

## **A GUIDE TO MORE SUSTAINABLE LIVING**

St. John's Lutheran Church, ELCA

1235 Wilmette Ave.

Wilmette, IL 60091



*Botanic Garden prairie, photo courtesy Olga Domchenko*

“The Earth is What We All Have in Common”

*-Wendell Berry*

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## **PURPOSE:**

The 2019 Lenten Listening Season initiated by Pastor Allison uncovered one of the deeply held concerns of our congregation, and that is our endangered environment and climate change. In keeping with our desire to work together for environmental justice, the St. John's Green Team would like to present this booklet to the congregation as an early action, towards living in a more environmentally conscious manner. Some of you may already be doing these things or you may find new ideas to try. We are certain that there are more ideas towards this goal than are included here but offer this to you as a helpful start. We hope that we will be inspired to think more deeply about changes we can incorporate into our lives to reduce our environmental impact for the benefit of our families, the community and the world.

We offer you this booklet to help guide you along in your path to living more sustainably. We are not suggesting that you do every single thing mentioned in this booklet; we know this is not realistic. Try one or two or three things. Every little bit helps!

## **Covid-19 Pandemic**

"We will not go back to normal. Normal never was. Our pre corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all humanity and nature."

*-Brene' Brown*

While we were working on this booklet our lives experienced sudden and drastic change due to the Covid-19 pandemic. Everything that was part of our day to existence, from work to church to school to simple errands like grocery shopping changed. We started sheltering in place, practicing social distancing and learning how to navigate a completely new way of living. We were wearing masks like the ones we usually saw people wear in other countries far away. We were bombarded daily, with often terrifying information about this virus, that has now taken over 200,000 lives in the United States alone since March 2020. The virus is affecting every facet of life from the economy to healthcare, business, industry, politics, cultural and social structures and the natural world.

As of the writing of this pamphlet, in Illinois we are in Stage IV of reopening the state. Businesses, industries, schools, and churches, are trying to safely reopen and ease into a more normal day to day life.

Sufficient time has passed and we now know more about Covid-19 based on ongoing medical and scientific research, and the dissemination of this information to the public. This information should allow us to move forward and resume some normality while practicing safe interactions with our fellow beings. But, as we begin to pick up the threads of our lives we must take into account what this pandemic has taught us so far. More than ever it is clear how interconnected we all are, to one another, to the earth and all its flora and fauna. During the first few months of lockdown much of the business, commercial and industrial sectors all over the world were slowed or halted, the roads, highways and expressways were not clogged with vehicles, the sky was free of planes, and the waterways free of ships, boats, and tankers.

Air pollution was drastically reduced in major cities all over the world even in just a short month of lockdown. There are probably thousands of presentations/articles on this issue and we have cited four as follows: CNBC "Coronavirus lockdowns have led to an unprecedented fall in air pollution for these major cities." April 22, 2020, Sam Meredith, "Does Lockdown Reduce Air Pollution?" Published online April 20, 2020, from *ScienceDirect*, Elsevier Public Health Emergency Collection, "Pollution Made Covid 19 worse. Now lockdowns are clearing the air.", April, 8, 2020, Beth Gardiner, National Geographic, Springer National Sharedit, "Impact of lockdown on air quality in India during Covid -19 pandemic", published July 07, 2020, by Ramesh P. Singh and Akshansha Chauhan.

This must give one pause-- to think about the very powerful and often devastating impact that human activity has on this precious planet. To see these massive improvements in the environment in just a few months of lockdown is truly remarkable if not miraculous. We must take this as proof that it is possible to reverse the environmental damage done to the planet and that it is possible to stop climate change if we alter the way we live starting now.

We must think about this even though we are living in a pandemic and it is more difficult to accomplish. However, the pandemic has highlighted our interdependence and the effects that small individual actions can have across the globe. Further, concomitant disasters such as hurricanes, derechos in Iowa and fires on the west coast remind us that addressing climate change is more important than ever. We must learn to move forward in a way where we can resume normal activity, according to the guidelines set forth by the scientific community and our federal/state and local leaders, all of whom have different methods of reopening and rephasing into daily life. And we must use common sense and stay the course until Covid-19 is no longer the severe threat that it currently is.

How we proceed now will be difficult and require new thinking. During the pandemic due to reasons of safety and sanitation we may have once again participated in a throw away culture out of necessity. Many of us may be using disposable gloves, masks, and more paper products. We may be buying more take out and throwing out more plastic and styrofoam containers.

We are having more products delivered and therefore contributing to wasteful packaging, such as plastics, bubble wrap, packing peanuts, and coolants. All of this out of necessity, whether to avoid having to go out shopping in person or because we are simply too exhausted because of all the obligations we are facing in our lives. Everything from home schooling, constant Zoom meetings, eating at home more often, more cleaning, job losses, financial and housing insecurity, has taxed our nerves and made our lives more complicated.

It is understandable that we might feel ourselves slipping into complacency about our commitment to combat environmental damage and climate change. It is harder now to be a good environmental soldier. But it is more important than ever. If we have learned anything it is that how we live impacts every single thing on this planet, from the bees and ants in our gardens to the tigers roaming in Siberia.

It is our sincere hope that the people of St. John's continue to remain committed to protecting our environment and living a more sustainable life. We can still be careful of how we live, and how our daily activities affect this planet. Even during this pandemic we can be less wasteful, consume less energy at home, limit use of toxic chemicals in our cleaning products, food, and personal care items. We can plant and sustain natural gardens without the use of poisonous pesticides, weed and insect killers. We can still choose less instead of more. Our homes, workplaces, and businesses, can still be clean and safe and functional.

However, it will take renewed efforts, commitment, passion, determination, focus and hard work to continue to protect our environment and to prevent climate change from accelerating beyond repair. It will take innovation, new ideas, renewed energy, and a new sense of purpose to forge ahead to continue the work of generations of tireless environmentalists and conservationists. We cannot turn back at this point in time but need to continue this important work, for our sake, and for the sake of the generations to come.

This booklet is a work in progress and will be revised, corrected, and updated as more ideas, suggestions or information becomes available. We welcome your ideas and comments.

Molly Gilbert Bolash and Olga Domchenko

## What We Can Do In Our Homes

“What's the use of a fine house if you haven't got a tolerable planet to put it on?” -Henry David Thoreau



*Pesticide/Herbicide/Fertilizer free clover lawn: photo courtesy Olga Domchenko*

### Avoid Harmful House Cleaning Chemicals

These products are harmful to the environment and to our health. An inexpensive alternative is to use a homemade recipe (see the resources page) or a

nontoxic commercially available cleaner such as Seventh Generation, Common Good, Meliora, etc. (see resources page).

