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Sustainability Today

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Cadet Sustainability Club Wins DHS Award - Again!

Department of Homeland Security's Environmental Management Program recently announced that the Academy's Cadet Sustainability Club won a DHS Sustainable Practices "Green Dream Team" Award.

Two years ago, the DHS Sustainable Practices Award program was developed to support the *Green-Gov Challenge*, a White House program designed for Federal agencies to "lead by example when it comes to its environmental, energy and economic performance."

The "Green Dream Team" Award recognizes that the Sustainability Club developed viable internal and external partnerships that are dedicated to addressing waste reduction, improving strategies in ecology, and bolstering environmental education. By leveraging cadet's experience and physical capabilities

with potential partner's funding and other resources, the Sustainability Club mobilized programs that align with the goals of Executive Orders 13423 and 13514, Coast Guard's Operational Sustainability Performance Plan, and the Academy's Sustainability Policy and Strategic Plan.

The Sustainability Club recycling initiatives started as a grass-roots effort that eventually compelled Academy-wide programs. Their efforts increased overall solid waste recycling within two years from 28% to 53% in FY 2011. Cadets worked with USMA counterparts to increase and enhance recycling and other sustainable practices at both Academies.

The Sustainability Club collaborated with U.S. Fish and Wildlife Service, Connecticut Audubon, students from Connecticut College

and New London Magnet High School to curtail the declining rate of endangered Roseate Tern bird species in the region. Cadets and students helped build 200 nesting boxes, using a design expected to increase the survival rate of Roseate Tern chicks to about 80%.

Additionally, the Sustainability Club co-sponsored their second annual Sustainability Forum, "Sound Communities," hosting representatives from local area schools, government, businesses, and environmental organizations, who spoke about the efforts, opportunities, and challenges in protecting and preserving the Long Island Sound.

The Sustainability Club also won the DHS Sustainable Practices Award "Green Dream Team" category in 2011. They will share this award with their partners.



USCGA Cadets and Connecticut College Students at Stewart B. McKinney National Wildlife Refuge.

“When you do the common things in life in uncommon way, you will command the attention of the world.”
-George Washington Carver

Trash & Recycling Procedures

The Academy takes part in “Single Stream Recycling.” With single stream recycling, all recyclable items are placed in the same container and collected without having to sort or separate them. Use your desk side recycling bin for all recyclable paper, plastic #1 through #7, and glass. Please empty drink, cup and food containers before recycling. Trash still goes into its own separate bin.

The Academy also participates in the “Qualified Recycling Program” (QRP) where scrap metal from Academy sources may be collected and sold. Funds from the QRP directly benefit the Academy’s MWR. Do not throw scrap metal in the garbage. Please contact the CWO2 Minos (x8303) or the Environmental Branch (x8233) for the current QRP bin location.

Stop waste before it starts! Eliminating waste before it starts is called “source reduction.” Some source reduction tips:

- Purchase only what you need!
- Purchase items in bulk or economy sizes.
- Purchase items in reusable containers.
- Purchase items with the least amount of packaging.
- Conserve paper – make two-sided prints.
- Use sustainable paper.
- Use Energy Star energy saving functions.
- Replace standalone office equipment with multifunction systems.
- Return print/copy cartridges and supplies for recycling.
- Seek office equipment designed for remanufacturing or recycling.
- Scan and send to share documents electronically.



GO (GREEN) BEARS!

Property Reminder

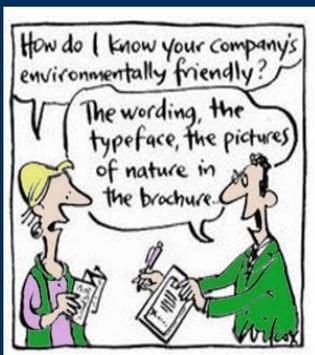
Whether an item is/was on the personal property inventory or not, or even if something is/was donated or purchased from other sources—like grants or the Alumni or Parents Association—the Academy is accountable for the item.

