**JAEI Enviro-corner**

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| **C:\Users\User\Pictures\000 Newsletter cut & paste\Lent 1.jpg** | | **Lenten Fast for the Environment - 2016** |
| http://www.greenandsave.com/files/u1/hot_water_heater_blanket_2.jpg | **Monday, 14 March**  ***No Meat Monday***  ***Today is the International Day for Rivers***  **How hot is hot?**  *“The one to be cleansed shall then wash his clothes and shave off all his hair and bathe in water and be clean” Leviticus 14:8* |
| How old is your hot water heater? Insulate your hot water tank, energy efficient tanks should stay at a temp of 60⁰C  **Geyser Blankets**  Making use of geyser blankets in your home or office buildings is another great way to use saving energy techniques! What does a geyser blanket do exactly? Geyser blankets maximise heat retention. You can actually check how much heat your geyser is losing by simply placing your hand on the geyser. If you feel your geyser is warm, then you know it needs a geyser blanket because it is losing heat. Always use an insulation expert to install your geyser blanket. If it is not installed correctly, heat loss may still occur and it won’t help much with saving energy.  If you turn your geyser temperature down to 60°C instead of leaving it at the standard 70°, you will notice a massive saving on electricity usage! Geysers use way more energy to maintain 70°C! This way works best when your geyser has been insulated properly with a geyser blanket and pipe insulation.  **Solar Water Heater**  Having a solar water heater installed can drastically reduce power consumption at home and save a ton of electricity! Using a solar water heater can save up to two thirds of the total water heating cost you build up at home. The energy saving does vary though and if you are looking to achieve the best possible results, use a geyser timer. If you cannot install a solar water heater then a heat pump is another alternative to help with power consumption. You will get similar energy savings from a heat pump that you do from a solar water heater, but heat pumps haven’t been around for very long, so there is still testing needed to be done on them. They may need more maintenance than your typical solar water heater. | |
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| **Without water, we would die.** Water is essential for life on earth**,** not just human life but all life. Water is needed for drinking, cleaning, washing, and making crops grow. There is no substitute for this precious resource, and yet we waste it, we pollute it, and we even commodify it! Let's start anew, and begin by thanking the Lord for the gift of water  **Praise to You, my Lord,**  **Through Sister Water who is so useful,**  **Humble**  **Precious**  **And pure**  *From The Canticle of the Creatures by St. Francis of Assisi* | |
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| http://t1.gstatic.com/images?q=tbn:ANd9GcThQgLu_efK2yciPFzbBSsHs2FoEzqaKt1SqktP0qwSLNJBGoSitw | **Tuesday, 15 March**  **Don’t go with the flow!**  *“I will make rivers flow on barren heights, and springs within the valleys. I will turn the desert into pools of water, and the parched ground into springs”. Isaiah 41:18* |
| Don’t go with the flow. Do not keep taps running when brushing teeth, washing dishes or cleaning your car, You can save gallons of water by getting a grip on your taps!  **Did you know**   * A running tap uses a lot more water than you think, it puts 8 litres down the drain every minute it is on * You might use 20 litres leaving the tap running while washing your teeth * Washing dishes with the tap running can waste 50 litres! * Washing your car with a hose uses up to 300 litres!   What to do? - The Answer is simple   * Brushing Teeth: Wet your brush when you brush your teeth and rinse the brush when finished. * Shaving: put the plug in the basin when you shave * Dishes: use the sink … with the plug IN! Better still – use a basin IN the sink and then when you are finished, throw the used water on your garden. When you are waiting for the water to heat up in the tap, use that water to fill your kettle rather than letting it run. * Car: use a sponge and bucket * Bathing: take a shower rather than a bath. By using less hot water you save both water and electricity * And if you are willing to take a bigger step, consider a grey water system, where water from your showers and washing machine in fed onto the garden. | |
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| http://www.cliparthut.com/clip-arts/462/litter-pick-up-462214.jpeg | **Wednesday, 16 March**  **Do some “clean-up”**  *“Buy, buy, says the sign in the shop window; Why, why, says the junk in the yard.” - Paul McCartney* |
| Pick up litter along your street, stream or building.Leave your footprints, take other people’s junk away  In nature, life operates in a circular system and waste generated by one organism becomes food for another. Fallen leaves decay and the nutrients are returned to the earth, where they become food for the tree again. An exciting challenge facing city communities is to work towards a life without waste, there the unwanted items of one cycle are essential goods for another.  For every bin that we put out in front our homes, about 70 bins of waste are generated during the manufacturing and production of the items we use. For example it takes about 75 kg of resources (coal, oil and water) to produce one cell phone and about 1.5kg of resources to produce a toothbrush.  By buying durable and reusable products rather than disposable or cheap items that break quickly, we reduce the waste we produce. This is illustrated in the short documentary “Story of Stuff’ which can be seen at [www.storyofstuff.com](http://www.greenanglicans.org/wednesday-march-25/www.storyofstuff.com)  Although it is important to pick up litter wherever you see it, it is particularly important to pick it up from waterways and oceans.  Much of the litter left lying in the streets of inland towns and cities eventually makes its way to the ocean and we’re treating the oceans like a rubbish bin: around 80 percent of marine litter originates on land, and most of that is plastic. Plastic that pollutes our oceans and waterways has severe impacts on our environment and our economy. Seabirds, whales, sea turtles and other marine life are eating marine plastic pollution and dying from choking, intestinal blockage and starvation. Scientists are investigating the long-term impacts of toxic pollutants absorbed, transported, and consumed by fish and other marine life, including the potential effects on human health. | |