### Conserve Water

Take shorter showers, turn the water off while brushing your teeth. Consider getting a rain barrel for lawn or garden watering.

### Conserve Electricity

Use a cold water setting for laundry when possible. Ninety percent of the emissions and energy used in washing a load of laundry is due to heating the water (data from energystar.gov). Modern detergents work just as well in cold water, and cold water is less damaging to clothing fibers.

Drying clothes creates far more emissions than washing them. Use the high speed spin cycle to reduce the water that needs to be evaporated off the clothing. Dry full loads and use dryer balls to separate your clothing. Consider line drying some clothes in your basement or outside if possible (data from Berners-Lee, *How bad are bananas? The carbon footprint of everything*).

Check the lights in the house. Keep lights at a minimum and if possible, avoid having lights in every room at night if not being used. Consider energy efficient light bulbs.

### Limit Outdoor Light Pollution

“We rarely stop to think that the night is necessary and good for life. Therefore we do not realize that

protecting the night sky is a valuable step to conserving biodiversity. Most people think that as we sleep at night, the rest of the species do the same, with a few exceptions, so it is of no concern, if we send out a little light into the night time environment. A crass error. Naturalists know (and it would help if they said so more often) that the biological activity of our fauna is more intense at night than during the day and that this fauna needs the night for normal activities.” - *The Importance of Protecting the Night Sky*, Pere Horts, Dept. Chairman of Cel Fosc Catalonia Spain

Keep lights on porches, side doors, front entrances and garages at moderate levels and number if possible. Excessive outdoor lighting is disruptive to the growing cycle of many plants and harms the sleeping, hunting, and breeding cycles of wildlife. There is incredible insect activity, including pollinators, that takes place at night. Light pollution has an adverse effect on all of this. Studies also show it interferes with *our* circadian rhythms and affects our health and wellbeing. And not least, we cannot truly see the moon, or the planets and stars in the presence of outdoor lighting. Many wildlife conservation areas and state and national parks are becoming dark sky preserves to reduce the disruption to wildlife and plant life and to highlight the night sky. Light pollution is now being considered more seriously in cities and towns all over the world and many of them are also taking steps to mitigate light pollution and become certified “dark sky communities”. This information has been excerpted from the writings of Pere Horts, Dept Chairman of Cel Fosc Catalonia Spain, George Monbiot, “The Unseen World.”, and the

International Dark Sky Association. Also various published articles on the dark sky movement (see resources page).

### **Limit Use of Plastic**

Limit use or do not use plastic bags for shopping and kitchen tasks. Get reusable grocery and produce bags. Consider using beeswax wrap for sandwiches or left over food, or purchase well made food containers that can last for years. Due to Covid -19 some stores may not allow you to use your bags from home. If you end up with more plastic/paper bags when shopping please keep them for reuse or recycle them. Also, many stores allow you to refill certain products such as olive oil, coffee and other items into your own containers; this may be an idea we can all try to limit unnecessary plastic/paper use (this may not be viable currently but there are still some bulk food suppliers out there who don't over package food and will let you use your containers (see resources page). You can also skip plastic or paper bags and load your groceries into your own reusable bags from your cart after paying.

### **Food Consumption**

Buy organic food if possible to encourage more farmers/producers to grow organically. It will benefit the air, water, and soil. As more consumers put their dollars towards organic and sustainable food, it will become more affordable for everyone. ( *Journal of applied ecology*, Jan 2014).

Encourage your local businesses to go organic/pesticide free, and to use less packaging on their products. Businesses listen to their customers and if you have the time to make your voice heard you can make a difference!

Buy locally when possible to avoid transportation pollution and help support the local economy.

Eat seasonally when possible. Farmers markets and community supported agriculture shares (CSA) are great ways to eat seasonally and locally. For example, buying strawberries from Chile in January is not as sustainable as buying locally grown apples, beets, carrots or kale (data from [sustainableamerica.org](http://sustainableamerica.org)).

Consider a compost bin in your backyard for your family or share one with neighbors. Or contract with a commercial composting company such as Collective Resources to reduce food in landfills.

Forty percent of our food is thrown out and only 5% is composted. Food in landfills gives off methane and contributes to greenhouse gases.

### **Heating and Cooling**

Program your thermostat to avoid over use of air conditioning in the summer and heat in the winter. Only 1 in 8 homes with programmable thermostats use them. The compound Hydrofluorocarbon (HFC) is the primary refrigerant used in air conditioning and refrigeration units. HFCs are a much more potent greenhouse gas

than carbon dioxide and are leaked anywhere from manufacturing air conditioning equipment, to installation, to the disposal of old units. They are the fastest growing source of emissions in every country. (United Nations Environment Programme. *HFCs: A Critical Link in Protecting Climate and the Ozone Layer - A Synthesis Report*. Report. 2011).

### **Re- purpose/Reuse Items**

The average individual throws away eighty pounds of clothing a year and synthetic clothing can take hundreds of years to decompose (data from the EPA and American textile recycling service). Donate unwanted clothes. If you have a compost pile, remember cotton and wool can be composted. Many fabrics can be recycled. They can be used as fiber fill, rags or stuffing. Donation centers will often bundle threadbare or soiled clothing and sell it in bales for these purposes.

### **Tree Based Single Use Items**

Limit use of paper towels and napkins for cleaning purposes and dining. For cleaning try using rags from old clothes, or products that are reusable, made of recycled materials or repurposed materials. For dining use cloth napkins and consider using them more than once; if each family member keeps track of theirs they can be used several times.

Every day 3000 tons of paper towel waste is produced in the United States alone. To produce one ton of paper towels requires the destruction of seventeen trees and

pollutes 20,000 gallons of water (The Paperless Project, 2014).

Consider using recycled toilet paper or bamboo toilet paper such as Seventh Generation or Who Gives a Crap brand. Worldwide the equivalent of 270,000 trees are either flushed or dumped into landfills everyday. Roughly ten percent of that is attributable to toilet paper (Worldwatch Magazine 2010). Note: During Covid-19 many of us have possibly started using more disposable products such as paper towels. You can still be safe by using cloths, as long as you keep them washed and sanitized.

