

Actions You Can Take To Save The Environment Around You!



CONGREGATION
SHOMREI TORAH
Environmental Action

October 2007 - February 2019



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The mission of Shomrei Torah's Environmental Action Committee is to encourage environmental stewardship and to promote awareness and sound ecological practices within the synagogue, our congregation and the wider community. In order to respond to the global challenges that we all face, the Committee focuses on four areas:

- Green Shomrei Torah: Develop policies and practices that diminish the synagogue's environmental footprint.
- Education and Awareness: Educate members of the congregation about sound environmental practices.
- Community Involvement: Work with other organizations in Sonoma County to advance the protection and sustainability of our resources and environment.
- Advocacy: Advocate for governmental policies that improve environmental practices in the county and state.

This booklet is a compilation of Environmental Tips which have appeared in "The Voice", the CST newsletter. Each tip features a different opportunity to show your commitment to the environment, whether you're at home, at work or in the synagogue. Use it both as a handy reference and to remind yourself that the Torah contains many environmental directives about our responsibility to protect the planet we inhabit.

We invite you to consider becoming a member of our committee, to attend our next meeting and learn more about our current projects. Please contact the office staff, 578-5519, and check us out on www.shomreitorah.org.

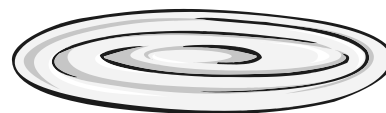
October 2007

"But let justice well up as waters,
and righteousness
as a mighty stream."

— Amos 5:24

**THREE EASY STEPS
WE CAN ALL TAKE
TO CONSERVE WATER**

...a precious resource!



- ➡ Do a walk-through of your home and look for and repair leaky faucets and toilets, which can waste gallons of water each day.
- ➡ Install low-flow showerheads and spigots in your showers and sinks to significantly reduce home water consumption.
- ➡ Water your lawn and plants only when they need it, and do it in the morning or evening when water is less likely to evaporate.

November 2007

There is a famous Midrashic story of the individual who begins to drill a hole under one particular spot on the boat.

Is the entire ship not at risk?
Do other passengers have a right
or an obligation to object?

**Out shopping...
be demanding**



If organic items or eco-labelled goods are not available from your local shops, ask for them. We have the power to change the selection of products that are available to us, so make shop managers aware of your demand for eco-friendly products.

- Buy locally grown products whenever possible as the cost of shipping adds to environmental pollution.
- Ask for and buy only seafood that comes from sustainable sources
- Find out from your municipality about your tap water.
- If you do buy bottled water, buy from a local source (read the labels) and buy water that comes in recyclable glass or plastic.

December 2007

After the Maccabee victory and the rededication of the Temple, enough sanctified oil was found for one day but, miraculously, it lasted for eight days.

Today we cannot count on oil and miracles to extend our light.



Celebrate energy efficiency by switching to cost effective compact fluorescent light bulbs (CFLs) for Hanukkah, the Festival of Lights.

6 Save Energy

CFLs use 75% less energy than incandescent light bulbs to produce the same amount of light. An 18-watt CFL can replace a 100-watt incandescent.

6 Save Money

The life of a CFL is up to 10,000 hours per bulb, compared to less than 1,000 hours for an incandescent—ten times longer.

6 Make a Difference

COEJL (the Coalition on the Environment and Jewish Life) calculates that if every U.S. household replaced one bulb with a CFL, it would have the same impact as removing one million cars from the road.

January 2008

When God created the first man, he took him around to all Eden and said to him,

“See my handiwork, how beautiful and choice they are...Be careful not to ruin and destroy my world, for if you do ruin it, there is no one to repair it after you.”

SAVE A TREE, PLANT A TREE

➔ RECYCLE YOUR NEWSPAPERS. Imagine, if every American recycled his or her newspaper one day a week we would save 36 million trees a year.

➔ USE RECYCLED PAPER. Office supply stores carry paper with 30% or more recyclable paper, and it's not much more expensive than regular paper.

➔ USE REAL PLATES AND NAPKINS—not “throw-away” products.

➔ DECREASE JUNK MAIL by getting off mailing lists. Visit the “do not mail register” at www.dmchoice.org/MPS.

➔ CALL OR EMAIL DENISE HARRISON and let her know that you want to “unsubscribe” to the CST Voice. Members can get a PDF version at www.shomreitorah.org.

➔ AND REMEMBER TO PLANT A TREE! Trees help lower ozone and pollutant levels in cities.



February 2008

In the Mishnah Torah, Maimonides warns against “smashing household goods, tearing clothes, demolishing a building, stopping up a spring, or destroying articles of food.”

This concept of bal tashchit (“do not destroy”) is especially relevant today.

Protect the planet —
Recycle your old electronics!

Harmful poisons, like lead and other toxins found in used



electronic equipment, do not belong in our solid waste streams. Recycle old rechargeable batteries and

cell phones at the many Santa Rosa collection sites listed on the “RBRC Call2Recycle” website.

Old laptops, cordless power tools, camcorders, cellular and cordless phones, digital cameras, and remote control toys can be dropped off by contacting these local centers:

- ➔ Sonoma County Eco-Desk: 565-3375 or www.recyclenow.org
- ➔ Goodwill Industries of the Redwood Empire: 523-0550 or www.gire.org
- ➔ Computer Recycling Center: 570-1191 or www.crc.org

For a complete list of drop off locations for electronics in any area, go to www.rbrc.org/call2recycle/, and click on “find a drop off site near you.”

March 2008

Rabbi Zutra said, “One who covers an oil lamp, or uncovers a naphtha lamp, transgresses the prohibition of bal tashchit, since these acts cause the lamp to burn with unnecessary speed.”

Energy Saving Tips

- 6 Move your thermostat down 2 degrees in winter and up 2 degrees in the summer. This will save about 2,000 lbs of CO² each year.
- 6 Clean the air filters on your furnace and air conditioners. This will save 350 lbs of CO² each year.
- 6 Use weather stripping at the bottom of all external doors.
- 6 Use coverings on all windows.
- 6 Turn off your heater 15 minutes before going to bed.



May 2008



A PILOT PROGRAM running through July 31st in Santa Rosa, Rohnert Park, Sebastopol and Cotati will help residents dispose of old medicines

and prevent the pharmaceuticals from making their way into area waterways. The program provides free bins to area pharmacies so people can safely dispose of old medicines.

People often get rid of old pills by flushing them down the toilet. Medicines make their way to treatment plants that remove biodegradable organic material but are not designed to remove pollutants.

Participating Santa Rosa pharmacies include:

- ☛ Longs Drugs on Fourth Street, Mendocino Avenue and Stony Point Road
- ☛ Creekside Pharmacy on Montgomery Drive
- ☛ Rite-Aid on Farmers Lane
- ☛ Tuttle's Pharmacy on Hoen Avenue
- ☛ All Walgreens stores

Other area pharmacies participating are:

- ☛ Safeway and Longs in Sebastopol
- ☛ Longs on Commerce Boulevard in Rohnert Park
- ☛ Costco in Rohnert Park.
- ☛ Walgreens on Old Redwood Highway in Cotati

For more information, call the city of Santa Rosa at 543-4200 or go to www.srcity.org/safemed.

June 2008

"If, then, you obey the commandments that I enjoin upon you this day... I will grant the rain for your land in season, the early rain and the late."

Devarim (Deuteronomy) 11:13-14

Protect the Planet: Use Less Water and Save \$\$\$

As we head into summer, we remind you to improve your outdoor water-use efficiency, and to eliminate water waste in the yard and garden. Here are just a few of the many ways you can do this:

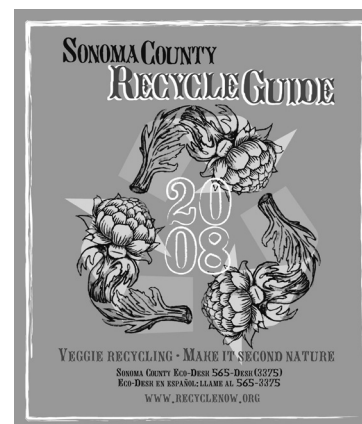
- Check out Santa Rosa's "Cash for Grass" program, which offers a rebate of \$250 for up to 500 sq. feet of grass that you remove. Call City of Santa Rosa-Green Exchange at 543-3985.
- Irrigate between midnight and 6:00 AM to reduce water loss from evaporation and wind.
- Put in drought-resistant shrubs and plants that thrive with far less watering.
- Put a layer of mulch around trees and plants to slow evaporation of moisture.
- Use a broom rather than a hose to clean driveway, deck or patio.



July/August 2008

"There are three ways in which we may relate ourselves to the world — we may exploit it, we may enjoy it, we may accept it in awe."

— Abraham Heschel



Acceptance in awe may also mean protecting the planet by helping reduce waste in our own neighborhoods. Check out the 28-page **Sonoma County Recycling Guide**, a terrific resource in the middle of the Yellow Pages in our AT&T phone book (look for the fold-out tab). It's comprehensive and includes tips on:

Toxic Disposals • Drop-off Recycling • Composting Your Veggies A-Z • Reuse and Recycling Info and much more...

It's easy to find what you need to know to "live green" and tread lightly on the planet!

November 2008

"Look at my works!
See how beautiful they are
— how excellent!
All has been created for your sake...so reflect on this,
and take care not to foul
or destroy my world."

Midrash Ecclesiastes

Rabbah 7:13

During this time of spiritual cleansing, let's begin to use non-toxic cleaners for our homes. Not only is this healthier for us as well as the environment, but it's also far more economical.

For example, baking soda and salt — with a few drops of lavender oil for scent, and teatree oil as an astringent — will clean bathtubs and sinks beautifully. Even a common kitchen item like vinegar acts as an excellent disinfectant!



January 2009

This is the way of pious and elevated people... they will not waste even a mustard seed, and they are distressed at every ruination and spoilage they see, and if they are able to save, they will save anything from destruction with all of their power...

— Rabbi Aaron HaLevi of Barcelona

Let us resolve in the New Year to reduce the use of plastic and paper bags.



Bring reusable shopping bags with you whenever you shop.

Resolve to keep bags in your car and to return to the car to retrieve them if you forget to bring them into the store.

Using a recycled bag can save as many as 6 bags a week, 24 bags a month and 288 bags a year.

February 2009

Rabbi Tanhum be Chiyva taught:
The sending of rain is an event greater than the giving of the Torah. The Torah was a joy for Israel only, but rain gives joy to the entire world, including animals and birds — as it is said, You take care of the earth and irrigate it.
...Psalms 65

As we enter the rainy season it is important to remember that when we wash our cars the water we use goes directly into the storm drains, which lead to the creeks, then to the Russian River and ultimately to the ocean.

The soap we use has chemicals in it which is toxic to fish and other aquatic life. Therefore, when you wash your car please use a professional car wash or wash your car on the grass and then dump the bucket of soapy water into your sink.



