

Reclaim Your Holidays

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Our Mission

Reclaim Your Holidays helps Iowans create fun, meaningful holidays that are easier on the environment through practical, inspiring information, and opportunities to dialogue and share ideas.

Quick Links

Helping educators use RYH resources

January/February 2014

Setting intentions for 2014



It's a new year, and a time when many of us set intentions. We at RYH invite you to join us in setting intentions that are good for us as individuals, and good for the community at large. Our first intention is to commit yet again to focus on relationships. Research and our hearts confirm that that is where we find joy and meaning. Focusing on relationships could also help reduce the 42% of our greenhouse gas emissions that come from making and using our stuff!

We are setting our own intentions to be more actively involved in social change. We listened to a TED Talk about "better work," and aim to list three new gratitudes daily, journal about a positive experience every 24 hours, and do one random act of kindness daily. It sounds like a lot, but the [TED Talk by Shawn Achor](#) says all those can be done in two minutes each day.

How about you? If you want to share your intentions, we encourage you to post them on our [Facebook](#) page. You will inspire us and others!

Build relationships during spring holidays using RYH cookies & conversations activity



Join Our List

Join Our Mailing List!



Think of the many holidays or events coming up this spring and the opportunities for conversations and fun between multiple generations. This RYH activity - [Using Creativity, Cookies & Conversations to Build Relationships](#) - is great as a library or nature center program before Valentine's Day, Easter, Mother's or Father's Day. It could also be modified for summer arts and crafts fairs or congregational fairs. Cookies and conversations go together - build on it this spring and summer!

Your feedback requested plus a bonus for you!



We need your feedback to help us better meet your needs. We - and our funders - also need to know if and how materials are being used. Will you please take 5-10 minutes to help us?

For helping us, your name will be put in a drawing. Three winners will choose

from the following gifts:

- \$50 gift certificate to [Seed Savers Exchange](#) , or
- \$50 gift certificate to an Iowa theater company or civic center of the winner's choosing, or
- 5 copies of *The Gift of Nothing*, by Patrick McDonnell, to give as door prizes at your upcoming events.

Go to <https://www.surveymonkey.com/s/W39FXG8> to complete the survey by Feb. 7, 2014. Thank you!

Give non-materials gifts to help reduce "stuff"



Building a birdhouse together

["Spoiling Grandkids: The Greatest Gift = YOU,"](#) new on the RYH web site, will help formal and nonformal educators and their audiences think about relationships instead of "stuff." Commercialism often creates feelings that we need to give material gifts throughout the year, whatever the occasion. This

interactive presentation will generate other ideas and enhance relationships between grandparents/aunts/uncles and young people. It could also help reduce the 42% of our greenhouse gas emissions that come from making and using our stuff! Possible

audiences are congregational adult education groups, civic organizations, vacation church schools, or community groups.



Thank you for your interest in helping Iowans create more meaningful, fun, and environmentally friendly holidays.

Happy New Year,

Susan Salterberg

Carole Yates

UNI Center for Energy & Environmental Education