

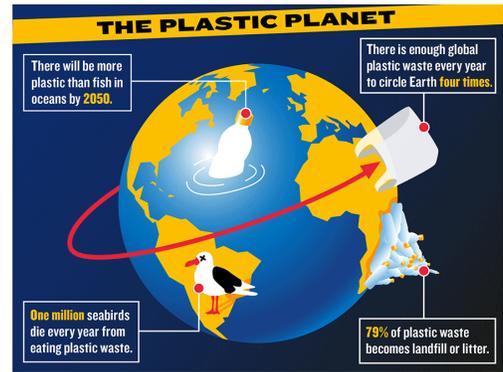


The Catholic Women's League of
Canada

Alberta Mackenzie Provincial Council

Community Life
Communique # 6

*Inspired by the Spirit...
Women Respond to God's Call*



DATE: March 25, 2018 Passion Sunday
TO: Diocesan Chairpersons of Community Life
CC: Provincial Executive (for information)
CC: National Chairperson of Community Life (for information)
FROM: Sr. Susan Scott, Alberta Mackenzie Provincial Chairperson of Community Life

My focus in this communique will be on resources and preparation to celebrate Earth Day 2018 – A *WORLD WITHOUT PLASTIC POLLUTION*. I anticipate that the connections between issues associated with the environment and my priorities in this standing committee (human rights, social and economic justice more specifically) abound. Pope Francis has repeatedly made these connections when he speaks publicly or in his important encyclical “Laudato Si – On Care for Our Common Home”. This year the organization *Catholic Climate Covenant*, ([Catholic Climate Covenant Earth Day 2018 Resources](#)) has produced many resources both informational and action oriented. Truly, this is something that affects ALL of us as we ALL produce **single use** plastic garbage. Some of the information is both very recent but also troubling in the results of research which now clearly connects not only the health of the oceans and all the creatures who call them home, but ourselves, as producers of this waste and its impacts on our health. The beauty of our call to be caretakers of God’s Creation and our Home, is that we can immediately, effectively and at no cost; take many actions to **REDUCE** our plastic garbage (see poster pg. 3). There is a 53-page manual for those of you interested in taking action within your parish, school etc. that has valuable resources to help you plan an event. I’m including a tool to calculate the size of your **Plastic Footprint** (similar to tools that help you calculate your carbon footprint)

CALCULATE YOUR PLASTIC CONSUMPTION

How many of the following items do you consume?

CHART 1 (Daily)	#/ DAY		#/ YEAR
Plastic bottles		x 365 =	
Plastic cups		x 365 =	
Straws		x 365 =	
Cotton swabs with plastic sticks		x 365 =	
Cigarette butts majority of cigarette butts or filters are made from fibrous material called cellulose acetates, a kind of plastic		x 365 =	
Plastic resealable bags		x 365 =	
Plastic cling wrap		x 365 =	
Plastic silverware		x 365 =	
Plastic plates		x 365 =	
Food containers		x 365 =	

CHART 1: Total # consumed / year:

CHART 2 (Monthly)	#/ MONTH	#/ YEAR
Food Packaging **		x 12 =
Plastic grocery bags		x 12 =
Cleaning containers***		x 12 =
Toothbrushes		x 12 =
Toothpaste		x 12 =
Medicine bottles		x 12 =
Diapers		x 12 =
Feminine products		x 12 =

	Total # Consumed / Year
Chart 1	
Chart 2	
GRAND TOTAL	

** Plastic bags for produce, produce in plastic packaging, large beverage containers.

*** Dish washer fluid, laundry detergent, fabric softener etc.

CHART 2: Total # consumed / year:

Was the total more than you had thought? Hoped? Now that you know how many plastic items of **short term use** you consume every year, we hope you are thinking about what to do with this information. This Plastic Pollution Primer and Action Toolkit will help you figure out things that you can do to reduce your plastic pollution footprint. In the next sections we will present to you the different aspects of reducing to End Plastic Pollution that you might want to consider. We will explore with you Reduce, Refuse, Reuse, Recycle and Remove. Actions we are calling the 5 Rs.

For those of you still having trouble abandoning your use of bottled water, here is some up to date data. You will likely recall in resolution 2015.02 we advocated for federal legislation to remove microbeads from personal care products. Legislation has been passed to do just that, but here's some information you might not have known. **MARKETPLACE** reports that microplastics are found in 93% of bottled water tested in a global study. Researchers examined 11 different brands of water (Nestle Pure Life, Aquafina, Dasani, Evian, San Pellegrino and Gerolsteiner) purchased in 9 countries not including Canada. The bottled water industry is estimated to be worth nearly **\$200 billion a year**, surpassing sugary sodas as the most popular beverage in many countries. But its perceived image of cleanliness and purity is being challenged by a global investigation that found the water tested is often contaminated with tiny particles of plastic. It's unclear what the effect of microplastics is on human health, and no previous work has established a maximum safe level of consumption. There are no rules or standards for allowable limits of microplastics in bottled water in Canada.

The second thing I would like to draw your attention to is a web site associated with the Truth & Reconciliation Commission. From 2008 to 2014, the Truth and Reconciliation Commission (TRC) heard stories from thousands of residential school survivors. In June 2015, the commission released a report based on those hearings. From that came the **94 Calls to Action**: individual instructions to guide governments, communities and faith groups down the road to reconciliation. The Truth & Reconciliation formally ended a number of years ago, but if you're anything like myself, you are no doubt wondering: "What about those recommendations that were presented at the conclusion of the process?" **Beyond 94** was a full year in the making and involved CBC journalists across the country. This site provides up-to-date status reports on each call to action, as well as extensive summaries explaining those status reports. It includes in-depth features and short video documentaries that tell some of the community stories behind the calls to action. It also features residential school survivors sharing their experiences. I strongly encourage you to visit this site and share it with others (click on this link [Truth & Reconciliation Interactive Progress Monitor](https://newsinteractives.cbc.ca/longform-single/beyond-94?&cta=1) or cut & paste this link <https://newsinteractives.cbc.ca/longform-single/beyond-94?&cta=1> into your internet browser window). It really is quite well done and easily allows you to familiarize yourself with not only what the final recommendations of the TRC are, but how far (or not) we have come in addressing these actions that will contribute to healing.

9 TIPS FOR LIVING WITH LESS PLASTIC



1

Bring your own shopping bag



2

Carry a reusable water bottle



3

Bring your own cup



4

Pack your lunch in reusable containers



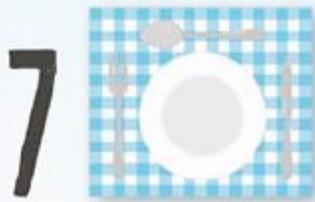
5

Say no to disposable straws & cutlery



6

Skip the plastic produce bags



7

Slow down and dine in



8

Store leftovers in glass jars



9

Share these tips with your friends

LESS PLASTIC.

WWW.LESSPLASTIC.CO.UK

Your sister in Christ & the League,

Sr. Susan Scott

Alberta Mackenzie Provincial Council
Community Life Chair