



# Going Green

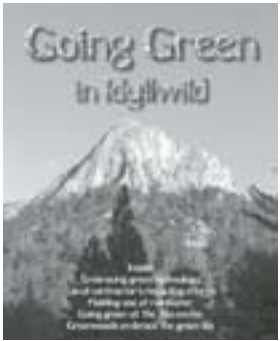
## in Idyllwild

Inside:

Embracing green technology  
Local contractor's recycling efforts  
Making use of rainwater  
Going green at the Zen center  
Greenwoods embrace the green life

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Cover photo and design by Jim Crandall

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# Embracing technology can aid a green lifestyle

In reading about local conservationists for this inaugural issue of "Going Green in Idyllwild," a few interesting facts emerged. Little did we know that some of our neighbors have quietly been creating sustainable and fascinating lifestyles for years, and have an abundance of tips to offer.

A sustainable lifestyle is one that does not deplete natural resources now and into the future. An example would be leftover food used for composting, creating a byproduct to fertilize outdoor plants.

Today, we have more options for conservation than were offered in the Mother Earth News of the 1970s and 1980s. I read each issue from cover to cover then, dreaming one day of a back-to-earth lifestyle that never materialized. Eeking out a living made that lifestyle nearly impossible when I was a single mom with two children. But it's never too late for anyone, and today it is easier to adopt a "green" lifestyle.

One reason is that technology has gone through vast changes and is cheaper to purchase. Technology often is regarded as an enemy to the environment, but when its benefits include saving valuable natural resources, those who solely embrace the past may be far behind in creating sustainable lifestyles for future generations.

New technology has contributed to making green lifestyles easier, such as solar and wind energy, energy-efficient lightbulbs and building supplies.

Buying locally as much as possible, a tip Karin and Richard Greenwood encourage, actually saves money when you count the gas and other costs associated with

traveling off the Hill.

These stories inspire: Idyllwild residents actually living sustainable lifestyles, and raising their children that way, too. In the process, they are saving another valuable resource — money — and that's an important benefit in today's economy.

*Becky Clark*

Becky Clark  
Editor



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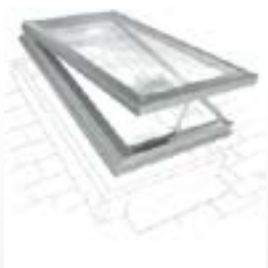
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# Local contractor's recycling efforts net big payoffs

By L. K. Johnson  
Contributor

In 1925 a small local home was built in which R30 insulation and everything but weather stripping was installed. The home was sold just recently to a patron of Townsend Construction Co.

Air leaks throughout the house brought the homebuyer to Townsend for answers on how to solve the loss of heat during winter and loss of cool air during summer.

Townsend Construction is expert in this field, and set about the task of saving the homeowner the costs of losing so much energy during the year.

The result is that the homeowner now enjoys 95- to 98-percent of energy retention within the home. Effective sealing of air leaks, proper weatherstripping, and reapplication and added wall application of insulation has rendered the house an energy-saver.

Dual-glazed windows add another benefit of combating energy loss. A high-efficiency propane heater, measured by heat retention, utilizes the ability to retain the heat inside the house.

Since the home is about 1,000-square-feet of living

*Eric and Cher Townsend try to incorporate the green philosophy in all their creations. Far right, a decidedly green Townsend cabin.*

PHOTOS BY KATHY BRYSON



space, the cost to the consumer has a money-back action that makes the work a plus rather than a minus in improving the home.

It's not cosmetic, it's "Going Green."

Eric Townsend, owner of Townsend Construction, said, "impact" is the key word for reducing energy waste and all that it spells.

Recycling at his own job sites, employees who share rides, and he and his wife using their bicycles for town visits or errands, helps to eliminate the need for gas emission, and trips to the waste station.

The act of doing something that saves energy, in whatever form, is what Eric means by "impact."

