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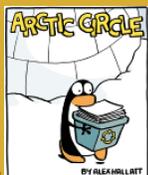
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http://arcticcartoons.files.wordpress.com/2009/08/

# Sustainability Today

VOLUME I ISSUE VII

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## Gone to the Birds?

The U.S. Fish and Wildlife Service's (FWS) Stewart B. McKinney National Wildlife Refuge (NWR) encompasses 10 different barrier beaches, tidal wetlands and island habitats along the shoreline of Connecticut. The FWS headquarters is located in Westbrook, CT. During the major power outages caused by Tropical Storm Irene, some FWS-NWR staff called on the Academy to use some facilities.

During the FWS-NWR visit, Academy staff and cadets learned that the storm destroyed all 200 of a special nesting box that were critical to the survival of the federally listed endangered bird, the Roseate Tern (*Sterna dougalli*). The special ground nesting box had been designed to protect eggs and young chicks from predators like the "black crowned night heron." Before the nesting boxes were

used, only about 30% of hatched tern chicks successfully fledged. Using the nesting boxes and other controls, the fledgling rate increased to over 80%.

Academy Cadets and staff immediately



offered FWS assistance and began planning, coordinating, partnering and organizing.

On the morning of November 5, 2011 Academy cadets, staff, Connecticut Audubon, FWS personnel, students

from Connecticut College and New London Magnet School came together and built the nesting boxes. By evening, 150 boxes were completed and delivered to FWS staff. Sections and parts for another 50 nesting boxes were supplied to the New London Magnet School so other high school students could participate in the event.

A special thanks to MKCM Brett Jacobsen for making this event possible at the McAllister Hall Power Lab—and for mentoring students and cutting the pallet of wood! Thank you Mr. Robert Lefebvre of New London Magnet School for coordinating and leading New London High School, and Elias Kauders for coordinating the many Connecticut College students. Thank you to the Academy Chiefs Petty Officers Association, staff, and all the cadets and students that helped with this very worthy cause.



## Piping Plovers Need YOU!



Young Piping Plover Chick

"Milford Point part of the Stewart B. McKinney NWR. It is a barrier beach and potentially good habitat for Piping Plovers, a Federally threatened shorebird. Piping plovers are threatened mostly due to habitat loss. Tropical Storm Irene washed up a bunch of sand onto the dune on Milford Point, creating a "washover habitat" - the perfect habitat for the Piping Plover! They love sandy beaches with adequate washover sites. The FWS is excited about the possibility that they may nest on our site this year! Currently, the beach area is a mess: plastic bottles, big things like chairs and kids toys, Styrofoam, etc. While the birds can put up with some trash, this sort of garbage attracts predators and also encourages people to abuse the property. For example, a fort was built by neighborhood kids made out of all the trash. The FWS wants to discourage this sort of activity to protect the habitat for Piping Plovers." - Ms. Kristina Vagos, Wildlife Biologist, FWS, Stewart B. McKinney NWR.

The Sustainability Club cordially invites you to join us and help! We'll be working with the FWS, and other individuals, groups, and other students to reach out and prep Milford Point for Piping Plovers!

DATE: JANUARY 28, 2012 (Snow Date: February 11, 2012)  
TIME: 0800-1300 (including transportation time)  
LOCATION: MILFORD POINT, STEWART B. MCKINNEY NWR

INFORMATION / SIGN UP CONTACT: 2/C JUSTINE MORRISON OR ASHLEY CORDI (860.444.8233)



Think before you print! Please use double-sided printing.

## Coast Guard Connection

The Coast Guard has a long history with The Stewart B. McKinney National Wildlife Refuge (NWR) Faulkner's Island, located about three miles off shore of Guilford, CT. Faulkner's (or Falkner's) Island is home to Connecticut's second oldest lighthouse, and is currently the state's only active light station on an island. President Thomas Jefferson commissioned the beacon, and in 1802, the 40-foot octagonal tower was built and established as a Light Station. It was an actively manned by keepers until 1941 when the Coast Guard took it over. In 1976, a fire broke out and destroyed nearly everything except the tower and a fog signal building. In 1978, the tower was automated. In 1980, a modern optic replaced the fourth order Fresnel lens and 1988 the light was converted to solar power. It continues to flash a white light every ten seconds.

