

OCTOBER / NOVEMBER 2016

the
Action Team

Youth Community Service



Small Contributions Toward a Big Goal

Action Team has been busy restoring the Baylands and making meaningful contributions to fight hunger and homelessness. October was spent preparing for adventures volunteering at the Palo Alto Baylands. We contributed to the work the park rangers and the community's journey to take back the Baylands that started over four years ago.

During the month of November we had an opportunity to study the causes of hunger and homelessness. We expanded our minds and our hearts by collecting coats and jackets to donate to the community. There was a lot of fun and there was a lot of service learning.

Save the Date!

MLK Day

January 16th

Come celebrate the teaching of Dr. Martin Luther King Jr.

Action Team

January 18th

Spring semester of Action team will begin at 3pm in Adobe North

No Meeting

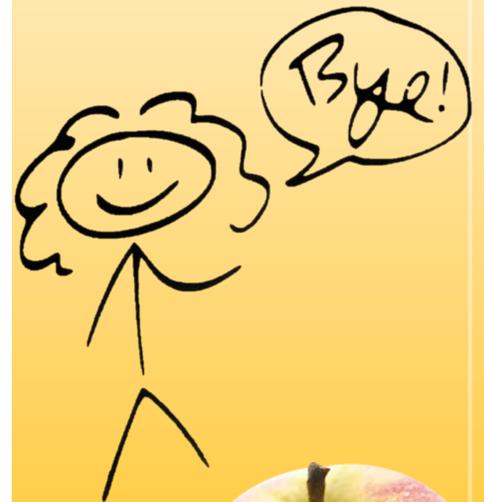
April 5th

We will not meet the week of spring break

See You Later!

Action Team is ending for 2016 but we will be back next year. There will be more service, more learning, and more fun.

Stay tuned for more Action Team adventures.



Palo Alto Baylands

Needs of the Baylands

Over more than 100 years ago the Baylands stretched passed route 101 and pass parts of Alma Street. Today they border our homes and put a barrier between the bay and us. The Baylands acts as a natural filter for the bay. And just like a filter, the Baylands requires maintenance and has needs. We learned that many years ago settlers filled the Baylands with large rocks, concrete debris, granite and dirt. They did this to make the land livable and useable. Today the Baylands need these invasive things removed so it can thrive. It needs the non-native plants removed and native plants restored. It needs its natural balance restored. Once there are more native elements present there will be more native animals present that do not live anywhere else in the world. If we have a healthier Baylands we will also have a healthier city.

Native Vs. Non-Native

All plants are native plants; it all depends on what piece of dirt they are planted in. If you're in California your native plant is the *Eschscholzia Californica* aka the Golden Poppy aka the California Poppy. If you're a *Tithonia Diversifolia* aka the Mexican Sunflower you're native to Mexico and Central America. By definition native plants are "plants indigenous to a given area in geologic time." A non-native plant is simple a plant or organism living outside its indigenous area. Non-native plants can have many affects on the environment it is intruding. In the case of the Baylands the non-native plants are negatively affecting the environment.



Before



Our Journey to the Baylands

Before we went to service at the Baylands we learned about the history. Park ranger Richard gave us information to prepare our minds for the service we were about to do. Some interesting facts we learn were:

- The bay lands and marshes protect the bay area from flooding and water pollution.
- It acts as a natural water barrier between the bay area and the bay water.
- There are 73,000 acres of bay land in San Francisco.
- There used to be 23 miles of sandy beaches in San Francisco. Now there are only 7 miles of sandy beaches.

When we arrived at the Baylands to help we first got gloves and shovels. Our target was a small pack of wheat grass. Our job was to pull out the wheat grass to prepare the land for planting. We took the wheat grass out by its roots so it wouldn't regrow. After we loaded up the truck and the ranger drove it away.

Wheat grass produces thousands of seeds and when we pulled it out we reduced its opportunity to reproduce. After the patch of field is cleared there will be a blanket of wood chips laid down. This will decompose of a year and after planting will begin. Ranger Richard said we first have to make the land healthy before we plant native plants again. And by removing the wheat grass the native plants will have a greater chance of survival.

After



Bayland Interviews

D.L.M.

What did you learn on the service trip to the bay lands?

- I learned how important the Baylands are to our community and how the effect our environment and how our protection of them making it a clean places helps everyone.

If you could back and volunteer again, what would you do to make a great impact? And whom would you bring?

- I would bring more people so we could get more done. To make our efforts show the most results I would bring more technology so that we would be about to more efficiently in the cleaning of the non-native species. I would bring my friend because she has good will power even though her arms might be sore she still dig more [plants].

What did you enjoy about the service trip?

