

Environment Week

June 2nd - 8th, 2008

Across the country events will be taking place for Environment Week. This week provides us all with the opportunity to celebrate the actions you take – and discover new ways - to reduce your ecological footprint. Clean Calgary Association staff wants to empower you to do all you can at home, at work and at school, creating healthy communities along the way. The opportunities for actions listed below have been grouped into things you can do at home, work and school. While Environment Week is a great opportunity to celebrate or take up a new action, don't forget that every week is environment week, we encourage you to take action all year long!

For more information on any items in this handout please phone 230.1443 or email info@cleancalgary.org. To book one of the presentations please contact Lindsay at 230-1443 ext 225 or by email at lindsay@cleancalgary.org.

To purchase any of the products mentioned visit The EcoStore at 809-4th Ave SW, call 230-1443 ext 222 or email us at ecostore@cleancalgary.org.

For more information on Clean Calgary Association visit www.cleancalgary.org, call 230-1443, or email us at info@cleancalgary.org.

ACTIONS FOR ENVIRONMENT WEEK IN THIS HANDOUT

1. Events and Actions for all week June 2-8th
2. Clean Air Day Wednesday June 4th
3. World Environment Day June 5th
4. Alberta Water Quality Awareness Day June 5th
5. Ocean's Day
6. Other Activities for Environment Week
7. Information about Clean Calgary

EVENTS AND ACTIONS ALL WEEK JUNE 2-8TH

Commuter Challenge



One of the biggest contributors to air pollution are transportation Green House Gases (GHGs), negatively affecting both the environment and human health.

The week long commuter challenge encourages individuals to use alternative transportation such as biking, walking, public transport, and tele-commuting to cut down on transportation based GHGs. You can sign up as an individual, school or workplace. See www.commuterchallenge.ca/

Cost: FREE!

Environment Week Facts

- Takes place every year Canada Wide during the first week of July to coincide with World Environment Day (July 5)
- 2008 theme is Your Action Counts! Protect, Conserve and Connect with Water

World Environment Day

- Established by the UN General Assembly in 1972 to mark the opening of the Stockholm Conference on the Human Environment
- This year's theme is CO₂: Kick the Habit! Towards a Low Carbon Economy

CLEAN CALGARY OPPORTUNITIES FOR ACTION

At Home, Work or School

Start composting!

It is estimated that 42% of the waste stream in Calgary could be composted. What an awesome way to celebrate Environment Week and take an action to reduce the waste going to the landfill.

Composting is easy to do and can be done at home, school, or work and reduces landfill generated methane gas. Clean Calgary offers presentations for schools, businesses and organizations on Vermicomposting (indoor), and workshops for individuals on both Vermicomposting and backyard composting.

See <http://cleancalgary.org/index.php/education>, call Lindsay, the Environmental Education Coordinator, at 230-1443 ext 225 or email lindsay@cleancalgary.org to book a presentation or sign up for a workshop.

Cost: Public Workshops \$5

Presentations for schools \$75, for businesses \$125, for non-profits \$75

At Work

Start working with the Calgary Materials Exchange

Calgary Materials Exchange (CMEX) assists companies in finding alternative disposal options for operational waste. CMEX provides businesses in the industrial, commercial, institutional, construction and demolition sectors with knowledge and tools required to reduce, reuse and recycle.

See www.cmex.ca or contact Sarah at 230-1443 ext 226 or by email at sarah@cleancalgary.org for more information.

Cost: FREE! Membership opportunities.

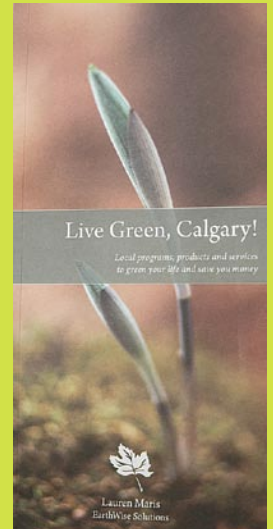
EcoStore Product: *Live Green, Calgary!*

A great way to get started is by reading Lauren Maris' *Live Green, Calgary!* This book is written by a Calgarian for Calgarians, on 100% recycled paper. Lauren Maris states "when it comes to living greener our primary resource is knowledge." Lauren is saving Calgarians time and confusion with this concise book. She has gathered all the information she could find into one complete package of environmentally sensitive products, services and programs available to Calgarians. And there are money saving tips too!