April 2009

“You shall not abuse a needy and destitute laborer.”
(Deuteronomy 21:12)

**Searching for gifts?
Coffee or chocolate?**



Look for the “Fair Trade” label on such products, which ensure that those who created them have been treated with dignity, and that the rights of children, women and the environment also have been respected. See the Religious Action Center’s Fair Trade website: <http://rac.org/advocacy/issues/fairtrade/index.cfm?#jewish>

May 2009

“Just as water is a source of life for the world, as it says, a fountain for gardens, a well of living waters, so the Torah is a source of life for the world.”

(Comment on the Song of Songs 4:15)

As we face a dry summer, let’s reduce water use by following these valuable tips:

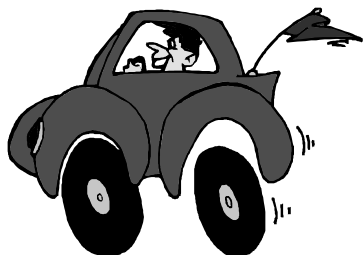
- ➡ Use high-efficiency shower heads, toilets and washing machines;
- ➡ Inspect your irrigation system, repair any leaks immediately, install water-conserving irrigation hardware;
- ➡ Apply three inches of mulch (compost, pine needles, bark) around base of plants to retain moisture.

SAVE WATER... SAVE MONEY...
Save the planet for future generations. Learn more at www.sonomacountywater.org and www.SRcity.org/ut



June/July 2009

“One generation goes and
another generation comes;
but the earth remains forever.”
— (Kohelet 1:4)



Drive Wisely...As summer approaches and vacations begin, consider these simple ways to protect the environment as well as save energy and money:

- 5 Observe speed limits. At 55 you cut gas consumption up to 23%, and reduce the risk of accidents.
- 5 Keep your car in shape. A well-tuned vehicle uses up to 4% less fuel.
- 5 By inflating tires to their rated pressure or slightly above, you extend their lives & improve your overall mileage.

August 2009

“See my works, how good
and praiseworthy they are? And
all that I have created
I made for you. Be mindful
then that you do not spoil
and destroy My world
— for if you do spoil it, there
is no one after you to repair it.”
...Kohelet Rabbah 7:13

MAKE EVERY DROP COUNT!

Some quick tips to improve
efficiency and eliminate wasting
water in your yard:

- Install a drip irrigation system.
- Water infrequently, in short cycles, and early in the morning.
- Catch and recycle water as often as you can, rather than rely on the hose.
- Don't mow too low.
- Replace your lawn with drought resistant plants.

For more information, go to
http://www.scwa.ca.gov/water_conservation/tips.php



September 2009

“And when you reap the harvest
of your land, you shall not reap
all the way to the edges of your
field, or gather the gleanings of
your harvest; you shall leave
them to the poor and the
stranger.”

— Leviticus 23:22

Gleaning — A Jewish Tradition

It's harvest season in
Sonoma County — time to



bring a portion of the fruits
and vegetables from
backyard gardens, vineyards
and orchards to Elisha's
Pantry or your local food
bank, where this bounty can
be shared with those who
have less.

October 2009

It is forbidden to live
in a town that does
not have a green garden.
(Jerusalem Talmud,
Kiddushin 4:12)

BUY LOCAL! During Sukkot we
are commanded to remember
our dependency on the land and
the environment to provide food
for our families.

Buying locally produced foods
from Farmer's Markets or stores,
reduces transportation related
fuel consumption, protects the
land, strengthens community,
and delivers more nutritious
sustainable food to your family.

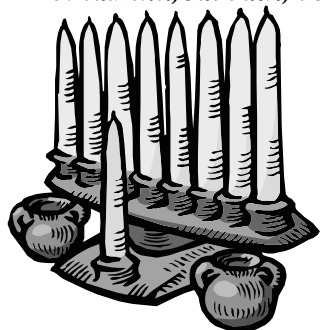
► [http://www.sonoma.com/
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► [http://sonomacounty.golocal.
coop](http://sonomacounty.golocal.coop)



November 2009

A light for one is a
light for a hundred.
— B. Talmud, Sabbath, 122a



During Hanukkah, the Festival of Lights, let's rededicate ourselves to year-round conservation of energy by following these simple tips:

- Turn off lights when you leave a room.
- Replace incandescent bulbs with compact fluorescents.
- Use task lighting, dimmers, light timers, and outdoor solar lighting.
- Install motion detectors to replace on-off switches where possible.

December 2009

"Furnaces and other
causes of smoke, odor
and air pollution are not
permitted inside a city."
—Baba Kamma 82b



As cold weather sets in, consider greening your fireplace by fueling it with:

- Artificial logs made of materials that might otherwise be wasted, such as sawdust and wood chips
- Manufactured logs made purely of wood, such as Duraflame
- Logs made from recycled paper briquettes (simplefire.com), or of recycled boxes (cleanflamelog.com)

In any case, be sure to avoid products that contain paraffin, a petroleum-based byproduct.

January 2010

"The road to the sacred leads
through the secular."
— Abraham Joshua Heschel
Here's something good for you,
your budget, and the ecosystem:

Through 2010, you can get federal stimulus tax credit for products that boost your home's energy efficiency. These include:

- 6 Water heaters
- 6 Air conditioners and furnaces
- 6 Insulation
- 6 Roofing
- 6 Windows and doors



For more details and product eligibility, visit http://www.energystar.gov/index.cfm?c=tax_credits.tx_index

March 2010

God took the man and placed
him in the Garden of Eden,
to work and to protect.
— (Genesis 2:5–2:15)

Protect our waterways!

Remember that all storm drains in Santa Rosa flow into the Russian River and ultimately to the ocean. Even rainwater runoff from the roof, yard and driveway flows into a street gutter or ditch, which then usually feeds open storm drains. To avoid spilling waste into our waters, here are some tips:



- Wash your car not in your driveway but at car washes, which legally must drain run-off into acceptable sewer systems.
- Clean up automotive leaks with kitty litter and put it in the garbage.
- Pick up after your pets.
- Recycle.
- Participate in creek clean-up days — join us on March 14!

April 2010

"The earth is the Lord's and the fullness thereof." (Psalm 24:1)

Eat fish that is abundant and caught or farmed in environmentally friendly ways!



How can we make smart choices for eating fish when the world's fisheries are collapsing?

How do we deal with health and ecological concerns because of mercury levels and endangered fish?

How do we choose fish which are from a plentiful, well-managed supply?

Here are a few tips:

- Buy from a fish counter you trust — and ask questions.
- Support local sustainable fisheries.
- Try to eat line-caught fish from small sustainable fisheries.
- A few of the Eco-Best — Sablefish, tilapia, striped bass, sardines, wild Alaskan salmon, and farmed rainbow trout.
- A few of the Eco-Worst — Chilean sea bass, grouper, swordfish, farmed or Atlantic salmon, bluefin and yellowfin tuna.

Websites to learn more about safe fish:

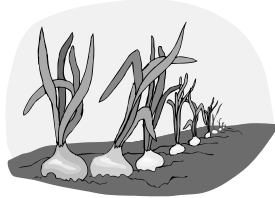
- 5 www.worldwatch.org
- 5 www.montereybayaquarium.org/cr/seafoodwatch
- 5 www.nrdc.org

May 2010

"Your welfare depends on the land just as much as the welfare of the land depends on you."

Deuteronomy 11:13–17

This spring consider starting a garden to reduce the distance from farm to fork!



A few thoughts about practicing sustainability here in Sonoma County, an ideal climate for a great variety of crops:

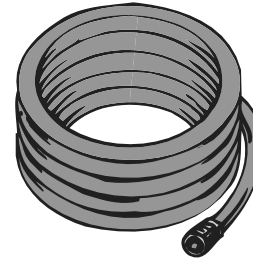
- < Be mindful of where your food comes from and what it takes to grow it;
- < Teach your children to love growing and eating healthy vegetables;
- < Learn to use as little water as possible;
- < No room in your yard at home? — join a community garden or volunteer to work at one;
- < Try planting an herb garden in a small container or window box;
- < In the fall practice the Jewish tradition of Pe'ah, "leaving the corners of your field to those in need," by bringing extra produce to Elisha's Pantry or the nearest local food bank.

Look for gardening and water conservation tips at:

- IGROW <http://www.igrowsonoma.org>
- Daily Acts <http://www.dailyacts.org>
- GoLocal Cooperative <http://sonomacounty.golocal.coop>

August 2010

Just as water is a source of life for the world, as it says, a fountain for gardens, a well of living waters, so the Torah is a source of life for the world. (Comment on the "Song of Songs," 4:15)



Here's a recap of a few tips for using water — our most precious resource — during the hot summer months:

- Irrigate wisely by:
 - Watering only when necessary.
 - Adjusting sprinklers so only your lawn is watered.
 - Using drip irrigation for your gardens.
 - Watering in the early morning or evening to minimize evaporation.
- Plant drought-resistant shrubs and ground cover (Shomrei Torah is a good model).
- Aerate your lawn at least once a year so water can reach the roots rather than run off the surface.
- Use a broom instead of a hose to clean your driveway and sidewalks.

Saving water is important and easy. Conserve it, and you save on your utility bills as well.

For more tips on saving water, visit www.wateruseitwisely.com/100-ways-to-conserve/index.php.

September 2010

"All who wound God's works wound God's image."

The Zohar

When cleaning your house, be a green consumer: gradually replace expensive commercial cleaning products with non-toxic, biodegradable, eco-friendly products. Or try these homemade alternatives. Your house will sparkle if you use:

- 5 Vinegar, to clean, disinfect and remove stains;
- 5 Lemon juice with olive oil, to pick up dust and make wood furniture shine;
- 5 Baking soda mixed with warm water and mild soap, to produce a great scrub;
- 5 Hydrogen peroxide mixed with water, to clean moldy, mildewy stuff off grout in the shower.

And remember, when switching to non-toxic cleaners, don't just drop the old ones in the trash or down the drain. Take them to a household hazardous waste recycling center.

For more information, check out: www.planetgreen.discovery.com/go-green/green-cleaning/green-cleaning-reading.html and www.oxyboost.com/utility_pages/nontoxic.html



October 2010

God took the man
and placed him
in the Garden of Eden,
to work and to protect.
(Genesis 2:5-2:15)

The CST Environmental Action



Committee recommends voting
AGAINST Proposition 23 on the
November ballot.

Prop. 23 would suspend many of
California's initiatives to reduce
global-warming, and could end
up rolling back some of the state's
aggressive environmental standards,
including:

- ▶ Rules that require utilities to
generate 1/3 of their electricity
from renewable resources
- ▶ Programs that require oil
refineries to make cleaner-
burning fuel.

For more information, check these
websites: StopDirtyEnergyProp.com;
sustainableindustries.com/articles/.

November 2010

"It is forbidden to live
in a town that does not
have a green garden."
—Jerusalem Talmud,
Kiddushin 4:12

Eco-friendly food choices for



healthy, conscious, ethical eating...

