

Koleigh Vachereau

October 29, 2019

Turning Green Organization
PO Box 1146
Ross, CA 94957

To Whom It May Concern:

I am writing to show the PGC submissions that I am personally most proud of that truly depict the PGC experience for me. Each of these challenges has changed my perspective on how sustainability, wellness and climate change are having tremendous impacts on our lives in a positive way as well as in a negative way too. The five challenges that I am proudest of were the Food Waste, Food, Soil, Adventure, and Climate Justice.

The Food, and Soil challenges allowed me to bring out the creative side of me that I have not been able to express in school. The passion behind these two challenges had hours of research and creation to create it into perfection. I am a more tactile learner so letting me be creative and show what I learned has changed my perspective on how I learn and how I retain information from education.

My tactile learning strategy led to the Food Waste, Adventure and the Climate Justice that challenges allowed me to go out into the community and educate myself. The challenges that I picked to showcase for the staff truly pushed me out of my comfort zone to educate myself to see what difference I can make in my community through collaboration, research, reflection and the drive to go out into the community to make a difference.

Through this PGC journey I have demonstrated the education, passion and determination through these submissions to participate in the PGC finals. In the meantime, you can reach me by email at koleighvachereau@gmail.com if you have any questions. Thank you for your time and consideration.

Sincerely,

Koleigh Vachereau

Name: Koleigh Vachereau
Username: Koleighvachereau
Email: koleighvachereau@gmail.com
School: University of Vermont

I got the food at my local Co-op. It was easy to stop there because they label the ingredients whether with FLOSN stickers. We got ground turkey, tomatoes, jalapenos, beans and onions. For meal prep we diced up all the peppers and onions very finely and put them to the side. We then soaked the beans overnight and waited until the next day to cook them. Then we used fresh tomatoes, so we had to stew them ourselves. Then we put the lime, jalapenos and onions with the stewed tomatoes together and cooked some turkey! Then we put it all together in a crockpot and cooked it for hours.

For the guac we diced up the avocado, used some left-over jalapeno and onion and sprinkled some lime on top to make some guac!

For the smoothie we put blueberries, and raspberries with milk together for a smoothie!



koleigh @theholykoleigh · 4m
Created a FLOSN meal on a budget!Homemade chili, berry smoothie and a side of guac!! It's so yummy my new kitten wanted some 🍌😊
[@TurningGreenOrg](#) #PGC2019

9:08
All iCloud
recipe
chili:
4 stewed tomatoes
2 cuts of turkey
1 cup black beans

The post features three photographs: a bowl of chili topped with a dollop of guacamole and a side of purple chips; a large bowl of cooked ground turkey; and a bowl of chili with guacamole and purple chips.

