured the last year

and a half of my undergraduate career through a computer screen, I packed my bags and headed to Brazil. I wanted to see some old friends, spend some time on the beach, and figure out what the rest of my life was going to look like in the process.

My usual morning routine consisted of a short walk to the beach, some reading, and an hour or two of swimming. I don't know if you have been to O Caribe Brasileiro (the Brazilian Caribbean)

but it is exactly as you might imagine: white sand beaches, palm trees, and crystal clear water.

One morning after a stormy night I dove into the ocean near my regular spot and was met with some unfamiliar company.

Plastic. And lots of it.

The previous evening's storm had washed ashore plastic bags, cups, bottle caps, and a host of other uninvited guests. This particular morning stuck in my mind the rest of the trip, and before I returned to Michigan I had already called up my friend, Mason Pryor, and written up a plan.

We were going to start a business to tackle the ocean plastic problem. Our initial plan was to connect businesses with on-the-ground plastic recovery operations and help market their collective impact, but the real journey began when we expanded into the Great Lakes region.

After initial conversations with regional stakeholders it was apparent that the Great Lakes region, which my friend and I both called home, was large and complex enough to warrant its own initiative. Only a couple months into our ocean-plastic



© Drew Links

business, we pivoted, incorporated a new nonprofit entity, and began assembling a Board of Directors.

Now four months after our public launch with regional experts, NGOs, and businesses on board, Give Back Great Lakes is spearheading a business-led movement to protect our region's natural environment and communities for generations to come. Our business membership currently spans 6 states and 1 province which we will continue to rapidly expand. To join, members make a verified commitment to contribute either a percentage of annual revenue or profit to regional, mission-aligned organizations and optional internal sustainability improvements.

This model is similar to our initial plan of connecting businesses and plastic recovery organizations in that it facilitates regenerative relationships between the for profit and nonprofit sectors in the Great Lakes region. For numerous reasons, the Great Lakes region presents a unique opportunity not only to launch this movement but for it to succeed.

Our regional ecosystem is one of a kind. The Great Lakes hold over 20% of the world's fresh water which is increasingly important as our climate changes and fresh water becomes more scarce. Understandably so, residents of the Great Lakes region place a significant amount of importance on protecting the region and its ecosystem. Recent polling by the International Joint Commission has shown that 90% of residents think it is important to protect the Great Lakes and 80% think action should be taken now to do so.

Additionally, our region has the resources to take unprecedented action. The Great Lakes region boasts a multi-trillion dollar annual GDP which lands it among the ranks of the world's biggest countries. With all of these factors in play, we're set for something big. However, the journey will not be easy. The Great Lakes region faces a host of issues, from the toxic legacy of industry to systemic inequities in access to basic resources, that have degraded communities, economies, and ecosystems for generations.

By creating a cyclical system of reinvestment that rewrites the norms of doing business in our region, Mason and I think Give Back Great Lakes will facilitate a new, regenerative society to expand sustainable development and private sector reinvestment in community and environmental causes year after year.

Join us in our journey on social media @givebackgreatlakes or on our website www.givebackgreatlakes.org.

FIGHT CLIMATE CHANGE WITH YOUR HOUSE, JOIN THE GREEN HOMEOWNERSHIP MOVEMENT!

by Maryna Pryadka and Lisa Geason-Bauer



Drone Photograph taken by Current Electric, the solar providers for the Geason-Bauer eco-home project

Residential energy usage in the United States contributes to roughly 20% of greenhouse gas emissions. Considering recent global events, meeting the increased energy demands is going to be challenging. As the climate continues to heat up escalating higher levels of uncertainty, homeowners around the world are faced with a myriad of potential challenges to their homes that are tied to changing weather patterns such as increased moisture, stronger storms, wind gusts, larger hail, and greater air temperature extremes (i.e. from polar vortexes to 100+ degree heat indexes). Many residential properties, especially older homes, are not prepared for the ecological challenges of the future. For instance, according to the North American Insulation Manufacturers Association, roughly 90% of existing homes are under-insulated, causing energy waste while decreasing comfort for the homeowners.

As a homeowner, you can be part of the climate solution at a global scale by choosing green improvements, switching to efficient housing practices and renewable energy. Below are additional reasons why many homeowners are acting now and adopting eco-friendly home actions.

Resale Value Increase

According to Freddie Mac research, energy-efficient home upgrades lead to increased value of your home and show 2.7% higher sale rate compared to the standard home. Lenders and other mortgage professionals are now incorporating the value of energy efficiency into mortgage underwriting practices.

Energy Cost Volatility

As of summer of 2022, US energy prices have skyrocketed to levels consumers have never experienced, and all indicators point to continued increases in energy prices (as the utility companies are making a transition from coal and gas-produced energy to renewables). By using your home to generate energy, you can better manage the volatility of the energy market.

For example, aside from economic benefits, with solar panel installation large batteries are used to store the energy collected from the solar panels, which makes it possible to use the collected energy later during energy blackouts or storms.

Environmental Impact Reduction

Turning your existing home into an 'eco-home' through sustainable energy use produces fewer carbon emissions and lessens the impact of new construction on the global non-renewable resources.

Renovating Existing Homes Allows For Increased Adoption Of Green Materials

Eco-friendly building materials are made using sustainably forested or environmentally engineered products, upcycled and/or recycled components, and overall use less chemicals, water, and fuel.

For example, take Malarkey Roofing Products and particularly their roof shingles are designed with the environment in mind, incorporating upcycled tires and plastic bags for durability. While reducing landfill waste, NEX® Polymer Modified (Rubberized) Asphalt technology is a great solution for strength and weathering while integrating the first smog-reducing granules which help to clean the air.

Health and Safety Benefits

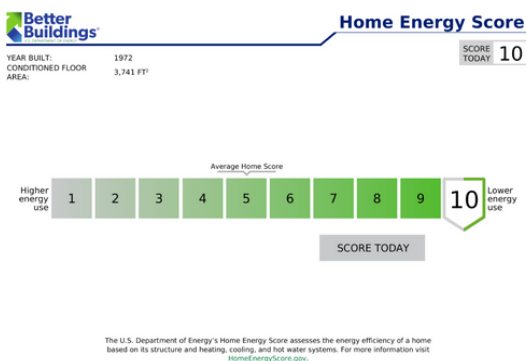
According to the EPA assessment, indoor air can be 2-5 times more polluted than the air outdoors due to chemical byproducts used in building materials for your home. Choosing non-toxic and products made from

recycled materials ensures that fewer pollutants cycle through the air in your home.

Feeling overwhelmed, and wondering how you can prepare for efficient grid decarbonization, energy retrofits, and overall reduction of in-home energy use?

We are here to help, below is a list of items to start you on the greening of your home.

1. First, have a Home Energy Score™ certified assessor complete an energy audit on your home. You need to know what the performance of your home looks like before you begin to invest in energy efficient upgrades.



Looking at the Geason-Bauer home energy score of 10 (which means that their home is in the top 10% of all US homes based on their energy use), provides a great example of how multiple solutions can work in tandem to the benefit of our pocketbook and the environment.

Fun Fact: In the US, the Multiple Listing Service (MLS) used by all residential real estate professionals, includes an area to list a property's Home Energy Score, and some states even require this information when selling a home. Research shows, energy labeling affects buyers' willingness to pay more - in the Midwest prospective homebuyers are inclined to pay 5-6% more of the value for every 1 point on the home's Home Energy Score.

2. Save up to 20% on your cooling bill by insulation and weatherization with caulking, weather stripping, and attic insulation. According to Energy.gov, insulating material is measured in terms of its thermal resistance or R-value. R-Value depends on the type of insulation, its age, thickness and density, moisture accumulation, and whether it covers a wall or ceiling.

Interesting Fact: In the Midwest region of the United States, the U.S. Department of Energy determines that the best attic insulation has a rating between R49 and R60. However, most homes in the Wisconsin area do not even have R49 rated insulation (16.5" thick), which means they do not meet energy efficiency code.

3. When major household appliances come to the end of their life, replace them with Energy Star rated appliances, which can save you between 10% - 50% on your energy use. Choose to buy products that have a higher SEER (seasonal energy efficiency ratio), such as for your furnace

and air conditioning units. Keep your household mechanicals in good working order with yearly servicing of your HVAC system and regular filter replacement.

4. Other actions to help you save energy - water in your home! Consider switching to Energy Star rated and water-efficient appliances that perform better and use less energy and water (labeled as ENERGY STAR® for washers and dryers, refrigerators and dishwashers, and the WaterSense for showerheads, faucets and toilets). Also, installing a tankless hot water heater may be especially useful if you have a two-story home with bathrooms upstairs, as it allows heated water to flow more quickly to the taps.

Fun fact: energy-efficient washers use up to 50% less energy and about 55% less water than equally priced standard washers.

While some eco-friendly improvements are costly, below are easy low-cost options every homeowner can do:

- Switch to the Smart Thermostat that learns your household patterns and adjust heating and cooling accordingly, while saving 26% on your bill, (unlike a programmable thermostat that only saves energy when programmed correctly).

- Having your electronics plugged in even when turned off or on sleep mode can cost you \$100 extra in utility bills per year. Plugging devices into a standby smart power strip ensures

your electronics consume energy only when you're using them.

