

DIALOGUE

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



RE Committee and RE Teachers

See Page 14

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A Message From Our Board



Liora Kian-Gutierrez

“There is no greater wealth in the world than peace of mind” - Tiny Buddha

UUFSD has navigated unforeseen changes with the resignation of a music director, a DRE and a Minister, all in a period of three months. At the same time we have witnessed members of our congregation step up to fill the gaps in many spaces of our beloved community.

UUFSD has had a long history of volunteers who keep our grounds beautiful, our buildings comfortable, our services accessible, our ears filled with beautiful music, our children well cared for in religious education, and our celebrations filled with joy. The positive energy and ideas for the future flowing through the Fellowship now are exciting to witness. Some have stepped up by teaching RE classes, others have planned upcoming services, others continue to keep our grounds beautiful and ensure our buildings are well cared for and safe.

We continue to follow through on all four Board goals, which continue to be especially relevant during these times of transition. The Board is moving forward with our eyes and ears wide open to ensuring we understand what this community will become as we transform together.

Goal #1: Financial Well-being: Sarah Miller educated congregants about our financial situation. In May, the Board and Finance Committee will share the draft budget with the congregation, including staffing plans created with input from the temporary Select Committee on Staffing (see the March Open Letter from the Board for more information). Your feedback at that point will be critical to our creation of a final budget to propose to the congregation at the June Congregational Meeting.

Goal #2: Renew Community: The What Now? Conversations facilitated by Dr. Frank Willey included over 130 congregants. Join us on April 3rd to listen to his findings and recommendations for our congregation. His recommendations and report will be published for all after this session.

Goal #3: RE Program: We have a new, energized RE Committee and volunteer teachers who are now teaching classes. The DRE and childcare positions are ready to be posted. The RE Committee will participate in future planning through a workshop with our regional UUA staff member, Rev. Sarah Gibb Millspaugh.

Goal #4: Safety & Quality of Services: We have moved from virtual service to both in-person and virtual and will continue to monitor safety guidance. Despite the changes we have faced as a congregation, the Board can rest easier knowing that we have been transparent with all as we worked to oversee and support these changes. Please join me in thanking the members of the board for their service during this exceptional year. Let's hear it for (in alphabetical order) Chris Butler, Louise Garrett, Angie Kappenberger, Cathy Leach Phillips, Brenda Post (Vice President), Sarah Miller (Treasurer), and Livia Walsh. They have provided tremendous support to UUFSD.

“Where there is love there is life” - Mahatma Gandhi

In Fellowship and Warmth,
Liora Kian-Gutierrez



Supporting Those Impacted by the Crisis in Ukraine

From the UUA



As the situation in Ukraine has unfolded over the last several days, there has been an outpouring of prayers and concern from Unitarian Universalists expressing heartfelt unity around this growing human rights tragedy. We want to share the most up to date information on how UUs in this country and around the world are responding and amplify the ways that we can all help.

As Rev. Susan Frederick-Gray, president of the Unitarian Universalist Association (UUA), said, “we continue to join in solidarity with so many around the world and pray for the people of Ukraine. Our hearts go out to those who are enduring devastating loss of life, violence, instability, and upheaval due to Russia’s unprovoked invasion. Our UU faith calls us to remain committed to justice and we believe we have a moral responsibility to support the creation of peace and the equal rights of all people.”

Russia’s invasion of Ukraine is a stark reminder that human rights are fundamentally linked to our interdependence. Over the last few weeks, while we have seen tremendous acts of courage and generosity by and towards the people of Ukraine, we have also seen the worst of human behavior. We continue to be mindful that an authoritarian, imperialistic ideology that seeks to deny Ukrainians their rights to live free and independently, under the false, anti-Semitic guise of “denazification,” is directly tied to colonialist ideologies globally and here in the U.S. that endanger the health, well-being, and lives of BIPOC individuals, members of the LGBTQIA+ community, and other marginalized populations.

And as millions of people living in Ukraine flee to safety, we know that, on top of an already dangerous situation, there are life-threatening experiences of anti-Blackness, racism, and xenophobia that are blocking escape from the deadly conflict.

