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Climate Smart  
Communities  
Certified Bronze

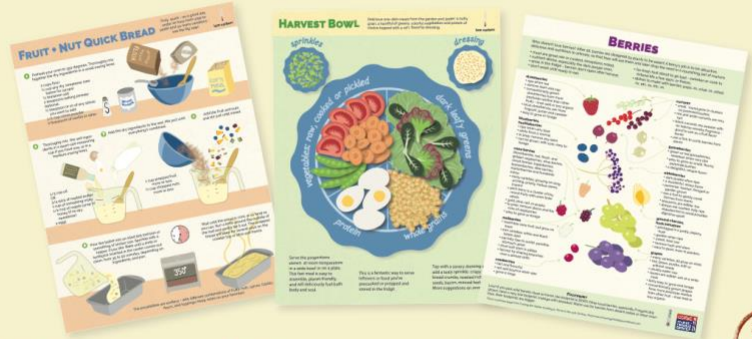
# New Paltz Climate Smart Newsletter

## New Paltz Climate Smart Solutions August *Meetup:* *Turning the Tables: Cooking to Thrive in the 20<sup>th</sup> Century*

Tuesday August 2<sup>nd</sup> at 6:00 on Zoom

Our presenter this month is Maria Reidelbach. Maria is an author, artist and local food activist who has worked with Hudson Valley, NY, farmers since 2005. The challenges of climate change are daunting -- it's so huge! However, transitioning what we eat and how we eat can be one great way to cope. Scientists say that on an individual level, the single, most effective way to reduce global warming is through the food on our plates. Adding more plants to our meals, eating more whole and locally grown foods, and reducing food waste can not only lower our carbon footprint but can also foster vibrant health and reduce the need for environmentally and financially costly medical treatments. *Turning the Tables: Cooking to Thrive in the 20th Century*, a cookbook Maria been working on with Dr. Jared Buono and the Cornell Cooperative Extension UC, does not advocate for a strict vegan diet. Instead, it promotes a flexible, incremental approach to transitioning to a whole-food, plant-rich diet that includes some animal protein. "We're focused on empowering ourselves, our families, and our community through grassroots efforts like cooking at home."

**Turning the Tables: Cooking to Thrive in the 21<sup>st</sup> Century**



**Eat food that is**

- locally grown
- plant-rich
- home cooked
- shared with others

**To help**

- heal the earth
- get healthy
- get happy
- strengthen communities

**Simple unrecipes**

- fresh produce & staples
- fun step-by-step graphics
- endless meal variations
- happy tummies & hearts

**stick to local!**

**CCEUC CLIMATE CHANGE SERIES**

Join us Tuesday,  
August 2nd at  
6:00 pm on Zoom  
for our monthly  
Climate Smart  
Solution  
presentation and  
discussion.

[Click here for the  
Zoom link](#)

Passcode is 533163

## August Climate Smart Book Club Selection - *The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint*

By Paul Greenberg

Tuesday August 16<sup>th</sup> beginning at 7:00 pm

We all understand just how dire the circumstances facing our planet are and that we all need to do our part to stem the tide of climate change. When we look in the mirror, we can admit that we desperately need to go on a climate diet. However, the task of cutting down our carbon emissions feels overwhelming and the discipline required hard to summon. With *The Climate Diet*, award-winning food and environmental writer Paul Greenberg offers us the practical, accessible guide we all need. It contains fifty achievable steps we can take to live our daily lives in a way that's friendlier to the planet--from what we eat, how we live at home, how we travel, and how we lobby businesses and elected officials to do the right thing. Chock-full of simple yet revelatory guidance, *The Climate Diet* empowers us to cast aside feelings of helplessness and start making positive changes for the good of our planet. This is a fast read and even if you already feel you live a climate smart lifestyle, I would bet you will find another idea in this book!



**Join us Tuesday, August 16<sup>th</sup> at 7:00 pm on Zoom for our monthly Climate Smart Book Club discussion.**

**[Click here for the Zoom link](#)**

Passcode is 605408

For those who want to read ahead or order the next book, our book for September is *The Flag, the Cross, and the Station Wagon: A Graying American Looks Back at His Suburban Boyhood and Wonders What the Hell Happened* by Bill McKibben.