Price: \$19.95

You can purchase *Live Green, Calgary!* at **The EcoStore 809-4th Ave SW, 230-1443 ext 222.**

The EcoStore Hours: Wednesday, Friday and Saturday 10:00am-4:00pm and Thursdays 10:00am-7:00pm



Other Opportunities for Action

Mayor's Environment Expo 2008

Date: June 3-5, 2008

Time: 9 a.m. to 3 p.m.

Where: Municipal Building Atrium

Cost: Free!



Residents can buy Renewable Energy Certificates (REC) to offset all or a portion of their energy needs with wind, hydro and biomass projects. www.canhydro.com.

At Home, School, and Work: Go Idle Free!

Transportation is Canada's largest single source of GHG emissions. Idling produces more emissions per minute than driving. Reducing your idling or going entirely idle free is a significant way to start reducing your transportation related GHGs. Use Clean Air Day as an opportunity to declare your car, school or workplace as Idle Free!

Cost: FREE with health benefits!

CLEAN AIR DAY, JUNE 4TH

Clean Air Day was established in 1999 to increase public awareness and action on clean air and climate change. It is celebrated Canada wide. Reducing air pollution is crucial for both the environment and human health. There are numerous actions we can take to improve both indoor and outdoor air quality.



Ten seconds of idling uses more fuel than restarting your engine and produces more air pollution.

See www.cleanairday.com

CLEAN CALGARY OPPORTUNITIES FOR ACTION

For All

Idle Free Design Contest

Calling all artists with an interest in air quality and the environment! Clean Calgary Association is hosting a design contest for a decal that will be part of an Idle Free campaign. We are seeking a creative, convincing design that will inspire Calgarians to choose to be idle free. Calgarians who choose to become idle free, thus reducing their transportation-generated carbon dioxide emissions and improving air quality, will be able to display this decal in their car, at work, in school and at home.

If you are interested in submitting a design please check out the contest rules at www.cleancalgary.org, then email your design to idlefree@cleancalgary.org

Cost: FREE!

At Work

Getting There Green Presentation

Use Clean Air Day as an opportunity to pledge to reduce your workplace or organization's transportation related GHGs. After declaring your pledge book a Getting There Green presentation. This 50 minute presentation covers environmentally friendly driving and alternative transportation. Learn about how to drive and maintain your vehicle for the maximum environmental benefit, what to look for in a new vehicle, options for alternative transportation and how to reduce your transportation related GHG emissions.

See <http://cleancalgary.org/index.php/education>, call Lindsay, the Environmental Education Coordinator, at 230-1443 ext 225 or email lindsay@cleancalgary.org to book a presentation.

Cost: for businesses \$125, for non-profits \$75

Green Cleaning Presentation

This 50 minute presentation discusses how to improve indoor air quality and select green cleaning products. The discussion covers what contributes to poor air quality and how to mitigate it, what to look for in a green cleaning product and how to make your own cleaning products.

See <http://cleancalgary.org/index.php/education>, call Lindsay, the Environmental Education Coordinator, at 230-1443 ext 225 or email lindsay@cleancalgary.org to book a presentation.

Cost: for businesses \$125, for non-profits \$75

EcoStore Product: Small Planet Home Cleaning Products Germs-Be-Gone

Germs-Be-Gone is a great disinfectant spray that deodorizes and disinfects with the power of tea tree oil. It has been tested in a lab and found that it kills ecoli! Use it on cutting boards, countertops, stovetops, toilets, microwaves, or anywhere else bacteria hides.

Price: \$8.

The EcoStore carries other Small Planet products such as See-Through Cleaner and Squeaky Clean Scrub as well as Seventh Generation Cleaning Products.

You can purchase Small Planet and Seventh Generation household cleaning products at **The EcoStore 809-4th Ave SW, 230-1443 ext 222.**

The EcoStore Hours: Wednesday, Friday and Saturday 10:00am-4:00pm and Thursdays 10:00am-7:00pm



Other Opportunities for Action

Going Off the Grid: How you can Minimize your Domestic Energy Footprint

Date: June 04, 2008

Time: 12:15 p.m - 1:00 p.m.

Where: John Dutton Theatre (2nd floor - Calgary Public Library).

Ralph Cartar, associate professor at the University of Calgary, will speak about his experience developing an off-the-grid house. Ralph will introduce the technology used, and the successes and challenges he has experienced. This event is hosted by the City of Calgary. Good Earth Cafe will provide coffee and dessert.

