"How wonderful is it that nobody need wait a single moment before starting to improve the world" —Anne Frank

Thank you for your willingness to help with the goal of achieving sustainability for our children, grandchildren and their futures

1) See website for method and be sure to contact vour financial advisor, accountant or lawyer for advise

My contribution: \$____

Name:

City:

Address:

Card #:

Date:

If you too are concerned about the indiscriminate use of chemicals which are killing our pollinators, polluting our water, and negatively effecting our food supply, then JOIN US by donating today.

The Rochester Area Foundation is the administrator of this scholarship fund. Contributions to the Fund are fully tax deductible.

Methods of contributions are numerous:

- 4 A check or credit card is wonderful, use form below.
- \bigstar Matching funds from employer.
- ☆ Direct transfers from an IRA.¹
- ☆ Endowments through your Estate Plan, wills or life insurance policies.1

We already have contributors using most of the above methods.

The Scholarship Endowment Fund is structured such that only earnings from the invested capital are used to pay for scholarship(s) and Fund operating expenses. This rule assures that the Fund will operate in perpetuity. The Rochester Area Foundation (RAF) is the steward of the Fund. RAF, a 501 (c)(3) Foundation, is accredited by National Standards for operational quality, donor service and accountability in the community foundation sector.

RAF's administrative fees are 1.25% of the annual fund balance and are amply covered by RAF's investment performance.

Neither scholarships nor fees are reducing the endowment equity!

My tax deductible donation to the

Sustainable Agriculture & Forestry Scholarship Endowment Fund

to Help Sustain a Healthy Population

□ Check payable to **Rochester Area Foundation** is enclosed

Expiration Date: ____/ CVV: _____

_____ Signed ___

This gift is given in \Box honor of \Box in memory of:

□ Please charge my credit card: O Visa O Mastercard O Discover

The Founders issue and mail periodic newsletters. The costs of which they cover without reducing the endowment equity.

State: ____ Zip: ___

The Fund continues to receive new charitable donations, and we are grateful for repeat donations and the end-of-life bequests received.

> This helps us build this Endowment Fund to become self-sustaining at a significant scholarship level of \$5,000.00 per year or (much) more—forever. The size of the Fund determines how many scholarships we can provide.

Visit our website for additional details about past donors, honorees, how to donate using IRAs and wills, how to identify employer matching gifts, etc., and to download additional donation form.

http://protectourresources.org

Announcing the 2018-2019 School year Scholarship

College students, who will be at junior or higher level in the fall of 2018, studying sustainable agriculture and/or forestry-in accordance with the scholarship's definitions- are invited to submit applications for the school year starting in the fall of 2018. Applications are due by April 15, 2018. The invitation will be available on December 15, 2016.

> For details and application information, visit the Scholarship website:

http://protectourresources.org

Please share this Newsletter with others who might be interested in helping the cause. Thanks!

Printed on 100% post consumer recycled paper. Forest Stewardship and Rainforest Alliance Certified.

□ You may use my/our name(s) in recognition materials. Please have it appear as:

□ Please do not share my/our name(s) publicly.

□ My employer will match my gift. See website for details.

Please send all pledges and gifts to:

The Rochester Area Foundation c/o Dag I. Knudsen-Fund Supervisor P. O. Box 180, Lake City, MN 55041-0180



Your donation and its tax deductibility will be confirmed in a letter from Rochester Area Foundation. Donors and honorees will be recognized in the RAF Annual Report and the Scholarship web site unless otherwise requested. For bequests and end-of-life donations-please see our website.



Who will feed and house future generations?

The answer to this question is much larger than this scholarship program, but one thing is for certain: It will take professionals and practitioners educated and trained in sustainable agriculture (food production) and forestry (wood production) in order to sustain a healthy population.

tumankind has not woven the web of life. We are but one thread within it.

> Whatever we do to the web we do to ourselves

All things are bound together All things connect.

-Chief Seattle, 1855

Please include full address of honoree or person you would like to be notified of your gift:



Become a Donor. Let's Work Together to Protect our Resources

Healthy Biomes are Required to Sustain Our Lives. They are All Endangered by Current Practices!

Image source: https://wallpaper Chief Seattle: AZQuotes.com,

Healthy Biomes are Required to Sustain Our Lives. They are All Endangered by Current Practices! The Scholarship Goal is to Fund Students Who Will Help Protect and Sustain our Futures.



These organisms are dependent on one another for survival!

Soil Health: the continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans.

