

Living Green Quarterly

Summer 2022



Sentinel believes that sustainability – or living “green” – is at the heart of protecting our future. Working together we can find the fun in being Green.

GREEN vs. GREEN

Which fun fact will you show off at the next dinner party?

Disney theme parks created a color called “go away green” to hide features that the parks don’t want guests to notice as much, such as trash cans, utility boxes or areas under construction.

Americans use 100 billion plastic bags a year, which require 12 million barrels of oil to manufacture. 14 plastic bags is equivalent to one mile’s worth of gas.

https://www.biologicaldiversity.org/programs/population_and_sustainability/sustainability/plastic_bag_facts.html

California Combats Climate Change by Composting

By Ryan Yurcich



California is making huge environmental strides by becoming the first state to require organic recycling statewide, including our California multifamily apartments. On January 1, 2022, Senate Bill 1383 was passed, becoming the first statewide initiative directing municipalities to divert food, landscape and pruning as well as food-soiled paper waste from trash bins, and more importantly the landfill, and haul it to a composting facility. This will dramatically reduce the state’s most potent greenhouse gas emissions – methane.

“Compost helps with water conservation and erosion control and decreases greenhouse gas emissions by putting carbon back into the ground.”

Organic waste in landfills decomposes and produces approximately 20% of California’s methane gas. The state’s goal is to decrease organic waste by 75% by the year 2025, by recycling organic discard and turning it into compost, mulch, renewable energy, renewable natural gas and paper products. Using compost in California’s gardens and farmlands



will help enrich the soil which increases soil health and water-holding capacity. Compost helps with water conservation and erosion control and decreases greenhouse gas emissions by putting carbon back into the ground. The entire process is a wonderful example of a circular economy by using, recycling and reusing waste in a sustainable manner that helps improve everything – from the soil to the o-zone layer.

Separating food waste may sound squeamish at first, but it just takes a few steps for you to lessen the “ick” factor. Try taking a countertop bin, line it with a compostable bag and once filled, immediately discard in one of the compost bins on the property. Inquire with the leasing office when your compost pick-up day of the week is. Until a comprehensive composting service rolls out nationwide, you can inquire within your neighborhood to see if a community compost bin exists.

The process of organic food waste recycling is the easiest way to substantially reduce methane emissions and provides the opportunity to enrich our soil, which makes our food much more nutrient-dense for healthier produce. A small change in how we throw away our trash can do so much to help fight climate change.

Sustainability Spotlight

By Karen O'Brien



Kalen Prine

Nona Park Manager

What steps have you taken to ensure that sustainability concerns are considered in new projects?

We discuss sustainability and our green efforts in all aspects of the job. Pollution and global warming are pressing issues and we are mindful of this in all our new projects. During budget planning we discuss what can be added for the coming year that will reduce our environmental impact.

How are you engaging your staff in your sustainability efforts?

We discuss new sustainability efforts at our monthly meetings alongside other projects. We also discuss what can be done to enhance the efforts we have already made.

How do you encourage residents to live an environmentally conscious lifestyle?

In the clubhouse, our focus is single-use plastic. We ask residents to bring their own reusable cups to the clubhouse for coffee and other beverages. We also encourage all residents to donate old clothing, furniture and household goods to community organizations that will give them a second life. We have placed several recycling bins and containers around the clubhouse to encourage recycling.

How do you plan to innovate and offer greener products and services?

We are adding electric car charging stations to our property and we focus on recycling throughout the community. As new strides in technology and practices are being made to ensure the sustainability of our planet, we continue to look at new ways to stay updated and revise our sustainability tab on our website as needed.

How to Travel “Lighter”

Impacting a Healing Environment Post-Pandemic

By Skye Randazzo

During the first few months of the pandemic when non-essential workers created makeshift offices in their homes, stayed remote and cut traveling back ten-fold, it was remarkable to see the positive effect work-from-home had on the environment around the globe. Air pollution plummeted, the Himalayas were visible from northern India for the first time in years and animals were returning to places they hadn't been in decades. As the world opens up and traveling increases rapidly with lifted mandates and wanderlust, it's our job to learn from the glimmers of positive impact the pandemic showed, and one of the biggest ones was on our environment.