In other words, if something is or was purchased or donated, then brought to the Academy and used for Academy purposes, that property is the Academy’s responsibility. Academy Property Officer is accountable for that item. This includes items or equipment purchased or donated for cadet use, as well as equipment purchased with grant funds for research.

If you are adding new items or equipment, or if you plan to clean out a room or closet, or if you have property for disposal please call CWO2 Minos (860)444-8303.

Faculty, staff, and cadets are not permitted to arrange for dumpsters or the removal of *any* property without CWO2 Minos’ permission. The Academy has a strong donation and recycling program. There are many Coast Guard units and eligible organizations that want your “old stuff.”

REMEMBER: It is never okay to dispose of any item without talking to the Academy’s Property Officer first.



Coast Guard Sustainability Success

Sustainability is not just an Academy activity—it is a Coast Guard goal. Here are a few examples of what other units are doing to make their units, communities, and the environment a much better place!



Petaluma Training Center
*Power Purchase Agreement
875kW array photovoltaic power
Competitively priced electricity*

Coast Guard Yard / Baltimore Landfill Methane Gas ESPC

*Partnership with the City
Fuel source: landfill methane gas
4 megawatt generation plant and
steam boiler plant
Reduced emissions from city dump*



Coast Guard Communications Support Unit, Oahu—Helping ‘Alae ‘ula

*Local conservation effort volunteers
Restoring natural habitat of the Moor-
hen (‘alae ‘ula)
Value added to the community
Building a sustainable environment*



Did You Know?!

**"You
must be
the
change
you wish
to see in
the
world."
-Mahatma
Ghandi**

Federal Acquisition Regulations (FAR) regulation requires environmental and electronics stewardship? Here are a few examples* how the government is working towards sustainability:

FAR Part 2, Subpart 2.1 includes definitions for: Electronic and information technology (EIT); Energy-efficient product; Energy-efficient standby power devices; Environmentally preferable; Information technology (IT); Pollution prevention; Recovered material; Sustainable acquisition; Virgin material; Waste reduction .

FAR Part 4, Subpart 4.3 requires contractors to submit paper documents printed or copied double-sided on at least 30% postconsumer fiber paper whenever practicable.

FAR Part 10, Subpart 10.001(a)(3)(v) requires agencies to use market research to ensure maximum practicable use of recovered materials and promote energy conservation and efficiency. *Subpart 10.002(b)(1)(v)* requires that market research include investigation into the availability of items that contain recovered materials and items that are energy efficient.

FAR Part 39, Subpart 39.101 requires agencies to identify information technical requirements pursuant to OMB Circular A-130, including consideration of energy efficiency; Electronic Product Environmental Assessment Tool (EPEAT) standards; policies to enable power management, double-sided printing, and other energy-efficient or environmentally preferable features on all agency electronic products; and best management practices for energy-efficient management of servers and Federal data centers.

*These are examples of the FAR. Due to the detail of the subparts, please refer to the complete and most recent text available [online](#).



It's Time To DUPLEX!

The Coast Guard now requires duplex (double sided) printing!

ALCOAST 292/12 (191707Z JUN 12) announced that the Assistant Commandant for C4IT directed that all duplex-capable printers to be set to print double sided by default. TISCOM published the printer change process on CG Portal (TISCOM portal collaboration, under Library, then TCTO), and currently installed printers must be changed to duplex by 31 August 2012.

Printing single-sided pages is still permitted, but users will be required to manually change print settings only for specific jobs that need single-sided pages.

Double sided printing is a positive, sustainable practice that has the opportunity to make a big impact: Each month, Logistics purchases an average 80 boxes (800 reams) of paper for Academy use — this is about 4,800,000 sheets of paper per year. This excludes any specialty paper, other paper products, and paper purchased by other sources like individuals or divisions.

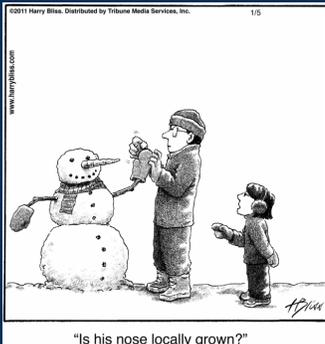
Double sided printing is good for the budget, the environment, and filing cabinets. Each of box of paper costs about \$32. If double sided printing is used, the amount of paper is reduced by 50%, and about \$12,800 a year can be saved.

