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THE WORLD



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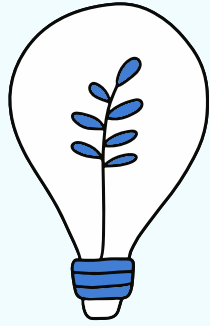


9/9/20- THE DAY THE SKY
TURNED ORANGE



WHAT'S BEEN GOING ON IN
SLIA?





Sustainability Around the World By Alison Chiu

DURING THE MONTH OF SUSTAINABILITY, LET'S TAKE A QUICK MOMENT TO FEATURE THE MOST SUSTAINABLE COUNTRIES WORLDWIDE!

ACCORDING TO SUSTAINABILITY MAGAZINE, FIVE OF THE GREENEST COUNTRIES ARE:

SWEDEN
SWITZERLAND
NORWAY
JAPAN
FINLAND



NOW, LET'S TAKE A PEEK INTO EACH OF THESE UNIQUE COUNTRIES AND EXPLORE WHAT PRACTICES AND PROGRAMS MAKE THEM SO ENVIRONMENTALLY FRIENDLY.

SWEDEN

SWEDEN HAS A CARBON TAX THAT SIGNIFICANTLY DISCOURAGES FOSSIL FUEL USE AND ALLOWS THE COUNTRY TO TURN TO MORE RENEWABLE RESOURCES FOR ENERGY (IN FACT, 52% OF ITS ENERGY IS RENEWABLE, MARKING SWEDEN AS THE MOST SUSTAINABLE COUNTRY IN THE EU). ADDITIONALLY, SWEDEN HAS HIGH CITIZEN ENGAGEMENT AND SOLIDARITY, WHICH MAKES MOST OF THEIR CITIZENS' AND RESIDENTS' LIFESTYLES VERY SUSTAINABLE IN VARIOUS WAYS. SWEDES RECYCLE MORE AND HAVE MORE SUSTAINABLE CLOTHING. THE COUNTRY ALSO HAS AMBITIOUS PLANS TO BECOME FOSSIL-FUEL-FREE BY 2050, A CLEAR PLAN THAT OUTLINES A PROMISING PATH OF SUSTAINABILITY.

SWITZERLAND

THE SWISS HAVE BEEN KNOWN FOR THEIR SUSTAINABLE AND ECO-FRIENDLY LIFESTYLES, HIGHLIGHTING EXTREMELY GREEN TRANSPORTATION (HYDROPOWER, BATTERY-POWERED, AND EVEN BY FOOT!), RECYCLING, AND A LOVE FOR NATURE. BECAUSE OF ITS GEOGRAPHY, THE COUNTRY LARGELY RELIES ON

HYDROPOWER ENERGY, WHICH IS GENERATED BY THE COUNTRY'S SUBSTANTIAL AMOUNTS OF RAINFALL. PLUS, SWITZERLAND'S NATIONAL POLICIES AND ACTIONS HAVE TAKEN LARGE STEPS TOWARD A GREENER FUTURE, AS SEEN IN ITS GOAL TO BECOME CARBON-NEUTRAL BY 2050 AND ITS MEETING OF THE UNITED NATION'S 2030 SUSTAINABILITY GOALS.

NORWAY

LIKE SWITZERLAND AND SWEDEN, NORWAY HAS AMBITIOUS GOALS TO ACHIEVE CLIMATE NEUTRALITY BY 2030, A GOAL THAT IS REFLECTED IN OTHER ASPECTS OF NORDIC LIFE. JUST LIKE SWITZERLAND, NORWAY HEAVILY DEPENDS ON RENEWABLE SOURCES OF ENERGY LIKE HYDROPOWER, WHICH ACTUALLY MAKES UP A WHOPPING 95% OF ALL THEIR ENERGY. NORWAY IS ALSO THE LEADING COUNTRY IN ELECTRIC CARS, HELPING THE COUNTRY MOVE AWAY FROM UNSUSTAINABLE RESOURCES LIKE FOSSIL FUELS.

