Recyclemania Concludes with Dorm Competition

Recyclemania wrapped up this week with a dorm competition. Staff tracked the amount of recyclables collected in the trash rooms of each quad. The total was divided by the number of people in the quad to come up with the recyclables per person. The numbers are still being calculated as we go to press so we can't share the results yet. The quad with the highest per person figure will win the competition. This year’s prize is a chocolate fountain and the awarding of the Recyclemania trophy. Colonial Quad currently holds the title, after Indian Quad’s three year reign as champion. We’ll see who can take the crown this year.

During the month, members of the Sustainability Council have been in the dining halls collecting recyclables from students and giving them raffle tickets based on the amount of materials brought in. The person who brings in the most items will win their choice of either a $100 gift certificate to Crossgates or an Amazon Kindle Fire. Raffle tickets will be drawn to award a $50 and $20 gift certificate.

Overall the University has recycled over 70,000 pounds of recyclables since the start of Recyclemania in February. This equates into 87 metric tons of CO2 or taking 46 cars off the road.

Council members have put up a banner in the Campus Center food court so everyone can see our totals. You can also check out the numbers at: http://www.albany.edu/gogreen/4.recyclemania.shtml
Events this week

Richard Heinberg at Page Hall

On Tuesday, March 27, Richard Heinberg, addressed a full house at Page Hall on the topic of economic growth. He is the author of *The End of Growth: Adapting to Our New Economic Reality*. This examines how Peak Oil will affect our economy’s ability, or more accurately, inability to continue sustained economic growth. Heinberg is a Senior Fellow-in-Residence at the Post Carbon Institute and has extensive experience speaking around the country. His talk outlined the progression of the oil industry, which started in the US in the 1930’s. Production peaked in the 1970’s and has been on the decline since. It is expected that worldwide production will follow this pattern, leading to limited supplies and higher prices. This will, in turn, cause the price of other goods to rise as well. Heinberg advocates for more local and collective efforts to address this coming crunch in supplies and income. Check out the article in *The Times Union* about his presentation at: http://www.timesunion.com/default/article/Getting-a-peek-at-the-effects-of-Peak-Oil-3442301.php This event was co-sponsored by: the Capital District Transition Network, the Capital Region Energy Forum, Social Responsibilities Council of FUUSA, the Radix Center, the College of St. Rose, Union College, and RPI.

Third Annual Faculty Forum

The third annual faculty forum took place on Tuesday, March 27th from 12 to 2 pm. Over 25 faculty and staff members discussed our progress in integrating sustainability into the curriculum. These efforts include:

- Creating a list serv called THINKGREEN
- Developing a course database
- Offering several sustainability related freshman year experience courses
- Creating a Living, Learning Community around Environmental Sustainability

Anyone interested in participating in these efforts, should contact the office at 518-956-8120 or gogreen@albany.edu

Clothing Exchange Collection

Collections will be in the Campus Center lobby each weekday between 11 am and 2 pm from now until April 5th to collect unwanted but lightly used clothes for our clothing exchange to be held on April 19th. If you can’t get to the Campus Center, we also have collection bins by each quad office, on the downtown campus, in UAB, MSC and on the East Campus. Last year we collected close to 60 boxes of clothes, 25 of which were donated after the event to the Capital City Rescue Mission. We will also be collecting monetary donations the day of the event for the mission. So clean out your closet and bring your “hand me downs” to the Campus Center weekdays from now until April 5th.
Featured Article: Safe Spring Cleaning

Spring is arriving a bit early this year. It’s time to open up the windows and air out your apartment that, even after this mild winter, could probably use a good freshening up. However, a lot of the cleaning products you might be using to scrub your living space contain chemicals that are harmful to human and environmental health. These products often include chemicals that cause cancer or hormone disruption in humans, which then gets into the water system and threatens wildlife. But where do you go with this information in hand? Houses still need to be cleaned, so what’s the best way to do so?

Below are a list of recipes for household cleaning products. These products are safe and easy to make and most can even be stored like store-bought products—that way you don’t have to whip up a new batch every time you clean the toilet. The recipes below are courtesy of Women’s Voices for the Earth, a national environmental organization.

