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# Sustainability Today

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## Sound Communities - A Sustainability Forum

The Sustainability Club and the New London County Environmental Education Council is proud to co-host “**Sound Communities—A Sustainability Forum**”:

**Friday, April 20, 2012  
1900—2100**

**Leamy Hall Auditorium**

Long Island Sound (LIS) is an environmentally, socially, and economically vital, 110-mile body of water bordering our state and New York. Commercial and recreational ventures on the Sound generate an estimated \$5 billion dollars to the region’s economy. Hundreds of plant and animal species inhabit the Sound. And there are an estimated 8,000,000 people living along the LIS coast, with many more living by the tributaries that enter the Sound (including the 410-mile Connecticut River). State, regional, and federal agen-

cies, educational institutions, environmental organizations and other have worked to clean up the Sound, achieving success on many fronts. Yet, pressures



and impacts on the important estuary remain intense. State and federal legislation and concerted individual and collaborative efforts to promote awareness, prevent pollution, perform research and serve as stewards are essen-

tial to the future of the Sound.

On Friday, April 20th, Connecticut Department of Energy and Environmental Protection Deputy Commissioner, Susan Frechette, will provide a keynote address on environmental issues affecting the Long Island Sound. Panelists from the Connecticut Sea Grant, Coast Guard, and other organizations will speak about the efforts, opportunities, and challenges in protecting and preserving the Sound.

Sustainability Forum participants will include representatives from area schools including high school students who participated in the Quahog Bowl, government, businesses, environmental organizations, and others. Informational tables will be available.

**This 2-hour event is free and open to the public.**



## GOLF COMPANY WANTS TO RECYCLE YOUR OLD SNEAKERS AND SHOES!

Golf Company partnered with Stonington High School’s women’s basketball team to collect sneakers for the [Reuse-A-Shoe program](#). This program will take your old, worn, or unwanted gym shoes and recycle them into: new track surfaces, interlocking gym flooring tiles, playground surfacing or new products. Your recycled sneaker could turn into a trim item like a buttons and zipper pull.

We’re getting the word out: Golf company needs your support! Everyone—cadet, faculty, staff, and friends—can participate by donating unwanted sneakers instead of throwing them away. Golf Company will take any and all sneakers—no matter the condition! Although Stonington High School’s official program is running 11 March through 11 April, Golf Company won’t turn a good, used pair down!

If sneakers don’t overrun closet space, are your unwanted shoes cluttering up space? Golf Company is partnered with the “[Soles4Souls](#)” program and will be equally happy to accept your gently used shoes anytime. Through “[Soles4Souls](#)” your unwanted shoes will go to a person that is in need. The cadets have already been participating in the program, and Golf Company would like to make this a campus wide initiative.

If you have sneakers or gently used shoes to donate, you may contact Regimental Recycling, the Sustainability Club, or LCDR Carabine (x8293) . If you are able to put a temporary collection bin in your space, please let them know.



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

# MILFORD BEACH CLEANUP

Milford Point, part of the part of the Stewart B. McKinney National Wildlife Refuge managed by the U.S. Fish and Wildlife Service, is a barrier beach and potentially good habitat for Piping Plovers, a Federally threatened shorebird. Piping plovers are threatened mostly due to habitat loss. On January 28, 2012, Academy cadets and Connecticut College students met with U.S. Fish and Wildlife staff and cleaned up Milford Point, prepping it for Piping Plovers. Here is one cadet's photo-documentary of the day's event.

(photos by 4/c Justin Sherman)



*What is a fish without a river? What is a bird without a tree to nest in? What is an Endangered Species Act without any enforcement mechanism to ensure their habitat is protected? It is nothing.*

*-Congressman Jay Inslee (WA, District 1)*





## Electronic Stewardship

The General Services Administration (GSA) recently issued [GSA Bulletin FMR B-34, Disposal of Federal Electronic Assets](#). This Bulletin is a guidance for the responsible disposal of Federal Electronic Assets (FEA). Bulletin key points are:

1. Prohibiting Federal agencies from disposing of electronic waste in landfills or by incineration;
2. Defining the universe of electronic items;
3. Encouraging the maximum use of electronics within the Federal government and with state/local donation customers to minimize the waste stream;
4. Steering agencies to sell only functional assets to the public,
5. Requiring agencies to dispose of non-functional electronic assets only to certified recyclers or refurbishes;
6. Enhancing the reporting process so that the Federal government and our citizens know where our electronics are being disposed of in a timely manner;
7. Encouraging down-stream recipients of our property to dispose of the electronics through a certified recycler.



The Academy is committed and make every effort to reuse, recycle, or donate all electronic assets—responsibly. About five year ago, the Academy developed and began to practice similar objectives. Additionally, the Academy partnered in the [Federal Electronics Challenge](#), where we actively manage our electronic equipment to reduce the environmental impacts associated within electronic life-cycle phases: Acquisition and procurement; Operation and maintenance; and End-of-life management. Also, this is the second year that the Academy is a proud participant in the “Partnership In Education” (PIE) program, partnering with Norwich Public Schools. If you are interested to learn more about the PIE program, please contact LT Jason Warren (x6468).



