

'Green' Websites and Resources

www.Abundantforests.org Abundant Forest Alliance Plant it Forward on this site
www.Sce.com/newlight Southern California Edison
www.Socalgas.com Southern California Gas Company
www.Scorecard.org/env-releases/ Pollution information
www.Coejlsc.org Coalition on Environment and Jewish Life
www.Faith2green.com
www.Throwplace.com 'Take what you need and throw what you don't'
www.Green.life@sierraclub.org
www.earth911.com Recycling sites in your area
www.eere.energy.gov/greenpower/
www.jnf.org Jewish National Fund to plant trees in Israel, sold at Hadassah as well
www.catalogchoice.org Clean out your mailboxes from unwanted catalogs
www.Terracycle.net Purchase fire logs, \$12/4 logs
www.freeplanet.org Free the Planet
www.pumpemup.org Pump 'Em Up
www.surgenetwork.org Students United for a Responsible Global Environment
www.yesworld.org Youth For Environmental Sanity
www.seac.org Student Environmental Action Coalition
www.cosmogirl.com/environment
www.dannyseo.com
www.thedailygreen.com
www.fsc.org/en/ Forest Stewardship Council
www.farmtoschool.org Locally grown food
www.usmayors.org
www.treepeople.com Education, tree planting
www.simplefire.com Recycled-paper briquettes
www.cleanflamelog.com Logs made of recycled boxes
www.java-log.com Logs made of used coffee grounds



**HADASSAH SOUTHERN CALIFORNIA
WINTER CONFERENCE
January 27, 2008**

"GREEN"

RESOURCE GUIDE



**Deborah K. Goldberger
and
Susanne M. Reyto**

www.southerncalifornia.hadassah.org

'RENEW. REUSE. RESPECT'

Making the world a better place is a lofty goal. Preserving the environment and protecting the world's natural resources is one of the most important issues facing our generation and generations to come.

Individuals can and are making a difference. Israeli scientists and engineers have leading edge and innovative environmental projects which are nearly completed.

We hope you find this booklet helpful in providing useful information with easy and immediate actions to 'green' your environment. It is our responsibility to make the world a better place.

YOUR CHALLENGE

1. Choose 3 activities to start doing.
2. Tell 3 friends to choose 3 activities.
3. Tell those 3 friends to tell 3 of their friends

ECOGLOSSARY:

BIODEGRADABLE: Materials that decompose when naturally occurring organisms, like bacteria and earthworms, feed on them.

BIODIESEL FUEL: A clean-burning, nontoxic alternative fuel made from animal fats and plant oils. It goes through a refinery process called transesterification, which makes the oil suitable for car engines.

CARBON FOOTPRINT: Total amount of CO₂ emitted through the use of fossil fuels, like coal and oil, and manufactured products.

CARBON NEUTRAL: A way to counteract the amount of emissions (like CO₂) you contribute to the atmosphere by eliminating them elsewhere in equal measure.

GLOBAL WARMING: An increase in the earth's average temperature that causes changes in climate patterns worldwide.

GREENHOUSE GASES: Gases (like CO₂) that trap heat in the earth's atmosphere (just like what happens in a greenhouse).

RENEWABLE RESOURCES: Resources that are always being replenished through natural processes even as they are being consumed— like trees, water, and sunlight.

POST CONSUMER MATERIAL: Products that have been thrown away (garbage) and that some people are turning into new products

Water rights to the Jordan River, bounded by five countries, are already fractious. With the advent of climate change, experts expect the relationship among the boundary countries to become even more difficult, and in the absence of a jointly accepted, integrated water resources management plan, water security is likely to worsen.

By encouraging environmental cooperation between peoples, the Arava Institute, a regional center for environmental leadership, is working towards peace and sustainable development on a regional and global scale. The Institute is situated on Kibbutz Ketura in Israel's Southern Arava Valley – a desert in the Syrio-African rift near the Jordanian and Egyptian borders and the Gulf of Aqaba/Eilat. The Institute is home to academic programs, research and public involvement.