How fortunate we are here in
Sonoma County, close to such
a bounty of foods! We can help
sustain our community, decrease
our carbon footprint and get fresher
and healthier products when we:

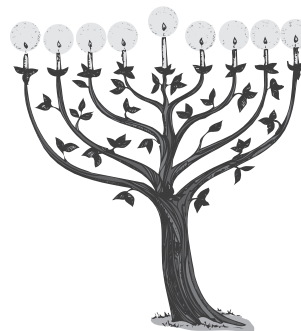
- , Buy locally grown products
at farmer's markets or from
neighborhood groceries;
- , Eat organic to reduce the use of
pesticides;
- , Eat with the seasons;
- , Consider purchasing a weekly
or monthly subscription from a
local CSA farmer.

To find out more, check out the new CST
food guide at <http://www.shomreitorah.org/foodguide2010.pdf>, or you can go to:
<http://urj.org/life/food/index.cfm?>

December 2010

A light for one is
a light for a hundred.
—B. Talmud, Sabbath

8 days of Hanukkah needn't mean



8 nights of material gifts. For
this Festival of Light, set an eco-
example, outside the box.

Think voucher...green investment...
donation...or plant a tree!

- Giving a gift? Consider
renewables or locally made items.
- Wrapping gifts? Put them in
recyclable shopping bags, reuse
old wrappings, or create your
own.

Consider these fair trade options:

- ➔ www.fairtradejudaica.org
- ➔ www.store.gxonlinestore.org
- ➔ www.taraluna.com
- ➔ www.mayanhands.org
- ➔ [www.coejl.org/GreenGifts/
Hanukkah](http://www.coejl.org/GreenGifts/Hanukkah)

January 2011

"If you believe you have the
power to damage, believe you
have the power to fix."
Rabbi Nachman
of Bratslav (attributed)



Simple everyday actions to reduce
your carbon footprint: Change habits
at home, school, work, and on the road
to reduce your use of fossil fuels.

- Limit fuel consumption by
combining trips to the store or
shopping locally.
- Pay attention to packaging...buy
in bulk...bring your own bags and
containers.
- Use cloth napkins and towels
whenever possible.
- Limit the distance that your
products travel — buy local and
buy with the seasons.
- Unplug appliances that you
don't use frequently. Buy energy
efficient appliances and compact
fluorescent bulbs or LEDs.
- * [http://nationalzoo.si.edu/
Publications/GreenTeam/default.cfm](http://nationalzoo.si.edu/Publications/GreenTeam/default.cfm)
- * [http://www.nativeenergy.com/
pages/more_you_can_do/18.php](http://www.nativeenergy.com/pages/more_you_can_do/18.php)
- * [http://www.getenergyactive.org/
wisely/house/tips-list.htm](http://www.getenergyactive.org/wisely/house/tips-list.htm)

February 2011

"Be the hands and feet of God".
— Rabbi George



Whether you clean a creek, remove invasive plants, build a trail, or work in the garden at Shomrei Torah, environmental activism is a great way to help care for our planet. For a variety of local volunteer opportunities, check these websites:

- ▶ www.stewardsofthecoastandredwoods.org
- ▶ www.sonomalandtrust.org
- ▶ www.birdrescuecenter.org
- ▶ www.sonomaopenspace.org
- ▶ www.conservationaction.org
- ▶ www.envirocentersoco.org
- ▶ www.landpaths.org
- ▶ www.lagunafoundation.org
- ▶ www.coastwalk.org
- ▶ ci.santa-rosa.ca.us/departments/stormwatercreeks

And don't forget!
Join us for Riparian Restoration
at the Laguna Wetlands March 6th!

March 2011

Do not dump waste in any place
from which it could be scattered
by the wind
or spread by flooding.
— Maimonides,
Mishneh Torah

Protect Our Landfills



Reduce... Reuse... Recycle!

Spring cleaning? Don't throw it out with the garbage.

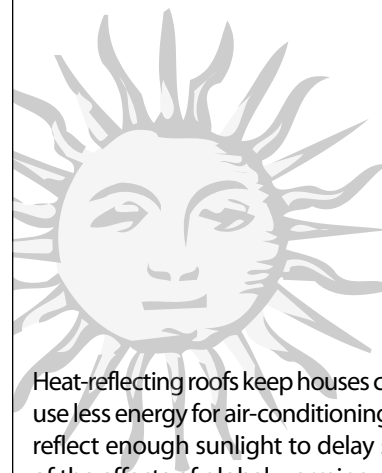
You can donate clothing, household goods and furniture to local thrift stores and agencies that can distribute them to those in need.

- ➔ <http://www.recyclenow.org/>
- ➔ <http://www.satruck.org/donate-goods>
- ➔ <http://www.goodwill.org/>
- ➔ <http://thriftstorejunkies.com/wine-country-thrift-stores/sonoma-county-thrift-stores/sebastopol-thrift-stores/sutter-vna-hospice-thrift/>

Consider helping Elisha's Pantry with their housewares collection, taking place March 1–23.

April 2011

Build ye houses and dwell
in them, and plant gardens
and eat the fruit of them.
(Jeremiah 29:5)



Heat-reflecting roofs keep houses cooler, use less energy for air-conditioning, and reflect enough sunlight to delay some of the effects of global warming.

"Cool roofs are one of the quickest and lowest-cost ways we can reduce our global carbon emissions and begin the hard work of slowing climate change."

Energy Secretary Steven Chu

- 5 www.dosomething.org/project/white-roof-project
- 5 www.sierraclub.typepad.com/greenlife/2010/10/green-your-roof-go-white.html
- 5 www.washingtonpost.com/wp-dyn/content/article/2010/09/16/AR2010091607740.html
- 5 www.moneyaside.com/save-money-with-a-super-therm-white-roof
- 5 www.motherearthnews.com/Green-Homes/Cool-Roof-White-Roof.asp

May 2011

"Do not separate yourself
from the community"
(Pirkei Avot, 2:5)



May is National Bike Month!

As the weather warms, it's time to get out of your car and tune up your bicycle. Bike to work, the store, or just for exercise. It's good for our environment, may improve your health, and can surely save you some money.

Also, consider participating in Hazon's Bike Ride, May 6–9, an event that will help the community by raising funds to give back to local projects!

- 5 <http://www.hazon.org/go.php?q=/rides/2011CA/joinThePeopleOfTheBike.html>

Bike to Work Day is Thursday, May 12

- 5 <http://www.bikesonoma.org/Bike2Work.html>

Bike to Work Week is May 16–20

- 5 <http://www.bikeleague.org/programs/bikemonth/>

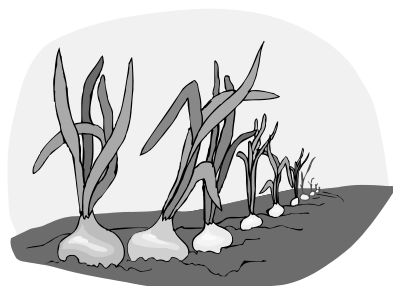
For more information about bicycling in Sonoma County, visit:

- 5 <http://srcc.memberlodge.com/>
- 5 <http://www.bikesonoma.org/>

June/July 2011

For now the winter is past, the rains are over and gone. The blossoms have appeared in the land. The time of the singing has come; the song of the turtledove is heard in our land. The green figs form on the fig tree, the blossoming vines give off fragrance.

— Song of Songs 2:11–13



A TIME TO PLANT

June is the month to start your garden. Consider planting extra to share with the community. Donations of fresh veggies are always appreciated at Elisha's Pantry, Food for Thought and Redwood Empire Food Bank.

³/₄ <http://www.harvestgarden.org/organicproduce.html>

³/₄ <http://fftfoodbank.org/>

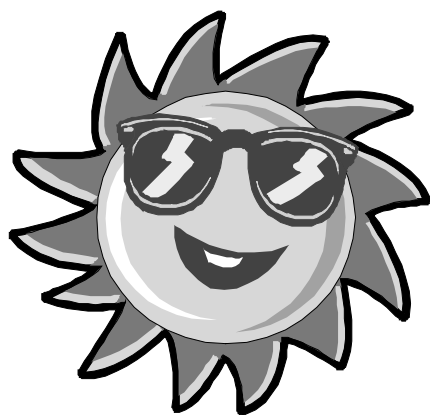
³/₄ <http://www.refb.org/>

³/₄ <http://communitygarden.org/learn/starting-a-community-garden.php>

August 2011

If not for the trees, human life could not exist.

— Midrash Sifre
(Deuteronomy) 20:19



KEEP COOL THIS SUMMER

- Plant for shade — trees on the south and west will help cool the house naturally.
- Install white window covering or light roofing to reflect heat away from the house.
- Install a whole house fan and reduce need for an air conditioner.
- Install a ceiling fan to create a cool breeze.

³/₄ <http://www.nrcs.usda.gov/feature/backyard/treetptg.html>

³/₄ <http://freshome.com/2007/06/25/tricks-keep-your-house-cool-this-summer/>

³/₄ <http://www.wholehousefan.com/>

³/₄ <http://www.pge.com/myhome/saveenergymoney/savingtips/seasonaltips/summer/>

September 2011

L'shanah tovah
tikatev v'taihatem...
“May you be inscribed
and sealed for a good year.”

123

Make a New Year's commitment to practice **The Big Three** to eliminate waste and protect our environment:

- 1. Reduce...** Buy and use less. Avoid waste!
- 2. Reuse...** Instead of throwing things away, reuse them yourself or pass them on to others.
- 3. Recycle...** Put recyclables in your blue bin or take them to recycling centers, to be either remade or turned into something new.

<http://kids.niehs.nih.gov/recycle.htm>

<http://www.renew-reuse-recycle.com/>

October 2011

Do not separate yourself from the community. —

Pirkei Avot, 2:5



**Instead, join,
build and shape it...**

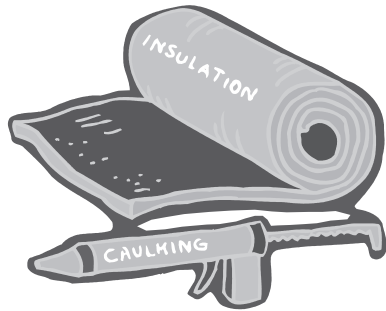
- à Share your extra produce with Elisha's Pantry or a nearby food bank.
- à Join a Shomrei Torah CSA (Community Supported Agriculture) to eat locally grown healthy, fresh veggies.
- à Honor National Food Day -- join Rabbi George and CST members at Singing Frog's Farm on Tuesday, October 18.

<http://www.shomreitorah.org/community/environmental-action/>

<http://www.shomreitorah.org/community/social-action/>

November 2011

Shelter us beneath
thy wings O Adonai
—from the Maariv service



Since fall is a time to think about shelter, you'll want to prepare your house for winter. A well-insulated house is an energy saver.

- à Consider performing an energy audit.
- à Seal air leaks.
- à Insulate your attic.
- à Get a furnace inspection.
- à Don't forget to check out energy rebates.