In recycling used window frames that would otherwise have ended up at the waste station, or

using felled tree trunks and branches as well — as manzanita tree branches that are dead and otherwise useless — he takes advantage of a natural shedding and brings it back to life in its use for homeowners.

The homeowner benefits from this action in dollars and cents.

Townsend reminds his customers that recycling of any useable material in the home is important for us all. Using cold water for laundry machines, and cold water for washing hands, saves money in not having to have the water heater operate every time the water is turned on. This step alone can make a huge difference in the use and the cost of propane or electricity.

At Eric and Cher Townsend's Idyllwild home, where they have their office, he proudly displays the art work and craft work of his daughter and wife.

Cher is a master at stained glass art work, and his daughter is an accomplished painter.

Their property has room for an apricot tree, plum tree, apple tree, and almond and cherry trees. They enjoy the trees' natural beauty and abundant fruit every year.

Eric and Cher join in the current movement for all humans embracing the "Going Green" philosophy. It isn't difficult for them, they already have put into action most of the suggestions listed as "green" living.

"Karin and Richard Greenwood have always been my inspiration at becoming more aware and involved in the process of saving energy and eliminating useless waste," said Eric.

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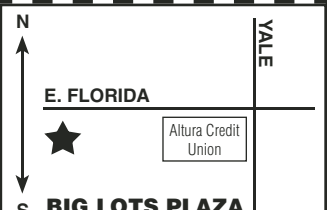
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# The Blooms use rainwater for nursery in Idyllwild

By L. K. Johnson  
Contributor

Saving water in our area is critical. California has become a drought state, and human beings are both a transgressor and a savior of the precious resource.

Rainwater has almost been ignored by most of us, and times need to change. We can recapture this



Shawna Bloom uses a rainwater irrigation system to nourish the plants in her garden. PHOTO BY KATHY BRYSON

and trees they have for sale to the public.

The water is pumped to the plant hoses with a 4-gallon pump, much the same as a pump used in an aquarium.

They also use a 10-gallon pump for their upper yard where a blossoming blackberry vine produces enough fruit each year for Shawna's canning activities.

The Blooms are veritable experts on the types of plants that flourish in these mountains, and give their patrons instructions and tips on how to grow whatever is purchased from them to the very best advantage.

While Shawna conducted a tour around her property for this interview, she pointed out that her 30 year-old mare, "Quest," provides an important nourishment for her plants. The manure that Quest produces is one of the factors that causes her plants to thrive and become healthy, viable stanchions, ready to take their place in the gardens of her patrons.

Poplar trees, which look very similar to aspens, are grown to a height of 10 to 15 feet, then when fully rooted and healthy, are sold to the Blooms' clientele.

The Blooms also raise herbs, wisteria trees, hummingbird trumpets, vinca, sage, butterfly bushes, forsythia, maple trees, Rose of Sharon, lilacs, echinacea, rust-proof rhubarb, garlic, chives, blackberry vines and boysenberry vines.

All these plants can be purchased at their home business at 52650 Laurel Trail in Pine Cove. They are open from 10 a.m. to 4 p.m. Thursday to Saturday. They can be reached at (951) 659-2628.



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Shawna and Chris Bloom of Idyllwild, owners of the "Rainwater Plants," proving this belief, save tens of thousands of gallons of water each year.

Their system is devised through a series of rain gutters on the roof of their home and garage. These gutters are then directed to two 2,800-gallon tanks from which they draw water to feed the many plants



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# Sustainability at the Yokoji Zen Mountain Center

By L. K. Johnson  
Contributor

The Yokoji Zen Mountain Center is the parent of EarthWitness, a project Christina Lee Fletcher and her husband, Charles Tenshin Fletcher, Roshi, have taken on with great gusto. It is a self-supporting ecological community using solar-power backup generators. Wind power also is used, mostly as an exhibit of other off grid power sources. All utilities are off the grid.

An extensive composting system on the more than 150-acre center requires little maintenance. The bulk of the work requires occasionally turning it.

