



Building a
Sustainable
Community

LOCAL FOOD BUILDS COMMUNITY AND INSPIRES CREATIVITY

In June, over 75 local residents attended an event at the Coupeville Rec hall which included a potluck and a showing of the documentary "Good Food". There was many old friends reconnecting and new friends being made.

I was especially inspired by the creativity put into the food and the excitement from people when asked to share their local source for ingredients: ground beef from 3 Sisters, greens and beans from Willowood Farm, greens and sugar snap peas from Rosehip Farm and Garden, rhubarb and beet greens from private garden, bacon from Jenne Farm, raspberries from Mile Post 19, blackberries from local wild bushes.....and the list goes on and on!

We had so much fun we want to invite you all back for our next potluck event.

Thursday, August 27 • 6 - 8:30pm POTLUCK at Coupeville Rec Hall

eating and neighboring 6 - 7 pm

Bring a dish to share preferably from locally sourced ingredients. Also bring your own plates and utensils.

Presentation/Discussion: 7 - 8:30 pm

Terry Burkhardt, Carol Havens, both leaders of Slow Food in Skagit, and Anza Muenchow, the Green Bank Farm CSA Director, will be our guest speakers. We will learn about Slow Food's impact in the Skagit area and on other communities and discuss how Slow Food can engage our community.

MULTIFAMILY CONSERVATION PROGRAM MAKES A BIG IMPACT IN COUPEVILLE!

Energy savings of over 205,000 KWHours/year is the estimate from the work done through PSE's Multifamily Conservation program in Coupeville. This equates to 225,000 lbs of CO2 emissions reduced in a year. To put this in perspective the average home in PSE's region consumes 12,000 KWHours/year.

The Multifamily Conservation Program was designed so that owners of multifamily properties can save money for themselves and their tenants through energy saving retrofits. In addition the owners receive the added benefit of an increased value to their property.

UCONS, the independent contractor hired by PSE to administer this program, completed several no cost as well as some low cost measures to realize the energy savings.

No Cost Measures include:

- Attic and Floor Insulation Upgrades
- Common Area Lighting
- Tenant-Controlled CFL Bulbs
- Water Heater Pipe Wrap
- Showerheads and Faucet Aerators

Many Low Cost Measures are offered as well such as ENERGY STAR® Qualified Windows and Sliding Glass Doors replacement at an Incentive: \$ 4/sq. ft.

Several of our Multifamily complexes in Coupeville participated in the program including: Prairie Village apartments, Dean Manor, Madrona Valley Apartments, Sherman City Holdings, Cambey Apartments and also our local nursing home, Careage of Whidbey.



Slow Food[®]
Skagit River Salish Sea

The Slow Food Movement was born in Italy over 20 years ago. Now there are over 100,000 members in 132 countries around the world. Their aim is to bring diversity back into our diets, offer support for sustainable agriculture, and preserve our cultural heritage through food, drink and the pleasure of dining together. This is in direct opposition to fast food, industrial agribusiness and the over-processed convenience foods common in grocery stores all around the world.

ONLY ONE MORE MONTH LEFT FOR GREEN POWER CHALLENGE

Whidbey Island's participation in the Green Power program has increased by 20% since our starting point. That represents nearly 800 Whidbey Island participants including residences and businesses. In Coupeville alone we have 132 participants representing a 46% increase!

A \$25,000 grant towards a Community Solar Project is the incentive from PSE for Whidbey Island residents to reach 1000 participants. Please be on the look out for community volunteers at local farmers markets and events as well as inserts in your utility bills. Your participation at any level counts towards our participation goal!

Please thank our Coupeville participating businesses including; Prairie Center Red Apple Market, Central Whidbey Chamber of Commerce, Anchorage Inn and Christopher's on Whidbey.

How is my Green Power Money used? One type of renewable energy project our Green Power Money helps to fund are dairy digesters or in simple terms creating energy from cow manure. There are several dairy digesters in our area including VanderHaak Dairy in Lynden, Qualco Energy in Monroe and Farm Power Northwest near Mt. Vernon (target turn-on is August 2009). Farm Power Northwest plans to produce about 750KWhours of electricity per day from manure produced by over 1,100 cows.

The process is fairly simple. Cow manure and food scraps are brought together into a holding tank. Once collected, the manure is heated to 100 degrees F, which accelerates bacteria growth. As bacteria breaks down the manure, methane gas is released and is used to fuel an electrical generator. Farm Power provides added benefit to their partner farmers by sending the processed manure back to be used as an organic fertilizer free of pathogens and odor.

To participate in the Whidbey Island Green Power challenge please contact:
cathy.dalmeida@gmail.com • www.pse.com



LEARNING OPPORTUNITIES NOT TO MISS!

■ KUOW RECORDED INTERVIEW "HOW TO MAKE YOUR HOME AND BUSINESS MORE ENERGY EFFICIENT"

Steve Scher from KUOW facilitated a very interesting program a few weeks back which included interviews with experts in the field of energy efficiency. In addition his own home was audited through the PSE Home Print Program and was incorporated into the program. The program takes about 1 hour and is well worth the time!

The program has been recorded and is available through the following link

<http://www.kuow.org/program.php?id=17894>

■ ENERGY-SAVING WORKSHOP BY PSE

Saturday, August 8 • 10 am - Noon
1794 Main St. Freeland • 360-331-3060
(Please RSVP)

- **HomePrint** – Learn how PSE's home energy evaluation pilot program can save you energy and money. A free HomePrint service will be given to one of the participants.
- **Weatherization and Energy Efficiency** – A PSE Energy Advisor will offer suggestions on lowering energy use while saving money.

■ PLASTICS 101

All You Wanted to Know About Plastics and Didn't Know Who to Ask"

Coupeville Rec Hall • August 19 • 6 – 8pm
taught by Dr. Monem and sponsored by WSU Ext
You can find all the WSU Extension classes and workshops at www.island.wsu.edu/index.htm

■ PUGET SOUND TIDAL ENERGY DEVELOPMENT

August 26 • 6 - 8 pm • Coupeville Rec Hall
Craig Collar, Senior Manager of Energy Resource Development for Snohomish County PUD

Informational update, open to public, sponsored by the Economic Development Council.

■ LAVENDER AND WIND FESTIVAL

August 8 - 9 - benefits WSU Island County Extension Programs