**JAEI Enviro-corner**

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| **C:\Users\User\Pictures\000 Newsletter cut & paste\Lent 1.jpg** | **Lenten Fast for the Environment - 2016** |
| C:\Users\User\Pictures\000 Newsletter cut & paste\3.jpg | **Monday, 7 March*****Meat Free Monday*****Where do your toxics go?***“It wasn't the Exxon Valdez captain's driving that caused the Alaskan oil spill.  It was yours.”  ~Greenpeace* |
| Use non-toxic products, like natural fibres and home remedy cleaners.Cleaning products are everywhere in our homes and offices: on dishes, countertops, furniture, clothes, floors, windows, and floating through the air. In our war on dirt and germs we may often actually be making things worse.Most of the conventional cleaning products we all grew up with are petroleum-based and have dubious health and environmental implications. Instead of opting for cleaning products that annihilate everything in their path, there are plenty of natural products and methods that keep a house clean and fresh-smelling without the toxic side effects.1. **Employ green cleaning products**

As the health and environmental impacts of conventional cleaning products become more thoroughly understood, more and more brands of healthy, green, and effective cleaning products have started hitting the market. Many of these products are non-toxic, biodegradable, and made from renewable resources (not petroleum). But if designer labels aren't for you, home-mixed cleaners can get the job done and then some. Vinegar and bicarbonate of soda can be used to clean almost anything. Mix in a little warm water with either of these and you've got yourself an all-purpose cleaner.1. **Avoid poor indoor air quality**

It is not uncommon for the air inside a home or office to be more toxic than the air outside. Keeping windows open as often as possible allows fresh air in and keep toxins flowing out. This is especially important when cleaning your home.1. **Be careful with antibacterial cleaners**

The antibacterial and antimicrobial 'cleaners' that many people think are necessary, especially during cold season, don't clean hands better than soap and water, and also add to the risk of breeding "super germs," bacteria that survive the chemical onslaught and have resistant offspring. 1. **Help your home smell Bicarb-a-licious**

Bicarbonate of soda not only removes those strange smells coming from your fridge, it's also a great odour-eliminator for your carpet. Just sprinkle on a little bi-carb to soak up some of those odours and then vacuum it up.1. **Clean your indoor air naturally**

Skip the store-bought air fresheners and instead try boiling cinnamon, cloves, or any other herbs you have a fondness for. Also, plants may not make your house smell different but are good for filtering interior air - pretty much any broad green leaf plant will do1. **Avoid conventional dry cleaners**

Conventional dry cleaners are the largest users of the industrial solvent called Perchloroethylene, or perc, which is toxic to humans and also creates smog. The two most common green dry-cleaning methods are carbon dioxide cleaning. Find companies that use green methods. If you do take clothes to conventional cleaners, be sure to air them outside before wearing them or putting them into your cupboard. |
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| New Picture (2) | **Tuesday, 8 March****Smart lawn*****“****Nature provides a free lunch, but only if we control our appetites.”  ~William Ruckelshaus* |
| Keep your lawn mower blades sharp, use compost for fertilizer and to lower waste and remember longer grass will keep more moisture. When it comes to watering your lawn, less is more, at least in terms of frequency. Infrequent watering - about 2.5 centimeters once a week will promote vigorous root growth and healthier grass. The healthier the grass, the more resistant your lawn will be to pests, disease and weeds. Resistant, but not completely immune. If worst comes to worst, resist the lure of chemical pesticides and fertilizers, which have a detrimental effect on the soil, and ultimately on the grass you are trying to treat. Instead, nourish your lawn with organic compost and tackle weeds the old-fashioned way - on your hands and knees.Better yet, learn to tolerate a few weeds. Even if you could get rid of every weed - which you'll never be able to do - it is not healthy to create a monoculture. |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\3.jpg | **Wednesday, 9 March****Giving Green - *Local is lekka!*** *“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God” - Hebrews 13:16* |
| We are living in a material world; and sometimes that makes gift-giving stressful and expensive. Choosing eco-friendly gifts is not only possible, it's affordable. You don't have to buy trendy (i.e. expensive) gifts to stay sustainable.Can you paint, crochet or knit, take nice photos, make darling crafts or display some other talent through your gift giving? If not, find someone who can help you make one-of-a-kind eco-friendly gifts!Green gift giving doesn't have to include anything complicated. Homemade biscuits, cakes and pies are always appreciated by those wishing to cut back on unnecessary gift giving. The activity can be enjoyed by the whole family and can save money. (Just be sure to check for allergies or dietary restrictions!)And while you’re at it – make your own greeting card and wrapping paper – really easy and lots of fun … and saves you a fortune!! |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\4.jpg | **Thursday, 10 March****Office talk**“*If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas.” - George Bernard Shaw*  |
| Bring your green ideas to the office, use ceramic coffee cups, recycled envelopes and get your coworkers to join in.A greener workplace can mean a lighter ecological footprint, a healthier and more productive place to work, and good news for the bottom line. Whether you're the boss or the employee, whether your office is green already or still waiting to see the light, some practical steps can lay the groundwork for a healthy, low-impact workspace.1. **More Work, Less Energy**