Last month our Climate Smart Book Club read *Eat Like A Fish: My Adventures As A Fisherman Turned Restorative Ocean Farmer* by Bren Smith and we were very inspired! We had a hybrid meeting with some people even bringing dishes made using the seaweed recipes from the back of the book. We learned just how sustainable sea greens are! Discussion of a field trip to see ocean farming in action was discussed. Growing kelp and other sea greens is so much more climate smart than growing food on land. In addition to sequestering carbon, it can provide habitat for fish and mitigate local effects of ocean acidification. Unlike other forms of aquaculture, it doesn't depend on inputs like fish feed or antibiotics that are climate negative.

## Battery Energy Storage Task Force Forming

Did you know that a recent major [report from the MIT Energy Initiative](#) finds the development and deployment of new ways to store renewable energy will be crucial to transitioning to clean energy and averting the worst effects of climate change? We may have such an opportunity to add battery storage here in New Paltz!



To make a long story short Key Capture <https://www.keycaptureenergy.com/> wants to locate a battery storage facility in New Paltz. Since battery storage is an important tool for [addressing climate change](#), it is part of New York's plan to increase renewables. NYSERDA has therefore put together a model law for Towns making it easier for communities that want to move forward with battery storage.

We are currently seeking to recruit an active group of volunteers to serve on this Battery Energy Storage Task Force. The task force should represent all interested stakeholders including residents, businesses, interested nonprofit organizations, and relevant municipal officials and staff. Our first job will be to pass a United Unified Storage Permit followed by the passage of a Battery Storage Law. **Please consider being one of the Battery Energy Storage Task Force members.** We are looking for somewhere between 5 and 12 members to form the task force and ask that you e-mail Janelle Peotter at [newpaltzclimatesmart@gmail.com](mailto:newpaltzclimatesmart@gmail.com) to indicate your interest as soon as possible.

Bill Oberkehr, the Project Manager for Clean Energy Siting with NYSERDA has offered to do an initial meeting with our group to bring us up to speed. Fortunately, we do not have to reinvent the wheel as there are model laws from NYSERDA that we just have to adapt for New Paltz.

## New Paltz Climate Smart Task Force

Speaking of task forces, New Paltz is very fortunate to have a dedicated group of volunteer members who serve on the New Paltz Climate Smart Task Force. One of our members, Wendy Rudder, recently stepped down from the Task Force but plans to participate in helping to initiate a local chapter of Beyond Plastics. We are grateful to Wendy's participation over the past several years. **Thank you Wendy!** The New Paltz Climate Smart Task Force meets monthly – currently on the 4<sup>th</sup> Tuesday of the month in the evening. If you are interested in joining our work, please contact Janelle at [newpaltzclimatesmart@gmail.com](mailto:newpaltzclimatesmart@gmail.com)

# Beyond Plastics Releases Free Guide to Help Restaurants Reduce Their Use of Plastics

After years of pandemic-driven take-out orders, many consumers whose drawers are overflowing with plastic straws, disposable plastic cutlery, and single-use plastic packets of ketchup, soy sauce, and mustard are clamoring for less plastic with their food. Fortunately, a new guide called “[Hold The Plastic, Please - A Restaurant's Guide To Reducing Plastic](#)” from Beyond Plastics offers restaurants detailed, practical, and inspiring advice for how to reduce the use of plastic in their operations and how to effectively convey those changes to customers, reporters, and the general public.

The free guide offers practical advice, tools, resources (including funding resources), and case studies, and is available at <https://www.beyondplastics.org/restaurant-guide>. (see page 31 for the New Paltz's own Climate Smart Tiffin Project)

“Industry [research](#) has found that the use of plastic makes consumers feel guilty, frustrated, and annoyed – precisely the opposite of what restaurant owners want their customers to experience. The majority of people surveyed also shared that they feel restaurants must do more to address the plastics problem directly,” said Megan Wolff, Ph.D., MPH, lead author of the guide and Beyond Plastics Policy Director.

