

SUMMER 2011 ISSUE

ECOLIFE FOUNDATION

IMPROVING THE QUALITY OF LIFE FOR HUMANS, WILDLIFE AND NATURE

Going Ape in Uganda

Monarch Butterflies in Central Mexico

Green Living, News and More . . .

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On the cover: Mountain Gorilla

Photo by Alexis Chavez

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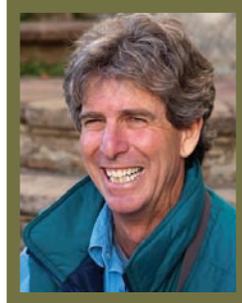
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LETTER FROM THE DIRECTOR



I hope you enjoy the first of the ECOLIFE Foundation's new quarterly magazine. It is intended to keep you up to date on our work and share interesting facts about the impact of our work. Keeping with a conservation theme, some of you will prefer to receive these quarterly updates electronically so please feel free to note your preference on the enclosed envelope and drop it in the mail to us.

We have been fulfilling our mission conserving nature and improving lives in San Diego, Michoacán, Mexico, Samburu region of Kenya and in Bwindi, Uganda. With programs ranging from safe sustainable housing and fuel-efficient stoves to tree planting and aquaponics we are making measureable, positive differences in the communities we serve. Fewer trees are cut while more are planted. Clean water from sustainable sources means healthier lives and more time in school or at work. Vented, fuel-efficient stoves relieve respiratory ailments as well as pressures on the environment. Aquaponics helps to conserve valuable water resources while making fish and vegetables available closer to home both here and abroad.

Looking forward we have more exciting things in the pipeline. A new book that shares the story of the monarch butterflies remarkable migration and a project in collaboration with the Jacobs School of Engineering at UCSD to refine the process of making charcoal from agricultural waste are coming up soon.

It requires a dynamic board and skilled staff to accomplish this work, and we are blessed with both. Each quarter I would like to highlight one of those people in my letter. This time I would like to welcome our newest employee, Michelle Danks who will be serving as our director of development and marketing. Michelle was previously employed by the San Diego Food Bank and she knows both, our community, the greater ECOLIFE community and the importance of our mission. Though we are an emerging organization, Michelle's job is enormous and we are grateful to have her on our team.

We hope you will stay involved in our work. Travel with us and see first hand how we work, where we work and what makes our programs so effective.

Your financial support is the foundation that our efforts are built on. We depend on you for everything that we do. We hope after catching up on all the progress we are making that you will take a moment to provide some of the support that is so crucial to our work.

Sincerely,





Welcome to ECOLIFE Foundation!

Welcome to ECOLIFE Foundation's new quarterly publication! Inside this inaugural issue you'll read about our important work in Uganda, learn how you can travel to Central Mexico with ECOLIFE to visit the amazing Monarch Butterfly Reserve and catch up on news and events surrounding our organization.

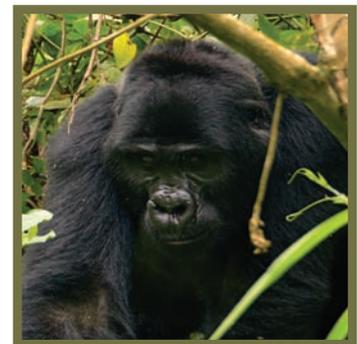
Founded in 2003, ECOLIFE Foundation utilizes conservation as a tool to protect and improve human life, wildlife and natural resources. This approach allows ECOLIFE to intertwine humanitarian and conservation efforts, thereby creating programs that provide sustainable solutions that address the root causes of humanitarian and environmental issues. ECOLIFE Foundation programs provide communities with measurable health benefits, greater economic stability, and higher standards of living.

It is because of friends and supporters like you that ECOLIFE Foundation is able to continue its mission to protect wildlife and wild places, while improving the quality of life for the World's most disadvantaged people by implementing sustainable humanitarian solutions to ecological issues.

Together, we can improve the quality of life for humans, wildlife and nature.

FEATURES

- 4 | **Program Spotlight**
Going Ape in Uganda with Aquaponics
- 5 | **ECOLIFE News & Events**
Disney Grant Award and more...
- 6 | **Travel with ECOLIFE**
Visit Central Mexico for the Monarchs
- 7 | **ECOLIFE Philanthropy**
Learn how you can help!
- 8 | **Green Living**
Heirloom Tomato Ketchup



