

# Yolo Earth Day Pledge Challenge 2023



## Build Resilience Guide Updated July 6, 2023

Resilience means persevering in the face of disruptions. Resilient people and communities meet challenges with openness and turn them into opportunities.

Climate change has and will continue to cause real disruptions in communities across California. We must reduce emissions and be more prepared for the mounting effects of climate change at the same time. As residents of Yolo County, what can we do to be more prepared?

See the end of this guide for more about the what's and why's of resilience.

### START TODAY

Take a walk around your home and neighborhood. Think about a time when the power was out, a severe storm was blowing and dumping rain, a heatwave was baking the street, or smoke filled the skies. Were neighbors connecting and helping each other? Did people know what to do? Think about your state of mind when these things were happening. Were you isolated or asking for help?

Now think about which one of these situations, or a related one, was most impactful to you. Did it scare you or make you feel angry? Did you get ideas about what you could do to make it better next time? Were you drawn to a school community, faith community, a club, or other group you engage with? Did you feel calm and confident that you could get through it?

# TRY THE EASY ONES

- **Make a household emergency plan and assemble a kit**

A household emergency plan will prepare you and your household -- emotionally and logistically -- for extreme weather, utility outages, and poor air quality events. Map out alternative shelter in the case of an evacuation and evacuate routes (you will want more than one), make a plan for maintaining communication with loved ones and receiving updates, and put together an emergency preparedness kit with essentials such as food, water, and basic living necessities.

Go to <http://www.ListosCalifornia.org> where you can sign up for Yolo County level alerts ([calalerts.org](http://calalerts.org)) and get resources to make a plan, including packing a “go” bag and building a “stay” box. Browse links to Disaster Recovery Centers and recovery resources and download a first aid kit for your mind.

Other local agencies with information include the Yolo County Office of Emergency Services and the Yolo Solano Air Quality Management District. Resources on emergency preparedness for seniors can be acquired through the Yolo Healthy Aging Alliance and Resources for Independent Living.

- **Offer or ask for assistance from a neighbor.** Ask neighbors if there are any groups or gatherings focused on emergency preparedness or safety. Does anybody have interest in creating a phone tree or offering help? Do you need help? Which neighbor could you ask about that? If you're shy, take a regular walk or spend some time in your front yard or front door stoop. Chatting with dog walkers is an easy and natural way to meet neighbors. Does anyone speak a different language? Host a Neighbors Night Out party (City of Davis) to meet people.
- **Plant a tree!** Plant a fruit-producing or climate-ready shade tree or adopt a street tree to water during heatwaves. Planting a tree (or many trees) is an excellent way to reduce temperatures and just plain feel good. You'll get the benefit of free, local fruit without the carbon cost of shipping as well as the knowledge that your beautiful tree is consuming some of the greenhouse gas emissions in the air. Make sure to plant a climate ready tree that fits the space and your needs just right. A street tree is

any tree that is growing in a city right-of-way, whether between the sidewalk and the curb or in an unimproved right-of-way.

- Learn from [Tree Davis](#) about climate ready trees, when to plant, how to plant, and follow up care. Sometimes you can get a tree planted in your front yard for free (in the City easement). You can volunteer to help plant trees, too!
- Visit the [Redwood Barn Nursery](#) in Davis for a wide selection and knowledgeable advice
- Local grocery and hardware stores usually have seeds, veggie starts, soil, and pots.
- Download Ecosia as your web browser. The profits from ads on this free search engine fund reforestation efforts in endangered parts of the world.

## THINK ABOUT DEEPER CHANGE

- **Make a commitment to learn about and act on climate injustices.** Climate justice is remedying inequitable and disproportionate impacts of climate change.

The impacts of climate change disproportionately affect marginalized and underserved communities the most. There are many reasons for this, but for example, think about how language barriers might limit a family's ability to access early information about extreme weather events, or to understand all the details of an evacuation order. Financial stress may make it impossible for someone to afford renters insurance, repair storm damage to their home, or handle rising energy rates. Extreme weather here at home or across the globe can result in food and other types of shortages leading to rising prices.

Climate justice is a movement that seeks to bring awareness to this reality and advocate for solutions. As resilience is a community-wide issue, educating yourself on climate justice is a fantastic way to start thinking about resilience. Read a book on the topic, follow YouTube channels or Facebook communities that discuss the issue, or talk to people in your community to hear their perspectives and concerns.