The Stewart B. McKinney National Wildlife Refuge (NWR) was established along Connecticut's coast through the Public Law 98-548 of October 26, 1984 (98 Stat. 2774) under the "Wetlands Loan Act". The NWR included Milford Point, Chimon, Faulkner's, and Sheffield Islands. The Coast Guard was given the responsibility for the operations and maintenance of the Faulkner's Island Light House. Public Law 101-443 of October 19, 1990 (104 Stat 1028) required all land along the Connecticut coast acquired by the U.S. Fish and Wildlife Service to be managed as part of the McKinney refuge.



*"When we try to pick out anything by itself we find that it is bound fast by a thousand invisible cords that cannot be broken, to everything in the universe."*  
—John Muir

### Tern Box Building Day!





## What's Happening With E-Waste?

Tech-savvy or not, most every person has some form of electronics: television, and/or cell phones, smart phones, computers, video game consoles, video players, radios—basically, anything with electrical circuits.

Electronic trash (e-waste) did not exist as a waste stream before the 1990's. Now e-waste is one of the largest and is growing exponentially. In 2005, Greenpeace estimated that world wide, 20-50 million tons of electronic products were discarded annually.

E-waste contains both toxic and recoverable products. Toxic material includes: heavy metals (cadmium, chromium, hexavalent chromium, barium, beryllium, and lead), and brominated flame retardant materials, plastic additives and components. Recoverable products in e-waste include: precious metals (gold, platinum, and copper), steel, and aluminum.

Until recently, no one thought about or considered recycling computers or other electronic equipment, so unwanted electronics were tossed in a landfill or were exported (often illegally) to scrap yards in Asia and Africa.

The British Broadcasting Corporation's (BBC)'s series program "Blood, Sweat & Luxuries: Gold and E-Waste" and a popular program Panorama's episode "Track My Trash" documented that an estimated 77% of the UK's e-waste was exported to dumps in Ghana and Nigeria where children scavenged for precious metals to sell at scrap value. Here in the U.S., "60 Minutes" on CBS broadcasted "Following the Trail of Toxic E-Waste".

The U.S. does not have a federal law that specifically addresses e-waste. However, In 2007, Connecticut became one of only ten states that require residents to recycle old electronics, and for businesses to manage e-waste like it is an Environmental Protection Agency's (EPA) "Universal Waste" (40 CFR 273).

The Academy is aware of issues concerning e-waste. The Academy is a partner of the Federal Electronics Challenge (FEC) a program designed to track the lifecycle of electronic equipment. In 2011 the Academy received a second Bronze Award for operations, maintenance, and disposal. Additionally, the Academy received the Norwich NAACP Community Service in Education Promise Award through par-

ticipation in the Partners in Education (PIE) Program, donating hundreds of computers and other electronic devices to the Norwich Public School System; was recognized by the State of Connecticut General Assembly; received citations from Senator Richard Blumenthal, the State of Connecticut State Attorney General and State Comptroller for computer and electronic donations; and was October 7, 2011 proclaimed "U.S. Coast Guard Academy Day" by the Mayor, City of Norwich, for the Academy's selection by the Norwich NAACP Community Service in Education Award.

By purchasing energy efficient electronics made with materials free of harmful toxins, tracking electronics life cycle and use, utilizing donation programs and options, conducting site visits, manifesting e-waste, and routinely communicating with contracted recyclers, the Academy's (i)-Division, the Property Officer, and Environmental Branch is making a concerted effort to ensure that e-waste is recycled properly in the U.S. at a local facility and is not simply dumped somewhere on somebody else.



**"Unless  
someone like  
you cares a  
whole awful  
lot,  
Nothing is  
going to get  
better. It's  
not."**

**-Dr. Seuss,  
The Lorax**

## The True Cost of... A Paper Cup?

A little 16-ounce paper cup is one of those many things in life that people take for granted. While they are inexpensive, seemingly prolific and very convenient, paper cups may not be completely innocuous. Here is why:

Some of the materials used to make a paper cup with sleeve:  
Trees, water, ink, plastic, multiple fuels

CO<sub>2</sub> released to make and ship a paper cup with sleeve:  
0.25 pounds.