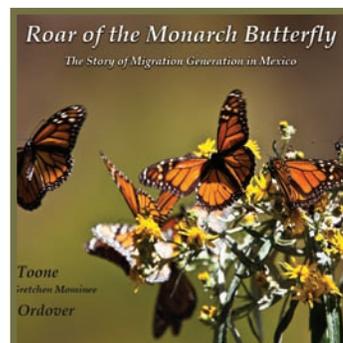
page 4



page 5



page 8



page 7



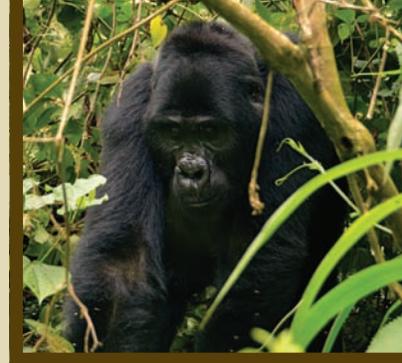
page 6



PROGRAM SPOTLIGHT

GOING APE IN UGANDA WITH AQUAPONICS

By Michelle Danks, Director of Marketing & Development
Photos by Alexis Chavez, Field Specialist



Building a self-sustaining food system in a community without running water or electricity is no easy task and one that might seem impossible. However, with a little help from our friends, the hard work of a passionate staff member and generous grants from Disney's Friends for Change, ECOLIFE proved it was possible!

ECOLIFE Foundation in collaboration with Conservation Through Public Health (CTPH), a non-profit in Uganda that focuses on balancing the health of both people and gorillas, built a community-based aquaponics system in Bwindi, Uganda.

Aquaponics is the symbiotic growing of plants and fish in a re-circulating environment. With near zero environmental impact, these systems can be used to produce high-quality hormone free fish and a wide variety of organic vegetables, all without the use of artificial fertilizers, pesticides, or herbicides. Water is cycled between the fish tanks and vegetable growing area, which uses ninety percent less water than conventional gardening and can be utilized as a means of reducing the need to import fish and vegetables from outside sources.

"This ECOLIFE project has allowed us to develop some amazing relationships in Bwindi," said Alexis Chavez, ECOLIFE

what materials could be purchased in nearby cities and villages. Chavez taught workshops to over 70 local Ugandans with the hope of inspiring further knowledge and interest in this sustainable food system.

"We had some challenges along the way," said Chavez, "but we had some great partners to help and the people that we're serving are incredibly grateful."

Village aquaponics is not only beneficial to the people it serves, but has a large impact on the local wildlife. Nearly half of the remaining population of mountain gorillas resides in the neighboring Bwindi Impenetrable Forest, making them vulnerable to hunters and diseases from human interaction.



Alexis Chavez conducting a community workshop on the Aquaponics system.

The community-based aquaponics in Bwindi provides access to healthier food by housing nearly 400 protein-rich fish at a time along with the abundant amount of vegetables grown while also reducing the problems associated with hunting bush meat in gorilla habitats.

With the success of this initial aquaponics model in Bwindi, ECOLIFE Foundation, with the help of our generous supporters and in-country partners, will continue to provide workshops to the community with a goal of providing a simple and sustainable aquaponics design plan that can be duplicated at homes, schools and community facilities.

"The project in Bwindi has provided education, new technology and access to healthier food," added Chavez. "In turn it is creating a healthier environment for both humans and wildlife."

To learn more about our aquaponics project in Uganda and to view updates, please visit our website at www.ecolifefoundation.org.



Uganda: Off in the near distance from the community aquaponics systems is the clear line between agricultural land and the Bwindi Impenetrable Forest, home to nearly half of the total population of mountain gorillas.

Foundation field specialist. "Providing a sustainable food source has been well received and something we will work to duplicate in other neighboring Ugandan communities."

Chavez spent nearly two months in Uganda with the CTPH staff and volunteers building the aquaponics system using



BILL TOONE RECEIVES FIRST 'STAND FOR SAM' AWARD AT 21ST ANNUAL E.A.R.T.H AWARDS

On May 11, 2011, ECOLIFE Foundation Executive Director, Bill Toone, attended the San Diego EarthWorks 21st Annual Very Important Planet E.A.R.T.H Awards where he received the first 'Stand for Sam' Award for ecological stewardship from the Sam Murray Future Farm Foundation.

19-year old Sam Murray, son of organic farmers Scott and Laura Murray passed away April 5, 2011. His passionate intent was to help nature and people through planting 1 million more trees in San Diego and around the world. Sam was a devoted participant in many Earth Day fairs, other youth projects and he was learning to farm alongside his father. He had many more ideas that will be a part of his legacy carried on by Sam Murray's Future Farm Foundation.

"ECOLIFE reflects the kind of integrated, people and nature approach that Sam loved," said Scott Murray.

ECOLIFE FOUNDATION HIRES MICHELLE DANKS AS DIRECTOR OF MARKETING & DEVELOPMENT

As the Director of Development and Marketing, Danks is responsible for assisting with the strategic direction and vision of the ECOLIFE Foundation, overseeing fundraising objectives, implementing marketing strategies and maintaining key relationships within the community.