Choose carefully. Airplanes and cruise ships produce the biggest carbon footprint in terms of travel. Fortunately, Google has started showing the percentage of emissions (plus or minus) on a flight, based off the average emissions of that flight. If flying is essential, you can actively choose a flight that is -12% emissions versus the flight that is +17% emissions. If able, though, think about choosing trains or cars – both can be scenic and more in your control on departures and returns. For instance, the bullet train through Europe is the easiest and quickest way to and from different countries. Trains tend to emit the lowest levels of greenhouse gases and other pollutants, whether diesel-powered or electric.

Pack efficiently. Whether it's a suitcase for the plane or a backpack for the car, the heavier your luggage is the more weight it must drag, creating more carbon emissions. Over the years airlines and trains have been trying to offset this balance by adding a price tag and weight limit to each piece of luggage, encouraging fewer items per person. Learning to pack efficiently will help keep your luggage loaded with only necessities, helping with organization, weight and cost.

Remember toiletries. This is part of packing efficiently. When traveling, we often forget toiletries, having to make purchases at our destination. These often are single-use or get left behind, which is creating unnecessary waste on top of lacking the comfort and effectiveness of your favorite products. If you do remember to pack your toiletries, avoid the mini plastic “reusable” bottles and opt for metal reusable containers for your lotions, serums, sunscreen, soap and more. Toiletry bags can often have leftover room to squish in reusable straws and travel cutlery too.

Stay hydrated. No matter your destination, seeing the sights is thirsty work. Avoid single-use plastic water bottles that become warm from the summer heat and pack that insulated reusable water bottle or flask. They come in all shapes, sizes and designs. Our planet is overflowing with single-use plastic water bottles; countries have been sending bottles to other countries to recycle because there's simply too many in the world. Drink responsibly.

Choose carefully, pack efficiently, remember toiletries and stay hydrated. Lastly, remember to support



local and small businesses who often have less wear and tear on the planet, search for eco-friendly tours and shop at local food markets for travel snacks. Every environmentally-friendly action counts; let's all strive to be sustainable travelers.

Bugging Out

The I-Spy Game

By Skye Randazzo

Though most people consider bugs to be creepy crawlers, we would not have much of the produce that we enjoy without the wide array of insects pollinating flowers. Embracing the great things that arthropods provide us, including silk, honey and beeswax, search the picture below for one of the most important pollinators...the Honey Bee.





Glenbrook Apartments Gets Active: Habitat for Humanity

By April Angell



Left to right: Ranel Liwag (Resident), Tenisha Swift (Resident), Heather Leyde (Leasing Consultant), Dan Morris (Maintenance Supervisor), Brenda Cox (Assistant Manager)



On Friday, March 25th, 2022, residents and management at Glenbrook Apartments in Hendersonville, Tennessee, participated in a local Habitat for Humanity Volunteer Build Day event. They contributed minor maintenance and beautification of a home that was being built in Gallatin, Tennessee for a family of seven. They painted, scraped concrete, cleaned windows, removed debris throughout the home and performed minor repairs such as installing doorknobs.



Sustainably Red, White, and Bar-B-Que

By Heidi Adams

When thinking of summer, we often think of lighting up the grill for tasty BBQs. In fact, the pinnacle of summer days – The 4th of July – is synonymous with family, fireworks and food. Grilling is a tasty and fun way to enjoy cooking outdoors and creates lasting memories of warmth and happiness. However, BBQing can produce a lot of waste and emits harmful gases to the environment. Keeping the environment in mind, we've gathered some ways to feel better about firing up our grills all summer long.

THE INGREDIENTS – Ground beef for hamburgers and steaks are obvious go-tos for most summer cookouts, but sales in the two weeks surrounding Independence Day can reach up to \$804 million. Beef uses 28 times more land and 11 times more water to produce than pork or chicken, but an all-veggie meal uses by far the least amount of water overall.¹ With this in mind, a menu change is an easy way to challenge yourself this year. Grab a reusable bag and head to your local farmers market to stock up on chicken, pork and fresh veggies such as corn or portobello mushrooms to throw right on the grill, and sweet peppers, summer squash, tomatoes and eggplant to top off tasty kebabs. There are also a myriad of choices of veggie or bean burger patties for substitutions.