Cost: Free .

WORLD ENVIRONMENT DAY, JUNE 5TH

Established in 1972 by the United Nations at the Stockholm Conference on the Human Environment, World Environment Day aims to give human face to environmental issues, bring understanding and empower people and communities to become active agents in changing attitudes toward environmental issues and take actions towards securing a safer and more prosperous future. This year's theme is "Kick the Habit! Towards a low carbon economy".

See www.unep.org/wed/2008/english/



CLEAN CALGARY OPPORTUNITIES FOR ACTION

For All

Clean Calgary Screening of the Story of Stuff (20min)

Date: Thursday, June 5



Time: 12:00-12:30pm screening, 12:30-1:00pm open discussion

Where: Clean Calgary Association (809-4th Ave SW)

Come down to Clean Calgary to watch the Story of Stuff, an examination of all the stuff in our lives, where it comes from, where it goes when we are done with it and the implications for the environment. You are welcome to partake in an open discussion following the screening, including identifying actions we can take to reduce our impact on the earth.

Cost: FREE!

See www.storyofstuff.com/

At Work

Green Procurement Presentation

What we buy has profound effects on the environment and the communities where the products are made. This 50 minute presentation gives an overview on how to implement a green

procurement policy in your workplace. The presentation explores ideas such as why to buy green, identifying legitimate product claims, certification programs and product examples as well as how to develop a green procurement policy

See <http://cleancalgary.org/index.php/education>, call Lindsay, the Environmental Education Coordinator, at 230-1443 ext 225 or email lindsay@cleancalgary.org to book a presentation

Cost: for businesses \$125, for non-profits \$75

At Work or School

Collect Cell Phones

With cell phones becoming as superfluous as the advertisements that convince you that it is time for the newest model, one has to wonder what the impact is on the natural environment. In 2005 alone, over 15 million Canadians subscribed to a cell phone plan. According to INFORM Inc., cell phones are replaced every 18 months and less than 5% are recycled. This means that, in Canada alone, roughly 14 million cell phones enter the waste stream every 18 months. The sheer number of cell phones in circulation and the rate with which they are being replaced is creating an environmental and humanitarian crisis that few people seem aware of. This Clean Calgary Campaign is in partnership with Pitch-In Canada (www.pitch-in.ca), where Clean Calgary receives \$1 for every cell phone collected to put towards our environmental programs.

Clean Calgary can provide your organization with a cell phone collection box to be used during World Environment Day, all of Environment Week, or the whole month.

Organizations, companies or schools are responsible for picking up and returning the box to Clean Calgary. Contact Kate Zago by phone at 230-1443 ext 228 or by email at katez@cleancalgary.org.

Cost: FREE!

Other Opportunities for Action at Home, Work or School

- Purchase wind power for the day, week, month or the whole year
- Start an EcoTeam or committee by bringing together interested people on World Environment Day
- Highlight your internal green plan to employees, clients, suppliers, or students

ALBERTA WATER QUALITY AWARENESS DAY, JUNE 5TH

Water issues are becoming more and more serious. With less than 1% of the Earth's water supply being potable it is time we take action to conserve our water resources. Alberta Water Quality Awareness (AWQA) Day is a province-wide program focused on increasing people's awareness and understanding of water quality and watershed health, through hands-on water quality testing.

See www.awqa.ca/pages/index.php

At Home

Use a Rain Barrel

Rain Barrel – Model B – 45 gallon size

A considerable portion of the City of Calgary's total electricity bill is spent on water treatment. Using a rain barrel means that less water needs to be treated, cutting down on water waste and reducing demand on water treatment facilities, which in the end saves us all money.

Rainwater is soft, non-chlorinated water and in the summer it's at the perfect temperature for plants. Your plants and trees will thank you for the all-natural water.

Using a rain barrel also reduces runoff and keeps H₂O out of the sewers and our rivers helping to protect against the possibility of flooding.

Price: \$70.00 (comes with 2 taps). Available in blue or white.

