Tips for Energy Conservation
- PART 2

Install daylight controls for exterior lighting.

Establish a policy to only purchase Energy Star computers and appliances.

Eliminate mini-fridges unless needed for medications.

Consolidate staff refrigerators in order to eliminate unnecessary ones.

Check that all refrigerators have adequate seals and have the custodian’s annual maintenance list include cleaning the refrigerator coils.

If your refrigerator is older than 1993, use the EPA calculator to determine if your refrigerators are in need of updating.

Check that refrigerator temperatures are between 38-42 degrees

Dear Jeanette,

As some of you already know, I am stepping down as Administrative Assistant, for health reasons, after seven years. I am glad to say that the board has hired Jeanette Hardison, who has years of experience in recycling and conservation (see below) and I turn the reins over to her in confidence.

In the past seven years, there has been much growth in OGSA, from large (new, more interactive website) to small (moving from paper files to Access database). It was a constantly changing process, working with a volunteer board and learning how to assist regional coordinators and schools from all over the state. I certainly learned a lot about conservation and recycling in Oregon!

I have enjoyed my time with OGSA tremendously, and have been proud to serve as the contact person for this organization of enthusiastic volunteers. I am glad I was able to meet many of you at Summits through the years, and I look forward to watching OGSA grow in the future.

Thanks for all the cooperation and assistance that made my job easier.

Cathy McGuire

As always, we welcome any feedback you have that will help the board achieve the Oregon Green Schools mission and provide support to our member schools.

Email us at: mail@oregongreenschools.org.
Fahrenheit and freezers between 0-5 degrees Fahrenheit.

If you have vending machines, ask your distributor to delamp the machines.

Check all school faucets to ensure that the hot water temperature is between 120-130 degrees Fahrenheit.

Check that all heating/cooling vents in classrooms are unblocked.

Create a district-wide policy to save energy. Encourage your school and district to eliminate T12 lights and magnetic ballasts and replace with T8 lights with electronic ballasts.

School Spotlight: Southridge High School

After the work of many students past and present, Southridge had the honor of becoming the first Premiere Level Green School in the Beaverton School District. Through the work of their Student Government, Southridge High School (pictured above) raises awareness about conservation and recycling with such projects as their Caps Off Campaign, Dim Day and Earth Day activities. The Caps Off Campaign encourages students to recycle properly by removing caps from water bottles, as well as rewarding students who use reusable water bottles. The Dim Day project became a school tradition, rewarding classes that remembered to turn off half their lights once a week in an effort to conserve energy.

Southridge High School also helps surrounding feeder schools enter the Green School program. Student Leaders make plans to integrate curricular work and projects into their Green School efforts and continue the foundation laid by students who preceded them. Says one student of the effort put into maintaining Southridge's Green School status: "It's a legacy. We're not going to let it fall on our watch."

School Resources

New online course helps Oregonians learn basics of recycling and composting

Oregonians who want to positively impact their community's environment can now enroll in Recycling 101, an innovative, noncredit online recycling education course.

Offered by Professional and Noncredit Education at Oregon State University, Recycling 101 draws on research-based best practices, case studies and instructional multimedia to introduce participants to the life cycle of recyclables, hazardous waste and compostables. Participants who complete the course will learn how to reduce waste in their home and workplace. This course also profiles small local businesses that have applied recycling best practices and significantly reduced costs and environmental impact.

The interactive course is self-paced and allows participants to connect with key leaders in community waste reduction efforts.

Recycling 101 is modeled after the successful Master Recycler program, found in eight Oregon communities. To date, approximately 2,500 Oregonians have completed the course and gone on to contribute more than 42,000 hours of volunteer outreach.

Dozens of private, nonprofit and governmental organizations throughout Oregon contributed financial and curriculum support to develop Recycling 101.

EPA Water Conservation Resource Links
May News from Oregon Green Schools Association

Water Conservation Tips for Schools:  
http://www.epa.gov/region1/eco/drinkwater/water_conservation_schools.html

Waste Reduction at School:  http://www.epa.gov/waste/wycd/atschool.htm

News of Our Green Schools

Bend La Pine School district recently purchased a Kill-A-Watt Meter to assist school green teams in their energy reduction efforts. It is a small device that measures how much power a plug-in appliance is using at the moment and how much energy it consumes over time. Teachers and green team leaders can borrow the device to use with students.

On May 15th The Environmental Center is hosting the first Green School showcase for Central Oregon Schools. It is a way to celebrate green teams in our schools and to share actions and accomplishments. We have 10 schools coming to the festivities. Student green teams will make presentations, show movies and describe their great efforts in waste reduction and energy efficiency.

Meet the New Oregon Green School Administrative Assistant

Jeanette Hardison

Hello! I'm Jeanette Hardison and I've joined Oregon Green Schools as the new Administrative Assistant, stepping into Cathy McGuire's talented shoes. I spent the last 12 years co-coordinating a commercial Resource Efficiency Program for the Corvallis Environmental Center, funded the last five years by Energy Trust of Oregon.

Since 1993, I have worked enthusiastically in this field in numerous capacities, including Recycling Coordinator, Conservation Analyst, program developer, grant writer, conference planner, presenter, trainer, annual Master Recyclers Class waste prevention speaker, Education Chair for the Association of Oregon Recyclers (AOR) Board of Directors, and volunteer Waste Prevention Action Team Co-Leader for the Corvallis Sustainability Coalition. In each of these capacities, the goal has always been to help my fellow Oregonians learn how to reduce their environmental impact through wiser use of resources.

I've been blessed to have had the opportunity to work in and with the private and public sectors, helping businesses, government agencies, community groups, residents, and K-12 through University level institutions become more resource efficient.

In 2000, I was awarded AOR's Statewide Individual Recycler of the Year for my efforts, though I feel my greatest accomplishments have been as part of collaborative efforts, working as a team towards a higher good. I'm excited to be working together with the OGS Board to help further advance waste prevention efforts in Oregon's schools.
Oregon Green Schools is a nonprofit organization that was formed in 1997. Oregon Green Schools is dedicated to helping Oregon Schools set up and maintain effective, permanent waste reduction and resource efficiency programs that improve school environments and communities, and recognizing schools for their efforts and achievements.

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