“Restaurants, in particular, have a big role to play in addressing our plastic pollution crisis. We want to help restaurant owners and managers take the first step towards becoming part of the solution,” said Judith Enck, Beyond Plastics President and former United States Environmental Protection Agency Regional Administrator. “Absent business changes, it is also important for governments to adopt new policies that reduce the use of plastics and propel a shift to reusable and refillable food packaging. Many of those steps, such as not automatically providing a mountain of condiments and napkins and plastic straws with every take-out order, will also save businesses money,” said Enck.

Some numbers and facts to help put the growing plastic pollution crisis into perspective: The United States generates more plastic waste than any other nation. Plastic litters our streets, beaches, national parks, and communities. [Between 9 and 15 million metric tons of plastic pollution enter the ocean each year](#) globally – the equivalent of dumping a garbage truck of plastic into the ocean every minute. Most of this plastic comes from litter that washes into streams and rivers and then flows into the ocean.



Plastics damage our planet and endanger human health at every phase of their lifecycle. The manufacture of plastics involves toxic chemicals including PFAS, phthalates, and heavy metals. Plastics persist in the environment where they can [kill seabirds and animals](#) and eventually break down into tiny pieces called microplastics that [contaminate the food chain](#) and [travel through our air and water](#). Even when used under regular conditions, the chemical additives in plastics can leach into food. Tiny fragments of plastics called nanoplastics have been found in all three sides of the [human placenta](#), in [breast milk](#), in the [bloodstream](#), and in [lung tissue](#).

Plastics [release toxins when they are burned](#) in incinerators, polluting our air, water, and soil. It's important to note that plastics manufacturing facilities, incinerators, and landfills are overwhelmingly located in low-income communities and communities of color, jeopardizing the health of residents and posing a major threat to environmental justice.



Plastics are also a major contributor to our growing climate change crisis. As of 2020, the U.S. plastics industry is responsible for at least 232 million tons of CO<sub>2</sub>e gas emissions per year and is on track to [surpass the greenhouse gas emissions of the U.S. coal industry by 2030](#).

Plastics recycling has been an undeniable failure, achieving an [anemic recycling rate of 5-6% in 2021](#). [About 40% of virgin plastic production is used for plastic packaging](#) and [about 30% of our waste stream consists of packaging](#). The obvious solution to this problem is to reduce the creation of plastic packaging and single-use disposables.

Already, many eateries are choosing to either become plastic free, reduce their use of plastic, or eliminate single-use disposable items. In doing so, **these restaurants have demonstrated that they can decrease costs, grow their clientele, increase revenue, and make a real and vital contribution to the health of the environment**. Their actions send an important message to consumers: the future is *not* in plastics.

The potential is real, and the benefits to restaurants' bottom line and customer satisfaction have already been proven. Beyond Plastics urges all restaurants to join the growing movement to reduce the use of plastics and end plastic pollution and offers this free guide to help them make the changes needed to reduce their use of plastics while improving their relationship with customers and the earth, and sometimes even saving money.

You can find the guide at: <https://www.beyondplastics.org/restaurant-guide>. Please share this with all the restaurants you know!

On **Wednesday, August 10 at 7pm EST**, join the **monthly meeting for members of Beyond Plastics Local Groups** or Affiliates. These meetings are designed to provide updates, guidance, and support, and to help you connect with others doing this work across the US. Interested? [Register Here](#).

Learn about plastics, hone your activism skills, and meet some *more* people fighting plastic pollution by signing up for the **two-part online training, running between Saturday, August 13 and Tuesday, August 16**. These trainings are split into two sessions, each two hours long. Beyond Plastics asks that you complete both sessions, but you can attend them in any order you wish. They are free of cost, and I will be teaching. [Register Here](#).

