**Sustainability Bulletin**

**Inside this issue:**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move in</td>
<td>1</td>
</tr>
<tr>
<td>Hurricane relief</td>
<td>2</td>
</tr>
<tr>
<td>Farmer’s Market and CSA update</td>
<td>3</td>
</tr>
<tr>
<td>Energy campaign begins</td>
<td>4</td>
</tr>
<tr>
<td>Options for exercise and adventure</td>
<td>5</td>
</tr>
<tr>
<td>Use the bus</td>
<td>6</td>
</tr>
<tr>
<td>Transportation options</td>
<td>7</td>
</tr>
<tr>
<td>Alternative energy comes to UAlbany</td>
<td>7</td>
</tr>
<tr>
<td>Voice from the Field: Dan Sellers</td>
<td>8</td>
</tr>
<tr>
<td>Upcoming events</td>
<td>9</td>
</tr>
</tbody>
</table>

**Sustainability begins at move in**

Several members of the sustainability council along with student volunteers helped to initiate a sustainability move in program this year. The students handed out CFL bulbs on the quads during move in days, assisted in the recycling of the numerous cardboard boxes, put up signs reminding people to recycle and served as ambassadors of environmentally responsible behavior.

But their work isn't done there, the students will host an information table at the rescheduled SA block party along with attending opening meetings on the quads. In addition, council members will be changing out light bulbs and explaining the recycling procedures in our sustainability-themed houses.

If you want to keep up to date on activities of the council, go to: www.albany.edu/gogreen and like us on Facebook, keyword: UAlbany Green Scene.

**Greeting house residents**

This year, a living learning community called the World of Environment and Sustainability has been created in Tuscarora Hall on Indian Quad. This is a freshman house that will have Dr. Gary Kleppel as its lead faculty and Patricia Zapata as its R.A. The students will take a one-credit freshman seminar class with Professor Kleppel and an environmental science class with Professor Delano. The residents will engage in various events during the semester, many of which will focus on sustainable agriculture.

The sustainability-themed house for upperclassmen will continue this year in Hamilton Hall on Colonial Quad. Sheliza Samuels will be the R.A. and Margaret Van-ess will be the G.A. These students will take the lead in modeling environmentally responsible living. We're looking forward to working with all the residents throughout the year!

**Did you know that we recycle over 300 tons of mixed paper and cardboard a year???
Hurricane Devastates Area Families and Farms

Hurricane Irene created havoc all along the Eastern coastline. Some of the more severe damage hit close to UAlbany. The resulting floods were unprecedented and caused major devastation. One area particularly hard hit was in Schoharie County, specifically the towns of Schoharie and Middleburgh. These locations are also the site of many family farms, some of which have operated for generations. Barber’s farm, which runs the farmer’s market on Western Avenue near Passano Paints, was completely wiped out. We’re organizing some efforts to help these areas begin to rebuild.

Ways to Help with the Relief Effort!!!!

The efforts to clean up and rebuild have begun. You can help by:

1. Volunteering! You can sign up at:
   ◊ Labor for Your Neighbor, an initiative of the Governor’s Office:
     http://www.governor.ny.gov/laborforyourneighbor
   ◊ Red Cross: http://www.redcrossneny.org/

Or join one of our work parties. Look for details on this at our facebook page.

2. Donate needed items!

We’ve set up collection bins in campus center where people can donate a wide range of goods. (see picture on the next page) Donations will be taken to area drop off points to aid local county victims of the storm.

Please consider contributing items or giving of your time to these efforts. You can also get information on this at our facebook page: UAlbany Green Scene. If you are interested in participating in clean up efforts, email the office at gogreen@albany.edu
Update on CSA’s

Last issue, we discussed CSA’s or community supported agriculture. Most of these have sign ups in the spring when customers can contract to receive shares during the harvest. We’ve learned that there is a CSA in the area that accepts sign ups year round.

The Patroon Land Farm (http://www.localharvest.org/patroon-land-farm-M16737, http://www.rfbneny.com/uncategorized/csa-shares-now-on-sale/) still has spots available, whole or half, and they will prorate for the later part of the season. In addition, the produce grown on this farm goes to food banks across the state serving thousands of families.

Thanks to Janna Harton for providing us this info.

The Farmer’s Market will return! But help is needed!!

As you can read on the previous page, our local farmers were hit hard by the hurricane. At this time Jim, our farmer who brings his goods to campus weekly, has been helping out his community and we have delayed the opening of our market while he assists in the relief effort.

