



**“If it’s not fun, it’s not sustainable”
-Guy Dauncey, Earthfuture.**



Hello there fellow programming person ☺

I hope that this packet is helpful to you and that you have fun with it. I know that I’ve had a heck of a lot of fun making it and inspiring people through programming. You may or may not have a lot of environmental knowledge. While working for sustainability, it has become apparent to me that enthusiasm is one of the most important determiners of success (like in all fields)... so, if you’re intimidated by the daunting task of saving the world, don’t be. Start where you are, and go from there. It has been said that “the best time to plant a tree was twenty years ago, the second best is now,” likewise the best time to start making changes is now. Stop feeling guilty and start learning how you can live for a better world.

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THIS PACKET IS ORGANIZED AS FOLLOWS:

- Program Principles: tips to make *any* program more sustainable
- Program Ideas
- Program Snapshots: programs that have worked in the past
- Appendix A: Environmental Justice Films available from the SENS office or Berea College Library
- Appendix B: Residence Hall Tip Sheet

PROGRAM PRINCIPLES

...tips to make *any* program more sustainable

- Have residents bring their own plates, cups, silverware, etc., or borrow the loaner dish set from the SENS house. Ask for a few volunteers to stay after and do dishes. To check out a dish set for 45 people free of charge, e-mail Megan_naseman@bera.edu
- Eat local food on those dishes!
 - ☞ Support the Berea College Farms-get info on produce sales by e-mailing sean_clark@bera.edu
 - ☞ Visit the MERJ Farmers’ Market on a Saturday or Sunday from 1-5pm at Pilot Knob and pick up some fresh produce and goodies. For directions visit their website <http://www.geocities.com/merjmkt/MERJ-CleanGreen.htm>
 - ☞ If you can’t visit that market, go to one of the Berea Farmers’ Markets in town: Monday 3-6pm at Berea Community School; Wednesday 5-7pm Chestnut St. Market; Friday 3-6pm at Artisan Center

- ☞ If you'd only like a few specific things contact a farmer. A few we've loved working with at SENS are: Susana Lein (859) 893-3360 (Susana also is the contact person if you'd like to get Margarita's awesome tamales), and Tim Hensley and Jane Post (859) 986-3734
- ☞ If you're not looking for produce or baked goods, support local businesses. Visit Happy Meadows at 286 Glades Road, call (859) 986-3456 for hours. Or order in from Wan Pen (859) 985-1010; PunJab (804) 745-5291; or Dinner Bell (859) 986-2777.
- Be sure to have recycling bins available for leftover handouts, food containers, etc.
- For large events, consider purchasing biodegradable flatware. Check out these sites for more info:
 - ☞ <http://www.greenearthofficesupply.com> (cups, lids, straws, plates, utensils)
 - ☞ <http://www.thinkbti.com> (utensils, chopsticks)
 - ☞ <http://www.biocorpna.com/> (cups, lids, plates, straws, utensils)
 - ☞ <http://www.earthwarebiodegradables.com/> (non-GMO wheat-based cutlery, corn-based cutlery, plates, cups, etc.)
 - ☞ <http://www.simplybiodegradable.com/> (utensils plates, cups, bowls, trays, hinged-lid clamshells, packing materials, bags)
- Ask residents to turn out their lights before coming.

PROGRAM IDEAS

- Have a swap shop where residents each bring something they don't use anymore to trade. Things that work well include clothes, books, decorations, gifts that didn't work out for them, snacks they don't love, etc. Emphasize that the point is to bring something they already have, not to go buy something new.
- Teach about simple living skills:
 - ☞ Make soap, make granola, make paper, crochet or knit, learn to save seeds, learn to can food, learn camping skills. If you don't know how to do these things, fret not! Hang a few fliers in your residence hall asking residents what skills they have that they'd like to share, chances are a few of these will come up.
 - ☞ Also, don't forget the resources of the SENS program are there to help you too. E-mail Megan_naseman@berea.edu if you can't find information on these topics.
- Have a natural spa. This program is perfect for an exam week stress relief! A lot of cosmetics are not natural and cost a lot of money. Don't break your budget! For easy recipes go to <http://www.stretcher.com/stories/980423b.cfm>
- Visit the Ecovillage! Call the office phone at ext. 3179.
 - ☞ Free tours are every Thursday at 1:30 and Saturday at 10:30. Have your program be as simple as a visit and tour...
 - ☞ Or work with the Community Assistants and SENS Directors to come up with a service project. The children's group Roots & Shoots meets at least once a

month; and your hall could help out at a meeting. There is always garden work to be done; come and get your hands dirty. Offer to babysit during one of the many meetings in the Commons House so that parents can focus on their work.