- Replace incandescent bulbs with LED for longer-lasting results while using up to 75% less energy. Besides, due to LED's high efficiency and directional nature, it makes them perfect for small spaces, such as countertops, hallways, and closets.

- Invest in energy-efficient blinds, shades, and curtains to dramatically reduce your home heating and cooling costs.

If you want to learn more about actions taken in an existing older home by the President of Evolution Marketing and her family, please go to greenmktng.com/ecohome. The resource page on the Evolution Marketing website streamlines locally relevant information in both English and Spanish that could help on your journey to becoming a Green homeowner. Maryna is an Extern in Sustainability at Evolution Marketing and she co-authored this article with green homeowner Lisa Geason-Bauer, who is also the president of Evolution Marketing. Evolution Marketing is a women-owned Certified B Corporation that offers sustainability consulting and marketing communications services.

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Freddiemac.com | original research and analysis on housing trends, the economy and the mortgage market

Energy.gov | U.S. Department of Energy ensures security and prosperity through science and technology solutions

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- "WaterSense Products", US EPA, <https://www.epa.gov/watersense/watersense-products>

EPA Assessment | official summary and analysis of air quality provided by EPA

Home Energy Score | report by the U.S. Department of Energy that estimates home energy use, associated costs; provides energy solutions to cost-effectively improve the home's efficiency.

Lisa Geason-Bauer, "Sustainable Home Renovations Resources", Evolution Marketing, <https://greenmkting.com/ecohome>

Seasonal Energy Efficiency Ratio (SEE) - efficiency ratio defined by the Air Conditioning, Heating, and Refrigeration Institute,

<https://www.ahrinet.org/homeowners/save-energy/seasonal-energy-efficiency-ratio>

Energystar.gov | government-backed certified energy efficient products that help consumers save money and protect environment

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Pictured (left to right outer circle) Oconomowoc High School students and AP Environmental Science Teacher Mrs. Kelly Holtzman, Lisa Geason-Bauer (homeowner & President of Evolution Marketing), Spanish Language 5 Teacher Ms. Danielle Chaussee. (left to right inner circle) Collin Carmody, Brayden Jackson, Makaila Muench, and Alan Ruiz (students who worked on the Eco-Home project).



Lion's Den, Wisconsin.
Photography by Joe Krubsack.



Persephones
Boquet, by
Csenge Györbirö,
untreated natural
plants.



Passiflora in Spain, by Csenge Györbiró,
untreated natural plants.

ECOCART IS THE SUSTAINABILITY SERVICE STORES NEED

by Peter Twomey

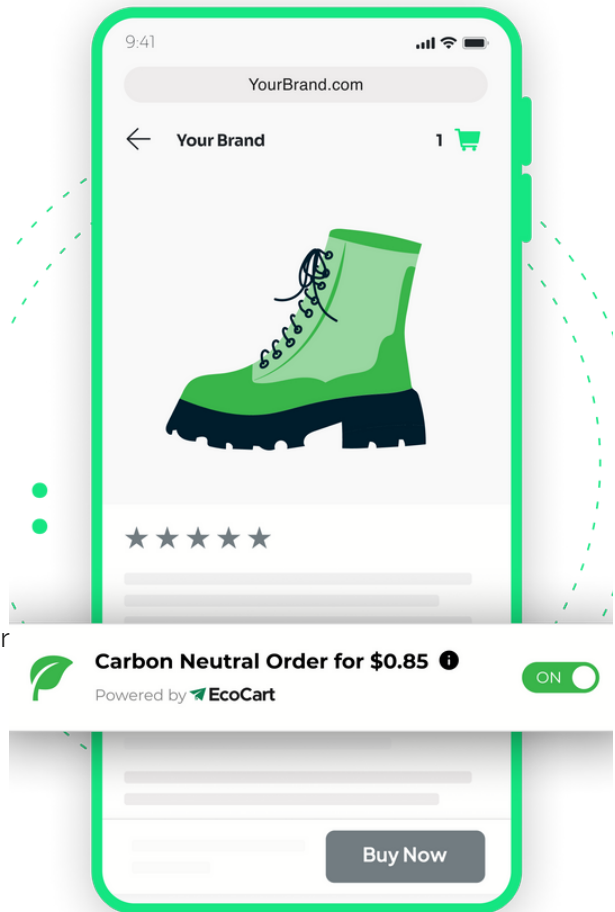
An often overlooked aspect of conducting sales online is the environmental impact of getting orders to customers' doorsteps. The boom in the ecommerce industry has resulted in a tantamount increase in carbon and other GHG emissions.

That's where EcoCart can help brands looking to mitigate their footprint from ecommerce sales. EcoCart is a sustainability software that calculates ecommerce brands' ecological footprints through machine-learning and then enables them or their customers to offset the emissions of their orders through front-end experiences.

How EcoCart Works

EcoCart enables brands to evaluate the carbon footprint of their products, from manufacturing and production to shipping the item. EcoCart works by way of a proprietary algorithm that uses variables like package weight and distance traveled to calculate the amount of carbon that any given parcel will emit on its journey to your front door.

Once that amount is determined, a proportionate amount is



donated to verified carbon offsetting programs. These programs work to actively reduce existing carbon in the atmosphere and prevent future carbon emissions. Projects include initiatives like forest protection, funding wind farms, and providing clean drinking water to families.

All of EcoCart's projects are rigorously vetted and verified according to the world's major carbon standards. As well, each project EcoCart supports follows the UN Goals

for Sustainable Development, ensuring that they have elements of social good for the communities in which they take place. With online orders, shipping is only one contributor to climate change, the other culprits being the manufacturing and production of the good itself. This is why EcoCart, unlike other carbon offsetting tools, takes both manufacturing and shipping into consideration when calculating the carbon offset. Regardless of if goods are handmade, mass-manufactured, or even produced sustainably, everything from the raw materials to manufacturing processes can contribute to climate change.

A Partner In Ecommerce Sustainability

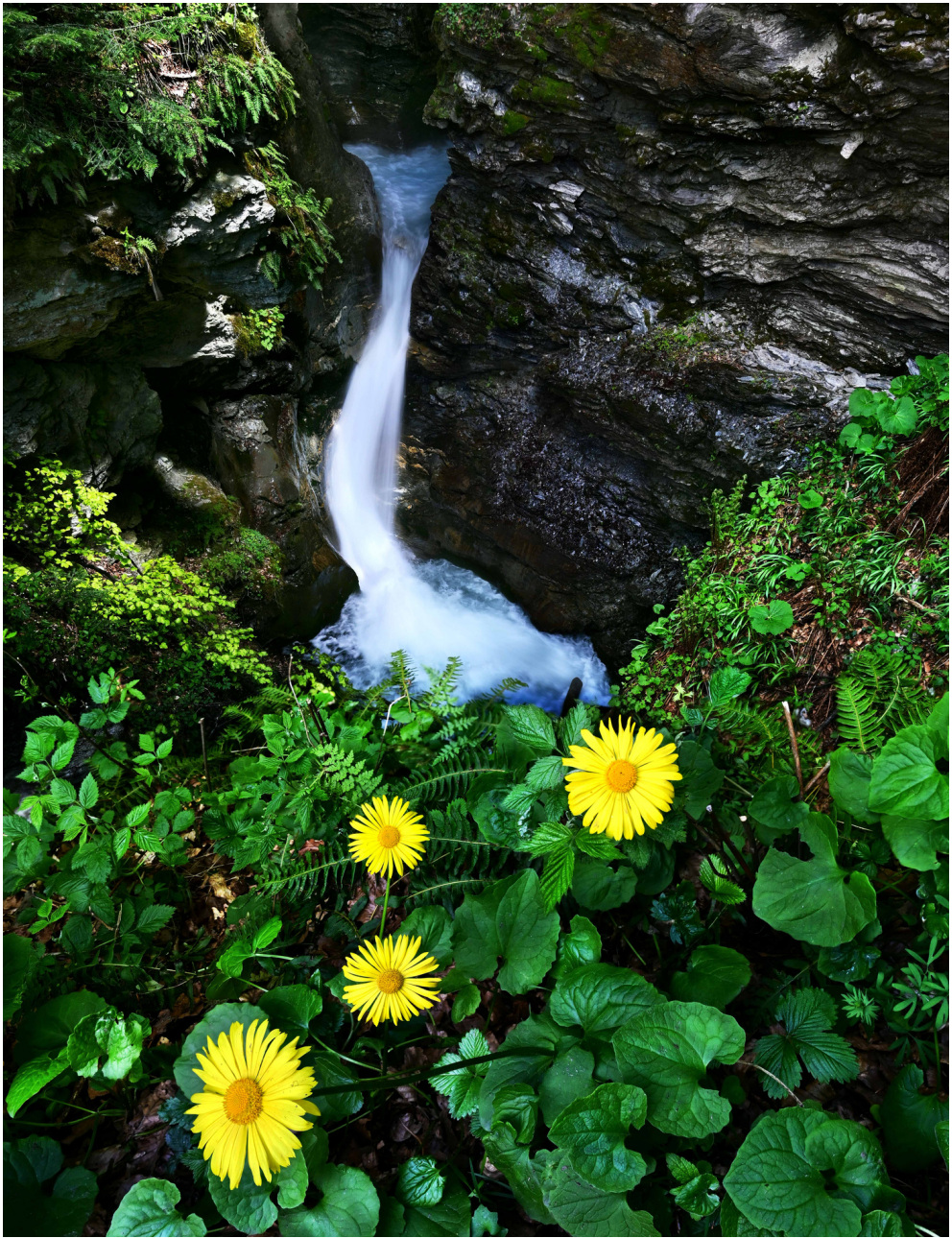
While EcoCart installs in minutes to any Shopify store, EcoCart is not a set-it-and-forget-it plugin. After installation, the EcoCart team works carefully with merchants to help them track and understand metrics of success including donation rates, cart conversion, and customer loyalty. Plus, EcoCart customers get access to a variety of marketing tools and templates to share the positive impact their brands are making on the world.