Since all things consumed on the property are organic, almost any item to be thrown away goes into the composte ditch. It needs stirring and turning to work it into a soft, loamy state for growing plants and trees.

Philip Squire established the EarthWitness Foundation in 1991. He wanted solar panels, and realized his desire when a foundation member donated used solar panels to EarthWitness. Grants were not possible at that time, and the donation worked out perfectly.

Everything is recycled. Even buildings are erected around trees rather than cutting them down.

A natural water well on the property fills water in tanks, helped along by wind-generated pumps. The water system feeds the many apple, pear, and other fruit trees and plants, while providing necessary water for the 14 people who call the community "home."

The Yokoji Zen Mountain Center welcomes visitors of all faiths. Chris has been instrumental in bringing Cahuilla Indian youngsters, ages 12 to 18, to the center to reintroduce them to the living styles and ways in which their former tribe members conducted their lives in comfort and abundance.



Above, EarthWitness Foundation hosted Town Hall children at the Yokoji Zen Center last August. Here they are learning the benefits of composting. EarthWitness offers ecological and Native American educational programs for children.

PHOTO BY GRACE REED

"This is very exciting for them," she said. "They love to come up to the center and learn old things that are new again and engage in some of the methods of old-way food preparation — grinding seeds, picking fruit and vegetables, and enjoying the freedom and fresh air this area of theirs offers them."

More than 200 children have visited the center, and Chris expects more than that number to visit this year. "This is their heritage," she said, "and to exclude them from visiting would be detrimental. Some of the children are inspired by just the one visit, a day in the mountains truly opens minds to special learning.

"Everything at the Center is organic," she added. "What we don't grow ourselves, we buy through organic catalogs and stores, such as Mountain Harvest."

She also is in the process of building a new garden, which she calls, "The Building World Peace Garden." Myra and Roger Dutton designed the garden. A documentary is planned for the garden when it is completed.

In 1982, Maezumi, Roshi, was head of the Zen Center of Los Angeles. Maezumi, Roshi, extended the center to Idyllwild to become the International and Summer Zen Center.

Maezumi died 12 years later, and since then, Charles Tenshin Fletcher, Roshi, has carried on his work and developed the center into a year-round facility.

Tai Chi, yoga, creative writing and women's retreats are offered to the general public.

The Zen Center offers meditation, general programs, Zen practice workshops, and weekly workshops. Arthur Wayu Kennedy, a practioner of the art for 15 years, offers tea ceremonies. Visitors are welcome to witness the ceremonies.

The facilities are open to those who wish to wed, celebrate an anniversary or birth, or simply enjoy a day in the wilds with those who care tirelessly over it.

"Incredible wildlife abound here," Chris said. "We have herds of deer, bobcats, red foxes, skunks — all kinds of wild creatures come to visit us. They're quite spectacular," Chris said.

"Ecology and technology need to work hand-in-hand in order for the whole process to balance," said Chris. "Anyone can go 'green,' and it isn't a difficult or complex thing to do. It takes awareness and action to remember to recycle, but once set into motion, good thinking can become a habit."

Volunteers are gladly welcomed, and much needed. Call the center at (951) 659-5272, or visit [www.zmc.org](http://www.zmc.org), for more information.

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# Greenwoods embrace the green life wholeheartedly

By L. K. Johnson  
Contributor

The Natural Resource Defense Council in Santa Monica is a self-explanatory title for the organization that defends our natural resources. Karin and Richard Greenwood are proud to say their daughter is a member. It is no surprise considering that her parents have long been defenders of the natural resources with which they daily abide.

The Greenwoods name four categories to which they would like everyone to draw their attention: water, waste, energy and upgrades.

Beginning with water, they suggest customizing the use of water in our daily lives. "If an individual practices using a stream of water instead of a full force of water to wash their hands, water is saved," said Richard. "By using cold water to wash hands, it saves water, in that the amount of water used to warm the water from the hot water heater is wasted.

"Using drip irrigation instead of spraying with a hose on full force conserves water, and watering plants and trees in the evening allows the water to penetrate the ground more successfully without evaporating during the day," he added.