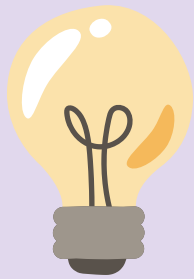
JAPAN

AS A TECHNOLOGICALLY ADVANCED COUNTRY WITH A COLLECTIVIST CULTURE, SUSTAINABILITY IS REFLECTED IN MANY ASPECTS OF JAPANESE LIFE. SINCE THE EDO PERIOD, SUSTAINABILITY HAS BEEN EMBEDDED INTO JAPANESE VALUES AND HAS CARRIED ON INTO MODERN-DAY LIFE. JAPAN UTILIZES SUSTAINABILITY AS AN ASPECT OF TOURISM AS WELL, CREATING NATURALLY APPEALING SPACES FOR TOURISTS. THE JAPANESE ALSO FEEL SOCIALLY INCLINED TO TAKE CARE OF THEIR ENVIRONMENT – A VALUE COMING FROM THE SOCIETAL NORMS OF THEIR CULTURE.

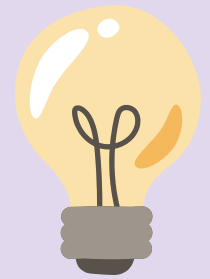
FINLAND

ONE OF THE MANY REASONS WHY FINLAND IS SO SUSTAINABLE CAN BE ATTRIBUTED TO THE INNOVATIVE AND CREATIVE SUBSTITUTES THAT THE FINNISH HAVE FOUND TO REPLACE NON-ECO-FRIENDLY RESOURCES. AS A COUNTRY WITH MANY FORESTS AND TREES, USING WOOD AS AN ENERGY SOURCE HAS ALLOWED THE COUNTRY TO SUBSTANTIALLY CUT DOWN ON UNSUSTAINABLE RESOURCES. LIKE SWEDEN, ITS CARBON TAX HAS ALLOWED ITS ECONOMY AND MARKET TO BECOME MUCH MORE ECO ORIENTED.

STUDYING DIFFERENT SUSTAINABLE CULTURES AND COUNTRIES ACROSS THE WORLD ALLOWS US TO BROADEN OUR HORIZONS AND MOVE BEYOND OUR EVERYDAY LIFE WHEN THINKING ABOUT THE ENVIRONMENT ON A LARGE SCALE. BY LOOKING FARTHER THAN OUR OWN COUNTRY, WE CAN OPEN OUR EYES TO NEW AND INNOVATIVE IDEAS THAT OTHERS HAVE ALREADY IMPLEMENTED AS INDIVIDUALS, COUNTRIES, SOCIETIES, AND EVEN CULTURES, ALLOWING US TO LEARN AND DRAW NEW LESSONS ABOUT BEING ENVIRONMENTALLY FRIENDLY IN A RAPIDLY CHANGING WORLD.



APRIL SWITCH AOTM: TO LEDS



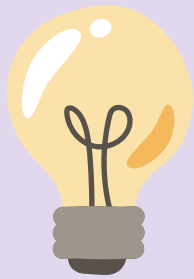
By: Abigail Stofer

Do you know what kind of lightbulbs are lighting up your home? [Until the early 2000s](#), incandescent and CFL light bulbs were the most common, however, these light bulbs were highly inefficient. In fact, the [average lifespan of a CFL light bulb](#) is about 8,000 hours, compared to the 25,000-hour lifespan of an LED light bulb. This month, SLIA is focusing on saving energy (and money) by switching to LEDs.

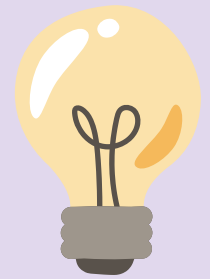
The beauty of humankind is that we are constantly evolving - and our lighting is too! LED lights provide the same quality of light as traditional incandescent bulbs but use 75% less energy, [last 10 to 25 times longer](#), and only cost a few dollars per bulb. In fact, replacing just five incandescent light bulbs with LEDs can save you more than \$60 per year in electricity costs. Another advantage of LED bulbs is that, unlike CFL lights, they do not contain mercury and are therefore much easier to dispose of. If you want to save time, energy, and money, then LEDs are your best bet!

To start the process of replacing your light bulbs with LEDs, it is a good idea to list all the bulbs you will need and where they are located. Would a softer or brighter light be better? Would you like to be able to dim the light? These are essential questions to consider. You will also have to pay attention to the LED brightness since it is measured on a completely different scale than traditional incandescent light, but thankfully, most manufacturers translate this for you and typically have a “watt equivalent” rating.



