

The Green Wire April 2009

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Energy Myths— or what not to believe!

1. **Myth:** Leave your computer on during the day because turning it off is bad for your machine.

Actually computers under 15 years old go into a mode similar to deep sleep when you turn them off. This saves energy and makes the computer last longer. So go ahead and turn your computer off when you do not need it. Also, program your computer to go into sleep mode after a certain number of minutes of inactivity.

2. **Myth:** Always leave florescent lights on.

Actually leaving lights on just wastes energy. Newer lights turn on quickly and need no “warm-up” time. Also the lights are designed for years of service including lots of switching on and off. Turn off the lights when you leave even for a few minutes and you’ll save energy.

Earth Day

My favorite holiday is Earth Day, April 22nd. Please join me in taking time during the week of Earth Day to celebrate our planet and rejoice that we live in such a bountiful and beautiful community. Many members of the Olympia School District community will celebrate by giving back to the earth.

Your Resource Conservation Manager,

Bonnie Meyer (360) 596-8566



School Energy Efficiency Reports

This month school principals, custodians and Conservation Challenge Coordinators were sent individual school energy use reports which show the difference between energy use in 2007 and 2008. In about two-thirds of our schools we are using more energy than last year, and charges for fuel and electricity have also increased. Plus this year we have had more very cold days. You may have noticed that some buildings take a long time to heat after a hard frost. Please understand that our Support Services and custodial staff are working hard to address issues relating to heat and indoor air quality. Staff have identified and fixed faulty thermostats and solved other vexing problems, however, some mechanical systems are unable to meet demand even when they are working at peak performance

- In 2008 the District used 7.3% more energy costing \$1.58 million, up 16.6%
 - Six stellar schools used less energy in 2008– Boston Harbor, Roosevelt, McKenny, Garfield, Jefferson and Washington.

Our goal is to meet our energy conservation goals, while ensuring that everyone has a safe and comfortable work environment. Working with our utility, Puget Sound Energy, the school district has pledged to lower energy use by 5% over the base year of 8/06 to 8/07. To meet this goal we set temperatures at 68 degrees and keep home appliances to a minimum. Examples of items that are energy hogs are halogen lamps, space heaters, mini refrigerators, televisions and decorative lights. Consider dressing in layers to stay warm, use District-provided break room appliances and together we’ll be able to save energy.

- Don’t wait to be part of the conservation challenge. Details are available at: http://osd.wednet.edu/schools/resource_conservation/conservation_challenge_materials
- Check out OSD Policy 6810 Energy Resource Management and Education, adopted in 2005. This policy makes it the responsibility of all of us “to ensure the achievement of energy savings throughout the District.”

http://osd.wednet.edu/about_us/board_of_directors/policies_and_regulations?category=6000&policy=6810

Earth Day Ideas

1. Walk, ride a bike or the take the bus.
2. Participate in a Parks Appreciation Day clean-up or planting activity.
3. Refrain from buying something to use less resources.
4. Learn about an endangered animal and share your research.



5. Read a story about the earth.
6. Help recycle and compost at home.
7. Donate to charity an item in good condition that you no longer use.
8. Eat a vegetarian meal.
9. Choose non-electronic entertainment for the day, play a game, read a book or exercise instead.
10. Remember to appreciate the earth by smiling at the people who live here.

School Food and Paper Composting Grows

Olympia High School and Centennial Elementary School start Food Composting Programs

Congratulations to Olympia High School and Centennial Elementary for launching successful food composting programs.



We appreciate dedicated students

Student volunteers at OHS came from Mr. Bassett's classes, the YMCA Earth Service Corps and Mr. Waddington's class. Students helped plan the program, designed signs, produced an educational video and monitored lunches. At Centennial students monitored lunches helping their peers to use the correct receptacles. Student volunteers continue to oversee lunch and they empty classroom composting receptacles. Student volunteers came from Mr. Samson's fifth grade class and Ms. Miller's fifth grade class. Other fourth and fifth grade classes are also participating.

We appreciate dedicated staff

Olympia High School

OHS staff have made a huge effort to ensure the success of the food composting program. Thanks to Head Custodian Sandy Scott and custodian Katherine Lynam, Child Nutrition Supervisor Paul Flock and his staff, Dean of Students Bill Maguire, Teachers Ed Bassett and Jeff Waddington, YMCA Earth Service Corps Coordinator, Mark Lutsock, City of Olympia Waste ReSources Senior Program Specialist Spencer Orman, and the City of Olympia for providing food composting collection service.

Centennial

The Green Team at Centennial Elementary helped to organize and run their food composting program. Thanks to Principal Alice Drummer, Teacher Matt Samson, Para-Educator Andrea Jorstad, Child Nutrition Specialists Michelle Hall and Summer Kleinhans, Custodians Mark Carras, Kin Vann and Jim Krause, and dedicated parent volunteer and advocate Connie Sterner. The Centennial program was launched with presentations by Colleen Uuereb from Thurston County Department of Water and Waste Management. County staff helped to monitor lunches and provided colorful signs for the sorting line. LeMay, Inc. provided classroom and hall bins for the program and collects the food waste for delivery to the composting facility.



Conservation Opportunities

Recycle Electronics Safely and Free



Recycle unwanted TVs, computers and monitors free. Look for the E-Cycle logo to find a business that will safely dispose of toxics such as lead, mercury and cadmium, and recycle valuable copper and aluminum.