**For More Tips/Information on Living Sustainably at Home-** Bea Johnson has inspired many people to attempt zero waste lifestyles through her blog [zerowastehome.com](http://zerowastehome.com). Most of us will probably not reach her level of zero waste, but we think she is a true environmental guru worth listening to, with amazing and creative ideas for living. She has inspired thousands of people all over the globe. One such person is Suzanne W. (see photo below), of the Chicago area, who attended one of Bea's lectures in 2018 and has now embraced a more environmentally sustainable lifestyle. Suzanne in turn is now inspiring others, thanks to Bea.

**Bea Johnson's Five Principles of Zero Waste:** **Refuse** what you don't need, **Reuse** things you have at home, **Reduce** amount of waste you generate, **Recycle** what you can't refuse, reuse, or reduce and, **Rot** (Compost)



*Suzanne W. left, with Bea Johnson, photo courtesy Suzanne W.*



## What We Can Do In the Garden

“When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realize that one cannot eat money.” - *American Indian Proverb*

“The true meaning of life is to plant trees under whose shade you do not expect to sit.” - *Nelson Henderson, Farmer and WWI Veteran*



*Pollinator garden using native plants at Mallinckrodt Park in Wilmette. photo courtesy Olga Domchenko.*

**Plant Pollinator Buffers:** Insect populations are in decline, particularly pollinating insects. We can't produce enough food for 9 billion people without them. “Pollinators are necessary for three-quarters of our major food crops.” *from “What are pollinators and why do we need them?”, The Center for Pollinator Research at Pennsylvania State University, Department of Entomology*

Dedicate some of your lawn space to growing pollinator plants (Goldenrod, Echinacea, Joe Pye Weed, Salvias, Sunflowers, Black eyed Susans, Cosmos, herbs etc. ). You might also consider not having a lawn and using groundcovers, clover, wildflowers, grasses or other creative solutions.

**Go Native:** Grow more native plants-- they usually grow better, survive longer, need less water and attract pollinators.

**Leaf Blower Bans:** There is a ban on leaf blowers in Wilmette that lasts from May until September. Gas powered lawn mowers and leaf blowers contribute 5-10% of the region's air pollution. A conventional leaf blower pollutes as much in an hour as a car traveling 100 miles. Please do your part to help mitigate the air and noise pollution from these machines during the summer months at least (statistics from The Chicago Botanic Garden data).

**Noise Pollution:** In addition, the noise from leaf blowers and also gas powered lawn mowers “operate at levels p to 110 decibels-- these levels far exceed the safe levels established by the World Health

Organization, US Environmental Protection Agency, Occupational Safety and Health Administration, and National Institute of Occupational Safety and Health for the prevention of hearing loss and other adverse health effects.” (from an essay written by Diana Carpinone in *Non-Toxic Dover, NH.*)

**Avoid Weed Killers:** Weed killers like Roundup are harmful to the environment. Weeds and dandelions can be pulled up manually. Please keep in mind that lawns do not need to be perfect. Once lawns are mowed any weeds/dandelions will not be noticeable. Also, plants like clover are beneficial to the soil and good for the honeybees (Scott’s lawn care basics).

**Plant and Learn to Take Care of Trees:** Trees provide wildlife habitats, create soil through dropped organic material, play a role in the water cycle and prevent soil erosion. They mitigate noise pollution, lower air temperatures, and clean the air. And they are beautiful! Trees are living things and need to be watered and cared for especially in the increasing periods of heat/drought we experience in our area. Openlands, a Chicago based not for profit, has a program called Tree Keepers that educates people on how to properly take care of trees (see resource guide for Openlands). Also, in Wilmette, the local arborist can help with your parkway trees (see resource guide for Village of Wilmette arborist).

Millions of trees are lost each year due to fires, disease and storms. Fires have become a yearly occurrence and they are becoming more violent and deadly. You can help by supporting the following: The Arbor Day

Foundation is sponsoring “Time for Trees” a program dedicated to planting 100 million trees in our forests and communities in 2020. The Nature Conservancy is planning a billion trees planting initiative. This will be a major reforestation program for the planet. See resource guide in back for contact information.

**Compost:** Start a compost pile in the garden or share one with a neighbor. This reduces food waste in landfills and provides the best free fertilizer.

**Rain Barrels:** Collect the rain to water your garden.

**Outdoor Lighting:** Please see “What We Can Do At Home” for more information on this very important topic and our resource guide in the back of this booklet. Also “The Unseen World” by George Monbiot, is a beautiful essay on the unnoticed loss of flora and fauna occurring in our own backyards.

## What We Can Do At Work

“Taking bold action on climate change simply makes good business sense. It’s also the right thing to do for people and the planet. Setting a net-zero GHG emissions target by 2050 will drive innovation, grow jobs, build prosperity, and secure a better world for what will soon be 9 billion people.” -Richard Branson , CEO of Virgin Airlines



*PACE bus stop and morning traffic commute at Lake and Ridge, Wilmette, IL. photo courtesy Olga Domchenko*

## Transportation

Rideshare to work and use public transportation if available, please see links to PACE METRA and CTA at the end of this booklet. Wilmette, Evanston, Skokie, and Glenview all have good access to public transportation. We know there may be some concerns regarding using public transportation, but agencies are working hard to make it safe for everyone. Please see the Transportation section of this booklet for more information on public transit and Covid-19).

Start small by taking the train or bus once a week to work or once a month. Maybe in the warmer summer months at least.

Try to set up carpools or van pools to get to and from work or school. Talk to your company managers to see if they have a ride-sharing or car system in place. Many companies do.

## Conserve Energy and Products

Use less paper-- In the copiers, bathrooms, lunchrooms. Turn off lights in unused rooms.

Consider bringing cloth napkins and reusable utensils, and refillable coffee cups from home. If you do go out to eat, take just one paper napkin, or a couple of packaged condiments instead of grabbing a stack.

## Talk About It

Engage your company and co-workers in discussion of environmental problems and what solutions may be useful at work. You may be pleasantly surprised to learn

that they share similar concerns and are eager to do something about it.

Ask your company about recycling policies. If they do not have them ask them to start one

### Workplace Retirement Plans

Many people are invested in retirement plans through their workplace. These may have funds invested in companies that pollute, destroy rain forests, have poor labor conditions or mistreat animals. Investing in these companies supports their ability to continue operating in ecologically and socially irresponsible ways. If you feel strongly about this you might consider discussing it with the human resources person, president or chief financial officer of your company. They may consider adding some socially responsible investment funds to their 401 k offerings.