Blue stylized image of globe with Donate Now in a red rectangle in the center

Support Ukraine Response

The scope of this humanitarian crisis is staggering. To help address the scale of the crisis, the UUA has been working closely with our partners at the UU Service Committee, which is dedicated to advancing human rights and social justice, together with an international community of grassroots partners and advocates. They have created an Emergency Relief Fund to support Ukraine and we are committed to amplifying their voice and humanitarian work.

The international implications of Russia’s war in Ukraine are profound. The UUA’s International office has additional resources for supporting Ukrainians who have been forced to flee their homes and communities, including information on supporting the Hungarian Unitarian Church and the International Women’s Convocation’s Faithify Campaign.

May It Be So



New Day's Lyric by Amanda Gorman

May this be the day We come together.
 Mourning, we come to mend, Withered, we come to weather,
 Torn, we come to tend, Battered, we come to better.
 Tethered by this year of yearning, We are learning
 That though we weren't ready for this, We have been readied by it.
 Steadily we vow that no matter How we are weighed down,
 We must always pave a way forward. This hope is our door, our portal.
 Even if we never get back to normal, Someday we can venture beyond it,
 To leave the known and take the first steps.
 So let us not return to what was normal, But reach toward what is next.
 What was cursed, we will cure. What was plagued, we will prove pure.
 Where we tend to argue, we will try to agree, Those fortunes we forswore, now the future we foresee,
 Where we weren't aware, we're now awake;
 Those moments we missed Are now these moments we make, The moments we meet,
 And our hearts, once all together beaten, Now all together beat.
 Come, look up with kindness yet, For even solace can be sourced from sorrow.
 We remember, not just for the sake of yesterday, But to take on tomorrow.
 We heed this old spirit, In a new day's lyric, In our hearts, we hear it:
 For auld lang syne, my dear, For auld lang syne.
 Be bold, sang Time this year, Be bold, sang Time,
 For when you honor yesterday, Tomorrow ye will find.
 Know what we've fought Need not be forgot nor for none.
 It defines us, binds us as one, Come over, join this day just begun.
 For wherever we come together, We will forever overcome.

Happenings



Sunday, January 16 Side With Love Awards

The congregation honored Wenda Alvarez for her dedication to the cause of Mental Illness, Steve Bartram for his work with Gun Violence Prevention, Robin Sales and Andi Macleod for their work for Racial Justice and Showing Up For Racial Justice North San Diego County, a civil rights organization.



Saturday, January 22 Visit to



Six UUFSD members, Linda Charles, Dean Rockwell, Sasha Kimmel, Betsy Gilpin, Livia Walsh and Irv Himelblau visited the Institute of Contemporary Art in Encinitas for a private tour of the facility guided by Carla Roemer, director of community outreach. In this inaugural year ICA is highlighting the theme of Ecology and the study of the environment.

They viewed the works of local artist, Luciano Pimienta, who uses ceramics and clay in his work exploring society's relationships with land, property and boundaries.

They also viewed the works of Marina Zurkow the artist in residence for the past month.

Her exhibit, Boil the Ocean, highlights the severe ecological threat marine ecosystems face. We walked through outdoor areas dotted with sculptures and installations from prior installations and workshops. ICA is open from noon to 5PM Thursday through Sunday. Admission is free and tours can be arranged through Carla Roemer, 760-436-6611, carla@icasandiego.org.

Happenings

UUFSD Auction - Sunday, February 20



UUFSD held its annual auction in February 2022. Betsy Gilpin was the main person responsible for getting and distributing the donations, while Rich Macdonald handled the online auction, payments, and communication between donors and buyers. Thanks to both volunteers, and to all the donors and buyers.

We wanted to hold the auction in October, 2021, in order to put some distance between the auction and the pledge drive, but this year the pandemic got in the way. We were not sure how much income to expect from the auction, so

and we realized \$12,388, which was 68% of the goal. The other numbers were more consistent with previous years – we had 50 people donate 108 items, and 60 bidders who bought items. Dining and food had 23 items and the largest income; Events had 25 items; Art had 26 items; and there were another 34 items in various categories.

Mardi Gras at UUFSD, Tuesday, March 1



It was a family event!