- ☛ Have a fun program in conjunction with the SENS House. On a chilly winter evening invite residents down to make s'mores over our wood stove and get to know s'more about the Ecovillage.

- Have a green cleaning party. Learn why non-toxic home-made cleaners are much better for you and the environment. Make enough for all residents or make a few sets to check out from the office. See this site for more information:
http://www.humboldt.edu/%7Eccat/virtualtour/handouts/non_toxic_cleaners.pdf

- Do a residence hall green makeover (or choose a few of the topics below for a shorter program). Take a tour of your hall stopping in common areas, bathrooms, laundry rooms, and a few of the residents' rooms (with permission). As you go, discuss the energy and waste of each area. Give tips on how to "green" your hall, leave a trail of signage so that residents who didn't make it to the program can still learn from it.
 - ☛ Borrow a WattsUp energy meter from SENS or the Sustainability Coordinator's office to find out how much energy is used in common areas.
 - ☛ Make a few sets of green cleaners.
 - ☛ Explain the importance of recycling.
 - ☛ Find out how much water the showerheads use by running the water for one minute and collecting in 5 gallon bucket. Figure out how much water could be saved each day if all residents took one fewer minute in the shower.
 - ☛ Visit this tipsheet and read 12 tips to green up your apartment or dorm
<http://www.humboldt.edu/%7Eccat/energyconservation/greenapt/index.html>

- Watch an environmental documentary and have a discussion afterwards. Suggestions that you can borrow from the SENS office are listed in Appendix A.

- Make your own environmental documentary! For inspiration watch this 15 minute documentary created by Humboldt State University students called "Green Eye for the Common Gal"
<http://video.google.com/videoplay?docid=-4253625441103691338>

- Contact HEAL to do a presentation about dirty energy, the 10x10 program, or other environmental initiatives on campus.

- Set up a time to remove invasive species in the college forest with John Perry.

- Learn about Fair Trade, invite Laurie White from PeaceCraft, call (859) 986-7441, or e-mail peacecraftinbera@alltel.net

- Make thermal curtains for your dorm to conserve energy. They would need to be flame retardant to meet Berea's requirements. Visit these websites for more info:

<http://www.humboldt.edu/%7Eccat/virtualtour/handouts/qdthermal.pdf> or
http://www.humboldt.edu/%7Eccat/virtualtour/handouts/thermal_curtains.pdf

- Get outside! Take an afternoon or night hike, have a picnic, pick up litter, or just have a study party on the lawn.

PROGRAM SNAPSHOTS:

programs that have worked in the past

Every year there are several programs that the SENS staff needs the support of RA's on.

- Campus Sustainability Day is Wednesday, October 25. Every October is Campus Sustainability Month; do a sustainable program in October, and SENS will include your program in our campus-wide advertising campaign.
- Every April is Earth Month, and the same is true then as well. Both of these months are full of events that work well for 90%ers.
- Before Thanksgiving break, SENS hosts an annual "Buy Nothing Day Craft Bazaar." In the past, this event has been in the basement of Anna Smith, but it takes a lot of support to make it work! Volunteers teach a variety of skills so program attendees can make holiday gifts. Your hall could have a table or two at this event, or bring your residents for a 90%er.
- In first-year halls, an easy program is to have a recycling dinner. Invite residents to a dinner and ask someone from the recycling center to come talk about recycling. To get in contact with recycling center employees, e-mail Kevin_long@bera.edu

Appendix A

- *Fenceline: A company town divided*, Slawomir Grunberg, 2002, 52 minutes
Polluting industries have a history of locating in low-income, minority communities, impacting health and leaving residents to fight for environmental justice. *Fenceline* follows the struggle of an African-American neighborhood known as the Diamond Community to be relocated because of the pollution from the Royal Dutch/Shell Oil Company.
<http://www.logtv.com/films/fenceline/>
- *Kilowatt Ours*, Jeff Barrie, 2004, 64 minutes
Kilowatt Ours reveals the often unreported consequences of our coal and nuclear powered economy including the destruction of mountains and communities. The documentary moves from the coal mines of West Virginia to the solar panel fields of Florida, while offering solutions to America's energy related problems including steps that households can take to save energy and money.
<http://www.kilowattours.org/index.html>

