

DIALOGUE

Published by the Unitarian Universalist Fellowship of San Diego in order to promote love, growth, and right relations both locally and globally.

Environmental Justice Edition

7th Principle:

Respect for the interdependent web of all existence of which we are a part.



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Rev. Jo's Corner



This edition of the Dialogue Quarterly is focusing on Environmental Justice and concerns that our planet is experiencing and what we as Unitarian Universalists can do to address this. So many congregants are involved in looking at solutions and this issue will connect all these different efforts and ways to reverse what we have done to Planet Earth.

We are watching wildfires become uncontrollable, devastating hurricanes are destroying cities, humans and other mammals left homeless, species are becoming extinct because of the warming of the earth or habitat devastation. All of these events have been caused by us. We must be the ones to change the direction we are going in and restore and repair what we can. We are leaving our children and grandchildren with a precarious future home. In enacting our 7th Principle, we can use our efforts to restore this beautiful world we have taken for granted for so many centuries.

This issue contains so much. Information on the organizations Interfaith Power and Light, North County Change Alliance, Environmental Justice and other resources that can point you in the direction of making change for the better. Our very own UUSC, Unitarian Universalist Service Committee, just recently highlighted Communities Facing Climate Crisis: Advancing Disaster Justice Together to offer ideas and solutions where we can all become involved. We are even resurrecting our Environment and Climate Change committee for those who are called to do more.

This edition will give you much to ponder, much to explore and action to take. Let us feel the call to action in this movement that is so desperately needed.

Blessings to all of you Climate Justice Warriors!

Rev Jo

**We do not inherit the earth from our ancestors;
we borrow it from our children
Chief Seattle**

Happenings - Our Values in Action

Proposal for a Committee on Right Relations

A study committee recommended the creation of a **Committee on Right Relations** for UUFSD at the June congregational meeting. This committee will be available to aid in resolving conflicts and strengthening our bonds with one another. The proposal was approved unanimously .

UUFSD Covenant of Right Relations

As we walk this spiritual path together, we are mindful of our common need to love and be loved, to support and be supported, to listen and be heard, and to forgive and be forgiven. Therefore, we strive to build a religious community dedicated to communicating directly, respectfully, patiently and lovingly. We strive to be kind to each other and to establish a place of trust and safety. We welcome and respect differences of opinion. When conflict arises we seek clarity and listen more than we speak. Mindful of our own assumptions, we work to achieve reconciliation when we disagree. When the inevitable challenges come in our interactions we will stay in community and reaffirm the values that brought us together.

Our Committee on Right Relations Team

Kathryn Sturch , Glenn Bortnik, Robin Mitchell and Christie Turner



assumptions, we work to achieve reconciliation when we disagree. When the inevitable challenges come in our interactions we will stay in community and reaffirm the values that brought us together.

Sunday, April 11, Launching the 8th Principle with Paula Coles Jones



Paula Coles Jones, in collaboration with Bruce Pollack-Johnson of the UU Restoration Church of Philadelphia created an 8th Principle, dealing with racism and other oppressions at the systemic level, for consideration and adoption by the UUA. Ms. Jones delivered the Sunday sermon and later conducted a forum and provided congregants with an in depth explanation on the 8th Principle, so we, as a congregation, could make an informed decision on whether to adopt it.

In planning for the vote on adoption of the 8th principle in June, the Racial Justice Task Force took a brief survey about our members and friends' knowledge and thoughts about the 8th Principle. Parents and youth were invited to participate. They also provided background information (including the April "Dialogue" magazine) to further educate our members on the proposed 8th Principle.

Fast Forward to Sunday, June 27, The UUFSD adopts the 8th Principle

The Proposed 8th Principle:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

After much discussion, the UUFSD approved the proposed 8th Principle which the UUA will consider for adoption in 2022. We joined over 100 UU churches and fellowships in approving the proposed 8th Principle.

Happenings - Our Values in Action

Saturday, March 27, Rio Del Rey Heirloom Bean Farm



Linda Luisi gathered several UUFSD members for a personalized tour of Rio Del Rey Heirloom Bean Farm in Valley Center. Owner Mike Reeske finds indigenous heirloom beans & develops bean seeds, with UC Davis, for easy to grow, nutritional, and tasty beans used by restaurant chefs and--the world—as a sustainable superfood. www.riodelreybeans.com.

Mike Reeske (scientist, educator, is the co-author of 13 books, including Science and Sustainability, Understanding Environmental Health Risks, Plastics in Our Lives, and The Life Cycle of Everyday Stuff) lead a private tour and lively discussion with Linda Luisi, Ted Foster, Jeff Severinghouse, Rich and Beth MacDonald, Heidi and John Welsh, Cynthia Gladstone, Dirk Reemtsma, Greg Brown, Karen Eckhart, Betsy Gilpin and Niel Lynch. The group tasted Mike's delicious bean stew and left inspired with samples of various heirloom beans to plant, beans to cook, and recipes.