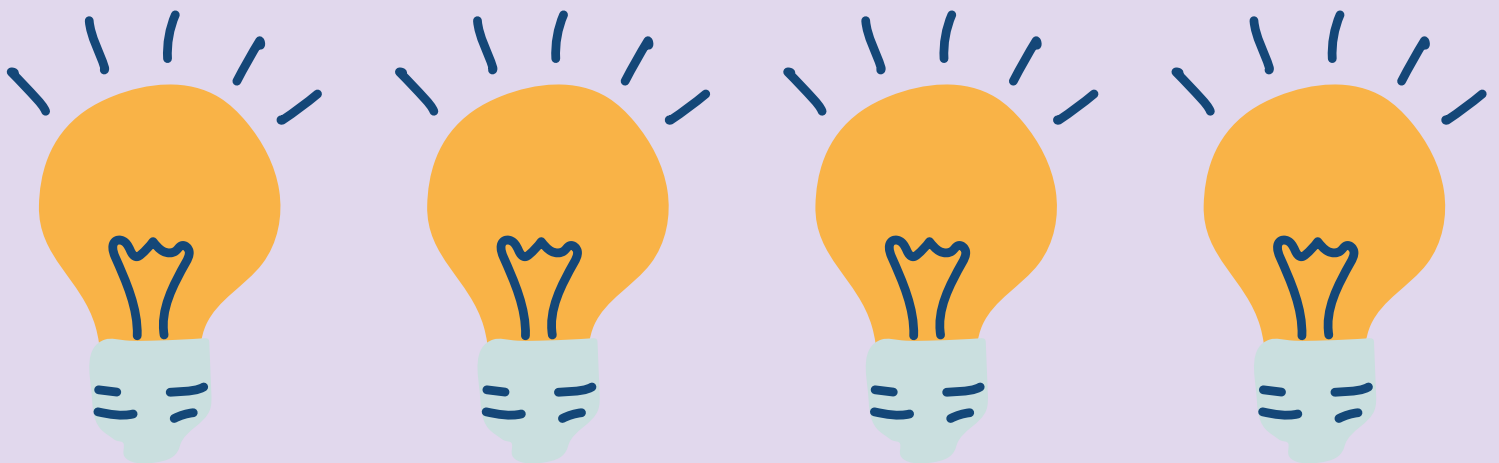


APRIL SWITCH AOTM: TO LEDS



You will also have to consider the aesthetics you are looking for. LEDs come in a few basic colors including “soft white,” “bright white,” “cool white,” or “daylight,” which increase in brightness. You may want to use brighter colors in spaces mostly used during the daytime and cooler colors in spaces primarily used in the evening to create a calmer atmosphere. Some LED products even have a smart light controller where you can control the color of light from your phone! LEDs also come in various shapes. The most common one fits standard light fixtures, but they are also available in globe, can, flood, and other sizes to fit special fixtures. There is an LED for every space and fixture!

The great thing about LEDs is that once you replace your bulbs, you won’t need to think about changing them for a long time. Instead, you can spend this extra time thinking about what you will do with all the money and energy you saved! We hope you will decide to join SLIA this month and take on this challenge yourself. For more information, read all about this action on the [Cleaner Contra Costa Challenge](#) website.





VEGETARIAN YAKI

UDON NOODLES



by Samriddhi Pakhrin

PREP TIME: 10MIN COOK TIME: 10MIN PORTIONS: YIELD 4, SERVING SIZE 1

Do you remember the last time you ate Yaki Udon? The succulent feeling in your mouth after your first bite, the tangy sauce, the savory taste, and the perfect combination of sweetness and sourness all make this dish perfect. If you are unfamiliar with Yaki Udon noodles, it is a Japanese stir-fried dish made out of white noodles that are thick and chewy as well as vegetables, meat, sauce, and other ingredients.

However, we're going to switch up this recipe of regular Yaki Udon! Instead of using meat, I'm going to share with you the best way to make a vegetarian version of Yaki Udon noodles. This dish is great when you want to eat something light but filling at the same time. Plus, it's entirely plant-based and full of nutritious ingredients that substitute the protein you get in meat. It's a simple meal that you can make in just 15-20 minutes and is a much healthier alternative to the traditional dish. Also, it is super easy and convenient to make when you are in a rush and want something yummy. So many benefits, right? Now that we've gone over what Yaki Udon is, let's get right to prepping.