All-Purpose Cleaner

_suggested uses: hard surfaces like countertops and kitchen floors, windows and mirrors_

- 2 cups white distilled vinegar
- 2 cups water
- 20-30 or more drops of essential oil (optional)

_Tip:_ Warming in microwave until barely hot will boost cleaning power for tough jobs. Only microwave in a glass container.

Soft Scrub

_suggested uses: Use this creamy soft scrub on kitchen counters, stoves, bathroom sinks, etc._

- 2 cups baking soda
- ¼ cup liquid castile soap*
- 4 teaspoons vegetable glycerin (acts as a preservative)
- 5 drops antibacterial essential oil such as lavender, tea tree, or rosemary (optional)

Mix together and store in a sealed glass jar, shelf life of 2 years.

_Tips:_ For exceptionally tough jobs spray with vinegar first—full strength or diluted, scented—let sit and follow with scrub.

Dry soft scrubs can be made with baking soda or salt (or combination of both) with 10-15 drops essential oil to scent

*WVE recommends using a liquid castile soap that does not contain sodium lauryl (laureth) sulfate (SLS) or Diethanolamine (DEA), which may have harmful side effects.

Furniture Polish

- ¼ cup olive oil
- ¼ cup white distilled vinegar
- 20-30 drops lemon essential oil
- 2 teaspoons lemon juice may be substituted for lemon oil but then must be stored in refrigerator

Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places.

_Tips:_ To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

Option 1

Sprinkle toilet bowl with baking soda, drizzle with vinegar, let soak for at least 30 minutes and scrub with toilet brush.

Option 2

Put ¼ cup borax in toilet bowl and let sit for at least 30 minutes. Swish with a toilet brush and then scrub. A few drops of pine oil can be added for increased disinfecting. (Note: some people are allergic to pine oil.)

_Tip:_ Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings.
Tracking Your Food Source

Do You Know Where Your Bud Was Brewed?

In an attempt to keep up with the growing microbrew business, Budweiser has launched a “Track Your Bud” campaign that allows beer drinkers to trace the origins of their beer. Budweiser has 12 breweries in the U.S. as well as barley farms in Idaho, Montana and North Dakota and hop farms in Washington, Oregon and Germany. The idea behind the campaign is to spotlight some of the farmers, manufacturers, and other individuals who contribute to producing Budweiser beer. This initiative could prove a clever marketing move at a time when Americans are focused on American-made products.

Bud drinkers can track their beer by scanning the QR code on packaging or entering the “born on” date into the TrackYourBud.com website. The website also highlights the steps in the brewing process and which American locations participate. While most Americans think of the Budweiser brewery in St. Louis, breweries are also located from California to Georgia, Texas to New Hampshire. The closest to Albany is a brewery in Baldwinsville, New York.

Others looking for local booze need not wander outside of Albany’s borders. The C.H. Evans Brewing Company at the Albany Pump Station has been brewing beer in Albany since 1999. Several of the brewery’s varieties have won awards at the World Beer Cup. The C. H. Evans Brewing Company will soon be joined by a distillery next door. Matthew Jager, a business professor at the College of Saint Rose, and local teacher John Cutain have already started gathering supplies and financial backing to open the Albany Distillery Co. this spring. They plan to start by making whiskey, before later expanding to gin, vodka, and rum within a few years.

Whether you’re tracking your bud to Baldwinsville, enjoying a local brew at the Pump Station, or sipping whiskey at the latest Albany distillery, there are many local options available for drinking—safely, of course. Here’s to supporting farmers of hops and barley—Cheers!

Pink Slime? - Not Here!