E-CYCLE Locations:

Midway Recovery Inc., 638 Durell Rd SE, Olympia
State of Washington Surplus Warehouse, 7511 New Market St SW, Tumwater

Goodwill Donation Stations:

South Lacey 4800 Yelm Highway SE, Lacey
Thurston County Waste and Recovery, 2420 Hogum Rd, Lacey
Mega Foods Trosper Rd SW & S 2nd Ave. SW, Tumwater

Goodwill Stores:

400 Cooper Point Rd SW, Olympia
1145 Galaxy Dr. NE, Lacey



Links

- Portal for US Government Earth Day Events and Information <http://www.earthday.gov/>
- Envirolink, Earth Day on-line <http://earthday.envirolink.org/>
- Earth Day Network, more links and opportunities <http://www.earthday.net/>

Community Opportunities

- **Invasive Species Beach Walk**, Tolmie State Park, **April 4**, 10:00 am - 12:00 pm, Gabrielle Byrne gbyrne@pugetsound.org (360) 754-9177
- **Urban Cycling**, Olympia Parks and Recreation course, 4:00–6:00 pm, **April 6 and 8, or April 13 and 15**, Kerry Tarullo (360) 753-8575 www.ci.olympia.wa.us
- **15th Annual Olympia's Procession of the Species**, April 25, 4:30 pm, www.procession.org/
- **Mission Creek Estuary Restoration**, Priest Point Park, **April 25**, 10:00 am–1:00 pm, Dan Grosboll dgrosboll@pugetsound.org (360) 754-9177
- **Pier Peer Night Adventure and Beach Walk**, Boston Harbor Marina, **April 25**, 8:00–9:30 pm, Gabrielle Byrne gbyrne@pugetsound.org (360) 754-9177
- **Community Garage Sale and Reuse Fair**, Thurston County Fairgrounds, **May 2**, 8:00 am–3:00 pm, 786-5453, www.co.thurston.wa.us/fair
- **Outdoor Life Festival**, , Marathon Park, **May 2 and 3**, The Alpine Experience www.alpinex.com 956-1699 or Olympia Parks and Recreation www.ci.olympia.wa.us.

Earth Day Activity

Celebrating the earth is fun when you learn a lesson that later is a treat.

Supplies for each student:

- ◆ Cookie
- ◆ Napkin
- ◆ Two toothpicks



1. Invite parents to send boxed cookies to school. Select chocolate chip, or oatmeal raisin if there are chocolate allergies.
2. Provide each student a cookie placed on a napkin and two toothpicks.
3. Explain that the cookie represents the earth. The resources of the earth are the chips or raisins.
4. Instruct students to use their toothpicks to extract resources, being careful not to destroy the earth (or cookie.)
5. After students have a few minutes to work on their cookies ask each to describe what happened.
6. Ask questions about the results: Was it easy, or possible to extract the resources without impacting the earth? Did everyone manage to extract the same amount of resources? What types of things do we extract from the earth now? (Oil, coal, gold, diamonds, metals, vegetables, etc.)



**Stop specific mail
General unwanted mail:**

Write a card with your complete name, address, zip code and a request to "activate the preference service," send it to: *Mail Preference Service, Direct Marketing Association, PO Box 643, Carmel, NY 15012-0643*

First class mail: Cross out the address and bar code, circle the first class postage and write "Refused - Return to sender." Drop in any mailbox.

Bulk mail: Find the sender identification and routing number, then call, email or mail and ask to be taken off their mailing list.

Credit offers: You can call several agencies at once, but must provide your address, former address within two years, and social security number. Dial **1-888-567-8688**)

AOL (America On-Line): Ask to stop receiving compact discs, identify yourself as Current Resident **1-800-605-4297**

Publisher's Clearinghouse Sweepstakes: Call **1-800-645-9242**, or email pch@ant.net.

American Family Sweepstakes: call **1-800-237-2400**.

No Junk Mail

Unwanted mail wastes trees, paper and ink, plus energy to produce and transport the items to your recycling bin. The OSD Human Resources Department staff have provided a list of former employees so that the RCM can remove their names from all mailing lists. Current employees are getting a combination of mail they want and mail they do not want.



Let's avoid unwanted or intrusive mail



Stacks of unwanted catalogs and mail arrive at our offices and schools each week. Here is how you can help stop the flow:

1. When you receive an unwanted item find where the routing number and your name are printed.
2. Rip out the page with this information.
3. Place the page into an inter-office envelope addressed to RCM Bonnie .
4. When the envelope is full, send it off.
5. Bonnie and student volunteers will request your name be removed from the mailing list. The process takes a few months.

Stay off mailing lists

Your name, address, job information and buying habits are hot commodities, worth money to anyone who wants your business. To avoid having your name sold here is what you can do:

1. When you use the U.S. mail to donate money, order a product or service, or fill out a warranty card, write in large letters, "**Please do not sell my name or address.**"
2. If you do business by telephone, remember to say, "**Do not sell my name to anyone, please mark my account with my wishes.**"
3. When you enter a contest chances are that your name will be sold, so be very selective.

Useful websites for removing your name from mailing lists:

- ◆ https://www.directmail.com/directory/mail_preference/
- ◆ <http://www.catalogchoice.org/>
- ◆ <http://www.donotmail.org/form.php?id=50>



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