The time to make veggie Yaki Udon depends on how long it takes you to gather all of the necessary ingredients and materials and prepare the vegetables (washing, chopping, and cleaning). The cooking isn't that time-consuming and should take no longer than 10 minutes.

Overall, this whole dish should take you a maximum of 20 minutes.



INGREDIENTS

- 1 tablespoon oil
- 1 carrot
- 100g (1 ½ cups) of cabbage
- 100g (1 ½ cups) of button mushrooms (you can substitute or use a mushroom of your preference)
- 2-3 green onions, sliced into pieces
- 2 Tablespoon soy sauce
- 2 Tablespoon mirin (rice wine for cooking)
- 1 Tablespoon sesame oil (optional)
- 1 red onion, cut into thick wedges
- 1 large garlic clove, crushed
- 300g (3 cups) ready-to-cook (store-bought) udon noodles



1 Prepare the vegetables. Wash all of the vegetables and cut them into appropriate sizes.

Cut the carrot into very thin pieces (julienned), slice the cabbage into medium layers, and remove the stems from the mushrooms. Cut the mushrooms into edible pieces from the side so that the size of the mushroom slices are even. Cut the green onion into pieces about 2-2 ½ inches wide.

3 Set your vegetables aside.

4 Now you'll cook your udon noodles. This is where it starts to get fun! Prepare store-bought udon noodles based on what the package instructions say. Drain the noodles in a drainer, and let them cool down for around 5 minutes. After they cool down, rinse in cool water.

Now it's time to cook. Take out a pan and heat the oil for a few seconds (do not overheat!).

6 Add the carrots, mushrooms, cabbage, and green onions (only the white sections as you will use the green onion leaves to garnish your dish). You should do this for about 6-9 minutes, keeping the heat on medium. Make sure to not overcook the vegetables

After frying your vegetables, add the boiled udon noodles to the pan and soy sauce on top of the noodles. Start mixing little by little.

8 Add the mirin and mix everything together. Let it heat up for about four minutes at medium temperature. Add salt and mix. To garnish, add chopped green onions and sesame seeds if you like. Enjoy!

9/9/20 - The Day the Sky Turned Orange

BY JOSHUA ODIASE

FOR SOME, JUST HEARING THE DATE EVOKES FLASHBACKS TO THE DAY THE SKY WAS ORANGE. TRY TO REMEMBER THE FIRST THING YOU WITNESSED- THE LOCATION, TIME, TEMPERATURE, ETC. MOST PEOPLE AROUND THE BAY AREA REPORTED WAKING UP TO AN EERIE DARKNESS, A DAY THAT SEEMED STRAIGHT OUT OF *APOCALYPSE NOW* WITH A BLOOD-ORANGE SKY. EVEN WITHOUT REMEMBERING THE SPECIFIC DATE, MOST BAY AREA RESIDENTS CAN PROBABLY RECOLLECT THIS BIZARRE EVENT. ON SEPTEMBER 9, 2020, IN THE BAY AREA OF CALIFORNIA THE SKY WAS ORANGE, PERPLEXING CALIFORNIANS AND AMERICANS ACROSS THE NATION ON THE RAMIFICATIONS FOR OUR EARTH'S FUTURE.

THOUGH PEOPLE REMEMBER WHEN THE SKY TURNED ORANGE, DID ANYONE QUESTION WHY? WHY, FOR THE FIRST TIME IN RECORDED HISTORY, WAS THE SKY COATED IN A DEEP ORANGE HUE? STANFORD CLIMATE SCIENTIST CRIS FIELD SUGGESTS THAT A COMBINATION OF CALIFORNIA'S LARGEST RECORDED WILDFIRES IN HISTORY THAT MONTH, IRREGULAR AIR CIRCULATION PATTERNS, SMOKE FROM OREGON'S WILDFIRES, AND FOG GATHERED A THOUSAND FEET IN THE AIR WITH SUNLIGHT ILLUMINATING A "BLANKET" OF SMOKE WERE THE MAIN COMPONENTS THAT FORMED THIS DOOMSDAY SCENARIO.

