

Waste Not a Drop



A Little Water Music

from Earth Mama ®

Songs and Connections for Water Work

by Joyce Johnson Rouse, M.A. Earth Literacy

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Waste Not a Drop...

Waste not a drop of water, even if you live by a stream. Old Chinese proverb

If there is magic on this planet, it is contained in a drop of water. Edward O. Wilson

Life exists on Planet Earth only because of the presence of water. Three-fourths of the earth's surface is covered by water, most of which is ocean salt water. Only three percent is fresh and all but three one thousandths of that is locked up in glaciers and ice caps or too deep in the earth to retrieve. (U.N. Commission on Sustainable Development, 1997)

Think of a gallon of water as all the water on the Earth.

So only 3% of all the gallon is fresh.

Remove one half cup (approximately 3% of the gallon) to another container.

Of that 3%, most of it (75%) is not available to us because it is frozen in ice caps and glaciers or deep underground or in the form of vapor in the atmosphere.

Using an eye-dropper, place one drop from the half cup of water onto a small plate.

This ONE DROP from a gallon of water represents all the fresh water on the planet that is available to us in rivers, lakes and streams.

The answer to the dwindling clean water supply is not to try to supply more, but to increase efficiency of water use – to make what we have go further. Waste not, want not!

For many years I have been writing songs to help restore consciousness of our connections to the Earth, often referred to as Earth Literacy, and many of those songs include themes or references to water. This book is designed as a reference for educators, song leaders, Earth Charter organizers, Earthcare professionals, program planners and science and arts coordinators who are looking for contemporary songs concerning water issues composed by Joyce Johnson Rouse, performing as Earth Mama.

WATER BASICS

Of all the planets in our solar system, ours is the only one that supports life as we understand life. Why? Earth is the only planet on which water exists in all of its forms: liquid, solid and gas. All the other planets are either too close to the sun and too hot, or too far from the sun and too cold to allow the water cycle to work as it fulfills its process on Earth.

ODE TO WATER

It roars and it trickles,
It gushes and dribbles,
It whirls and it ripples,
Water, water, water, water.

It's wet and it's quenching,
Drippy and drenching,
Rinsey and refreshing,
Water, water, water, water.

From the earth or from the sky,
It cleanses and it purifies!

Pouring and swirling,
Lapping and whirling,
Crashing and curling,
Water, water, water, water.

Rushing and runny,
Fizzy and funny,
Yucky or yummy,
Water, water, water, water.



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1994 Rouse House Music (ASCAP)
276-773-8529
As recorded on CD *Around the World* by Earth Mama
www.earthmama.org

Water is our most critical need. We are mostly water, actually just a big bag of water with a skeleton and lots of cell membranes to hold the water into useful shape. Quite simply, quality and purity of the water that surrounds us in our environment is going to be similar to the quality of water inside of us. If we pollute our streams and rivers, we pollute our organs and tissues as well. Or to quote any translation of the words of Chief Seattle: *What we do to the Earth we do to ourselves, our children and our children's children.*

PAY ATTENTION

Pay attention to the trees, pay attention to the river,

Pay attention to the bees.....

Pay attention to the clouds, pay attention to the weather,

Pay attention to everything you do to the Mother.

We do not inherit the Earth from our ancestor,

We are just borrowing it from our children.

Pay attention to the hills, pay attention to the water,

Pay attention to the breeze...

Pay attention to the dreams, pay attention to the Wisdom,

To the sisters and brother living close to the Earth.

Whatever befalls the Earth befalls our sons and daughters,

What we do to the Earth, we do to ourselves.

Pay attention to the birds, pay attention to the forests,

Pay attention to the streams...

Pay attention to the snow, pay attention to the glaciers,

To the frostline and coastline, and coral beneath the sea.

This we know: The Earth does not belong to us,

We belong to the Earth.

Pay attention to the waves, pay attention to the ocean,

Pay attention to the reefs ...

Pay attention to the heart, beating steady in the Mother,

Or generations will pay for our ways.

We did not weave the web of life, we are merely a strand in it,

Whatever we do to the Web, we do to ourselves.

