

2022 SUMMER ACTIONS TO BE A BLESSING

Here's a list of great suggestions from members of our Climate Action, USNF the Vote, and Racial Justice groups:

- Join our USNF the Vote Florida postcarding for the August 23 primary. We support a campaign to give black voters information about early voting and their polling place. Postcarding does make a difference. 1,000 postcards are already spoken for and volunteers are busy assembling packets for the next 1,000. You can take a packet or two on vacation with you. Ask your neighbors to help.
FMI: usnfthevote@uunorthampton.org
- Join the Climate Action group for a hike on June 18 (FMI: cag@uunorthampton.org)
- Support the Poor People's campaign march (also June 18)
- Help combat plastic pollution - it's everywhere!
 - Avoid using it as much as possible
 - Clean and reuse plastic bags
 - Avoid buying any more synthetic clothing with microplastics in it
 - When doing laundry use filters or capture strips to reduce microplastics going into the drain, where they eventually end up in streams, lakes and the ocean (google microplastics in laundry or email cag@uunorthampton.org)
 - Other suggestions here: <https://rivervalley.coop/main-nav/our-co-op/exploring-alternatives-to-plastic>
- Read or reread Desmond Meade's book *Let My People Vote*. Join a Zoom conversation about it on July 6
- Check out the "UU Ministry for Earth" website.
- Read the gripping truth-telling novel by Kim Stanley Robinson called *Ministry for the Future*
- Read *One Person, No Vote* by Carol Anderson to get a better understanding of the history and power of voter suppression
- Learn more about UU Mass Action's work on prison reform and indigenous rights <https://www.uumassaction.org/>
- Shop at farmers markets and local farm stands. Join a Community Supported Agriculture farm share here in the valley.

- Reduce your meat consumption. Eat local, organic, unprocessed foods as much as you can. Concerned about cost? Email cag@uunorthampton.org
- Use fans whenever possible, instead of A.C.
- Carpool with someone when shopping or attending an event.
- Plant a native plant around your home.
- Sign up for a few more packets of USNF the Vote postcards.
- Write "Please Re-Use" on bank envelopes.
- Buy second-hand as much as possible. Help start a USNF "Buy Nothing group."
- Give your drier a rest and use a clothes line and/or drying rack: let the wind blow out the wrinkles and soften your clothes, and let the sun sterilize your sheets.
- Donate items you don't want. You can recycle more than you might think! <https://bit.ly/Recycle2022>
- Come see Emma's Revolution and Annie Patterson at the Movement Voter Project benefit concert at USNF on June 12, or watch it on Zoom
- Call a solar contractor.
- Call Mass Save for an energy audit (people in the CAG group can help)
- Give Valley Bikes a one-month trial
- Resolve to reduce your air travel
- Ask yourselves if you need to be a two-car family
- Sign up for another set of postcards - help us reach a summer goal of 4,000!
- Use the money you save biking and carpooling to make an online donation every week - to whatever organization you believe is doing work for justice, peace, or the planet's health
- Know you are part of a community that cares! We can make a difference.