There has been a lot of news recently about pink slime, the meat by-product that is often added to ground beef. Well, you don’t have to worry about that in the UAlbany dining halls. We have been purchasing a much leaner, healthier and safer ground beef for years. Beginning in 2008, Chartwells contracted with the Northeast Livestock Processing Service Company to purchase grass fed beef. This is a cooperative that serves as a distributor for local farmers. Our ground beef is grass fed, which means the cows are allowed to graze on grass as opposed to being force fed corn. While corn can fatten the cows up quicker, the animals must be given antibiotics and supplements so they can digest the feed without getting ill. Grass fed beef does not contain the Ecoli bacteria which makes our ground beef supply a healthier and safer alternative for our students, plus the purchase helps out our local economy. Knowing where your food comes from, whether it be meat or produce, and knowing what is in your food, is not something a lot of us think about but it has large implications for our health and well-being. So take the time to educate yourself and seek out local food in the dining halls and retail outlets.

CSA drop off set up on campus

One way to support local farms is to buy a share in a CSA (community supported agriculture). The library has established a drop off point for a local CSA. Weekly share pickup from Fox Creek Farm will be held in the lobby of the Science Library. They’ll be back next year on campus.

If anyone would like to sign up for share, which you must do in the spring, contact Fox Creek Farm. Their website is http://www.foxcreekfarmcsa.com/

They will also be on hand at our Earth and Wellness Day event.
April Events

Earth and Wellness Day

This year’s celebration will take place on April 19th in the Campus Center from 11 am to 2 pm. The theme is food and nutrition. There will be exhibitors on the theme in the ballroom along with the farmer’s market. A series of demonstrations ranging from eating healthy on the go to composting will be held during the event. The full schedule of demonstrations is below. In light of this year’s theme “Eat Smart, Live Green”, we will have some healthy recipes on hand for people to take and try. If you want to contribute a recipe beforehand, see how further down on this page. Once all recipes have been collected, we’ll create an online cookbook.

Assembly Hall will feature the annual clothing exchange. The Fireside Lounge will be the health zone where campus members can get free checks on their blood pressure and pulmonary screenings along with other health information. The small fountain will feature the student fair with games, trivia and prizes. At 1:15 the quad winner of Recyclemania will be announced along with the winners of the individual recycling competition and the selection of next year’s sustainability council chairs. Come join us in the afternoon for some fun and food. Fliers for this event and the health zone are available at the end of this issue for posting.

And that Night…..

The festivities don’t end at 2 pm, come to the Campus Center Ballroom after 6 pm for some music and discussion. UAlbany Students for Sustainability will be hosting Earth Love 101. The line up includes: a talk by Professor Robinson, Urban Sustainability by Scott Kellogg of the Radix Center and Green Jobs and Internships by Lea Cullen-Boyer from the Green Guru Network. Music, food, entertainment, this year Earth Day after hours is the place to be.

Recipe Swap

As mentioned in last month’s bulletin, we will be doing a university-wide recipe swap as part of our Earth and Wellness Day celebration. We received some responses but are looking for more to help fill out our cookbook. If you have a favorite recipe with a healthy twist, send it in by going to: http://www.albany.edu/eap/9703.php. You can submit the recipe in the “comments” box.
April Events

Register for Student Sustainability Conference

The UAlbany Sustainability Council is sponsoring the second annual Capital District Student Sustainability Conference which will be held in the Standish Room of the Science Library. This year’s line up is being finalized and will be online soon. Check our website at www.albany.edu/gogreen in a week or two. Registration is now open. If you wish to register, go to: http://www.albany.edu/gogreen/5.sustainability_conference_application.shtml.

The conference filled up quick last year so be sure to register early.

Campus Clean Up Day

Yes, it’s time once again to put down the pens and books, get away from those computers, and get outside! We’ve got a lot of clean up to do to get the campus ready for graduation! Every year, the call goes out to pitch in and come together as a community, putting a little sweat equity into our grounds. If you want to be part of this, sign up at: http://apps.albany.edu/volunteer/?ID=38

The home page for the event is: http://www.albany.edu/cleanup/index.html

Sustainable Solutions to Healthy Homes EAP Program

How GREEN is your home environment? And, we aren’t just talking about the colors of your walls! Faculty and staff are invited to a program which will provide an overview of the ways in which your home environment affects your health. Some solutions for incorporating eco-friendly practices into everyday living will be explored. Learn ways to GREEN your home to create a healthier household as well as to minimize your impact on the environment. We’ll also review renovation financing options, incentive programs, and local products, programs, and services that are available to help you make these changes to your home, while improving your community and stimulating the local economy.