When it returns, it will be held on Thursdays from 11 am to 3 pm and will be located outside the Campus Center, on the lower level by Dutch Quad.

We’re looking for volunteers willing to help run the stand as well as set up and clean up. If interested, please contact the office at gogreen@albany.edu

List of Needed Items for Relief Effort

- Water
- Mustard
- Power bars
- Granola bars
- Tums
- Pedialyte
- Garbage bags
- Salt and pepper
- Ketchup
- Sturdy paper plates
- Napkins
- Garbage pails
- Baggies
- Can openers
- Hand sanitizer
- Brooms
- Mops
- Dust pans
- Pillows
- Garbage pails
- Blankets
- Large sponges
- Depends
- Rubber gloves
- Dish soap
- Power bars
- Granola bars
- Canned food
- Salt and pepper
- Ketchup

Look for these bins in the Campus Center

The World Within Reach
Energy Campaign begins

The energy campaign has returned for its fifth year. The dorms and apartments have shown some amazing reductions in their energy use. Monies saved by last year’s campaign were used to purchase new bikes for the bike share program and recycling bins for apartment residents. The campus can keep track of our progress at our website and of course, our weekly email updates!! Keep track at: http://www.albany.edu/gogreen/4.energycampaign.shtml

The Impact of the Empire Commons Bills program

Since 2008, the residents of Empire Commons apartments have received fake electric bills. This is possible since every apartment is metered individually. The 300 meters are read monthly by a staff worker in the sustainability office (currently the honor goes to Bill Valleau, our graduate assistant). Bills are generated that show the apartment’s usage as well as the highest, lowest and average use for all apartments. Prizes are given out in the spring for the apartments with the lowest use and largest reduction.

We were curious to see if this has made an impact on electricity use. Data was provided by our energy officer and we found that use declined by an average of 11% in the last two years of the program. (see chart below).

Thanks to all those in the apartments, especially the Empire Commons staff and house managers, who’ve supported this program. Good work!!

<table>
<thead>
<tr>
<th>Year</th>
<th>Kilowatt Decrease from Baseline for Targeted Months</th>
<th>% Decrease from Baseline for Targeted Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008-2009</td>
<td>18,846</td>
<td>2%</td>
</tr>
<tr>
<td>2009-2010</td>
<td>149,207</td>
<td>12%</td>
</tr>
<tr>
<td>2010-2011</td>
<td>123,806</td>
<td>10%</td>
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Prizes for High Performing Academic Buildings

Energy conservation is something in which the entire campus needs to participate. A couple of years ago, we brought the energy campaign to the academic buildings. A goal of a 10% reduction in electricity use from our baseline was set. But we’ve failed to reach this goal.

So, to help entice more energy awareness in these buildings, we’re issuing a challenge. The academic building that obtains the largest percent decline in electricity (as measured by kwh) during the next ten weeks, will receive a bagel breakfast for the occupants. In addition, the occupants of a building that is the top performer for three weeks or more will receive free beverage coupons.

Beverage winners will be announced in the weekly updates and the top performer will be revealed at the big wrap up event in November.

So come on academic buildings, let’s see who can rise up to the challenge!
Reminder to MOVE!!

Healthy lifestyles are key to maintaining our physical and mental sustainability. The importance of staying active have been stressed over and over. Recent studies showed that even 15 minutes of exercise per day can make a big difference in your health.

Trying to fit activity into our schedules is sometimes the most difficult part. Campus recreation has a wealth of programs in which you can stay fit. They offer intramurals, gym facilities, an indoor pool and tennis facilities and group exercise classes. These classes include aqua action, zumba, kickboxing and yoga to name a few. Check out their schedule at:
http://www.albany.edu/campusrecreation/index.shtml

For faculty and staff, the EAP program offers noontime alternatives to get some exercise. These include:

*11-Week Tai Chi & Qi Gong for Health and Healing – Minimum enrollment not met yet!

This class helps with flexibility, balance, and overall stress reduction. Come find out why this movement modality has been around for centuries!

Mondays, Sept. 12 – November 28 (12:00 – 12:45 pm)
No class on Oct. 10

12 –participant minimum enrollment needed to conduct the program. **Deadline to register is September 8. Sign up now!!**

To register go to: http://www.albany.edu/eap/event_sign-up.htm

*4-Session Walking Work-Out - guided by fitness expert Diane Hart – Minimum enrollment not met yet!

If you don't think you can get a good work-out just by walking, you haven't walked with Diane Hart!

