



Building Bridges

Connecting Diaspora Armenian Students with their Environmental Heritage



A newsletter of the Armenia Tree Project

Ages 8-12, Issue No. 4

www.armeniatree.org

1

Recycling **1 ton** of paper saves **20 trees**,
7,000 gallons of water,
3 cubic yards of landfill space,
60 pounds of air pollutants,
and saves enough energy to power the average American home for
6 months!

10

facts
about

waste

2

Armenia Tree Project has educated over **900 teachers** in Armenia about how important it is to recycle paper so that fewer trees need to be cut down.



3

In Armenia, people throw away about **5,000 tons** of plastic bottles every year. That's **10 million pounds!**



4

In 2012, organizations from around the world put **140** recycling bins near Lake Sevan and another **1,000** bins in 14 towns in Armenia resulting in the recycling of **80 tons** of plastic!

5

The average American buys and drinks **167** plastic bottles of water every year.



6

Recycling just **1** plastic bottle saves enough energy to watch an entire movie on DVD.

7

An aluminum soda can takes between **200** and **500** years to **decompose** in a landfill.



how we can reduce it

8

Plastic containers, like water bottles and grocery bags, are the main water pollutants in Armenia.



9

3,000 tons

of used paper towels end up in US landfills every day. That same paper towel uses twice as much **carbon dioxide** to make than reusable cloth napkins.

10



ATP has 2 state-of-the art nurseries in Armenia that provide hands-on environmental education, training and tree planting.

REDUCE, REUSE, RECYCLE!

People create a lot of waste every day. Have you ever wondered where your garbage goes? When your neighborhood garbage truck comes by, it picks up your garbage and takes it to a **landfill** where it dumps your garbage into **HUGE** piles of waste. This waste can harm the planet by leaking dangerous chemicals into the soil and water. This is the same soil where we plant our food and the same water that we drink—gross! So what can we do to make the planet a safer place to live?

Try This Out!: When it comes time to throw something away or buy something new, stop and remember the 3 Rs: REDUCE, REUSE, & RECYCLE! Flip through these pages to find out what each of the 3 Rs means and learn new things you can do to help keep the planet clean and safe for everyone!



To **REDUCE** means to make something smaller or use less of it, resulting in a smaller amount of waste.

ZERO-WASTE LUNCH!

One of the best ways you can reduce your waste is to pack a **zero-waste** lunch! Imagine a lunch where you throw nothing away! For example, instead of buying individually wrapped items, try buying your food in **bulk** and then putting it into containers that you can wash. Calculate your lunch's waste below by circling the options that you have in your lunch. Each option has a number listed at the bottom of the page. Add these numbers and see how wasteful your lunch is. Try different options to see how you can reduce your lunch's waste!

1. What kind of snack do you pack for your lunch?

- a. A bag of potato chips
- b. An apple
- c. A bag of cookies you use a few times



Check out these students learning about composting at one of the ATP's environmental education centers!



2. What kind of drink do you bring?

- a. A thermos of water
- b. An individually wrapped juice box
- c. A plastic bottle filled with soda from a large container at home



3. What kind of container do you pack your lunch in?

- a. A paper bag you use once
- b. A plastic bag you use a few times before throwing away
- c. A reusable lunch box



4. What kind of utensils do you use?

- a. Your fingers
- b. Washable silverware
- c. A plastic spoon/fork/knife



5. What do you use to clean your hands?

- a. A paper napkin
- b. A washable cloth napkin



Scores: 1. a(3) b(1) c(2) - 2. a(1) b(3) c(2) - 3. a(3) b(2) c(1) - 4. a(1) b(2) c(3) - 5. a(3) b(1)
If you scored between 5-8 points, congratulations, you're a Zero-Waste Whiz! A score between 9-12 means you're a Pal of the Planet, good for you! If you scored between 13-15 points, you're a Landfill Filler, so think about how you can reduce your lunch's waste.

COMPOST!

A great way to reduce your household and yard waste is by **composting**. Composting is a process that occurs when tiny **organisms** break down materials like egg shells and fruit peels and turn them into new, healthy soil.

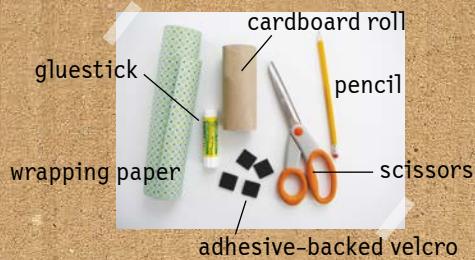
Look closely at the compost bin below. Can you spot a slug, worm, lime wedge, apple core, and egg shell?