Note: Mike Reeske will be the speaker at our July 11th service.

Highlights of the Social Justice Action (SJA) Group, Saturday, June 19

Generosity Sunday: We will resume Generosity Sunday on a quarterly basis. These will be conducted by specific SJA Task Forces: Environmental Justice, Helping Our Neighbors, Racial Justice, and Mental Health. Each Generosity Sunday will include a follow-up Forum for the beneficiaries to explain their programs in detail.

Racial Justice: The Racial Justice Task Force will continue with a Book Club series, add a Movie Series and will include an educational series on the Kumeyaay Nation.

Helping Our Neighbors: The Task Force is looking into re-establishing the Fill A Belly dinner program. In addition there are plans to expanding out toiletries distribution to the communities of Carlsbad and Oceanside. It is also looking into additional ways to assist our “adopted” refugee family.

Backpack Project: The Backpack Project will concentrate on the needs of minority families in the Encinitas and Solana Beach school districts, in addition to continued support of Casas de Luz.

Environmental Justice: We are thankful to Sarah Miller (see page 5) who agreed to head the Environmental Justice Task Force. We look forward to a productive, robust and reinvigorating environmental justice program.



Robin Sales Appointed to the Encinitas Equity Committee

Robin Sales, co-founder of SURJ-NCSD and member of the Governance team, was appointed to the Encinitas Equity Committee!

Here are some words from her about why she ran and issues that she hopes to address:

“I applied to be considered for the newly formed Encinitas Equity Committee believing that I had something to offer to my city. The education, training, and support given by my colleagues in SURJ-NCSD gave me the encouragement I needed to take this next step in working for racial justice. It is my hope that others in SURJ will see that they too can make a difference at whatever level they feel comfortable.”

Racial Justice: Robin is the co-founder of Showing Up for Racial Justice North County (SURJ-NCSD) and a member of the Governance Team since its inception in 2019. She is also an active member of the Racial Justice Task Force at UUFSD.

Environmental Justice - Member Involvement



Leslie Gomez, Treasurer North County Climate Change Alliance (NCCCA) Leslie has always had an interest in the science of meteorology. Her father was also an environmental activist, and an early leader in the San Diego Sierra Club.

(Note: Leslie's father was Sam Messin, a founding member of UUFSD)

The NCCCA is a volunteer-driven, grassroots, non-partisan, non-profit organization working to empower people and organizations in North San Diego County to Act Now on climate change through education, collaboration and mobilization. By bringing together organizations working on climate change related issues, the NCCCA can amplify and solidify efforts, leading to better outcomes and results.



Linda Giannelli Pratt, Advisory Council Chairperson Stay Cool for Grandkids For more than 30 years, Linda Giannelli Pratt has successfully built a professional career focused on community-based environmental protection. Her experience is broad, and includes positions as a laboratory analyst, regulatory compliance specialist, consultant, director of regional environmental programs for the City and County of San Diego, director of a community sustainability program for The Natural History Museum, and managing director of a statewide nonprofit organization, Green Cities California, which serves local government leaders to advance more sustainable policies and practices. She is currently an adjunct professor at UCSD. Linda received a BS in Microbiology and Chemistry from CSU Long Beach, and an MS in Environmental Science from CSU Dominguez Hills. Linda is also a proud grandmother!



Sarah Miller, Coordinator of the UUFSD Social Justice Environmental Justice Task Force

Sarah is restarting UUFSD's Environmental Justice group and refocusing it on climate change. The mandate of this group will be to put 7th principle, *Respect for the interdependent web of all existence of which we are a part*, and the theme of this quarterly magazine, *We do not inherit the earth from our ancestors; we borrow it from our children*, front and center in our daily lives. We cannot lose sight of the fact that run-away climate change is almost upon us. It is now just a matter of years, not decades, according to many scientific models. As a Unitarian Universalist congregation, we *must* act. For more information, email ClimateAction@uufsd.org.

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Chief Seattle**

Environmental Justice at UUFSD

Solar Panels at UUFSD by Marc Tuller



Through the generosity of members, we have a large, 46-panel solar array on the roof of Founders' Hall, which generates a substantial amount of our power and is the equivalent of planting hundreds of trees per year.

When I was Board president, we had the chance to carry out this long-held goal to support our commitment to sustainability and the 7th principle—the interdependent web of existence. The project wasn't cheap, by any means, totaling \$56,000. The contractor completely tore off and replaced the roof on Founders Hall, installed the 46 panels, installed a bulky inverter and other

electrical equipment in the utility closet in the kitchen building, and installed the real-time power monitor in the core area.