Everyone came, ate, got some beads and a mask. The origins of Mardi Gras can be traced to medieval Europe. Mardi Gras is French for "fat Tuesday" reflecting the practice of the last night of eating rich, fatty foods before the ritual lenten sacrifices and fasting of the lenten season. Nowadays, Mardi Gras season is a time of merry-making and festivity. **A special thanks to Louise Garrett** for organizing this Fun and Fellowship event. Several new visitors to the UUFSD came and Liora Kian-Gutierrez, board president, was there to greet them. Participants enjoyed jambalaya, shrimp creole, king cake, pancakes and hurricanes. The kids had a great time. Four year old Bennet Moodie was the chief decorator. He told everyone where to put things.

Happenings - Gun Violence Prevention

Saturday, February 19 Gun Violence Prevention Remembrance

The UUFSD Gun Violence Prevention & SD4GVP co-sponsored an educational and fundraising event for Survivors Empowered, with testimonials from survivors of gun violence. Approximately 75 people attended (25 from the UUFSD) and showed solidarity with the SD4GVP and the UUFSD Gun Violence Prevention Programs.



**SURVIVORS
EMPOWERED**

Sandy and Lonnie Phillips spoke of their grief of losing their daughter who was killed in the Aurora, Colorado movie theater shooting, and their resolve to create ways for survivors of gun violence to cope with the grief of loss, and continue to build coalitions across the country in support of Gun Violence Prevention.

Other speakers included Bishop Cornelius Bowser Sr, a survivor of gang violence and a gun violence peacemaker, Maria Gaspar Casillas whose nephew was a victim of gun violence and Essie Mae Horne, who lost her husband, her brother and survived being shot.

Survivors Empowered was created to honor victims of gun violence, whether killed or wounded in a shooting or a parent, grandparent, sibling, relative, or a best friend. Survivors face the same hurt that never goes away but when they hear stories from other survivors or tell their own story they heal.

Survivors Empowered provide a rapid response team, a national directory of recommended trauma therapists, free classes in such areas as Mindfulness.

Sandy and Lonnie are starting on an “Honor with Action” tour of 20 States, 22 cities. They will, among other things, debut a new toolkit, created in collaboration with the Giffords, meant for survivors and allies, and addresses both the onslaught of emotions faced by survivors, and the path forward for many survivors who want to take their pain and turn it into purpose. Learn more at <https://www.survivorsempowered.org/>

To learn more about our UUFSD Gun Violence Prevention program, contact John Post at GVP@uufsd.org



*With miles
to go...*



Happenings - Gun Violence Prevention



Sandy and Lonnie Phillips



Members of the SD4GVP event crew



Statue of student hiding under a desk during a school shooting



Partial attendance - standing room only

GOOD NEWS

In San Diego: The County Board of Supervisors passed the Ghost Gun/Safe Storage ordinance in a 3-2 vote. The ordinance will require all unfinished frames and receivers sold in San Diego County to have a serial number and for purchasers to pass a background check. The ordinance will also require gun owners keep their firearms locked up unless in their immediate possession. These common-sense measures will make San Diego a safer county. Thanks go to Chair Fletcher and Supervisor Lawson Remer for authoring the ordinance, and to our members and fellow GVP advocates who helped with its passage.

In California: AB 452 passed the California Assembly. This legislation would require school districts to inform student households about California's secure gun storage and child access prevention laws. Thanks to all who made calls and emailed their Assembly members. The bill will now move to the Senate.

Happenings - Dream Builders

Dream Builders Update

This has been a busy three months for your Dream Builders Team.

Completed Projects:

1. Main Stairway Replacement – the current wood stairway was rebuilt in concrete maintaining the existing design.

Note: Wood stair treads free: Many of the old treads were in good condition. The wood is 3.75in X 7.5in X 8ft long. Please contact Chris Faller if interested.

2. Core Building – Exterior remodel

This project remodeled the exterior of the building in the same exterior style as the classrooms.

It is very exciting to see the planned site improvements become reality.

MASTER PLAN STATUS:

On Wednesday, January 26, the City of Solana Beach approved our phased master plan which the city refers to as a Conditional Use Permit (CUP).

- The city approved our master plan nearly 18 months ago. However due to a city requirement for public

improvements and our budget constraints we have had to implement the master plan in phases.

- The phased implementation triggered a second approval by the city.

