

**Senior Sow What?
Ambassador Justice
Take Action Project Samples: Cleaning up the Muck**

Project 1

Eco-Action—assist a local environmental organization

Project 2

Community Gardening—assist or start a community

Project 1: Eco-Action

Map It:

1. Get a list of local environmental groups
2. Follow up with an interview of these groups. This can be done over the phone or on a site visit.
3. Be sure to ask for any literature, such as brochures or information packets, that they have about their organization.
4. Discuss information gathered from interviews. Decide to assist a group, do more research, or start your own environmental group.

Plan It:

1. Read literature from the organization.
2. Practice necessary skills.

Do It

1. Serve on a volunteer board.
2. Be Eco-Watchers and report local environmental problems to an agency or group.
3. Help educate the public about local environmental issues.
4. Provide volunteer assistance at events.

Think About It:

1. Hold an Eco-Celebration for all involved.
2. Keep a journal of how the project started, changed and could continue.

Advocate It:

1. Write an article for the local paper or environmental newsletter.

Community Gardening

Plan It:

1. Locate a gardener in the community.
2. Learn gardening from the gardener.
3. Develop an action plan.

Do It:

1. Assist once at a community garden-planting, weeding, harvesting, etc.
2. Adopt a special project such as obtaining in-kind donations of materials and building a new fence or sign for a community garden.
3. Garden a plot and donate the produce.
4. Start a community garden.

Think About It:

1. Paint a mural near the garden.
2. Take photos and make a scrapbook of the project.

Advocate It:

1. Record a story about the importance of gardening. Donate it to the library.