



To Build a Stronger Community

- Turn off the T.V. – Read a book, sit on your porch, enjoy a little sunshine, engage with those around you.
- Wave at your neighbors – I have lived in my house for 2 years and just met my neighbor across the street. I waved at him for about the 1,000th time and he crossed over and introduced himself. We were painting our house and he offered to help!
- Eat a meal together – everybody eats!
- Share your garden veggies – Take those extra tomatoes over to your neighbor or into the office at work. Garden fresh produce is always a hit.
- Bike instead of drive – For some reason, people biking always talk and wave to each other as they pass. I've met some great friends pulling up to a stop light together.
- Carpool – We spend tons of time in the car. It is a great place to strike up a conversation.
- Pick up trash – It improves your neighborhood and is contagious. When others see you taking care of your house and street, they will take pride in it too and keep it clean.
- Use the barter system – you are great at cutting grass and your neighbor makes the best strawberry jam. Strike up a deal and do an old fashion trade. You both win! And community wealth stays right in your community. Maybe you exchange ideas – everyone in a community knows something someone else would love to learn – knitting, bike maintenance, etc.
- Host a progressive dinner. Travel from house to house for each course and get to know your neighbors.

here
is
HOW

Mixed Fiber Braided Scarves

Supplies

Variety of Yarn or Ribbons

Scissors

Masking or Painters Tape

2 Chairs (to wrap yarn)

Basic Instructions

3 bunches of various strands of yarn (15 to 20 strands depending on thickness)

approximately 9 feet in length.

Hold the 3 strands and braid loosely.

Tie a 2 foot piece of yarn to each end. Wrap yarn and tie again.

Even the tassels and cut.

To cut yarn in 9 foot lengths, place 2 chairs approximately 8 to 10 feet apart.

Tape one end of yarn to chair. Begin wrapping around the 2 chairs 2 or 3 times depending on the thickness of the yarn. Cut the yarn, tape end to chair, and choose another yarn. Continue wrapping yarn until desired

Partners of the Americas – Colorado Chapter is a 501 (c) 3 non-profit organization. All donations go to support chapter projects with the International Organization and our chapter affiliates in Brazil – the states of Minas Gerias and Alagoas.



PARTNERS *of the* **AMERICAS**

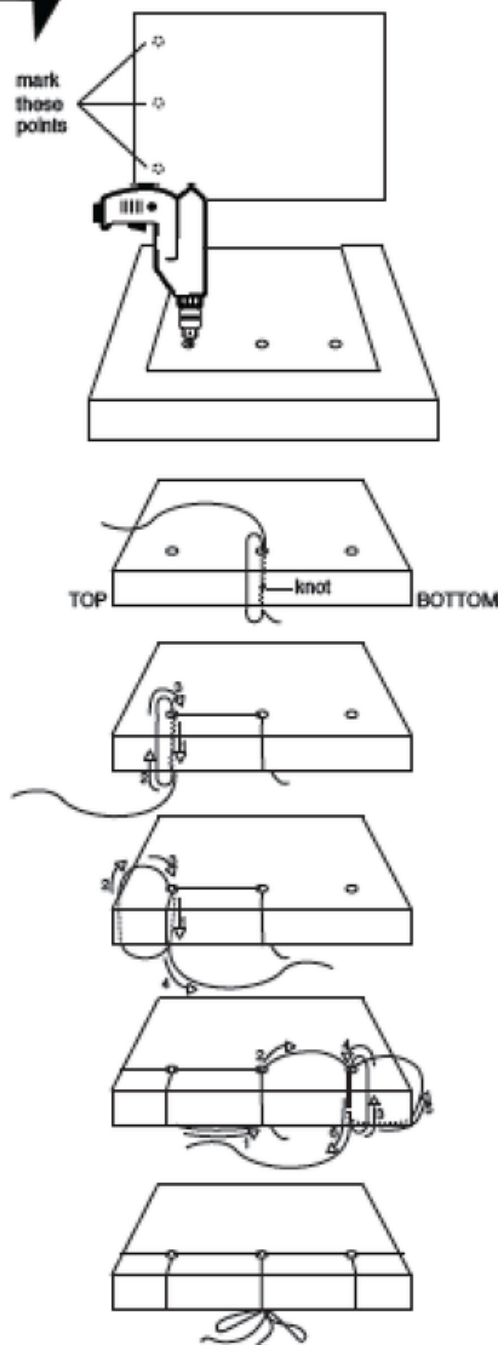
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here
is
HOW

to bind
books
using a

Simple Bookbinding Technique

How To Design by Marie Perle, with Illustrations by Marjorie R. Wetherill, 1974



Mark points for bookbinding holes.