## RECYCLEMANIA: WE'RE IN IT TO WIN IT AGAIN!

*RecycleMania* is an annual nation-wide college recycling competition that takes place over 8 weeks. Universities and colleges across the country compete to see who can recycle the most materials in a variety of categories.

This year marks the Cadet Sustainability Club's 5th year participating in *RecycleMania*.

For the first time in *RecycleMania* history, we have an Academy style competition! Cadets from other Academies and service-style colleges like VMI and The Citadel are competing for a 'Commander In Chief's Challenge' to see which school will recycle the most!

Everyone can help the USCGA—it's easy—all you need to do is recycle! Use the correct containers!

The Academy has a longstanding history of donating or recycling a variety of products. Last fiscal year (FY2011), the Academy's total waste output was 2,568,164 pounds (excluding construction and demolition debris). Instead of land filling or incinerating this waste, the Academy diverted 53.34% (1,369,924 pounds) of waste to recycling or donation programs. This phenomenal result is because of your efforts!

The fact is there are no losers in this program. EVERYONE “wins” *RecycleMania*. Participating in *RecycleMania* has made our efforts become more visible, stronger, and viable. Over the years, the Academy's recycling and sustainability program has expanded. Your recycling and donating efforts are one way we can show that we are “stewards of the environment”.

***Thank you for your continued commitment and support.  
Congratulations Sustainability Club on your 5th Year in RecycleMania!***



**We are trying  
to save money  
and conserve  
energy.**

**We can look  
no further  
than you.**

# HAVE YOU SEEN ALL THE VAMPIRES AROUND HERE?



Back in the 1980's, I was the typical self-absorbed teenager. I was smart and knew everything. Or at least that's what I thought. One day, on my usual route from the family kitchen to my bedroom, my father stopped me and said, **"We are trying to save money and conserve energy. We can look no further than you."**

I had no idea what he meant. Maybe he thought I did something one of my other sisters had done.

When I got to my room, as my habit was, I turned on the overhead light, clicked on the lamps next to my bed, flipped the switches on the closet light and my bathroom lights, turned on the radio and TV, plugged in my curling iron, then telephoned one my closest friend of the week. When I would move on to something else, I would just leave my room. I kept everything on. I don't recall ever *really* turning anything off, but everything *happened* to be off when I returned.

It was only after I was on my own (and I had to pay for everything myself) that I realized when I left a room and kept the lights on and the TV and the radio blaring (simultaneously, of course) - this stuff sucked money out of my budget via my power bill. It was then that I began to realize what my father

meant when he said, "We can look no further than you."

After I was able to afford it, I started buying stuff with nifty timers and things with "sleep" and "standby" modes. I thought I wouldn't have to think about anything anymore because I was spending money to save money. Now I realize that my house is completely wired. Everything is connected to something, and I'm paying nearly 0.20-cents a kilowatt hour for this "privilege". Recently, I've learned that nearly everything I bought are essentially "vampires", still sucking money out of my wallet!

An energy "vampire" is any electronic device that sucks on power even when it is not being used. These "vampires" are quite ordinary things like computers or televisions in the standby mode or battery chargers that have finished charging. I was surprised to learn that my TV with remote control uses more energy during the 20 hours a day when it's in "standby" than when I have it "on."

Wait! Before you do as I—run around with a power bill in hand (because yes, you really *are* paying nearly 0.20-cents a kilowatt hour) and you are ready to unplug everything, remember to first consider the *things that need to be plugged in*:

- \*Smoke detectors and other safety alarms
- \*Clocks that use electricity

- \*Appliances like refrigerators, ranges/stoves, washers/dryers
- \*Medical or related equipment

The next step is to take a second look at what you have. Identify things you can keep plugged in temporarily, for example, when they are charging (like your cell/telephone, or toothbrush). These are things to unplug when they're done.

Last, mull over "everything else", like TVs and DVD players or anything that will flash "12:00". These are probably your vampires that don't need to be left in "standby". Even leaving your computer in "sleep" mode uses power. The most cost effective way to deal with your electrical vampires is to unplug what is not being used. But that's not always very convenient. Since many of these items are usually housed together on shelves and desks or maybe used together, the easiest way to slay your vampire is to use a power strip to turn things off. A \$20 investment in a couple of power strips can save you \$200 (or more) a year on your power bill.

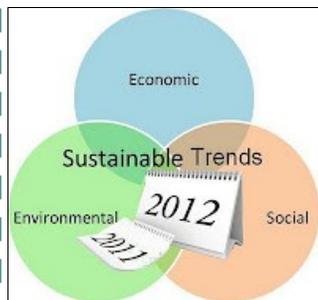
Think about the small stuff, when you go to purchase or replace things. Some toys and calculators run on tiny solar panels. Read and consider purchasing items with the EnergyStar® labels.