If you get the argument that “socially responsible funds tend to do worse than the broader market or the niche that they inhabit,” there are many studies that refute this including one from “Morningstar” filed last year.

(data from from, Ron Lieber, *How to Make Your 401(k) a Little Less Evil*, in the New York Times)

## Getting From Here to There: the case for public transportation and other issues



*Covid-19 signage at Purple Line/Linden Station Wilmette: photo courtesy Olga Domchenko*

“There are some good things to be said about walking. Not many but some. Walking takes longer for example than any other known form of locomotion except crawling, thus it stretches time and prolongs life. Life is already too short to waste on speed- I have a friend who’s always in a hurry- he never gets anywhere. Walking makes the world much bigger and thus more interesting. You have time to observe the details. Life is already too short to waste on speed. The Utopian technologists foresaw a future for us in which distance is annihilated. To be everywhere at once is to be nowhere forever. If you ask me. ” -Edward Abbey, *Environmentalist , Activist, Walker*

Cars and trucks account for nearly one-fifth of all US emissions. Walking or cycling could realistically substitute for 41% of short car trips (under 3 miles), saving nearly 5% of CO<sub>2</sub>e emissions from car travel. (Nevis, A et al. Assessing the potential for carbon emissions savings from replacing short car trips with walking or cycling. *Transportation Research Part A: policy and practice*. May 2019: vol 123, pp130-146.)

Consider walking or biking with your children to school if possible, or walk or bike to the grocery store or bakery or post office, or for any other errands. Not only will you be helping the environment but you will be getting the benefits of good exercise and fresh air!

### **Why Transit is so Important**

By taking public transportation not only are you helping the environment, you are out and about, engaging with people in your neighborhood, your community, your city. It is good for the environment, good for your health, good for business, especially small businesses. Studies have shown that people who commute have less stress and arrive at work less anxious. When more people use public transportation there will be more money to improve existing systems, and higher ridership will encourage greater public and private investment.

Wilmette has a multitude of public transportation options: many PACE bus routes that travel within Wilmette and all the way to Highland Park North and Glenview/Northfield/Northbrook west, to Evanston and Skokie south. Two nearby METRA stations (Wilmette and Kenilworth) and the Purple Line (CTA )line.

The #213 bus will drop you off directly in front of the Botanic Garden and take you back home. The #422 bus will take you quickly to Old Orchard/Woodfield Mall, dropping you off right in front of Macy's. It also goes to the Skokie Courthouse, Norshore Medical Offices, downtown Glenview and more, and back.

**Vacation Travel:** Many of us may consider vacation travel again sometime in the near future. There are many ways in which we can minimize harming the environment by the choices we make when traveling. Data shows that "usage of airplanes, cruise ships, trains and buses is increasing and giving off a tremendous amount of carbon and other substances." --Samantha Bray, managing director of the Center for Responsible Travel, *New York Times* article dated February 13, 2019 Justin Sablich, "How To Be A Green Traveler"

Consider traveling by train or car over air. Carbon offsets can be purchased for any type of travel. Carbon offsets are a way to reduce your carbon footprint, which is made worse by long distance travel. They can be purchased and are used to support projects that will remove the amount of carbon from the environment that the offset purchased. For a more in depth discussion, please see, <https://www.goingzerowaste.com/blog/where-to-buy-carbon-offsets-and-why-you-should/>.

Forgo single use plastics while traveling. Consider traveling deeper in local areas rather than far flung locales.



**Note for Public Transit Users Regarding Covid 19.** The virus has caused major disruptions and changes to public transportation. Ridership all over the country drastically dropped due to the fear people had of taking public transit. As of this writing (September 2020) some things have changed. At <https://www.cdc.gov>, the CDC discusses how to keep safe on all forms of transit from buses and trains, to rideshares, taxis, limos, personal vehicles, shared bikes/scooters and other forms of transit.

Much of this is common sense. That is to wash your hands before and after riding, avoid touching your nose, mouth and eyes. Using hand sanitizer if no soap and water is available, practicing social distancing. And please wear your mask!

Transit agencies have begun to do more rigorous cleaning of buses, trains, and stations. The Chicago Transit Authority (CTA) cleans every rail car and bus before it leaves for daily service, including disinfecting high touch surfaces. They clean every rail car while in service, disinfecting the high touch surfaces at all terminals after they finish a run and before they turn around for another run. They also do a routine deep cleaning of all vehicles that includes the interior surfaces from the top of the windows to the floor. They are also cleaning the stations and terminals more frequently.

PACE buses have signs posted on shelters to encourage mask wearing, the drivers wear masks and there are plastic shields to separate drivers from passengers. They are also doing deep cleaning of all buses. There are

signs on seats that are designated as non seating areas to provide social distancing. Riders are encouraged to wear masks. One of the authors of this booklet, has been using Wilmette and Chicago public transit since June 8 and can attest that people are wearing masks and social distancing.

***Published Research on Public Transport and Covid 19 Cases:***

Public transportation is more important than ever now and using it will prevent the pollution that makes Covid -19 worse. These advocates say there is scant evidence tying major Coronavirus outbreaks to buses and trains. On the contrary they say transit can play a crucial role in the pandemic era by reducing air pollution that makes people more susceptible. Excerpted from “ There is little evidence that mass transit poses a risk of coronavirus outbreaks.” *Scientific American*, July 2020.

Other references on this topic include: “Fear of Public Transit Got Ahead of the Evidence”. *The Atlantic*, June 14, 2020

According to this article, spread of Covid 19 is not exacerbated by using public transit. “If transit itself were a global super-spreader, then a large outbreak would have been expected in dense Hong Kong, a city of 7.5 million people dependent on a public transit system that, before the pandemic, was carrying 12.9 million people a day. Ridership there, according to the Post, fell considerably less than in other transit systems around the world. Yet Hong Kong has recorded only about

1,100 Covid 19 cases , one-tenth the number in Kansas, which has fewer than half as many people.”

## What We Can Do At Church

“The ecological teaching of the Bible is simply inescapable: God made the world because He wanted it made. He thinks the world is good and He loves it. It is His world; He has never relinquished title to it. And He has never revoked the conditions, bearing on His gift to us of the use of it, that obliges us to take excellent care of it.” -*Wendell Berry*



Susan Crist tending the *Church garden*, photo courtesy *Olga Domchenko*.

