

# THE UP CYCLE

Messiah University's Office of Sustainability  
Official Newsletter

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## UPCOMING EVENTS:

### Sustain-A-Fest

Union Patio

October 6, 2023, 4-6:30 pm

### Swap n' Mend

The Fishbowl

October 27, 2023, 3-5 pm



## The Sustainable Student: 10 Tips for Sustainability in College

By: The Office of Sustainability Staff

It can feel overwhelming moving into a new space - whether you are a new student or returning for another year on campus. Our society has shifted to one focused on convenience and accessibility rather than sustainability. If you are reading this, I thank you for your efforts towards sustainability and I hope these tips inspire you!

**Ride a bike or walk if you're nearby!** It is fun, healthy, and one less car on the road



**Rent a compost bucket from the Office of Sustainability!** Tell your friends about the composting efforts here on campus! Bonus points if you take them to the compost pile!



**Leave your food and napkins on your plate in Lottie** (just throw away your plastic)! We have a somat machine to turn leftover food waste into powerful plant paste



**Turn your lights off when you leave the room!** This helps save energy and lower the cost of living on campus!



**Buy produce locally or at the weekly markets!** So many great farm orchards around Messiah! Markets happen from 10:15-1:00 on Tuesdays in Eisenhower Commons!

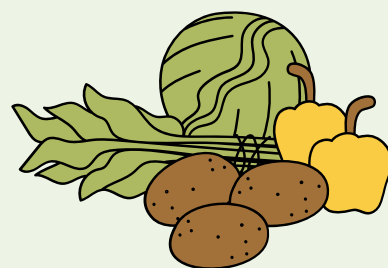
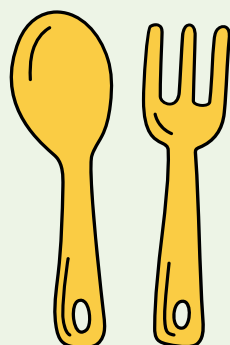
**Remember to unplug all devices from the wall when they are not in use! And personally unplug as well** - we are constantly in information overload; take time to care for yourself

**Buy second hand as much as possible - think twice about buying new!** Swap n' Mend is coming up (our free thrift store) - October 27th!

**Make slow lifestyle changes!** Try not to get overwhelmed with perfection or eco-guilt - just do your best!

**Always have a reusable water bottle with you!** There are so many refill stations on campus and reusable water bottles are much cheaper than plastic.

**Engage! Engage! Engage!** Spread the word about what you already know, ask questions about what you do not know, and visit the Sustainability Office with any questions or concerns!



## Food Recovery Network Volunteers Needed

Messiah donates leftovers from Lottie to Bethesda Men's Homeless Shelter

Volunteers pick one hour every week to transport trays

Volunteers can use their own vehicle and commit to an hour of their time regularly

Volunteers will be trained and informed about how and where to transport the trays

Food Recovery Network is a non-profit organization working to reduce food waste and benefit local communities



SCAN TO VOLUNTEER!



# Eco Jobs on the Market: Outdoor Education Specialist in a National Park

By: Hanna Ryon, Communications Coordinator

The job market feels intimidating. If you are a graduating senior, like me, thinking about the future feels terrifying and overwhelming. Thankfully, there are hundreds of options for people who are looking for an excellent job – just find the right one for you!

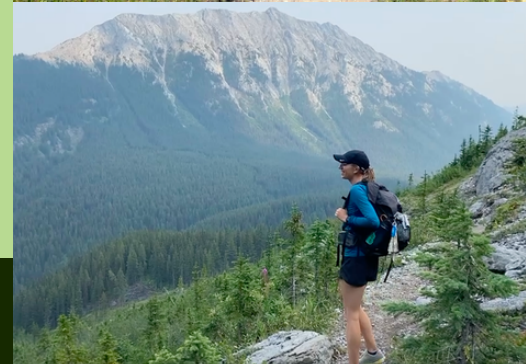
Hannah Martin, a sophomore non-traditional student, worked this past summer hiking throughout Glacier National Park in Montana after working for years in accounting. She worked for the Glacier Institute, instructing field courses for ages 5-95.

Hannah sought to live out the mission statement of the Glacier Institute daily. She hoped everyone would walk home with a greater connection to Northwest Montana and their own home.

Hannah lived in Glacier National Park and ate her lunch on the top of a mountain every day. She speaks highly of her time in Montana, as it connected her to nature while fulfilling her passion for teaching and activity. Hannah found an unexpected job, knowing her soul needed to be outdoors, and ended up loving the experience.

Place-based education is vital to connecting people to the natural world. Sometimes it takes a flight to a park someone has always wanted to visit to connect the beauty of the earth to conservation. This can spark a lifetime of wonder, passion, and ambition for the visitor.

The job search can feel like a giant mountain in front of us, but there are so many jobs out on the market. As you continue through your year, find job boards or partnership organizations that feature new and interesting positions! Talk to alumni, engage with professors about their previous jobs, use LinkedIn or Indeed to search for jobs, and do not be afraid to visit the Career and Professional Development Center or Office of Sustainability with questions!



Follow these links for some eco-job ideas:

Occupation Wild: <https://www.occupationwild.com/all-jobs>

South Mountain Partnership: <https://www.southmountainpartnership.org/>

Student Conservation Association: <https://www.thesca.org/>

# Sustainability Around the World

By: Brandon Hoover, Director of Sustainability

Even here in central PA, you may have noticed in NYC last week people were buzzing about climate week.

#ClimateWeekNYC is a focused event each year that coincides with the UN General Assembly in New York to draw attention to the solutions needed to both adapt to climate change and limit the impact of human caused climate change. The focus of the event was one of cautious hope and community – we can limit the worst impacts of anthropogenic climate change, but it will take all of us.

These are not new themes for us here at Messiah University. For years we've talked about all of us being needed to reduce our own community's contributions to climate change – from individuals composting as much food waste as possible in the correct way to sourcing electricity from renewable energy. These examples are just two, but encompass a shift in thinking over the last few years.

Previously, responsibility was placed on the individual to recycle or take shorter showers; however, a shift has occurred where the individuals are demanding communal responsibility from the businesses and institutions individuals support. Both the individual and the businesses are need to work together for change, but one thing continues to be true – institutions only change when a community of individual push them to.



Speaker at UN Climate Week 22 in New York City. Wikipedia

## SUSTAIN-A-FEST

October 6, 2023

Union Patio

Sustain-A-Fest is the Office of Sustainability's celebration of all things eco-friendly! This is our time to highlight on and off-campus partners that commit to sustainability in many different ways.

Stop by to try some sustainable coffee, baked goods, goat milk soap, fresh-cut flowers, bike for a smoothie, and learn more about the efforts nearby campus!