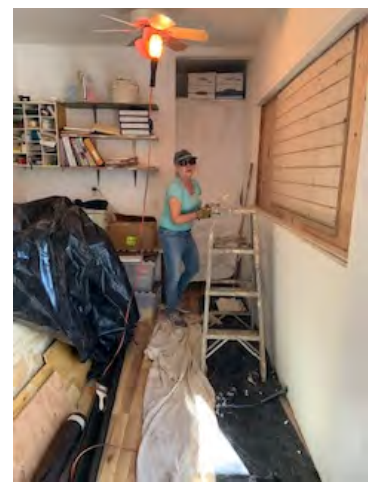
PROPOSED FUTURE PROJECTS:

1. Administration Building Remodel is the first priority

- The building is in major need of repair.
- Improvements are needed to provide a safe and healthy work environment
- We have the budget to move forward.
- There is much planning and detailed design work ahead before we can receive formal construction quotes, establish a timeline and start work.
- The process will include input from staff and the congregation to finalize interior design, repairs, bathroom addition, and temporary relocation of staff.

2. Lower Parking Lot Emergency Vehicle Access

- This project will follow the Admin building remodel.



Making Helping Others Easier



Please Support our Beloved Community

**“Nothing teaches hope, kindness, courage and compassion like helping others.”
(Making Helping Others Easier)**

As part of our spiritual and personal growth, we are asked to make a shared commitment to care for our UUFSD community. Our aspirations to provide meaningful life experiences, through our many groups and committees requires everyone’s involvement. If we all contribute a little, we can truly help bring into being a beloved community.

Please check out the possibilities for involvement. These are easier than most people think and will give you so much satisfaction knowing that you have, in some small but essential way, help to build our Beloved Community.

POSSIBILITIES FOR INVOLVEMENT

Membership Committee

Greeters: We are in need of greeters for the Sunday Services. Greeters meet before the service and stay for a few minutes after the service to welcome new and returning visitors. **Can you devote 1 hour once a month to greet? Please contact Betsy Gilpin at membership@uufsd.org**

Connections

Assists the Chairperson of Membership in welcoming visitors and new members.

Visitors: When visitors indicate an interest in a committee or group, Connection sends emails to the appropriate committee and group chairpersons

indicating the visitors’ interest and their email/phone for them to contact.

New Members: Follows up, periodically, with new members to make sure we are doing all we can to be inclusive and welcoming. **Can you devote 2 to 3 hours a month to help connect new members to the fellowship? Please contact Betsy Gilpin at membership@uufsd.org**

Joy, Fun and Fellowship

This enthusiastic and creative group helps plan, support and facilitate social events such as: Holiday Festival, Passover Seder, Thanksgiving Dinner, potlucks, etc. Share the joy! **Can you devote 8 hours a year by helping plan at least one of these activities? Please contact Louise Garrett at funandfellowship@uufsd.org**

Religious Education

Volunteer teachers: For the safety of our children, we require at least two teachers in every class. **Can you devote 2 hours every 2 months to teach our children? Please contact Liora Kian-Gutierrez at liorauufsd@gmail.com**

RE Committee: This committee meets once a month. This committee will have a big role in making a decision for an acting RE coordinator. **Can you devote 3 hours per month to be on our RE Committee? Please contact Liora Kian-Gutierrez at liorauufsd@gmail.com**

Communication

Website: We need someone to be backup for our web administrator. **Can you devote 5 to 8 hours a month? Please contact Richard Macdonald at communications@uufsd.org**

Making Helping Others Easier

Personnel Committee

This committee is responsible for non-managerial personnel-related issues involving employed staff at UUFSD. **Can you devote 5 to 8 hours per month to help out with this committee? Please contact Dale Gottdank at personnel@uufsd.org.**

Fellowship Historian

Review and organize existing documents, photos, videos, etc. with the goal of writing a history of the Fellowship. End result could be simply a long PDF, or even a self-publishable book or booklet. **Hours would be up to you. Contact Sarah Miller at archive@uufsd.org**

Fellowship Archivist

The secure online archive exists and is well populated with some kinds of documents (eg financial and personnel documents) **Can you devote 2 hours/week (preferably on Tuesdays when Tracey and Sarah are in the office) Contact Sarah Miller at archive@uufsd.org**

