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**University at Albany**  
State University of New York

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**Green Scene Wins State Award**

UAlbany was one of the five organizations recognized for innovative and environmentally sound projects at the New York State Department of Environmental Conservation's 8th Annual Environmental Excellence Awards ceremony which were given out as part of the Healthy Economy & Environment Conference in Albany on December 6.

The DEC established the awards program in 2004 to recognize innovation, sustainability and creative partnerships that achieve exceptional environmental, social and economic benefits for New York. A statewide review committee, made up of 18 representatives from public and private sectors, provided DEC advice in selecting the award winners from an array of applications.

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In the photo: Paul Guarnieri and Gene Howe from Facilities, Joe Martens, DEC Commissioner, Mary Ellen Mallia, Director of Environmental Sustainability, Indu, Energy Officer, Adam Donaghy, Green Scene Energy Team member and Council Recycling Chair, Stephen Ellis, Green Scene Energy Team member and Council Energy Chair, Jackie Mirandola Mullen, Council Communications Chair.
UAlbany Wins Energy Award (con’t from page 1)

While many choose to submit programs related to recycling and waste reduction, we decided to focus on another wasted resource: energy. It is estimated that the United States could reduce its energy load by 25% by simply implementing better practices. It is with that in mind that we have crafted the “You’ve Got the Power to Conserve” energy conservation programs. This knits together several initiatives designed to use energy more wisely and consists of energy education and policy changes. Our energy campaign, mock electric bill program at Empire Commons, intersession energy initiative, temperature set point policy and mechanical system scheduling were all a part of this recognition and we were able to illustrate significant environmental benefits. These include an 11% reduction in CO2 emissions, reduced electricity use by over 5 million kWh (a 7.5% decline), reduced heating use of more than 33,500 MMBtu (a 7.4 percent reduction) and the reduction of 1.1 million gallons of water. From its inception, these conservation programs have achieved an annual savings of $701,025.

Other winners cited at the ceremony include: the Dryden Central School District's "Go Green" Program (Tompkins County) for their composting program, Uniland Development Company’s Adaptive Reuse Project (Erie County) for their rehabilitation of an old, inefficient government building into a mixed use building, the University of Rochester's Go Green! Conserve and Save Program (Monroe County) for their overall sustainability programs and Onondaga County Resource Recovery Agency's Municipal Food Waste Composting Project (Onondaga County) for an innovative composting program with Syracuse University.
Dr. Helen Caldicott

UAlbany was pleased to host world renowned author and anti-nuclear activist, Dr. Helen Caldicott to campus on November 28. Dr. Caldicott has spent a lifetime researching and speaking on the health effects of nuclear energy and radiation. Originally from Melbourne, Australia, Dr. Caldicott specializes in pediatric medicine and was an instructor in pediatrics at Harvard Medical School and on the staff of the Children’s Hospital Medical Center in Boston. While living in the United States from 1977 to 1986, she co-founded the Physicians for Social Responsibility, an organization of 23,000 doctors committed to educating their colleagues about the dangers of nuclear power, nuclear weapons and nuclear war. On trips abroad she helped start similar medical organizations in many other countries. The international umbrella group (International Physicians for the Prevention of Nuclear War) won the Nobel Peace Prize in 1985. She moved back to the United States in 1995, lecturing at the New School for Social Research on the Media, Global Politics and the Environment, hosting a weekly radio talk show on WBAI (Pacifica).

Dr. Caldicott has received many prizes and awards for her work, including 21 honorary doctoral degrees, and she was personally nominated for the Nobel Peace Prize by Linus Pauling – himself a Nobel Laureate. The Smithsonian has named Dr. Caldicott as one of the most influential women of the 20th Century. In 1981, she gave a talk to students at SUNY Plattsburgh, an event that was filmed by the Canadian Film Board. That movie, *Eight Minutes Until Midnight*, was nominated for an Academy Award. Several alumni from that talk were in attendance at UAlbany, testifying to the effect and influence Dr. Caldicott has on those who hear her message. Another documentary on her work, entitled *If You Love This Planet*, was made in 1982 and this did win the Academy Award. Dr. Caldicott currently divides her time between Australia and the US where she lectures widely.