**Energy Efficiency:** Partner with Faith in Place to conduct energy use and waste audits at St. John's. This free audit is planned and will take place once it is safe to do so.

**Avoid Single Use Items:** Use reusable coffee cups, water cups and dishes at coffee hour and at functions. Take turns washing them. Discontinue use of all plastic, paper products from St. John's functions. We had our first plastic free coffee hour on Jan 5 of 2020 and everyone enthusiastically embraced this initiative and we thank you!

**Reduce Paper Waste:** Utilize screens and projectors in place of bulletins.

**Composting:** Start composting our food waste. We also initiated our composting program at St. John's on January 5, 2020 and are happy to say that all of you also enthusiastically supported this new initiative!

**Encourage Sustainability:** When renting out St. John's space, encourage the outside renters to avoid use of paper/plastic products for their functions, and to use our dishes/glassware. The use of our housewares could be offered as an additional rental.

**Use Our Experts to Repair/Conserve:** Host a fix-it clinic where handy congregation members or others can help repair household items that would otherwise be thrown out.

Host a basic sewing class where congregants with sewing skills can teach others how to mend their clothes to keep them out of landfills.

**Donate:** Used clothes, shoes, boots, jewelry in good condition that you no longer want to YWCA Shop for Good, a used clothing store that is located on Central Avenue in downtown Wilmette. Part of the proceeds from their sales go to fight domestic violence and to help with economic empowerment programs (see resource page).

**Learn About Recycling** Visit the local recycling center to learn how and what to recycle. See resource page for locations of recycling centers for various items.

**Terracycle:** Many items cannot be recycled at your local recycling center, like juice pouches, toothpaste tubes etc. Terracycle rents bins to collect these hard to recycle items and sends them to their facility. We could consider becoming a drop off site for the community.

**Get Involved:** Travel to advocacy day in Springfield to interact with our legislators. Our partnership with Faith in Place can prepare us to go and help us get there. Members of our congregation attended the event earlier this year.

**Gather:** Watch for Earth day celebrations, planting pollinator gardens in Wilmette, and a beach clean up day. Come to advocacy day. Read the church newsletter for more information on ongoing initiatives.



## **Know Your Local State and Federal Officials and Make Your Voice Heard:**

**Openlands- One of the Chicago area's most respected conservation organizations whose website can help you navigate current information on the environment/climate change:** Their website makes it easy to write and immediately send letters of concern regarding various topics currently up for legislation in Illinois and on the Federal level. Prewritten letters on specific topics come up, you can add a paragraph of your own, or just click send. The letter is then sent instantly to your local, state and federal officials based on your zip code. This website also has up to date information on matters related to climate change and pending legislation on local, state, and federal environmental issues.

### **Illinois US Senators:**

Tammy Duckworth  
524 Hart Senate Office Building Washington DC 20510  
(202) 224-2854  
Contact: [www.duckworth.senate.gov/content/contact](http://www.duckworth.senate.gov/content/contact)

Durbin, Richard J.  
711 Hart Senate Office Building Washington DC 20510  
(202) 224-2152  
Contact: [www.durbin.senate.gov/contact/](http://www.durbin.senate.gov/contact/)

### **Illinois Representatives in Congress:**

9th district: Jan Schakowsky

Evanston - (847) 328-3409, Glenview - (847) 328-3409,  
Washington - (202) 225-2111

### **Illinois State Senator 9th district:**

Laura Fine  
M115 Capitol Building, Springfield, IL 62706  
(217) 782-2119  
District Office:  
1812 Waukegan Road Suite A  
Glenview, IL 60025  
(847) 998-1717  
[laura@senatorfine.com](mailto:laura@senatorfine.com)

### **Illinois State Congress Representatives:**

District 17: Jennifer Gong-Gershowitz  
1812 Waukegan Rd, Ste B, Glenview IL 60025  
847-486-8810

District 18: Robyn Gabel  
820 Davis St Ste 103, Evanston, IL 60201  
847)-424-5401 – District  
(217) 782-8052 – Springfield

### **Wilmette Village Board:**

President: Bob Bielinski  
[bielinskib@wilmete.com](mailto:bielinskib@wilmete.com)

Trustees  
Peter Barrow  
[barrowp@wilmette.com](mailto:barrowp@wilmette.com)  
Kathy Dodd

doddk@wilmette.com  
Gina Kennedy  
kennedyg@wilmette.co  
Joel Kurzman  
kurzmanj@wilmette.co  
Senta Plunkett  
plunketts@wilmette.com  
Dan Sullivan  
sullivanand@wilmette.com

**Wilmette Public Works Department**

General # 847-853-7000  
pubworks@wilmette .com

**Director of Engineering and Public Works**

Brigitte Berger-Raish, PE  
847-853-7627

**Village of Wilmette Public Library**

847-256-5025

**Village of Wilmette Park District**

847-256-6100

**RESOURCES**

**Environmental Groups**

*Alliance for the Great Lakes* : dedicated to the protection of North America's Great Lakes  
<https://greatlakes.org/>

*Arbor Day Foundation (Time for Trees Initiative)*  
1-888-448-7337 <https://www.arborday.org/>

*Chicago Bird Collision Monitors-* 773-988-1867  
<https://www.birdmonitors.net/>

If you see an injured bird (please note: sometimes birds appear to be dead but are stunned and can revive) and want to help put it inside a paper bag or box with a lid and call them. They will pick it up. If no bag or box put near a tree or planter to protect it from predators.

*Center for Neighborhood Technology(CNT):* CNT IS A Chicago based organization that delivers research, tools, and solutions to create sustainable and equitable communities. <https://www.cnt.org>

*Chicago Audubon Society:* Connects people with birds and nature through educational programming, field trips, advocacy, stewardship and research.  
[www.chicagoaudubon.org](http://www.chicagoaudubon.org)

*The Delta Institute:* Community improvement projects throughout the midwest: <https://delta-institute.org>

*Faith in Place:* faith based community/environmental justice organization. <https://www.faithinplace.org/>

*Friends of the Chicago River* : dedicated to protecting and preserving the Chicago River and its adjacent lands since 1979 [www.chicagrivier.org](http://www.chicagrivier.org)

*Go Green Initiatives*: <https://gogreeninitiative.org/>

*The Nature Conservancy*: [illinois@tnc.org](mailto:illinois@tnc.org) A worldwide environmental/conservation organization involved in major initiatives to combat climate change and protect the environment. Please join their plant a billion trees initiative.

