

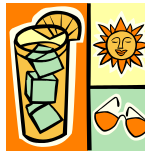
The Green Team Gazette

Volume 2, Issue 10

Summer 2010

The 92 Days of Summer

With the months of June, July, & August consisting of 30, 31, & 31 days, I thought "The 92 Things You Need to Do This Summer" was perfect for this summer's edition of **The Green Team Gazette**.



To Watch

1. Watch Jamie Oliver's Food Revolution (catch it on www.hulu.com or <http://abc.go.com/>)
2. Watch Planet Green TV.
3. Watch Story of Stuff: the original, Bottled Water, or Cap & Trade <http://storyofstuff.org/index.php> (The Story of Electronics is coming this fall!)
4. Watch the intro video at www.terracycle.net
5. Watch the 11 episode series of "Life" on the Discovery Channel.

To Do

6. Recycle batteries (check www.earth911.com)
7. Track the trail end of Plastiki online at www.theplastiki.com .
8. Get off the couch.
9. Get a book at the library rather than the store.
10. Find a cause to pursue.
11. Exercise more.
12. Challenge yourself: how long can you go plastic water bottle free?
13. Visit your local landfill &/or recycling center... consider that for a future classroom field trip.
14. Check out The Everything Green Teacher Book by Tessa Hill.

The Green Team Gazette is a publication co-sponsored by the founders of CynerGreen, CGKidz, and Eagle Cove School (formerly Gibson Island Country School), a Green School in Pasadena, Maryland. Our mission is to educate and share ways to "go green"—both big and small--and be environmentally-proactive at home, in school, and beyond. It is written by Vicki Dabrowka, third grade teacher & co-Green Team Leader at Eagle Cove School. To learn more visit www.cynergreen.com, www.cgkidz.com, and www.gics.org. You can also follow us at <http://greenteamgazette.blogspot.com/> or find us at "Green Team Gazette" on Facebook.

ECS
Eagle Cove School

cynergreen
saving the world one bottle at a time

CG KIDZ
green stuff. by kids, for kids

Please print on recycled paper.

To Do, continued

15. Follow the festivities of World Environment Day and guest blogger Tuesday Phillips on June 5th, 2010 from Rwanda at <http://www.unep.org/wed/2010/english/celebratewed.asp>
16. Reconsider your household cleaners...your clean shouldn't smell all scented up.
17. Read The Story of Stuff by Annie Leonard



To Take Part in The 3 R's

18. Clean up your garage.
19. Have a garage sale, advertise your oldies on Ebay or Craigs List, or visit the Goodwill to offload.
20. Set up your recycle center.
21. Switch to reusable versus disposable baggies & such.
22. Shop for stainless steel bottles.
23. Use reusable bags not plastic or paper when shopping.
24. Consciously buy something that was made with recyclables
25. Use both sides of sheets of paper.
26. Decide if it's time to switch to rechargeable batteries for your frequently used electronics.
27. Consider packaging when purchasing...whether it be food, clothing, or household items. Remember that factors into the price! Comparative shopping might pay off.

For Nature

28. Increase your time outside.
29. Try new outdoor event.
30. Consider composting.
31. Reconnect with nature.
32. Plan a picnic.
33. Go camping.
34. Head out for a nature hike.
35. Go bird watching.
36. Go canoeing or kayaking.
37. Go on a zoo adventure to celebrate global animals.



For Energy

38. "Unplug" 1ce a week or a month.
39. Change at least 1 light bulb to CFL.
40. Consider phantom energy: computer screen, TV when off...
41. Close doors to keep the cool in (fridges or houses!).
42. Turn down your water temp.
43. Use the right pot for your burner-size to not waste heat.
44. Watch a movie or have dinner by candle light.
45. Air out the house on mild days & shut off the AC.
46. Set your computer monitor to "power save" mode.



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For Energy, continued

47. Give your dryer the occasional break—try out a clothesline.
48. Use (or prevent, depending on your needs) solar power to heat your house...open blinds to warm up, close blinds to cool down the inside of your house.
49. Cold water works wonders when washing your clothes...and you don't need to use the electricity to heat it.

For Water

50. Don't let water run while washing dishes ...better to stop up the sink.
51. Time your showers and break your own records.
52. Plan for fall by putting on water heater blanket.
53. Turn off the water while brushing your teeth.
54. Think twice before buying another cotton anything...cotton production is a huge consumer of water and pesticides. Organic cotton is a better choice. Best choice: deciding if you truly need more "stuff."
55. Consider installing a rain barrel for your outdoor water needs.
56. Fix those leaky faucets or breezy windows.
57. Watch the weather & don't water on rainy days!



To Investigate (à la the Internet)

58. Considering upgrading your computer...check out www.computerswithcuases.org
59. Search for & visit environmental websites (There's always <http://greenteamgazette.blogspot.com/>)
60. Get recycle facts at www.oberlin.edu/recycle/facts.html
61. Remove name on the "National Do Not Mail" list to eliminate junk mail www.directmail.com/directory/mail_pref
62. Check out www.treehugger.com
63. Find out your carbon footprint (Google it, or try <http://www.terrapass.com/carbon-footprint-calculator/>)
64. Find out your water footprint <http://www.h2oconserve.org/home.php?pd=index>
65. Get your kids involved on these fun, kid friendly websites—find a wealth here! <http://www.care2.com/channels/ecoinfo/kids>
66. Do an energy audit. Check out <http://www.seattle.gov/light/printdocs/DoItYourselfHome.PDF>
67. Check out www.greenerchoices.org for eco-friendly choices from Consumer Reports)
68. Visit www.takepart.com/foodinc celebrity Child Nutrition Act endorsements & sign the petition.

Annual Events to Mark On Your Calendar

69. **June 5th**: World Environment Day
70. **June 8th**: World Ocean Day
71. **June 23rd**: The United Nations' Public Service Day—take part for the good of your community
72. **July 11th**: The United nations' World Population Day
See how population impacts environmental issues at <http://www.populationeducation.org/> (be sure to check out the "environmental connections" link)
73. **June 1st - November 30th** Hurricane season (In the immortal words of Jimmy Buffet...just try to "reason with hurricane season!")
74. **July 18th**: Nelson Mandela Day ~ Check out www.mandeladay.com
75. **August 25th - 31st**: Be Kind to Humankind Week



For Transportation

76. Go somewhere by foot you'd normally drive.
77. Dust off and take off on your bike.
78. Carpool when you can.
79. Plan your errands to use the best route and the best use of time (and gas!).
80. If it's a nice day, roll down your windows rather than use your auto's air conditioning!



To Eat (& Drink)

81. Consider the top 12 foods you should definitely buy organic (based on pesticides in samples according the USDA): nectarines, celery, pears, apples, peaches, bell Peppers, cherries, strawberries, grapes, spinach, potatoes, and raspberries.
82. Eat dinner as a family.
83. Eat locally.
84. Grow a garden.
85. Aim for no-preservative meals.
86. More fruits, veggies & whole grains.
87. Drink more (tap) water.
88. Make a pledge to drink from less plastic bottles.
89. Get fresh food from the farmer's market.
90. Consider other choices other than sodium-ized, calorie-laden fast food.
91. Eat foods with ingredients you can pronounce! Draw attention to your little ones the words you can't and what that might mean!
92. Investigate your ingredient lists...how often & how early in the list does corn crop up?



Enjoy your summer in an eco-friendly sort of way!