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Wisdom attributed to Chief Seattle, Rachel Carson and Thomas Berry

Recorded by Earth Mama on *Pay Attention* CD pending release 2008 at www.earthmama.org and www.cdba-by.com/earthmama

We live in an era of growing consciousness about water issues: drought, loss of snow cover and glaciers, shrinking water tables and aquifers. The mighty Colorado River no longer flows to the ocean most years due to the volume taken out for irrigating crop land and feeding city water systems along its path. Habitats near the mouth of the Colorado

no longer support the life systems established there by Mother Nature, the Greatest Mom of all! Agriculture is responsible for twice as much of total U.S. water use as all buildings, industry and mining combined are.

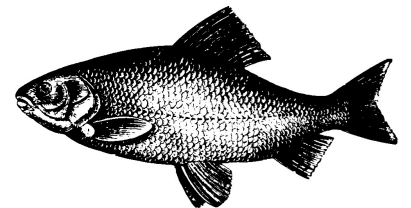
THIS RIVER

**This River is the lifeblood of a land.
This River has a heartbeat and a pulse.
As it winds and rolls, As it churns and flows
A mirror of our souls,
It is the story of a people.
This River is a measure of our love for ourselves
and for each other.
And I love This River.**

**This River sings to us of future and past.
This River is a metaphor of life.
From its native clans to its delta fans,
The water's common hand
It is the thread that ties all beings.
This River: its banks and bends barometers of how
we hold its trust.
This River doesn't only flow for us.
And I love This River.**

**So damn the dams and free the hindered flow.
Let the silver swimmers have their road.
A hundred thousand years is nothing to a river,
But a river is everything to life.**

**This River holds the wonders and the magic of the world.
This River sings the laughter of God.
And I love This River.**



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As recorded on CD *Grass Roots* by Earth Mama www.earthmama.org and www.cdbaby.com/earthmama

Water pollution comes in many forms but most is broken down to **point source** or **non point source pollution**. Point source pollution is from one specific source such as factories or mines discharging into a river or from sewage released into a river from storm drains or treatment plants after heavy rains. Non point source pollution is general runoff from lawns, fields, roadways and feed lots that accumulates as it runs into creeks and streams and then into rivers. Pesticides and herbicides, industrial chemicals and human and animal waste can be devastating to whole ecosystems and dangerous to waterways and wells. Rain and snow that do not reach a stream or river seep into the ground and eventually become part of our groundwater and aquifers through a natural filtering process.

DOWNSTREAM

**We all live downstream from somebody,
We all live upstream from somebody, too,
We can be kind to our neighbors downstream,
Do unto others as you would have them do
Unto you.**

**We all live downwind from somebody,
We all live upwind from somebody, too,
We can be kind to our neighbors downwind,
Do unto others as you would have them do
Unto you.**

**Life is not a line, but a circle,
That goes round and comes round, too,
Whatever we give to the rest of the world
Comes back to me and you.**

(repeat first verse)

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As recorded on CD *Love Large* by Earth Mama
www.earthmama.org



The First Law of Conservation of Matter and Energy tells us that anything in a system stays in that system via cycles including the carbon cycle, the rock cycle or the **water cycle**. There is no AWAY, so **pollution prevention** is always the best option!

AWAY

**There's no such place as Away, away,
There's no such place as Away.
You can dump it, you can burn it,
you can sink it in the bay,
But there's no such thing as Away.**

**Can't throw it away.
Can't throw it away.
Recycle it or use it again,
Don't throw it away.**

**Round and round,
Round and round.
It all cycles round and round.
The air and the water and the soil,
They all cycle round and round.**

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So, if we have a supply of safe water, how much can WE use without depleting that resource? In other words, what is the **sustainability factor** when it comes to water? Most experts now say that the amount actually available to us is the same amount of precipitation that falls from the sky in our bioregion each year. Catch the rain that runs from the roof in old fashioned rain barrels and use the collected water for the gardens and plants during the summer. Wells provide water that has been stored in deep aquifers for millions of years.