Trees, water, and energy are some resources required to make paper. Double sided printing saves these resources. According to the Environmental Protection Agency for example, paper represents 40% of waste in landfills. With duplex printing, a 50% reduction in paper use would eliminate 17 tons of paper waste from the Academy waste stream per year. As per the U.S. Department of Energy, about 19,200 gallons of gasoline was consumed to produce the nearly 5 million sheets of paper used at the Academy. When duplex printing is used, this can help save about 9,600 gallons of gas. Another duplex benefit: Save space! Double sided paper will also take up less space in your drawers and cabinets.

This little change can make a big difference!



Factoid: On average, the cost of 30% post consumer recycled paper is actually less expensive than paper with no recycled content.



The Eco-Consumer: “Natural” “Healthy” “Nutritious” & “Organic”

Consumers are more health-conscious and environmentally aware than ever before. At the supermarket, shoppers are more discerning. People are buying food eco-labeled “natural,” “healthy,” “nutritious,” and “organic” *thinking* that they are selecting products that are local, “home grown”, minimally processed, items that do not contain antibiotics, hormones or laboratory created ingredients, and food that is not considered “genetically engineered.”

Marketing experts recognize that consumers are going green, and shoppers are paying more attention to the food that goes on their plates and in their mouths. [Marketers use eco-friendly and wholesome-sounding claims](#) to entice consumers to buy their product. Shoppers must be cautious: besides the standard “dictionary” definition, buzzwords like “natural,” “healthy,” “nutritious,” and “organic” have alternate meanings in the green movement, and can mean something else in government regulations.

Buzzwords are a problem and can confuse even the greenest shopper. Consumers prefer labels that read “natural” over “organic” because people think “natural” food as fresh, minimally processed, and healthy. Many consumers think “organic” is more expensive. However, when product labels and nutrition panels are compared, they often show that “natural” products may not have anything to do with nature, “healthy” products don’t necessarily promote optimal health or nutrition, and “organic” may not be healthy, natural or even organic. To help clear some confusion, let’s examine what “natural,” “healthy,” “nutritious” and “organic” means:



ART - DAN BERGER - CONCEPT - MIKE ADAMS WWW.NATURALNEWS.COM

“Natural,” “100% Natural,” “All Natural Ingredients” refer to how food was processed after it was slaughtered or harvested, *not* how it was raised or grown. Except for meat and poultry, the term(s) are not regulated by the U.S. Department of Agriculture (USDA). “Natural” meat and poultry are to be free of artificial flavors, colors, sweeteners, preservatives, etc., but does not refer to how the meat was raised. In other words, meat that was free of additives, but was given antibiotics and growth hormones, as long as it was not overly processed during butchering, is “natural.” The Food and Drug Administration (FDA) does not regulate “natural” but does consider a product “natural” if it does not contain artificial substances (i.e., color additives and flavoring). The FDA recognizes genetically modified (GMO) products as “natural.” Besides, most poultry labeled “all-natural, vegetarian fed” was fed GMO corn and/or soy, because this GMO corn and/or soy is a standard feed at feeding mills. High-fructose corn syrup (HFCS), a GMO corn-based sweetener, is also “natural” per FDA standards.

“Healthy” and “nutritious” are more labeling buzzwords. Marketers know that consumers once equated “natural” with “healthy,” but now they equate “healthy” with “nutritious”. The USDA only considers sodium content in meat and poultry in their health guidelines. It is all about labeling and consumer-driven choices at the FDA. In order to provide consumers with informed food choices, FDA requires nutrition panel for most prepared foods (i.e., breads, cereals, frozen and canned food, snack, drinks, desserts, etc). that lists: portion size, calories, nutrient limits and daily value percents, vitamins, and ingredients—all based on a caloric intake of the average, active young adult female and male. Ingredients lists often contain a scientific versus common name, further adding to consumer confusion.