For many people, a computer is the central tool at work. Optimizing the energy settings for computers and other devices can be more than a modest energy saver. Printers, scanners, and other peripherals that are only used occasionally can be unplugged until they're needed. And of course, turn off lights in spaces that are unoccupied.1. **Digitize**

It does seem a bit strange that in the "digital age" we still consume enormous amounts of mashed up, bleached tree pulp, most of which gets used once or twice and then tossed or recycled . The greenest paper is no paper at all, so keep things digital and dematerialized whenever possible. The more you do online, the less you need paper. Keep files on computers instead of in file cabinets - but remember to do regular and thorough backups!1. **Don't Be a Paper Pusher**

When buying printer paper, look for recycled paper with a high percentage of post-consumer content and the minimum of chlorine bleaching. Even recycled paper gobbles up a great deal of energy, water, and chemical resources in its processing. When using the real stuff, print on both sides of the page when appropriate and use misprints as notepaper. Try to choose printers and photocopiers that do double-sided printing. If your office ships packages, reuse boxes and use shredded waste paper as packing material.1. **Greening the Commute**

Check out the best routes to and from work, and the optimal times. You may want to start your day much earlier to avoid the bumper-to-bumper traffic. Take other forms of transport if at all possible.1. **Green Sleeves**

You might be amazed how sharp work clothes from thrift stores can look. If you buy new, get clothes made with organic or recycled fibres. Avoid clothes that need to be dry cleaned, and if they so demand it, find a local "green" dry cleaner. 1. **Work From Home**

Instant messaging, video conferencing, and other innovative workflow tools make effective telecommuting a reality. If you can telecommute, hold phone conferences, take online classes, or otherwise work from home, give it a try. It'll save you the time you would have spent on the trip as well as sparing the air. As a bonus, you get to work in your pyjamas! 1. **Use Green Materials**

Some paper use can't be avoided, so use recycled paper and envelopes that have been processed and coloured using eco-friendly methods. Pens and pencils can also be made of recycled materials, and refillable pens and markers are preferable to disposable ones. Use biodegradable soaps and recycled paper or cloth towels in the bathroom and kitchen, and provide biodegradable cleaners for the custodial staff. Buy in bulk so that shipping and packaging waste are reduced, and reuse the shipping boxes. Recycle all your old print cartridges.1. **Redesign the Workspace**

Greening the space in which you work has almost limitless possibilities. Start with good furniture, good lighting, and good air. Incandescent bulbs can be replaced with compact fluorescents and there is an ever-growing selection of high-end LED desk lamps that use miniscule amounts of energy, Not only is natural daylight a free source of lighting for the office, it has been proven to improve worker productivity and satisfaction. Workspace air quality is also crucial. Good ventilation is crucial.1. **Lunch Time**

Bringing lunch to work in reusable containers is likely the greenest (and healthiest) way to eat at work. Getting delivery and takeout almost inevitably ends with a miniature mountain of packaging waste. But if you do order delivery, join co-workers in placing a large order (more efficient than many separate ones). Also, bring in a reusable plate, utensils, and napkins. If you do go out for lunch, try biking or walking instead of driving.1. **Get Others in on the Act**