Michelle Przedwiecki, MPH, and Karen Totino will present. Michelle has a background in Public Health and Science Education and is a Realtor with Keller Williams Saratoga Springs. She is a Renovation Specialist and has earned the National Association of Realtors GREEN designation. Karen, Owner of Green Conscience Home & Garden, is dedicated to providing education and inspiration to people interested in a sustainable and healthy lifestyle.

The program will be held Thursday, April 5th from 12 to 1 pm in Campus Center 375. To register, go to: http://www.albany.edu/eap/event_sign-up.htm
April Events

Ropes Course Trip

Push yourself both mentally and physically by going on the Campus Rec trip to Adirondack Extreme on April 14th. This awesome ropes course challenges you to overcome your fears and experience an adrenaline rush. All experience levels are welcome.

The bus leaves UAlbany at 8:45 am and comes back at 5:45 pm. The cost is $45. You can get more information and sign up at:
http://www.albany.edu/campusrecreation/upcoming_events.php

Clean Up Arbor Hill

NYPIRG Environmental Preservation Project is hosting a Spring Cleaning in one of Albany's neediest neighborhoods. Students and community members will come together to clean up and beautify an often neglected area of our city. Give back the city that is your home for most of the year.

The date is April 21 and clean up will begin at 8 am and go until 5 pm.

If you or your organization would like to sign up, find the form here: http://bit.ly/yVPejh

Same day registration will be available on site!

Pop Tab Collection

The SA Student Senate is holding a pop tab drive until May 4. For every pound of tabs, the Ronald McDonald house received money to help with the upkeep of the house. Collect and bring your tabs labeled with your name, email and phone to the SA office, CC116 by 3 pm on Friday, May 4th. Prizes will be awarded to the top collectors. And be sure to recycle the rest of the can!!

Any questions? Contact Kim Smith at ksmith@ualbanysa.org
News Around Campus

Sustainability Leadership Awards

The winner of the inaugural President’s Leadership Awards for Sustainability have been announced. Congratulations to Hillary Closs and Stephen Ellis on their awards.

Hillary joined the sustainability council at its beginning in September of 2008. Since that time she has taken on several leadership roles including, Indian Quad chair, co-chair of the Student Sustainability Conference and currently serves as Administrative Chair of the Council. In that capacity, Hillary oversees the training and activities of all council members. Last year as a senior, Hillary received a President’s Leadership Award along with the prestigious Chancellor’s Award. We’re sad to say that Hillary will be graduating from grad school this year and we’ll miss her greatly.

Stephen joined the council in the fall of 2010 when he lived in the sustainability house on Colonial Quad. Stephen is extremely passionate about energy conservation and has become very involved in our energy campaign. He currently serves as our energy chair. Stephen is so dedicated to conserving energy that last year, he took it upon himself of going around to the LC’s every week and make sure the lights were off in the evening after classes. This morphed into the creation of an energy team doing checks three times a week during this past fall’s energy campaign. The efforts of this team helped to reduce electricity use in the LC’s by 15%. Stephen has also helped to implement a new contest for Freedom Apartments this spring which is a complementary program to the Empire Commons fake electricity bills. Lucky for us, Stephen is a junior and will be around for another year to keep spreading the word about energy conservation.

We Love UAS!

We wanted to take a moment to thank UAS for all their work and support on sustainability initiatives. So many of our programs and events are made possible through the generous support of UAS program funds. This is true of several events highlighted in this bulletin including:

- Recyclemania
- Earth and Wellness Day
- Earth Love 101
- Capital District Sustainability Conference
- Sustainability Leadership Award

Quite simply, we couldn’t put on many of the events and contests without them. So thank you and we love UAS!!

Thank You!

