



Building a Sustainable Community

Reduce Your Carbon Footprint

Whether you are concerned about:

- the impacts of global warming on the climate,
- our country's dependency on foreign oil,
- or your ever increasing energy bill,



reducing your carbon footprint should be a priority for everyone.

Carbon Footprint is a measure of the impact our activities have on the environment, and in particular climate change. It relates to the amount of greenhouse gases produced in our day-to-day lives through burning fossil fuels.

Carbon Footprint is made up of the primary footprint and the secondary footprint. The primary footprint is a measure of our direct emissions of CO₂ from the burning of fossil fuels including domestic energy consumption and transportation (e.g. car and plane). We have direct control of these.

The average American family is responsible for the release of 35,000 lbs of carbon dioxide into the atmosphere each year. The U.S. is responsible for 25% of total global emissions, but represents only 5% of the total population.

The secondary footprint is a measure of the indirect CO₂ emissions from the whole lifecycle of products we use - those associated with their manufacture and eventual breakdown. To put it very simply – the more we buy, the more emissions will be caused on our behalf.

Get started by calculating your own primary Carbon Footprint: <http://www.b-e-f.org/offsets/calculator/>

Then set some goals and start reducing! You can do some simple things right away that can make a big impact! I would love to hear from you on your successes and struggles.

Sustainable Resolution Adopted

by Nancy Conard, Mayor

Island County Council of Governments (COG) adopted a resolution this week, encouraging a reduction in waste and greenhouse gas emissions through government operations and community education, as well as encouraging “Smart Growth” in rural and urban planning. The resolution promotes reduction in dependence on fossil fuels, conservation of natural resources, recycling and waste reduction programs and use of energy efficient vehicles where efficient and practical.

Members of the COG include Island County, the Cities of Oak Harbor and Langley, the Town of Coupeville, and the Port Districts of Coupeville and South Whidbey. The COG has agreed this issue will continue to be an emphasis of future meetings and actions.

View the COG resolution at Coupeville's sustainability website:

<http://www.town.coupeville.wa.us/sustainability.htm>

Prairie Center Makes a Big Impact with Re-Usable Bags

Prairie Center Red Apple Market is doing their part in helping to build a more sustainable community through their promotion of reusable shopping bags. Since February 2008, they have reduced the number of bags (both paper and plastic) by 25%. **That is a total reduction of 90,000 bags in just 8 months! That represents a reduction of ~12,200 lbs of CO₂ emissions (both for production and disposal of bags).**



**Buy 1, Get 1 Free
re-usable bag in October**

Be sure to enter Red Apple's monthly \$50.00 drawing every time you bring your re-usable bag in for shopping.

Put Your Home on an Energy Diet

We all know energy costs have gone up. So how do we avoid the high cost of heating this winter? **Up to 50% of your home energy goes into heating your home so it makes sense to start here!**

Here are a few important tips:

- Turn down your thermostat! Every degree lower can save you 2% on your home energy bill. Use a programmable thermostat to turn your heat down at night and when you are away from home
- Add insulation. An estimated 80 percent of older homes are under-insulated. Properly insulating and sealing your home can cut your heating and cooling bills by 10 percent. **Take advantage of PSE's insulation rebate. www.pse.com or 1-888-225-5773.**
- Insulate and seal cracks and gaps in your ducts. That can help reduce energy costs by 30 percent.
- Let the sun in during the day (open blinds) and keep the cold out at night by adding storm windows, plastic window film or insulating blinds.
- Weather-strip old windows and doors. It's the surest way to close the gaps around openings, reducing heating costs by 15 to 30 percent.
- Close your fireplace or woodstove damper when not in use.
- Have your furnace inspected and cleaned yearly. If your heating system is more than 15 years old, consider replacing it with an Energy Star qualified system.
- Conduct your own Home Energy Audit: <http://www.metrokc.gov/dnrp/swd/greenbuilding/documents/EnergyGuide.pdf>
- Have a professional conduct a home energy audit. They use a blower door or infrared photography to pinpoint where your home is leaking energy.

Coupeville will be participating in a pilot home energy audit program through Puget Sound Energy this fall. If anyone is interested in having their home audited, please contact me at cathydalmeida@wsu.edu

"Don't Forget to Recycle!"

Mixed paper, tin, aluminum cans, glass, motor oil, foam carpet pad, scrap metal, batteries, plastics

Climate Stewards Training a Success!

Climate Stewards was a joint project between the Northwest Clean Air Agency, Beach Watchers of Island and Skagit County and Padilla Bay. A total of 40 people attended, 15 from Whidbey Island, and received 20 hours of free training on the science of climate change, impacts of global warming and actions that reduce global warming pollution.

In exchange for the training, the attendees will bring back what they learned and participate in meaningful community projects that promote energy conservation and other strategies to reduce global warming emissions. Stay tuned for more information on specific projects in Coupeville.

Up to 50% of your home energy use goes into heating your home.



See how people have reduced their energy usage and put solar into action at the

Whidbey Island 2008 Solar Tour

October 4 from 10 AM to 4 PM

<http://www.solarwashington.org/tour/2008/WhidbeyTour.htm>

Sustainability Website Launched

If you would like to read more about what you can do to build a sustainable community please go to:

<http://www.town.coupeville.wa.us/sustainability.htm>

In addition to learning about Coupeville's sustainability plans and projects you will also find information on Carbon Footprint, Energy and Transportation Efficiency, Low Impact Development, Water Conservation and Green Building.

Sustainable Community Coordinator: Cathy d'Almeida cathydalmeida@wsu.edu
360-678-7849 <http://www.town.coupeville.wa.us/sustainability.htm>