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Library Sustainability Resources

Sustainability Hub

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Sustainability Hub Newsletter - October 2023

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BINGHAMTON UNIVERSITY'S

Sustainability Hub **NEWSLETTER**

OCTOBER | 2023

This edition of the newsletter features ways to live more sustainably, including a terracycling alternative, seed resources, instructions to save squash seeds, information on Climate Anxiety, art submissions, a book club, and tips to have a sustainable Halloween! Don't forget to check the end for upcoming events and announcements!



Sustainability Hub
Science Library

**TERRACYCLING ALTERNATIVE:**

Reusable Mop Covers



Recycling is great, but reducing is better! Another easy swap is to use reusable cloth mop covers for the Swiffer you already have! Use these cloth sheets like normal Swiffer pads, then throw them in the wash when you're done! You can buy cloth pads or even use old towels you already have! This will eliminate the need to throw away used Swiffer pads and bring the empty container to our TerraCycling Station in the first place!

BREAKING GREEN CEILINGS

This podcast highlights passionate environmentalists from underrepresented groups! Hear about different projects and initiatives that have been started to address climate change, food insecurity, and more!

**LISTEN IN
AUDACITY!**

ECOSIA

This search engine *plants trees!* If you are someone who cares about the planet and wants to do good through every internet search, use Ecosia! Their website even shows how they are making an impact!

**OPEN ECOSIA
NOW!**

BU BIKE SHARE

Now, anyone can rent a bike from the University Union *for free!* You can also bring your own bike for free maintenance. The bike share and repair shop are run completely by students. Check it out today!

**CLICK HERE TO
LEARN MORE!**

OCTOBER:
*Seed Resources***WHAT CAN I HARVEST THIS MONTH?**

- If you haven't picked them already, this is the last month to harvest **watermelon, lettuce, peas, potatoes, pumpkins, spinach, and summer squash** from your garden!
- You can also harvest **apples, beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, kale, onions, winter squash, tomatoes, turnips, and zucchini** this month!

HOW TO SAVE SEEDS AND WHY?

- Harvesting and seed saving techniques are specific to each type of plant. Our book collection and online resources can help you research your own plants!
- Check out an example on the right from [Seed Savers!](#)
- Seeds can be saved to plant again next season or donate to our Seed Library! Stop by to borrow equipment or drop off donations!

SEED SAVING 101:*Squash***1.**

Allow seeds to mature about 20 days more than the fruit.

2.

Then, carefully cut the squash in half and scoop out the seeds.

3.

Next, place all seeds in a strainer and rinse all pulp away with water. Soaking the seeds in water is another way to separate them from the pulp.

4.

Depending on the squash, you can use a decanting or winnowing technique to separate out viable seeds. Finally, store under cool dry conditions for up to 6 years!

WHAT IS *Climate Anxiety?*



Do you get spooked thinking about climate change? You may have climate anxiety!

- *Climate anxiety* is the chronic fear of environmental doom.
- Being aware of climate change and its negative impacts can cause hopelessness, anxiety, and other negative effects on mental health.

What can I do?

- Express your emotions! Use writing or art as an outlet for your worries about the state of our climate and share with others!
- Seek out *climate optimism*, or the positive outlook on climate change, in the news or research! Remind yourself that progress *is* being made by scientists and activists and that *you* can be a part of the solution!
- Increase your time outdoors! Spending time in nature can be calming and help people to feel more connected to the environment!

Environmental Art



SUBMIT YOUR ART!

The Sustainability Hub wants to share your environmental art on our next newsletter! Whether it's a drawing, painting, photo, song, video, poem, or other media focused on climate change, endangered species, sustainability, activism, or another topic, submit your art!

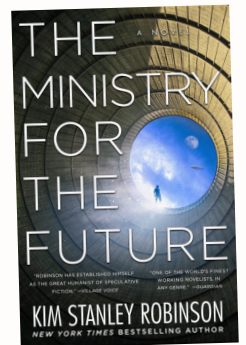
**CLICK HERE FOR
THE FORM!**



Book Club

CLIMATE CHANGE IN FICTION

Binghamton 2 Degrees is hosting a climate change book club! On October 25 from 12:00 - 1:00 PM in UUW 325, discuss the *Ministry for the Future* by Kim Stanley Robinson! To RSVP, email pmischen@binghamton.edu today!

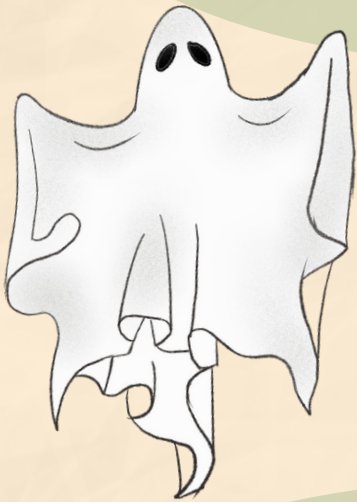


HOW TO HAVE A *Sustainable Halloween?*

There are many ways how you can reduce your environmental impact this Halloween and still have fun!

DECORATIONS

Get crafty and make your own decorations with what you already have! Cut and paint old cardboard to make tombstones, stretch old stockings for spiderwebs, or hang old sheets as ghosts!



COSTUMES

Come up with a creative costume using what you already have! Before buying anything brand new, check in your own closet. Even stop by the thrift store to complete your costume or buy a used one!

TREATS

Reduce single use packaging of candy by making your own treats for parties!



After Halloween, find a good place to store the decorations and costumes you made to reuse them next year!

Upcoming Events



SUSTAINABILITY HUB INTEREST GROUP MEETINGS

October 6 & 27, 2023 | 1:30 – 2:30 PM | Science Library Atrium

Every other Friday, join the conversation on making our campus more sustainable! On October 6th, hear from guest speakers from Sustainable Communities Graduate Admissions! On October 27, hear from Pam Mischen about the Office of Sustainability!

CLOTHING SWAP

October 6, 2023 | 2:00 – 5:00 PM | Science Library Atrium

The Sustainability Hub and SELF are collaborating to bring you the first clothing swap of the semester! Bring old clothes to donate and take new pieces to add to your own wardrobe!

BEYOND THE RECYCLING BIN

October 12, 2023 | 12:00 PM

Learn about the environmental impact of unchecked household waste generation! Dr. Homsy will share how recycling falls short in the US and will discuss better strategies for reducing garbage. [Register now!](#)



REHEAT NY: CHILI COOKOUT

October 16, 2023 | 5:00 – 7:30 PM | Hinman Dining Hall

Join NEST, Zero Hour, NYPIRG, and CCL for a free meal to learn about the NY Heat Act and how you can support it!

ANNUAL BROOME COUNTY RIVERBANK CLEANUP

October 21, 2023 | Susquehanna River

On Saturday, the Environmental Management Council is organizing the annual county-wide river clean-up! Show up with friends or family to help keep our environment clean!

Announcements

JOIN OUR EMAIL LIST!

To get updates on upcoming events and our latest newsletters, scan the QR code to sign up for our email list or click [here](#) for the form!



VIEW PAST NEWSLETTERS!

To view all of the Sustainability Hub's published newsletters, scan the QR code or click [here](#) to visit the Open Repository at Binghamton (ORB)!

HOST AN EVENT IN THE HUB!

Email sushub@binghamton.edu about hosting a poster session or any other events in our space in the Science Library!

SHARE YOUR ORGANIZATION OR WORK!

Reach out to sushub@binghamton.edu to display any sustainability focused research posters, flyers for groups or events, or brochures!





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