Share these tips with your colleagues. If possible, arrange an office carpool or group bike commute. Ask the office manager to get fair trade coffee for the break room and make sure everyone has a small recycling bin so that recycling is just as easy as throwing paper away. Ask everyone to bring in a mug or glass from home and keep some handy for visitors so that you reduce or eliminate use of paper cups. |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\New Picture.jpg | **Friday, 11 March*****Smart Fish Friday*****Plant a Tree***"He who plants a tree, plants a hope." -- Lucy Larcom,* |
| **Why plant a tree?*** Trees absorb carbon dioxide and turn it into oxygen.
* The natural carbon dioxide cycle keeps a balance in the amount of CO2 in our atmosphere. But our actions and behaviours cause changes which upset this natural balance.
* The creation of too many greenhouse gases causes an imbalance with heat being trapped in the Earth's atmosphere, increasing the overall average temperature resulting in global warming.
* We produce excessive amount of carbon dioxide by burning coal and petrol (referred to as 'fossil fuels' or fossil energy) in our power plants, factories and cars.
* The destruction of rainforests and cutting down of other forests also affects the balancing act. By destroying Earth's natural forestation, we threaten our existence.
* Planting trees greens and beautifies the areas in which they are planted.
* The impact of planting trees is one of the ways ofoffsetting our carbon emissions. (However we do need to do all we can to reduce our footprint on the planet, and offset that which cannot be reduced by planting trees.)
* One statistic said that it takes 16 trees to supply the oxygen for one person's life. But other experts say there is no way of measuring this exactly as it depends on the type of tree as well as the lifespan of the tree. Our aim should be to minimise our footprint and plant as many indigenous trees as possible.
* Trees play a vital role in rural and urban populations. They are needed to enrich and anchor soil, to maximise water supplies, to beautify and humanise townships and urban areas and to provide shade and shelter. They are also crucial for biodiversity conservation. Products and services from trees include food, timber, fibre, medicines and energy.
* “To make up for the world’s loss of trees in the past decade, we need to plant about 14 billion trees every year for 10 years in a row.” UNEP. In South Africa, we need to plant trees as we are part of the global problem. We also need to address disparity – there is a huge divide between ‘leafy’ privileged and ‘barren’ under-privileged areas. Without a culture of planting trees in under-greened areas, environmental and social challenges are exacerbated.
* Plant indigenous – find a local nursery that specializes in indigenous plants so that they can give you sound advice
* By the way – a nice indoor plant will also purify your air and bring a calming influence to the room – just remember to water it!
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| http://t0.gstatic.com/images?q=tbn:ANd9GcQcRp5XVdzNToLxRp2aR0AC6853mSmzHtVfPRnmz26JSmciF7Vl | **Saturday, 12 March****Cut down on junk mail\*****“****Newspapers:  dead trees with information smeared on them.”  ~Horizon, "Electronic Frontier* |
| Junk mail is an ongoing problem for mailboxes all over the world. Almost every household receives unwanted advertisements, magazines, and solicitations that are immediately recycled or thrown out to avoid clutter. It’s not only a huge personal inconvenience; junk mail also negatively impacts the planet. Each year, more than 100 million trees are chopped down to make the paper for junk mail But that’s not all – junk mail is contributing to the destruction of trees around the world, increase greenhouse gas emissions, wasted water and unwanted landfill.Where possible, don’t accept junk mail and random pamphlets. Those that do inevitably land up in your post box – ***recycle!*** |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\3.jpg | **Sunday, 13 March****Life giving water**“*But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” - John 4:14* |
| Over 1 billion people lack access to clean, safe affordable drinking water.* By 2025 two-thirds of the world’s population is predicted to lack access to water.
* The World Bank has predicted that the wars of tomorrow will be fought over water.
* The problem is exacerbated by global warming which is spreading droughts.

As we celebrate the provision of water, we share a reflection from the Ecumenical Water Network of the WCC, by Rommel Linatoc, executive secretary of the National Council of Churches in the Philippines. In the Philippine context, the mainline Protestant churches, the Roman Catholics, independents, evangelicals and the Pentecostals were worshiping together during the Week of Prayer for Christian Unity. In order to contextualize the celebration, the pressing issues of the people were incorporated into the liturgy. One of the major concerns was “Water and Justice”. In the liturgical service, the water was symbolized as a source of life and a basic right. It is an essential element for the fullness of life. *(John 10:10).* In the litany of prayers, the issue of water was depicted in the local and global context. Today, there are still many countries that are fighting over territories, and the bodies of water are being divided over and over again. Ironically, in this age of post-colonialism, the call for peace is still an agenda of many of those countries. The idealism of peace and justice has lost its meaning due to the negative impact of structural adjustment programmes which are responsible for turning water into a commodity rather than a basic necessity to survive. Our biblical discourses will not make any sense if we are not able to discern the relationship of the water issue to other social issues.In some practical aspects of church celebrations, the faithful communities are content to encapsulate the concerns of water into the form of a litany of prayers, when it comes to solemnizing a baptism or in celebrating the holy “blessings of water” during a theophany in some Christian traditions, while the rest of the liturgy focuses on the romanticized concepts of spirituality. The members of the church are experiencing this celebration of water in the liturgy in our Sunday services. This is like attending a worship service for one hour & thirty minutes and forgetting the realities of the world. Meanwhile, the other 166.5 hours of our lives per week is devoted to being a part of what the highly commoditized and commercialized world wants.Being followers of Christ, let us embrace the biblical affirmations and journey with God’s Word and engage ourselves in the holistic and transformative act. Let us reflect upon ways in which the holistic approach of understanding the Bible can lead worshippers to discern more deeply the church’s missions and acts of compassion. Let us explore possibilities of how the liturgical celebrations can be a continuing pilgrimage in understanding the context of water issues with a just-peace perspective!***Epilogue***: Water never stops, and it is always in search of a space to occupy the available spaces or create new spaces to fill! Likewise, let the water advocates among believers try to combine the biblical affirmations with our social actions. When we worship God, let us give thanks to God for the abundant blessings God has given to us in the form of this beautiful creation of nature, particularly water. Let us bring in the elements of nature like the water in our worship resources to reiterate its spiritual significance and draw |
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***We continue to pray for our Planet:***

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one.

O God of the poor,

help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it,

that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation,

to recognize that we are profoundly united with every creature as we journey towards your infinite light.

We thank you for being with us each day

Encourage us, we pray, in our struggle for justice, love and peace. Amen

* *Pope Francis*