- *From the Mountains to the Maquiladoras*, Tennessee Industrial Renewal Network, 1993, 25 minutes
 Nine women factory workers from Tennessee travel to Matamoros, Mexico to study the maquiladoras (assembly factories in Mexico owned by U.S. corporations) and visit some of the colonias where the Mexican factory workers live.
- *The Globalization Tapes*, Independent Plantation Workers' Union of Sumatra, 2003, 71 minutes
 Through chilling first-hand accounts, hilarious improvised interventions, collective debate and archival collage, *The Globalization Tapes* exposes the devastating role of militarism and repression in building the "global economy" and explores the relationships between trade, third-world debt, and international institutions like the IMF and the World Trade Organization. The story isn't told by experts, but by union members from palm oil plantations in Indonesia.
<http://www.visionmachine.org/>
- *Stolen Childhoods*, Len Morris, 2003, 85 minutes
 For 246 million children, life is nothing but work. *Stolen Childhoods* – the first feature documentary on global child labor – tells the stories of children working in dumps, quarries, weaving shops, fishing platforms, agricultural fields, and on the streets. The causes of child labor and the actions needed to eliminate it are explored.
- *Blue Vinyl*, Judith Helfand, 2002, 98 minutes.
 A detective story, an eco-activism documentary, and a rollicking comedy, *Blue Vinyl* puts a face on the dangers posed by PVC at every stage of its life cycle, from factory to incinerator. Consumer consciousness and the "precautionary principle" have never been this much fun.
- *Fury for the Sound: The Women at Clayoquot*, Shelley Wine, 1997, 86 minutes
 Women comprise 80% of the world's environmental activists. *Fury for the Sound* tells the story of the women-led fight to protect one of the largest remaining tracts of untouched Canadian rain forest. The result was the biggest single act of civil disobedience in Canadian history. More than 850 people – two-thirds of them women – were arrested.
- *Libby, Montana*, Drury Gunn Carr and Doug Hawes-Davis, 2004, 124 minutes
 Because the vermiculite mined at Libby, MT was contaminated with asbestos, Libby now has the dubious distinction of being the worst case of community-wide toxic exposure in U.S. history. Libby's story is told in a film described as "Equal parts mystery, horror film, black comedy, corporate indictment and human tragedy."
- *Guns, Germs, and Steel* Tim Lambert, Cassian Harrison, 2005, 165 minutes
 An epic detective story that offers a gripping expose on why the world is so unequal. Professor Jared Diamond traveled the globe for over 30 years trying to answer this question. Based on the Pulitzer Prize-winning book.
- *Culture Jammer's video videorecording* The Media Foundation, 1997, 16 minutes
 A collection of satirical "anti-commercials" that urge television viewers to "fight TV addiction," give up their polluting cars, otherwise reject contemporary material excesses.

Appendix B

Sustainability in Residence Halls 101

WHAT THE HECK IS SUSTAINABILITY?

-Sustainability is the ability of a society to meet its current needs without degrading the ecological, social, economic systems to meet the needs of future generations. This handout is a brief introduction of ways to live more sustainably.

WATER-Why conserve?

-According to current trends, in 10-15 years Berea's reservoir supply will not be adequate.
-Water is not distributed equally, more than half of the counties in Kentucky ran short of water during summer of 2001.
-Since September 1, 2005, rainfall amounts have been as low as 20-30 percent of normal in central and eastern Kentucky and are among the lowest on record.
http://kentucky.gov/Newsroom/water/dry_weather.htm

TIPS:

- take shorter showers
- when showering get wet and turn the water off while you lather, then back on to rinse
- wash only full loads of laundry; if you don't have enough, do laundry with a friend
- turn off the water when brushing your teeth, washing your face or hands
- be sure to let Hall Monitors know when there is a leaky faucet
- wash dishes in a tub or dirty bowl instead of filling up the whole sink with water
- when rinsing dishes, use the sink stoppers rather than leaving the water running

ELECTRICITY-Why conserve?

-Electricity at Berea College comes from Kentucky Utilities, which produces only 1% of their energy by hydropower (a renewable resource). The other 99% comes from burning coal. The extraction of coal from the Appalachian region commonly uses a process called mountaintop removal. This process is detrimental to ecosystems and human communities as well. Also, burning coal releases carbon dioxide into the atmosphere contributing to global warming as well as other air pollutants.
-One kilowatt hour is equivalent to one pound of coal. The average Berea student uses 32 pounds of coal a day.
-Berea College has a goal to reduce electricity use by 45% by the year 2015.

