

EARTH BEATS



Regional E & E Commission Newsletter, March 2009

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What On Earth Have We Been Up To?

As Sr. Mary Turgi would say, “we know that if Blessed Basile Moreau were alive today, his passion for justice and solidarity would be evident, not only with humans, but also with the entire Earth Community.” That’s why the members of this commission joined in the celebration of Moreau Day with its theme of reconciliation as modeled by our founder. Through song, ritual, and a power-point presentation, we considered how much we need to be reconciled with the Earth as well. The sisterly sharing in the various groups showed how invested we want to be in the healing of our planet. Lots of good ideas surfaced on finding ways to reduce our carbon footprint at home and at work. We also noted how some clever people found ways of reducing water waste that day by filling the table water pitchers only as needed. Every little bit counts!

News from the Green Team at HCHC and the Manor:

Janet Hines and her committee are fast at work doing their share to reduce the campus carbon footprint by:



- eliminating Styrofoam
- purchasing cups and cereal containers that are recyclable
- researching the best way to dispose of the compact fluorescent bulbs and 4ft tubes
- looking for earth-friendly cleaning products
- expecting an energy audit in March
- discussing further water conservation

AI Palys from the Green Team sent us this recipe for Laundry Detergent

1cup fellsnaphtha laundry bar* 1/2c 20 muleteam borax* 1/2c super washing soda (not baking soda)*
cut bar soap and grind in food processor (until powdered) place in plastic container add other ingredients and mix thoroughly:

Use for top loaders = 3Tb for regular load 4Tb for large load
Use for front loaders= 2Tb for regular load 3Tb for large load

Eco-Friendly Products for Your Consideration:

Paper towels, toilet paper and napkins:

Green Forest ~ Magical Small Steps ~ Earth First

Household cleaners, detergents, etc.,

Green Works ~ Seventh Generation ~ Ecos ... Earth Friendly Products

Sun and Earth ~ Planet ~ Arm and Hammer Products

These companies say: biodegradable, non toxic, no phosphates, no dyes, not tested on animals, free of chlorine, of petroleum-based cleaners, of harsh chemicals. The cost might be higher but the concentration calls for using less. The term “GREEN or NATURAL” are overused, so read the labels.

Did You Know That...

- Ø The US produces and uses 1/3 of the world's paper supply
- Ø If every household in the US replaced just one roll of 1000 sheet virgin fiber bathroom tissue with 100% recycled ones, we could save



469,000 trees

1.2 million cubic feet of landfill space, equal to 1,700 garbage trucks

169 million gallons of water, a year's supply for 1,300 families of four

- Ø Making paper from recycled content creates 74% less air pollution and 35% less water pollution
- Ø Of the one trillion plastic bags produced each year, only 1% get recycled and the toxic petro-polymers break down into the soil and find their way into the food chain
- Ø Eight million bags are dumped into the ocean annually choking over 200 different species that die as a result
- Ø Many countries have begun to ban plastic bags or to tax them...in China alone 37 million barrels of oil will be saved annually because of their new policies.

And the Beat Goes On...

WWW.GreenAmericaToday.org Check out “21 things you didn't know you could recycle” and see how many you already knew and let us know what you're doing to care for the planet.

Lights Out!



Many of you participated in Lights Out last March and it is scheduled to happen again this year on March 28th from 8:30-9:30. More than 50 million people in 35 countries turned their lights out for 60 minutes. In Sydney alone the city's carbon consumption dropped by more than 10% during that Earth Hour. That's the equivalent of taking 50,000 cars off the road. You can even register to be counted if you wish by going to www.earthhour.org

Living Lightly on Earth: Reduce, Reuse, Rethink

It's no surprise to hear that our economic breakdown is due, in part, to living beyond our means-as a nation and as individuals. Here are some ideas for returning to the principles of elegant simplicity.

- Ø Reduce the amount you have to recycle and check the packaging involved in what you are buying. Do some pre-cycling by choosing items in simple, recyclable packaging.
- Ø Rethink what you buy and be sure to support local workers and local, organic farmers. These support a more just and sustainable earth while also reducing the cost of transportation.
- Ø Reuse your worn towels and other materials as rags instead of indulging in paper towels.
- Ø Reduce your use of plastic bags and get 5cents for each cloth bag you bring in to the store.
- Ø Rethink where you drop off your old computers and parts. Goodwill Industries (6 of them in NH) has partnered with Dell's remarketing and recycling program no matter what the brand.

From Heloise's news column: Does your newspaper come in an orange plastic bag during the winter? Why not save them and return them to your delivery person so they can be reused? Contact your delivery person and arrange to leave them at a convenient place.

Happy Spring!