For information about making your home more energy-efficient, go to:

- www.energystar.gov/index.cfm?c=home_sealing.home_improvement_sealing
- www.pge.com/includes/docs/pdfs/myhome/saveenergymoney/rebates/home_insulation_factsheet.pdf
- www.pge.com/myhome/saveenergymoney/analyzer/

December 2011

"Do not dump waste in any
place from which it could be
scattered by the wind or spread
by flooding".

Maimonides,
Mishneh Torah



**Getting a new iPad, flatscreen TV
or laptop computer this season?**

- ä Recycle your old equipment.
Keep eWaste out of our landfill!

Why?

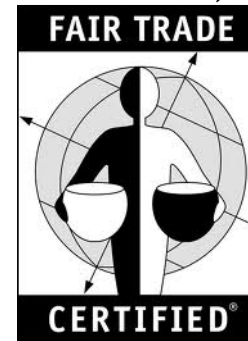
- ä Electronic devices contain a variety of materials that can be recycled such as metals.
- ä Electronic devices contain hazardous waste that should not be in landfills.

Where?

- ä Participate at county e-waste recycling days. Next event in Santa Rosa — January 14, 2012 at the Wells Fargo Center.
www.recyclenow.org/toxics/electronics.asp
- ä Drop off daily at Goodwill in Sebastopol.
www.gire.org/where.htm
- ä To schedule an eWaste neighborhood pick up, call (707)523-0550, ext. 216.
www.gire.org/ewaste.htm

January 2012

"You shall not
abuse a needy and
destitute laborer."
(Deuteronomy 21:12)



BUY FAIR TRADE PRODUCTS!

Help provide self-sufficiency to farmers in the developing world. The Fair Trade movement emphasizes the importance of treating workers and farmers with dignity.

More information can be found by visiting:

- <http://rac.org/advocacy/issues/fairtrade/index.cfm?#jewish>
- <http://fairtradeusa.org/>

Don't miss the Lifelong Learning/ Shabbat service featuring Paul Katzeff, founder of Mendocino-based Thanksgiving Coffee, a fair trade company committed to sustainability, on January 13. Afterwards, please stay for CST's second M.O.O. (mostly organic oneg) sponsored by the Environmental Action Committee.

February 2012

"If not for the trees, human life
could not exist."

Midrash Sifre/
Deuteronomy 20:19



Help the environment! Celebrate *Tu B'Shvat* — Jewish Arbor Day — by planting a tree.

Trees can...

- 5 clean the air of pollutants
- 5 produce oxygen
- 5 prevent soil loss
- 5 provide homes for animals
- 5 and do much more!

Inexpensive bareroot trees are available in nurseries around Sonoma County.

Also, join the Shomrei Torah community at the Creek Clean-up on March 18 when the Environmental Action Committee plants a tree in memory of Rabbi Michael Robinson.

For more information and to RSVP, go to: www.shomreitorah.org/community/environmental-action/.

March 2012

"Deeds of loving-kindness are equal in weight to all the commandments."—Jerusalem

Talmud, Pe'ah 1:1



If you want the world to change, never doubt that you can help change it!

- 5 Volunteer at a local nonprofit organization and help our community and the environment
- 5 Beautify Sonoma County
- 5 Help preserve our fish and wildlife
- 5 Protect our parks
- 5 Connect to others and, in the spirit of *tikkun olam*, join the Environmental Action Committee on March 18 for the Santa Rosa Creek Clean-Up.

- <http://parksalliance.com/the-parks-alliance-%e2%80%93-who-we-are/>
- www.lagunafoundation.org/
- www.stewardsofthecoastandredwoods.org/

April 2012

I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Genesis 1:29-31

MICHAEL POLLAN

FOOD RULES

AN EATER'S MANUAL



Just a few of food writer Michael Pollan's simple rules for healthy eating...

- "Don't eat anything your great-grandmother wouldn't recognize as food."
- "Don't eat anything that won't eventually rot" (with a few exceptions, like honey).
- "Don't buy food where you buy your gasoline."
- "Eat food. Not too much. Mostly plants."
- "Eat all the junk food you want as long as you cook it yourself."
- "When chickens get to live like chickens, they'll taste like chickens, too."

Read more Michael Pollan...

- In Defense of Food: An Eater's Manifesto
- The Omnivore's Dilemma
- Food Rules: An Eater's Manual

May 2012

"It is not what one says, but rather what one does, that makes a difference in the world."--Pirkei

Avot, 1:17



Consider how your everyday actions, even the smallest, affect life on earth!

When not charging, be sure to unplug the battery chargers for your electronic gizmos and gadgets, such as...

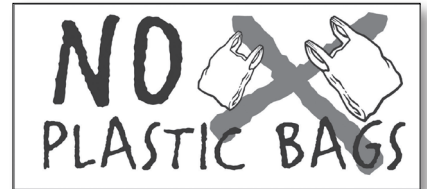
- A Cellphones and Digital Cameras
- A Tablet and Laptop Computers
- A E-Book Readers and iPods
- A Rechargeable Batteries
- A Power Tools
- A Other Portable Devices

Did you know that:

- They can waste as much as 60% of the electricity they suck from outlets?
- They're dubbed "vampires" because they continually draw small amounts of power when plugged in, even if no device is connected?
- The average California home has 11 of them?

June/July 2012

Whoever destroys anything that could be useful to others breaks the law of Bal Tashchit — Do not Waste. Babylonian Talmud, Kodashim 32a



Bag It!

There is no away! Plastic does not go away — it's everywhere, and it pollutes, flies, tangles, clogs landfills, litters streets, and flows down waterways into the ocean.

Many plastics can have a second life as new bags, backyard decks and fences, lawn and garden products, cutting boards, cutlery, colanders, flower pots, tooth brushes, picture frames and baby toys, to name a few.

But, it's up to us! Start by...

- remembering your own bags next time you shop;
- bringing your own containers for leftovers when you eat at restaurants;
- reusing all your plastic;
- taking full advantage of curbside programs and municipal recycling centers; or
- going the extra mile to look online for where to take harder to recycle items.

August 2012

"Your welfare depends on the land just as much as the welfare of the land depends on you."

Deuteronomy 11:13-17



Why is Composting So Important?

Because it...

- Turns waste into a valuable resource.
- Saves limited landfill space.
- Prevents soil erosion.
- Recycles nutrients back into the soil.
- And, of course, it reduces trash!

At Shomrei Torah we have a new waste management program and the majority of what was previously considered trash is now compostable!

Please help us minimize the amount of material we send to the landfill by scrupulously following the new instructions posted around the synagogue.

You can obtain the information sheet at www.shomreitorah.org/community/environmental-action/ and on the table in the lobby.

September 2012

"And the Lord took Adam and placed him in the Garden of Eden, to work it and guard it." Genesis

2:15

Start the New Year by resolving to make eco-friendly choices!



Compost more! This can mean different things in different places, but it all begins by making simple changes in our daily habits.

For example, at CST we can now compost all food waste plus paper plates, cups and napkins. So, be sure to separate recyclables and trash from compost and use appropriate bins for each.

At home, only fruits and vegetables can go into the yard waste bin for compost, the rest goes into your trash.

Be an environmental steward and decide to make sound choices that sustain the planet for future generations.

L'Shana Tovah,
from the Environmental
Action Committee

October 2012

"It is not your obligation to complete the task, but neither are you at liberty to desist from it entirely..."

Rabbi Tarpon,
Pirke Avot 2:16



Planning to host an event at Shomrei Torah?

Be sure to review the waste management guidelines at www.shomreitorah.org/community/environmental-action/. They will help you decide what you wish to purchase. Many food-related supplies are also compostable, including...

- 100% uncoated paper plates (NOT compostable plastic)
- Paper napkins
- Paper cups

In the spirit of *tikkun olam*, we're proud that our synagogue is working toward being a near zero-waste building.

We can each do a little to advance this effort, one green act at a time!

November 2012

"Do not be scornful of any person and do not be disdainful of any thing. For there is no person without his hour and not thing which does not have its place."

Pirke Avot

(Ethics of Our Fathers) 4:3

WHY IS THIS TRASH DIFFERENT FROM ALL OTHER TRASH?

Are you challenged by Shomrei Torah's new waste program? Confused about what goes in which bin? You're not alone. Let's all learn to help green our synagogue in the spirit of *Tikkun Olam*.

What goes in the GREEN (Compostable) bin?

- All food (even meat, bread, dairy, fruit and veggies)
- Paper plates, with or without food
- Paper napkins, clean or soiled
- Paper towels, clean or soiled
- Flowers
- Produce and clippings from the CST garden

We no longer have a trash dumpster (only a small can), and we are now on our way to becoming a zero waste synagogue.

L'Shana Tovah,
from the Environmental
Action Committee



December 2012

“Blessed shall be your basket and
your kneading trough.”
—Deuteronomy 28:5 NIV

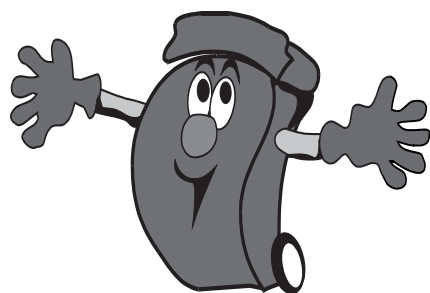


As Sonoma County gets ready to roll out a plastic bag ban, and as you get ready to shop for the holidays, here are a few tips on how to remember to take your reusable bags:

- ➔ Keep reusable bags in the back seat or trunk of your car;
- ➔ Hang a few reusable bags on the coat rack or door knob;
- ➔ Keep a reusable bag at your place of work;
- ➔ Keep compact reusable bags in a purse, pocket or back pack;
- ➔ If you save coupons, put them in your bag and keep the bag by the door.

January 2013

Psalm 104:14—
You cause the grass to
grow for the livestock and
plants for man to cultivate, that
he may bring forth
food from the earth.



What happens to the garbage that we throw into the green bin at CST?

It's taken by North Bay Waste Management to Jepson Prairie Organics, a unique recycling program near Vacaville. Jepson diverts yard trimmings, food scraps and other compostable material into an especially rich, black compost, perfect for reconditioning soil that is sold to the organic farming industry, vineyards, and landscapers.

Why is this important?

- 5 It reduces garbage in the landfill.
- 5 It helps the environment.
- 5 It recycles nutrients back into the earth.
- 5 It reduces the use of chemical fertilizers.

February 2013

Thinking of others, into the well
from which you drank water,
do not throw clods of dirt.
—Raba ben Chinena
Talmudic tractate Bava Kamma



KICK THE PLASTIC WATER BOTTLE HABIT!

In the spirit of *Tikkun Olam*, consider reducing your use of bottled water which...

- à Isn't good value
- à Is no healthier than tap water
- à Means more trash

Bottled water produces up to 1.5 million tons of plastic waste per year. According to Food and Water Watch, that plastic requires up to 47 million gallons of oil to produce.