THE SKY GOT DARKER AND REDDER AS THE DAY WENT ON DUE TO THE DENSITY OF THE CLOUDS, PREVENTING SHORTER WAVELENGTHS LIKE BLUE AND GREEN FROM PASSING THROUGH. ONLY LONGER WAVELENGTHS (ORANGE AND RED) COULD MANAGE TO PENETRATE THE CLOUD LAYER. STUDIES HAVE SHOWN THAT IN RECENT DECADES, ABOUT HALF THE INCREASE IN WILDFIRE ACTIVITY IS A DIRECT RESULT OF PRESENT-DAY CLIMATE CHANGE, AND THIS ONE DAY CATALYZED THE OUTCRIES AND WARNINGS ABOUT THE IMPENDING CLIMATE CRISIS. EARTH DAY IS COMING AROUND AGAIN, MAKING US REFLECT ON HOW FAR WE AS A NATION AND A HUMAN RACE HAVE COLLECTIVELY COME IN THESE UNUSUAL TIMES.

RECENTLY, THE UNITED NATIONS JUST ADOPTED THE HIGH SEAS TREATY, A HISTORIC ACT DUE TO ITS PROTECTION OF THE WORLD'S OCEANS BY PLACING 30% OF SEAS INTO PROTECTED AREAS BY 2030. IRAQ'S PRIME MINISTER HAS ANNOUNCED PROMISES TO FIGHT CLIMATE CHANGE AND MEET A THIRD OF THE COUNTRY'S ELECTRICITY DEMAND WITH RENEWABLE ENERGY. THE HOUSE OF REPRESENTATIVES APPROVED THE INFLATION REDUCTION ACT, WHICH DEDICATES \$370 BILLION TO CLEAN ENERGY AND CLIMATE INVESTMENTS.

ALL OF THESE ACTIONS TAKE ON GREATER MEANING WHEN CONSIDERING THAT AMERICA, WHICH IS THE WORLD'S LARGEST CARBON EMITTER, WILL BE FUNDING RESOURCES TO FINALLY TACKLE THE CLIMATE CRISIS HEAD-ON. FURTHERMORE, WE HAVE TO ACKNOWLEDGE WHAT IS HAPPENING TODAY. RECENT ANOMALIES IN CALIFORNIA LIKE THE FLOODING IN SAN FRANCISCO, THE UNUSUAL LEVELS OF SNOW, AND THE IRREGULAR AMOUNT OF EARTHQUAKES ARE ALL CAUSED BY THE WORSENING CLIMATE.

AND EVEN THOUGH WE NEED THE RAIN, THE CHANGES IN WEATHER ARE A FOREBODING SIGN OF WHAT WILL COME NEXT. THIS EARTH DAY SHOULD CELEBRATE THE FEATS OF WHAT WE HAVE ACCOMPLISHED FOR A SUSTAINABLE FUTURE BUT SHOULD ALSO BE A REMINDER OF THE UPCOMING CHALLENGES WE STILL HAVE YET TO FACE.

What's Been Going on in SLIA?

By: Nina Damiano
Art by: Emori Kawahara

Climate Careers Chat: Wildlife Conservation!

On March 2nd, SLIA hosted its quarterly Climate Careers Chat: an interactive webinar where two wildlife experts spoke on their journeys and experiences in the field of wildlife conservation.



Panelist Christina
Schwandt



Panelist Soumya
Suresh

Trash-a-thon Fundraiser



SLIA's first every fundraiser happened last February! Raising over \$1000, participants collected pledges on donations for each bag of trash they picked up from the environment. Congrats to the fundraising team and looking forward to more events like this one in the future!

Win for SLIA Policy!

Last month SLIA members showed up to the Brentwood city council meeting and made public comments helping to extend a ban on oil and gas drilling in the city! In the future, SLIA policy members are hoping to see similar bans spread to other cities in the region.



Upcoming SLIA Recruitment event
April 15th- tell those you know!

FLEXIBLE TIME COMMITMENT

GREAT FOR COLLEGE APPLICATIONS

HIGH SCHOOL & COLLEGE-AGED STUDENTS BASED IN CONTRA COSTA COUNTY

VOLUNTEER HOURS!

ARE YOU INTERESTED IN SUSTAINABILITY?

SUSTAINABLE LEADERS IN ACTION

CHECK OUT OUR PROJECTS:

- Policy & Advocacy
- Newsletter
- Graphic Design
- Climate Careers Chat
- Cleaner Contra Costa Challenge
- Fundraising

PROFESSIONAL DEVELOPMENT SKILLS

SCAN OR VISIT:
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