Kibbutz Ketura was founded by a small group of young North Americans, graduates of the Young Judaea Year Course, at the close of the Yom Kippur War in November 1973. Young Judaea is solely sponsored by Hadassah, the Women's Zionist Organization of America, and is its Zionist youth movement.

HOW GREEN ARE YOU REALLY?

Test your eco-aptitude! Circle the correct answer.

1. Is it greener to use paper or plastic?

Plastic or Paper

2. Choose the preferred eco-option: food that is labeled "certified organic" or food that is labeled "all natural."

All Natural or Certified Organic

3. Which is more eco-friendly when it comes to holiday presents: wrapping paper or gift bags?

Wrapping Paper or Gift Bags

4. Which kind of container does Mother Earth prefer you opt for when you reach for a soda?

Plastic Bottle or Aluminum Can

ANSWERS:

1. PAPER. Plastic bags sit in landfills for thousands of years—at least paper bags are easier to recycle. Even better—Bring your own reusable tote.

2. CERTIFIED ORGANIC. The USDA sets standards that livestock and crops must meet to be considered 'certified organic.' Foods that are labeled 'all-natural' do not have to meet specific guidelines—each brand can define what the claim means.

3. GIFT BAGS. Wrapping paper is usually tossed after a single use, but it's easy to reuse gift bags. Better: Wrap gifts in old tea tins, Altoids boxes, or washed Chinese takeout containers.

4. ALUMINUM CAN. It takes more energy to recycle a plastic bottle than it does to make a new one. But using recycled aluminum to make new cans uses 95 percent less energy than creating cans from scratch.

DID YOU KNOW??

1. The Los Angeles Sanitation Department estimates that the City generates over 3,700 tons of non-recyclable refuse daily.
2. Over 200 million inkjet and toner cartridges were consumed in the US alone and over 75% of these were thrown away.
3. Energy Star rated compact fluorescent (CFL) light bulbs use less power and last up to 10 times longer than traditional incandescent bulbs.
4. Less energy is needed to recycle Styro-foam than to manufacture it.

Each year, 19 billion catalogs are mailed to American consumers.

What's the impact?

1. Number of trees used – 53 million trees
2. Pounds of paper used – 3.6 million tons of paper
3. Energy used to produce this volume of paper – 38 trillion BTUs, enough to power 1.2 million homes per year
4. Contribution to global warming – 5.2 million tons of carbon dioxide emissions, equal to the annual emissions of two million cars
5. Waste water discharges from this volume of paper – 53 billion gallons of water, enough to fill 81,000 Olympic-sized swimming pools

CURRENT HAPPENINGS:

In **California**, there is a movement under way known as the Green Valley Initiative that integrates social, economic and environmental forces to bring new jobs, greater opportunities and a higher quality of life to the Inland Empire region. One of the features is the California Climate Action Registry: The Cool Planet Project, which intends to reduce energy usage and greenhouse gas (GHG) emissions.

ISRAEL and the UNITED NATIONS

The UN's key Millennium Development Goals is to reduce by 50% global poverty and hunger. This may be achieved by its target date of 2015 if Israel's recently submitted resolution for agricultural technology for development is approved. This resolution calls on developed nations to share their expertise and experience with the Third World.

ARAVA INSTITUTE FOR ENVIRONMENTAL STUDIES SPOTLIGHTED AT UN *Workshop sponsored by Hadassah looks at Jordan River water usage and rights*

(New York, NY -- August 16, 2007) – Hadassah sponsors a conference titled "Climate Change: How it Impacts Us All," to not only review the scientific evidence of the earth's changing weather patterns, but to propose a plan of action to counter the catastrophic impact of these changes.

EASY THINGS YOU CAN START NOW—LIVING GREEN

Black Bin - What You Can't Recycle

Contaminated Paper

All soiled papers or bags with oils and food waste

Broken Glass

Window glass, mirror glass, auto glass, light bulbs
ceramics

Other Plastics

Plastic hygienic items, any electric or battery operated

Miscellaneous Materials

Coated milk cartons, electrical cords, cloth/fabric, appliances, mini blinds, kitchen utensils, lawn furniture, garden hoses, construction materials, including asphalt concrete, wood and wood products

Hazardous Materials - Never Place in Blue, Black or Green Bin!!!