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| http://www3.epa.gov/watersense/images/water-efficient-toilet.jpg | **Thursday, 17 March**  **Check your flush**  *“You shall have a place outside the camp, and you shall go out to it. And you shall have a trowel with your tools, and when you sit down outside, you shall dig a hole with it” - Deut 23:12-14* |
| *Check your flush: Fill a two litre bottle with water and put it in your toilet tank, count how many times your family flushes and figure your savings!*   * Get a low-flow toilet. Flushing is the biggest water hog in the house. Older, conventional toilets can use 15-20 litres per flush, but low-flow models use as little as 8 litres. Since the average person flushes five times a day, the litres can really add up. * If you can’t replace your higher volume toilet, put a plastic bottle filled with water in your toilet tank to reduce the amount of water used per flush. | |
| * To check for a toilet leak, put dye or food coloring into the tank. If color appears in the bowl without flushing, there’s a leak that should be repaired. * “If it’s yellow, let it mellow.” The saying may be cliché, but it’s good advice. If you’re grossed out by the “yellow,” just put the toilet lid down.   Don’t flush things down the toilet to dispose of them. Throw tissues and other bathroom waste in the rubbish bin, which doesn’t require litres of water. | |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\5.jpg | **Friday, 18 March**  ***Smart Fish Friday***  **Rethink bottled water**  *“We must buy the water we drink; our wood can be had only at a price” Lamentations 5:4* |
| Ban bottled water, refill it with tap water, a great choice for the environment, saving money and possibly keeping you healthy  Over the last ten years we have seen a huge increase in the use of bottled water   * Bottled water market tripled over past 10 years * Many people drink only bottled water even though bottled water is thousands of times more expensive than tap water. * Worldwide the bottled water market was estimated to be more than $100 billion.   **We have been sold a lie**  “It struck me that all you had to do is take water out of the ground and sell it for more than the price of wine, or for that matter oil.” Gustave Levin, former Chairman of Perrier  “We sell water…so we need to be clever.” Jeffery Caso, former Vice-President of Nestlé. Advertising budgets run as high as $150 million Public water supplies deliver clean, safe, drinking water. Studies have shown that bottled water is no safer than tap water. Bottled water is actually less regulated than our public tap water. Making the plastic bottles for bottled water for sale in the U.S. required the equivalent of 17 million barrels of oil last year and generated 2.5 million tons of carbon dioxide.  To visualize the entire energy costs of the lifecycle of bottled water, imagine filling each bottle with a quarter of oil.   * Each year, more than 4 billion pounds of PET plastic bottles end up in landfills or as roadside litter. Less than 20% of plastic water bottles are recycled. * Up to 40% of bottled water comes from already treated municipal water systems; paid for at taxpayer expense. Water bottlers then sell this water back to the public at thousands of times the price, virtually unchanged. * In Tap Water Challenges across the country, people can’t tell a difference | |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\1.jpg | **Saturday, 19 March**  **Love the “Creepies”**  *“Our insistence that each human being is an image of God should not make us overlook the fact that each creature has its own purpose. None is superfluous. The entire material universe speaks of God’s love, his boundless affection for us.” – Pope Francis (Laudato Si’)* |
| Although insects are commonly thought of as pests in just about every region of the world, one must take the time to realise their benefits in our everyday lives. Without insects operating dutifully about their ecosystems, our world would be a very different place than the one we've come to enjoy. It takes a "micro-level" vision of their world to truly understand their importance to our own.  Welcome insects and other “creepy-crawlies” in your garden – toss all the pesticides (*responsibly!)* and allow nature to do what nature does best. | |
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| C:\Users\User\Pictures\000 Newsletter cut & paste\2.jpg | **Sunday, 20 March**  **Today – buy nothing and spend nothing!**  *“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal” - Matt 6:19* |
| *“Today, humanity faces a stark choice: save the planet and ditch capitalism, or save capitalism and ditch the planet.” – Fawzi Ibrahim*  Today – buy nothing and spend nothing! Until we challenge the entrenched values of capitalism – that the economy must always keep growing, that consumer wants must always be satisfied, that immediate gratification is imperative – we’re not going able to fix the gigantic psycho-financial-eco crisis of our times.  That challenge is a deeply personal one: in a world where every inch of the capitalist system is bullying you into submission, can you resist? When advertisers hound you day and night, can you escape?  We enjoy the awesome beauty of creation, but we also need to recognize our impact on the Earth, see that it matters, and to act rightly. Whenever we eat, landscapes, plants and animals are affected. When we drink, we owe a debt to the earth’s great waters. When we put on our clothes, when we clean our homes, when we fill up our cars – all of these actions have an impact. We can’t live on earth without having an impact, but we can become responsible Earth stewards and choose the impact we want to have.  So today, start a lasting lifestyle commitment to consume less, use less of the planet’s resources and produce less waste. | |
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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*