Using \$10K of reserve funds, a \$10K earmarked donation, and \$36K in loans from three generous member families, secured by 10-year promissory notes, we were able to go forward. Fortunately, the project is designed to be roughly revenue-neutral during the payback period, meaning our payments of principal and interest for the promissory notes very approximately equal our annual savings in electric bills. Then, when the notes are paid off around 2028, we'll have a permanent cost improvement in the neighborhood of \$4-5K per year.

When I checked our on-line solar monitoring app, we had generated 59.78 MWh of energy since the system was installed on June 18, 2018. To give some perspective, that's said by the EPA to be the equivalent of what 60 acres of forest can do annually in terms of carbon dioxide mitigation. (A totally imperfect comparison, of course, since what we are really doing is avoiding additional Southern California grid-scale power generation, which is about 40% green already, but you get the idea.)

A special thank you to Debbie Hecht and Linda Pratt who were the Chairpersons of the UUFSD Environmental Justice Task Force at the time and conducted a congregational survey that identified solar power as a priority and to Jon Luft, a trusted advisor for his architectural experience. And last but not least to our generous members who contributed \$46K to make this project a reality.

Solar panels—good for the environment, and good for our balance sheet.

Our Environmental Sustainable Kitchen by Louise Garrett

As part of UUFSD's Environmental Sustainability Policy, The Kitchen tries to maintain a Faucet flow restrictor, including reduced-flow shower heads, reduce water use, save energy, and conserve water all while maintaining water pressure. It can often be challenging to know what environmental steps to take. Which matters the most, and where do you get started?

UUFSD has worked with our Fellowship and households, helping everyone become leaders on environmental issues.

We understand the challenges we are facing, and we have the resources to help you undertake this work at the Fellowship and in your homes. At the Fellowship, our remodeled kitchen will have improvements to install Faucet flow restrictors, reduce water use, save energy, and conserve water all while maintaining water pressure. We have examined the cost of water use and the cost of using recyclable paper products.

Even though we want to be sustainable, we have determined with the number of volunteers and the cost of water that it would be to our advantage to use biodegradable paper products for the Sunday Coffee Hour. UUFSD is mindful of good food handling, sanitation, and environmental practices in our kitchen and food service. It is the policy of the Fellowship that all internal and external users of the kitchen should follow the current version of "Welcome Kitchen Use Policy and Agreement."



Environmental Justice - Meal Ticket to a Healthy Planet

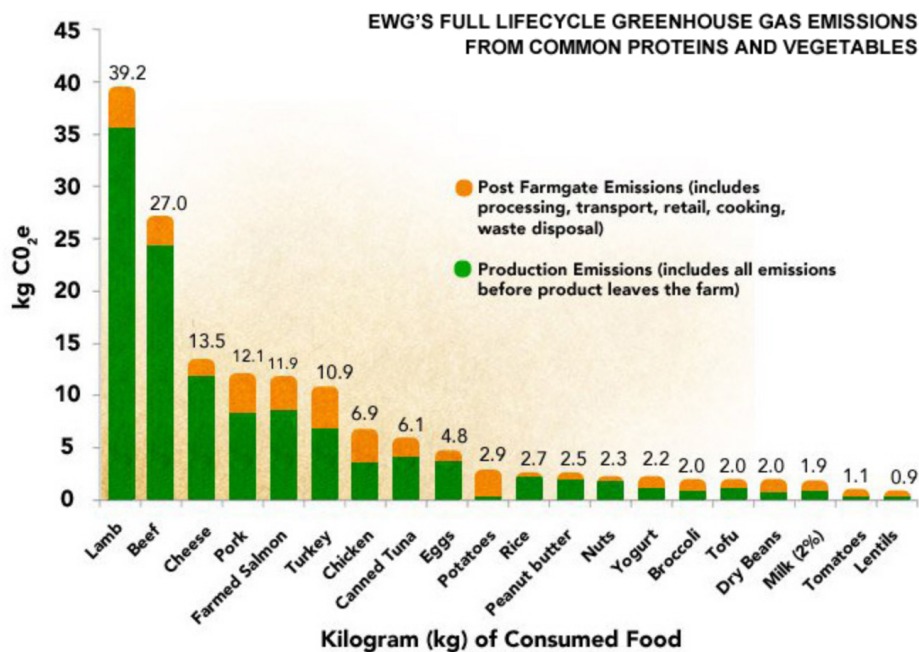


By Kenneth Kales

The biggest moral and ethical questions in life are often made of heady-stuff. Truth versus persuasiveness for a greater good being one of them. Yet, today we are faced with ones that are not at all heady, but in fact, are quite down to earth. Literally.

For example, questions about our diets. Not put there just by nutritionists, but now increasingly more so by environmentalists. And though the movement toward plant-based diets has been advancing for decades, mostly due to science-backed evidence pointing toward better personal health, its possible the next wave of growth will also be motivated by a call to action for the health of the environment.