Her thought provoking talk was followed by commentary by Peter Iwanowicz, who previously headed the NYS Office of Climate Change and currently serves as Assistant Vice President with the American Lung Association. Among his observations was the advocacy of the term “traditional” energy to describe solar and wind energy instead of “alternative”, a term which may serve to set a mental connotation that would hinder its broader acceptance and implementation and a better description vis-a-vis, drilling or digging for carbon based fuel sources.

After the event, Dr. Caldicott stayed to sign books and speak with the attendees before making her way onto Hudson for her next appearance. She has written for numerous publications and has authored seven books, the latest being an updated version of “If You Love This Planet.”

Did you know that over 25% of the electricity in New York State is derived from nuclear power? Indian Point, the largest generator, is located just south of Peekskill, a little over 2 hours from Albany.
NYS Balance Webinar on Healthy Eating

NYS-Balance is a resource and referral program offered through NYS Work-Life Services. This negotiated benefit is available to faculty and staff in the following unions: CSEA, UUP, PEF, GSEU, NYSCOPBA, C82 members, and M/C employees.

A webinar on healthy eating will be presented on Thursday, December 15 from 12 to 1 pm. Healthy eating is an important key to a healthy lifestyle. A few changes to your diet can help you feel and look better. Learn the habits of healthy eaters to lose or maintain weight and to make sure you are getting the most out of your diet.

*NOTE: Pre-registration is required for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break/lunch time, view it later online. www.nysbalance.ny.gov

If you are an eligible employee and would like access to NYS-Balance but do not have the login/password information, please contact Brenda Seckerson, our EAP coordinator at bseckerson@albany.edu

Local Food Purchases Increase in Dining Halls

The concept of increasing our local food purchases is a no brainer. We all want to support the local economy, especially given the current economy and the losses suffered by area farmers due to Tropical Storms Irene and Lee. Plus studies have shown that for every $1 spent on a locally produced item, $3 more are generated in the economy, thus creating a multiplier effect and more incentive to support local merchants. But translating this into action is another matter, one that has been undertaken by the Office of Environmental Sustainability, University Auxiliary Services and Chartwells, our food service provider. The impetus of change came from a group of biology students that were inspired by what they learned at a teach-in on local foods. They drafted a petition calling for an increase in our local food purchases with an ambitious goal of achieving 50% of food purchases from local sources by 2015. This petition, signed by hundreds of students, was presented to Interim VP of Finance and Business Stephen Beditz, who made it a priority for implementation. This began a two year journey of discovery. First, we needed to define local, which for us is 250 miles or within New York State. Then an inventory of all food purchased was created and the amount spent on items that were only partially produced or made with local ingredients were pro-rated to come up with a total percentage. While it is still a work in progress, we can happily report that over 20% of the food in the dining halls is coming from local sources (up from 8% just three years ago). Chartwells is actively seeking more local producers all the time and have recently introduced (or will introduce) items from Battenkill Valley Creamery (Salem, NY) and Mount Pleasant Bakery (Schenectady, NY). Kudos to the students for making this initiative a priority and to UAS and Chartwells for making our goals of increasing local food in the dining halls, providing healthier and safer food alternatives and supporting our local farmers a reality. (More about this on page 5.)
Sustainability LLC Students and UADS Work Together to Buy and Label Local Foods

New York’s Capital District is home to over 4,000 farms. The average size of these farms is only 160 acres, a size much smaller than the national average farm size of 418 acres. The University at Albany, located at the heart of the Capital District, is situated in a wonderful spot to access fresh foods from these farmers. As the piece on page 4 mentioned, currently over 20% of the food in UAlbany dining halls is local, an impressive statistic that few students are aware of. Furthermore, Chartwell’s contract states that by 2013, 33% of food in the dining halls must be purchased from local sources (i.e. within 250 miles of campus).

If the University holds such a strong commitment to purchasing local foods, why aren’t more students aware of the strides that UADS has already made? That’s what students in Professor Gary Kleppel’s Sustainability-focused Living and Learning Community (LLC) asked themselves and the University at Albany Dining Services (UADS) this semester. Students from the Sustainability LLC teamed up with UADS and the University Auxiliary Services (UAS) to implement a food labeling program for local foods in the UAlbany Dining Halls.

“As of right now, the various dishes served will have a local tag near them if they contain at least 50% local ingredients,” LLC students Dylan Card, Jess Ranni, and Sean Taylor indicate. Placing labels on these foods will educate students about what foods in the dining hall already come from local sources. Card, Ranni, and Taylor are all UAlbany freshmen who share a passion for sustainability. They see the push for local foods as a method to mitigate UAlbany’s impact on the environment. These motivated freshmen feel that “everyone wants local foods, but not all [students] are educated enough about the topic.” Programs like labeling can both promote what the university already does to support local and sustainable businesses (farms in this case), while also encouraging students to push for even more.