*National Wildlife Federation*: [www.nwf.org](http://www.nwf.org)

*Openlands* One of the first (1963) Chicago based conservation organizations working in Chicago/Northeastern Illinois and parts of Wisconsin and Indiana to conserve and protect open spaces, develop walking and biking trails, restore natural areas and connect people to the outdoors.  
<https://www.openlands.org/>

Village of Wilmette green initiative:  
<https://www.wilmette.com/green-initiatives>

*Go Green Wilmette*: Environmental organization working on various green projects within the Village of Wilmette.[www.gogreenwilmette.org](http://www.gogreenwilmette.org)

### **Light Pollution--Dark Sky Advocates/Articles**

*Audubon Society*: Creating Bird Friendly Communities Lights Out. Tips are provided on mitigating light pollution.

Florida Fish and Wildlife Conservation Commission/FWC  
Fish and Wildlife Research Institute- they have done

very extensive research on the effects of light pollution on wildlife/habitats:  
<https://myfwc.com/conservation/you-serve/lighting>

*International Dark Sky Association*:  
<https://www.darksky.org/light-pollution/-please> see video "Losing the Dark" on their website

"Illuminating the Effects of Light Pollution", NY Times  
April 7, 2016

"Light Pollution is Destroying the Environment", The Atlantic, September 24, 2019

"Light Pollution"- National Geographic, July 23, 2019

"Coastal Cities Leave up to 75% of Seafloor Exposed to Harmful Light Pollution", Science Daily: July 30, 2020, University of Plymouth Study

**Environmentally Friendly Cleaning Products:** (a short list of many good options)

*Common Good*: organic, refillable packaging, sustainably sourced

*Meliora*: organic, certified B corp, local, plastic free  
*Seventh Generation*

*Dr. Bronner Soaps*

*Trader Joe's Multi-Purpose Cedarwood and Sage Cleaner*--biodegradable cleaner for any water safe surface

*Drain and Disposal Cleaners*: Green Gobbler, an eco friendly biodegradable one. Or baking soda and vinegar will work well.

**Homemade Recipes for Cleaning Products:**

### *General Household Cleaner*

1 part white vinegar

1 part water

lemon rind or rosemary spring

Mix and let the scent infuse then use on cabinets, walls, trash cans, cabinets etc.

*Glass cleaner*-- a few drops of peppermint oil in a spray bottle with water is an excellent glass cleaner, that leaves no streaks. Also can be sprayed on counters and other kitchen/bathroom surfaces to get rid of ants.

### **Natural Cleaning/Household tips Websites:**

[www.realsimple.com](http://www.realsimple.com)

[www.bhg.com](http://www.bhg.com)

[www.wellnessmama.com](http://www.wellnessmama.com)

[www.bobvila.com](http://www.bobvila.com)

**Zero Waste Bloggers** Here are several blog sites written by bloggers who have forged sustainable lifestyles for themselves. We have not viewed them all but can attest that Bea Johnson is a truly amazing and inspirational environmental blogger ( see the "What We Can Do in the Home" section for more on Bea).

Bea Johnson, [www.zerowastehome.com](http://www.zerowastehome.com).

[www.goingzerowaste.com](http://www.goingzerowaste.com)

Lindsey Miles, [www.treadingmyownpath.com](http://www.treadingmyownpath.com)

Celia Riston (Chicago based) [www.litterless.com](http://www.litterless.com)

### **Electronics Recycling Center**

*Village of Wilmette* -permanent drop-off site for electronics recycling for Wilmette residents:

Public Works Facility

711 Laramie Ave

You can recycle answering machines, cable boxes/receivers/calculators/camcorders/cameras/cell phones/computer cable/computer monitors/desktops/notebooks/tables/DVD/BluRayVHS recorders/players/fax machines/keyboards/mice/MP3player/powertools/cord s/printer(multi-function)scanners/shredders/televisions( all types)

### **Metal Recyclers**

*All Metal Recycling*

Franklin Park

847-213-9888

*Action Metals Recycling*

2063 Frontage Rd

Des Plaines Il 60018

( need number)

*Cozzi Recycling*

847-233-0300

### **Resources for Organic Produce**

Local harvest maintains a list of Community supported agriculture (CSAs) serving the area.

<https://www.localharvest.org/evanston-il>

**Bulk Foods - Further Information Will Be Provided at a Later Date**

### **Clothes Recycling/Donation Centers**

YWCA Shop for Good

1107 Central Avenue

Wilmette IL 60091  
847-853-8888  
[ywshop@ywca-ens.org](mailto:ywshop@ywca-ens.org)

Goodwill Donation Center  
923 Ridge Rd  
Wilmette, IL 60091  
847-920-5303

### **Sustainable Dry Cleaning Service**

Lapels Dry Cleaning and Tailoring  
819 Ridge Road  
Wilmette IL  
<https://mylapels.com/>

The owner of this cleaning service uses a GoodEarth cleaning process machine that keeps toxic chemicals out of your clothes.

### **Makeup/Personal Care Products**

Makeup is a multi billion dollar industry, and growing. But often the products use toxic ingredients, test on animals, and use wasteful packaging that clogs our landfills and pollutes the environment. Several websites are filled with information about sustainable, clean and low waste make up and personal care products.

<https://www.sustainablejungle.com/best-of-sustainable-beauty/zero-waste-make-up/>

Kathryn Kellog blogs about sustainable living and reviews zero waste make ups here:

<https://www.goingzerowaste.com/blog/10-zero-waste-makeup-brands/>

If you have the time, Bea Johnson will tell you how to DIY make up.

<https://www.youtube.com/watch?v=m1gzUL2phBA>

### **Soap/Shampoo/Conditioner:**

Dr. Bronner soaps-- All purpose non toxic soaps that are multi purpose. One can be used for body washing, shampooing and general cleaning. Family owned, very responsible company that helps local farmers, and has been promoting sustainable living for decades.

Bar soaps/bar shampoos and bar conditioners save on water and plastic. There are many companies making these. One well regarded brand is Ethique. They are plastic free, cruelty free and carbon neutral. They work well too.

### **Oral Care:**

Bits toothpaste sells solid toothpaste bits, mouthwash and compostable floss in refillable glass jars. They also have bamboo compostable toothbrushes that can be added to subscriptions.