- I enjoyed seeing our small effort help the community. Knowing that the non-native specie I pulled out will help the little mice and the will have places to hide once more native species grow. That overall helps the general process of restoring the environment.

J.H.

What did you learn on the service trip to the bay lands?

- I learned the importance of the Baylands, the importance of preserving native plants and stopping non-native plants from reproducing too much.

If you could back and volunteer again, what would you do to make a great impact? And whom would you bring?

- I would help pull out more wheat grass. And I can plant more native plants. I would bring physically strengthen people.

What did you enjoy about the service trip?

- I got to learn about the Baylands, I can connect with nature more now than before. It was fun.

C.L.

What did you learn on the service trip to the bay lands?

- I learned about invasive plants. If you don't take them out they will damage the native plants.

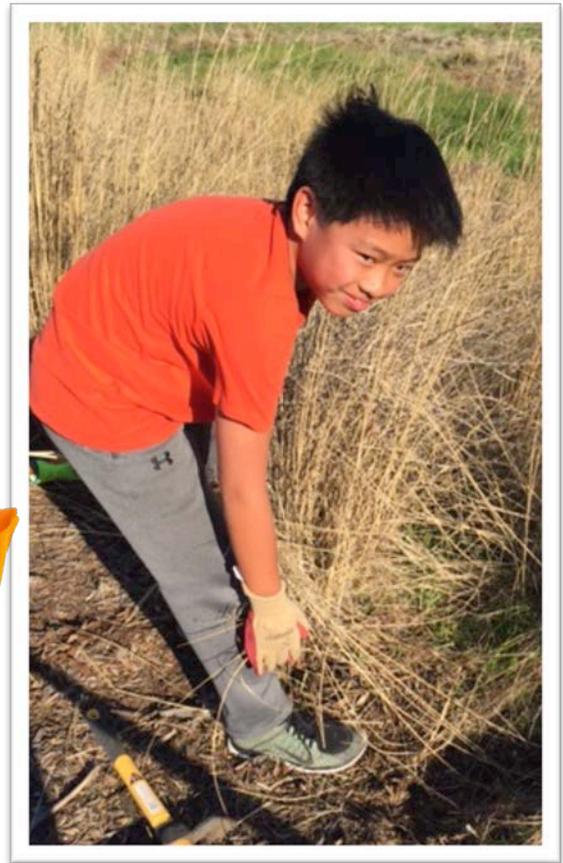
If you could back and volunteer again, what would you do to make a great impact? And whom would you bring?

- I would bring more friends.

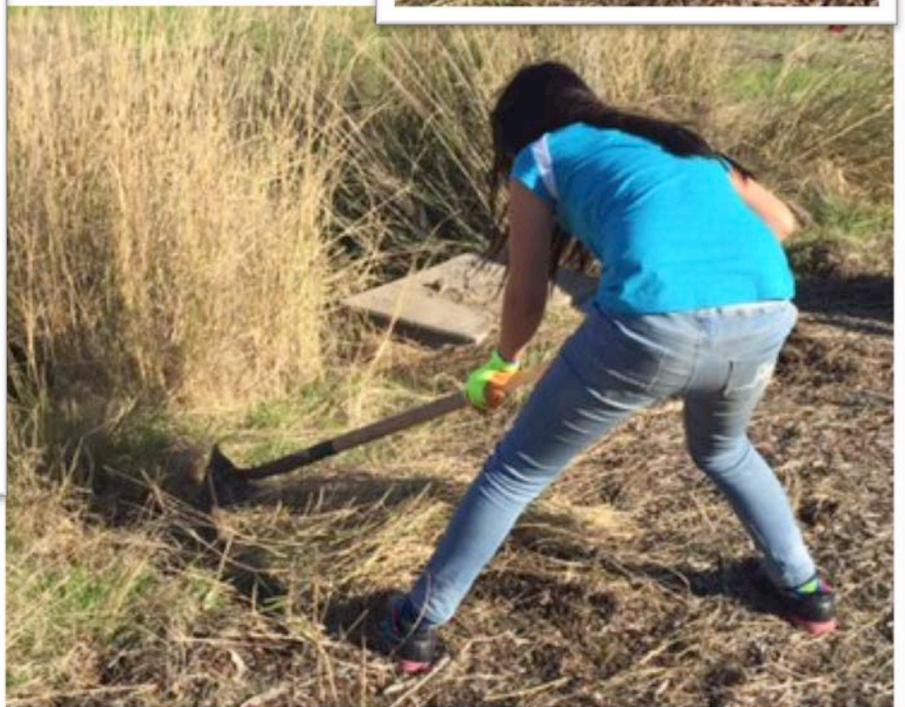
What did you enjoy about the service trip?