Becoming a truly sustainable business can be expensive and time-consuming, especially for smaller businesses, but EcoCart enables online merchants to do so quickly and effectively. Carbon offsetting should be leveraged to mitigate the emissions that can't be reduced immediately. It is an immediate action that brands can take in order to do their part for the planet.

While we encourage all merchants to do their research on the carbon offsetting options available to them, it's important to understand that many offsetting companies and projects do not provide transparency on where offset dollars are going, what kind of impact is being made, or why certain offsets have certain prices. EcoCart prides itself on full transparency with customers from the minute they add EcoCart to their stores. There's no coding, no guesswork, and no doubt that their stores are helping save the planet.

EcoCart's Co-founder & CEO Dane Baker sums up EcoCart's goal, "Our mission here at EcoCart is to make the fight against climate change easy, affordable, and accessible so that everyone can do their part. And that's the key: everyone. We focus on the convenience part by reducing the friction for both businesses and consumers to opt in and participate in this community. We think that is the best way to grow and make a significant impact."

Ready to get started with EcoCart today? Find EcoCart on the Shopify app store and install it today. Visit ecocart.io and take that first step toward offering carbon neutral products.



Leshnica Waterfall, Macedonia
Photography by Aleksandar Aleksovski.

MILWAUKEE RIVERKEEPER & THE WATERKEEPER ALLIANCE: HELPING OUR WATERS THRIVE

by Jennifer Bolger Breceda



In 1951, the Milwaukee River caught on fire after 60,000 gallons of oil spilled near Lincoln Creek. The fire actually started a few days later when a burning piece of paper from a homeowner's trash blew down river and ignited the large oil slick. At the time, it was normal everywhere to wash spills, chemicals, and waste into the river and let the river carry it downstream, or down to the river bottom and out of sight. Waterways across the United States were used by industry and commerce to make and transport goods, including absorbing waste streams. We settled around waterways, we filled in wetlands, straightened river bends, built structures in the floodplain (which is what a river needs to carry the ebb and flow of water levels), and we even used our rivers as sewers and flushed raw sewage into them (we still do sometimes, today).

"We are also part of a larger international coalition ensuring clean water and strong communities called the Waterkeeper Alliance with a network of over 350 Waterkeepers around the world."

Milwaukee's fire in the '50s wasn't a new thing and it didn't get much coverage. Another river, the Cuyahoga River, caught fire so many times (13 in fact), that after the last big one, it sparked the

environmental movement in the United States, creating the Environmental Protection Agency and a myriad of environmental laws, including the Clean Water Act (CWA). The CWA protects and restores our national waters by creating water quality standards and by managing the amount of pollution that can legally be released into them.

There is no doubt that the CWA has improved the health of ecosystems, wildlife and waters, but its main goals have not been met. Have you ever wondered if a certain water body is safe enough for swimming and recreation, or whether it is safe to eat the fish? It seems unnatural to think about our world that way, but prior to the CWA, only about one-third of our waters were clean enough to be considered "swimmable" or "fishable." Still, even today, in many areas, especially our urban and agricultural areas, there is a general concern with the quality of our waters and the concern is not unfounded. Despite the many improvements to water quality, the Milwaukee River still does not meet the water quality standards set by the CWA 50 years ago. We are still dealing with issues like high bacteria levels, some problematic pathogens like fecal coliform and E. Coli; we have excessive phosphorus levels in many stretches of the river, as well as legacy contamination in the sediment at the bottom of the river. All of these contaminants impair recreation and the health of our ecosystems and economy. Further, Lake Michigan, and the connected rivers, are the source of drinking water for over 1.3 million people in the Milwaukee area. So, keeping our waters clean is fundamental.





At Milwaukee Riverkeeper, we work tirelessly every day to achieve “swimmable” and “fishable” waters. Those terms have technical and legal meaning under the CWA, but what they really mean is that waterways are safe for recreation and for wildlife to thrive. Our mission is “to protect and improve water quality and wildlife habitat in the river corridors and to advocate for sound land use in the Milwaukee, Menomonee, and Kinnickinnic River Watersheds. Milwaukee Riverkeeper envisions a future where the waterways of the Milwaukee River Basin are once again healthy and safe for swimming and fishing and can be enjoyed by all, as was envisioned by the Clean Water Act.” We are also part of a larger international coalition ensuring clean water and strong communities called the Waterkeeper Alliance with a network of over 350 Waterkeepers around the world.

Milwaukee Riverkeeper is the only science-based, advocacy organization in Milwaukee working for swimmable, fishable waterways and we believe strongly that if a person is connected to a natural resource, they will want to save it and revitalize it. We protect, restore, connect and advocate to meet our mission. To protect, we marshal around 100 volunteers to help us collect water quality data and we use that data to educate and advocate for better policies and compliance with current standards. To restore, we research and coordinate projects around fish passage, flow improvements, and green infrastructure. We also run one of the largest

volunteer events in the state with close to 4,000 people removing 100,000 pounds of trash from our waterways in one day. To connect people to our waterways, we host recreational events that bond people to a place and we educate children and adults about the state of our waters and how to live more sustainably. Finally, we advocate for strong environmental policies and decisions that will protect and restore our waterways.

Right now, a critical initiative is happening in Milwaukee that will move the needle toward the CWA goals in a significant way. As mentioned earlier, a considerable amount of toxic contamination from our industrial past sits at the bottom of the river. The EPA has designated this an "area of concern" (AOC), meaning that these toxins are causing major impairments to public benefits such as fish consumption and recreation. Milwaukee Riverkeeper, along with many other stakeholders and agencies, are working to clean up the AOC. We are advocating for this generational opportunity to be strategically designed to include cleanup targets that are the most protective of human health and the environment and to engage and inform the public around this critical work.

If you want to help us work toward a swimmable, fishable, drinkable future for our waterways, please get involved. We have many fun and exciting opportunities to help protect, restore, connect and advocate for our waters. Whether you lend a hand, change a habit, make a financial contribution, or advocate for healthy waters, every small action makes a difference.





Flower Bonaza, by Stefan Gross, biooilplastic
and mixed media.



CREATIVE SUPERPOWER: BRIDGING LIFE & DEATH

by *Elyse-Krista Mische*

What we say, what we do, and who we are matters. I strongly believe that each human has inherent superpowers that can be used for both individual and collective good. My superpower is striving each day to make this world a little bit better for myself and others through art. I am Elyse-Krista Mische. I am an interdisciplinary artist who uses creative practice to talk about life, death, and both individual and shared existential issues. However, I am also known to construct papier-mâché jackalopes, to paint whimsical murals, and to share my passion for art with people of all ages. Life is a balancing act of honoring the struggle and celebrating the joy.

I honor the fact that, to live, means to one day die. I first learned about the inevitability of death as a child while reading a National Geographic for Kids magazine about the extinction of the dinosaurs. My ensuing drive to understand the purpose of life and death began as an individual journey. With age I became more in tune with the universality of death and a greater need to acknowledge and discuss our shared impermanence. Through formal art education, self-exploration, and the pursuit of a Thanatology (death studies) degree, I discovered how art could be used

joy, and empowerment. Art is for everyone, there is no right or wrong way to create. With focus on the process of creating instead of the final product, there is opportunity to step away from loss and step into being present within one's unique mind and body. Participants often express, with a hint of laughter, that "It (the art) may not look pretty but I had a good time."

The notion of a good time is music to my ears. Life is hard. If I can bring even an ounce of ease to another person's life, then I feel a greater sense of personal purpose and meaning. Another way I share art and joy with others is through my long-time Worry Bird™ business. I hand make thousands of handheld ceramic birds that act as worry stones to ease worries and to provide comfort during trying times and, in general, to each day. The process of making these birds is personally therapeutic as I envision the support that they may bring to others.