Make sure these marks are equi-distant from the left edge of the binding and keep them 1/4" inch away from the text.

Even up the pages and secure them together with clamps or by weighting them down.

Punch holes at each of the marked points using a drill or an awl. (don't forget to protect your work surface)

String the thread through all the pages in a second-to-bottom hole. Looping the string around the bind, pull tight and tie the end into a knot.

String the thread through the next hole toward the top of the book. Loop the string around the bind once again and continue through all consecutive holes.

At the topmost hole, loop the string around the top of the spine.

String the thread back down through the holes so the thread is stitched along the opposite spine.

At the bottom hole, string the thread the same way as the topmost hole.

Then string the thread back to the starting hole and tie off the thread with the beginning knot. Run the thread through the hole and trim the excess string.

here is HOW

build a Contact Mic

directions by Jane Crayton aka Jane daPain

A contact mic is a lo-fi microphone used to transmit audio waves in direct contact with the mic. The mic is most often used as a pick-up mic for acoustic instruments, however it can also be used to transmit the audio waves from any contacted source into an amplifier. ***Build One at the Event for \$5 donation.**

Materials and Supplies

1/4inch audio jack
Piezo Transducer
Wire (20)



Soldering Iron
Solder
Tinner
Wire Strippers

Directions to build your contact mic

1

Strip the ends of 2 wires (black, red) about 2feet in length

3

Solder the Red wire to the other solder blob on the back of the Piezo transducer

5

Solder the red wire to the inside tab on the 1/4inch audio jack

2

Solder the black wire to the black solder blob on the back of the Piezo transducer

4

Solder the black wire to the outside tab on the 1/4inch audio jack

Join the dorkbot hactivist community
visit: <http://dorkbot.org/dorkbot303>

dorkbot 303
Colorado people doing strange things with electricity

here HOW

to go vegan for a day

The more plant-based your diet, the better. For the environment, for your health, for animals. Maybe you know this, but think veganism would be too big a change. Well, try it for a day. It's actually pretty easy, and every bite feels good.

Breakfast

Cereal with almondmilk

Oatmeal, Nature's Path granola, raisin bran, whatever. Just read the ingredients.

Lunch

Chickpea Salad Sandwich

Drain and rinse 1 can of garbanzo beans. Lightly mash them. In a bowl, mix in a dollop of Vegemise, chopped pickles and celery, 1 tsp yellow mustard, and as much dill as you want. Toast the bread. Eat chickpea salad on bread with lettuce and tomato.

Snack Fruit
ClifBar, Vega Vibrancy Bar, etc.
Pita chips with hummus

Dinner

Tofu Scramble

Press a block of firm tofu in the fridge for an hour or more. Sautee onions and garlic in olive oil on medium-high heat for a few minutes. Crumble in chunks of tofu. Add spice mix (1/2 tsp turmeric, 2 tsp cumin, 1 tsp thyme, 1 tsp paprika, 1 tsp salt).

Cook 15 minutes, stirring occasionally, and adding a splash of water if anything sticks. Add 1 Tbs lemon juice and a bunch of nutritional yeast. Add veggies (kale, mushrooms, grated carrot, or peppers). Cook until it looks good. Scrambled tofu is good for any meal.

Making a change in your diet simply involves a few new recipes. These are a good start. Find more on our blog.

www.plantsanimals.org | Grassroots Vegan Advocacy



PLANTS & ANIMALS
DENVER

HOW TO HOST A RALLY

1) PREP WORK

- Put a steering committee together
- Have a meeting to assign responsibilities
 1. Responsible for media/ social media/ and prints
 2. Responsible for bringing inspirational speakers
 3. Responsible for entertainments/ Street Theater
 4. Responsible for advertising for rally
 5. Responsible for creation of chants
 6. Responsible for logistic/ sounds, and lights
- Decide where you want to have your rally and see if you need a permit
- Work on your agenda
 - ✓ Your speakers should be popular, related to your rally and super engaging and inspirational
 - ✓ Entertainments/ street theater related to your rally
 - ✓ Pamphlets showing people "how to take action"

3) DAY OF THE RALLY

- All responsible parties be at the rally location 1 hour before to set up
- Marshals with same color bright shirts and nametags
- Pamphlet distributors have their flyers handy
- Chant leader train the crowd with when and what

GOOD LUCK!

2) A DAY BEFORE RALLY

- Have a crew making homemade signs
- Have a crew making noise makers
- Make copies of "how to take action"
- Chant leader train the main crew
- Select marshals responsible for rally security and do a Marshal training
- Have water for main crew
- Confirm all speakers/ entertainments
- Advertising crew send the last notice
- Select an announcer
- Go over the agenda with all leaders