

19th-23rd of April 2021

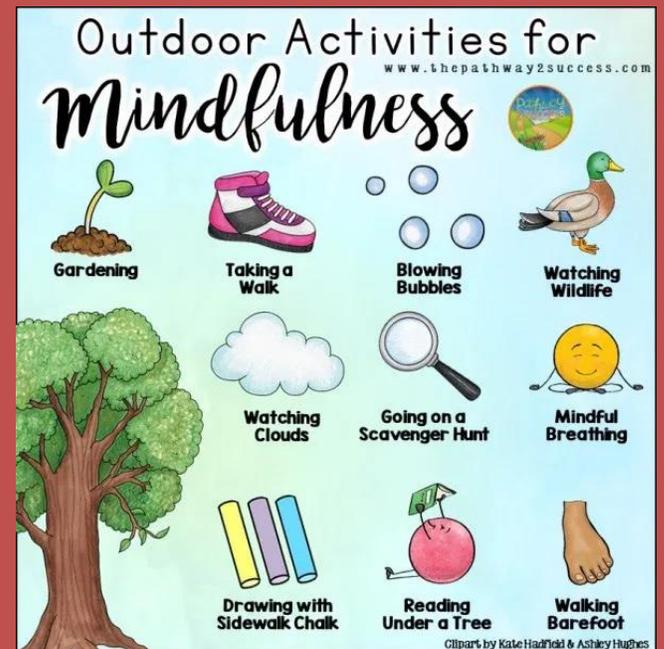
Loreto John Paul Weekly Newsletter.

GOOD NEWS STORY

'Kenyan engineer recycles plastic into bricks stronger than concrete.'

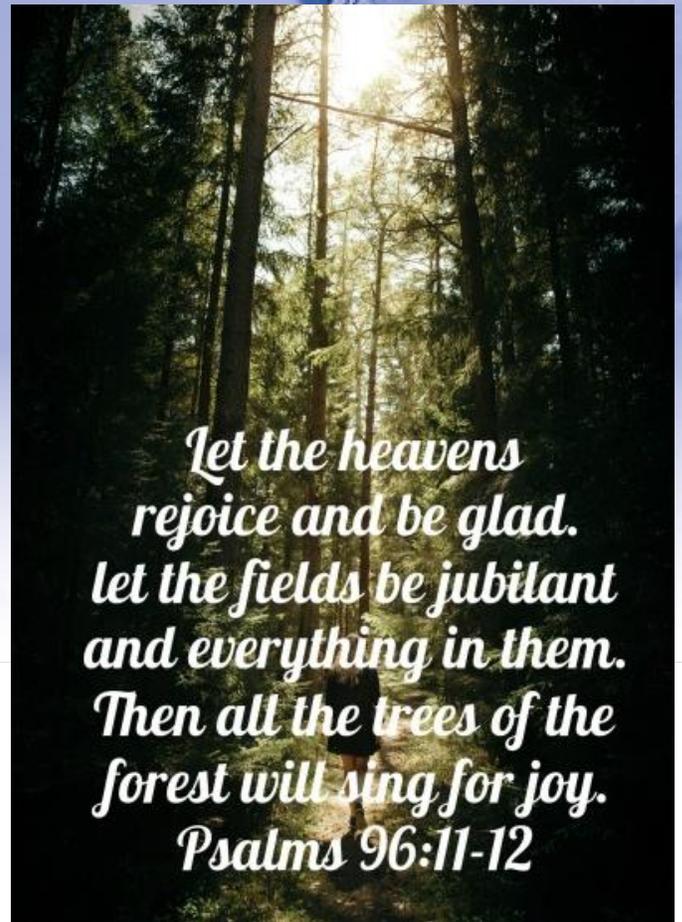
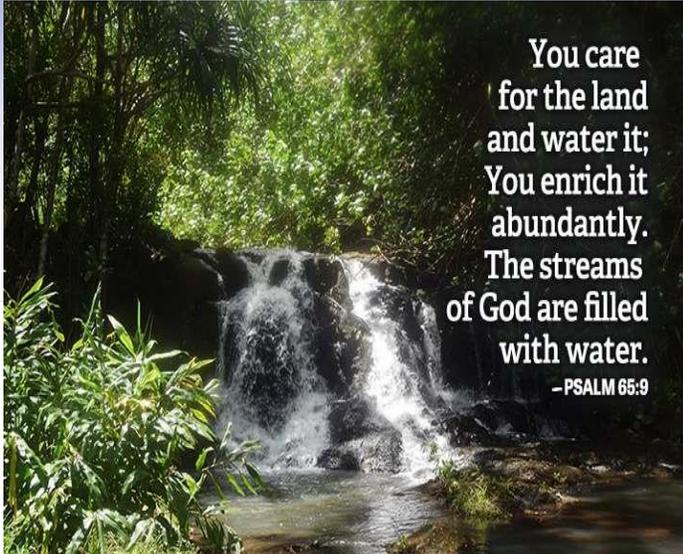
Many environmental experts believe that 2021 could be a big year for helping to save the environment. Many positive environmental changes have already begun and environmental groups are very hopeful that this trend will continue. One change that has been made so far this year began in February. Nzambi Matee is a Kenyan engineer and entrepreneur with a goal of turning plastic destined to end up in landfill into strong, sustainable building materials. Her company, Gjenge Makers take plastic waste from other facilities and create bricks that are twice as strong as concrete bricks. Matee's company is based in Nairobi, Kenya. Nairobi has a very serious plastic waste problem. It is so severe that studies supported by the National Environmental Management Agency (NEMA) show that 50% of cattle in near Kenya have plastic waste in their stomachs.