- <http://www.mnn.com/food/healthy-eating/stories/5-reasons-not-to-drink-bottled-water>
- <http://www.allaboutwater.org/environment.html>
- <http://www.sfexaminer.com/local/2013/01/despite-years-talk-san-francisco-still-mulling-ban-plastic-water-bottles>

March 2013

Do not dump waste
in any place from which
it could be scattered
by the wind or
spread by flooding.
—Maimonides, Mishneh Torah

Are unused and expired medications filling up your medicine cabinet?

Don't flush them down the drain or throw them in the trash.

Help protect your family and the environment by taking unwanted medication to a participating take-back site.

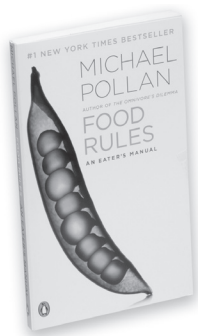
There are numerous locations for disposal around Sonoma County, including many pharmacies and hospitals (see links below).

- <http://www.safemedicinedisposal.org/drop-off-locations/>
- <http://www.recyclenow.org/toxics/medications.asp>



April 2013

I give you every seed-bearing
plant on the face of the
whole earth and every tree
that has fruit with seed in it.
They will be yours for food.
Genesis 1:29-31



Just a few of food writer Michael Pollan's simple rules for healthy eating...

- "Don't eat anything your great-grandmother wouldn't recognize as food."
- "Don't eat anything that won't eventually rot" (with a few exceptions, like honey).
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- "Eat food. Not too much. Mostly plants."
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Read more Michael Pollan—

In Defense of Food:
An Eater's Manifesto

The Omnivore's Dilemma
Food Rules: An Eater's Manual

May 2013

And the Lord took Adam and placed
him in the Garden of Eden, to work
it and guard it."
Genesis 2:15



We have only one planet — help protect it!

A reminder from the Environmental Action Committee — Don't forget your reusable bags when shopping!

This summer an ordinance banning plastic bags will be implemented in Sonoma County which will affect grocery and most retail stores, and a 10-cent fee on paper bags will be levied.

For more information go to: www.recyclenow.org/agency/reports.asp



June/July 2013

Thou hast named water the
symbol of thy might; its drops
refresh all that have breath of life
and revive those who praise thy
powers of rain.

—Prayer for rain,
8th day of Succot

It is going to be a dry
summer, so let's try
and conserve water.



➔ Don't let the water run while rinsing dishes or fruit and vegetables. Use a basin.

- ➔ Run your clothes washer and dishwasher only when full.
- ➔ Use the garbage disposal sparingly. Compost food and vegetables.
- ➔ Plant in the fall when conditions are cooler and use mulch around plants to retain moisture.

For more ideas check out:

- 5 www.wateruseitwisely.com/100-ways-to-serve
- 5 www.ci.santa-rosa.ca.us/departments/utilities/conserve/Pages/tips.aspx

August 2013

Rabbi Zutra said, "One who covers an oil lamp, or uncovers a naphtha lamp, transgresses the prohibition of bal tashchit, since these acts cause the lamp to burn with unnecessary speed."

Stay Cool...Save \$\$\$...

Reduce Pollution!

Energy Tips for Hot Summer Days

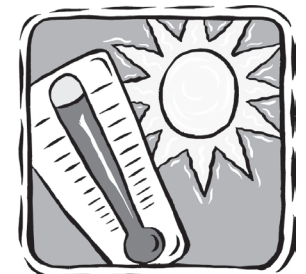
Program thermostat settings around your summer schedule — a few degrees higher when no one is home.
Use ceiling fans to create a cool breeze, and be sure to turn them off when you leave a room.

Better yet, install a whole house fan, an alternative to air conditioning that operates during "off-peak times" (morning and evening).

Maximize shade by closing curtains and shades to keep the sun's rays from overheating your home interior.

Reduce oven time or use a microwave instead.

Check air conditioner filters monthly and have your system inspected annually for optimum efficiency.



September 2013

One generation goes and another generation comes;
but the Earth remains forever.
—(Kohelet 1:4)



Take a lot of steps!

Walk... drive less... 100 years ago most people got by without cars. They took the train, they lived near their workplaces, and they walked.

Use neither paper nor plastic!

Bring reusable bags with you to the grocery store to cut down on the 350 bags the average American uses each year.

Bring your own bottle!

Fill up a reusable water bottle at home and take it with you.

Turn most lights off!

Have the light on only in the room you're in, and keep the rest of the house dark. You'll see more stars and find the dark soothing.

October 2013

Make the right choice -- for you and for the future of our fragile planet! And God said, "Let there be light," and there was light. — (Genesis 1.3)

Beginning May 2014, residents of much of Sonoma County will have a choice of electricity providers...



Sonoma Clean Power or PG&E.

Learn more so that you can make an informed decision when it's time to choose.

In recent reports, scientists have found:

"greater certainty that the planet is warming and greater likelihood that humans are the primary cause"

— from Press Democrat article "Climate panel cites near certainty on warming," August 20, 2013.

To begin your search for information on choosing an electricity provider:

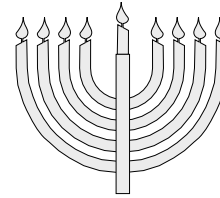
www.sonomacleanpower.org/app_pages/view/67

and

www.pge.com/en/about/environment/

November 2013

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." —Albert Einstein



A few tips from the Environmental Action Committee as we prepare to celebrate the miracle of Hanukkah...

- 1) Use beeswax, palm oil or soy candles in your menorah.
- 2) Dispose of your latke cooking oil properly — put it in an old sealable container with absorbent paper and discard it with other garbage. NEVER pour it down the drain or into the disposal.
- 3) Dedicate one night to an environmental cause — adopt an endangered animal in your child's name as a gift, plant a tree, or join a local nature conservancy.
- 4) And just as the Jews rededicated the Temple, let's rededicate ourselves to caring for the grounds of Shomrei Torah — contact the Land Stewards to adopt a plot here.
- 5) We wish you a green and environmentally-friendly Hanukkah!

Dec. 2013/Jan. 2014

"Where there is no vision, the people perish."
—Proverbs xxix. 18.

- **Do you have used or outdated drugs?**
- **Want to dispose of them responsibly?**
- **Never flush or put them in the garbage!**

The city of Santa Rosa sponsors a SAFE MEDICINE DISPOSAL program. Take them to one of many drop-off locations in Sonoma County, such as Oliver's Markets, Tuttles' Pharmacies, the Santa Rosa Police Station, or the Senior Center in Santa Rosa.

For a complete list of county places to take them, go to:

5 www.safemedicinedisposal.org/

Protect the environment... protect children from accidental poisonings... keep medications out of the wrong hands!



February 2014

"As water spilt on the ground, which cannot be gathered up again." —2 Samuel 14:14.

Help maintain a healthy environment — turn your cooking oil into a useful resource, not a waste!



Did you know that pouring used cooking oils down the drain can be harmful to the environment? They don't belong in the garbage, recycling, or yard waste bins either.

The solution — There are safer ways to dispose of them. For example, several Sonoma County restaurants accept clean, liquid vegetable oil that's free of solids, meat scraps or water. Among them are Betty's English Fish and Chips in Santa Rosa, Big John's Market in Healdsburg, and Black Bear Diner in Sonoma.

In addition, Yokayo Biofuels, a licensed grease collection center in Ukiah, collects used oils and processes them into biodiesel.

For more information, visit:
www.recyclenow.org (grease/food service oils); or call 565-DESK.

March 2014

According to the Rabbis every person must say the entire world was created for me.

If the world was created for me, it follows that must always examine how I can rectify the world and fulfill its needs and pray for the world.

— Rabbi Nachman of Bratslav, *Likutei Mo'HaRaN*, 1 5:1

"The year that just ended will be remembered as the worst on record for rainfall."

— **Press Democrat, Jan. 3, 2014**

- Collect the water you use to rinse fruit and vegetables and water houseplants with it.
- Dishwashers, set on light, generally use less water than washing dishes by hand.
- Toilet leaks can be silent! Test your toilet for leaks.
- Use a WaterSense labeled showerhead. They're inexpensive, easy to install, and can save up to 750 gallons a month.
- Consider replacing some or all of your lawn with a xeriscape or a garden on drip irrigation.
- Wash your car from a bucket and use the hose minimally.

Check out hundreds of tips available on the world-wide web. Search words "saving water".



April 2014

Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

~ Ecclesiastes xi.7



Why is this Light different from all other lights?

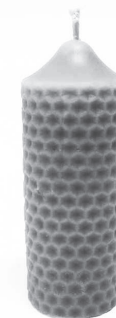
In our ongoing effort to make a difference and leave our children a living planet, why use LED (light-emitting diode) bulbs?

- They use 75% less energy than incandescent bulbs
- They can last at least six times longer than incandescents
- They provide instant illumination with no warm-up time
- They're safe and contain no mercury or hazardous materials

https://pge.myenergysites.com/Articles/The-new-bulb-you-have-to-see-to-believe?WT.mc_id=RESnewsletter_dec2013_email_LED%20Bulb-CTA-link

May 2014

One person's candle is a light for many.
~ The Talmud



Candles! Could some be bad for your health, releasing toxins and causing pollution in your home? Yes, certain cheap imports made from paraffin wax, a by-product

of the petroleum industry, release a range of harmful chemicals. Also, many scented varieties used in aromatherapy contain lead-core wicks which can also be dangerous. Are there safe alternatives that are free of toxins? Of course!

- 100 percent beeswax candles with cotton wicks
- Soy candles that burn clean with no harmful fumes
- Others made from 100 percent vegetable-based waxes

Candles! Could some be bad for your health, releasing toxins and causing pollution in your home?

www.anapsid.org/cnd/mcs/candles.html
www.cnn.com/2009/HEALTH/08/21/candles.air.pollution/index.html?eref=rss_health
www.nymaturalnews.com/article/are-your-candles-hiding-a-toxic-secret/

June-July 2014

Mayim L'Chaim! Water is Life! Water wisely! The drought persists, and every drop counts! When conserving water, small adjustments can have a big impact.

Outdoor tips for the yard:

- Group plants with the same water needs together to avoid
- Overwatering some while underwatering others
- Reduce the amount of lawn in your yard by planting shrubs and
- Ground covers appropriate to your site and region
- Plant in the spring or fall when watering requirements are lower
- Leave lower branches on trees and shrubs and allow leaf litter to
- Accumulate on the soil which keeps soil cooler and reduces evaporation
- Consider xeriscaping your yard, a method of conserving water through creative landscaping

www.earththeasy.com/grow_xeriscape.htm
www.earththeasy.com/live_water_saving.htm



August 2014

God did not create it [the earth] a wasteland, but formed it for habitation ~ Isaiah 45:18

The drought continues...every drop is precious!
What's causing it? A high pressure zone hovering over the north Pacific.

What to do to save water (from Sunset Magazine):

Outdoors in the garden:

- Embrace a brown lawn -- it will come back in the fall.
- Make friends with mulch (helps keep moisture in the soil).
- Cover the pool (prevents evaporation).
- Check irrigation system for leaks.