You can purchase Rain Barrels at **The EcoStore 809-4th Ave SW, 230-1443 ext 222.**

The EcoStore Hours: Wednesday, Friday and Saturday 10:00am-4:00pm and Thursdays 10:00am-7:00pm



At Work

Switch to Low Flow toilets or install Two-Flush Kits at work

Conventional toilets can use up to 18 L of water per flush! The Two-Flush systems allows you to choose between half (light) flush for liquid waste or a full flush for solid waste, regardless of the size of the toilet tank. Price \$50

The two-flush toilet uses as little as 3 L of water per flush for liquid waste, and 6 L of water per flush for solid waste. The 4" Trap eliminates blockages, and no flapper means no leaks! Dimensions: 30" deep, 33" tall, 16" wide. Price: \$345.00

This price INCLUDES a free wax ring, and a new free braided cable which should be changed when you change toilets. This toilet is on the City Rebate List! If you qualify, you will get \$50.00 back.

Other Opportunities for Action at Home, Work or School

- Consider providing water coolers instead of water bottles for employees and clients. Or go all the way and offer reusable cups for tap water!

WORLD OCEAN DAY, JUNE 8TH



World Ocean Day was first proposed in 1992 by the Government of Canada at the Earth Summit in Rio de Janeiro. Although not yet officially designated by the United Nations, an increasing number of countries mark June 8th as an opportunity each year to celebrate our world ocean and our personal connection to the sea.

See www.theoceanproject.org/wod/

At Work

If you are including seafood when catering a function check Canada's Seafood Guide to ensure you are serving the most environmentally friendly choice

See www.seachoice.org

It is estimated that every square mile of ocean contains 46,000 pieces of floating plastic – UNEP, 2006

At Home

Purchase from sustainable fisheries

When buying seafood for home ensure you are making the best choice for our ocean's and fisheries by checking the Canada's Seafood Guide.

See www.seachoice.org

OTHER ACTIVITIES FOR ENVIRONMENT WEEK

Top 10 of your choices that have the greatest impact on the environment:

1. Bank
2. Gasoline
3. Supermarket
4. Retail stores
5. Cars
6. Seafood
7. Chocolate
8. Coffee
9. Credit Card
10. Cleaning Products

BETTER WORLD SHOPPER is a site dedicated to providing people with a comprehensive, up-to-date, reliable account of the social and environmental responsibility of every company on the planet AND making it available in practical forms that individuals can use in their everyday lives. Coming out of more than 5 years of intensive research, this work is based on a comprehensive database of over 1000 companies and utilizes 25+ reliable sources of data to cover everything from the environment to human rights, community development to animal protection.

For even more ideas on actions you can take during Environment Week or World Environment Day check out UNEP's 80 Ways to Celebrate World Environment Day

www.unep.org/wed/2008/english/Information_Material/Alphabet.asp

Year Round Activities of Clean Calgary Association

Clean Calgary Association offers a variety of programs to help achieve mandates of waste reduction and water protection including:

Environmental Education

Clean Calgary is pleased to offer a wide variety of presentations to businesses and employees to help answer tough questions about the environment, explain how to practically become green and share Calgary specific knowledge. These can be done as part of a staff meeting, as a 'Lunch and Learn or any other time.

Waste at Work: Reducing your company's environmental footprint

Green Procurement: Using buying power to influence change

Waste at Home: How individuals can make a difference in daily life

Getting There Green: Environmentally friendly driving and alternative transportation

Green Cleaning: How to improve indoor air quality and choose green products

Composting: Learn how to recycle your organic waste and make great fertilizer

Vermi-composting: Don't have a yard? Learn to compost indoors with red wiggler worms!

Each presentation is just \$125. Member discounts apply.

Please contact Lindsay at 230-1443 ext 225 or lindsay@cleancalgary.org for more information or to book.

Waste Wise Dalhousie Community Project

Calgary Materials Exchange

[Calgary Materials Exchange](#) (CMEX) assists companies in finding alternative disposal options for operational waste. CMEX provides businesses in the industrial, commercial, institutional, construction and demolition sectors with the knowledge and tools required to reduce, reuse and recycle.

EcoStore

The Clean Calgary EcoStore sells products that are environmentally sustainable and help to reduce waste and conserve water. Products include compost bins, recycling bins, rain barrels, water saving kits and much, much more. Visit the website for details www.cleancalgary.org/ecostore

Open Wednesday, Friday and Saturday 10-4

Thursday 10-7

Information Services & E-newsletter

We respond to thousands of public requests for environmental information. Calgarians want to know how to recycle their household waste and otherwise reduce their environmental footprint.

Contact

Please contact the Clean Calgary Association if you would like more information about our programs or if you are interested in volunteering.

809 - 4 Ave SW

Calgary, AB T2P 0K5

www.cleancalgary.org

Phone: 403-230-1443

Fax: 403-230-1458

info@cleancalgary.org