Save the following items for one of the "Toxic Waste Roundup" weekend events held throughout the area, often at Pierce College (call 311 to find the next one):

Computers, monitors, televisions, electronic parts, Fluorescent lights, tires syringes, batteries (including car batteries, household batteries, rechargeable batteries), pesticides, oil based paint, garden chemicals, and pool cleaners

Easy Individual Solutions to Save the Planet and Save Energy

1. **Change a light.** Compact fluorescent light bulbs use 60% less energy than a regular bulb and last up to ten times longer.
2. **Adjust your thermostat.** Moving your thermostat down 2° in winter and up 2° in summer could save about 2,000 pounds of carbon dioxide a year. Install a programmable thermostat for better temperature control.
3. **Drive less.** Almost one-third of the carbon dioxide produced in the U.S. comes from our cars, trucks and airplanes. Walk, bike, carpool or take mass transit more often. Try telecommuting from home or car sharing.
4. **Drive efficiently.** Choose the most fuel-efficient vehicle such as a hybrid. Regularly maintain your car and check your tires weekly for proper inflation.
5. **Use less hot water and use water efficiently.** A low flow showerhead cuts water consumption in half. Wash your clothes in cold or warm water.
6. **Turn off and unplug electronics.** Simply turning off your television, stereo and computer when they are not in use saves thousands of pounds of carbon dioxide a year. Unplugging these items will increase that number. Remember, unplug your cell phone charger too!

RECYCLE, RECYCLE, RECYCLE

Blue Bin - What You Can Recycle:

All Clean Dry Paper

Computer, ledger, wrapping, arts and craft paper, unwanted mail, flyers, telephone books, note cards, newspaper, blueprints, magazines, file folder paper bags, Post-it® notes, catalogs; and all envelopes including those with windows

All Cardboard Boxes and Chipboard

Cereal, tissue, dry food, frozen food, shoe, and detergent boxes; paper and rolls; corrugated boxes broken down and flattened

All Aluminum, Tin, Metal, and Steel Cans (rinsed)

Soda, juice, soup, vegetables, and pet food cans; pie tins; clean aluminum, empty paint and aerosol cans with plastic caps removed, and wire hangers

All Glass Bottles and Jars (rinsed)

Soda, wine, beer, spaghetti sauce, pickle jars, broken bottles

All Clean Plastics (designations 1 —7)

Empty Plastic Containers (rinsed):

Juice, detergent, bleach, shampoo, lotion, mouthwash, dish-washing bottles, milk jugs, tubs for margarine and yogurt, plastic planters, blister packaging, rigid clamshell packaging, etc.

All Plastic Bags and All Film Bags

Grocery bags, dry cleaner bags, and all clean film plastic

All Clean Styrofoam®

Styrofoam® cups, containers, and packaging, shell cartons, block packaging, and clamshell packaging

7. **Recycle and buy recycled products.** Recycling half of your household waste saves 2,400 pounds of carbon dioxide a year. It takes 70-90% less energy to make recycled paper and it prevents the loss of forests worldwide.

8. **Buy energy efficient appliances.** Look for the Energy Star® label on new appliances to choose the most efficient models that consume 2-10 times less electricity.

9. **Insulate and weatherize your home.** Properly insulating your walls and ceilings can save 25% of your home heating bill and 2,000 pounds of carbon dioxide a year. Caulking and weatherstripping can save another 700 pounds per year. Use a digital timer to better control air conditioner operation. Change furnace filters monthly.

10. **Switch to green power.** Contact your local energy utility about the availability of environmental-friendly, green power such as renewable energy credits, wind, and solar.

11. **Buy and eat locally and healthfully. Think farm to home or school.** The further an apple has to travel, the more energy is consumed.

Huge trucks use lots of fuel. Go to weekly farmer's markets and buy organic products (if possible) since less fertilizer, made from petroleum products, is used and saves more energy. Over 700 school districts across the nation now participate. Does your school?