Here again we have science to help us find our way. Below is a bar chart showing just one dimension of the diet/environment relationship. On the vertical vector you can see greenhouse gas emissions, and on the horizontal, different sources of protein. The tapering down of harm is stunning in that consuming beef is over 25 times more damaging to the environment than consuming lentils. Not that we have to change our meal plans, but that at the least we make informed choices about how they affect our overall environmental footprint.



Source: Poore & Nemecek (2018), Science



You're not alone if this science makes you feel uncomfortable and intruded upon. However, giving up our comforts often requires a crisis of conscience to get us up and off the couch. If not for ourselves, then for our planet as we come to realize we've run out of places to hide from the reality that our behaviors affect our environment. This begs the conscience to justify or get rid of a self-constructed cage in which we know that the typical foods we eat feed our comforts far more than they do nutrients for our bodies, and also add uncertainty to the planet's air, land, and water. A moral and ethical question for sure.

Environmental Justice - A Racial Justice Issue



Breny Aceituno is the Prevention Specialist for Partnerships 4 Success, a project in San Diego's South Bay and Border communities that brings together representatives from government, public health, education, social services, and community members to address health inequities among the Latinx population.

SD COUNTY SUPERVISORS PRIORITIZE ENVIRONMENTAL JUSTICE WITH A NEW OFFICE

The promising initiative starts a new climate policy trend in California that might finally achieve results

The San Diego County Board of Supervisors has finally recognized the intersection between environmental disparities and racial inequities. They will add a county Office of Climate and Environmental Justice to address the disparities that disproportionately affect some communities over others in the county. Hopefully, this office will reach heavily pollution-burdened communities like San Ysidro, Barrio Logan, National City, and Sherman Heights, to name a few.

While this is a necessary step toward equity, we must ensure that the office does not inherit California's legacy of nominal appeasement on climate policy – a chronic result of many of California's environmental policies. More specifically, we have to make sure that this office truly addresses the conditions of under-served communities because the air quality in many of these communities has residents literally holding their breaths.

It would be insensitive of me to say that California's environmental policies have little or no worth. They have helped set a precedent that goes beyond its state lines. For example, California was the first state to enact air pollution control policies in 1947. After that, it advanced environmental regulations around emission controls, air toxins, and water, paving the way for federal regulations that have protected our health for decades. Most recently, California reduced greenhouse gas emissions back to 1990 levels, four years before the 2020 deadline. California's progressive reputation has merit, this is clear.

However, we can't – shouldn't – be satisfied with California's wide-ranging effect. Instead, we need to ensure that state policies genuinely serve the communities most affected by creating strategies with a community-level impact. A clear example of a climate measure that disregards community-level impact is Governor Gavin Newsom's executive order to [phase out gasoline-powered cars by 2035](#). While this policy's progressive push on large corporations is significant, most of its impact will

not affect the pollution-burdened communities. The reality is that residents, many Black, Indigenous, and People of Color (BIPOC), of pollution-burdened communities cannot afford a zero-emissions car. And yet, they are the ones most exposed to the fumes from diesel and gas-powered cars. Instead, what many of these residents need is more affordable and accessible public transportation. Governor Newsom's executive order does not consider the socioeconomic and environmental adversities that face BIPOC communities. As a result, his progressive executive order comes across as tone-deaf to the harsh realities of environmental disparities across California.

To understand how environmental disparities most hit specific communities with BIPOC residents, I asked Catherine Branson, the lead epidemiologist for [Partnerships for Success \(P4S\)](#) project in South San Diego, to do a state and county-wide analysis of environmental disparities along BIPOC demographics. She used the [CalEnviroScreen 3.0 \(CES 3.0\)](#), an empirical tool that measures pollution levels in each census tract in California and the socioeconomic vulnerability of the populations residing there.

According to her state-wide findings, approximately 13 percent of the pollution burden in a neighborhood can be predicted by the percentage of Black residents, even after adjusting for factors such as education, linguistic isolation, poverty, unemployment, and housing costs. For the Hispanic, or Latinx, population, Branson found that census tracts with a greater proportion of Latinx residents also tended to be more polluted. In fact, approximately 20 percent of a census tract's pollution burden can be predicted solely by the proportion of Latinx population. This means that both Latinx and Black California residents are more likely to live in pollution-burdened communities across the state.

SD COUNTY SUPERVISORS PRIORITIZE ENVIRONMENTAL JUSTICE WITH A NEW OFFICE (cont)

Branson also applied her census tract research to San Diego County. While the limited percentage of Black and Indigenous residents made it impossible to find a significant statistical association between environmental disparities along those two ethnic demographics, her research did find that the Latinx demographic was also disproportionately affected by pollution. Approximately 5% of the pollution burden in San Diego County for a census tract can be predicted by the proportion of the Latinx population.

Interestingly enough, Branson found the reverse trend for Asian American and Pacific Islander (AAPI) communities. The proportion of Asian American residents in each census tract predicted about 6% of the variation in pollution burden, meaning that a greater proportion of

Asian American residents was associated with a lower pollution burden.