Worship Committee

The Worship Committee needs additional Worship Associates to serve on Sunday Services. The Worship Associate works with the minister and the music director three or four times a year to adapt a sample script to the theme of the sermon. **Can you devote 8 hours per service 3 to 4 times a year, to help? Please contact Mary Anne Trause or Chris Byrnes at worship@uufsd.org**

Ushers needed

It is an easy and fun opportunity to meet new people. **Can you devote 2 hours per month to help usher? Please contact Angie Knappenberger at ushers@uufsd.org**

Kitchen Committee

This committee sets out snacks for coffee hour and also keeps the kitchen in good clean running order. **Can you devote 2 hours per month to help out? Please contact Louise Garrett at kitchen@uufsd.org**

Stewardship Committee

Needs help with the yearly Auction and Art Fair. and give testimonials at Sunday service. **Can you devote 8**

hours once a year to help out this committee? Please contact Richard Macdonald at communications@uufsd.org

Social Media Manage: Someone interested in creating a social media and online presence to promote events to the greater San Diego community. **Can you devote 5 to 8 hours per event? Please contact Irv Himelblau at communications@uufsd.org**

Design Review

Reviews plans and specifications for planned improvements, and other projects which would alter the basic nature and appearance of the campus. **Can you devote 4 to 5 hours per month to help out this committee? Please contact Irv Himelblau at designreview@uufsd.org**

Parking Attendant

We need someone to monitor the parking lot and when full, advise motorists of alternate parking sites. **Can you devote 20 minutes per month to help? Please contact John Sherman at johnsherman42@gmail.com**

Pastoral Care

The Pastoral Care team assists members in times of need. We provide an occasional meal or ride to a fellow UU and provide pastoral listening after services. **Can you devote 8 to 10 hours a year help during times of need? Or, become a pastoral listener, 20 minutes after a service once a month? Please contact Barbara Walker at pastoralcare@uufsd.org**

Building and Grounds

It takes loving care to maintain the grounds of our campus. **Can you devote 4 to 6 hours a month to help the Grounds Beautification crew maintain our environment. Please contact Ed Mlakar at: BuildingandGrounds@uufsd.org**

Member Recognition - Betsy Gilpin



Betsy Gilpin

Interview by Lois Dorn

Perhaps you've heard there are 100 places to see before you die. Betsy Gilpin is one of 100 people you must get to know before you go, at least at UUFSD. One minute she is filling the dumpster with cuttings and dead wood to clear the church grounds. The next minute she is selling her jewelry and artwork at the annual art fair. Whenever and wherever the need arises, there is Betsy, ready to fill it. Never mind that she is approaching her 80th birthday soon.

Betsy's illustrious career spans a couple of decades during which she worked as a mathematician in aerospace, and then a biostatistician in the academic field at three UC campuses. Her final job before retirement, as a biostatistician in the Cancer Center and Department of Family Medicine at UCSD, saw her as head of the Biostatistics Core and working on the California Tobacco Survey. During some 10 years, she and her team oversaw the survey of households in the state of California and analyzed the data to find out what was helping to cut back on smoking in the adults and teens. Their results documented a reduction in tobacco use from 20% to 7% of teenagers in the households sampled. Today, Betsy laments, that number has risen to one-third of teens who smoke now that vaping is the rage.

Betsy was born August 25, 1942, the same birthday as her mother, her father, their wedding anniversary, and the birthdate of her grandfather and his wedding anniversary. This extraordinary story was featured in "Ripley's Believe It Or Not", a franchise that publishes strange and unusual events. When asked about the odds of this happening, statistician Betsy proclaimed: "if there are thirty people in a room, there is about a 50% chance that two of these people will have the same birthday." It happened to her mother and father, who met in their workplace cafeteria while they were both celebrating their birthdays. The rest is history.

Along the way, Betsy married and divorced twice, had 2 children with her second husband, and now 2 grandchildren. Growing up, she had a good experience in her church's Sunday School and wanted the same for her own children. So, when she found herself on her own, raising children 4 and 7 years of age, Betsy found her way to the Unitarian Fellowship because, as the saying goes, "it takes a village to raise a family." She jumped right into the newly formed Religious Education committee and taught RE for many years.

