



Eco-Tip: Go Paperless!

by Janice Oda

We love The Dharma newsletter! We rely on it for the latest news and announcements, informative and inspiring articles, updates on the Betsuin's many organizations and activities, and also importantly, our San Jose Japantown community news. Every month, many of our members and associated groups take the time to write for The Dharma and then it is thoughtfully produced by Deborah Aso and the many volunteers that help build and prepare the newsletter for mailing.

BUT...it is important to remember that you can read each month's newsletter on the Betsuin website. You will receive an email to let you know the newsletter is available and you simply **CLICK!**

Currently, ~700 copies of the newsletter are printed, bundled and prepped for bulk mail and then taken to the post office. Averaging 15-17 pages (2-sided), we use **10,500+ sheets of paper per issue or 126,000+ sheets per year!** Plus, lots of toner (ink), staples, stickers and hours of staff and volunteer time. **Every month!**

As a reference, a single sheet of A4 office paper has a carbon footprint of around 4.29–4.74 grams of CO₂eq. This includes the energy required to produce, recycle, and dispose of the paper throughout its life. In other terms, 100,000 sheets of A4 paper require 8 trees and 9,400 gallons of water to manufacture, and has a total carbon footprint of 6,000kg - equivalent to the average car being driven 15,000 miles (U.S. Department of Energy).

While the first priority is for the communication to be accessible to everyone, if you are able to view the newsletter electronically, **please consider going paperless!** Simply send in your request to sjbc@sjbetsuin.org and you will be removed from the paper mailing list and will be emailed (if you are not already receiving these) when the monthly newsletters are available online.

Let's reduce our carbon footprint, save our trees and ultimately - save our planet!