To REUSE means to use something again or pass it along to someone else instead of throwing it away so that they can use it again.

MAKE IT!

you will need



1. Carefully cut a cardboard roll down the middle.



2. Spread out the roll on a piece of wrapping paper and trace around it. Add 1/4" to the sides and cut the paper.



3. Glue the paper to the roll, folding the extra 1/4" in.



4. Attach the adhesive-backed velcro pieces as shown.



5. You've just made an electrical cord holder!

To RECYCLE means to turn discarded materials into new products. By recycling we can decrease the amount of waste we create and reduce the amount of pollution associated with its disposal.

IN THE BIN!

Can you find which of these waste items belong in the recycling bin and which ones don't?



DID YOU KNOW?



Did you know that the numbers underneath plastic containers indicate what kind of plastic they are made out of and whether they are recyclable or not? Before you toss anything into the recycling bin, find out what kind your plastic container is and check with your local recycling center to see whether they accept it.

NUMBER	CODE	NAME	USE
1	PET	Polyethylene Terephthalate	plastic water bottles
2	HDPE	High Density Polyethylene	liquid detergent containers
3	PVC	Polyvinyl Chloride	clear food packaging

Instead of throwing it away, you can reuse a cardboard roll to make an electrical cord holder.

ORGANIZE A YARD SALE!

Have you grown out of some clothes that still look good? Do you have any toys that still work but you don't play with anymore? Why don't you get a few of your neighborhood friends together and put on a yard sale? Ask a parent or guardian for help!

UPCYCLING

Did you know that waste materials like used plastic bottles can be turned into something totally new, like a handbag or fleece jacket?! This is called upcycling and with a little creativity you can turn something that would otherwise go into a landfill into something fun and useful!

To learn about upcycling in Armenia, check out ATP's film, "Something New", at www.armeniatree.org/somethingnew.

Welcome to our green homes!

Aram lives in **Watertown, MA, USA**. He rides his **----** to school and to his friend's house.



He uses a **-----** washer/dryer.

He uses a ceiling **----** instead of turning on the AC.



He turns his **-----** down to 120 °F or below.

He replaces his incandescent lightbulbs with compact **-----** bulbs.

He fills his dishwasher **-----** before running a load.

He places glass containers, plastic water bottles, and aluminum cans, into a **-----**.

Maral lives in **Karin village, Armenia**. Her home faces the **-----** so that sunlight warms it naturally throughout

She tends an edible **-----** and keeps livestock and chickens for their milk and eggs.

She **-----** clothes with her younger siblings once she's done wearing them.



She **-----** the wash out to dry instead of using an appliance.

She hangs up rugs on the walls for **-----**.

She uses **-----** napkins and towels instead of paper products.



She **-----** food scraps.

She **-----** plastic and glass containers for other purposes.

fan recycling bin garden fully reuses high efficiency insulation

Aram and Maral's families do many things in their home to help prevent waste and keep the environment healthy. Below you'll find descriptions about how they have made their homes more green. Fill in the blanks in these descriptions using the word bank at the bottom of the page. How green is YOUR home?

aram and maral

ARAM AND MARAL ARE OUT FOR A WALK IN THE CITY OF YEREVAN.

I'M HAPPY TO SEE SO MANY NEW RECYCLING BINS AROUND ARMENIA, ARAM. IT MAKES RECYCLING PAPER SO MUCH EASIER!

YES, THAT'S GREAT! BUT DO YOU EVER FEEL LIKE WE COULD DO MORE TO HELP THE PLANET?

WHAT DO YOU MEAN?

WELL, I LEARNED IN SCHOOL THAT WE CAN ONLY RECYCLE PAPER ABOUT 5 TIMES BEFORE THE FIBERS IN IT BECOME TOO SHORT TO MAKE NEW PAPER. ARE WE MAKING A DIFFERENCE BY RECYCLING PAPER WASTE?

OF COURSE WE ARE! THOUGH IT'S TRUE THAT WE CAN ONLY RECYCLE PAPER A FEW TIMES, WE SHOULD STILL DO IT. IT SAVES MORE TREES FROM BEING CUT TO MAKE NEW PAPER.

I GUESS YOU'RE RIGHT. BUT I STILL FEEL LIKE WE COULD DO MORE.

YOU KNOW WHAT? I THINK I NEED TO SHOW YOU SOMETHING...FOLLOW ME!