Loss of natural habitat potential to make and ship a paper cup with sleeve:  
0.93ft<sup>2</sup>

Loss of plant and animal life potential (in natural habitat) to make and ship the paper cup and sleeve:  
0.6 pounds

How many paper cups are used by U.S. consumers each year?  
16 billion

How many paper cups with sleeves would it take to trigger one potential species extinction?  
1.7 billion

How many paper cups are recycled each year?  
Very, very few.

Most of the content of a paper cup comes from renewable resources (wood chips). After a paper cup is thrown away and sent to a landfill, like most all paper products, it can release methane if it decomposes anaerobically or it may not decompose at all.

From: [http://www.appropedia.org/Paper\\_cup](http://www.appropedia.org/Paper_cup)



[http://  
theloraxcorrespon-](http://theloraxcorrespon-)

# New to the Cadet Wardroom...

The Sustainability Club and Regimental Recycling, are pleased to announce a their newest initiative—the new “travel mug” program!

Beginning in January, cadets are able to take hot or cold drinks from the Cadet Wardroom “to go” using reusable mugs instead of paper cups.

The travel mug initiative began nearly two years ago as a result of a trash audit of Chase Hall garbage performed by the Sustainability Club and Regimental Recycling. During the audit, cadets noticed various materials— like food and paper cups— thrown away rather than be recycled.

Cadets from both entities developed a partnership with a goals to meet the Academy’s *Sustainability Policy Statement* “to implement a culture of sustainability” and the Commandant’s *Sustainability, Environmental, and Energy Policy Statement* that directs all Coast Guard personnel to “enhance environmental consciousness” and “strive to be a model for sustainable practices.”

Almost immediately, Regimental Recycling and Sustainability Club’s partnership made an impact. They acquired and distributed new trash and single stream recycling containers, created and distributed over 1,000 labels for cadet trash and recycling bins, established a definitive trash and recycling training program for the cadet population, improved waste management training for Swabs, and

improved the accountability for recycling in dumpsters at the Academy as a whole.

Trash audit results showed the Sustainability Club and Regimental Recycling a problem with food waste: before the trash audit, the Wardroom generated about 250,000 pounds



of food waste per year and over 8,000 “boxed meals” were prepared for individual consumption. Cadets worked with Food Services and ARAMARK to replace “boxed meals” with a “bulk” program, where meals are packaged for groups rather than individuals. Changing the “boxed” to “bulk” meal program saves about 16.5 tons of food from

becoming waste.

Regimental Recycling and Sustainability Club also learned that cadets use over 100,000 paper cups per year. They calculated that reducing the paper cup use by about 75% by using reusable travel mugs would reduce the Academy’s solid waste by nearly 2.3 tons and can save up to \$7,200 in cup and lid replacements per year.

The Sustainability Club and Regimental Recycling team worked with the Academy’s Supply Division, Food Services, ARAMARK, Alumni Association, and the Environmental Branch for guidance and to obtain the travel mugs for the Wardroom.

It is important to note that the travel mugs, just like all Wardroom tableware, are Academy property. Whoever uses a mug must make sure it is returned to the Wardroom to be washed and sanitized. If someone finds a “forgotten” mug outside of the Wardroom, please bring the mug to the Wardroom.

If too many mugs “disappear”, the project will not be continued in future because of the expense to replace them.

The Sustainability Club recognizes the mug’s “uniqueness” and understands that some people may want a mug to bring or send home. They are working to make similar travel mugs (but in a different color) available in the near future.

Great job and good luck with this initiative!

**Go (Green) Bears!**



*About 133 square miles of tinfoil is used to wrap over 20,000,000 Hershey’s Kisses produced in one day. All that foil is recyclable—sweet!*

## A Few Travel Mug Rules...

1. Travel mugs are Academy property and are to be treated as such. They were purchased for cadets to use in lieu of paper cups.
2. The travel mugs can be taken anywhere on campus where food and drinks are permitted, but they must be returned to the Cadet Wardroom to be cleaned and sanitized.
3. Do not accumulate travel mugs. The Wardroom has a limited supply.
4. While the travel mug style was selected so it can be easily carried, having a travel mug does not relieve a cadet from the duty to render a proper salute. The travel mug can also fit in the side pockets of cadet backpacks.