When the well is dry, we know the worth of water. Benjamin Franklin

ONLY TAKE WHAT YOU NEED

**Every little piece of paper once was a living thing,
Every little glass of water came from a living spring.
Every little fruit and veggie started from a little seed,
So choose a little, use it a lot and only take what you need.
Uh-huh, only take what you need.**

**Every little juicy burger once had a mama, too,
That roamed around the pasture before it became your shoes.
Every little shrimp and scallop used to swim around the sea,
So choose a little, use it a lot and only take what you need.
Uh-huh, only take what you need.**

**Every little piece of plastic started in the earth as oil,
Every little inch of concrete covers up some farming soil,
Every little cardboard carton once was a living tree,
So choose a little, use it a lot and only take what you need.
Uh-huh, only take what you need.
Oh, yeah, only take what you need.
That's right, only take what you need.**

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We must make every effort to use and re-use water carefully, knowing that the rate of water seeping back into the well as groundwater – pulled by gravity – is much slower than the rate at which we pump it out for our use. Besides rain barrels, we can use the rinse water from clothes and dish washing to water plants or the garden, and install ultra low water use appliances for washing and flushing. And we can ask ourselves carefully, "How will this affect our use of water?" when considering new purchases or any change in our households.



EARTH MAMA

**Who can catch you when you fall?
Who can echo when you call?
Who's the greatest Mom of all?
Earth Mama!**

**Who makes diamonds, who make gold?
Who is wondrous to behold?
Who's a couple billion years old?
Earth Mama!**

**Earth Mama is good to me
I'm as good to her as I can be
I love her with all my might
And you know we gotta treat our Mama right**

**Who can quake and hurricane?
Who can blizzard and who can rain?
Who hugs the mountains and the plains?
Earth Mama!**

**Who makes Old Faithful boil and hiss?
Who turns winter into bliss?
Who does the moon go dancin' with?
Earth Mama!**

**Earth Mama is good to me
I'm as good to her as I can be
I love her with all my might
And you know we gotta treat our Mama right**

**Who makes all the rivers flow?
Who made all the redwoods grow?**

**Who puts on a springtime show?
Earth Mama!**

Repeat first verse

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I was encouraged by a Franciscan Sister to write music to Saint Francis of Assisi's **Canticle of Creation**, where Francis included these words:

Praised be you, My Lord, for Sister Water, who is very humble and precious and pure.

Sister Water! Yes, that is our relationship with the molecules of hydrogen and oxygen that combine in just the right proportion to make and sustain life!

We are connected to all living things and living systems on the Earth. Chief Seattle spoke of the Web of Life. Other great teachers such as Rachel Carson, George Washington Carver, Daniel Suzuki, Donella Meadows, Edward O. Wilson and William McDonough have continued the discussion. Ecologists remind us that the first law of Ecology is: Everything is connected, so you can't do JUST ONE THING. Any action affects all things.

WE ARE ONE

**We all live on the same Earth,
We fish and swim in the same oceans,
We breathe the same air and gaze at the very same moon,
We feel the warmth of the same sun, WE ARE ONE.**

**I have Sisters in Nicaragua, their skin is burning
From the chemicals used in the fields,
Where they make their living.
I have Brothers in Indonesia, their eyes are stinging
From the burning of rain forest trees,
To clear them for grazing.**



**We all live on the same Earth,
We fish and swim in the same oceans,
We breathe the same air and gaze at the very same moon,
We feel the warmth of the same sun, WE ARE ONE.**

**We have Elders in ancient forests, who mourn the passing
Of species of flowers and birds,
Crowded out by our taking.**

**There are children in war-torn countries,
They are all of our Children,
They can't remember a night time of peace,
With no shooting or crying.**

**We all live on the same Earth,
We fish and swim in the same oceans,
We breathe the same air and gaze at the very same moon,
We feel the warmth of the same sun, WE ARE ONE.**

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As recorded on CD *Love Large* by Earth Mama

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By the time a baby born today in the U. S. reaches age 75, (s)he will have consumed on average: 4,000 barrels of oil, 54,000 pounds of plant matter, 64,000 pounds of animal products and 43 million gallons of water – and will have produced more than three million pounds of solid waste – Sustainable Communities from Vision to Action.

The average person drinks about 16,000 gallons of water in a lifetime. Our bodies range from 65% to 90% water, depending on our life stage and hydration. Bio-accumulation of harmful substances in human, fish, bird and animal tissue is stored in fat and circulates through the food chain. and this is why DDT is found in human tissue and breast milk in regions where DDT was never actively used. Does it not follow that the health of our bodies and cells containing mostly water is dependent on the health of our water supply?