LATER THAT DAY IN KARIN VILLAGE

WHAT IS THIS PLACE?

YOU CAN READ ABOUT IT HERE!

Welcome to ATP's Michael and Virginia Ohanian Environmental Education Center, where students are able to learn more about the importance of taking care of the environment and gain hands-on experience. With the help of people from all over the world, ATP has planted over 4 million trees since 1994!

SO YOU CAN SAVE TREES BY RECYCLING PAPER, AND YOU CAN PLANT NEW TREES TO HELP KEEP THE NATURAL RESOURCES OF ARMENIA PLENTIFUL AND HEALTHY!

WOW! I LOVE THE IDEA OF PLANTING TREES TO HELP ARMENIA AND THE ENVIRONMENT. HOW CAN I LEARN MORE ABOUT HOW I CAN HELP?

FOR STARTERS, YOU CAN HELP ATP PLANT MORE TREES BY PLANNING FUN ACTIVITIES LIKE A BAKE SALE OR TALENT SHOW TO RAISE SMALL AMOUNTS OF MONEY TO SPONSOR TREES. YOU CAN ALWAYS GO ONLINE TO ARMENIATREE.ORG/BUILDINGBRIDGES TO LEARN MORE ABOUT HOW YOU CAN MAKE A DIFFERENCE IN ARMENIA, AND OF COURSE, NO MATTER WHERE WE ARE, WE MUST ALL REMEMBER TO REDUCE, REUSE, AND RECYCLE!

I'M GLAD SOMEONE IS THINKING ABOUT TREES!

Glossary

carbon dioxide- a gas that is released into the air when you exhale, burn garbage, or drive a car; it is often produced when you use energy to make an aluminum can or plastic bottle

decompose- when something that was once living rots and breaks down into smaller pieces

waste- a material that is left over, rejected, or thrown away; garbage

landfill- a system of trash and garbage disposal in which the waste is buried between layers of soil

zero-waste- when no materials are created to throw into a landfill

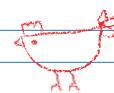
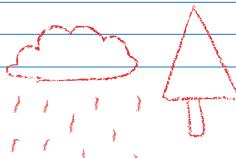
bulk- not divided into parts or packaged in separate units; in large quantities

✓ **composting**- creating a mixture largely of decayed matter of once living things and used for fertilizing soil and growing plants

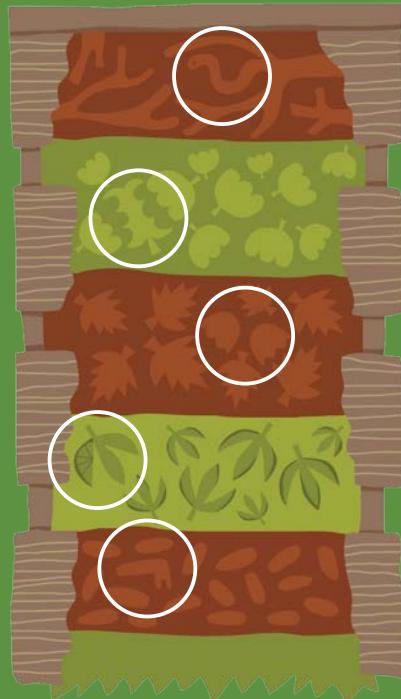
organisms- a living person, plant, or animal

recycling center- a place for the recycling of waste paper, bottles, cans, or other materials

natural resources- the parts of the environment that are considered valuable to humans, such as raw materials, like trees for paper, and things that are directly consumed, such as groundwater to drink and animals to eat



I AM TCHALO THE GAMPR, AND I LOVE TREES!



In the Bihi

Compost!

"BUILDING BRIDGES IS AN ATP PROGRAM THAT HELPS STUDENTS LEARN MORE ABOUT ARMENIA'S ENVIRONMENT.

BE SURE TO VISIT THEIR WEBSITE TO EXPLORE MORE FUN WAYS TO LEARN ABOUT ARMENIA'S ENVIRONMENT AND CHECK OUT THE PREVIOUS BUILDING BRIDGES NEWSLETTERS AT WWW.ARmeniatree.org/BUILDINGBRIDGES

AND, IF YOU NEED HELP WITH THE ACTIVITIES IN THIS NEWSLETTER, CHECK THE ANSWER KEY ABOVE. YOU CAN ALSO DOWNLOAD IT AT WWW.ARmeniatree.org/BUILDINGBRIDGES.



printed on recycled paper



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