TIPS:

- If you're not using it, turn it off!
- Wash your clothes in cool or cold water
- Hang your clothes to dry; be creative, a clothes basket makes a great sock drying rack
- Turn off lights when you leave the room
- Study in common areas to reduce the number of lights needed
- Switch to compact florescent bulbs, they use 1/3 of the energy and last 5 times as long as incandescent light bulbs while producing the same amount of light

- Stop phantom loads (the amount of energy used when something has a little light on even when off, like a stereo). Either unplug the electronic item or use a surge protector that you can switch off when not in use.
- Change your laptop settings to use less energy: Go to start/ control panel/ display/ screen saver/ power/ power schemes/ minimal power management

RECYCLING at BEREA

- Berea College currently recycles 22% of the solid wastes we produce. Recently, a SENS class did a garbage audit—sorting the contents of bags of trash to see how much could have been recycled. 62.5% of the contents of the bag from the dorm could have been recycled!
- Berea College’s recycling goes to Bluegrass Regional Recycling Corporation in Lexington.
- Recycling one aluminum can saves enough energy to run a TV for three hours -- or the equivalent of a half a gallon of gasoline.
- Recycled aluminum takes only 5% of the energy to produce as producing aluminum from ore.
- Recycling a single run of the Sunday *New York Times* would save 75,000 trees.
- How long does it take your garbage to decompose?
 - papers: 2-3 months
 - plastic bags: 10-20 years
 - plastic bottles: 50-100 years
 - tin cans: 50-100 years
 - milk jugs: 50-100 years
 - disposable diapers: 100-400 years
 - aluminum cans: 200-500 years
 - styrofoam: never does
 - glass: never does

We can recycle:

- paper (white, mixed color, glossy, shredded, newspaper, brown manila envelopes and folders)
- cardboard (please flatten, be sure it is not contaminated with food)
- beverage containers (aluminum cans, glass bottles, plastics #1-6, steel cans) Hint: Look on the bottom of plastic containers to tell what number plastic they are made from.

We cannot accept:

- styrofoam, paper towels, carbon paper, mirrors, labware, plastics #7, plastic wrappers, tyvek mail envelopes laminated paper, ceramics, food scraps

Other Recycling tips:

- Visit the recycling center by Facilities Management! They save used binders, half new notebooks and other assorted goodies that you may find useful.
- Don’t forget about recycling in the kitchen and bathroom, check shampoo, soap bottles, and food containers to see if they are recyclable.
- Use rechargeable batteries; turn old batteries in at the CPO drop box (Batteries are toxic waste, when landfilled they contaminate water supplies.)
- Questions? Call Kevin Long at 3844.

REDUCE/REUSE

Don’t forget about the two other R’s...

Why reduce the amount of stuff you consume?

-The average North American consumes 5 times more than a Mexican, 10 times more than a Chinese person, and 30 times more than a person from India.

www.adbusters.org

http://www.simpleliving.org/~simpleli/osCommerce/catalog/product_info.php?products_id=675

Before you buy ask yourself:

- Do I really need it? Can I afford it?
- Could I borrow one from a friend or neighbor?
- Do I have one already that could be fixed up or repaired?
- How long will it probably last? Am I prepared to maintain it?
- What are all the costs over its lifetime?
- How many hours will I have to work to pay for this? Is it worth it?
- Are the resources that go into it renewable? Is it recyclable?

Tips for reusing:

- Be sure your residence hall has a free box and use it!
- Be a creative gift giver
- Save gift bags and tissue paper for future use
- Use both sides of paper before you recycle it

GREEN CLEANERS-Why use green cleaners?

-The average person spends about 90% of their day indoors, where air pollution from diverse sources such as cleaners, upholstery, and carpeting can be up to 100 times greater than outdoor air.

-Chemicals such as alkylphenol ethoxylates are endocrine disruptors that are slow to biodegrade and have shown up in the endocrine systems of fish, birds, and mammals.

<http://www.greencampus.harvard.edu/greenclean/>

http://www.humboldt.edu/~ccat/virtualtour/handouts/non_toxic_cleaners.pdf

The basics:

- white vinegar-cuts grease, dissolves sticky buildup and mineral deposits, deodorizes
- baking soda-absorbs odors and chemicals, is a mild abrasive
- borax (sodium borate)- is a disinfectant, deodorizer, mold inhibitor, and mild abrasive
- lemon juice-cuts grease, dissolves sticky buildup, and has a bleaching effect
- vegetable based soaps-don't contain harmful chemicals

Some easy recipes to try:

- glass cleaner: 1 part vinegar to 8 parts water, add a few drops of peppermint oil for a nice smell if desired. Spray on window, wipe off with crumbled up old newspaper
- multi purpose cleaner: 1 tsp borax, 2 Tbs vinegar, 2 cups hot water
- toilet cleaner: 1 half cup vinegar, 1 half cup hydrogen peroxide, a few drops of lemon juice. Allow this mixture to soak for at least 30 minutes (for tough stains, soak longer), then add baking soda to the mix and scrub.