San Diego's census tract data is limited. However, it still demonstrates that ethnic/racial demographics and pollution burden constantly interact and predict the propensity of pollution in specific communities. Creating an office that recognizes this association is an excellent step toward environmental justice.

Moreover, it would be great to see other counties in California adopt a similar measure and honestly address the root of community conditions instead of simply passing orders that have great public relations appeal. Understanding that climate and environmental policies first affect our vulnerable communities is essential to making equitable policies. This is something that the BIPOC communities in San Diego understand first hand, and it is time for state and county policies to follow suit.

Environmental Justice - What We Do

Livia Walsh and Irv Himelblau: Installed solar panels, electric vehicle, double pane windows, heat pump handler for heat and air conditioning, composting & organic gardening, recycling shower water, drip irrigation, drought resistant plantings, reduced use of plastics, sharing garden produce with neighbors.

Hannah Carey and Noah Setterholm: Buy local produce; drive hybrid car; walk instead of drive when possible; shop with reusable shopping bags; use resources mindfully (electricity, water, fuel, electronic devices), purchase secondhand clothing and take good care of clothing to limit our contributions to the fast fashion industry.

Linda Luisi and Ted Foster: Solar panels, composting, organic gardening, symbiotic relationship with birds, raccoons, possums, etc., recycling shower/bath/laundry water, drip irrigation, drought resistant plantings, sharing produce and giving young fruit trees to less fortunate folks, recycle, Re-purpose vs. "buy more stuff," introduce others to gardening.

Betsy Gilpin Solar on roof, hybrid car (gets 90 mpg), composter, avid recycler, try to not use single use plastic, limit my meat consumption, plant drought resistant succulents which I water by hand so that each gets what it needs and no more, recycle warm-up water.

Leslie Gomez: Double paneled windows, light colored roofing, solar panels, heat pump handler for heat and A/C, heat pump water heater, electric vehicle, level 2 charger, electric dryer, energy efficient refrigerator, use small appliances for cooking instead of stove, all LED lighting, unplug microwave when not in use.

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Chief Seattle**

Interfaith Power & Light - UUFSD Involvement

By Linda Giannelli Pratt



It is difficult for me to read about the impacts from climate change and not see the faces of my children and grandchildren. Their future may be filled with even more of what has already occurred: mega storms, drought, wildfires, and the associated social and economic challenges that follow. That is why I am passionate about the volunteer work I do with to stand up for critical actions that may help to improve their future. The most important gift I want to bestow is a legacy of a livable climate, but of course, one person alone cannot do that. This is why I advocated for UUFSD to join Interfaith Power and Light (IPL).

Interfaith Power & Light (IPL) engages faith communities and individuals in collective action, from education on climate change, to energy saving activities, to policy advocacy. Their mission aligns with UUFSD in that we both want to inspire and mobilize people to take bold and just action on climate change. I am grateful and proud that the UUFSD Board agreed to join the IPL coalition of more than 20,000 other congregations in 40 states. Since the year 2000, IPL has developed a track record of tangible results: shrinking carbon footprints and educating millions of people about the important role they must play in this challenging issue. The Cool Harvest program makes the connection between food, faith, and climate. Through coolharvest.org, communities are learning about their carbon “foodprints” – and how the healthiest choices for the planet also tend to be the healthiest choices for the people. People of faith and conscience across the country are practicing what they preach and doing their part to be good stewards through the Cool Congregations program. Every year, hundreds of congregations learn how to walk the talk and become leaders in energy efficiency, renewable energy, and climate-friendly grounds, inspiring congregants to do the same in their own homes. The Carbon Covenant program links congregations, organizations, and individuals in the U.S. with those on the front lines of climate change in the developing world. This program supports projects to mitigate global warming through tree planting, forest stewardship and sustainable livelihoods in Ghana, Cambodia, Cameroon, and Tanzania.

This past April, UUFSD invited our members to participate in a “collective viewing” of the film *Kiss the Ground* and join in a webinar with the award-winning filmmaker to discuss it afterwards. *Kiss the Ground* is about how regenerating the world’s soils has the potential to rapidly stabilize Earth’s climate, restore lost ecosystems, and create abundant food supplies. It explains why transitioning to regenerative agriculture could be key in rehabilitating the planet, while simultaneously invigorating a new sense of hope and inspiration in viewers.

UUFSD will be inviting you to participate in various initiatives with the hope that you will enjoy it and learn from it. Let us know what you think! For more information, you may contact me at GNLE2011@gmail.com.