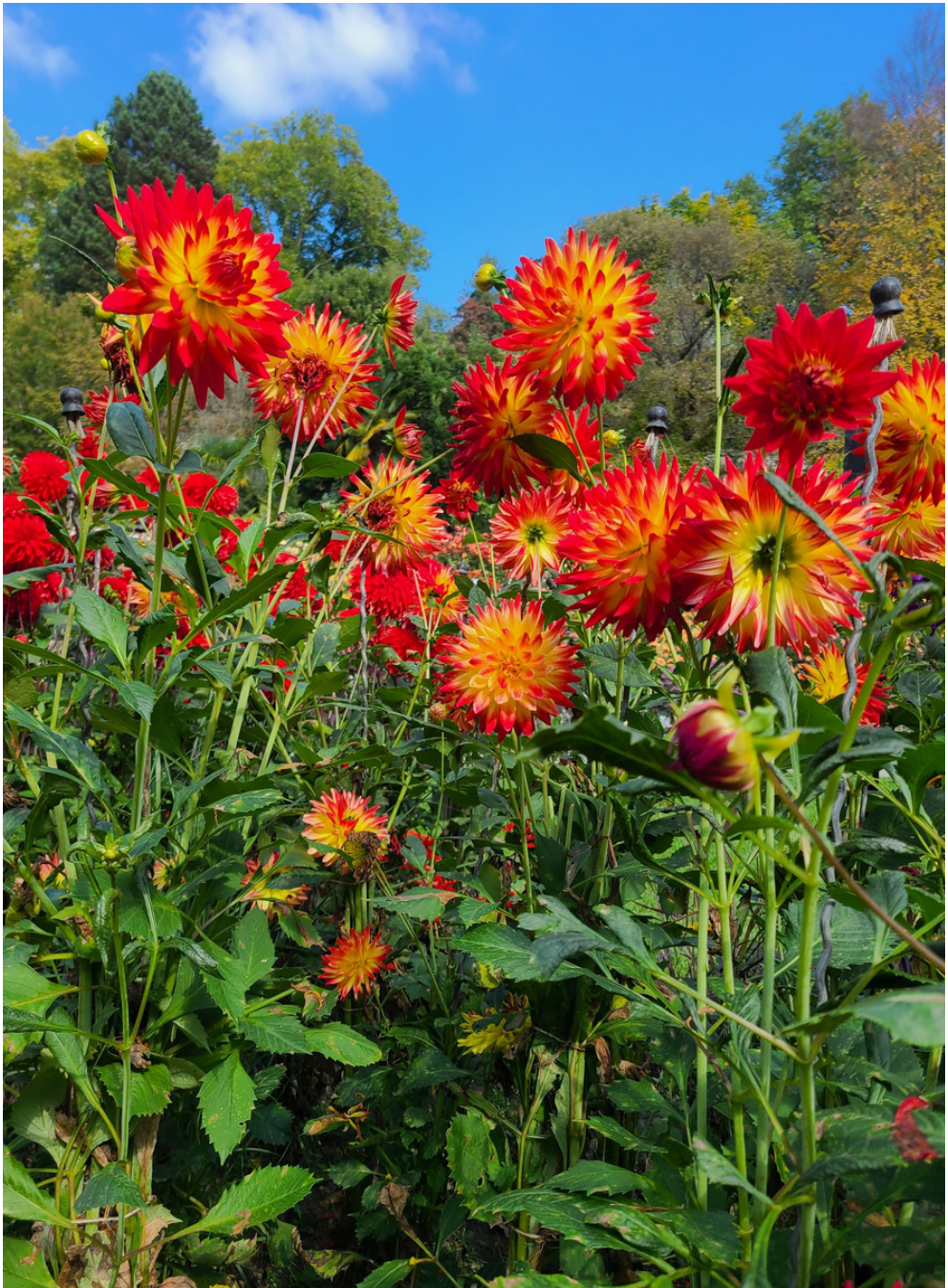


Additionally, my Etsy shop and in person sales are a safe platform for others to express their struggles and needs for the pick-me-up of a Worry Bird™. I think of Worry Birds™ as precious objects that absorb the bad while reminding us of the good.

Through my experiences making work with and for others, I am reminded of individual and collective impact. My artwork impacts others through open existential conversation, engagement, and support. I am impacted by a sense of purpose as a creative facilitator and through attainment of personal and universal understanding. My work also impacts the greater world with a lighter tread through repurposing of materials. Besides being an artist and existentialist; I am a thrifter and dumpster sifter.

In line with finding life and light amidst death and loss, I find fulfillment and superpower in transforming trash into treasure. Remember the papier-mâché jackalopes I mentioned? Upon viewing their refined exterior, you might not guess that they are constructed from repurposed cardboard boxes, newspapers, reused tinfoil, and rusty chicken wire. All things, even materials, must die. However, through creativity and imagination, there can be life after death for materials, and more importantly, for people. I try to live in a way, with art by my side, that honors the lives that came before mine, that celebrates the life we have now, and acknowledges the life that will remain when we one day leave this world. Life is short. How can you use your superpowers to make the world a little brighter?





Insel Mainau, Germany.
Photography by Stephanie Krubsack.

SWISSVEG: FOR ANIMALS, THE ENVIRONMENT & HEALTH

Swissveg is an almost 30 year old Swiss organization that works to reduce the consumption of animal products and promote a plant-based lifestyle through spreading information via social media, their print magazine Veg-Info, website, events and more. The organization is also the creator of the international V-Label on packaging identifying vegetarian and vegan food products via a bright yellow and green label. Businesses can apply to receive approval for use of the vegan or vegetarian label for use on packaging. Simone



Fuhrmann, deputy managing director at Swissveg, stated that the organization tries to permanently reduce the consumption of animal products with positive public relations work that promotes a plant-based, responsible lifestyle as an attractive and healthy alternative accessible to everyone. Also as board member of the European Vegetarian Union (EVU), Fuhrmann acknowledges the importance of freedom of choice, to lead not only a healthier lifestyle for yourself, but in a manner that also benefits the environment. She stated, "Every time that you eat you can choose if it's environmentally friendly, if it's healthy, and if it made animals suffer or not. It's an everyday choice." The Swissveg organization really wants to highlight the importance of three main areas, focusing their efforts on benefiting animals, the environment, and health.



ANIMALS

For animals, they raise awareness of the disadvantages of animal-based products and they advocate for plant-based interests, in an attempt to influence the politics of the milk industry and other animal product industries. On the Swissveg website there is an entire section devoted to animals including information on meat production, products of animal origin, animals as livestock, the human-animal relationship, animal rights, and the politics of animal protection. The resources cover more than just animal food products, but also goods and even activities that involve riding or animal-centric recreational activities.



THE ENVIRONMENT

Fuhrmann sums up the urgency of the need for environmental protection as, "We have to act now to keep this beautiful planet as it is for future generations. I think it's important that people start to change now, because the children that live now also want to be able to enjoy life for the rest of their days." Swissveg lives by this mission, operates sustainably, and has been climate neutral since 2017. Additionally, their website includes information on the ecological consequences of meat consumption, food sovereignty, water consumption, air pollution, and the necessity of biodiversity in ecosystems.

HEALTH

One initiative that Swissveg created is national weekly Veggieday, with the goal to reduce or eliminate the consumption of animal products at least one day weekly in local canteens and kitchens across Switzerland. The project encourages cities and communities to offer only meatless meals, hoping schools will also participate.



Fuhrmann stated, "We want to reach out to those that eat meat every day and encourage them to eat vegetarian or vegan at least one day a week. You choose to eat 3,4,5, times a day so it is very important what you eat."

FOR ANIMALS, PERSON & PLANET

The flagship initiative of Swissveg is the international V-Label on vegan and vegetarian item packaging, to easily identify that product contents do not contain any ingredients from a slain animal with the vegan label, or may contain milk or eggs for the vegetarian label. Even though some animal-derived ingredients are allowed, regulations to become V-Label certified state that products cannot contain eggs from caged chickens or include ingredients that have been genetically modified.

The Swissveg Card program allows Swissveg members to access discounts and membership benefits from partner businesses when purchasing select grocery items, restaurant meals, and even bed and breakfast accommodations. The program encourages not only animal and environmental protection, but a healthy lifestyle as well. Additional initiatives such as Go Vegan shares the "how" and "why" of veganism including tips and information on how to lead a more plant-based lifestyle from the clothes you wear to the food you buy. Even healthy recipes are included to help get you started. You can learn more on the podcast episode with Simone Fuhrmann on the Person & Planet Podcast and check out the resources below.

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Swissveg, www.swissveg.ch

European Vegetarian Union (EVU), www.euroveg.eu



Kadrifakovo, Macedonia.
Photography by Aleksandar Aleksovski.

BEYOND THE BABY BLUES: PERINATAL MENTAL HEALTH SUPPORT FOR WOMEN

artwork by Maruša Furlan



An organization called Beyond The Baby Blues provides free support groups for women suffering from perinatal mood and anxiety disorders (prenatal and postpartum depression and anxiety) and perinatal loss. Nancy Segall, their clinical director and one of the founders of Beyond The Baby Blues, is a social worker and Infant and Early Childhood Mental Health Specialist.

Founded in 2010 due to a lack of a support group in the community, Beyond The Baby Blues has led over 150 support groups for women. Since then, inquiries about their clinical services have grown, especially due to moving online since the onset of COVID-19. Pre-pandemic all services were offered in person in Evanston, Illinois, via their professional staff and therapists. Now

that the groups are offered online, the geographic range of women who come to the organization for support has expanded, making it not always possible for all women to participate in person and making zoom an important tool. This challenge has made Beyond The Baby Blues leaders think more globally, deciding to maintain remote support groups to be able to serve the greatest number of women.

The different support groups that the organization offers include prenatal, postpartum, and loss groups for women who have experienced a miscarriage or a stillbirth. All groups run for six weeks, for one and a half hours, are free, and are led by perinatal mental health specialists.

Segall shared that, "Our work enables women to find a community of support. Most of the women who contact us are experiencing feelings of isolation and loneliness even if they do have a pretty good personal support system because they lack a support system of women who have had similar experiences. They may have great relationships with their family and close friends but if they don't know what it's like to experience anxiety or depression during pregnancy or postpartum, then they feel isolated. This is especially true of women who have experienced perinatal loss.