The UAlbany Students for Sustainability held their third annual green grams sale last week. We thank all of you who bought some of the treats. We have some left over, so if you want one (or more), just email us at gogreen@albany.edu.

We will also have some on hand for our Earth Day Celebration on April 19th. Treats are $1 each and all proceeds go to the Albany Pine Bush Discovery Center.
Opportunities

Student Summit

As a continuing feature, we are bringing you listings for sustainability-related jobs both in and out of the area, internships, scholarships and other professional development opportunities.
Opportunities (con’t)
Internships

INTERNSHIP OPPORTUNITY

Capital District Community Gardens (CDCG) has been helping local residents improve their neighborhoods through community gardening and urban greening programs for more than 30 years. We manage 48 community food gardens in Albany, Rensselaer, and Schenectady Counties. Other projects include: Municipal Tree Planting & Public Landscaping Programs; Squash Hunger Program, which collects fresh produce for food pantry distribution; The Veggie Mobile, a fresh produce market on wheels; Taste Good Series, a fun, interactive introduction to fruits & veggies for pre-K through second grade children; and The Produce Project, a year-round job training program in urban agriculture for Troy High School students.

Interns and volunteers are an integral part of the services we provide and as an intern you will get to experience all aspects of a nonprofit working environment.

We are seeking *grads & undergrads* for unpaid part-time & full-time internships with

**THE PRODUCE PROJECT**

The Produce Project is a job training program based on the sale of organic vegetables grown on land owned by CDCG in Troy. Trainees from Troy High School, with the help of a Farmer/Educator, use high tunnels and other season extension techniques to grow and sell produce year-round.

**FARMER/EDUCATOR INTERN:**

- Receives a weekly organic food share.
- Assists Farmer/Educator with day to day project activities including all aspects of running and managing a successful urban organic farm business.
- Gains and applies organic farming skills, including season extension with high tunnels, crop rotation and planning, use of cover crops and composting as well as harvesting, sales and marketing.
- Works with urban youth to impart horticultural, culinary and life skills, while building relationships with community partners and promoting local and sustainable agriculture.
- Has or wishes to acquire farming and/or teaching experience, while working with youth and engaging in local food issues.
- Ideal candidates will enjoy the outdoors, be enthusiastic about youth empowerment and food issues and have a willingness to learn all aspects of running an urban organic farm. The Produce Project operates year-round so the ability to work outside in all weather conditions is a must. We are also seeking Summer Only Interns.

*Interns will have the opportunity to pursue related interests and special projects toward fulfillment of the program*

**Contact:** Mary Vickerman, Outreach VISTA, outreach@cdcg.org

Visit us on the web @ [www.cdcg.org](http://www.cdcg.org)

Internships present a great opportunity for *hands-on* work experience! To apply for an internship please send a *resume and letter of interest* to:

outreach@cdcg.org

40 River Street, Troy, NY 12180 * 518-274-8685 phone * 518-272-2744 fax *
Recap of Semester Events

Here is a list of our remaining events sponsored by the Office of Environmental Sustainability and/or the UAlbany Students for Sustainability this semester:

- Earth and Wellness Day—April 19, 11 am to 2 pm Campus Center
- Earth Love 101—April 19, 6 pm CC Ballroom
- Student Conference—April 28, 10 am to 4 pm Standish Room, Science Library
- Shredding Day—May 4, various locations
- Give and Go—May 16 to 18, 10 am to 4 pm, all quads and apartments

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.

Get Involved

There are three main ways people can become actively involved in the efforts here:

Students can join the Sustainability Council. This meets each Friday at 4 pm, usually in University Hall room 306.

Faculty and staff can join the Sustainability Coordinators program. This meets on the first Tuesday of each month during the academic year, in University Hall room 306.

Faculty can take part in our special forums and join the THINKGREEN listserv.