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Environmental Justice - Kumeyaay Nation

By Julia Darling & Mary Anne Trause



The issue of climate change is critical to the American Indians who, for over 12000 years, have inhabited the land where we live. The bands and tribes of the Kumeyaay and Luiseno Nations say they have been here since the beginning of time. Their territory originally encompassed 3,700,000 acres and was the most diverse of any tribes'. Before they were pushed out of their traditional lands, they were free to roam. They followed the seasons as they moved from the desert where they lived in the winter to the mountains and coast when it got warmer. They were attuned to the environment. Because it was often harsh, they adapted. "We are patient. We can adapt. . .Mother earth gives us everything we need: food and shelter," say members of the Manzanita, Santa Ysabel, Campo and Sycuan tribes in the documentary, [San Diego's First People – Kumeyaay Native Americans](#), on Youtube.

The elders in the video went on to describe how they once used 80-90% of the plants in the mountains and deserts for some purpose. They found much to eat, including parts of the yucca, pinion nuts from pinion pines, desert apricots, barrel cacti, chia, and especially the acorn and agave, which they roasted communally in pits. "To be able to harvest our foods is very important to our people. When we gather, it affirms our territory and communal experience. It brings back stories. . . We are the trees, the sky, the earth. . . The natural way is better. . .respect for the land, animals, plants the creator (and) the past is the foundation to our whole culture." One father expressed his excitement about the ceremonies being taught to the children. He said, "The young feel spiritually connected as they participate in the land and ceremonies. It is a great time to be Kumeyaay."

In North San Diego County, the Pala Band of the Mission Indians and the Rincon Band of the Luiseno Indians currently have environmental and cultural resources departments in their tribal governments.

The Environmental department of the Pala Band is headed by Shasta Gaughen, Ph.D. They have online resources, educational series and a children's group that fosters a greater understanding of climate change. There are recommendations on dealing with the impacts of droughts and wildfires on the community. There are webinars on topics such as the mental health impacts of

environmental stressors. Their approach is to build resilience and minimize practices that add to our climate crisis. **For more info see ped.palatribe.com.** You can also access a recent report of the Tribal Climate Health Project entitled "Scalable SD Intertribal Resilience Data Development Project". It has a broad scope and a focus to improve health of the tribe during the pandemic. A piece of this report also addresses racism, equity and inclusion work within the tribes.

The Kumeyaay Nation has a wind farm in Campo which produces power sufficient for about 30,000 homes and saves approximately 110,000 tons a year in greenhouse gas emissions, compared with equivalent fossil fuel generation. It helps San Diego Gas & Electric meet its target of supplying at least 20 percent of its customers' electricity from renewable sources by 2010.

The Rincon Band has a Cultural Resources Department which includes an environmental department that provides services to improve the quality of the environment to benefit the lives of the tribal members on the reservation. They protect natural resources that can keep such traditions as basket making alive, work on reforestation of oak trees and do environmental outreach and education. An additional Natural Resources office contributes to land management with water sampling, removal of invasive species and river habitat monitoring. **For more information see Rinconnsn.gov.**

Environmental Justice -Reducing Our Carbon Footprint



Top 20 Ways to Reduce Your Carbon Footprint

UNEP report: To limit temperature increase to 1.5°C, we must drop our greenhouse gas emissions **7.6% each year between 2020 and 2030.**

- 1 Switch to a renewable energy option through your utility or a certified renewable energy provider (U.S. and Canada).
- 2 Calculate your carbon footprint and buy carbon offsets from a certified provider (U.S. and Canada) (you can always reduce payments later as you make other changes). [Learn more](#)
- 3 Minimize driving by setting concrete reduction goals and walking, biking, carpooling and using public transit as much as possible. Set a goal of walking or biking anywhere within 2 miles of your home. [Learn more](#)
- 4 Take the time to research the energy efficiency of large purchases as these offer the biggest opportunities to reduce your ongoing impact:
 - home (size, proximity to work/stores (check the walk score) and energy efficiency)
 - equipment and appliances (energy star)
 - autos (buy used, electric/hybrid, lowest emissions or choose a car-free lifestyle)
- 5 Minimize purchases of new products, especially resource-intensive, heavy or heavily-packaged products.
- 6 Embrace a minimalist lifestyle. Declutter your home and donate unneeded items to charity. Buy, borrow or rent used clothing, electronics, house decorations and furniture, cars and other products whenever possible.
- 7 Reduce energy use. Quick steps:
 - Focus mainly on buying efficient space heating/cooling and water heating
 - Seal your heating and cooling ducts
 - Keep up on regular equipment maintenance
 - Add insulation and weatherstripping - especially for doors, windows, attic and attic door
 - Buy energy efficient office equipment
 - Get an energy audit
 - Take the zero-volt challenge to quickly and easily reduce your electric bill
 - Switch to LED lightbulbs
 - Minimize use of fireplaces or wood stoves
 - Unplug unused electronics to minimize standby power consumption
 - Wash clothes in cold water and hang them to dry
 - Check lights, appliances, and curtains every morning and night and anytime you leave home