- I enjoyed the entire trip. I enjoyed digging with the long hoe shovel.

Palo Alto Baylands



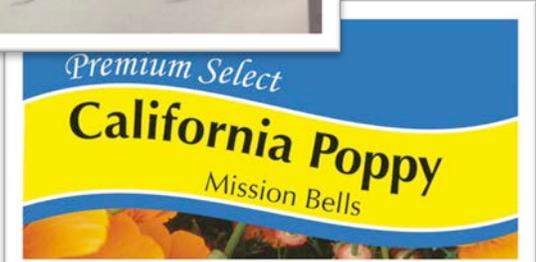
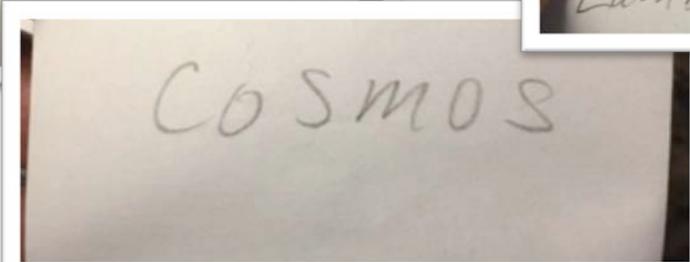
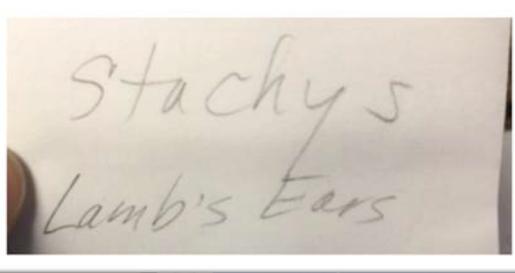
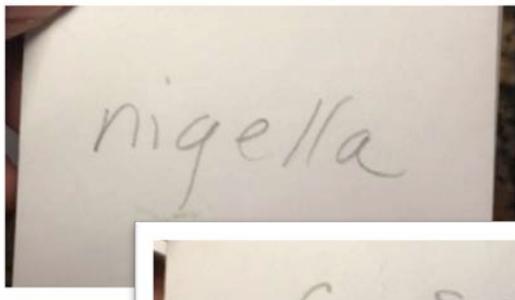
Palo Alto Baylands



Palo Alto Baylands

Celebration

To celebrate the completion of our first service learning cycle we planted flowers, some native and some non-native plants to take home. With these plants we can remember what we learned about the Baylands and our contribution. All the seeds we planted expect for the Golden poppies were collected from a local elementary school garden.



Hunger and Homelessness

P. With only a few meetings left before we ended Action Team for 2016 we still had time for one more service learning cycle. We took some time to look at hunger and homelessness in our community and in the world. We prepared for our unit on hunger and homelessness by doing an empathy activity. In this, there were questions about sudden poverty, limited items of importance, and food and shelter. Other activities we did were learning about famine and hunger. Famine is an extreme scarcity of food in a large geographical area. Hunger is a compelling need or desire for food or a shortage of food. Homelessness is when a person is without a home or lacks permanent housing. After we did this we learned about the One Warm Coat program. Their mission is “to provide anyone in need with a warm coat, free of charge.” They donate coats to the needy that can’t afford proper clothing. Just as degree drops in body temperature leads to reduced heart rate and other health issues.