A S A P

**When are we going to learn to love our Mother?
And treat her like the lady that she be?
When are we going to give her some R-E-S-P-E-C-T?
ASAP, ASAP, ASAP.**

**When are we going to look beyond our backyard?
And think about the legacy we leave?
And only take and use the things we need?
ASAP, ASAP, ASAP.**

**When are we going to tell the suits that govern?
Now's the time to save the ancient tree?
We all need air and water that is clean.
ASAP, ASAP, ASAP**

**The best time to do all this was many years ago,
But, now we've got to do it As Soon As Possible.**

**When are we going to stop the flow of poisons?
Chlorine and benzene and PCB'S?
When are we going to love the world around us?
ASAP, ASAP, ASAP**

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THE PRESENT WATER SITUATION

Oceans are being polluted. There is a large dead zone in the Gulf of Mexico where no life is now detected. Scientists agree that it is the result of accumulation of pollution dumped by the Mississippi River into the gulf. Much of it is industrial run-off: pesticides, herbicides and/or chemical fertilizer.

Deserts are drier than they used to be. The Sahara Desert is spreading south into the mid-realms of the African continent.

Rain forests are disappearing at alarming rates. They are burned to make way for industrial farming and grazing lands to raise beef for the human markets. Bio-diverse forests in the Amazon basin are being turned into soy bean farms. Rain forests are razed to plant orange groves for U.S. consumption.

Glaciers are melting. By most estimates the glaciers of Glacier National Park will have disappeared by 2030.

It is unsafe to eat the fish from more than 50% of American rivers.

And it is estimated that we waste 20-25 percent of the water we use in our homes.
G. Tyler Miller

The immense problem of bottled water is the petroleum used for the bottles, the transportation of the water and the disposal of the bottles. More than ONE BILLION water bottles are thrown away every day. Most are NOT recycled. For facts and statistics, visit www.responsiblepurchasing.org and click on "Bottled Water."

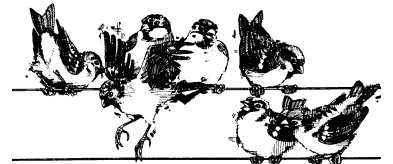
LITTLE BIRD

**Little bird, little bird, oh, where did you go?
You once flew these sandy shores and made them your home,
Now I see the mansions and manicured lawns.
I look for the little bird, but the little bird's gone.**

**What we do to the little bird, we do to our own.
We are all bound together, we all share one home.**

**I once knew a crooked creek where orange lilies grew,
And under the lilies were flowers of blue.
Now its straight as an arrow and under cement,
How do we tell our children where the crooked creek went?**

**What we do to the creeks, we do to our own.
We are all bound together, we all share one home.**



**I once walked a forest with tall ancient trees
With chattering squirrels and rustling leaves.
Now its silenced by clearcut and instead of remorse
There's a sign that says: Trees— a renewable resource.**

**What we do to the forest, we do to our own.
We are all bound together, we all share one home.**

**When we honor the wild and protect nature's song,
We honor our own and keep all life strong.
What we do to the planet, we do to our own.
We are all bound together, we all share one home.
We are all bound together, we all share one home.**

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The earth is infinitely diverse. What makes your home place unique?

WIND, WING AND WAVE

**I come from a place called Moloka'i,
Born of Pele's Fire and shaped by the sea.
Tiny seeds dropped by a passing bird
Brought ferns and forest, fruit and mystery.**

**Wind, wing and wave,
We all got here the same way,
Led by spirit to this paradise
Hula and leis, Warm aloha is our way.
Honihoni from our Moloka'i.**

**Rhythms of the ancient tides,
Brought na kupuna to our sands,
In canoes from distant isles—
New ohana to life's circle in our land.**

Chorus

**Sea cliffs rise, the highest in the world
Watching over Kalaupapa from above,
Native birds sing their island songs
Beside the ancient ponds we tend with love.**

Chorus

**Winds in the trees, rumble of the surf,
You can even hear the great whales breathe,
Honu swims underneath the moon
We will work to keep this majesty!**

Chorus

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www.earthmama.org

GLOBAL WATER ISSUES – EARTH CHARTER

“The Earth Charter is a declaration of **fundamental principles for building a just, sustainable and peaceful global society** in the 21st century. “ Several of the Earth Charter’s tenets are to: “guarantee the right to potable water, clean air, food security, uncontaminated soil, shelter and safe sanitation. Also, allocating the national and international resources required, promoting the equitable distribution of wealth [including water] within nations and among nations, and securing the human rights of women and girls.”