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Chief Seattle**

Environmental Justice -Reducing Our Carbon Footprint

- Check lights, appliances, and curtains every morning and night and anytime you leave home
 - Install a programmable thermostat and don't set it too high or low
- 8 Buy locally sourced, organic, plant-based, unprocessed foods from local farmers (Community Supported Agriculture (CSA)), farmers markets, green restaurants and health food stores. Minimize food waste by planning out meals ahead of time and freezing as much as possible.
 - 9 Reduce water use (buy low flow shower and faucet heads, water efficient toilets/washing machines/dishwashers, check for leaks, buy native drought-tolerant plants, etc.).
 - 10 Support organizations that educate, protect and empower girls and women (and stabilize our population) such as Camfed.org, Girls Not Brides, Tostan, and Population Services International
 - 11 Recycle as much as possible, even when traveling, and buy products with recycle-able/minimal packaging. Search online for ways to recycle hard-to-recycle items in your local community.
 - 12 Compost your food waste.
 - 13 Fly less and, when you do fly, purchase carbon offsets (select "Individual" then click on the airplane icon to view the airplane carbon calculator). Here's information on offset programs for all the airlines.
 - 14 Consider installing solar panels on your home.
 - 15 Choose low carbon activities (i.e., hiking vs. sky diving, kayaking vs. powerboats, electric vs. gasoline-powered yard equipment).
 - 16 Choose green hotels and encourage hotels you visit to green their practices.
 - 17 Support climate action organizations. Research the companies you buy from (especially ongoing purchases). If they aren't reducing greenhouse gases themselves and supporting action on climate change, switch to a company that is.
 - 18 Vote like your future depends on it - because it does! Always vote in every election for the candidate who is most likely to support climate-friendly policies. Ask your elected officials to support a carbon fee and dividend policy to provide incentives for companies and individuals to reduce carbon emissions.
 - 19 Learn more about climate change and share what you learn with others (PowerPoint Recent Findings on Climate Change and Climate Change: What Is It, Proof It's Happening and What You Can Do About It).
 - 20 Encourage and support greenhouse-reducing practices in your community:
 - city/town (best practices: California and Minnesota in the USA and in Europe)
 - business
 - neighborhood (join with neighbors to walk through the excellent Resilient Neighborhoods program)
 - hold a junk mail reduction party with your neighbors, friends and family

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Environmental Justice - San Diego 2050

San Diego 2050 Climate Change Projections

By Linda Giannelli Pratt

In 2014, the Climate Education Partners released a first-of-its-kind report in 2014 entitled *San Diego, 2050 Is Calling. How Will We Answer?* The report addresses the importance of the regional economy and how preparing for the impacts of a changing climate will help the region stay ahead of the challenges it and other communities throughout the nation are facing. Here are some of the key aspects from the report and more recent updates.

The average temperature in the San Diego region increased by 1.7 degrees Fahrenheit between 1995 and 2013. The temperature is expected to rise by nearly 5 degrees in 2050. Even what may seem to be a nominal increase in temperature makes a big difference. Higher temperatures mean that less moisture is retained in plants, thereby making them more susceptible to fire. Pests and pathogens may spread more rapidly at higher temperatures. And just a half degree increase in heat can imperil agriculture even when crops don't die. If you get really high temperatures or very dry conditions during critical parts of the development of the crop, it may not produce any grain. By mid-century, the San Diego region may experience seven times more days of extreme heat per year than today.

The *San Diego 2050* report suggests that San Diego County may face longer and more extreme fire seasons. In 2020, in a matter of weeks, [California has experienced six of the 20 largest wildfires in modern history](#) and toppled all-time temperature records from the desert to the coast. Millions were suffering from some of the worst air quality in years due to heat-triggered smog and fire smoke. A sooty plume blanketed most of the West Coast, blotting out the sun and threatening people's lungs during a deadly pandemic.

By 2050, San Diego will face a 16% decrease in rainfall. Deeper and more frequent droughts could occur, with a projected 12% decrease in the runoff and stream flow that are needed to replenish San Diego County's major water sources. The San Diego County Water Authority has a strategy to diversify our water supply sources through conservation, water transfers, recycling, seawater

desalination, and storage and conveyance projects. Even with that, it may not be enough to meet the needs of a growing population.

Between now and 2050, our coastline could be impacted by sea level rise of between 5 and 24 inches. Roadways and other infrastructure, including residential and commercial buildings, will be impacted. Coastal flooding will lead to further beach and bluff erosion, as well as runoff and drainage problems from intense storms.

What about your health, and that of your children and grandchildren? According to Michael Murphy, Former President/CEO, Sharp Healthcare, "There are significant health risks from extended heat waves, poor air quality and lack of rain that adversely impact our smog and ozone levels. During heat waves, wildfires and high pollution days, we may see more Emergency Room visits and hospital admissions across the county, particularly among individuals with respiratory ailments, such as asthma or chronic obstructive pulmonary disease.