"During the winter, leaving a pot or kettle of water on the wood burning stove can save the cost of heating it for a needed purpose. Calling the local water district office can also give the individual helpful tips on saving water."

Repairing leaking faucets, whether inside or out, also may save hundreds of gallons of water yearly, and using a shower for bathing instead of a full bath tub requires only one-tenth the water used. Just a bit of awareness and care is needed to save and conserve water.

"Waste is a simple thing to eliminate," said Karin. "We carry a shoebox in the car with clean, plastic, lidded containers, which we use for any leftovers we wish to bring home when we go out to eat. We also put in the shoebox our own cups for drinks when we're out and about.

"We also use our own bags for our market shopping, and when we shop, we buy in bulk. Harvest Market sells items in 10- to 25-pounds for storing, and results in fewer trips to the market," she added.

The Waste Management Transfer Station has several



The Greenwoods have been living the green life for years.

PHOTO BY GRACE REED

different bins for recycling, such as for flattened cardboard boxes, green waste and yard leaves, tree branches, glass, tin, aluminum, plastic bottles, paper, steel (bulk), lawn chairs or metal, and paper.

Now, the Transfer Station has a new recycling category: E-waste. Any computer, television or recording device can now be taken to the Transfer Station.

In July, Waste Management is planning to offer a free, online workshop, and will sell low-cost composters. The Greenwoods said that "composting all food items, including egg shells, and excluding any meat or bone items is a great way to eliminate waste and use it for something needed in the garden or in a fruit orchard.

They also advise anyone tired of receiving junk mail to call the 800 number on the catalog or undesired item, and cancel the mail to your box.

"Use a bicycle if town is close enough to home for local errands, and always shop locally. It saves on gas and the exercise is good for you," said Karin.

"Conserving energy is the third point Karin and I would like to make," said Richard. "Light bulbs in either energy-saving coil types or fluorescent bulbs save a great deal of energy for the same amount of light given by a regular bulb, and they last longer.

"Placing the plug of a television and recording equipment on a power strip allows the individual to completely turn off the appliance when it is not in use,"

he added. "Television and stereo equipment still have a current of electricity flowing to them, even when the appliance is turned off. The power strip turns off that extra flow of electricity, and it saves on energy."

Another point they made was that instead of using a dryer for laundered clothes, hang them out on a line. If the item wrinkles easily, use the dryer for a short time and then hang the garment outside.

Weather strip doors and windows where needed, change or clean furnace filters and dryer filters often.

"Group shopping errands are an excellent way to conserve on energy," said Richard.

"Using a pressure cooker for cooking takes much less time and cooks faster. Inflating tire pressure on your car saves gas and energy. Leaving earlier for appointments and driving slower also saves on gas and energy."

Karin, who is a decided "vegan," said, "Eating lower on the food chain saves tremendous energy. Vegetables and fruits are a diet which keeps you strong and energized for whatever may be your daily chores."

Karin is a slim and trim, over-50 person who has plenty of energy and excellent health.

"Upgrading is the fourth topic they noted. "Low water-consumptive toilets are a wise purchase to conserve water," said Richard. "Energy-efficient refrigerators and washing machines are also available for the shopper. An item called 'The Chili Pepper' is a hot-water exchanger which fits under the sink. The immediate water heater saves the cold water that runs into the pipes prior to the water being heated, then is returned to the inlet to save on the extra water which would be used before the water is heated.

"We have used ours for 23 years, so it is an appliance that is long-lasting and extremely energy-efficient," he added.

The Greenwoods also remind people that Southern California Edison Company has a rebate program for purchases of new, energy-efficient appliances. This lowers the cost of the item even more.

"We hope that people in all communities will soon realize the cost of energy is never going to lessen, and the limit of our natural resources is not endless," said Richard. "Going green and conserving our many resources is as simple as using a few of our suggestions, and it isn't complex or difficult, it's just being aware of the small things we waste."

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