

## Quarterly Newsletter

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## Thank you!

Thank you to everyone who participated in our Clothing Swap. We were able to refresh our styles without negatively impacting the environment.

Additionally, the clothing that was not picked up by our staff was offered to our clients, and after doing so, there was very little left to take to donation centers.

Mission - Success!

## Current Internal MCCA Green Events

We have a Holiday Decoration Swap, now, through December 15.

Tired of putting out the same old wreath every winter? Bring it in, and see if you can find another to take it's place!



Items can be placed on the tables set up in the Fiscal alcove area by the windows. This way, they will be kept out of the way, and the swap can go on for a longer period of time. Items can be brought in at any time during the swap dates. You can take anything you like, at any time, even if you don't bring in anything.

Start cleaning out those storage areas!

But how is THIS green? Easy! It helps keep excess items out of our landfills, reduces carbon footprints (including driving to stores shopping), and increases awareness about conservation!

## Giving Garden Update



Our Giving Garden has been successful! Our tomato and pepper production is coming to an end.

It's likely there are plenty of green tomatoes left. Grab some, and watch the movie (of the same name) while making some **Fried Green Tomatoes** of your own. We still have an abundance of yellow cherry tomatoes for a **fantastic salad** or some **salsa!**

Not sold on the yellow cherry tomatoes? Specialtyproduce.com says this of them: "Cherry tomatoes provide a healthy dose of fiber, vitamin C, and other vitamins and minerals essential for good health. They are rich in both vitamin B-6, which helps your body metabolize protein and supports cognitive development, and vitamin A, which keeps eyes, heart, lungs, and kidneys working properly."

Thank you to the team members who have lovingly watered, weeded, and pruned our garden!

## Endangered Creature of the Quarter

### Grey Wolves

Wolves play a key role in keeping ecosystems healthy. They help keep deer and elk populations in check, which can benefit many other plant and animal species. The carcasses of their prey also help to redistribute nutrients and

provide food for other wildlife species, like grizzly bears and scavengers.



**Facts:**

- Grey wolves are the largest living wild canine species.
- Wolves are the ancestors of all domesticated dogs.
- There are five subspecies of gray wolf in North America, with coat colors ranging from pure white to brown, gray, cinnamon, or black.
- After the last wolf was killed in Yellowstone National Park in 1926, a wolf reintroduction program was implemented in 1995. The program is considered to be a great success. The wolves are reproducing at a rapid rate, and there are currently around 100 wolves in the park.

– World Wildlife Foundation

**But why are they endangered?**

Once the world's most widely distributed mammal, the gray wolf's range has been reduced by one-third. Wolves are commonly killed in revenge after they kill livestock, or in fear of attacks on humans.

**But how can we help?**

- Simple! Reduce, Reuse, Recycle. It keeps the land and water that the wolves use from being polluted, which means the population could spread.
- You can also learn more about Grey Wolves and become an advocate.
- Sign the [petition](#) to help protect Grey Wolves in the Northern Rockies.

## Upcoming "Green" Holidays

There are many "Green" holidays throughout the year. If you are interested in knowing more, look [here](#).

October 13

[International Day for Natural Disaster Reduction](#)

October 14th

[International E-Waste Day](#)

Fourth Wednesday of October

[Sustainability Day](#)

November 1

[World Vegan Day](#)

November 6

[International Day for Preventing the Exploitation of the Environment in War and Armed Conflict](#)

# Green Tips - Preparign for Winter

## 20 TIPS & TRICKS TO HELP PREPARE YOUR HOME FOR THE WINTER SEASON

### SAVE ON YOUR HEATING BILL

1. Set your thermostat to 50 or 55 degrees when you go to bed and work to save up to 10% on your energy bill

### DO A LITTLE CAULKING

2. Caulk around windows & door frames to prevent heat from escaping

### DON'T FORGET THE GUTTERS

7. Remove sticks & leaves to be ready for snow & rain

### TEST & CHANGE BATTERIES

8. ...in your smoke detectors
9. ...in your carbon monoxide detectors

### DON'T NEGLECT THE GARAGE

10. Fix or replace weather stripping
11. Insulate walls to keep heat in

### PREPARE TO STAY WARM

3. Clean out chimney & fireplaces to prevent a smoke backup
4. Clean & service your heating system
5. Reverse the direction of ceiling fans to create an upward draft
6. Install storm doors to reduce air flow