Betsy's past volunteer involvement at UUFSD, not in any particular order, includes Religious Education, DeBenneville Pines Camp; Stewardship; President and Vice President of the Board; Capital Campaign, Membership; Search Committee; and Auction. Presently she works on Buildings and Grounds, Stewardship; Membership; the Camp; Social Justice; and Climate Change committee. Asked "what is your favorite?", she could not choose. "They are all my favorites," she proclaimed. For nine years, she was on the Board of Directors of Camp DeBenneville before her term was up. She is still part of their Stewardship Committee and enjoys spiffing up the camp on work party weekends.

Member Recognition - Betsy Gilpin

When she was partially retired from her job, Betsy had lots of time on her hands. So she took up water color painting and figure drawing. She challenged herself to operate out of both sides of the brain. "I had used the right side of my brain for many years, and wondered if the left side still worked." It did. Today she paints, knits, and makes jewelry which she sells at the Annual Art Fair to make money for the Fellowship. Where did this talent come from? As a child, her mother found she could keep little Betsy busy for hours stringing wooden beads on a shoestring. Today, Betsy says she is in bead-overload, so best not give her any more beads!

When the Pandemic started, Betsy was the first member of the Fellowship to create her own mask and broadcast step-by-step directions to members via email. Together they donated hundreds of masks to various organizations. You might want to join Betsy for her 20th annual birthday celebration at Moonlight Beach on August 20th. What started as a small gathering of friends has now become a fundraiser for the Fellowship. If you haven't paid through the auction, just let her know and be sure to bring your donation for when the oatmeal container gets passed around.



Religious Education Update Meet Our New Committee And Teachers



RE COMMITTEE: Andi McLeod, Andrew Fry, Bethany Kappenberger, Callen Hyland, John Drewe, Liora Kian-Gutierrez, Robin Sales, Sheryl Goto, Steve Bartram, Susan Hamn, Chris Faller, Chuck Hamn

RE TEACHERS: Andi McLeod, Andrew Fry, Bethany Kappenberger, Callen Hyland, Sheryl Goto, Steve Bartram, Liora Kian-Gutierrez, John Drewe

RE ASSISTANT TEACHERS: Betsy Gilpin, Chuck Hamn, Renata Hahm, Robin Sales, Susan Hamn

RELIGIOUS EDUCATION AT UUFSD HAS A FRESH START.

Teachers and assistant teachers are conducting classes following the UUA curriculum. The little ones are enjoying Chalice Children and the elementary school grades are experiencing A Tapestry of Faith - Love Connects Us. This month we will focus on Earth Day/Spring.

As well as teaching classes, the RE Committee members are working with the Worship Committee and have fun plans for a spring celebration by hiding plastic eggs filled with stickers in the playground and a sweet surprise for them in the core area following services on April 17.

We welcome all to join in intergenerational time by teaching, assisting or joining the RE committee. Our own Sheryl Goto & Liora Kian-Gutierrez will gladly “train” you on the traditions we follow during class with our beloved UUFSD children. **Feel free to email Liora for any additional information or to join the team: liorauufsd@gmail.com.**

Climate Action



Be a Defender of the Planet! 50+ Ways
A Personal and Family Guide

The purpose of this checklist is to identify ways in which UUFSD members and friends can or will participate in making the planet healthier and more habitable.

In the spaces provided in this checklist, mark those climate actions you are taking now, will try, need more info, or can't do. Devise your own marking system and follow up on those new actions which you can implement.

ENERGY USE

- Turn down thermostats in winter
- Turn up thermostats in summer
- Wear sweaters & jackets indoors in winter
- Open windows on summer mornings
- Install an AC/heat whole house zone system
- Use programmable thermostats
- Air dry laundry in garage or outside
- Use "Time Of Use" plan in electricity acct.
- Run appliances in off peak hours
- Use "Energy Star" appliances
- Change gas to electric appliances
- Use LED bulbs for lighting
- Turn off lights when leaving rooms
- Use portable room heaters
- Turn off TVs and computers when not in use
- Disconnect TVs, appliances while on vacation
- Install solar panels
- Install solar hot water systems*
- Install solar outdoor lighting
- Install whole house storage batteries
- Take eco-themed vacations
- Charge EV at night, 12-6 am
- Buy offsets to reduce carbon footprint
- Join Community Choice Aggregation (CCAs), choose highest level of renewable electricity sources

