

# Ka Mana

## Hawaii's Interfaith Energy & Climate Connection

March-April 2020

### Welcome

Welcome to *Ka Mana: Hawaii's Interfaith Energy & Climate Connection*, a project of [Hawaii Interfaith Power & Light](https://hipl.org) (HIPL). *Ka Mana* connects our diverse faith, decision-making, and advocacy communities to promote Hawaii's transition to 100% renewable energy and a carbon-neutral economy. Inspired by shared values; effective action; a sense of urgency; and a vision of social, economic, and environmental justice and equity, together we can do this! We invite you to join us in this historic movement.

### Earth Day 50<sup>th</sup> Anniversary



Sigal Suhler Moran/Getty Images

This year is the 50<sup>th</sup> anniversary of Earth Day! Even with the big challenges before us, our attention and our lives have revolved around slowing the spread of COVID-19. While this may seem to take our focus away from responding to climate change, promoting healthy living and a healthy planet have more relevance now.

### Another Reason for a Plant Slant Diet

Centenarians in all five blue zones areas enjoy much lower rates of chronic diseases eating a plant-slant diet. By contrast, confined animal husbandry, massive feedlots, and the associated environmental degradation all foster conditions ripe for pathogens to persist, spread, and mutate to forms that can infect people. This type of food system is bad for animals and bad for the environment but unfortunately good for pathogens. Our everyday choices affect the

climate and our health.

### Moving Naturally to Enjoy Nature

Globalized trade and travel and moving plants and animals around the world don't just raise our carbon footprint, they also carry pests and diseases, affecting plants, animals, and yes, people. Moving locally and naturally help us appreciate and engage in the wonders around us and work to protect them. These activities are good for our health and the planet. And they are still available to us while airlines "cool their jets".

### Staying Connected in Isolated Conditions

Our social connections and personal faith are tested in these times, but now that makes them all the more important. Physical distancing doesn't have to mean "social distancing". Let's focus on what's really important, cherish our social networks, strengthen our communities, and get to know our neighbors a little better! We all have stories to share, lessons to learn, and the need to inspire and be inspired by others. We need support to reinforce people and planet-healthy lifestyles, and to get us through times when we feel and seem like we're on our own.

But we're not alone, so this Earth Day, let's recommit ourselves to good health for ourselves, our neighbors and all the Earth.

### Contact Ka Mana

See <https://hipl.org/kamana> for *Ka Mana* past issues, and please share your Events with [kamana.hipl@gmail.com](mailto:kamana.hipl@gmail.com).  
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