Dr. Bronner's toothpaste

Tom's toothpaste

## Inspirational Environmental Leaders and Groundbreaking Books

While we were writing this booklet we were inspired, excited, discouraged, frustrated, angry, anxious, overwhelmed etc, but the more we wrote, researched, and discussed things the more we discovered all the positive, and inspiring things that people are doing around the world to help the environment and care for the earth and each other. We have been so moved by all the scientists, naturalists, conservationists, authors, zoologists, painters, botanists, environmentalists, community organizers, architects, and government leaders who in many cases have given up their whole lives to this cause.

They include individuals who were major founders/leaders of the early environmental movement, people who had the foresight even hundreds of years ago to write about the need to protect the natural world. We wanted to acknowledge them here, especially for those who may not be familiar with these names from the past. Many of these individuals set the groundwork for future generations, and were also authors and some of their works are included here.

We know that there are many great leaders we have left out, both from the past and present. There are so many amazing and inspiring individuals who dedicated their lives to fighting for clean water, air, and land, for protecting wilderness and wildlife. These are just some

who deeply impressed us as we were researching and writing this booklet. We hope they may do the same for you.

**Edward Abbey:** Environmentalist, author, political activist, eccentric, often irreverent and controversial personality. His fierce love of nature, especially the American southwest, led to writing *Desert Solitaire*. Described as “an uncommonly beautiful love letter to solitude and the spiritual rewards of getting lost”. by Maria Popova in her review in Brain Pickings.

**Daniel Burnham-** One of America’s most important and influential architects and urban designers. Helped rebuild Chicago after the Chicago Fire of 1871 and directed construction of the World’s Columbian Exposition. He saw nature as essential to the life of the human spirit and in his Plan of Chicago incorporated the Chicago Lakefront, parks, forests and leafy boulevards to bring nature to the urban landscape, knowing that it was essential to a healthy, vibrant and beautiful City. He also included the establishment of the Cook County Forest Preserves in the Plan.

**David Attenborough:** BBC broadcaster, and natural historian. He wrote and directed nine natural history documentaries that present a comprehensive survey of animal and plant life on earth, starting with 1979s “Life on Earth Series”, and later, “State of the Planet”. His documentaries focus on the impact that man's activities have made on the natural world.

**James Audubon:** Ornithologist, naturalist and painter. Major work was a pictorial record, *Birds of America*,

considered one of the finest such works ever completed. When Audubon society was formed in 1905 they incorporated his name to honor his legacy.

**Wendell Berry:** Environmentalist, novelist, poet, political activist and farmer. Author of: *The Gift of Good Land : Further Essays Cultural and Agricultural; Standing on Earth; The Farm, Bringing it to the Table, On Farming and Food; The Peace of Wild Things*

**Rachel Carson:** Scientist and author, considered by many to be the founder of the modern environmental movement. She wrote *Silent Spring* in 1962 and struck the alarm on how our land and water was being polluted by the indiscriminate use of pesticides and how this would adversely change the world forever.

**Diane Fossey:** Renowned primatologist who spent 20 years studying mountain gorillas in Rwanda. She demolished the myth that apes were violent brutes, but were gentle giants with a complex human-like social family structure. She also fought for conservation and battled illegal hunting/poaching of the gorillas. Due to her efforts the gorilla population went from 250 to 1,000

**Linda Garcia:** American Environmentalist from Vancouver, Washington. Prevented one of North America's largest oil terminals from coming to Fruit Valley in Vancouver, Washington. The terminal would have moved 11 million gallons of oil each day through the area on five mile and a half long trains, causing harmful air and water emissions and harming fish and wildlife in the area. It would have increased

greenhouse gas emissions, and created the possibility of catastrophic oil spills. Ms. Garcia kept fighting even though receiving death threats for her efforts.

**Dr. Jane Goodall:** Primatologist and anthropologist renowned for her groundbreaking work studying chimpanzees in Tanzania. She is also an environmentalist, activist, author, lecturer. Founder of Jane Goodall Institute. Recently wrote: *Seeds of Hope*

**Julie Butterfly Hill:** American environmental activist who lived in a 180 foot tall, roughly 1500 year old California redwood tree for 738 days between December 10, 1997 and December 18, 1999 to prevent Pacific Lumber Company loggers from cutting it down.

**Aldo Leopold:** Ecologist and author, who wrote *A Sand County Almanac*, one of the most eloquent pleas for the preservation of wilderness ever composed. He also helped found the Wilderness Society. He helped to protect 500,000 acres as wilderness in New Mexico's Gila National Forest. Later purchased a farm in Wisconsin where he planted thousands of trees and continued working to protect the environment.

**Wangari Maathai:** Activist who fought for women, the environment, and the politically oppressed. Founded the Green Belt movement in Africa, that helped to plant 30 million trees. Was awarded the Nobel Peace Prize in 2004. <http://www.greenbeltmovement.org/>

**Benton Mackaye:** American forester, planner and conservationist. Pioneered the idea of land preservation for recreation and conservation.

Co-founder of The Wilderness Society. Considered the originator of the Appalachian Trail because of an article he wrote in 1921 that helped spur its creation. It took 16 years of effort to build the 2,140 mile trail working with hundreds of community supporters, hikers, and government leaders.

**Chico Mendes:** Conservationist and activist, labor organizer. Brazilian rubber farmer who worked to save the rain forest in Brazil. Was murdered by cattle ranchers at the age of 44 because of his work to protect the environment. Biographed in *Fight for the Forest*,

**George Monbiot :** Zoologist, investigative journalist, and writer for The Guardian. Author of *Feral: Rewilding the Land, the Sea, and Human Life* and *The Unseen World* which tells the story of what happens in our gardens at night. Specifically the world of pollinators that need night to do their work. Monbiot is a gifted, passionate writer on the environment and can be followed at [www.monbiot.com](http://www.monbiot.com)

**John Muir:** Renowned naturalist and writer whose efforts led to the creation of Yosemite National Park, Sequoia National Park and also were crucial to preserving millions of acres of other conservation areas. One of the founders of the Sierra Club. A giant of the conservation movement. Author of *Man's Place in the Universe* and other works.

**Olaus Murie and Mardy Murie:** She is called "the grandmother of the American Conservation Movement" and helped to push for creation of the Alaska Lands Act legislation. Olaus was a renowned biologist and leading

champion of wildlife and wilderness whose work helped establish the Arctic National Wildlife refuge in Alaska

**Gaylord Nelson:** Wisconsin State Senator, two time governor, and major environmental leader, who founded Earth Day. Unable to get his colleagues in congress interested in his environmental concerns he turned to the people to designate April 22, 1970 as Earth day. This led to Congress creating some of the most important environmental legislation ever passed.