What we do is bring them together in small cohort groups of 6-8 women who understand them, who get them, who know what it is they are struggling with and that immediately brings a sense of relief because they know that they're not alone." Each cohort of women is further connected by being set up by the leaders on their own Whatsapp group so they can stay connected when the six week program is over. Many of the groups become friends.

In addition to the groups that Beyond The Baby Blues provides, Segall also connects women with other organizations that can help them more locally. She stated, "No matter where a woman lives, we can find resources for groups, for anyone living anywhere." PSI or Postpartum Support International is one such group often recommended. This organization has group leaders who are all trained volunteers that have previously used the PSI services, for weekly or multi sessions a week groups. It is very possible and even encouraged to join multiple groups when you need support. Segall added, "When you are experiencing a struggle when you are pregnant or postpartum, there's no such thing as too much support. You can do a PSI group and you can do a BBB group because the groups do not conflict or zero each other out, it's just a lot of good support."

Another professional resource that BBB can access is The International Marcé Society whose mission is "to sustain an international perinatal mental health community to promote research and high quality clinical care around the world." Since their network is international, they are able to locate resources for women all around the world, so they can get support regardless of where they live.

Segall added, "What I learned very quickly working with this population of women is that once they reach out for and access the services that we know are going to help them feel better, they do feel better and it doesn't take forever. One of the most important things that I say to women is that our group, even though it's really good, it's not the be all and end all. It's six weeks long and we know that if you're experiencing any perinatal mood disorders that six weeks just isn't enough, so I'm always urging women to connect with a therapist and helping them to connect with that therapist as part of their treatment regimen."

To learn more, receive support or refer this information to someone you know, please visit the resource websites below.

Sources:

Beyond The Baby Blues, www.beyondthebabyblues.org

PSI or Postpartum Support International, www.postpartum.net

The International Marcé Society, marcesociety.com



Great Pollet Sea Arch, Ireland.
Photography by Aleksandar Aleksovski.

FORK FARMS: POSITIVELY IMPACTING FOOD SYSTEMS WITH COMMUNITY & HYDROPONICS

When Alex Tyink, founder and CEO of Fork Farms, moved to New York, he had a chance encounter with an individual who was growing food on a rooftop in the Bushwick neighborhood of Brooklyn. He had never heard of urban farming before and had never seen hydroponics in action. Out of curiosity, he visited this little oasis in the middle of the city where they were growing food, overlooking the Manhattan skyline. Being in New York, Tyink stated, "I was really struck by how in your face poverty is. You see people on the streets, you see lines for soup kitchens and food



pantries. It really had an impact on me, and at this farm all the food they were growing was going to feed a food pantry that was on the first floor of the same building. I thought, what a cool ecosystem, a little microcosm right in the middle of the big city, feeding people this super fresh food." Tyink then decided he was going to volunteer his time there. At the end of that summer, they had him bring some of the produce home and it completely changed his eating habits and transformed his life. He started feeling better, and it even helped him get through some depression and anxiety.

"It fundamentally sent me down a different path and it was such a big deal for me that I was like, man I've got to help other people do this. To this day this is what Fork Farms is all about, we are to our core about engaging people in growing fresh food

with the hope that it leads them to want to eat it, because we think that food is really powerful and we think that there's all sorts of benefits that come from building a better food system," said Tyink.

Fork Farms developed hydroponic vertical farming technology, where food is grown without soil, using water, nutrients, and light. Energy consumption was a challenge when developing the system, as artificial grow lights are very energy intensive and not environmentally sustainable. Tyink spent three years learning how to get the energy consumption of hydroponics to be as low as possible. He figured out how to include the correct lighting paired with the right reflective surfaces to optimize the recapture of energy in an efficient way. As the product stands today, they were able to drop the energy requirements to grow food indoors by less than half of the industry standard.

The indoor farming unit occupies only a 3 feet by 3 feet footprint, at 5 ½ feet tall. All plants grow in the vertical walls facing a central light source, where the walls are reflective. Plants grow twice as fast as they would outdoors due to the optimization of just the right amount of light, food and water. In only four short weeks, Tyink stated, "You can grow full-sized heads of lettuce or big bright beautiful chard, basil, or whatever you're growing. By that third week you can almost watch the plants grow in real time, they are growing so fast." They can grow a wide range of crops including culinary herbs like rosemary, sage, tarragon and mint. People are even



growing strawberries, tomatoes, peppers, and cucumbers, and schools are growing pumpkins and apple trees.

The company doesn't really view themselves as a hydroponic equipment manufacturer or installation group, being more about engagement and enablement, and at the core more concerned about what they do around the technology more than the technology itself. Tyink stated, "We're trying to help people hyperlocalize their food system and really make a meaningful impact at scale. Community building and community connectivity is at the root



of really good social justice work, so how we connect our partners together, how we connect them to other community resources and how we create networks around food and food systems is a big part of how we do our work."

Using schools as an example, if the average elementary school has 150 kids, the school would need 2 or 3 Flex Farm systems to provide enough salad, greens or herbs to feed the students for school lunches. The hydroponics system allows student engagement year-round, and provides the school with farmers market quality, organic, herbicide and pesticide-free produce at the same price or less than buying bagged iceberg lettuce that could potentially be shipped from over 2,000 miles away. In addition to the system, Fork Farms provides a robust K-12 curriculum for students and teachers.

Resources also include activities for nonprofits, volunteer training, entrepreneurial training to grow and sell food, and even operating in a healthcare setting with joint commission approval. Fork Farms truly tailors their approach to that of the partner, to elevate their work and have the hydroponic unit be the best solution and the best vehicle to solve their problem. Tyink stated, "Our food system is built to service at such a massive industrialized scale and there's so little decentralization of food. Food has to travel so far to get from seed to plate right now that it creates this fundamental shelf life challenge, where to get fresh food to the people that need it the most is almost impossible at scale right now." Fork Farms aims to solve this problem by helping people rethink the way that they engage with food and have the opportunity to grow, be connected to their food, and lead a healthier, happier life.

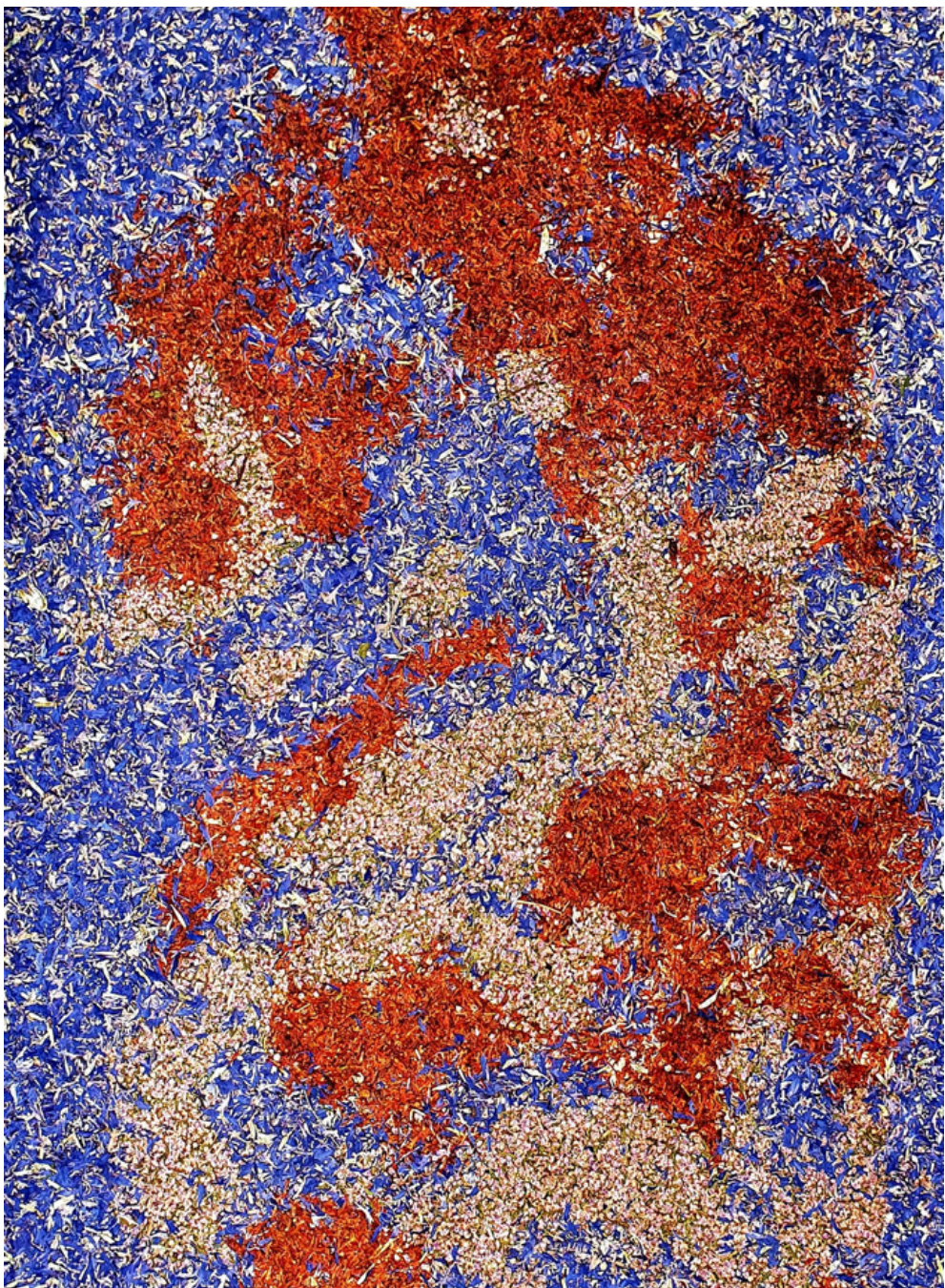


Ebenalp, Switzerland.
Photography by Stephanie Krubsack.

