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## **Remember the 4 R's: Reduce, Reuse, Recycle, Repair**

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Earth Day is observed on April 22. This tradition arose from an interest in gathering national support for environmental issues. In 1970, San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration to ensure that those interested in conservations would no longer be ignored by legislators. McConnell chose the spring equinox (March 21, 1970) and Nelson chose April 22. Millions of people participated, and now Earth Day continues to be celebrated universally with events on both dates.

Typical ways of observing Earth Day include planting trees, picking up roadside trash, conducting various programs for recycling and conservation, using recyclable containers for snacks and lunches. Some people are encouraged to sign petitions to governments, calling for stronger or immediate action to stop global warming and to reverse environmental destruction. Television stations frequently air programs dealing with environmental issues

Every year the Earth Day Network and Global Poverty Project present *Global Citizen Earth Day*. The National event is held at the Washington Monument Grounds, Washington D.C. It is A FREE EVENT and will be held SATURDAY 18 APRIL 2015. Time: 11.00am - 7.00pm.

This year's 45th anniversary of Earth Day, Global Citizen Earth Day comes during a crucial time to protect the planet and ensure that world leaders address key issues facing the next generation. Timed to coincide with the spring meetings of the World Bank Group and the International Monetary Fund, Global Citizen 2015 Earth Day will bring together global policymakers, finance ministers, environment and development NGOs, and industry executives.

Together, these world leaders will work to educate and inspire citizens to take immediate action to end extreme poverty and address climate change. The event is part of a widespread effort to mobilize global citizens in the climate and environmental movement, and the development and poverty movement to push bold commitments from governments, businesses and individuals.

The question for us is what can we do locally as individuals to make a change in the environment? Good habits, no matter how small, can make a difference. We can do our part by practicing the following routines each day.

1. At night before going to bed: Turn off all electronics. Plug your devices - the TV and DVD player, or the computer and printer - into a UL-certified power strip; switch the whole group off for the evening to prevent phantom electrical draw.

2. Observe meatless Mondays: Eating less meat is good for our health and for the environment. *meatlessmonday.com* has great recipes and tips.
3. Park your car and walk: Make exercise part of your daily routine. Driving less and walking more is good for the climate, the planet, your health, and your wallet.
4. At work: Purchase recycled paper. Set up your office printer or copy machine so it prints on both sides of the page.
5. When running errands: BYOB. Bags, that is.
6. Introduce your children to Dr. Seuss's 1971 book, *The Lorax*: it features a creature who "speaks for the trees" against those who would cut them down. This story also comes in a DVD.

This year, on Earth Day, enjoy the energizing fresh air, the contact with the soil, and companionship with nature! Walk through the woods in search of emerging wildflowers and green moss. Go outside, no matter what the weather!

Just changing one thing at a time will help the environment and our personal lives. Let me know how you are doing with the 4 R's. What changes are you making?

Don't forget "Together we can make a difference."

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