BURHANI FOUNDATION (INDIA)
Established by H. H. Dr. Syedna Mohammed Burhanuddin Saheb (T.U.S) in 1982

Eco - World

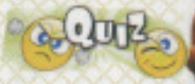
Environment, Well ness Monthly Newsletters

Environment

Hygiene

Health

Wild Life



Quiz

4 Pages| Vol 9| Issue 14| January 2010

How to plant a tree

Recycled Paper

First- Choose the planting site and ask permission.

This is an important first step. The reason why this step is first is because everything you do might depend on where you are going to plant your tree. For example, if you want to plant a tree in a park, you first need to find out who manages the park (is this a city park, state park, private, etc.) and ask their permission to plant a tree. They might say "yes, you can plant a tree but we can only plant certain kinds of trees" - for example some parks will only plant native trees (trees that have historically grown in the area) or they might have a tree planting plan that identifies historically grown in the area) or they might have a tree planting plan that identifies the type of trees to be planted. Or, you might be planting a tree near power and telephone wires so in selecting a tree you would want one that would not grow tall or fast (a dogwood tree for example). You might even want to replace a tree that has been destroyed by lightening or killed by disease. Replacing the tree with the same kind of a tree would be nice.

Once you have identified where you would like to plant a tree, you need to ask permission from the owner or the manager of the property. This person might be a state forester, park ranger or the principal at your school. This rule even applies if you want to plant a tree in your yard at home - you still need to ask for permission of your parents.

Second - Get a Tree

You might be able to have a tree donated for your project or you might need to raise funds to purchase a tree. Check with your state or community forester to see if they have any programs where they give away trees for tree planting projects. Also, ask for their advice on the types of trees to plant in the area where you live - different trees are native to different states, and native trees will thrive better after planting.

Third - Plant the Tree

Use proper tree planting tree procedures!

No matter if you plant the tree by yourself or with your family, friends, club, class or scout members, you will want to use proper tree planting procedures - to make sure the tree has the best chance for a long life.

1. Dig the hole as deep as the rootball and twice as wide.
2. Check to see if the soil around the hole is too hard - if it is, loosen it up a bit with the shovel.
3. Remove the container from the root ball. (The roots are like the tree's blood vessels and they work best if they are not all twisted and knotted up, so you might need to straighten them out if they are circling around after having grown in the container.)
4. Place the tree in the hole,

making sure the soil is at the same level on the tree as when the tree grew in the garden center. If your tree has burlap around the root ball, place the tree in the hole and then carefully untie the burlap. Leave the burlap lying in the bottom of the hole (this is Okay - the burlap will simply turn into organic matter over a period of time).

5. Fill in around the rootball with soil and pack the soil with your hands and feet to make sure that there are no air pockets.
6. Make a little dam around the base of the tree as wide as the hole with left over soil or grass clumps to hold in the water.
7. Give your new tree a good soaking of water to help settle it into its new home.
8. Name your tree, like Tara and her friends named the first tree they planted "Marcie the Marvelous Tree."
9. Repeat the "One In A Million" Promise.

From weight loss to heart protection, these small, unassuming nuts can help you maintain your health and ward off disease.

Benefits of eating almonds

Nutrients in almonds

Almonds are one of the most nutritious nuts around. They are dense in vitamins and minerals that help keep your body healthy. In addition to providing a hefty dose of protein and fiber, almonds also contain the essential fatty acids omega-3 and omega-6. They also contain vitamin E, zinc, calcium, iron, phosphorus, potassium, and magnesium. While almonds do have fat in them, but it is monosaturated fat, which is the type that is great for your heart (also found in olive oil and salmon).

Health benefits

The health benefits of eating almonds include the consumption of a certain form of vitamin E that is a very important antioxidant. This means it helps neutralize free radicals, which if unchecked, can result in disease and illness.

Eco-Friendly New Years Resolution Ideas

New Year's resolutions date back to 153 BC, when January, (named after Janus, god of all beginnings), replaced March as the first month of the Roman calendar.

More than 2,000 years later, people are still making resolutions, and though some certainly fall by the wayside, research shows that end-of-the year resolutions rank higher than other goals in terms of commitment because they represent personal aims that people really care about.