Gravestone
Graphics, by
Elyse-Krista
Mische, acrylic
on cardboard.



These pieces belong to a series of 100 paintings that explore the imagery used to memorialize people on gravestones. Cardboard was collected from the surrounding community and upcycled into "canvas" for the paintings. When she paints, she primarily use mis-tinted paints from hardware stores and reclaimed paints from neighbors and recycling centers. Exploring ideas of death while simultaneously giving new life to material emphasizes the circular connections between material life and physical life.



Clytie & Apollo, by Csenge Gyórbiró, mixed media artwork with blue cornflowers.

HOW TO REDUCE SUMMERTIME ALLERGIES

by Katarina Meister, ND



Allergy season is upon us...and often comes with a whole host of symptoms including coughing, sneezing, runny noses, and itchy eyes. Whether you have allergic rhinitis, sinusitis, pharyngitis, and bronchitis - at the root of these conditions, are different states of inflammation. Many times, antihistamine medications are recommended. While they may help with symptom management,

they do not get to the root cause of why you are having seasonal allergies in the first place! Antihistamines can also make your symptoms worse after discontinuing due to their known rebound effect. The rebound effect is when symptoms are controlled while taking a medication, then symptoms reappear or become worse after discontinuing.

I commonly find that the root cause to seasonal allergies is more often related to a person's nutrition choices. Food can really be medicine, and the source of our body's inflammation. In preparation for allergy season, we can first start in the kitchen!

The first thing we want to do is to increase your intake of antihistamine and anti-inflammatory foods.

- Quercetin is a known flavonoid, antioxidant, found in many foods such as onions, parsley, cruciferous veggies such as broccoli, as well as apples, and grapes to name a few. Quercetin acts as a natural antihistamine, by inhibiting the synthesis and expression of chemical mediators called cytokines. These mediators typically cause swelling in the nasal passages and air ways. Often, I recommend quercetin in the form of a supplement if indicated.
- Increase intake of natural anti-inflammatory omega 3 fatty acids such as wild caught salmon 1-2 x week, flax seeds (another great source of fiber for a healthy gut, and helps to balance hormones ladies!), grass fed meats, and eggs.
- Increase foods to boost your immune system that are high in antimicrobial properties, and vitamin c, which is a natural antihistamine, such as your leafy greens (spinach, kale, chard, beet greens), bell peppers, citrus fruits, ginger, turmeric, and garlic.

As I mentioned some foods can be highly inflammatory, so to help decrease your body's burden eliminate foods that inflame! The top inflammatory foods that I see in my practice are Gluten, Sugar, Dairy, Corn, and Alcohol. Sugar for example, causes your adrenal gland to increase cortisol, so it literally causes stress! Another example is Corn which is a high glycemic food or high sugar food. It's fed to cows to fatten them up, and similar in humans, it causes an insulin response, and we gain weight! Many gluten-free products are made with corn, so going gluten free isn't always the answer. Stick to real whole foods, foods that came from the earth, and limit foods that are made in a factory.



Inflammatory immune responses to foods are not limited to food allergies. You

can also have a food sensitivity where the immune reaction is delayed from 6-72 hours after exposure. Symptoms may include headaches, joint pain, stomach pain, fatigue, rashes, and brain fog to name a few. Food sensitivities can cause a chronic inflammatory state to the immune system, making it much more likely to over-react to harmless substances such as springtime pollen due to cross reactivity as well as increased body burden. By removing food sensitivities, we can reduce seasonal allergies, by decreasing our total body burden.

You can identify if you have food sensitivities through a 30-day elimination diet, but if results are not clear, you can obtain a food sensitivity test. We offer this at Lakeside Natural Medicine, so if interested reach out, and I can help you sort that out.

As a Naturopathic Doctor (ND), my goal is to help guide you on what your health and body are truly capable of, by restoring your natural ability to heal yourself. My clinical practice focuses on chronic conditions such as chronic fatigue, autoimmune disorders, hormone imbalances, hypothyroidism, and gastrointestinal conditions. Book an in-person or virtual appointment with me by calling 414-939-8748, or email info@lakesidenaturalmedicine.com.



Soul Library with Guardian Serpents, by Elyse-Krista Mische, acrylic, papier-mâché, and repurposed recyclables. As a child she built play structures out of cardboard, fire wood, ice cream pails, and other overlooked objects. In a consumer driven society we quickly default to buying new items for a project, overlooking the objects we already own that can be given new life to fulfill the need. She looks and imagines before buying. The armatures of this installation are made from objects she found around her home such as beverage cans, toilet paper tubes, and hummus tubs. These soul vessels explore the idea of housing souls after death while being literally embedded with material accrued in her living.

DEMYSTIFY DEI WITH BASIC DEFINITIONS OF KEY CONCEPTS

by Beth Ridley; photography by Katie Hamilton

One of the biggest challenges with integrating DEI practices throughout the organization is getting everyone aligned with diversity, equity and inclusion terminology. Often, these words mean something different to everyone. Below are simple definitions of key DEI concepts to help demystify these words and gain greater alignment around DEI terminology across the organization.

DIVERSITY

Diversity refers to the mix of differences that may make a difference in interactions with others. All of us are unique and made up of many different dimensions of diversity that impact how we experience the world and act in it. We often focus on visible difference that make us all unique. While these primary dimensions of diversity are certainly important, it's equally as important to broaden your definition of diversity to be inclusive of all dimensions of diversity inherent in all of us – from where you grew up, how you grew up, personality traits, leadership style orientations, strengths, educational background and so forth.

When we limit our definition of diversity to only visible dimensions of diversity, we overlook much of what makes any individual unique. No one should be solely defined by the dimensions of



diversity that you can only see. You'll miss out on a whole lot if you do that. Similarly, when we narrow our definition of diversity to just what we can see, we overlook, minimize or simply forget to tap into diverse perspectives, life experiences and ideas that exist among everyone around us.

Finally, by having a broad definition of diversity, everyone can see how fostering an inclusive culture in which differences are valued and everyone feels accepted benefits them because every human can think of a moment when you felt you didn't belong or didn't feel valued or

respected because something about you that was different compared to people around you.

INCLUSION AND BELONGING

If diversity is the mix, inclusion is getting the mix to work well together. Inclusion occurs when people are working together effectively and their differences feel valued and respected. An organization can be diverse without being inclusive because inclusion is not a natural consequence of a diverse team.

Inclusion is about putting values into action that strive to overcome exclusion based on differences and promote participation that is inclusive of all dimensions of diversity. Inclusion stems from embracing the belief that all people have value and the right to belong.

Belonging is the emotional outcome of inclusion and ultimately, what all people want in their workplace. A culture of belonging is one in which people feel:

- Comfort – Individuals feel valued, respected, safe and supported being their authentic selves at work.
- Connection – A shared sense of common purpose and meaning. Feeling connected to colleagues.
- Contribution – Diverse ideas and perspectives are welcomed and inform decision-making.
- Commitment – Leadership commitment to diversity, equity and inclusion through words and actions.



EQUITY AND EQUALITY

We want equality at work in the sense of everyone feeling equally valued, supported, respected and empowered. We want opportunities and promotions to be equally available for anyone qualified. We want company rules to be applied equally across the board. But to achieve this level of equality, we must recognize that every employee has different needs based on different life experiences, circumstances, strengths, backgrounds, abilities, or preferences. If a company treats everyone the same without realizing that certain individuals or teams need specific support or resources, there will be inequality. Equity addresses discrepancies and unique needs of individuals and teams to ensure all employees have what they need to succeed. Equity requires the ability to be adaptable and the willingness to work with employees to ensure everyone's success. Equity is the pathway to true equality.

DOMINANT CULTURE

The practices and beliefs that form the blueprint for behavior and success. The dominant culture sends messages to team members about what is important, valued and rewarded. These messages can be shared explicitly or implicitly. Identifying the dominant culture can be difficult. Often the dominant culture is so prevalent, it's like air. The longer you are in it, the less aware you are of its existence. If you're someone who identifies closely with the dominant culture, it is even harder to see what might need to change. Being aware of dominant cultural characteristics and being intentional about creating cultural norms that are clearly expressed and reinforced in a variety of ways is an important step toward building a culture of belonging.

