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EARTH DAY
April 19, 2012 - Butler Plaza
10 - 3 pm

make CHANGE with CHANGE
help us in our efforts to support the earth by donating your change to Green UH and Cougar Cents.
April 2012

12    Outdoor Adventure  Education: Movements of Climbing

13    Horticulture Society Weekly Meeting

14    Urban Harvest  Class: Hands-On:Constructing the Home Fruit & Vegetable Garden
      Urban Harvest  Class: Summer Herbs

15    Outdoor Adventure  Trips: River Canoe and Cleanup - Free

16    Urban Harvest  Class: Restoring Nature Series (4 Sundays)

19    Outdoor Adventure  Education: Fundamentals of Belaying

19    Earth Day Celebration  Butler Plaza

20    Horticulture Society Weekly Meeting

21    Urban Harvest  Class: Hands On: Planting the Summer Vegetable Garden

22    Urban Harvest  Class: Restoring Nature Series (4 Sundays)

24    Outdoor Adventure  Education: Kayaking and Safe Boating

26    Urban Harvest 2012 Gala: Local Flavor

27    Horticulture Society Weekly Meeting

27-29  Outdoor Adventure  Trips: Surfing and Swimming North Padre Island

29    Urban Harvest  Class: Restoring Nature Series (4 Sundays)

interested in getting INVOLVED

EMAIL  volunteer.greenuh@gmail.com TO SIGN UP
**Recipe of the Week**

Warm Snow Peas with Chicken Salad

**Ingredients:**
- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini, or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews

**Directions:**
1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)

2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.

3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.

4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

**Nutrition:**
Per serving: 284 calories; 13 g fat (2 g sat, 5 g mono); 64 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 30 g protein; 3 g fiber; 509 mg sodium; 499 mg potassium.

Nutrition Bonus: Vitamin C (90% daily value), Selenium (30% dv), Iron (20% dv), Magnesium (18% dv).

http://www.eatingwell.com/recipes/warm_snow_pea_chicken_salad.html
April Showers
Energy Across the Globe

Oil and Gas in Nigeria—Milestones and Signposts

April 25, 2012 • 6-7:30 p.m. • Melcher Hall 150

For more information or special needs, contact 713-743-4716.

To RSVP, visit https://www.bauer.uh.edu/EnergyAcrosstheGlobe/

Mutiu Sunmonu
Country Chair, Shell Companies in Nigeria
Vice President, Production—SubSaraha Africa
Managing Director, Shell Petroleum Development Company Ltd. Nigeria

Mutiu Sunmonu has expertise in the evolution of oil and gas in Africa. He has held his current positions with Shell since 2008. He previously worked for three years in Aberdeen at Shell UK before returning to Nigeria in 1993 to become head of IT infrastructure services and in 1995, became IT manager for the Shell Petroleum and Development Company.

In 1997, he moved to the core production side of the business as an area production manager and in 2001, he worked as a regional business adviser at Shell Headquarters at The Hague, where he helped develop the initial investment proposal for the China West-to-East integrated pipeline and gas supply project.

In 2003, Sunmonu returned to Nigeria and was appointed the general manager of production for SPDC Eastern operations. Two years later, he joined the board of SPDC, following his appointment as executive director of corporate affairs in 2005. In 2006, he held overall accountability for the company’s oil and gas production activities and delivery as the executive director of production.
Sustainability Internships

Sustainability Intern, Weingarten Realty

Intern will assist property management department with sustainability and green initiatives for Weingarten owned and managed properties. Internship pays $12 per hour. Candidates must be actively working on degree in real estate, environmental science/sustainability or related field. Master’s degree student preferred but not required. For more information, contact Dena Moon at dmoon@weingarten.com.

EPA, DC, Environmental Conflict Resolution Internship (Grad Students)

Seeking a student intern interested in environmental conflict resolution. CPRC houses EPA’s experts in environmental collaboration and conflict resolution and provides a range of services to EPA managers and staff, including access to professional mediators and facilitators, case intake and consultation, process design, conflict coaching, and training. Applicants are asked to submit a resume, cover letter, and project proposal. For more information, please visit http://www.internationalpeaceandconflict.org/forum/topic/show?id=780588%3ATopic%3A709969&xgs=1&xg_source=msg_share_topic

Green Build Education

Green building immersion opportunity: Volunteer with the Program Director of the City of Houston Green Building Resource Center serving the mission: “To enable the public to experience and learn more about healthy and energy, water, and material conserving design and construction; also known as Green Building.” Internship is offered for minimum 4 hrs/week, consecutively. Interested? Email the Director at steve.stelzer@houstontx.gov

Communications, Grant Writing: Keep Houston Beautiful

For 28 years, Keep Houston Beautiful has been reaching out to all segments of our community to educate and empower individuals to take greater responsibility for beautifying and enhancing Houston’s environment.

Job Duties:
Grant Writing; Assist community organizers with completing cleanup packets and registering their event with Keep Houston Beautiful and Site Box Score retrievals; Sending communications to KHB volunteer database; Assist with Adopt a Block processing.

For more information, email rbeaty@houstonbeautiful.org

Urban Harvest Business/Accounting Intern

This position will include any or all of the following:
Accounts payable disbursements, schedules of disbursement in Excel, spreadsheets of expense reports, database management, comparison reports of budgets vs. actual, membership communications, department reports. We can work with you on the number of hours needed. juli@urbanharvest.org or call 713-880-5540

Urban Harvest Community Gardens Intern

Can include any or all of the following:
Gain/use knowledge of bioregional gardening, which includes information on vegetables, fruits, herbs and habitat plants; Assist community gardeners in maintaining gardens; Promote ecological pest management; Assist with managing gardens; Community building; Volunteer recruitment; Help build gardens. Physical requirements and working conditions apply. For more information contact Becky Blanton at becky@urbanharvest.org or call 713-682-9480

Urban Harvest Writer Intern

Writing is needed in all of our programs and can include any or all of the following:
Articles for our newsletter; class descriptions for our website; farmers Market descriptions for the website and weekly newsletter; fundraising assistance; advertising for classes, farmers markets and community gardens; spanish translation is needed periodically, but not a requirement for internship. We can work with you on the number of hours needed. Email gary@urbanharvest.org or call 832-656-2819 for more information.

Urban Harvest Farmers Market Intern

Responsibilities include general operations at any of our five farmers markets. Work with the intern coordinator to design a program specific to your strengths and needs. This can include any or all of the following: small business management; general accounting; digital communications; marketing. We can work with you on the number of hours needed. For more information contact Rebecca O’Brien at rebecca@urbanharvest.org or call 203-788-3886

Urban Harvest Youth Garden Instructor and Outreach Coordinator Intern

To Apply send resume and cover letter to schoolandyouth@urbanharvest.org or call Carol Burton at 281-865-1966. Twelve hours weekly, but can be negotiated to fit your needs. Internship can include any or all of the following: TEACHING, GARDEN SITE SUPPORT, and COMMUNICATION, LEADERSHIP, AND OUTREACH.
UH SUSTAINABILITY
Newsletter Resources

Facebook

Green UH
https://www.facebook.com/#!/pages/GreenUH/134243949929

Campus Community Garden
https://www.facebook.com/#!/profile.php?id=100001733434088

RecycleMania
https://www.facebook.com/#!/RecycleMania

Twitter
https://twitter.com/#!/GreenUH

Urban Harvest
http://www.urbanharvest.org/

Outdoor Adventure

Education
http://www.uhrecreation.com/outdoor-adventure/educational-series/

Trips
http://www.uhrecreation.com/outdoor-adventure/trips/