THE PREPERATION – Consider asking all 4th of July BBQ attendees what items on your holiday menu they will eat prior to shopping to reduce leftovers. Ditch the single-use plasticware and paper plates and use dishes you already own or bamboo-made items. Purchase reusable tablecloths and napkins that can be brought out every year and clean/stored after. Planning in advance is vital in helping reduce waste and save money.

THE GRILLING – Get as much food onto the grill at one time and cook with the lid closed. This will not only cook the food faster, but will also use less fuel, emitting less gases in the air.

CLEAN UP – Store your leftovers in reusable containers. Put any that can be consumed in the next few days in the refrigerator and pack the rest to put into the freezer. Load the dishwasher with any dishwasher-safe dining and service plates, cups, serving utensils and flatware. Throw linen and table cloths into the washer and soak any dishes that may be "tough" or scrub worthy.



We hope you enjoy these BBQ tips throughout the warm weather, but especially encourage you to keep them in mind this Independence Day.

¹source: <https://calrecycle.ca.gov/organics/slcp/>



Local and Seasonal Eating

By Skye Randazzo

Today, supermarkets provide a diverse array of food at any time of year. Unfortunately, sourcing food from all over the world that is neither local nor seasonal can have a negative environmental impact; transportation alone is a large contributor of pollution to our air and waterways and adds to our dependency on fossil fuels. The food provided has diminished nutritional value because it is picked prematurely and produced with chemicals to survive the long journey from overseas.

To help lower our carbon footprint, support your nearest farmers markets that offer fresh, local and seasonal produce. Our Fennel and Peach Salad recipe showcases a way to create a dish with many ingredients that are often found at your closest green market; fennel, peaches, feta cheese, basil and garlic are just a portion of summer's amazingly fresh flavor profile.



Fennel and Peach Salad with Pesto



Ingredients

FOR THE SALAD:

- 2 sweet and firm peaches sliced
- 2 bulbs of fennel thinly sliced
- fennel fronds from 1 bulb removed from the branches and minced
- ½ cup of feta cheese cut into cubes
- ½ cup of pistachios removed from the shells - chopped into chunks
- lemon zest of 1 lemon
- juice from ½ lemon
- ¼ cup of extra virgin olive oil
- Kosher salt and fresh cracked black pepper to taste

FOR THE PESTO:

- a large branch of basil washed and leaves removed (save a few for garnish)
- ¾ cup freshly grated parmesan cheese
- your favorite nut for pesto – pine nut, macadamia, walnut are all good choices
- ⅓ cup of extra virgin olive oil, plus additional to get the consistency you desire
- 3-5 cloves of garlic
- juice from ½ lemon
- Kosher salt and fresh cracked black pepper to taste

TOPPINGS:

- 2 tablespoons chopped mint
- basil (saved from the pesto) slice in ribbons
- red pepper flakes to taste (optional)

Directions

Add basil leaves, parmesan cheese, your choice of nut, olive oil, garlic and lemon juice to a food processor or blender and blend vigorously. Pause the blender and add salt and freshly cracked pepper to taste. Blend on low and, depending on desired consistency, stream additional extra virgin olive oil. Remove from the blender and refrigerate.

With a mandolin slicer, slice the bulb of the fennel, discarding the hard first slice. Move slices to a large bowl. Take the fronds from the branches of the fennel, chop finely and add to the fennel in the bowl. (Pro tip: save the fennel branches and remaining fronds to add to a soup.) Cut peaches into thin slices and add to the bowl, along with lemon zest, lemon juice, olive oil, salt and pepper. Combine all ingredients, ensuring everything is coated. Add most of the pistachios and feta cheese cubes and toss in with the salad. Once combined, add the remaining pistachios and feta cheese cubes to the top. Mince two tablespoons of mint and slice the remaining basil leaves for garnish.

Source: Skye Randazzo's recipes