REFLECTION QUESTIONS

Solidify a shared understand of what DEI means as well as why it matters among your team by reflecting on and discussing the following questions:

- Which dimensions of diversity (primary and hidden) are most common within our organization? Which dimensions of diversity exist in our organization, but are not common?
- What are 3-5 characteristics that describe the dominant culture among our organization? E.g. outgoing, detail-oriented, risk-taking, hard-working, competitive, result-oriented, etc.
- Are there individuals, roles or sub-teams who might constantly feel like outsiders in our organization? Describe.
- Where could we do a better job of bridging across differences, building belonging or applying a DEI mindset within our organization?
- What are ways our organization could become more equitable? Are there policies, practices or programs that should be considered to help individuals succeed based on their unique circumstances or needs?

You can learn more at ridleyconsultants.com.



Pictured Rocks, Michigan.
Photography by Joe Krubsack.



KAYAKING FOR HEALTH, WELLNESS & THE ENVIRONMENT

by Stephanie Krubsack, photography by Joe Krubsack

Paddle sports have been around for thousands of years, and kayaking specifically, is making waves in waterways and oceans worldwide. Aside from being a healthy outdoor activity, kayaking can be equally beneficial for mental health and the environment.

PHYSICAL WELLNESS

Kayaking is a very effective workout for your cardiovascular heart health. According to a study from the National Library of Medicine, "more skilled

paddlers are more likely to obtain a greater peak rate of oxygen consumption." This suggests that kayaking is an effective form of cardio, to utilize the greatest amount of aerobic and anaerobic energy created while exercising. In comparison to other forms of cardio, kayaking can burn almost 400 calories per hour of paddling, depending on your body size. There is even an online calculator at Captain Calculator to help one determine how many calories you can burn by kayaking. Cycling for example burns almost 100 fewer calories per hour of

activity. The previous study also stated, "when examining the time to exhaustion for kayak paddlers, a significantly higher time was reported when comparing the results of cyclists." All of these interesting factors can help kayakers achieve toned abs and arms, along with a greater success of weight loss due to the average calories burned per hour. An article by Board and Kayak Life shared statistics of the astounding amount of calories burned from kayaking. The article stated, "If you weigh 150 pounds, you will burn about 340 calories in one hour of kayaking. If you are 200 pounds you will burn about 453 calories." In addition, those numbers are compared to other forms of exercise including jogging, swimming, walking, and weight training.

MENTAL HEALTH

The physical benefits of kayaking are only part of the entire scope of wellness, as simply being in nature helps to reduce stress and remain optimistic. The addition of water adds another dimension to relaxation, with calming effects as you bob and float across the water.

According to the Mayo Clinic, exercise can relieve stress to improve your overall health. Physical activity increases the production of your brain's endorphins, or feel-good neurotransmitters. Some forms of exercise are also coined "meditation



in motion" where you seemingly leave your cares on the shore and focus on the repetitive paddling movements, releasing all worry and tension. This in turn helps to boost your mood and reduce symptoms of anxiety and depression. After a lengthy paddle, your sense of accomplishment and confidence is also lifted, leaving you with a more optimistic outlook, which makes you calm, energetic, and ready to take on the world.

Most importantly, the camaraderie and friendship formed with other paddlers is also part of the entire kayaking experience. An organization called Women Who Kayak formed Facebook groups, providing a safe platform for women to share great paddle routes and tips, and participate in water cleanup efforts. Members are encouraged to attend group paddle events, while keeping the environment in mind when exploring the local waterways.

ECO-FRIENDLY

Limiting pollution and disposing of trash properly is important to continue enjoying the beautiful aspects of all bodies of water. If everyone does their part to pick up trash while paddling, kayaking can remain an enjoyable experience that helps preserve nature. One benefit of kayaking is the maneuverability of the small water crafts to reach hard-to-target areas for trash collection along waterways that larger vessels may miss. Groups like Women Who Kayak promote trash pickup while kayaking, collaborating with local organizations for scheduling cleanup events and initiatives including Milwaukee Riverkeeper. You are encouraged to enjoy the beneficial aspects of kayaking, for your physical wellness and mental health, while doing your part for the environment.

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Women Who Kayak, <https://womenwhokayak.com/>

Wisconsin Women Who Kayak, <https://www.facebook.com/groups/184902935498510>



Gullfoss Waterfall, Iceland.
Photography by Joe Krubsack.



HEALTH BENEFITS OF DARK TEAS

by Jennifer Nowicki

Dark teas include pu-erh, hei cha, aged white teas, and Bancha Goishicha, etc.... Dark tea is fermented tea. Most start out being processed as green teas, but then get fermented in a damp environment, except modern production of pu-erhs (they would be a black tea before fermenting them) and aged white teas, which are white teas that are fermented. Unlike most teas the longer dark teas age usually the better they get. When people think of dark tea they usually think of pu-erh tea and that is one type of dark or black tea (in China it can also be called black or dark, so dark is usually used to make it easier for English speaking people). The fermentation of tea leaves alters their chemistry and affects the smell of the tea. It typically mellows its taste, reducing astringency and bitterness while improving mouthfeel and aftertaste. The microbes may also produce metabolites with health benefits.

Traditionally in China dark tea is drunk after a meal to settle the stomach, especially if the meal is heavy or fatty. When you do pairings with tea and food dark tea tends to be paired with heavier food or fattier food too. It can cut the fat and help with digestion besides being strong enough for heartier fare. There have been animal tests to prove that pu-erh may help incorporate fewer new fats while burning stored fat. Also, since dark tea is fermented it can introduce healthy probiotics and induce beneficial gut bacteria into a person's body for better gut health. Because of this relationship with drinking pu-erh and fat, preliminary studies have shown that it may help with reducing cholesterol. Dark tea allows the fat to pass through the system

instead of going through the bloodstream which in turn improves blood circulation in the body and allows the body to control blood sugar levels. The ability of dark teas to allow fat to pass through versus going into the bloodstream prevents heart disease and improves heart health. Again, because of the ability of pu-erh teas to flush out fat it helps the liver to function properly and prevents or reverses nonalcoholic fatty liver disease and fat accumulation around the liver.

Besides having caffeine which is known to help reduce weight, the ability of dark teas to flush out fats before they get into the bloodstream and the ability of dark teas to reduce the fat already stored in the body, helps with weight loss. A single study with overweight people found that consuming pu-erh tea 3 times daily for 12 weeks resulted in significantly improved body weight, body mass index (BMI), and abdominal fat measurements, compared with a control group. More studies need to be done before it becomes definitive.

Dark tea contains a small amount of a chemical called lovastatin that lowers high cholesterol levels in the blood. Some animal research studies have suggested that pu-erh tea might lower certain blood fats called triglycerides and "bad" cholesterol known as low-density lipoprotein (LDL). It might also increase good cholesterol levels known as high-density lipoprotein (HDL). However, there is not enough scientific evidence about its beneficial effect on the human body, but hopefully more studies will. Not from a scientific study, but there is a probability of the ability of aged white teas to help with PTSD. A gentleman named Gary Watkins who co-branded with Cultivate Taste during the height of COVID and owner of Hong Kong Tai Chi, is also a Traditional Chinese Medicine Scientist looking for relief from his "Gulf War Illness" that he got while being deployed in the middle east. He found the solution in Shou Mei white tea. He is a big believer in it.

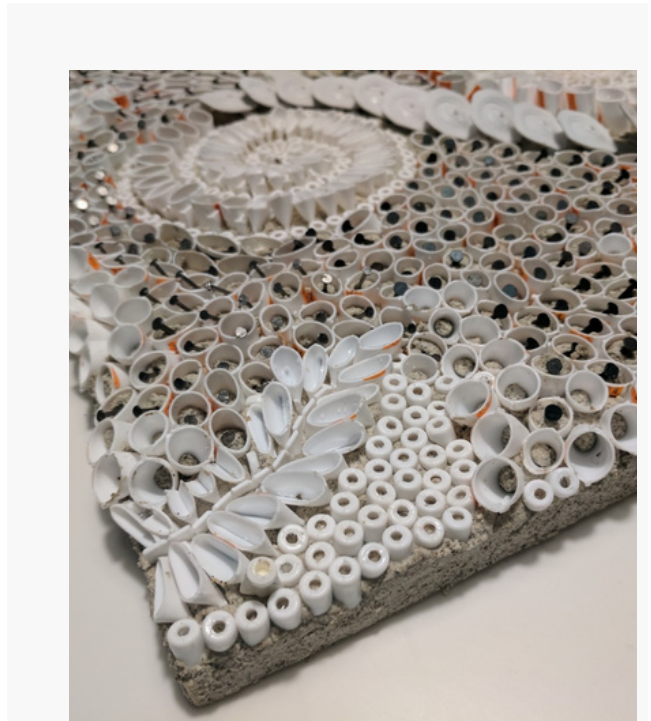
Like all teas, dark teas contain antioxidants and L-theanine. Therefore, some studies have shown that teas help with many different cancers including breast, oral cancer, and colon cancer. Even though tea should not be used as cancer treatment, it can be an added bonus and additional way to help recover from cancer. I do know that green tea has extensively been studied on cancer prevention and lowering blood pressure and hopefully they will continue to do more studies with other teas, including dark teas. You can find more information at cultivatetaste.com.





For The Smaller Good, 2019, by Eco Artist, Francesca Busca.

A year's supply of used disposable plastic thyroid medicine vials (30x40cm). Saving the life of one, only to doom all others by the unnecessary and continuous production of disposable plastic. The shape of the sections of the vials reminds her of the shape of hormones, the function of which this medicine is used to regulate.