Nzambi Matee told reporters she was "tired of being on the sidelines" and that she felt she had no choice but to create her own solution to the problem. So, Matee decided to design a brick made of compressed and heated sand and recycled plastic. The bricks are said to be stronger, more sustainable and less brittle than regular bricks. They receive donations of plastic waste and make about 1,500 bricks a day. The company wishes to continue to grow in the future and hopes that many more companies will donate plastic and support their environmental advancements.



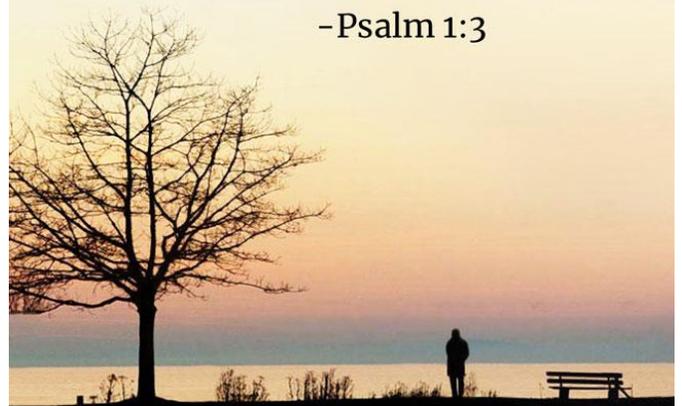
"Looking at the beauty in the world, is the first step of purifying the mind"
- Amit Ray

Scriptures dedicated to Earth Day!



That person is like a tree
planted by streams
of water, which yields
its fruit in season
and whose leaf does
not wither -- whatever
they do prospers.

- Psalm 1:3



10 EASY STEPS TO BECOME ECCO-FRIENDLY

Becoming Ecco-Friendly could start with something as simple as bringing your own reusable shopping bag to the store. It is about recognizing the impact your choices and actions have on the planet and the environment, taking the initiative to make a change regardless of how small it might be. It doesn't require heaps of money, just an understanding of what is damaging to the environment. Slowly, it will become less of a practice and more of a lifestyle.

Step 1: Eat less meat

Being aware of what you consume is a big part of being Eco-Friendly. Not eating meat for 2-3 nights a week could greatly reduce your carbon footprint.

Step 2: don't waste food

Waste not want not. Using up the limp vegetables at the bottom of your fridge will greatly reduce CO2 levels generated if it were in a landfill.

Step 3: Recycle

Take some time to research what can and can't be recycled. Try to gain an understanding of how to recycle efficiently and effectively

Step 4: Buy local

The closer goods are made and bought to home, the less carbon created from their transportation. You will also be supporting the local economy which in time means you'll have more goods to choose from.

Step 5: Try to avoid plastic

This one is going to be difficult as so many items in our everyday lives are made of plastic; from clothes to water bottles. Start by bringing a canvas bag with you when you go shopping and buy fruit and vegetables loose instead of plastic packaging.

Step 6: Use Eco-Friendly cleaning products

Using Eco-Friendly cleaning products eliminates the risk of contaminating water and avoiding chemicals. There are so many natural cleaning products, at a lower cost and guaranteed to be cruelty free.

Step 7: Compost

When certain foods go past the peak of freshness, why not make your own natural fertilizer? Not only will this keep your garden green but reduce the amount of waste in landfills-reducing the release of methane gas into the atmosphere.

Step 8: Choose your personal care wisely

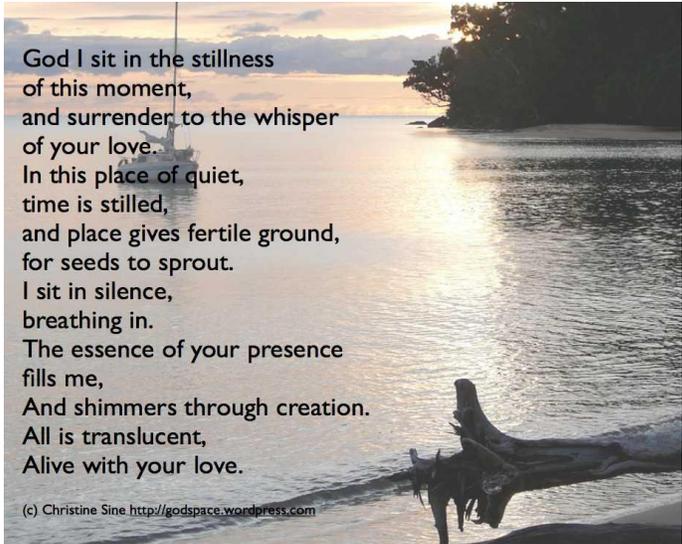
Make sure the shampoo, face wash and toothpaste you use is eco-friendly. Most of the products used for personal hygiene contain microbeads, small hard pieces of plastic that aren't biodegradable make their way into watercourses which damage the environment when they enter the food chain.

Step 9: Try not to drive

If it is possible to make a journey by walking, cycling or getting on public transport, then do it! This will reduce fossil fuel emissions and your carbon footprint.

Step 10: Turn it off

Leaving your electrical devices on standby use huge amounts of unnecessary energy. Just flick the switch and watch your electricity bill reduce.



God I sit in the stillness
of this moment,
and surrender to the whisper
of your love.
In this place of quiet,
time is stilled,
and place gives fertile ground,
for seeds to sprout.
I sit in silence,
breathing in.
The essence of your presence
fills me,
And shimmers through creation.
All is translucent,
Alive with your love.

(c) Christine Sine <http://godspace.wordpress.com>

THANK YOU FOR READING!

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EARTH DAY IS THE DAY OF
CELEBRATION AND MAKING
PROMISES. TO MAKE IT A HAPPIER,
HEALTHIER AND GREENER PLANET
FOR GENERATIONS TO COME.
HAPPY EARTH DAY!!

YF