WATER CONSERVATION

Conservation Outdoors*

- Plant drought tolerant trees/plants
- Install drip irrigation with timers

- Shorten watering duration
- Use shut-off nozzles
- Use moisture saving mulch
- Sweep walkways, not water spray
- Wash cars in car washes
- Install rain barrels at downspouts

[*bewaterwise.com](http://bewaterwise.com)

Conservation Indoors

- Take short showers
- Turn off water while lathering
- Install low flow shower head
- Collect shower water before hot
- Install instant/tankless water heaters
- Install solar water heating
- Brush teeth with water turned off
- Flush toilets less often
- Wash full loads of laundry & of dishes
- Use water saving cycles
- Wash dishes in sink; air dry*
- Wear clothes more than once before Washing
- Donate clothes, furniture, etc. don't discard in landfill

*See [Dialogue \(Oct 2021\)](#), UUFSD quarterly magazine, pp. 6-7 on dishwashing.
See [uufsd.org>news & events>publications](http://uufsd.org/news&events/publications).

FOOD CHOICES & WASTE

- Use reusable bags
- Avoid plastic wrapping/Styrofoam
- Buy/eat organic food
- Buy/eat fruits & vegetables in season
- Limit/decrease red meat in diet
- Eat vegetarian/vegan diet
- Use a pressure cooker/solar oven*
- Recycle food waste (Coming Soon)**

Climate Action

- Use refillable water bottles/mugs/cups
- Shop at farmers' markets
- Plant a vegetable garden
- Use worm castings fertilizer
- Avoid dangerous chemicals
- Use natural bark for mulch
- Join a community garden

***YouTube.com: "Solar Ovens"**
****Curbside pick-up with regular trash, (new state law) info from your regular waste company coming soon.**

TRANSPORTATION

- Walk, bike, E-bike
- Ride a bicycle to work/errands
- Ride an electric bike
- Drive a plug-in, hybrid, or an all electric vehicle (EV)*
- Consolidate driving errands
- Ride in carpools to school or work
- Don't leave car in idle while waiting; however, not an issue with an EV
- Use public transport
- Buy carbon offsets when flying

sandiegocounty.gov/content/sdc/sustainability/ev-consumerguide.html

RESPONSIBLE INVESTING

- Select mutual fund portfolios with responsible investing
- Invest in companies that have:
 - strong environmental practices
 - good anti-climate change policies
 - socially responsible business plans
- Divest from companies which do not follow climate friendly business plans

GENERAL CLIMATE ACTIONS

- Declutter your home
- Donate unneeded items to charity
- Borrow/rent electronics and clothing
- Maintain appliances and plumbing
- Add weatherstripping to outside doors
- Add insulation to attic and walls
- Choose low carbon activities, e.g., hiking, backpacking, sailing, etc.

- Volunteer/advocate in organizations pledged to reduce climate change
- Volunteer to be a knowledgeable resource for one of your climate mitigation strategies to other members of our UUFSD congregation
- Vote, the future of the planet depends on it**

IF YOU HAVE ANY OTHER CLIMATE ACTIONS YOU USE, PLEASE PASS THEM ON TO THE CLIMATE ACTION TASK FORCE

Community Choice Aggregation (CCAs) in San Diego County

Clean Energy Alliance (CEA) for Del Mar, Carlsbad, and Solana Beach

San Diego Community Power (SDCP) for San Diego & Encinitas (Coming Soon)

(Escondido & San Marcos yet to organize)

The CCAs above are non-profit, multi-agency partnerships created by state law and governed by elected officials from the cities they serve. SDG&E still delivers the electricity and handles billing, however a CCA governing board operates the program which provides alternative energy sources to SDG&E within the community's service territory. With multi-city, locally elected members, the boards oversee decisions regarding power sources, purchasing, programs, and rate setting. All ratepayers are automatically enrolled unless they opt out. Within the CCA a ratepayer can select one of three energy levels from 50% to 100% renewable sources. More details in:

thecleanenergyalliance.org
sdcommunitypower.org

Climate Action Task Force
 Unitarian Universalist Fellowship
 of San Dieguito
 P.O. Box 201, Solana Beach 92075
 858-755-9225