UADS has implemented the ideas of these students through specific labeling changes. Alisa Mathis-Peterson (Resident District Manager at Chartwells) developed a list of local farmers and suppliers that UADS already buys from. Cynthia Calautti of UAS has worked on the labels themselves, which will “highlight and clearly identify the local food item,” as well as indicate the name of the specific farmer or supplier. This system will allow students to know where foods are being both grown and prepared.

This publicity campaign promises to bring attention to the quality of agriculture in the Capital District and UAlbany’s commitment to supporting these farmers. Students like Card, Ranni, and Taylor do not plan to stop there, however. “Currently the food in the dining halls is about 20% local. We are constantly pushing for better,” they say. “We hope to get a little project we call 50 by ’15 into this contract. We want to educate more students and get more people to help push for this goal. 50 by ’15 is a campaign to get 50% of the food at this University by 2015.” With the new labeling system that will increase awareness of UADS’s long-standing commitment to local food purchasing, this ambitious “50 by ’15” goal of these students appears within reach.
Greening Your Home

Hear about how some of the staff at UAlbany is working to green their home. If you have a contribution, contact us at gogreen@albany.edu

Greg Stevens from CAS shares this: “What we do to go green: our community has a contracted with a trash hauler who has single-stream collections. All of us get two large barrels, one for what we might term “garbage” and the other for recyclables (paper, glass, metal, etc.) all in one container. This makes it easier to separate out that which might go to a landfill (garbage, lawn refuse) and that which can be recycled. I think the term “single stream” comes from the fact that all of the recyclable materials are treated as one glob and go onto one conveyor belt for some limited sorting and then processing. One-stop shopping? Shutting off lights when we are not in rooms, turning back the thermostat if we are not going to be home for a while, using energy efficient light bulbs, composting garden refuse, and the like also helps. We also save plastic bags like the one the newspaper comes in on a rainy day for lunch bags.”

J.M. of Languages, Literatures and Cultures says that she goes green by reusing the cardboard backing to note pads as canvas. She coats the cardboard in Gesso, an acrylic base coat, then allows it to dry. “You can then paint on the surface using any medium, even water color. The Gesso gives the cardboard a canvas like feel and is a cheap alternative to canvas!”

Giving Just Got Easier

Fountains Spatial, Inc, a company based in Schenectady, has employed GIS technology to map donation and volunteer locations throughout the Capital Region. Clicking on the markers provided on the map will reveal additional information about the organization, including the types of donations accepted, the times items can be dropped off and information on how to get in touch with the organization. The map is available all year round and there are currently 200 spots throughout the region to bring donations. To access the map, go to their website at: http://www.agishost.com/givingmap/GivingMap2011.htm

Picture of map from website.
Upcoming Events in Spring

Here is what we’re up to during the spring semester:

- Recyclemania—National Recycling Contest
- Green Grams
- Earth Day Celebration
- Clothing Exchange
- Clean Up Day
- Shredding Day
- Pine Bush Hike
- Give and Go—move out donation program

If you would like to help with any of these, email us at gogreen@albany.edu, contact us on facebook or come to either a council (students) or coordinator's (faculty/staff) meeting.

Reminder about Intersession

Just a reminder that intersession is upon us. This year’s dates are: December 17 to January 12. Faculty and staff should plan to work in an alternative location (such as the library, UAB, MSC), take time off or bundle up, especially between December 23rd to January 2nd. Students should make sure all appliances are unplugged and windows shut before leaving for the break. You can find more information at: http://www.albany.edu/facilities/interessionenergy/

Newsletter Contributors:
Jackie Mirandola Mullen
Joane MacMillan

Additional information from:
Dr. Caldicott’s and DEC website
Spotlight Newspapers

Office of Environmental Sustainability

Contact info:
University Hall 212
University at Albany
1400 Washington Ave
Albany, NY 12222

Phone: (518) 956-8120  Fax: (518) 956-8121

E-mail: gogreen@albany.edu
Web Site: www.albany.edu/gogreen

Director: Mary Ellen Mallia
mmallia@albany.edu

UAlbany Green Scene

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