**Two, half-hour walking groups to choose from!**

Tuesdays, September 13 – October 11
Choose either the 12:00- 12:30 pm OR 12:30 – 1:00 pm walking group
No walks on Sept. 27
For details: http://www.albany.edu/eap/images/Fall_2011_Guided_Walking_Program.pdf

10 –participant minimum enrollment needed in each session to conduct the program.

**Deadline to register is September 8. Sign up now!!**

To register go to: http://www.albany.edu/eap/event_sign-up.htm

Outdoor Adventures from Campus Rec

Interested in White Water Rafting? Or Kayaking and Hiking? Campus Rec has set up a trip for you!

**To register go to:**

http://www.albany.edu/campusrecreation/upcoming_events.shtml
Use the Bus!

Our Sustainability Office has provided data that indicates 40% of our car commuters live along CDTA bus lines. This means there is a lot of possibility to reduce our use of gas and our carbon emissions.

Lots of us shrink away from the possibility of riding the bus because it’s something we associate with difficulty, change, and some vague but menancing unknown. However, riding the bus is like every other habit we wish to establish – at first it’s difficult and then it becomes a normal part of our routine. Many of us also shy away from riding the bus because there’s a vague threat in the loss of control that it represents.

The benefits we can gain from taking advantage of the bus in terms of conservation of fuel and reduction of carbon emissions are significant enough to be worth the effort to make a change, so here are some ideas that may help you get started. One thing we forget is that we don’t have to go from driving our car every day to riding the bus every day. We can decide to try riding the bus one day every two weeks, or one day a week. After a few weeks or months of adapting, it’s easier to know what is most practical.

It may help to take the bus now and then for a run to the grocery store or for a trip that is not time-restricted at first. You may wish to give yourself the opportunity to see how the bus feels and how the fare mechanism and schedule works without having to worry about if you’re going to get to work or to class on time for the first few times you try it. The drivers are generally very friendly and know a great deal about the routes and schedules and they are prepared to answer your questions. Remember that with your University ID all you have to do is put your card through the slider at the CDTA bus doorway and your fare is taken care of. You don’t have to carry change or be concerned about having the right amount for the fare. For the University buses you should show your ID to the driver.

An important aspect of being able to feel comfortable taking the bus is knowing the schedule and the route. CDTA provides schedule and route information and maps both on paper and on their website: www.cdta.org. In the Campus Center Commuter Lounge, directly under the Patroon Room, there is a printed bus schedule collection for most of the CDTA routes. Giving yourself time to become familiar with this information will go a long way toward boosting your confidence in making the change to bus travel. In the fall of 2011, CDTA is changing several routes, so make sure you have the most up to date information for the route you plan to take. The University Bus routes and schedules are in the Parking and Mass Transit pages: http://www.albany.edu/pmts/bus_schedules.html Both organizations have staff members who can answer your questions.

For your first few times taking the bus to work or to class try it on days when you have a light schedule and you have a little spare time if things don’t work out the way you want. It’s a lot easier when you aren’t carrying lots of heavy things. Get to the bus stop about five minutes early. If your stop is along the route of more than one bus, you should hail the driver of the bus you want with a brief wave. Remember that when there’s heavy traffic the bus may also be slowed down a little bit. During rush hours many of the routes run frequently, so you may want to take a bus that’s scheduled a little earlier than you would normally travel.

While no system is perfect, and the bus may be late some days due to unforeseen circumstances, in general the bus is a very reliable way to travel. Given some time for adjustment it can become part of your normal schedule and be a sustainable option for getting around the Capital Region.

Thanks to Lorre Smith from the Library for contributing this piece!
Other Transportation offerings

If you don’t live on a bus line, you can also find a partner to ride with at our carpool matching service, www.IPool2.com. Simply register using your UAlbany email address to automatically be connected to our page. This features a guaranteed ride home if you need to leave for an emergency.

If you need a car in a pinch, sign up for the car share service. It’s free to register and cars start at $8 per hour, which includes gas and insurance. We have three cars located uptown and one at Alumni. Sign up at www.hertzondemand.com and look for the University at Albany in the drop down menu of locations.

You can also sign out a bike for free at any quad office as part of our bike share program. New bikes were supplied through funding received in the energy campaign last year.

So whether you take the bus, share a ride, bike or walk, try and use an alternative transportation method at least once a week to make a difference!

Did you know UAlbany commuters drove over 27,000,000 miles to and from campus last year?
Find a partner at www.IPool2.com by registering using your UAlbany email.

Coming Soon:
Destination Green ……
Don’t Drive Alone!!