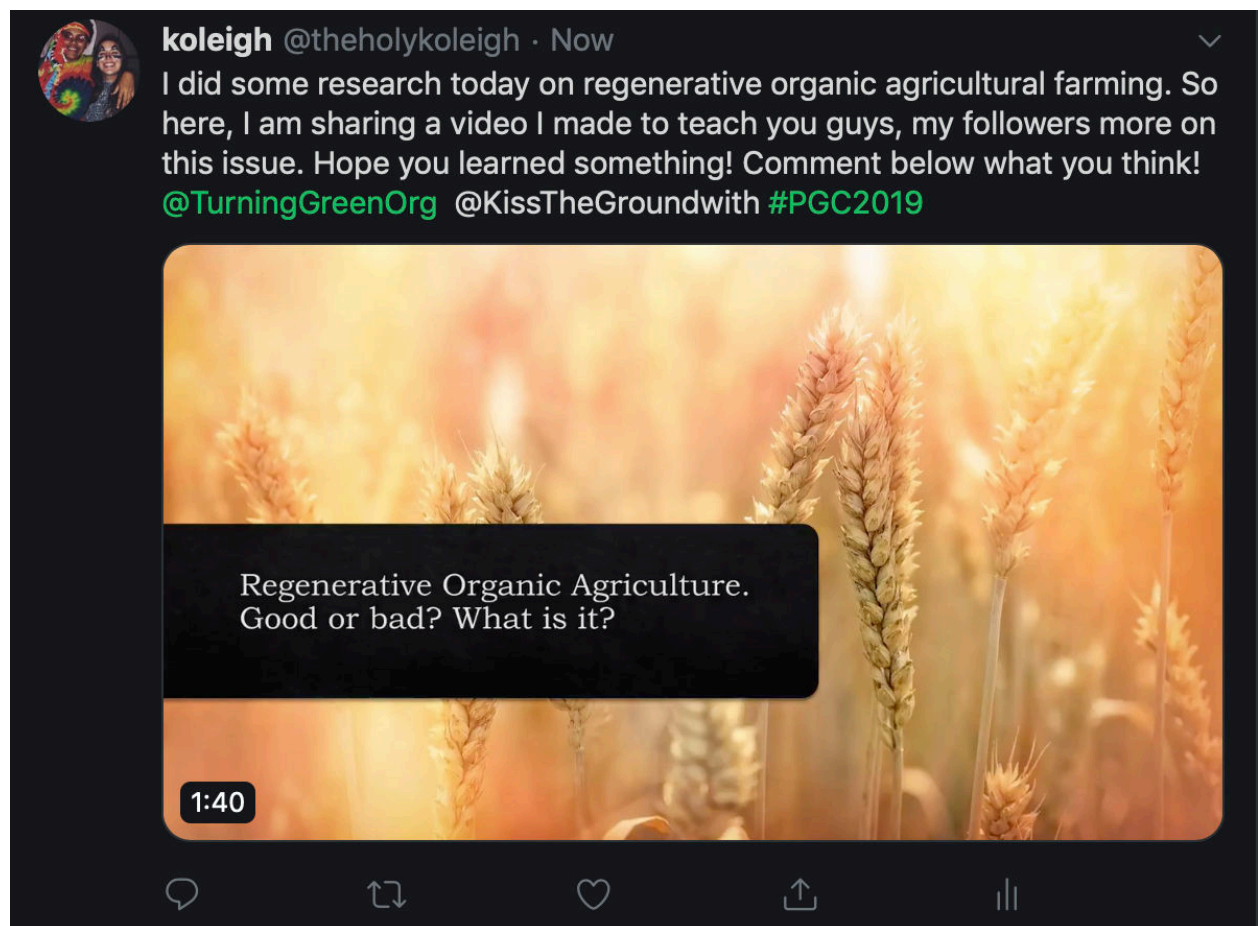


Name: Koleigh Vachereau

Username: Koleighvachereau

Email: koleighvachereau@gmail.com

School: University of Vermont



A screenshot of a Twitter post. The user's profile picture shows two people. The text of the tweet reads: "I did some research today on regenerative organic agricultural farming. So here, I am sharing a video I made to teach you guys, my followers more on this issue. Hope you learned something! Comment below what you think! @TurningGreenOrg @KissTheGroundwith #PGC2019". Below the text is a video player with a black overlay containing the text "Regenerative Organic Agriculture. Good or bad? What is it?". The video duration is 1:40. At the bottom of the tweet are icons for reply, retweet, like, share, and a menu.

koleigh @theholykoleigh · Now

I did some research today on regenerative organic agricultural farming. So here, I am sharing a video I made to teach you guys, my followers more on this issue. Hope you learned something! Comment below what you think!
[@TurningGreenOrg](#) [@KissTheGroundwith](#) [#PGC2019](#)

Regenerative Organic Agriculture.
Good or bad? What is it?

1:40

Name: Koleigh Vachereau
Username: Koleighvachereau
Email: koleighvachereau@gmail.com
School: University of Vermont
Day 12 Greenest

Nature Lesson 3: live in the moment is the one intention I'm taking away from the article.

