

GCFM ENVIRONMENTAL ACTION CONTEST

CONTESTS RULES: Club members will keep track of the points they earn for various environmental actions as listed on the contest sheet. Someone in the club will compile the totals and email them to Maria Bartlett by May 15. The contest will run from November 1 to April 30, 2011. The garden clubs whose members earn the most points will be awarded certificates at Annual Meeting on June 2. Award certificates will be given in the following categories: small clubs (1-24 members); medium clubs (25-49 members); large clubs (50-99 members); and extra-large clubs (100+ members).

We hope all clubs and every member will participate in this fun and interesting way to learn about the environment and to work toward improving it! Environmental responsibility is part of our GCFM mission statement. Being responsible includes:

- *helping to reduce the CO2 emissions that worsen global warming
- *reducing toxins that pollute our air and water
- *engaging in activities that enhance the natural environment we all share.

Questions? Contact Maria Bartlett at 978-470-1278 or maria_bartlett@verizon.net.

Explanations/Additional Information for some of the Environmental Actions (see Contest Sheet):

1. Learn more at www.energystar.gov
2. Auto makers are required to increase gas mileage for cars sold in America to 35.5mpg for 2016 models, with further increases proposed to 62 mpg by 2025. Go to the EPA's one-stop shop for car fuel ratings at www.fueleconomy.gov.
3. Free home energy assessments can be arranged by contacting MASS SAVE at www.masssave.com.
4. An energy audit can help you decide if these improvements are cost effective for your home.
5. Energy legislation is one example. The US House passed the American Clean Energy and Security Act in June 2009. This strong energy legislation includes a cap and trade system for CO2 emissions, emissions reduction goals, and renewable energy standards for utilities. In the US Senate, the Kerry-Lieberman energy and climate-change bill was introduced in Spring 2010 but did not have enough support for passage. Contacts to legislators helped pass the House bill and more contacts will be needed to get strong legislation passed in the Senate.
6. 1,000 miles of travel produces how many pounds of CO2 emissions? Trains=450 lbs.; economy car=590 lbs.; jet=970 lbs.; and SUV=1570 lbs.
7. Of the 30 billion plastic bottled waters sold in US each year, only 12% are recycled...the rest go to landfill, incinerators or litter. Expensive money-wise and harmful for the environment. Use stainless bottles and fill with tap water instead.
8. Sign up for direct deposit and online bill paying/statements. To stop junk mail/calls, go to: www.catalogchoice.org, www.wikihow.com/Get-Rid-of-Junk-Mail, <https://www.donotcall.gov>, and call 888-5-OPT-OUT.
9. The average American emits 20,000 pounds of CO2 equivalents each year (6 times more than the world-wide average). See how you stack up...find a good calculator at www.epa.gov/climatechange/emissions/ind_calculator.html. (There is an underscore between "ind" and "calculator.") Most of us should work to shave a lot off our total.
10. Livestock adds more greenhouse gases to our atmosphere than motorized transportation! A 2006 UN report calls the livestock sector "one of the top two or three most significant contributors" to global warming". It takes 32,900 calories of fossil energy to raise one 12-ounce steak...that only provides 940 calories of energy to us! The methane of animal flatulence and the nitrous oxide from manure are very harmful to the environment. Eating less meat is one of the easiest, most impactful ways to reduce your carbon footprint. GO MEATLESS more often!!
14. Gardens Alive is an online source. Ask at local nurseries. Visit www.safelawns.org for suggestions.
15. For a complete list, go to New England Wildflower Society site at www.newfs.org.
17. Use even lower settings for winter nights/when away from home during the day. Use a programmable thermostat.
18. Some reputable organizations to visit online: The Nature Conservancy, Environmental League of MA, Sierra Club, Union of Concerned Scientists, Alliance for a Healthy Tomorrow. Read The Omnivore's Dilemma by Michael Pollen. Watch documentaries such as Gasland, Food, Inc., and A Chemical Reaction.
19. Use baking soda, borax, vinegar, lemon juice--do a web search for tips/recipes. Read Green This by Deirdre Imus.
21. There are many such products--Trader Joe's store brand is good quality. Find products you like.
22. We use an average of 100 gallons of water/person/day, 30% of it outdoors. Check your water meter/bill for your usage. Go to www.epa.gov/watersense for ways/whys of conserving this resource. And, www.greenscapes.org.

GCFM ENVIRONMENTAL ACTION CONTEST SHEET

Singular Actions:

- | | |
|--|-------------|
| 1. Replace an old appliance with a new Energy Star appliance.
5 POINTS for each Energy Star appliance purchased | Total _____ |
| 2. Purchase a car that gets at least 36 mpg. 20 POINTS | Total _____ |
| 3. Have an energy audit. 5 POINTS | Total _____ |
| 4. Install Energy Star windows, extra insulation.
1 POINT/window; 2 POINTS each for attic, walls or crawl space | Total _____ |
| 5. Contact legislators/officials to urge support for strong energy
legislation and EPA enforcement.
3 POINTS for each time a legislator/official is contacted. | Total _____ |
| 6. Take a bus or train rather than fly or drive. 4 POINTS per trip. | Total _____ |
| 7. Never buy water in plastic bottles. 3 POINTS | Total _____ |
| 8. Cancel catalogs/junk mail and start to pay bills online 4 POINTS | Total _____ |
| 9. Calculate your carbon footprint. 3 POINTS | Total _____ |

Repeat Actions:

- | | |
|--|-------------|
| 10. Eat meatless meals 2-3 days/week.
3 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 11. Compost kitchen scraps, grass and leaves.
1 POINT per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 12. Use CFLs or LEDs in your most-used lighting fixtures.
2 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 13. Walk, bike or carpool to club meetings and events.
1 POINT per time Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 14. Use organic or natural fertilizers/herbicides/pesticides.
2 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 15. Remove invasive plants from yard, bag and send to incinerator.
1 POINT per plant. | Total _____ |
| 16. Recycle <u>everything</u> your town will take curbside.
2 POINTS per month. Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 17. Keep thermostat $\leq 68^\circ$ in winter and $\geq 78^\circ$ in summer.
3 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 18. Inform self about environmental issues (watch documentary; read
environmental emails/books; attend informational meetings, etc.)
3 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 19. Use eco-friendly cleaning products at home.
1 POINT per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 20. Use reusable bags when shopping.
1 POINT per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 21. Use items made from recycled paper (toilet paper, paper towels,
wrapping paper, cards, etc.).
1 POINT per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |
| 22. Use less than 65 gallons of water per person per day.
2 POINTS per month Nov__Dec__Jan__Feb__March__April__ | Total _____ |

Name _____ Club _____ GRAND TOTAL _____