12. **Plant a tree.** A single tree absorbs one ton of carbon dioxide over its lifetime.

IS IT ORGANIC?

100% Organic: Must contain products that are solely organically produced.

Organic: At least 95% of ingredients must be organically produced.

Made with Organic Ingredients: At least 70% organic ingredients.

Less than 70% Organic: Cannot be labeled organic anywhere on the main display label, but can list ingredients that are organic.

13. **Fly less.** Air travel uses huge amounts of fuel. For short trips, take the train or bus.

14. **Fill'er up.** Take your empty shampoo, body wash, or lotion bottle to a store that sells those items in bulk and fill your container. Many co-op and eco-minded grocery stores offer this option. Look for 'refill packs' when available for products, such as diaper wipes. They use up to 90% less packaging than regular, hard-plastic containers.

15. **Burn new petroleum-free logs in your fire** that are made from old milk cartons, sawdust, plant wax, and coffee grounds. They reduce smoke and eliminate sparks and embers reducing soot and carbon monoxide.

16. Switch **to paperless billing and pay bills electronically.** This is actually safer now than mailing checks! The Gas Company even sends monthly email notices when the bill is ready.

17. **Holiday Tips:**

- a. Do as much shopping as you can at the **same place (the mall)** so you don't waste gas going from place to place
- b. **Cut old holiday cards in half.** Throw away the side with the handwritten message and keep the other side with the picture. Use it as a post-card greeting—or punch a hole in it and use it as a gift tag

c. **Give your friends and family gifts that don't harm the environment.** Think fair trade teas and coffees; tickets to concerts, movies, and museums; or homemade breads, jams, and cookies. You can also make a donation to a cause in someone's name. You'll never again worry about your gift ending up in the back of someone's closet!"

18. In Your Community:

Paint Your Town Green by signing the U.S. Conference of Mayors' Climate Protection Agreement. Almost 700 of the country's mayors have pledged to lower CO2 emissions within five years to amounts that are 7% below 1990 levels in their cities. Visit usmayors.org to see if your mayor is on board.

19. If you're in need of **lumber**, consider **buying from ecofriendly wood providers**. The [Forest Stewardship Council](#) (FSC) has approved 59 million acres of timber forest in 47 countries for their environmentally responsible practices. Friends of the Earth also has buying tips on its [Good Wood Guide](#) site. First, **Repair, Restore, or Adapt** something you already have. Second, buy secondhand, recycled, reclaimed or waste timber. Third, buy locally produced timber products that are FSC certified.

9 Ways to Use One Less Plastic Bag

1. **Just say no.** Buying a single lemon or bottle of aspirin? Do you really need a bag to carry it in?
2. **Use it again.** Reuse the produce bag you got at the store for last week's lettuce to hold this week's arugula. And the bag your bread comes in is the perfect size to carry a sandwich for lunch at work.
3. **Choose something biodegradable.** Wrap your food in paper instead of a plastic bag.
4. **BYO grocery bags.** Some stores (including Trader Joe's) offer incentives to shoppers who bring their own bags - a nickel back, or a chance to win a \$25 store gift card. Make a habit of remembering your bags by hanging them on the doorknob as soon as they're emptied, then store them in your purse or car.
5. **Take a tote.** Reusable bags aren't just good for groceries. You can use canvas or other totes for clothes and holiday shopping, too.
6. **Double up.** Why take a plastic bag from Macy's when there's still room in that Target sack? You don't need to get a fresh bag from every store.
7. **Reuse for Rover.** When picking up after your dog, use something that's headed for the landfill anyway.
8. **Don't toss good bags in the trash.** Instead of buying kitchen garbage bags, reuse the bags that you already have. And remember to recycle what you can't use. Even the wrapping from dry-cleaned clothing can be slipped into grocery stores' plastics recycling bins.
9. **Buy BioBags.** Sold at natural-foods stores, BioBags work like plastic bags, but they're not made from petroleum and are biodegradable.