Hybrid Buses and Solar Panels

In our summer edition, we told everyone about the new alternative energy equipment on campus. But in case you missed it, we have some new hybrid buses and a solar panel array. Three buses were deployed in June and hybrids now make up a third of our bus fleet. The solar panel system was installed in August and will generate 49 kilowatt hours of electricity, enough to power the needs of 10 homes. The panels are located on the Social Science building. You can see the display in the banner photo on the front page. Or check them out from one of the dorm towers. Next up on the renewable front, the new dorm being constructed will use geothermal power as its heating source.
We’ve all heard a great deal about the current precarious state of the environment. (To the west of the Andes 98.5% of the primary tropical dry forest has been destroyed forever.) Yet, despite our recognition of the problem, rarely do any of us take meaningful action to fix it. Education is without a doubt an important first-step. However, we need to construct a bridge that allows us to go from the realm of theory and discourse to that of actually doing something to remedy the situation. The Global Student Embassy has served as this bridge for me and I hope it can for my peers as well.

When I was thirteen I traveled with my parents to Ecuador to visit my sister. For the second half of our visit we spent a week on a cruise around the Galapagos Islands, the famous site of Charles Darwin’s epiphany. I saw seals, blue-footed boobies, frigates, sea turtles, and snorkeled with penguins. It was an unforgettable experience and my introduction to the amazing diversity of Ecuador. However, it was also my first glimpse into the ecological tribulations of Ecuador and the Galapagos. I saw a tortoise, “Lonesome George” who is the last of his species. I saw seals infected by foreign contagions, puss oozing out of their eyes, left by their families on the land to die.

Ecuador is a rich natural paradise, possessing the greatest biodiversity per square kilometer of any nation in the world. Continental Ecuador is home to 1,600 bird species (15% of the world's known bird species), and 38 more are native to the Galapagos. In addition, over 16,000 species of plants, 106 species of reptiles, 138 species of amphibians, and 6,000 species of butterfly are endemic to the region. However, human ignorance and arrogance have allowed this valuable treasure and resource to become severely damaged. The introduction of foreign species has threatened the native species of flora and fauna since Darwin’s fateful voyage in the 1800’s. Furthermore, deforestation for lumber and for grazing purposes, flooding, and earthquakes have uprooted the lush vegetation that supports this delicate, vital, ecosystem. Thankfully, the people and government of Ecuador have recognized the importance of their environment. Their new constitution of 2008 is the first in the world to recognize legally enforceable "Rights of Nature" or "Ecosystem Rights."

In April 2011, I traveled to Bahia de Caraquez, Ecuador as a member of the Global Student Embassy (GSE). GSE is a unique student movement that seeks to unite the world's youth to initiate and implement meaningful action plans to better our local and global communities. As a GSE student Ambassador I joined up with other environmentally concerned students (most from California) to participate in a reforestation and community garden project. My group was the last in a succession of five separate spring break trips to the region. By the time my group left, several thousand trees (all native species) had been planted, a community garden had been made at a local high school, and a library of simple “how-to” books had been made on sustainable gardening.

I was so impacted by my spring-break trip that I am now organizing a trip back to Bahia this winter break. GSE’s Jasper Oshun, a 3rd year PHD Geology student at Cal Berkeley, avid environmentalist, and cofounder of GSE and Bridget Connoly, an International Relations graduate from Stanford, fluent in Spanish, and documentary film maker will serve as the directors. From December 27th until January 12th we will aim to transplant at least 3,000 more native tropical dry forest tree saplings. The rainy season in coastal Manabi Ecuador is from January until April meaning the timing of the trip is optimal for tree growth. We will also work on a large water catchment cistern at our partner high school as a replacement for the one they had that was broken in an earthquake 10 years ago. We will collaborate and assist local environmentalist organization Planet Drum with their reforestation projects. Finally we will tour a mangrove forest bird sanctuary, Isla de Corazon with more than 30,000 birds, enjoy New Years with the locals, and visit coastal beaches and natural wonders.

Please feel free to contact me at winterbreakinecuador@gmail.com and to visit my website http://www.wix.com/mastersellers/winterbreakinecuador-2011# for more information, photos, videos, information about GSE, and to make online donations. All donations are tax deductible through Global Student Embassy's 501(c)3 tax status.
There are three main ways people can become actively involved in the efforts here:

Students can join the Sustainability Council. This meets every Friday at 3 pm 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, usually 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

Got an event or program related to sustainability???
Then, email us at gogreen@albany.edu to be included in upcoming bulletins.