Indoors:

- Shorten showers.
- Test for leaks.
- Run dishwasher and clothes washer only when full.
- Install aerators with flow control on faucets.

For more water saving tips, check these websites:
saveourh2o.org, bewaterwise.com, wateroff.com



September 2014

"I call heaven and earth to witness you today, I have put before you life and death, blessing and curse -- therefore choose life!" ~ (DEUT. 30:19)

When we're told to choose life for ourselves, we're also commanded to choose sustainability for the planet. Resolve to "Drive Green" in the New Year! It's safer, cleaner, and better for your budget.



A few tips for a more ecological drive...

- Keep tires properly inflated -- it's safer and prolongs their life
- Fill up at the right time -- early morning or late evening pollutes less and saves fuel
- Obey the speed limit -- boost fuel economy and cut chance of collision
- Clean out your trunk -- get better gas mileage with less weight onboard
- Keep up with upkeep -- burn less gas with regular tune-ups, filter changes
- Time trips against traffic -- avoid stop and go driving at rush hour
- Consider a more fuel efficient vehicle -- buy a hybrid or electric with your next car purchase.

October 2014

"....everything that I created I created for you. Be careful not to spoil or destroy my world -- for if you do, there will be nobody after you to repair it."
~ (DEUT. 30:19)

A reminder -- take your own bags when you go to the store (or pay 10 cents for a paper bag!). Since September 1, plastic bags have been banned in Sonoma County.

- Keep a few reusable bags in your car.
- Place your bags by the door or near your keys.
- Jot a reminder on your shopping list or on your refrigerator.
- Keep some at the office, in your backpack or bicycle basket.

Plastic bags are a true menace to our ecosystems. Most are discarded and end up in landfills or in marine ecosystems.



November 2014

"When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and for the foreigner residing among you."
~ Leviticus 23:22



Autumn!

the season to reap what we've sown, be grateful for the abundance of the harvest, and glean and rescue fresh food for those who do not have enough to eat.

Gleaning reduces food waste; keeps wildlife out of back yards, and provides food for those in need. Then take what you have gleaned or the excess of your harvest to Elisha's Pantry, to a food bank near you, or to a soup kitchen, or simply compost it -- don't throw it away!

For more information about the CST program with Elisha's Pantry contact Stephen Harper at the CST office.

December- January 2014-15

"Why did God appear to Moses in the lowly bush? To teach us that nothing in creation is without God's holy presence, not even the commonest bush..."
~ (Midrash)

Green up Your Hanukkah Celebration!

- Use eco-friendly candles (soy or beeswax), menorahs (electric or made from recycled steel pipes), and dreidels (wooden Fair Trade).
- Dispose of latke cooking oil responsibly by pouring it into an old container (not down the drain!) or into compost with sawdust and lawn clippings).
- Give green gifts –plant a tree; make a contribution in honor of the recipient; or check out the Green Holiday Gift Guide on line.
- Dedicate yourself to celebrating and healing the earth.

Happy Hanukkah to all from the Environmental Action Committee!

Find many more ideas at the following websites:
<http://northstarmoving.com/blog/2013/happy-hanukkah-green/>
<http://autonomieproject.wordpress.com/tag/eco-friendly-hanukkah-tips/>
<http://www.werepair.org/blog/8-nights-of-service-green-your-hanukkah-celebration/9899/>



February 2015

"If I knew I was going to die tomorrow, I'd plant a tree today."
~ Rabbi Michael Robinson

Tu B'Shvat.....The new year for trees!
A time to celebrate trees and the environment.

How to observe this lovely holiday...

- Plant a tree.
- Donate to environmental causes.
- Dedicate yourself to a more environmentally conscious lifestyle.
- Simply spend a little time in nature among the trees!

More information is available at www.jnf.org



March 2015

"If I am not for myself, who will be for me? And if I am only for myself, what am I? And if not now, when?"
~ Pirke Avot 1:14

For a healthier you and a healthier environment!

Exposure to contaminants in personal care products is often confusing, tough to avoid and toxic for the skin, our largest organ. From hair gels to body wash, from soap to shampoo — it's important to know which are safe and which aren't. Avoid triclosan in cosmetics, parabens in soaps, and fragrances in everything from shampoo to deodorant.

- Make healthy choices by reading labels.
- Always check ingredients for toxics.
- View marketing claims with skepticism.

Check these websites for more information and to find thousands of safe products:

www.ewg.org/skindeep/top-tips-for-safer-products/
www.goodguide.com/

April 2015

And the waters of the sea will be dried up, and the river will be dry and parched, and its canals will become foul, and the branches of Egypt's Nile will diminish and dry up, reeds and rushes will rot away.

~ Isaiah 19:5-7

"We're facing perhaps the worst drought California has ever seen since records began being kept about 100 years ago."

~ Governor Jerry Brown

- Take brief showers and place a bucket in the shower to catch excess for watering the garden.
- Don't keep the water running while brushing your teeth, washing your face or shaving.
- Run the dishwasher and clothes washer only when they are fully loaded.
- Water your lawn and garden only when needed and only in the early morning and later evening. Better yet, take out your lawn and re-landscape with water-wise plants and drip irrigation.
- Cover pools and spas to reduce evaporation.

For many more tips and drought-related information, check the following: emergencypreparedness.cce.cornell.edu
<http://goo.gl/rSj24E>
www.ready.gov
www.redcross.org



May 2015

And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit.

You shall have them for food."

~ Genesis 1:29

How far does our food travel?
How much energy is burned on processing,
packaging, and transporting our food? How can we reduce the energy used
to produce our meals?

- • Grow your own produce in your garden.
- • Buy at local farmer's markets.
- • Sign up for Shomrei Torah's CSA, Singing Frogs Farm, and get
- fresh produce weekly.

For many more tips and drought-related information, check the following:
http://www.singingfrogsfarm.com/Join_Our_CSA.html
www.caff.org

June-July 2015

Mayim L'Chaim.....Water is Life

Living with the Drought

Recent headlines --

"A New Era for Water Conservation"...

Californians must adapt...

for the long haul -- Press Democrat, 4/3/ 2015

"California Dream Meets Dry Reality"

-- New York Times, 4/4/2015

What can we do today to prepare for the future in a changed world?

6 ways to reduce water in the garden:

- Tune up your irrigation system
- Avoid wasting water to runoff
- Water the whole root zone
- Switch to inline drip tubing for beds
- Mulch, mulch, mulch!
- Replace water-needy plants, even lawns,
- with water-wise users in the fall

news.nationalgeographic.com/
www.sfgate.com/drought/
www.cadrought.com/

August 2015

Where there is no vision, the people perish.

—Proverbs 29:18

Are you overwhelmed by the amount of waste and garbage your household produces each year? If so, the solution is close at hand—in fact right on your computer screen in the 2015 Sonoma County Recycling Guide! The handy guide is full of information about where to recycle virtually anything-

- Electronics to eyeglasses
- Carpets to corks
- Medications to mattresses
- Printer cartridges to paint cans
- ...and much more!

Improving and increasing recycling is one of the best opportunities to preserve our environment, conserve our natural resources, and save our economy.

When you need information about where to recycle, simply go to: www.recyclenow.org or call the Sonoma County Eco-Desk at 565-3375.

September 2015



Compostable Items (Green Bin)

- All food including meat and cheese and other dairy
- Food-contaminated paper products (stocked in the pantry)
- Compostable utensils (stocked in the pantry)
- Leaves and grass

Recyclable Items (Blue Bin)

- Plastic cups including kiddush
- Metal cans and foil
- Glass bottles and jars including metal caps
- Clean paper cups and plates
- Clean paper and newspaper
- Clean cardboard
- Milk and drink cartons
- Plastic bags stuffed inside of a clear bag

Trash (Black Bin)

Includes items that don't recycle or compost

- Rubber gloves and bands
- Bottle caps
- Art projects with glue
- Styrofoam products
- Name tags
- Candles
- Straws
- Plastic wrap
- Stiff plastic bags.

October 2015

The Earth is the Lord's and the fullness thereof. (Psalm 24)

Sukkot, with its many "green" connections, celebrates the harvest! The Environmental Action Committee encourages observing Sukkot with sustainability and the environment in mind.

For example...

- Prepare dishes that include local, sustainable ingredients for your sukkah
- Be sure to compost your veggie Sukkot scraps
- Use only reusable plates, cups and cutlery in your sukkah
- Celebrate the bounty of the harvest by eating a vegetarian diet during Sukkot
- Be a true Locavore and eat only food produced within 250 miles for the entire week of Sukkot!

<http://werrepair.org/category/sukkot-holidays/>

<http://www.greenprophet.com/2011/10/sukkot-thanksgiving-environment/>

November 2015

Let us be zealous now to care for this unique corner of the cosmos, this planet — our sacred home. From Vidui for the 21st Century, Yom Kippur Machzor

Make Thanksgiving a celebration of the environment...

- Feast on local, seasonal foods
- Choose a heritage, organic, or sustainable turkey (or go meatless)
- Compost veggie kitchen scraps
- Be creative with leftovers—reduce food waste

<https://www.farmland.org/our-work/areas-of-focus/food>
<http://grist.org/article/food-composting-101-slideshow/full/>
<http://www.nrdc.org/food/default.as>

December- January 2015-16

"The Earth was here before us and was given to us. Never have we so hurt and mistreated our common home as we have in the last 200 years..."

Pope Francis 2015 Encyclical on the Environment

- Use eco-friendly candles made of beeswax.
- Opt for reusable gift wrap and send e-cards (instead of snail mail)
- Buy organic, fair trade chocolate gelt.
- Make pumpkin latkes from organic produce and free-range
- eggs (and be sure to serve organic applesauce and sour cream!).

<http://www.greentipoftheweek.com/enjoy-a-green-chanukkah.html>
<http://www.onegreenplanet.org/vegan-food/tips-for-having-a-healthier-hanukkah/>
<http://www.coejl.org/resources/hanukkah-8-days-of-action>

The Environmental Action Committee wishes you a Happy Hanukkah!

February 2016

"The day when rain falls is as great as the day on which heaven and earth were created."

Masehet Ta'anit 8b (Mishnah Talmud)

We're hoping for a long rainy season this year, and if El Nino predictions materialize, here are some things you can do at home to prepare and prevent flooding:

- Be sure your irrigation is completely turned off.
- Protect your home with a sump pump for moving water away during a storm, and divert that water to a landscaped area where it can soak into the ground
- Be prepared by keeping supplies on hand, the car fueled up, and knowing the safe routes from your home to higher ground.
- Sweep your street gutters to remove dirt, trash and leaves that can cause flooding and pollute our local creeks.

In any case, keep on conserving — there's never enough water to waste!

srcity.org/drought

March 2016

Safe medicine disposal threat to both public health and the environment

- It's important to safely and securely dispose of medicine.
- Never flush them down the toilet or sink, or put them in the trash.
- Take your unused or expired medications to a participating take-back location.