Soil Health Quality... also referred to as soil health, is defined as how well soil does what we want it to do. Healthy soil gives us clean air and water, bountiful crops and forests, productive grazing lands, diverse wildlife, and beautiful landscapes.

Soil degradation results from

- Chemical disturbance, such as over-application of nutrient and pesticide, can disrupt the soil food web functions.
- Physical disturbance, such as tillage, exposes soil organisms to harsh sun and kills them.
- Runoff which happens when soil is laid bare from lack of cover crops.

Soil Organic Matter

Soil organic matter is the energy-rich portion of the soil profile that's made up of plant and animal residue, along with the tissues of living and dead microorganisms. Organic matter makes up 5 percent of the soil, but controls 90 percent of its functions. Organic matter is approximately 58 percent carbon, so for every percentage increase in organic matter, there is a corresponding rise in carbon in the soil. (Soil Health, Water & Climate Change: A Pocket Guide to What You Need to Know-Land Stewardship Project)

Solutions

Examples of successful farming without, or greatly reduced, use of chemicals are plentiful. One example reported in Washington Post (8/4/2017) showed that

despite using nearly 90 percent less fertilizer, corn and soybean yields increased, soil quality improved, and soil erosion decreased by 25 percent, all without decreasing profitability.

Marine Biomes, Our Food Sources, are Extremely Vulnerable



The 2017 Gulf of Mexico Dead-Zone. One of 100+ Around the World. Is the Largest Ever. Equal in Size to the State of New Jersey



The red shows area with less than 20% of normal oxygen. Loss of oxygen means loss of sea life habitat.

> A Dead-Zone Means there is NO life, There is NO food



Research shows that a disturbance to our gut bacteria caused by diet, genetics or other lifestyle choices might also contribute to or even cause metabolic disorders like type 2 diabetes. In addition, how well a glycemic-index based diet works varies between people with different types of gut bacteria. (Ref.: https://www.diabetesdaily.com/ blog/the-gut-microbiome-new-treatments-for-diabetes-298396/)

The human micro-biome is the collection of bacteria, viruses, fungi and other microbes that live in and on the body. In fact, up to 90 percent of all the cells in the human body aren't human at all - they're micro-organisms.

We could add—modern agriculture may not be doing your Micro-Biome any favors.

For example:

farmers with up

to 10,000 acres

without external

inputs, meaning

no chemical inputs.

who operate

Is there Hope?

Dr. Montgomery, Professor of Earth and Space Sciences, University of Washington wrote: "Once we see through myths of modern agriculture, practices that build soil health become the lens through which to assess strategies for feeding us all over the long haul. Why am I so confident that regenerative farming practices can prove both productive and economical? The farmers I met showed me they already are." And he met a lot! (www.scientificamerican.com April 5, 2017)

www.protectourresources.org

9 billion+ organisms in

one teaspoon of

healthy soil.

No organisms in one

teaspoon of dirt.

The Human Gut Micro-Biome Plays Significant Role in our General Health

The trillions of bacteria and other microbes inside our gastrointestinal tract, collectively known as the human gut microbiome, play significant roles in our general health. The scientific community previously believed that the bacteria that live in our gut did not affect our health; however, researchers

age source: https://medium.com/@thryve

now know that bacteria are essential to good health performing critical tasks such as digesting certain foods and producing vitamins, including vitamin K.

There are lots of theories about why food allergies, asthma, celiac disease and intestinal disorders like Crohn's disease have been on the rise. Dr. Martin Blaser speculates that it may be connected to the overuse of antibiotics, which has resulted in killing off strains of bacteria that typically live in the gut.

• Modern farming practices focus on increased grain yield, but in step with increased yields, nutrient concentrations have declined-a phenomenon known as the "dilution effect." As a result, today's crops are less nutritious and deliver fewer nutrients per serving and per calorie. (Source: Organic-Center.org)

• Dr. Davis analyzed 43 fruits and vegetables during the period 1950 through 1999. He found, for example, in 1950 broccoli had about 130 milligrams of calcium, whereas today it contains only 48 milligrams. His report attributes these losses to agriculture's desire to grow bigger vegetables, and to have them reach maturity earlier, and to have them grow closer together. The very things that speed growth and early maturity-selective breeding and the increased use of synthetic fertilizers —are decreasing the plant's ability to absorb nutrients from the soil and synthesize them. (Source: https://news.utexas.edu/2004/12/01/nr_chemistry)