VEGGIE ALMOND BOWL

by Cindi Lockhart, RDN, LD,
functional nutritionist

Almond Chile Sauce:

- ½ c almond butter (no sugar, oil, salt added if possible) (120 g)
- ½ c water (.12 L)
- 2 ½ tbsp fresh lime juice (35.87 g) (roughly 1 1/2 limes)
- 2 ½ tbsp tamari (or liquid aminos OR coconut aminos) (35.87 g)
- 1 tbsp minced ginger (6 g)
- ½ tsp minced garlic (3 g)
- ½ tsp red pepper flakes (.9 g)

Veggie Bowl Prep – Ingredients:

- 1 c dry black rice (201 g)
- 1 can adzuki beans (I prefer the Eden brand)
- 1 block organic sprouted tofu (I used Trader Joe's brand)
- 1 large organic sweet potato or 2 medium ones, cubed
- 1 organic red pepper, chopped
- 4-5 stalks organic kale, cut in thin strips
- 1 leek, sliced
- ½ c finely chopped red cabbage (44.5 g)
- ½ c chopped fresh cilantro (31.5 g)
- handful pumpkin seeds (I prefer toasted)
- 1 tsp toasted sesame oil (4.55 g)
- ½ tbsp avocado oil (6.75 g)
- salt (Redmond's, Himalayan, or Celtic) & pepper to taste



VEGGIE ALMOND BOWL

by Cindi Lockhart, RDN, LD,
functional nutritionist

Directions:

1. Start by preparing rice according to package instructions.
2. Strain and rinse beans. Set aside.
3. Press out water from tofu and cut into cubes. On the stove, coat pan with a thin layer of avocado oil and put tofu squares on pan. Flip tofu once the heated side begins to brown.
4. In a separate large pan, add sliced leeks and avocado oil and sauté until translucent (about 3-5 minutes).
5. Turn down heat on pan, add the cubed sweet potatoes and 2 tbsp (30 grams) of water and cover. This will steam the potatoes and cook them faster. Let steam for 5 minutes or until they begin to soften.
6. Add beans to a separate pan to warm up (or feel free to keep cold).
7. Once the potatoes are a little soft, turn heat back up to medium, add the red pepper, sesame oil and salt and pepper to taste. Sauté for another 3-5 minutes.
8. Add kale to the pan and cook another 3 minutes. This is just to expose it to heat and soften a bit, not to fully cook it.
9. Assemble your bowl by adding rice, sweet potato mix, and tofu. Top with red cabbage, cilantro and pumpkin seeds.
10. Add sauce to taste.

Recipe Notes:

The recipe is appropriate for the Elimination Diet if you omit the tofu, the Anti-Candida Diet if you use coconut aminos for the sauce; miracle rice for the bowl; cut potato serving in 1/2, or the Cardiometabolic/ Mediterranean Diet

Nutrition Facts: (per serving with 3/4 C black rice, 1/4 block tofu, 1/4 C beans, and 5 tbsp sauce):
Kcals: 525, Carbohydrates: 59 g,
Protein: 26 g, Fat: 17 g, Fiber: 11 g,
Sugar: 0 g, Sodium: 272 g

LAYERED TACO DIP

by Stephanie Krubsack



For an easy appetizer or party dish, try this vegan and gluten-free version of a layered taco dip to enjoy at your favorite summertime event!

Directions:

First cook the tvp in the water for about 5 minutes, then add in the remaining spices, cooking for a few minutes longer. Set aside and let cool. I like using Bragg liquid aminos for the soy

Taco "Meat":

- $\frac{3}{4}$ tsp salt (4.5 g)
- 2 $\frac{1}{2}$ c water (590 ml)
- 2 tsp chili powder (3.94 g)
- 1 tbsp liquid aminos (14.7 ml)
- 2 tbsp tomato paste (28.1 g)
- 3 tsp taco seasoning (8.13 g)
- 1 $\frac{1}{2}$ c tvp (textured vegetable protein) (108 g)

Layered Taco Dip:

- sliced black olives
- 1 c shredded lettuce
- 2 roma tomatoes, chopped
- 1 container vegan sour cream
- dairy-free shredded cheese

sauce, and Bob's Red Mill dried tvp. Next, in a pie dish or medium sized dish with sides, layer the dairy-free sour cream, tvp taco meat, and shredded lettuce. Then top with tomatoes, olives, and dairy-free cheese. Add jalapeños or green onions for an added kick. Serve with corn or lentil chips.

LOVELY LEMONY SUN TEA

by Acorn Apothecary; photography by Izaac Holt

Celebrate sunny, summery days with a refreshing sun tea! These ingredients can commonly be found in a garden or at a local market or shop.

- quart or half-gallon sized mason jar
- organic sliced lemons
- lemon verbena
- lemon balm
- lemongrass
- cold water

Directions:

1. Fill 1/4-1/3 of your jar with any combination of the above ingredients.
2. Fill the rest of the jar with cold water and put on the lid.
3. Place outdoors in sunlight or on a sunny windowsill for 3-4 hours.
4. Strain out plant material (compost it if you can!)
5. Pour yourself some lovely lemony sun tea into a glass!



We suggest adding a few ice cubes and a garnish of lemon slices or a few lemon balm leaves for a colorful touch. Enjoy!

Editor's Tip:

Enjoy a glass of the tea while coloring in the design on page 67!

SUMMER KITCHARI WITH SEASONAL SPICES

by Stephanie Krubsack

Spice Blend:

- 1/3 tsp dried dill (.33 g)
- 1/3 tsp dried mint (.20 g)
- 1/3 tsp turmeric (1.06 g)
- 2 tsp coriander (3.60 g)
- 1/2 tsp fennel seeds (.98 g)

Kitchari:

- 1 tbsp ghee (14 g)
- 1 c dried mung beans (201 g)
- 1/2 c basmati rice (97.5 g)
- 1/2 tsp salt (add 1/4 more if add more water) (2.84 g)
- fresh black pepper
- 5-7 c water (1.18-1.165 L)

Vegetables:

- Red cabbage
- Asparagus
- Broccoli
- Potato

Toppings:

- extra spice blend
- chopped cilantro
- chopped dill
- olive oil



Directions Spice Blend:

1. First heat the coriander seeds and fennel seeds in a dry pan until fragrant and light brown. Set aside to cool.
1. Mix the remaining spices in a bowl.
2. Grind the coriander and fennel seeds in a spice grinder.
3. Combine all spices and set aside.

SUMMER KITCHARI WITH SEASONAL SPICES

by *Stephanie Krubsack*

Directions Kitchari:

1. Chop your selected seasonal vegetables.
2. Coat the baking pan with ghee and roast the vegetables for 40 minutes at 375 degrees F (190 C).
3. On the stovetop on medium heat, warm the ghee until melted.
4. Add the spice blend and mix well.
5. Next, rinse the mung beans and rice.
6. Add the mixture to the pan and stir to coat with the ghee and spice blend mixture.
7. Add 5 cups of water and salt and bring to a boil.
8. Turn down the heat to medium and cook covered for 20-30 minutes.
9. Check the consistency and add 1-2 cups more water if needed to soften the mung beans.
10. Cook for an additional 10-20 minutes, stirring occasionally.
11. Serve with roasted vegetables and toppings.

Recipe Notes:

Kitchari is a very healing and easily digestible Ayurvedic dish. A special spice blend for each season can be interchanged with the base recipe. The summer blend contains spices that are cooling for the body. Feel free to add vegetables from your garden or available at your local farmers market. The vegetables are generally added after cooking for the first 20 minutes, right to the dish, but I prefer roasting them separately. Of course both are great and feel free to try which method is best for you!



Railay Beach, Thailand.
Photography by Stephanie Krubsack.



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ECO-HOME CHECKLIST

- complete an energy audit
- switch to a Smart Thermostat
- plug in all of your electronic devices into a standby smart power strip
- replace all the light bulbs with LED
- invest in energy-efficient blinds, shades, and curtains
- perform insulation and weatherization of you home
- replace appliances with Energy Star-rated and Water-Efficient



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DICTIONARY

Ayurveda:

This alternative form of medicine, way of eating, and lifestyle, originated from India over 3,000 years ago. It can include daily practices of a morning routine, meditation, self-care with massage and oils, and eating seasonal foods that support your body type.

Carbon Offsetting:

This allows individuals or businesses to compensate for or offset carbon emissions created from daily activities or business operations. Calculation tools are used to calculate emissions for a year or time period, and equivalent money can be donated towards an initiative which benefits the environment and reduces carbon emissions.

DEI:

This term means diversity, equity, and inclusion in terms of gender, ethnicity, race, spoken language, socioeconomic status and other factors. In the workplace, DEI can refer to company policies committed to creating a safe place for employees, with an equitable, diverse, and inclusive environment.

Greenhouse Gas Emissions (GHG):

This is the release of carbon dioxide, methane, and other gases into the atmosphere created primarily from human activities of agriculture, burning natural gas, petroleum, and coal. These gases then trap heat in the atmosphere which causes the greenhouse effect, and temperatures to rise.

Hydroponics:

Growing plants without soil is a form of horticulture, where plants are grown in water with nutrients. The process uses indoor grow lights so growing can take place year-round.

Perinatal:

The term perinatal is the umbrella term for the time frame from the start of pregnancy through birth and the postpartum period which is up to a year after delivery.



Person & Planet

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