**The pledge team plans to host an event to help facilitate this action. Stay tuned!**

- **Begin a new self-care routine.** Join a local gym or yoga studio; ride or walk the Davis Bike Loop for fun each weekend or in the evenings, join or attend a local theater group, look for exercise videos online, search for therapy resources, look for a meditation group. Some good places to visit:
  - City of Davis recreation catalog
  - Woodland Community and Senior Center recreation catalogs
  - Davis Senior Center activities
  - Shambhala Meditation Center
  - Institute for Massage Therapy
  - YouTube (yoga with Adrienne)
  
- **Replace grass with drought tolerant plants and drip irrigation**

There are plenty of options for your yard that use little to no water. Think about sheet mulching, installing permeable softscape, and replacing most turf with drought-tolerant plants on drip irrigation. You might be able to drastically reduce household water usage, which is critically important during drought cycles.

- Explore the [UC Davis Arboretum and Public Garden](#) for a sustainable gardening toolkit, plant lists, planting plans, gardening for pollinators converting turf with cardboard, and plant sales.
- Bermuda (or “wire”) grass is especially difficult to control. Research “solarization,” and sheet mulching or “lasagna” gardening as effective eradication methods.
- Hire a local landscape designer and contractor to do the job or do it yourself.

Gardening is seasonal, so advanced planning and long-term expectations are essential. Get started today!

## WHAT IS RESILIENCE?

**Resilience** is the ability to persevere in the face of severe climate impacts and other societal disruptions and redefinitions. Resilient people and communities meet challenges with openness and turn them into opportunities. Resilience is an ongoing process of building social networks, mutual trust, and solidarity among those who live and work together to bolster quality of life. Resilience resides in the realms of physical infrastructure, societal systems, and human health and wellness. Resilient communities are continually developing the ability to respond constructively and thrive in the face of challenges.

# WHY BUILD RESILIENCE?

**Communities around the world** are experiencing mounting global warming impacts including extreme weather, drought, wildfires, unsafe air quality, flooding, loss of tree canopy, loss of life and shelter, power outages, and pandemics, among other challenges. In America, we are facing three converging crises at once: the unraveling of destructive yet deeply embedded social practices, economic failures, and climate change. The enormity can leave us feeling overwhelmed, anxious, or depressed. Sometimes we find ourselves physically or emotionally isolated.

Communities that respond with action and courage will be best prepared to literally weather these storms. Communities that engage in building resilience will be as prepared as possible for these challenges and will emerge on the other side sooner. We need to help each other.

## RESOURCES

### **Disaster Ready Guide from Listos California**

[www.listoscalifornia.org/wp-content/uploads/2022/12/Disaster-Ready-Guide-EN-web-508.pdf](http://www.listoscalifornia.org/wp-content/uploads/2022/12/Disaster-Ready-Guide-EN-web-508.pdf)

### **Davis Neighbors' Night Out** (webpage with contact info)

[www.cityofdavis.org/city-hall/city-manager-s-office/community-events/davis-neighbors-night-out](http://www.cityofdavis.org/city-hall/city-manager-s-office/community-events/davis-neighbors-night-out)

### **Davis Senior Center** (Davis Senior Services) (sign up for their newsletter) (walking, step classes, Tai Chi, movement, aerobics, resistance, line dancing, and pickleball)

[www.cityofdavis.org/city-hall/parks-and-community-services/senior-services/scene-newsletter](http://www.cityofdavis.org/city-hall/parks-and-community-services/senior-services/scene-newsletter)

### **Woodland Community and Senior Center** (current Recreation Guide)

[www.cityofwoodland.org/155/Community-Services](http://www.cityofwoodland.org/155/Community-Services)

### **UC Davis campus Health and Wellness** site (urgent care, counseling, wellness portal)

[my.ucdavis.edu/health\\_and\\_wellness/index.cfm](http://my.ucdavis.edu/health_and_wellness/index.cfm)

### **Need health insurance?** Citizens and legal residents start with **Covered California**

[www.healthforcalifornia.com/covered-california](http://www.healthforcalifornia.com/covered-california)



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#YoloEarthDayPledge2023 @cooldaviscity  
Email [coolsolution@cooldavis.org](mailto:coolsolution@cooldavis.org)  
for more info  
Sign up here thru July 31, 2023:  
<http://www.cooldavis.org/pledge>