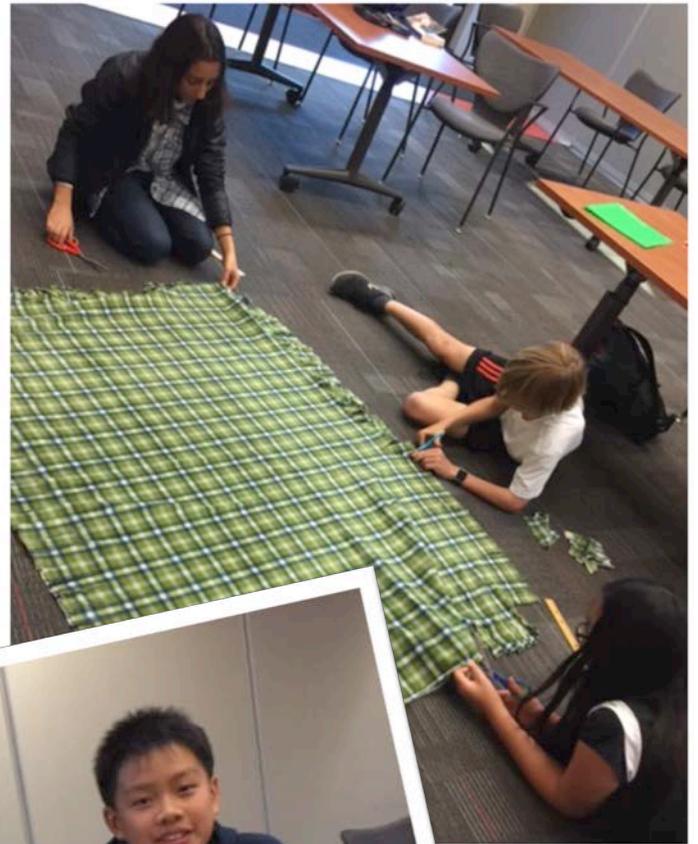
R.E. Reflection and evaluation are our last steps to complete the cycle of service learning. As a group we discussed how our service impacted us and what we learned. We also took a quiz about hunger and homelessness. One of the questions asked true or false, “The United Nations Food Program predicts that it will cost 100 billion dollars a year to provide basic health care and nutrition to meet the needs of the world’s poorest people.” The answer was false. “The 2006 estimate was 13 billion dollars.” The quiz also gave us the amount of money Americans and Europeans spend on pet food. Can you guess? It was 13 billion dollars a year, the same amount of money it would take to give care to the poorest people in the world. I was amazed at the information that was given. If we all help a little we could make a big change for all people who are suffering.

A. After we prepared our minds for service we went into actions. Our first action took place right in our meeting at Mitchell Park Community Center. We got no sew blankets to make warm blankets to donate. We laid two blankets down and cut around the edges. Next, we tied the cut pieces together. Once we were done we stretched the blanket and it was finished and ready to donate.

We also collected jackets and coats to donate to the homeless to keep warm. We collected 23 jackets and took them to a One Warm Coat drop off location.

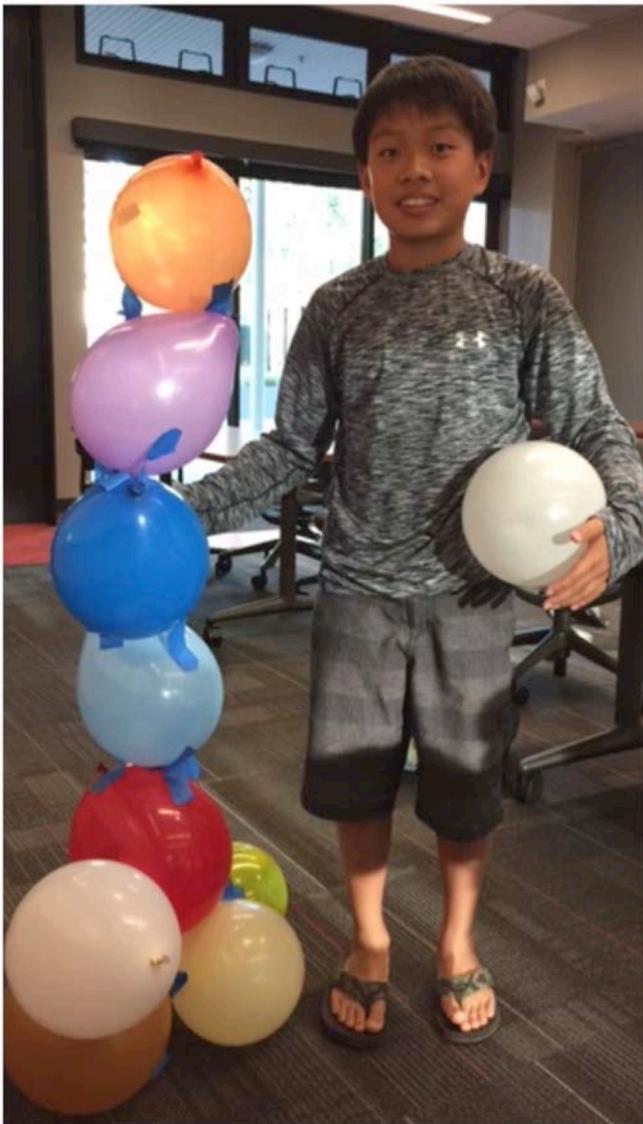


Hunger and Homelessness



Action Team Fall 2016

Newsletter Writing



Team Building

Thank You!

A special thank you to all my teammates this semester and a huge thank you to Action Team parents. This semester wouldn't have happened without you. I wish you the best in the future. I know each one of you will be great leaders and inspire others. Keep serving and keep soaring.

-Lori



Credit for the writing and ideas in this
newsletter goes to

DLM

JH

CL

LP