For an updated complete listing of Sonoma County locations, go to: www.safemedicinedisposal.org

April 2016

Work, Play and Learn

In celebration of Earth Day and as part of the City of Santa Rosa's Creek Stewardship Program, join us in the morning on April 23rd to clean up the Prince Memorial Greenway and then, to Courthouse Square for the Earth Day Festival in the afternoon.



Every Day is Earth Day!

While Earth Day, April 22, is a special moment of awareness about protecting and caring for our planet, you can be an Earth Day activist every day by...

- Planting a garden or volunteering at a community garden
- Composting at home
- Joining CST's Community Supported Agriculture (CSA)

Also, consider participating in one - or more — of the following eco-supportive opportunities in addition to the April 23 Creek Clean-up:

- April 2 - Pepperwood (www.pepperwood/preserve.org)
- April 14 and 28 - Sugarloaf State Park Trail Clearing
- (www.sonomaecologycenter.org)
- April 16 - The Laguna de Santa

May 2016

Environmental Action Committee Urges a Yes Vote for Measure AA on June 7

Measure AA: The San Francisco Bay Clean Water, Pollution Prevention and Habitat Restoration Measure would restore thousands of acres of tidal marsh and:

- Reduce trash, pollution and harmful toxins in the bay
- Improve water quality
- Restore habitat for fish, birds and wildlife
- Protect communities from floods.

You can support this \$12 per year parcel tax, a modest investment to improve the bay and prepare for climate change.

For more information, visit: www.sonomalandtrust.org
<http://ca.audubon.org/press-release/san-francisco-bay-ballotmeasure-would-restore-vital-bird-habitat-provide-clean-water>

September 2016

Gleaning — A Jewish Tradition

“And when you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest; you shall leave them to the poor and the stranger.” — Leviticus 23:22



It's harvest season in Sonoma County — time to bring a portion of the fruits and vegetables from backyard gardens, vineyards and orchards to Elisha's Pantry or your local food bank, where this bounty can be shared with those who have less.

October 2016

*“One generation goes and another generation comes; but the earth remains forever.”
~ Leviticus 23:22*

The CST Environmental Action Committee recommends voting for Measure M and CA Proposition 67 on the November 8th ballot.

Measure M for Sonoma County would ban GMO crops in the county, as all the neighboring counties on the north coast and many other areas and EU countries have done. CA Proposition 67 would ban single use plastic bags; similar to the measure in Sonoma County has in effect, but state-wide.

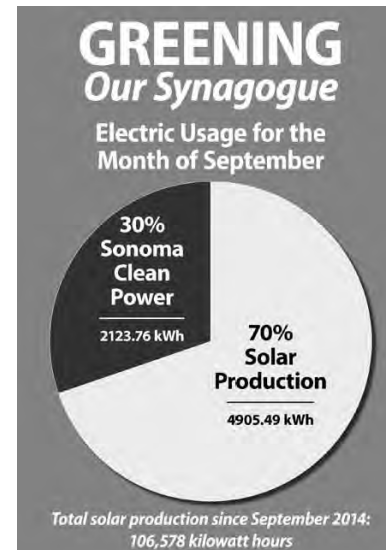
For more information, check these websites:

<http://www.smartvoter.org/2005/11/08/ca/sn/meas/M/>
[https://ballotpedia.org/California_Proposition_67,_Plastic_Bag_Ban_Veto_Referendum_\(2016\)](https://ballotpedia.org/California_Proposition_67,_Plastic_Bag_Ban_Veto_Referendum_(2016))

November 2016

Environmental Action Committee Reports on Our Solar Installation

Shomrei Torah uses solar energy for much of its electrical needs. Many of our members have wondered how effective the solar panels are. We are now able to chart our energy use, courtesy of Bill Skoonberg.



December 2016/January 2-17

Ecclesiastes - a time to be born, a time to die....a time to winterize.

Low cost ways to winterize your home now:

- Clean your gutters
- Flush the water heater
- Change ceiling fans to clockwise direction
- Replace air filters in heating system
- Install draft guards under doors
- Install programmable thermostat
- Consider window insulation film

www.bobvila.com/slideshow/11-ways-to-winterizeyour-home-on-a-budget-10169#.WBzI93eZOEJ



February 2017

"I will put in the desert the cedar and the acacia, the myrtle and the olive. I will set junipers in the wasteland, the fir and the cypress together." ~ Isaiah 41:19

Celebrate Tu B'Shvat – Save a Tree, Plant a Tree

- Recycle your newspapers. If every American recycled his or her newspaper one day a week, we would save 36 million trees a year.
- Use recycled paper. Office supply stores carry paper with 30% or more recycled content paper, and it's not much more expensive than regular paper.
- Use real plates and napkins — not "throw-away" products.
- Decrease junk mail by getting off mailing lists. Visit the "do not mail register" at www.dmachoice.org/MPS.
- Call the temple office at (707) 578-5519 or email denise@cstsr.org and let her know that you want to "unsubscribe" to the paper CST Voice. Members can get a PDF version at www.cstsr.org.
- Consider window insulation film
- And remember to plant a tree! Trees help lower ozone and pollutant levels in cities.



March 2017

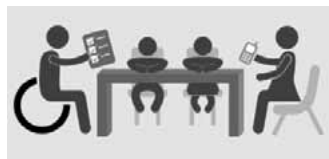
"You have made the land to quake; you have torn it open; repair its breaches, for it totters."

~ Psalm 60:2

Every Day is Earthquake Preparedness Day



Step 1: Secure your space by identifying hazards and securing moveable items.



Step 2: Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.



Step 3: Organize disaster supplies in convenient locations.



Step 4: Minimize financial hardship by organizing important documents, strengthening your property and considering insurance.

June/July 2017

"It is not what one says, but rather what one does, that makes a difference in the world."

~ Pirkei Avot, 1:17

MAKE EVERY DROP COUNT!

The drought may well come again.

Some quick tips to improve efficiency and prevent wasting water in your yard:

- Install a drip irrigation system for all planting areas other than lawn.
- Water infrequently, in short cycles, early in the morning.
- Catch and recycle water as often as you can, rather than rely on the hose.
- Don't mow too low.
- Aerate your lawn at least once a year so water can reach the roots rather than run off the surface.
- Remove your lawn and plant drought-resistant shrubs and ground cover (Shomrei Torah is a good model).
- Use a broom instead of a hose to clean your driveway and sidewalks.

Saving water is important and easy. Conserve it, and you save on your utility bills as well.

For more tips on saving water, visit www.wateruseitwisely.com/100-ways-to-conserve/index.php.



August 2017

"There are three ways in which we may relate ourselves to the world –we may exploit it, we may enjoy it, we may accept it in awe."

~ Abraham Heschel



Acceptance in awe may also mean protecting the planet by helping reduce waste in our own neighborhoods. The 31-page Sonoma County Recycling Guide, a terrific resource, is available at www.recyclenow.org, at your local library and on our lobby table. It is comprehensive and includes tips on:

- Toxic Disposals
- Drop-off Recycling
- Composting Your Veggies A-Z
- Reuse and Recycling Info

and much more...

It's easy to find what you need to know to "live green" and tread lightly on the planet.

September 2017

"And the Lord took Adam and placed him in the Garden of Eden, to work it and guard it."
~ Genesis 2:15



Compost more! It all begins by making simple changes in our daily habits.

For example, at CST we can compost all food waste plus utensils, paper plates, cups and napkins. So, be sure to separate recyclables and trash from the compostables and use appropriate bins for each.

At home (and this applies to every city in the county and the unincorporated areas), compostable food includes bread, grains, pasta, fruits (pits and nuts, too), eggshells, coffee filters and grounds, paper tea bags, vegetables and soiled paper. All can be put into the yardwaste bin. The remaining food waste goes into your trash. Recycle clean paper, plastic, glass and aluminum.

Be an environmental steward and decide to make sound choices that sustain the planet for future generations.

L'Shanah Tovah,
from the Environmental Action Committee

October 2017

"It is forbidden to live in a town that does not have a green garden."
~ Jerusalem Talmud, Kiddushin 4:12



BUY LOCAL.

During Sukkot we are commanded to remember our dependency on the land and the environment to provide food for our families. Buying locally produced foods from Farmer's Markets or stores reduces transportation-related fuel consumption, protects the land, strengthens community and delivers more nutritious sustainable food to your family. Consider becoming a full or share member of CST's CSA program and have a direct relationship with our partner, Singing Frogs Farm.

- To learn more about SFF: singingfrogsfarm.com
- To sign up: shomreitorah.org/community/environmental-action/
- sonomacounty.com/sonoma-listings/farms-farmers-markets
- sonomacounty.golocal.coop
- October 24th is National Food Day: foodday.org

November 2017

Shelter us beneath thy wings
O Adonai
~ from the Evening Liturgy

Since fall is a time to think about shelter, prepare your house for winter.

- Consider performing an energy audit and check out energy rebates.
- Seal air leaks and insulate your attic.
- Get a furnace inspection.
- Check out a do-it-yourself toolkit from the central library.
- Supplies for you to keep and install in your home: LED bulbs, light switch plate and gaskets, weather stripping, low-flow shower heads faucet aerators and a user guide. Tools will need to be returned to the library once you are finished with the kit.

For information about making your home more energy efficient, go to:

- energystar.gov/index.cfm?c=home_sealing.hm_improvement_sealing
- pge.com/includes/docs/pdfs/myhome/saveenergymoney/rebates/home_insulation_factsheet.pdf
- sonomacountyenergy.org/uploads/sonomacountyenergy.org/how_to_maximize_your_energy_savings.pdf
- sonomalibrary.org/events/programs/diy-toolkits

December 2017/January 2018

After the Maccabee victory and the rededication of the Temple, enough sanctified oil was found for one day but, miraculously, it lasted for eight days.

Today we cannot count on oil and miracles to extend our light.

Celebrate energy efficiency by switching to cost effective light-emitting diode light bulbs (LEDs) for Hanukkah, the Festival of Lights.

Save Energy

LEDs use 85% less energy than incandescent light bulbs to produce the same amount of light. A 15-watt LED can replace a 100-watt incandescent.

Save Money

The life of a LED is up to 50,000 hours per bulb, compared to less than 1,000 hours for an incandescent — up to fifty times longer.

Make a Difference

According to the US Department of Energy, switching entirely to LED lights over the next two decades could save the U.S. \$250 billion in energy costs, reduce electricity consumption for lighting by nearly 50 percent and avoid 1,800 million metric tons of carbon emissions.

For more information:

- https://www.energystar.gov/products/lighting_fans/light_bulbs/learn_about_led_bulbs
- <https://energy.gov/energysaver/led-lighting>



February 2018

"If not for the trees, human life
could not exist."

~ Midrash Sifre/Deuteronomy
20:19



Help the environment and help to
heal Sonoma County:

Continue to celebrate Tu B'Shvat —
Jewish Arbor Day — by planting a
tree.

Trees can...

- clean the air of pollutants
- produce oxygen
- prevent soil loss
- provide homes for animals and do much more!