**Session 1: Laying the Groundwork**

- Sat, Aug 13, 12-2 pm ET
- Monday, Aug 15, 7-9 pm ET (available with Spanish translation)

**Session 2: The ABCs of Activism**

- Sunday, Aug 14, 12-2 pm ET
- Tuesday, Aug 16, 7-9 pm ET (available with Spanish translation)

Judith Enck, founder and president of Beyond Plastics, will be teaching her **seven-week master class on all things plastic pollution-related**. The class will be held via Zoom on Wednesday evenings from 7:00-9:00 PM ET starting on September 7th and ending on October 19th. Judith is one of the top experts in the nation and is a warm, accessible speaker with a sharp sense of humor. [To register, click here](#), but do it fast. The course fills up quickly and is offered only twice a year.

# Ulster County Fair Signup and Proposed Presentation

(Submitted by Joe Londa)

The 2022 Ulster County Fair opens on Tuesday, Aug 2 at 4 PM and closes on Sunday August 7, 2022 at 10 PM. We still need more help with setup, breakdown, staffing, and planning for this year's Climate Solutions Booth. All volunteers who sign up to volunteer at the Fair will be provided with a free pass to gain entry for the day.

**Thank you for your help and for completing [this form](#) to volunteer!**

## The Hudson Valley Garlic Festival Goes Zero Waste!

Richard Kappler, Chairperson of the Kiwanis Club of Saugerties Hudson Valley Garlic Festival committee, announced that this year's Garlic Festival will institute a Zero Waste System. The Festival is scheduled for October 1<sup>st</sup> and 2<sup>nd</sup>, 2022, at Cantine Field in Saugerties, NY. The Zero Waste System is designed and will be managed by Greenway Environmental Services of Clintondale, NY. The Garlic Festival attracts 30,000-50,000 visitors, which generates a significant amount of waste. Last year resulted in 110 cubic yards of garbage. With careful separation of the waste, and everyone working together, this can be reduced to about 10 cubic yards of trash. The remaining 100 cubic yards is recovered for recycling (cardboard, cans, and bottles) and composting.

**Greenway is issuing a call-to-action, requesting that people who would like to volunteer, sign up for 3-hour shifts to assist in the separation and collection of the materials.** Shabazz Jackson, President of Greenway believes "The Kiwanis Club has provided the leadership and support. Now, the energy and hard work from the volunteers is the only way this festival will transition from a garbage generator to a Zero Waste Event.". The addition of Zero Waste to the Hudson Valley Garlic Festival is a fitting celebration of garlic, the farmers who grow it, and finally returning the fertility back to the land.

For questions or to volunteer please contact Greenway at 845-656-6071 or [greenway777@aol.com](mailto:greenway777@aol.com).

The 2022 Hudson Valley Garlic Festival  
will be a  
**Zero Waste Festival**  
Oct 1 & 2, Cantine Field, Saugerties, NY



### VOLUNTEERS ARE NEEDED

Please contact Greenway (Shabazz or Josephine) at  
845-656-6071 or [greenway777@aol.com](mailto:greenway777@aol.com)

People are needed to work 3-hour shifts to oversee that the festival attendees are placing their recyclables, food waste, and a small amount of trash in the correct receptacle.

Volunteers receive free entry into the festival and a free parking pass.

*"Participation - that's what's gonna save the human race."*

Pete Seeger

## New Paltz Climate Smart August Calendar

**Tuesday August 2nd at 6:00 – 7:30 pm** Climate Solutions Meetup – Turning the Tables: Cooking to Thrive in the 20<sup>th</sup> Century [Click here for the Zoom link](#)

**Saturday, August 13th and Tuesday, August 16th** two-part online plastic pollution training [Register Here.](#)

**Tuesday August 16th at 7:00 pm** Climate Smart Book Club: *The Climate Diet: 50 Simple Ways to Trim Your Carbon Footprint*  
[Click here for the Zoom link](#)

**Tuesday August 23<sup>h</sup> at 7:00 pm** monthly Climate Smart Task Force meeting  
[Link to Zoom Meeting of Task Force](#)

*If you have any questions about anything in this newsletter, please contact Janelle Peotter, Climate Smart Coordinator at [newpaltzclimatesmart@gmail.com](mailto:newpaltzclimatesmart@gmail.com)*



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