
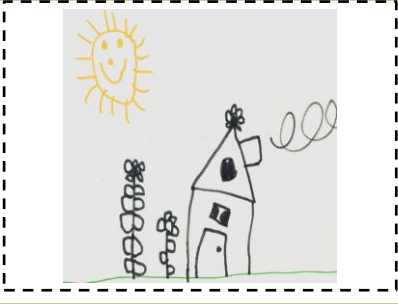


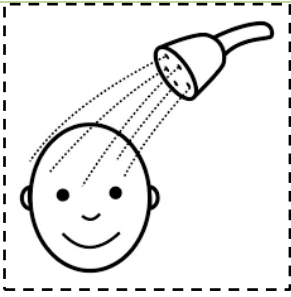
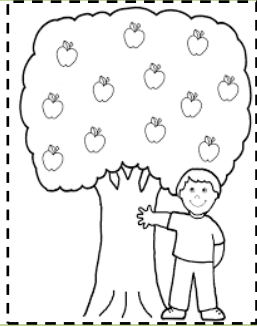


Picture for Memo	Message to be conveyed
	<p>Ride bikes or walk whenever possible</p>
	<p>Close the windows when it is cold especially during winter months. Heating is expensive and renewable energy sources are still not adequately available</p>
	<p>Remember to turn off the light when you leave the room - learn to turn things off when not in use</p>
	<p>Turn off the tap when you brush your teeth and save drinking water</p>
	<p>Take showers instead of taking a bath and save drinking water</p>



Eat preferably locally sourced fruit and vegetable



Avoid the use of petroleum-based products like plastics. Instead of throwaway plastic water bottles use an insulated stainless steel bottle



Pick up and properly dispose of trash and recyclables, even if they are not yours.



Donate clothes you no longer use to someone in need