WOMEN HOLD UP HALF THE SKY

**Women hold up half the sky.
Women carry more than half the water.
Women bear one hundred per cent of the children.
And women hold up half the sky.**

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2007 Rouse House Music
Inspired by old African proverb

WHAT WE CAN DO

Organize and talk about the issues - educate, elucidate, explain.
Participate in supporting activities and actions for clean water.
Support and help elect eco-responsible officials and representatives.

GRASS ROOTS

**How you gonna stop a nuclear/coal plant? Grass Roots!
How you gonna save the wilderness land? Grass Roots!
How you gonna pass some better laws?
Attract the masses to the cause?
Get some rules with teeth and claws? Grass Roots!**

**How you gonna teach sustainability? Grass Roots!
How you gonna set the salmon free? Grass Roots!
How you gonna protect the turtle babes?
How do you save the Indian graves?**

How we gonna get the suits to behave? Grass Roots!

How we gonna build the soil again? Grass Roots!

How we gonna save the Grizzly's den? Grass Roots!

How we gonna keep the forest intact?

How we gonna put the wetlands back?

How we gonna walk the eco-track? Grass Roots!

How we gonna save the canyon walls? Grass Roots!

How we gonna save the water falls? Grass Roots!

How we gonna keep the reefs alive?

Protect a place for the otter to dive?

Make sure the Everglades survive? Grass Roots!

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GROUP ACTION

Organize city tours of water sources (i.e. river, reservoir), water filtration plants, water bottling plants, wastewater treatment plants and landfills. Try to encourage local officials to recover water from biological treatment plants.

Sewage treatment plants aren't designed to remove the pharmaceuticals that are flushed into waste systems. Estrogen, Prozac, Viagra, Amoxicillin, Codeine, Flonase, Ibuprofen, Dilantin, Albuterol, Tamoxifen, Mevacor, cosmetics and antibiotics cause the possibility of gender blended, transgendered and deformed fish and amphibians. Support the Sierra Club's call to the EPA to conduct new health and safety studies of the chemical combinations – chemical soup – in streams and rivers and to ban the worst ... [Sierra (Sierra Club magazine), September/October, 2007. p. 24.]

GREEN BLUES

**Drink cans, cigarette butts, candy wrappers, too,
I see 'em lying in the grass and I get the blues.**

**I get the green blues, oh--- I get the green blues,
I get the green blues, cause somebody's trashing my planet.**

**My neighbor put some chemicals out on his lawn,
And all the little crawdaddys in the creek were dead by dawn.**

Chorus

**They're building up a building about a mile from me,
But why'd they have to cut down every single tree?**

Chorus

**Is it safe to drink the water, is it safe to breathe the air,
I hear people talking, but do enough people care?**

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Create a community boycott of buying and drinking bottled water. A billion water bottles end up in landfill each year. Set up a table in a busy shopping area to encourage people to taste the difference between tap and bottled water. Use the opportunity to provide education around water use and quality at a local and global level.

Encourage local construction companies to:

- use a dry composting toilet instead of renting Port-O-Potty for long term,
- try batch mixing of mortar to limit clean-up water use,
- cover sand piles after rain to keep moisture content high for mortar mix.

Join the local chapters of environmental groups to help work for local water issues.

Join in efforts to sponsor the digging of wells for villages in developing countries.

Form a group to adopt a stream and keep it clean and free-flowing.

Support Smart Growth, sustainable development.

EARTH PLEDGE

**I pledge allegiance to the Earth,
And to the Flora, and Fauna,
And human life that it supports;
One planet, indivisible,
With clean air, water and soil,
Economic justice, freedom and peace for all!**

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INDIVIDUAL ACTIONS

HOW WOULD WE LIVE?

How would we live if we knew the Earth was sacred?

How would we live if we believed there was holiness in all?

How would we live? How would we live?

Why don't we live that way, Now?

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USING WATER MORE EFFICIENTLY

For Home Water Conservation, use:

- rain barrels to catch run-off,
- short showers and high performance shower heads,
- low-flow flush toilets,
- pavement with pervious concrete,
- mulch and compost in the garden,
- drip irrigation systems and water timers in the garden,
- xeroscaping and drought-tolerant plants,
- natural cleaning products that don't pollute the ground water,
 - baking soda
 - vinegar
 - salt
 - lemon juice
 - borax
 - tea tree oil
- local organic Christmas trees or a native bioregional substitute,
- pool covers to prevent evaporation,
- ice cubes to cool drinking water instead of letting it run,
- insulation for hot water pipes,
- water-saving appliances,
- full loads of dishes or clothes when washing,
- foods lower on the food chain because there is less water used in the production of vegetables and grain.