## HAPPY 257<sup>th</sup> (or 259<sup>th</sup>) BIRTHDAY!

Alexander Hamilton was born on January 11, 1755 (or 1757) in Charlestown on Nevis, a British West Indian Island. He was born out of wedlock, and it was common practice of the time that children of unmarried parents were denied formal church school education.

Perhaps naming the Academy's Administration building after Alexander Hamilton reflects the importance and role of education in his life: He commanded the French language he learned from his mother. He used his mother's library of 34 books to educate himself until he was 17 years old when he migrated from Nevis to New Jersey and attended grammar school. He later went to King's College (now Columbia University) in New York and earned his Bachelor's of Arts in one year.

While school children learn Alexander Hamilton is a Founding Father, many may not fully comprehend that the role he played in our history: he served as a soldier in the Continental Army and became a senior aid-de-camp and confidant to General George Washington. He was a respected economist, political philosopher and author, co-writing the *Federalist Papers* with John Jay and James Madison. The *Federalist Papers* serve as a primary source for Constitutional interpretation. Besides becoming one of America's first constitutional lawyers, Alexander Hamilton was the first United States Secretary of the Treasury—and "Father of the Coast Guard."



<http://www.nps.gov/museum/exhibits/revwar/>

<http://law2.umkc.edu/faculty/projects/frtials/burr/HamiltonBio.htm>  
[http://en.wikipedia.org/wiki/Alexander\\_Hamilton](http://en.wikipedia.org/wiki/Alexander_Hamilton)



## Quotes From... Alexander Hamilton

*"Those who stand for nothing fall for anything."*

*"Men give me credit for some genius. All the genius I have is this. When I have a subject in mind I study it profoundly. Day and night it is before me. My mind becomes pervaded with it... the effort which I have made is what people are pleased to call the fruit of genius. It is the fruit of labor and thought."*

*"There is a certain enthusiasm in liberty, that makes human nature rise above itself, in acts of bravery and heroism."*

*"We must make the best of those ills which cannot be avoided."*



<http://static.travel.usnews.com/images/destinations/79/>

## A WORD FROM CADET SUSTAINABILITY CLUB

Hello!

- HUGE THANK YOUs to EVERYONE that helped make the Tern Box Building Day a total success and to ALL OF YOU that helped recycle the 160+ chairs (sorry this is a bit late). You guys rock! We blew through that pile like it was nothing!!! For the chairs, we were able to save approximately 90 chairs from the landfill/recycling center by donating them to Griswold Public Schools!! Additionally, because we were so efficient in our work, we were even able to help move some other extra property out of the clinic so it too can have the chance to be donated or recycled. Thanks again!

- A message from Jaime Chicoine about Heifer International: "Hey guys, I know this isn't about the environment but I still feel like sustainability club is a good avenue to educate the corps. I just found out about this because my mom bought me a goat. Basically this is an organization that collects money in order to send animals to areas where people go hungry all over the world. It's pretty easy to work, you just buy the animal and one is sent in your name. Just thought we could maybe set something up, or get some ideas going. (<http://www.heifer.org/getinvolved/colleges-and-universities>) <<http://www.heifer.org/getinvolved/colleges-and-universities%29>> ." Please Contact Jaime if you are interested in learning more about this group and seeing if it is something we could get involved in!

- As always, we love to hear about your thoughts and opinions and any projects you'd like to see the club get involved in!

Peace and Respect,

2/c Justine Morrison, 1/c Katie Schumacher, 2/c Cyrus Unvala

Urban farming!!! : <http://vimeo.com/22239020>

"To be a citizen of the Earth is to put one's brief life to the use of one's dearest gifts, to summon the better angels of our nature, to own up to all the harm that we do and then do all in our power to put an end to it": <http://video.patagonia.com/video/Common-Threads-Initiative-2>



## GO (GREEN) BEARS!

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