New Year is a great time to reflect on all that you've accomplished and how much more there is to do in the coming year. We announce our commitments to new behaviors and goals. Here are a few great green tips that can help you "green in the new year." We encourage you to select a few, but if only one seems feasible for you, go for it!

• Give Up Using Paper Napkins, Paper Towels, Or Both: Buy a few sets of organic cloth napkins so you always have clean ones available. Clean up spills with old recycled towels cut into smaller squares, and then just toss them in the laundry when soiled.

• Always Buy Recycled Paper: Lets face it, it would be very difficult to do away with paper totally, but we can seriously reduce how much we use. Use recycled content paper for everything (home and office). Use both sides of the paper. Meaning, if one side is still clean, put that in the printer or fax, and only print out materials or emails if you absolutely must have a hard copy of the item.

• Use E-Cards: Make a list of the birthdays you honor throughout the year and send out creative e-cards. No shopping trips in the car, no postal service vehicles in use, no paper used.

• Use Low-Energy Light Bulbs: Switch to energy-saving light bulbs. They may cost a bit more, but can save you up to 10 times the price over their lifetime and use at least two-thirds of the energy of standard 'incandescent' bulbs.

• Cut Down On Power: Plug your electronic into power strips so you can conveniently switch off when you're not using them. Unplug appliances when not in use like the toaster, coffee maker or microwave.

2010 Resolution

The Almond Board of California says that most Americans do not get nearly enough vitamin E in their diet, and touts that "just one ounce of almonds (about 23) contains 35% of the Daily Value for vitamin E."

Almonds can also help you lose weight. Because they contain fiber, protein, and the good type of fat, they help keep you full, making them an ideal healthy snack. They are perfect for stashing in your desk at work! If you fill up on almonds, you won't need to grab those potato chips or cookies.

Most importantly, almonds are very beneficial for heart health. They contain low levels of saturated fat and have no cholesterol. Eating them will not only help you avoid food that is unhealthy, but almonds themselves can actually help you maintain lower cholesterol levels, according to the U.S. Food and Drug Administration. Low cholesterol levels make you less likely to develop heart disease, which according to the Almond Board of California is the leading cause of men and women in the United States.

Almonds are low on the gylcemic index, which means they do not cause a large increase in blood glucose levels. It has been found that almonds help decrease rises in blood sugar after meals. When eaten with high-glycemic foods, eating almonds lowers the glycemic index of the entire meal. This can help prevent the development of diabetes.

How can we calculate our carbon footprint?

To quickly calculate our carbon footprints, or the amount of greenhouse gases in units of carbon dioxide, we are producing by using the following formula:

A.) Multiply your monthly electricity bill by 105

B.) Multiply your monthly gas bill by 105

C.) Multiply your monthly oil bill by 113 (if you don't use either B or C, enter 0.)

D.) Multiply total yearly mileage by .79

E.) Multiply the number of flights--4 hours or less- by 1,100

F.) Multiply the number of flights--4 hours or more- by 4,400

G.) Do you recycle newspaper? If no, add 184. If yes, add 0.

H.) Do you recycle aluminum and tin? If no, add 166. If yes, add 0.

A+B+C+D+E+F+G+H = your carbon footprint. A number below 6,000 (reflected in pounds per year) is excellent. Over 22,000? Not so great. Good is anywhere from 6,000 to 15,999, while 16,000 to 22,000 is average.

If your number is higher than you would like, there's good news--there are hundreds of ways you can shrink your carbon footprint, and many of them aren't as sacrificial as you might expect.

Even if we cut that by a ton--which isn't difficult -- it would make a huge difference."

QUIZ Time

1.Almonds can help reduce the risk of.....
a.Cholera.
b.Cancer.
c.Diabetes.
d.Jaundice.

2.In Chinese meal,the chopsticks used are made of...
a.wood
b.Bone.
c.Plastic.
d.Ceramic.

3.Penguins can jump as high as .....feet in the air.
a.3
b.2
c.6
d.4.

4.Apples contain ..... of air.
a.30%.
b.25%.
c.40%.
d.15%.

5.If you keep a goldfish in a dark room,it will eventually turn.....
a.White.
b.Yellow.
c.Red.
d.Orange.

Answer the quiz and mail it to us with all your contact details by 30th January 2010 at bfi52@yahoo.co.in or you could even mail it on the following address and the lucky winner will receive exciting prizes.

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