

**"GOOD NEWZ #14"** is an online newsletter produced by San Juan County Washington's Solid Waste Division, in line with its "Trash to Treasures" project goals. The hope and purpose of "Good Newz" and the virtual "**Sustainable San Juans**" effort is to spark enthusiasm in the concept of sustainability; its aim is to encourage community-building by providing a format for the collection and dissemination of new ideas, practices, and products that promote sustainability in the San Juan Islands. We also hope to acknowledge existing efforts by local individuals, organizations, agencies, and businesses that support sustainability; let us know of your efforts!

- In a **sustainable community**, residents consume resources and produce waste at a rate that allows their children (and their neighbors' children) to enjoy the same lifestyle into the future.
- **Sustainability** is when the functions and processes of an ecosystem can be maintained; it requires a paradigm shift from out-of-control consumerism back to conservation ethics and economics.

"Good Newz" reports on global, national, and local efforts. We welcome your input and suggestions for improving the newsletter. Contact [helenv@sjcpublicworks.org](mailto:helenv@sjcpublicworks.org) to share your news. To "unsubscribe" from this mailing list, reply to this email. Please forward "Good Newz" to anyone who might be interested in sustainability.

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**Waste World:** (a new "Good Newz" feature to disseminate community ideas for managing our waste more wisely to save resources + money) Did you know?...that 12 PET (#1) plastic bottles yield enough recycled fiber to make 1 XL T-shirt, 1 sq. ft of carpeting, or fill for 1 ski jacket?...that recycling 23 aluminum cans conserves the equivalent of 1 gallon of gas in making new cans (350 gallons of gas saved per ton!)?...that one ton of yard waste (cut grass, weeds, etc.) decomposes into 1 cubic yard of potent compost, significantly reducing greenhouse gas emissions (methane) in landfills? ...that recycling 1 ton of newspaper saves 4,000 kWh of manufacturing energy, which could heat 6 homes for a week! Recycle more....and, instead of buying things made of virgin resources, look for the "**recycled post-consumer content**" label to close the loop and boost the recycling market.

See [www.ebay.com.rethink](http://www.ebay.com.rethink) for options in purchasing and disposing of unwanted or obsolete computers. Today's computers are built to be replaced every 3 years, rather than 5 years as in the past. 133,000 PC's are disposed of per day in the U.S. alone. Recycle yours to help reduce landfilling of the lead, cadmium, mercury, fire retardants, and polyvinyl chloride (PVC) found in electronics.

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### **THE WORLD COMMUNITY:**

Brazzaville, Republic of Congo: Seven central African countries signed a landmark treaty to establish cross-border partnerships that can help preserve the world's second largest rainforest (500 million acres). Providing conservation, regulating logging, combating poaching will protect the priceless heritage of the area as well as the elephants, cheetahs, and monkeys.

Copenhagen, Denmark: The Danish Institute of Agricultural Sciences released a new study showing that lab animals raised on organic produce have stronger immune systems and healthier weights than those fed conventional food. The difference is significant and not likely to be random.

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### **AMERICAN EFFORTS:**

Students and youth are invited to join the 2nd Annual Fossil Fools Day on April 1st at [www.energyaction.net](http://www.energyaction.net)-- an opportunity to show strong support for clean energy solutions and to mobilize actions across the U.S. that focus on greener transportation options. 700 youth recently gathered at regional conferences across North America to discuss energy issues and sustainable solutions.

American cars manufactured before 2001 and foreign cars made before 1992 contain switches that can leak mercury and potentially harm humans and wildlife. To honor the 35th **Earth Day on April 22nd**, AAA Washington is offering FREE mercury switch removal and replacement with nonpolluting ball-bearing switches

between April 18-22. Members and non-members are invited to participate in the Mercury Switch Out by appointment at selected facilities see [www.aaa.com](http://www.aaa.com). Old car batteries can also be dropped off for recycling.

You can download "Earth Dinner" cards, designed to spark dinner conversation on Earth Day and anytime with stories, memories, and jokes about everyday food. See [www.earthdinner.org](http://www.earthdinner.org) for Earth Day recipes, etc.

Are you interested in finding restaurants, grocers, and farmers that provide wholesome, local food? See [www.eatwellguide.org](http://www.eatwellguide.org) that has a list by zipcode to help you eat well at home or while traveling.

The Sea Turtle Restoration Project reports that creating a network of Marine Protected Areas (MPA's) in the Pacific Ocean would reverse damage to depleted fisheries and indigenous cultures, protect sealife and food security, and benefit local economies. The group has proposed a moratorium on industrial longlining and supports a petition for a similar UN moratorium signed by international scientists from 83 nations and 230 organizations from 54 nations. "No take" MPA's have been proven to rapidly increase fish biomass (doubling in 5 years) by allowing fish to reproduce undisturbed. (Those in Kenya and South Africa have grown between 700 and 800%!

Atlanta, GA: New Guidelines for The National Association of Home Builders, "Greening the American Dream," can help builders and homeowners to integrate green building practices (e.g. in lot preparation and building design) that are cost effective, resource efficient, and environmentally sound.

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### **SUSTAINABLE SAN JUANS eco-bytes:**

Navigating Our Future's **Green Building Forum** convened about 50 enthusiastic island builders, architects, planners, home/land owners and others to the Mullis Community Senior Center in Friday Harbor, ready to take the next steps to promote more green building here. Following tours of two green-built homes, there were presentations by experts. Action groups then met to discuss creating a Green Building Guild, education, and permits and regulations. The Board of Trustees of OPAL Community Land Trust on Orcas Island has adopted the first green building guidelines in the Islands, including on-site construction waste reduction, reuse, and recycling. See [www.navigatingourfuture.org](http://www.navigatingourfuture.org) for more news on green building and other sustainability issues.

FREE green construction classes in Friday Harbor with a focus on sustainability + affordability! Local builder, Gary Miller, is offering a wonderful on-site/hands-on opportunity open to all who want to learn more about site design and green building techniques and for those who want to learn to teach specific skills. Please bring any information you want to share. The first class will be on April 16th from 11:45 am-1:45 pm and on the 3rd Saturday of each following month. Please register with Gary at 360-378-6803 or [satya@rockisland.com](mailto:satya@rockisland.com).

Visit [www.sjcmrc.org](http://www.sjcmrc.org) to view the new map of the San Juan County Marine Stewardship Area. The SJC Marine Resources Committee also invites you to take the online survey to hear your ideas about marine conservation and management; the site provides up to date news on the MSA proposal.

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"Use it up, wear it out, make it do, or do without." - New England proverb

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." - Aldo Leopold, American environmentalist and author

"The Earth will continue to regenerate its life sources only as long as we and all the peoples of the world do our part to conserve its natural resources...a responsibility which every human being shares." - President Gerald Ford, 1975 Earth Day Proclamation

Helen Venada, 3/05