Do not borrow off the Earth, for the Earth will require its own back with interest.
Swahili proverb.

Talk to your elected officials about water scarcity and water pollution concerns.
Teach, sing, preach, and write about water conservation!

FRIEND OF THE EARTH

**Treasures swim in her oceans,
Wild birds soar on her breeze,
I love to see her life in motion,
In the name of the butterfly and bee.**

I am a friend of the Earth,

**I will protect her with my hands and my words,
She gives me breath and life with every turn,
I am a friend of the Earth.**

**Rumble of thunder in summer,
Rustle of life in the spring,
She shows her beauty in her wonder,
For the love of her I sing.**

**I am a friend of the Earth,
I will protect her with my hands and my words,
She gives me breath and life with every turn,
I am a friend of the Earth.**

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Teach your children, grandchildren, family, neighbors and friends that water is a precious and limited natural resource.

Live simply.
Pray for Sister Water.
Celebrate and honor the blessing of water.

LIFE ON EARTH REQUIRES WATER

Remember: There is NO life on Earth without water.

WATER BLESSING

**I say a prayer for the water.
O, bless the water
As it Graces in and out of me,
And it Blesses in and out of everything.
O, bless the water.
Bless, bless the water.**



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2007, Rouse House Music recording pending

We are “kin” with all living things on this planet; therefore, we are all part of the “Kin-dom”

A PLACE IN THE KINDOM

**Everybody has a Place in the Kindom, Place in the Kindom, Kindom of God,
Everyone with red skin, black skin and white skin, yellow skin and brown skin is
loved by God.**

**God loves me, God loves you,
We’re all precious in God’s eyes.**

Everybody has a Place in the Kindom, Place in the Kindom,

**Every creature has a Place in the Kindom, Place in the Kindom, Kindom of God,
All the little spiders, camels and pipers, dolphin and tigers are loved by God,**

**God loves me, God loves you,
We’re all precious in God’s eyes.**

Every creature has a Place in the Kindom, Place in the Kindom, Kindom of God.

**Every bit of nature is part of the Kindom, part of the Kindom, Kindom of God,
Every giant oak tree, orchids and seaweed, clean air and mountain streams are
loved by God.**

**God loves me, God loves you,
We’re all precious in God’s eyes.**

Everybody has a Place in the Kindom, Place in the Kindom, Kindom of God.

Joyce Johnson Rouse

1993 Rouse House Music, ASCAP

276-773-8529

As recorded on cassette, *Earth Mama* by Earth Mama. Sheet music available.

GOD'S EYE

**God's eye is on the desert,
the rain forest and the tundra.
Her eye is on the oceans, the rivers
and the creeks in our backyards.
His eye is on the black loam, the red clay,
and all the yellow sand,
God's eye is on the sparrow, and me and you,
to see just what we do.**

Joyce Johnson Rouse

1994 Rouse House Music ASCAP

276-773-8529

Excerpt from "God's Eye" as recorded on CD *Love Large* by Earth Mama

Be praised, O Lord, through Brother Wind, through winds, clouds and any kind of weather that we creatures of your land receive. Francis of Assisi

CD'S, RESOURCES AND RECOMMENDED READING

CDs by Earth Mama

Around the World

Love Large

Grass Roots!

Christmas Heart

Under the Rainbow

Magnificent Healing

All songs are available by CD at www.earthmama.org or by digital download at www.cdbaby/earthmama or at the iTunes store.

Becoming Native to this Place by Wes Jackson

Natural Capitalism by Paul Hawken, Amory and L. Hunter Lovins
The Sacred Balance by Daniel Suzuki
Earth in Mind by David W. Orr
Dr. Art's Guide to Planet Earth by Art Sussman

Books by

Edward O. Wilson
Frijof Capra
William McDonnough
Rachel Carson
George W. Carver
Thomas Berry
Brian Swimme
Theo Colburn

A few websites

www.waterconserve.org
www.wateruseitwisely.com
www.groundwater.org
www.epa.gov/watersense
www.rachel.org
www.earthcharter.org
www.sierraclub.org
www.wilderness.org
www.nrdc.org
www.h2oconserve.com/wc.php

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