

SustainAbility

A joint publication from Audubon Lifestyles and The International Sustainability Council

Saving Resources

Most of the materials that go into making what we use -- from airplanes to toilet paper -- are made from nonrenewable resources that are being rapidly depleted. U.S. reserves of oil, aluminum ore, and iron ore are disappearing. At today's rates of consumption, world copper reserves will be depleted in less than 100 years.

What you can do

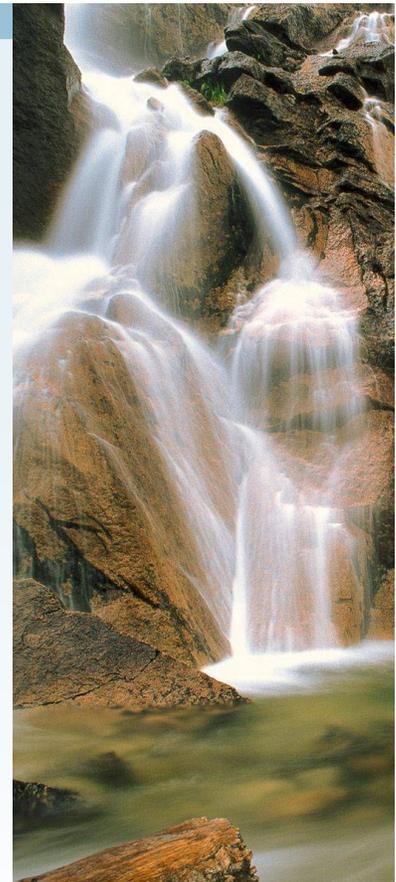
Recycle materials you use- Recycling saves resources, decreases the use of toxic chemicals, cuts energy use, helps curb global warming, stems the flow of water and air pollution, and reduces the need for landfills and incinerators. Make an effort to participate fully in your town's or your building's recycling program. If there's no recycling program where you live, encourage local officials to start one. If you have a recycling program where you live, work to expand it. In the meantime, learn where you can take items such as paper, cardboard, glass, aluminum, plastic, and tires to be recycled, then take your recycling there.

Buy recycled products- Look on the label for the products or packaging with the greatest percentage of post-consumer recycled content, which ensures that a percentage of materials have been used before. Try to buy paper products that have more than 50 percent post-consumer content.

Compost- Composting reduces the burden on overflowing landfills and gives you a great natural fertilizer for plants and gardens. Buy a composting kit at a garden supply or hardware store. Start with yard trimmings, fruit and vegetable food scraps, and coffee grounds.

Buy products with less packaging- A large percentage of the paper, cardboard, and plastic we use goes into packaging -- much of it wasteful and unnecessary. When you buy a product, look at the packaging and ask: Can it be reused? Is it made of post-consumer recycled materials? Is it necessary at all? Reward those companies that are most enlightened about their use of packaging by purchasing their products. Contact companies that overpackage and tell them you will be more likely to buy if they eliminate unnecessary packaging.

Use durable goods- Bring your own cloth bags to local stores. Replace plastic and paper cups with ceramic mugs, disposable razors with reusable ones. Refuse unneeded plastic utensils, napkins, and straws when you buy takeout foods. Use a cloth dishrag instead of paper towels at home, and reusable food containers instead of aluminum foil and plastic wrap.



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Fast Facts

- Each person throws away on average four pounds of garbage every day.
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for four hours.
- One gallon of motor oil can contaminate up to 2 million gallons of water, so please dispose of used oil properly!



Home Yard Waste

Avoid blowing lawn clippings into the street or dumping them down the storm drain. Once it rains, those leaves and grass clippings can be washed into local rivers, streams, lakes, and ponds. The nutrients they contain could then cause algae blooms, which decrease the amount of light and oxygen in the water, resulting in fish kills.

Do not pile yard clippings and tree branches on a storm drain. If possible, wait to put them out the night before your yard trash pick up and make sure that they are placed on your grass, not any impervious surfaces. Instead, place them on a grassy area or in plastic garbage cans used only for yard waste. If you do use the plastic bins, remember not to place them on the storm drains because in a rainstorm, they can still be washed out.

Leave grass clippings on your lawn after mowing and reuse other yard waste as mulch by spreading them under bushes and flower gardens. The nutrients in these items make them the best and cheapest fertilizers your lawns and gardens can receive.

Composting is another way to reuse leaves, grass clippings and other small cuttings. By mixing these items with household wastes such as vegetable and fruit scraps, eggshells and coffee grounds, you create a perfect medium for improving soil structure, promoting soil fertility and stimulating root development in plants.

“Leave grass clippings on your lawn after mowing and reuse other yard waste as mulch by spreading them under bushes and flower gardens.”

Fast Facts

- Compost consists of plant materials, leaves, and wood chips mixed with vegetable and garden waste and green leaves
- Compost replaces the lost organic content in the soil
- Compost holds water in the soil like a sponge. This is especially helpful during droughts or long periods without rain



Landscape Lighting

Municipalities and other government agencies are moving toward decreasing light pollution. For example, the City of Boulder, Colorado approved an outdoor lighting ordinance that prevents light trespass, reduces light pollution (also known as sky glow), reduces excessive glare, promotes energy conservation, and improves safety and security, including addressing the special nighttime lighting needs of an aging population. For these reasons, incorporate

appropriate light schemes into the landscape. That means down lighting, rather than up lighting techniques must be used. One solution is to use solar garden lighting versus electric lighting. Solar lights are typically dimmer than other types of wired landscape lighting. Municipalities and other government agencies are moving toward decreasing light pollution. For example, the City of Boulder, Colorado approved an outdoor lighting ordinance that prevents light trespass, reduces light pollution (also known as sky glow), reduces excessive glare, and they do not use consumable energy. Solar powered systems help people feel safe, lighting up dark areas with dependable off-grid solar power. The systems install easily with no trenching or wiring. Lighting applications can include anything from parking lots, streets, security lighting, general area lighting, trail and pathways, outdoor advertising, billboard and sign lighting, and transit applications.