Prior to joining ECOLIFE, Danks served as a development associate at the San Diego Food Bank where she assisted in all areas of marketing and development. Previously, she served as Director of Development and Marketing for San Diego-based FACE Foundation and prior to that served as founder and publisher of Lucky Dog Magazine, a Las Vegas-based pet publication.

She can be reached at mdanks@ecolifefoundation.org or (760) 740-1346.



ECOLIFE FOUNDATION AWARDED \$25,000 GRANT FROM DISNEY'S FRIENDS FOR CHANGE LATIN AMERICA

Grant to Help End Deforestation in Central Mexico's Monarch Butterfly Reserve.

ECOLIFE Foundation was awarded a \$25,000 grant from Disney's Friends for Change Latin America, also known as Disney's Amigos por el Mundo (in Spanish) and Disney's Amigos Transformando o Mundo (in Portuguese). In 2010, during the first year of this environmental multi-platform initiative, kids voted and helped decide how Disney would distribute \$250,000 in grants among 12 twelve conservation projects focused on climate, water, waste, and habitats.

With their votes, kids supported ECOLIFE Foundation's Ejido Communities Fuel-Wood Project in Central Mexico, a community-based conservation project that helps protect monarch butterfly habitat and directly improves the quality of life for communities within and surrounding Central Mexico's Monarch Butterfly Biosphere Reserve.



The finishing touch is added to a new fuel-efficient Patsari stove for a family in Central Mexico.

With the generous grant from Amigos por el Mundo and Amigos Transformando o Mundo, ECOLIFE Foundation in partnership with Grupo Ecologista Cuatros Elementos is building 200 fuel-efficient stoves for families in four Ejido communities, which will eliminate the use of open fires for cooking and improve the respiratory health of nearly 700 adults and children. These stoves also reduce fuel-wood use by 60 percent.

In addition to building fuel-efficient stoves, ECOLIFE Foundation in collaboration with the Monarch Butterfly Fund, will plant 10,000 Oyamel fir trees in July 2011 providing 69 more acres of habitat for over-wintering monarch butterflies in the Monarch Butterfly Biosphere Reserve. For each tree planted, shelter is provided for up to 25,000 monarch butterflies. These trees also reduce the amount of carbon emitted into the environment by 1000 tons in the Monarch Butterfly Biosphere Reserve.



For every Oyamel fir tree, shelter is provided for up to 25,000 monarch butterflies.



TRAVEL TO MEXICO TO WITNESS ONE OF THE MOST EXHILARATING DISPLAYS IN NATURE

THE WINTER HAVEN OF THE MONARCH BUTTERFLY

February 26 – March 4, 2012



Every fall, millions of Monarch butterflies make their way from

Canada and Northeastern United States to reach the forest highlands of central and western Mexico - their winter haven. This annual migration is truly one of nature's greatest mysteries. They travel over 2,000 miles, endure heavy rain, extreme cold and multiple dangers to reach a destination they have never seen.

Travel with ECOLIFE Foundation to the mountains of central Mexico for a once in a lifetime experience to witness this amazing spectacle, enjoy breathtaking cultural towns, and renowned artisans of Patzcuaro.

This annual trip will take place February 26 – March 4, 2012. The price is \$2,750 per person (excluding airfare) and includes gourmet meals, first class accommodations, tips, ground transportation, drinks, guides, horses, and more. A deposit of \$750 is required and is a fully tax-deductible contribution.

The Monarch's winter home in the mountains of central Mexico is greatly threatened. Trees disappear from the forest one at a time, some by illegal loggers and others by families searching for wood for cooking. The survival of the butterflies is intimately dependant on the forest's insulating qualities, which disappear when wood is harvested.

Although the Monarch butterflies are not yet considered an endangered species, their yearly migration is considered an endangered phenomenon, with logging and climate change being the main factors contributing to their potential extinction.

Journey with us to Mexico to learn about the important steps that ECOLIFE is taking with the local community to help protect the endangered forests, the watershed, a way of life for thousands of people and the one-of-kind of migration of the king of butterflies - the monarch.



Download the travel brochure at
www.ecolifefoundation.org/travel-opportunities



"I donate to ECOLIFE Foundation because it is a great cause! Serving others brings the greatest joy to my life and we all benefit from it. Love is what makes the world go around peacefully and happily!"

– Becky Boberg,
One of ECOLIFE Foundation's generous supporters

You can also join our family of generous supporters today by making a contribution to ECOLIFE Foundation to help further our work in creating sustainable humanitarian solutions to ecological issues.

No gift is too great or too small and there are numerous ways in which to make an impact. You may choose to send a donation in the enclosed envelope or you may also donate online at www.ecolifefoundation.org.