**Theodore Roosevelt:** The Conservationist President, remembered here for the work he did to preserve America's open spaces. He created the United States Forest Services. He helped save 230 million acres of public land, creating 150 national forests, 51 federal bird reserves, 4 national game preserves, 5 national parks.

**Dr. Vandana Shiva:** Scientist working on environmental matters in India. Focused on effects on globalizing India's food supply. She works to protect the small farmers in India who are being wiped out by big corporate farming. In 1991 she started the Navdanya movement to combat the growing tendency of monoculture by large corporations. She is also a crusader for women's rights since women are impacted more severely by the loss of farming jobs and the difficult conditions they impose on the population.

**Henry David Thoreau:** One of America's leading and early environmentalists and activists, who wrote one of the greatest meditations on life and nature in this volume, *Walden Pond*.



**Greta Thurnberg:** Climate crisis activist from Sweden who was named 2019's Person of the Year by Time. At 16 years old she has galvanized a whole generation of children to stage school walk outs to draw attention to the climate crisis. <https://www.gretathunberg.name/>

**Aaron Montgomery Ward:** Founder of the mail order giant Montgomery Ward & Company, but also a great environmentalist/preservationist. He fought relentlessly for years to keep Grant Park a public park and to keep the Lakefront forever open and free, especially for the poorer residents of the City. He sued the City of Chicago twice for building in the park. We have magnificent Grant Park and a publicly accessible lakefront in large part because of his efforts. Daniel Burnham eventually included the preservation of Grant Park and the entire lakefront in the Burnham Plan.

### **Chicago Area Environmental Leaders**

**Gerald Adelman:** CEO of Openlands, one of the most highly respected conservation organizations in the Chicago area. Jerry was the driving force behind the creation of the Illinois and Michigan Canal National Heritage Corridor that was signed into Legislation in 1984 by President Ronald Reagan. This was the first designation of its kind, "a new kind of national park" and celebrates the cultural, historical, architectural and natural areas that cover 60 communities in 5 counties. Jerry was awarded the Francis K. Hutchinson Medal that is given to people for distinguished service to conservation.

**Charlotte Adelman** Lawyer, environmentalist, native plant lobbyist living in Wilmette, and instrumental in the creation of the Wilmette Park District's Centennial prairie garden.

**Gregory Bratton:** Urban gardener extraordinaire. Mr. Bratton has helped plant 100 gardens throughout Chicagoland, bringing inspiration, joy, and hope to the people living in the adjacent communities. He not only plants beautiful flowers and plants, but also herbs and vegetables to help feed the hungry, and teach urban farming skills to anyone who wants to learn from him. His gardens also contain art and sculpture, and many include memorials dedicated to victims of violence in Chicago. He is truly a gentle spirit and catalyst for change, helping to transform these communities.

**Lee Botts:** A writer, grassroots organizer and educator and government official who helped establish the 15,000 acre Indiana Dunes National Lakeshore. She Was the founder of the Lake Michigan Federation now the Alliance of the Great Lakes. She also helped start the City of Chicago's Environmental Department. Was a major force in helping to prevent industry from dumping phosphates into the lakes.

**Robert Cassidy:** Urban planner, writer, wrote an article in 1979 for *Chicago Magazine* about the neglected Chicago River. The article garnered massive attention from various civic leaders and they formed the group Friends of the Chicago River. Fast forward forty years and look at the Chicago River filled with parks, hiking

trails, walkways, restaurants and cafes. The downtown area of the river especially was completely transformed.

**Steven Packard:** Founding director of Audubon Chicago Region. He has guided some of Illinois' largest ecological restoration projects, assembling thousands of volunteers during his years of work with the Nature Conservancy and the Audubon society. He lives in Northbrook and planted a wildflower garden that is a living educational tool for his community on how to have an ecologically sustainable garden

**Ed Uhlir:** Public open space advocate, planner, architect. He was the chief architect and planner for the Chicago Park District and later was the design director and master planner for Chicago's Millennium park, which is renowned for its natural beauty, and creative, environmentally sensitive use of public land.

**Beth White:** Former Director of the Friends of the Chicago River, then Chicago Regional Director of the Trust for Public Lands. Beth played a very instrumental role in the creation of the 606 park in Chicago. This park won a national American Planning award for being "A stunning example of a community working together to realize a dream and create a citywide attraction from underused City infrastructure."

**A Few Suggestions for Further Reading (this list was gleaned from various recommended book lists)**

*Being the Change*, Peter Kalmus- Kalmus is an atmospheric climate scientist at NASA. This book contains a readable but authoritative view of climate

science and tells the story of how he has lowered his family's emissions by 90%.

*This Changes Everything*, Naomi Klein. Eric Kleinberg of the NY Times notes that "It's the single strongest statement we have for why carbon fueled capitalism with its imperative of relentless growth and exploitation is fundamentally incompatible with ecological sensibility and climate justice."

*Losing Earth*, Nathaniel Rich, the story of a handful of scientists and politicians who risked their careers in a campaign to convince the world to act before it was too late.

*Rising: Dispatches from the New American Shore*, Elizabeth Rush. Rush writes about the impact of rising seas in a series of interviews with people who have been displaced by disappearing coastlines, often the poor. She includes her own story of displacement, in evocative and beautiful prose.

*No One is Too Small to Make A Difference*. Greta Thurnberg. A slim volume of her speeches and also some basic scientific facts on climate science. A good read for your budding young climate activists.

*The Uninhabitable Earth- Life After Warming*, David Wallace Wells. Wells describes the catastrophic changes on the planet that will occur with rising temperatures. Some have called this book a terrifying but sobering wake up call.

## **Transportation Links**

CTA schedule:

<https://www.transitchicago.com/schedules/>

METRA Passenger Services: (312)322-6777

METRA schedule: [metrarail.com](http://metrarail.com)-- this is the Commuter Rail System

PACE schedule: [PaceBus.com](http://PaceBus.com)-- this is the Suburban Bus System

Pace Customer Relations: (847) 364-PACE (7223)--  
Suburban Bus System Customer Service

RTA travel Information Center: (312) 836-7000 - this is the oversight agency for CTA METRA and PACE

RTA Trip Planner-- a way for you to connect to CTA and Pace Services: [RTAChicago.com](http://RTAChicago.com)

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Go Green Wilmette

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Edited by Molly Gilbert Bolash and Olga Domchenko

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