Alma Rosa Winery & Vineyards maintains over 100 acres of certified organic vineyards in the Sta. Rita Hills AVA. The El Jabali and La Encantada vineyards were the first in Santa Barbara County to be certified organic by the California Certified Organic Farmers (CCOF).

Support Organic & Sustainable Farming

The Problem

Pesticide use -- which has increased 50 percent over the last 30 years -- has been linked to cancer, birth defects, and reproductive problems. Studies show that pesticides are among the five worst environmental threats to children's health. In addition, pesticides contaminate water and often poison wildlife. Non-sustainable farming has also been shown to lead to topsoil erosion, toxic runoff from farmland into rivers, lakes, and streams, and decreased biodiversity.

What you can do

Ask for organic produce. Often, organic produce costs more and is more difficult to get, but many supermarkets and greengrocers are willing to stock organic food if they know customers will buy it regularly. Talk to your friends and neighbors about their willingness to buy organic and then let your produce manager know that many customers are interested.

Deal directly with organic food growers and suppliers. If you can't find a local grocer who will stock organic food, contact organic growers and suppliers directly.

Become a Community Supported Agriculture supporter. Community Supported Agriculture (CSA) cooperatives bring together local farmers and consumers. As a member of the cooperative, you pledge to cover farm operation costs for the season. In return, you share in the harvest. CSA farms are not all organic, but they all strive to operate sustainably.

Farmers: cut down on pesticide use. Innovative and successful farmers around the country are switching from conventional pest management practices, which are heavily reliant on pesticides, to profitable alternative agricultural practices that substantially reduce pesticide use.



Local Government and the Environment

Millions of us feel strongly about a host of issues, but fail to get involved and make our views known to decision makers.

What can you do?

Contact your elected representatives - Whether it's on the local, state, or national level, let the people who represent you in government know what you think -- and what you expect -- concerning issues that are important to you. Write, phone, and email your mayor, governor, and state and national legislative representatives to let them know you're watching - and that you vote.



Report the polluters in your community. Do your part to make sure that local industries comply with regulations on discharging waste into air or water, or onto land. Join a local clean water or environmental group that monitors industries and sewage treatment plants that are discharging wastes into your water or air.

Familiarize yourself with the procedures for reporting violations to the local and county environmental and health authorities.

Fast Facts

- **When to Register**
In order to vote in any election--national, state or local--you first need to register at least 25 days before the election.

Working together

Audubon Today

There are more than 500 Audubon societies and businesses in the United States today. Each of these groups is independent and separately incorporated, and each is free to establish its own programs. Audubon organizations vary greatly in their scope and missions— some remain small bird clubs, while others focus on state, national, or international bird conservation and environmental issues. Through a diversity of approaches, Audubon organizations today carry on the conservation ethic begun at the turn of the 20th Century and make up what we call today the Audubon Movement.

Audubon Lifestyles

Audubon Lifestyles accomplishes its goals by developing partnerships with individuals and businesses that embrace the same set of principles and ethics that we do. There is no single path towards a sustainable future -- quite the contrary. Each person must create their own path toward a sustainable future. By linking together individuals, businesses, universities, communities and not-for-profit organizations and creating a unified team approach based on The Principles of Sustainability, we can collectively accomplish more than anyone can accomplish alone. We believe that the most natural way to achieve success and to foster sustainability is by working to balance the triple bottom line of people, profit, and planet. We operate with the main purpose of benefiting society, while offering professional and sustainably based products and services. Proceeds from our programs and services are contributed to local, regional, national and international Audubon societies and other charitable organizations.

Learn more at: www.audubonlifestyles.com

The International Sustainability Council (ISC)

The International Sustainability Council (ISC) is a not-for-profit organization dedicated to advancing understanding of relationships among ecological, social and economic systems for the mutual benefit of people and the environment. This will be achieved by forging partnerships with governmental agencies, universities, businesses and not-for-profit organizations that will result in the development of an accepted set of Principles of Sustainability. In addition activities supported will be continuing research, education and the production of various forms of educational and literary works that will be used as the basis of the creation of sustainable demonstration projects that are connected to the various aspects of sustainable community planning, development and management.

Learn more at: www.thesustainabilitycouncil.org

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Additional Resources & Sources

Audubon Lifestyles

www.audubonlifestyles.com

The International Sustainability Council

www.thesustainabilitycouncil.org

Saving Natural Resources

Natural Resources Defense Council

www.nrdc.org

Home Yard Waste

Compost Guide

www.compostguide.com

The US Environmental Protection Agency

www.epa.gov/compost

Landscape Lighting

A Consumer Guide to Low Voltage Outdoor Lighting
Solar Light Store

www.sitelights.com

www.solarlightstore.com

Organic Farming

Organic Farming Research Foundation

www.ofrf.org

National Agricultural Library

www.nal.usda.gov

Local Government & the Environment

Project Vote Smart

www.votesmart.org

Audubon Today

Audubon International

www.auduboninternational.org