If you are interested in setting up automatic monthly donations, please contact Michelle Danks at (760) 740-1346 or mdanks@ecolifefoundation.org.

ECOLIFE FOUNDATION EXTENDS HEARTFELT GRATITUDE TO THE FOLLOWING CORPORATIONS AND FOUNDATIONS FOR THEIR RECENT SUPPORT:

Disney Latin America | Shultz Steel Company | Dolphin Quest | Disney's Friends for Change
Solar Monkey | Jameson Foundation | Hollomon Price Foundation | Horne Family Foundation
George & Paula Hauer Foundation at the San Diego Foundation | Charney Family Foundation
Hattie Ettinger Conservation Fund | LIATIS Foundation | Qualcomm | Westreich Finaly Foundation

SPONSOR THE ROAR OF THE MONARCH BUTTERFLY BOOK!

One of nature's greatest mysteries, the annual migration of the Monarch Butterflies is a true celebration of life. To help honor that celebration, ECOLIFE Foundation is working on publishing a first-of-its-kind coffee table book entitled *Roar of the Monarch Butterfly- The Story of the Migration Generation in Mexico*.

We are seeking friends of ECOLIFE who have an interest in being part of this incredible project by becoming a book sponsor. There are several levels to choose from, each with a certain level of special recognition:

Publisher Level – \$5,000

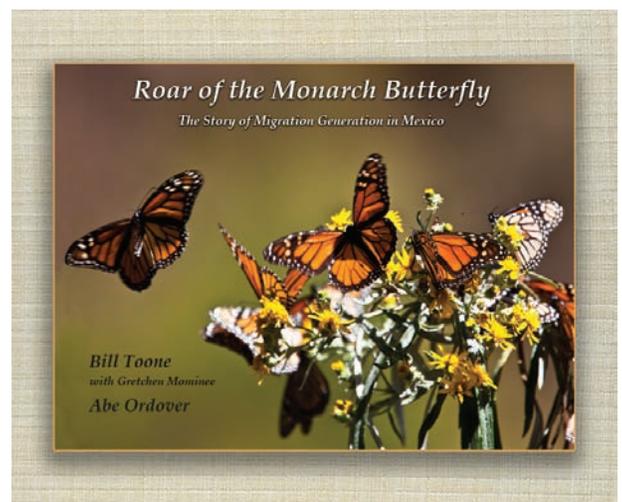
Photo of you/your family and 100-word paragraph on special recognition page

Editor Level - \$2,500

100-word paragraph on special recognition page

Writer Level - \$1,000

Name listed in book on special recognition page



OUR GOAL IS TO RAISE MONEY FOR ECOLIFE FOUNDATION BY SELLING BOOKS ONLINE AND AT SPECIAL EVENTS AS WELL AS RAISING AWARENESS ABOUT THE PLIGHT OF THE MONARCH BUTTERFLY. WE ARE EXTREMELY EXCITED ABOUT THIS PROJECT AND HOPE YOU ARE INCLINED TO BE PART OF THIS UNIQUE OPPORTUNITY. CONTACT MICHELLE AT (760) 740-1346 OR EMAIL AT MDANKS@ECOLIFEFOUNDATION.ORG FOR MORE INFORMATION.



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GREEN LIVING

Summer is the wonderful time of year for fresh heirloom tomatoes! Homemade Ketchup is easy to make and allows you to adjust the salt and sugar to taste. Tomatoes are the most concentrated food source of lycopene, an antioxidant compound that gives tomatoes their color. Numerous studies correlate high intake of lycopene-containing foods

with reduced incidence of cancer, cardiovascular disease, and macular degeneration.

2 garlic cloves, chopped
½ tsp yellow mustard seeds
½ tsp celery seeds
¼ tsp whole allspice
¼ tsp black peppercorns
4½ c heirloom tomatoes, cut into chunks (approx. 3 lbs)
2 c onion, chopped
1 c red bell pepper, chopped
1 c cider vinegar
1 tbsp sugar or to taste
½ tsp salt or to taste

Chop garlic and let stand 10 minutes. Place mustard seeds, celery seeds, allspice, and peppercorns on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely. Combine cheesecloth bag, garlic,

tomatoes, and next 3 ingredients through vinegar in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove cheesecloth bag, and set aside.

Place half of the tomato mixture into a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters) and blend until smooth. Strain smooth mixture through a fine mesh sieve back into pan; compost solids. Repeat procedure with remaining cooked tomato mixture. Add cheesecloth bag, sugar, and salt to pan, and bring to a boil. Reduce heat and simmer, uncovered, until reduced to 1 cup (about 45 minutes).

Yield: 1 cup