Inexpensive bare root trees are
available in nurseries around
Sonoma County.

Volunteer with organizations doing
post fire replanting:

Sonoma Ecology Center: www.sonomaecologycenter.org/volunteer/
Pepperwood Preserve:
www.pepperwoodpreserve.org/getinvolved/volunteer/

March 2018

Dear God, teach me to eat right
and to eat for the right reasons.
Keep me from eating the wrong
foods and from eating more than
I should. Let all that I eat
nourish me, never weaken
or harm me. Let the food I ingest
create a perfect balance within
me in body, mind and soul.

"The Gentle Weapon — Prayers
for Everyday and Not-So
Everyday

Moments" by Rebbe Nachman of
Breslov (1772-1810)



Rebbe Nachman speaks to us from
the 18th century. Follow his lead
with these 21st century tools:

[http://www.shomreitorah.org/
community/environmental-action/](http://www.shomreitorah.org/community/environmental-action/)

[http://www.sonoma-county.org/
agcomm/farmers_mkts.htm](http://www.sonoma-county.org/agcomm/farmers_mkts.htm)

<http://www.theveganjunction.com>

[https://makeyourbodywork.com/
best-healthy-food-blogs/](https://makeyourbodywork.com/best-healthy-food-blogs/)

March 2018

April 2018

"Be the hands and feet of God"
~ Rabbi George Gittleman

**Honor Earth Day on Saturday,
April 21 Work in the morning and
play in the afternoon.**

**Location: Strawberry School's
Sierra Park Creek**

**Address: 2311 Horseshoe Drive
(off Summerfield Rd.), Santa Rosa
Time: 9:00 AM - 11:00 AM**

Activities include light pruning,
planting, mulching, and trash
cleanup. Wear work clothes and
shoes. Tools and snacks will be
provided. Heavy rains cancels clean
up, though work continues in light
rains. This cleanup is a partnership
between the City of Santa Rosa's
Creek Stewardship program and
Bennett Valley Vision.

**Questions and to RSVP for clean
up: [CSTEnvironmentalAction@
gmail.com](mailto:CSTEnvironmentalAction@gmail.com)**

**After the clean-up, continue on
to the Festival. Location: Old
Courthouse Square, Santa Rosa
Time: 12:00 - 4:00 PM**

The Earth Day festival is a FREE,
family-friendly event featuring live
performances on stage, local and
earth friendly products, and eco-
friendly crafts and activities for
children. Celebrate the Earth with
great people, local
food, beer, and
wine. This year,
Earth Day OnStage
will also be a Zero
Waste event.

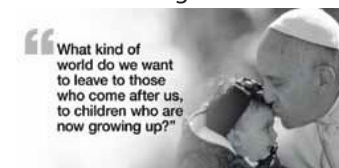


May 2018

Shavuot has been identified since
biblical times with the giving of the
Torah on Mount Sinai. Fast forward
to Pope Francis' Ten Commandments
on Climate Change calling for
"cultural revolution" to change our
lifestyles

— from our addiction to technology
to our treatment of the poor.

1. Think of future generations.



2. Embrace alternative energy
sources.

3. Consider pollution's effect on the
poor.

4. Take the bus! (or ride your bicycle
— May 10th

is Sonoma County Bike to Work Day)

5. Be humble.

6. Don't become a slave to your
phone.

7. Don't trade online relationships for
real ones.

8. Turn off the lights, recycle and
don't waste food.

9. Educate yourself.



10. Believe you can make a difference.
Read Pope Francis' article at: [www.cnn.com/2015/06/18/
world/pope-10-commandments-
climate-change/index.html](http://www.cnn.com/2015/06/18/world/pope-10-commandments-climate-change/index.html)

June-July 2018

"If you believe you have the power to damage, believe you have the power to fix."

~ Rabbi Nachman of Bratslav (attributed)

Drive Wisely — As summer approaches and vacations begin, consider ways to protect the environment, save energy and more.

- Observe speed limits. At 55, you cut gas consumption up to 23% and reduce the risk of accidents.
- Keep your car in shape. A well-tuned vehicle uses up to 4% less fuel.
- Inflate tires to their rated pressure or slightly above to extend their lives and improve overall mileage.

Shop Wisely — Consider hybrid plug-in or all electric. There are many US hybrid and electric models to choose from. In addition, Volvo and Audi/VW are going all electric.

- 4 Sonoma Clean Power may reboot its electric car discount, and the federal tax write-off and CA and PGE rebates make the price very competitive.
- 4 While the current administration is attempting to derail it, the CA mandate for 55 mpg still stands. And the diamond lane green stickers allow a single driver to pass all the other drivers during rush hour. Very cool and good!

For more information visit <https://sonomacleanpower.org/drive-electric>
<https://www.marketplace.org/2017/05/30/world/california-holds-its-ground-fuelefficiency-standards-diverge-us-cars>



August 2018

"It is not what one says, but rather what one does, that makes a difference in the world."

~ Pirkei Avot, 1:17



In the month of Elul, we focus on Heshbon Hanefesh, an accounting of the soul. During this time of spiritual cleansing, we can also address environmental cleansing by using non-toxic cleaners in our homes. Not only is this healthier for us, but it is also far more economical.

For example, baking soda and salt — with a few drops of lavender oil for scent and tea tree oil as an astringent — will clean bathtubs and sinks beautifully. Even a common kitchen item like vinegar acts as an excellent disinfectant!

For more information:
<https://wellnessmama.com/6244/natural-cleaning/>

<https://keeperofthehome.org/homemade-all-naturalcleaning-recipes/>

September 2018

"One generation goes and another generation comes; but the earth remains forever."

~ Kohelet, 1:4

As we listen and attune our hearts to the blasts of the shofar, may we honor this year's birthday of the world by being better prepared to protect ourselves and our beloved planet.

September is national preparedness month, which aims to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

As we know, emergencies can happen unexpectedly in communities just like ours.

Learn how we can prepare ourselves at home and at work for emergencies and disasters, both large scale and smaller local events. Local and national tests will occur this month. Sign up and become informed.

- socoalert.com - Our county emergency notification system: sign up to get a phone call in an emergency (this is only used in imminent life/safety situations).
- nixle.com - To stay informed via email and text: this service will not call you but has good secondary information in an emergency.
- srcity.org/610/emergency-information - Local resources and non-emergency numbers (bottom of webpage). Also, check to see if there are links unique for the city in which you live.
- myhazards.caloes.ca.gov and earthquakecountry.org/risk - Hazards and risks in Sonoma County and steps you can take to minimize or avoid injuries, damage, and longtermfinancial consequences.

October 2018

"Your welfare depends on the land just as much as the welfare of the land depends on you."

~ Deuteronomy 11:13-17



The recent growing cycle yielded our current harvest bounty. With the completion of Sukkot and upcoming World Food Day (October 16) and Global Food Week (October 14—21), let us rededicate ourselves to compost correctly and support our future plantings.

We are all connected. The trees produce the oxygen we breathe in and we produce carbon dioxide for the trees. The waste from our food and 100% paper products turns into compost to nourish the growth of more vegetables and trees.



For more information visit www.shomreitorah.org/community/environmental-action

November 2018

“Let us be zealous now to care for this unique corner of the cosmos, this planet— our sacred home.”

~ Vidui for the 21st Century,
Yom Kippur Machzor

Closer to Zero Waste Living: Disposable Items to Stop Buying Right Now.

Instead of:

paper towels
plastic produce bags
plastic or paper shopping bags
baggies
plastic wrap

aluminum foil
plastic straws and utensils

Use:

tea towels or bar towels
mesh bags when you shop
reusable bags
reusable storage containers
Bee's wrap, a natural washable
fiber wrapper or aluminum foil
cook on parchment paper
metal alternatives

Per Martha Stewart, “Ditch Disposables and Help the Planet,”
Press Democrat, August 11, 2018, p D4.

ecowarriorprincess.net/2017/01/zero-waste-25-disposable-items-to-stop-buying-right-now

www.1millionwomen.com.au/blog/8-single-use-items-ditch-your-life



December 2018



“I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

~ Genesis 1:29-31

As the aroma of latkes and other Hanukkah dishes waft in the air, here are just a few of Michael Pollan's simple rules for healthy eating...

- “Don’t eat anything your great-grandmother wouldn’t recognize as food.”
- “Don’t eat anything that won’t eventually rot” (with a few exceptions, like honey).
- “Don’t buy food where you buy your gasoline.”
- “Eat food. Not too much. Mostly plants.”
- “Eat all the junk food you want as long as you cook it yourself.”
- “When chickens get to live like chickens, they’ll taste like chickens too.”

“Food Rules, an Eater’s Manual” by Michael Pollan
michaelpollan.com/reviews/how-to-eat

Traditional and alternative latkes:

www.thekitchn.com/how-to-make-latkes-at-home-251997

<https://cooking.nytimes.com/recipes/1015533-classic-potato-latkes>

<https://greatist.com/health/healthy-latke-recipes>

<https://www.wellandgood.com/good-food/9-healthier-hanukkah-latke-recipes/slide/6/>

January 2019

"At least there is hope for a tree: If it is cut down, it will sprout again, and its new shoots will not fail."

~ Job 14-7



On Tu B'Shvat and throughout the year, commit to tree-saving actions. And plant a tree!

- **RECYCLE YOUR NEWSPAPERS.** If all morning newspapers read in this country were recycled, 41,000 trees would be saved daily and 6 million tons of waste would never end up in landfills.
- **USE RECYCLED PAPER.** Producing one ton of recycled paper uses 64% less energy, and 58% less water than producing one ton of paper products from virgin wood pulp.
- **USE REAL PLATES AND NAPKINS** — not "throwaway" products.
- **DECREASE JUNK MAIL** by getting off mailing lists. Visit a "do not mail" register at www.ecocycle.org/junkmail
- **CALL OR EMAIL DENISE** and let her know you want to "unsubscribe" to the CST Voice. Get the PDF version at www.shomreitorah.org
- **REMEMBER TO PLANT A TREE.** Trees help lower ozone and pollutant levels in cities.

February 2019

"I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

~ Genesis 1:29-31

The environment is not just the world outside of ourselves. In holistic terms, the terrain is a reference to our internal environment, the ecology of the body. To support your body's immune system, be sure your diet includes plenty of natural vitamin C. This powerful antioxidant plays a central role in the repair and regeneration of tissues, and helps protect cells throughout the body.

Good food sources of vitamin C include:

1. Broccoli
2. Cantaloupe
3. Kiwi
4. Oranges
5. Peppers
6. Pineapple
7. Pink grapefruit
8. Strawberries



Consider organic forms of these foods, as several are on the Dirty Dozen List from the Environmental Working Group. You may also want to try supplemental vitamin C. While it is available in many forms, Dr. Andrew Weil suggests using a simple vitamin C supplement derived from D-glucose, taken with a meal to prevent stomach upset. For more information,

www.ewg.org/foodnews/dirty-dozen.php

