

## CARING FOR CREATION NEWS

August 2009

Last Spring thirteen fellow parishioners spent four weeks working through the *Low Carbon Diet: a 30 Day Program to Lose 5000 Pounds* curriculum. We examined our own energy habits, analyzed our home systems, and thought of ways that we could extend the challenge to others.

We will be offering this course again in the next programming year. Consider joining us, you'll be able to learn ways of being a faithful steward of resources. In the meantime, here are some thoughts from two people who completed the course.

### **Nancy Rock: To FIB or Not To FIB**

That is actually not the question. I do FIB (floss, irrigate, brush) at least twice a day and sometimes more! The question has to do more with habits, the "little" things, and awareness! A trip to Mexico and a camping trip were good reminders that I don't need to let the water run while I'm brushing, yet I still catch myself doing it, though not as often! So what has that got to do with a low carbon diet? Very little, unless you brush with hot water. It's the awareness of life-long habits and potential for change in my daily routines that spur me on to keep talking with others and trying new ideas leading to CO2 reduction. At the same time, I was encouraged to learn that I'm already doing many of the practices to reduce CO2! My next challenge...to convince the Condominium association to let me "hang out" my clothes!

P.S. *A Child's Introduction to the Environment* by Michael Driscoll and Dennis Driscoll, Professor of Meteorology, 2008, Black Dog and Leventhal Publishers, Inc. looks like a helpful book for kids 8-12.

### **Norma Noordijk: "A Penny Saved Is A Penny Earned."**

I learned to use a timer set at 4 minutes to keep my shower time to 5 minutes. It works, and saves 300 lbs per year in CO2! My brother says, "It's a package deal! You get your morning workout and shower all in one!"

I now use 2 pans when hand washing dishes, one for wash and one for rinse. It not only saves 125 pounds of CO2 per year, it also saves a lot of extra splashing.

The Bigger Picture – Carbon Credits: I learned I could make our long distance trips to visit family carbon neutral by purchasing carbon credits. The calculation is approximately one pound of CO2 created per mile flown. These pounds add up fast. I am using [www.flyneutral.org](http://www.flyneutral.org) to calculate and purchase these credits. These small steps are the beginning of our continuous journey toward becoming more earth friendly.