While you are thinking about power, take a look at the sockets around your home. If you have children or small children visiting, remember to use socket covers. To kids, sockets without plugs can look fun to explore. The results can be tragic without them.

A post script to my Dad: Yes, I know, I have learned that it's really not hard to turn off the lights. And yes, I unplug the curling iron now. At least, most of the time.



## Pondering This... Sustainability Buzzwords



Return on Investment	Employee Engagement	Transparency	Reporting
Shareholder Activism	Data Management	Virtual Meetings	Consistency
Collective Impact	Inclusive Communities	Metrics	Standards
Focus	Engaged Social Media	Energy	Collaboration (private/public)
Social Responsibility	Biodiversity	Dashboards	Ingredient Disclosure
Green as a Given	Proof of Sustainability	Green Credit	Emergence

# CALENDAR WORTHY DATES AND EVENTS — Join us!

**March 24, 2012** - Falkner Island Prep Day - Go to Falkner Island and prepare it for migrating Roseate Terns by eliminating hiding spots for predators, clean up litter, pull weeds, help with sand replacement, etc. Contact 2/c Justine Morrison to sign up. Conn College students are always welcome! Please contact Elias Kauders.

**April 20, 2012**- Cadet Sustainability Forum co-sponsored New London County Environmental Educators Coalition (NLCEEC) "Sound Communities". Connecticut Department of Energy and Environmental Protection Deputy Commissioner, Susan Frechette, will provide a keynote address on environmental issues affecting Long Island Sound. FWS representatives will be available to talk about threatened and endangered species that make Long Island Sound their home. Everyone is welcome to participate. If you would like to have a table to display your senior projects or interests or volunteer, please contact Ashley x8233.

**April 21-22, 2012** - Tern Box Placement Weekend on Falkner Island. Cadets, Conn College students and Boy Scouts from New Haven/Milford area to place 200 tern boxes, GPS locations, etc. We're also doing some last-minute weed removal and beach prep in anticipation of the birds. West Point and CGA cadets, please contact 2/c Justine Morrison to sign up. Conn College students, we're looking forward to more collaboration! Please contact Elias Kauders.



**GO (GREEN) BEARS-CAMELS-BLACK KNIGHTS!**

## A FEW WORDS FROM CADET SUSTAINABILITY CLUB

Hello Fellow Sustainers,

-The reusable wardroom travel mugs have been met with great appreciation by cadets and ARAMARK alike! Cadets initiated this program and we would like to do even more! Please let us know if you see anything that may enhance or improve this new program or if you had an idea about something else. Your sustainable thoughts could be our next big thing!

-Don't forget to sign up for a tray-less week (or two or three!). Tray-less dining is a simple act that reduces water consumption and subsequent water treatment, reduce food waste, increase your sleep, and (rumor has it) the potential to loosen that grip your trop pants have if they have been quietly tightening around your waist with every additional slice of pizza that you had the extra room to slide onto the tray!

- A March opportunity has arisen to help out our friends at the U.S. Fish and Wildlife Service: 12 volunteers are needed to boat over to Falkner Island on March 24th to assist "cutting down sumac - putting it in brush piles - cleaning up nest boxes and chick shelters - and taking out old productivity plots (made of wire and rebar." We anticipate working from 0900 to 1500. For those of you who helped build the nesting boxes or assisted cleaning up Milford Point, you know these events always serve as a fulfilling and enjoyable way to give back to our community and enhance our local ecosystems! Space is limited so email me (2/c Justine Morrison) as soon as you know you can commit! More volunteers will also be needed April 21-22 to boat back to Falkner Island to set up the tern boxes. Please let me know when you can help this equally worthy cause!

- Help Wanted: Please let 2/c Cyrus Unvala know if and when you will help with this year's Environmental Forum! This year's event is turning out to be much larger than last year. It's a pretty big undertaking and he would certainly appreciate the extra assistance organizing speakers and the agenda. This year, we have developed contact with other Academies and their Environmental Clubs ((i.e., West Point), and we'll be inviting some of their cadets to attend our forum. I have no idea how many may join us, but if any of you are interested in potentially hosting a West Point cadet for a night, please let me (Cyrus) know.

- Finally and most importantly, please let us know if you would be interested in holding a leadership position in the Cub next year— future 3rd class and 2nd class! Apart from being able to help initiate really great changes and muster people together to support some awesome causes, you will have the opportunity to represent the Sustainability Club and its efforts and goals beyond the Academy. This is an incredible opportunity to make really worthwhile connections—and see first hand what is going on in the rest of the CG!

Peace and Respect,

Justine, Katie, and Cyrus



**Can you believe? This newsletter will be 2 this summer! Thanks for your suggestions and input. I still need your help keeping future issues fresh, fun, and interesting! Please email your articles, comments, photos, & suggestions me: [ashley.j.cordi@uscg.mil](mailto:ashley.j.cordi@uscg.mil) or call me at x8233.**

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