“Organic” refers to food production and processing, such as food grown without bioengineered genes, and without using synthetic pesticides and fertilizers made of sewage sludge or petroleum. In order for a food to be labeled “organic” it must meet or exceed standards set in the USDA’s [2002’s National Organic Program](#). For example, organic food must be grown using methods that promote renewable resources and promote biodiversity. “Organic” meat means that the livestock had access to outdoors and was not given growth hormones or antibiotics. Any product that contains 70% or less of organic ingredients can not be labeled “organic,” however, its ingredients list can indicate organic ingredients.

There is a lot of information on nutrition labels, and a grocery store is not a library. It is unrealistic for a shopper to scrutinize every product label. The FDA began to crack down on misleading or wrong food labels a few years ago by sending [warning letters](#) to a number top food manufacturers to change deceptive labels. Consumers have sued manufacturers for false advertising (i.e., [using words “healthy,” “wholesome,” “balanced,” “balanced nutrition, or “nutritious”](#)). Marketers beware: consumers that feel duped into believing a product was organic are also [targeting manufacturers on social media sites](#).

Still befuddled about labels? Visit the [USDA Agricultural Marketing Service](#) and [FDA websites](#). The FDA and [consumer advocates](#) are working to [improve nutrition fact panels, ingredient lists, standardize definitions, and investigate potentially bogus health claims](#). Ultimately, until labels improve and there is a uniform, standardized definition of keywords like “natural,” “healthy,” or “organic” - it is up to the consumer not be fooled by a marketing ploy.



From: [Cornucopia Cereal Crimes: How Natural Claims Deceive Consumers and Undermine the Organic Label - A look Down the Cereal and Granola Aisle](#); [FDA “Food Label Helps Consumers Make Healthier Choices”](#); [Food Labeling Chaos: The Case for Reform](#)





Monarch and Painted Lady butterflies on the butterfly bush located outside of Chase Hall. Honey bees are also common Academy visitors.



Something's Fluttering - Outside Chase Hall!

Butterflies and honey bees are valuable pollinators and important indicators of the health of an ecosystem. From spring through fall, Connecticut has a vibrant butterfly population. Two butterflies commonly found at the Academy are:

The Painted Lady (*Vanessa cardui*) butterfly. This type of butterfly are "irruptive migrants" meaning that they will sometimes migrate without regarding the season or geography. While they live year round in the tropics, they can be found in Connecticut during the summer. Many students are familiar with Painted Lady butterflies because this species is commonly used in schools. The Painted Lady lifecycle is relatively short: Eggs hatch in 3-5 days, the larva (caterpillar) undergoes 5 instars (stages) over 12-18 days, and the pupa (chrysalis) stage lasts about 10 days. An adult Painted Lady only lives about two weeks.

Monarch (*Danaus plexippus*) butterflies are a cousin of the Painted Lady. The Monarch lifecycle is generally similar, except Monarch caterpillars feed exclusively on milkweed. Monarchs that emerge in the late summer and early fall are considered a 'migrant generation' or "Methuselah generation." While late-emerging Monarchs look the same, they differ from Monarchs that emerge in early spring or summer. The "Methuselah generation" will not mate or lay eggs, but rather prepare to make an about 2,700 mile flight south to Mexico's Oyamel fir forest.

Butterfly bushes like those around the Academy are an important source of food for all butterflies, but are especially important for locally emerged Monarchs that are preparing for their journey, as well as those that have begun the migration to Mexico. Monarchs that made the southern journey will begin their return in March, and will begin to lay eggs along the way. Monarchs that will return to Connecticut each year are most likely the great- or great-great-grand offspring.

www.ctbutterfly.org; thebutterflysite.com; butterfliesandmoths.org; <http://www.learner.org/inorth/tm/monarch/SanctuaryFactsOyamel.html>
<http://www.worldwildlife.org/what/wherewework/mexico/themonarchbutterflyreserve.html>



*Photos, cartoons, and sourced text are hyperlinked. Thanks for your suggestions and input. I still need your help to keep this newsletter interesting!
Please email your articles, comments, photos, & suggestions me: ashley.j.cordi@uscg.mil or call me at x8233.*

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