With these dire projections, what can we do now? The consequences we are feeling today are from greenhouse gas emissions allowed to enter the atmosphere more than 100 years ago. However, reducing our individual carbon footprint, and collectively, our regional carbon footprint, may ease us out of this catastrophize. There are also adaptation strategies already in place that better prepare the San Diego region to deal with the changing climate. One example is the Multi-Jurisdictional Hazard Mitigation Plan. [San Diego County MJHMP](#)

Educating oneself about local policies and the voting records of elected officials on legislation related to climate action is important. Investing in green energy through new municipal energy programs, such as San Diego Community Power, is voting with your wallet. More than 25% of our region's total greenhouse gas emissions are from electricity and gas used in homes and commercial buildings. Adaptation measures are designed to mitigate impacts from a changing climate. One adaptation measure is making sure you have "defensible space" around your home in case of wildfires, and staying indoors during those days with extreme air pollution.. Get engaged with people and programs and be an advocate for climate action! Copies of the *San Diego 2050* report are available at sandiego.edu/2050.

Climate Change Resources

UUA

UUA Ministry For Earth: To be a wellspring of spiritual and educational grounding and practical support for bold, accountable action for environmental justice, climate justice, and the flourishing of all life.

UU Young Adults For Climate Justice: UU Young Adults for Climate Justice is a diverse network of UU activists aged 18 to 35 who support each other in engaging in direct action campaigns, leading worship services, educating ourselves and the wider UU world, mobilizing and organizing UUs for the work of climate justice, and more.

UU Elders Climate Action: UUs and members of Elders Climate Action have been busy with the UU [Project Drawdown Initiative 2021](#).. The UU DD initiative offers a clear path towards climate justice rooted in science-based, and solutions-oriented actions, mobilizing teams or individuals to do their part for collective action.

Unitarian Universalist Justice Ministry CA: The UUMCA has deep roots in California's environmental justice movements. With a history of partnerships that have kept us engaged in the movement for water justice and the human right to water, we are working to deepen our efforts to promote just environmental practices and policy that care for all Californians and our world.

Media Resources

Best movies- [17 Films About Sustainability & Climate Change | PBS](#)

Linda Pratt's Pick: Kiss the Ground

Leslie Gomez's Pick: Before the Flood

Best books- [Top 16 Books on Climate Change and Sustainability in 2021 | Earth.Org - Past | Present | Future](#)

Linda Pratt's Pick: This Changes Everything: Capitalism vs The Climate by Naomi Klein

Leslie Gomez's Pick: The New Climate War: Michael E. Mann.

Best YouTube Video- [Ideas about Sustainability \(ted.com\)](#)

Linda Pratt's Pick: James Hansen: Why I must speak out about climate change | TED Talk

Leslie Gomez's Pick: "100% Renewables" Zoom Presentation by Dr. Mark Z. Jacobson

Climate Change Resources Adults

San Diego Climate Action Network weekly actions (SDCAN) [sdclimatenetwork.org](#) SDGAN is a non-profit organization focused on strengthening and accelerating climate advocacy in San Diego County, California.

Institute For Public Strategies (IPS) [publicstrategies.org](#) IPS focuses on changing conditions to improve public health, safety and quality of life at a population level. Community Transformation

Stay Cool - Protect our Grandkids from Global Warming [staycool4grandkids.org](#) Engaging Grandparents and Seniors for a Livable Climate The mission of STAY COOL is to speak for those too young to have a voice regarding climate policies: our children and grandchildren.

Environmental Health Coalition: [environmentalhealth.org](#) EHC's local work supports residents in low-income, ethnically diverse communities including Barrio Logan, Sherman Heights, Logan Heights, City Heights, National City and Colonia Chilpancingo.

Interfaith Power and Light: Interfaith Power & Light (IPL) engages faith communities and individuals in collective action, from education on climate change, to energy saving activities, to policy advocacy.

350.org: 350.org is an international movement of ordinary people working to end the age of fossil fuels and build a world of community-led renewable energy for all.

Climate Change Resources

Climate Change Resources Youth

The Climate Reality Project - Youth Environment Action Pod (YEA) theclimaterealityprojectsandiego.org

YEA is a youth-run group composed of students passionate about the climate crisis. We are looking for middle and high school students who care about the Earth and are willing to take action to spread the word!

Clean Earth For Kids cleanearth4kids.org.

Our mission is to protect clean air, clean water, non-toxic parks, schools, cities and communities and work for racial, social, climate and environmental justice.

Solana Center For Environmental Innovation: Family Fun Series solanacenter.org

Environmental protection and conservation is an important goal that the whole family can take action towards. We engage little ones in learning more about the soil beneath our feet, how plants and the food we eat grows and how to prevent waste with proper sorting knowledge.

Cartoon Courtesy of Edward Himelblau