The animals I saw on my little adventure were squirrels, different types of birds and lots of chipmunks! We saw lots of plants that I wasn't sure what they were but when we looked at a birch tree, we saw lots of bugs doing bug things in the bark. It was a very quiet and secret trail around my hometown. It smelled like water and pine trees. There were other humans there along the beach. I noticed that they were learning how to make a fire out of rocks, but they were doing it on a rock so they knew it would not catch or start a forest fire. It was nice getting away from the city life and enjoying nature and being in the moment. The intention before the pre-adventure was to get exercise. The exercise helped on my hike, but it really helped me clear my head and relax from the college life. The experience is what I needed it made me feel so relaxed and calm and more focused. I felt that it strengthened my relationship to the Earth because I had not been around nature like that in a long time and it was like catching up with an old friend, it was refreshing, and I missed it! I felt more inspired to be more environmentally friendly towards it more than I already am!



Reflecting on my experience:

Before I went on my adventure, I had the intention of going not only for PGC but also to get some exercise as well. The intention I had before actually informed and made my experience on my adventure so much better. Not only did I get exercise, which is important to my life, but I also got to destress, reflect and be in the moment. I have been stressed at school so going into nature and putting my phone on do not disturb and just being present helped me relax. I enjoyed being around the trees, grass, smell of the lake and animals. The fresh air smelled so good and I felt so happy. It's actually leaf-peeper season in Vermont so when the leaves change colors, people come from around to see the colors of the leaves change. It was nice to view it. It strengthened my relationship to earth and our individual and collective responsibility toward the Earth because I already saw the impacts on climate change on the lake. I saw algae pools and oil in the lake. It only inspired me more to be cleaner.

Name: Kaleigh Vachereau
Username: Kaleighvachereau
Email: kaleighvachereau@gmail.com
School: University of Vermont



kaleigh @theholykoleigh · Oct 13



I made three PSA advertisements about food waste that are informative and should teach you all, my followers about food waste. Learn about expiration dates, how to reduce your waste and why it's important! Join me to reduce your waste!! [@TurningGreenOrg](#) [#Savethefood](#) [#PGC2019](#).

*Well how I use food ser
HARD!*

*Here's a few ways to
get STARTED!*

- Smoothies*
- Compost bins*
- Soups*
- Freeze them*
- Put scraps together to
make different meals*

Best-by: This guarantees when a product is of the best quality or flavor.

Sell by: This is the date set by manufacturers to tell retailers when to remove the product from shelves.

Use by: This is the last date that guarantees the best quality of a product. This is also not a safety date except when used on infant formula.

The hidden truths about expiration dates

*Buying ugly is pretty...
... for your wallet*

*Get a discount for misshapen food
and help reduce food waste.*



Name: Koleigh Vachereau

Username: Koleighvachereau

Email: koleighvachereau@gmail.com

School: University of Vermont

Speech:

When I was a child growing up in Vermont, I would play in our lake called Lake Champlain. The name derived from a French explorer called Samuel D. Champlain. The lake came from melted glacier water. These sacred waters are the homes that are filled with many different species of plants, animals and other specimens. Some species in the lake that have been identified come from as early as the ice age and still live in the water today. These waters from my childhood bring back from swimming in it, learning about aquatic life to research. When I look at Lake Champlain, I think of home and happy memories. Now that I'm older and I've grown with the lakes I have not seen it become healthier. It has only gotten sicker and more polluted. The beaches are now closed for majority of the summer because of blue-green algae, you can see the watercolor changing and there is clear oil on the top of the water from the boats. Burlington uses Lake Champlain as its own personal dumping ground without the proper means to clean it up. This is the same for many lakes and water resources across the globe. This is leading to climate inequality and injustice. Indigenous people and native people to lands are being shut out by big researchers on how to protect their land even when they know the land and their lifestyles are to conserve their resources. Minority groups, women and children are feeling the effects of climate change. Homes are being destroyed, people are dying, and communities are being depleted because of climate change. In order to solve this climate justice issue, I propose we work together to get a holistic approach to solve it. Instead of having one voice we need all opinions. We need the rich people to step up and donate. They have the money. When the last drip of water is gone, the last tree is cut down and the last particle of air has been breathed what will money have? It will have no use. We need funding now. Funding across the globe and the opinions of everybody involved so we are not leaving people behind. In order to work together we need everybody's opinions.

Link to Video:

https://youtu.be/Z_epPPFNVjk