### PREPARE YOUR LAWN

12. Rake leaves to keep grass uncovered
13. Aerate your lawn
14. Fertilize

### HELP YOUR FAMILY STAY COMFORTABLE

15. Switch from Summer to Winter Wardrobe
16. Swap out bed linens for warmer options

### DON'T FORGET OUTSIDE PIPES

17. Shut off A/C water valve to prevent excess water from collecting in the equipment
18. Winterize outdoor water faucets by shielding them with hose bib covers

### PREVENT PESTS FROM ENTERING

19. Check your vents (gable vents, dryer vents, etc). Use screening to keep pests out

### MAKE SURE YOUR HOMEPRO SYSTEMS & APPLIANCE WARRANTY IS IN PLACE

20. As the season progresses, and your home faces the normal wear and tear of life, be prepared for unexpected repairs. What are you going to do when your oven gives out the week of Thanksgiving? Don't worry, HomePRO has your covered!

# INVASIVE SPECIES ALERT

## Spotted Lanternfly

### Facts:

1. They haven't been in the US for long. They were discovered in Berks County, Pennsylvania in 2014. The first in Illinois was found in late September of this year.
2. They are native to China, India, and Vietnam.
3. The lanternflies pick out a "tree of heaven" that they take over and eventually kill. Adults prefer willow trees. For nymphs, they prefer: Willow, Maple, Poplar, Prunus trees, Apple trees, Pine trees and grapevines.
4. Spotted lanternflies might look like moths, but they're not related to that flying, winged pest. They are planthoppers and related to cicadas and aphids.
5. Spotted lanternflies don't have any natural predators in the United States.
6. The adults live one season. You will see adult lanternflies from June until August. They then lay eggs in the fall that don't hatch until May.
7. Their life cycle is one year long. The eggs lay dormant from fall until spring. They spend late spring as nymphs until they reach adulthood during the summertime.
8. They aren't great at flying, even though they have two sets of wings. While some can fly better than others, you're more likely to see it hop around than fly.



### Signs and symptoms:

1. Plants that ooze or weep and have a fermented odor.
2. Buildup of sticky fluid (honeydew) on plants and on the ground underneath infested plants.
3. Sooty mold on infested plants.

### How to help:

- When preparing for the winter holidays, check outdoor items for spotted lanternfly egg masses, including those items you may bring indoors. Scrape any egg masses into a plastic zippered bag filled with hand sanitizer, then zip the bag shut and dispose of it properly.
- Inspect your trees and plants for signs of this pest, particularly at dusk and at night when the insects tend to gather in large groups on the trunks or stems of plants.
- Inspect trees (in particular, tree of heaven), bricks, stone, and other smooth surfaces for egg masses (see picture for example.)



Learn more [here](#).

# Tips, Tricks, and Upcycling

## Vinegar Uses

Did you know that you likely have a miracle worker in your home? Vinegar. It's true! Here are some uses for vinegar that you might not be aware of:

1. Killing weeds - spray directly onto unwanted plant on a sunny day: apply directly to the leaves to point of runoff (keep clear of plants you DON'T want to kill)
2. Soothing insect bites (WHAT!?) - it's true! Applying directly to the bite will help reduce the sting. Do NOT do this if there is an open wound. You will regret it.
3. Sanitize cutting boards (especially wood.)
4. Rinse aid for dishwashers - use vinegar instead of a commercial dishwashing aid. Also, once a year, put one cup of vinegar into the base of your empty dishwasher to refresh.
5. Windows - use one part vinegar to 10 parts warm water, saturate and wring out a soft cloth to wipe, and your windows will sparkle.
6. Remove underarm stains and smells - vinegar naturally breaks down the stains from uric acid and soap residue; spraying vinegar onto shirt armpits before the wash (and let it work in for a bit) can remove the discoloration and perspiration smells. You can also add a cup of vinegar to your wash to help freshen laundry and remove mildew smells.
7. See more tips [here](#).

## Upcycling?

First, what is it?

up·cy·cle

/ˈɒp,sɪk(ə)/

verb

gerund or present participle: **upcycling**

1. reuse (**discarded** objects or material) in such a way as to create a product of higher quality or value than the original.
2. "the opportunity to upcycle trash, or turn it into new products, was vast"

Now, to utilize it: what do you do with all those toilet paper rolls, or old toothbrushes, or carpet scraps, or the lids from your plastic containers that are suddenly abandoned by their counterparts? You can rely on the Old Farmers Almanac! Check out [this link](#) for some great ideas on upcycling.

[Got an idea? Let us know!](#)

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