If you are interested in any of these, email our office at gogreen@albany.edu or the Director at mmallia@albany.edu

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Web Site: www.albany.edu/gogreen

Director: Mary Ellen Mallia
mmallia@albany.edu

UAlbany Green Scene

UAGreenScene

THE WORLD WITHIN REACH
Clothing Exchange

WHAT IS IT? The clothing exchange is an event held as part of EARTH AND WELLNESS DAY. Lightly used but unwanted clothes are collected beforehand and exchange during the event. Anyone can “shop” for free. This provides the opportunity to re-use clothing and accessories and keep items out of our landfills.

WHEN IS IT? April 19th from 11am-2pm
WHERE IS IT? Campus Center Assembly Hall

HOW CAN I PARTICIPATE? Clothing donations will be accepted weekdays from March 26th through April 5th: 11am-2pm in the Campus Center Lobby, and also anytime during those days in designated areas on the East Campus, Downtown, Quad Offices, MSC and UAB.

HOW MUCH DOES IT COST? It is free but monetary donations will be accepted during the event for the Albany City Mission and any leftover clothing will be donated to them.

Recipe Swap

Since we’re focusing on FOOD AND NUTRITION this year, we thought it would be great fun to share our favorite healthy and delicious recipes with each other! Here’s the process:

- Choose your favorite dish that contains healthy ingredients.
- Submit your recipe at: http://www.albany.edu/eap/9703.php and paste it into the “Comments” box. Send contributions by April 5th.
- Recipes will be collected and printed out individually to share at the Earth and Wellness Day on April 19th.
- Go to the Recipe Swap Table in the Campus Center Ballroom at the Earth and Wellness Day event and choose a delicious, healthy dish to add to your own recipe box!

Event sponsored by: EAP, UAlbany Green Scene, UAS Albany
THE HEALTH ZONE

THURSDAY, APRIL 19
8:30 AM - 1:30 PM
FIRESIDE LOUNGE
CAMPUS CENTER

Cholesterol Lipid & Glucose Screening Clinic*

12-Hour Fasting Optional

General Fee: $9.00
UUP Member: $4.00
CSEA Member: $3.00
CASH or CHECK ONLY

No appointment necessary!
FREE Blood Pressure Checks
FREE Pulmonary Screenings
Additional Health Information for Your Well-Being

*Provided by St. Peter’s Hospital
Cardiac & Vascular Center

FOR INFORMATION,
CONTACT BRENDA SECKEYSON,
EAP COORDINATOR
442-5483
BSECKEYSON@ALBANY.EDU

Thanks to a $6.00 donation from CSEA,
a $5.00 donation from UUP, and a $5.00 contribution from EAP,
the $14.00 cholesterol and glucose screening fee has been reduced.

PART OF THE

UA Albany Earth & Wellness Day
THE WORLD WITHIN REACH

Event

UA Albany Green Scene

THE WORLD WITHIN REACH
Eat Smart, Live Green

April 19, 2012
11:00 am-2:00 pm
Campus Center

Ballroom: Health & Wellness Fair
Farmer’s Market
Presentations and Demos
Recipe Swap
Free Refreshments

Assembly Hall: Clothing Exchange
Small Fountain: Student Fair

Demonstration Schedule:

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>11:20-11:30</td>
<td>Honest Weight Food Coop — Reading and Understanding Food Labels</td>
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<tr>
<td>11:40-11:50</td>
<td>Sandy Varno, Cornell Cooperative Extension — Eating Well on the Go</td>
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<td>12:00-12:10</td>
<td>Sally Cummings, Master Gardener — Square Foot Gardening</td>
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<td>12:25-12:35</td>
<td>Radix Composting</td>
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<td>12:40-12:50</td>
<td>Cathy Gifford, Master Gardener — Talking About Herbs</td>
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<td>12:55-1:10</td>
<td>Asian Arts Group Tai Chi Demo</td>
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<tr>
<td>1:15</td>
<td>Announcement of Recyclemania contest winners</td>
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Take Control of Your Personal Health!
Smoking Cessation
Blood Pressure Checks
Pulmonary Screenings
Sleep Disorder Info

Fireside Lounge
8:30-1:30 pm

Sponsored by:
EAP
www.albany.edu/eap

UAlbany Green Scene
www.albany.edu/gogreen