



A Few Green Points

Point Reyes National Seashore Quarterly Sustainability Newsletter

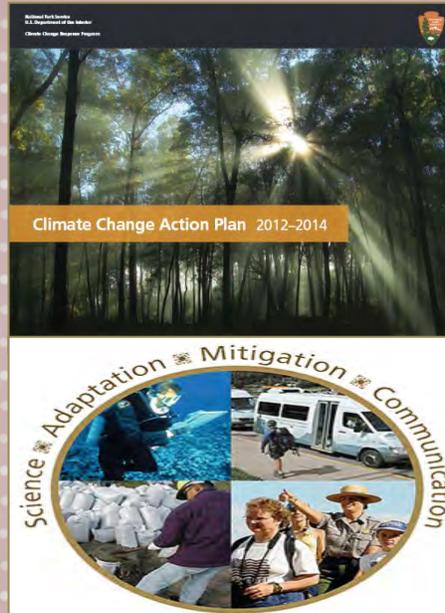
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PWR Parks to Champion Climate Change

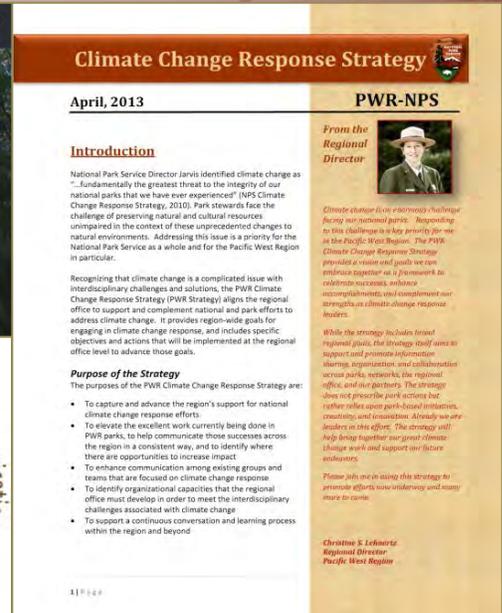
With unforeseeable consequences of climate change posing new challenges for national parks and the planet as a whole, climate change response has been identified as a key priority for the National Park Service. Many national parks and regions have designed adaptation plans and strategies with broad and specific goals geared to address the future impacts of climate change on the natural and human environments.

This year, as part of the Pacific West Region's (PWR) Climate Change Response Strategy, a community of "Climate Change Champions" has been put together to support the PWR's climate change response effort. This coalition of representatives from PWR parks, will serve as a catalyst and motivator to help raise the climate change response effort through collaborative, creative, and innovative action. The champions will work with PWR's Climate Change Coordination Committee (C4), to share ideas and best practices, provide feedback on strategies, and integrate these developed strategies in their respective park operations.

A project currently under development is a park-oriented climate change resource toolkit that will provide useful information and guidance to individual parks as they engage in climate change response. Feedback for the development of this toolkit can be submitted here: [PWR Park Climate](#)



Science, adaptation, mitigation, and communication will be key to developing climate change response strategies and efforts. Photo: (Top-Left) NPS Climate Change Action Plan cover; (Bottom left) Four areas of emphasis under the NPS Climate Change Response Strategy (CCRP); (Right) Pacific West Region Climate Change Response Strategy.



[Change Toolkit Needs Assessment Survey.](#)

Point Reyes National Seashore is one of several parks joining the PWR champions effort. In November 2012, the NPS Director Jon Jarvis, released the National Park Service *Climate Action Plan* to guide park managers in preparing for current and future climate change conditions. The plan sets high priority actions the NPS is currently undertaking, or is committed to undertake, in the next one or two years. This includes enhancing workforce climate literacy, engaging the youth and their families, and providing climate change science to parks.

For more information, visit:

- [Climate Change Response Program](#)
- [NPS Climate Change Action Plan](#)
- [NPS Climate Change Response Strategy](#)
- [PWR Climate Change Response Strategy](#)
- [PORE Climate Action Plan](#)

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Combined Federal Campaign's Go Green Initiative

This year the Combined Federal Campaign (CFC) Norcal is committed to helping the environment and creating a greener campaign through its new GO GREEN WITH CFC Initiative. The initiative aims at reducing printed materials, sharing, reusing, and recycling. Under the Cabinet's leadership, over 200 employees participated in a January 2010 survey that found 80% were interested in conducting a greener CFC program. The Campaign is continuing the initiative by providing this electronic copy of the 2013 Charity List (the list can be downloaded here:

<http://www.norcalcfc.org/files/Norcal%20Brochure%20-%20Final%201.pdf>

Charity contributions can be made online. (See links below. Details about online donations also in page 5 in charities list booklet):

Employee Express, CFC Nexus, or myPay.

http://www.norcalcfc.org/root/index.php?content_id=5119

The Campaign will end on January 15, 2014. To borrow a hard copy of the charity list booklet or for any questions about the Campaign contact Anne Tisei (415-464-5106).



America Recycles Day at Point Reyes Targets E-Waste

Point Reyes National Seashore joined thousands of recycling event organizers across the country by hosting its first electronic waste (e-waste) recycling drive event on America Recycles Day. The Seashore collected e-waste from the local Point Reyes Station-Inverness community and other outside areas. Items recycled included computers, TVs, printers, phones, A/V equipment, and other small electronics. Golden Gate National Recreation Area also participated in the event recycling a number of park electronics. E-waste was recycled through the local e-waste collector Renew Computers in San Rafael, CA (renewcomputers.com)

America Recycles Day, celebrated on the 15th of November each year, is part of the

Keep America Beautiful campaign and is a nationally recognized day and community-driven awareness event dedicated to promoting and celebrating recycling in the U.S. Since its inception in 1997, communities across the country have participated in the annual event to educate, promote environmental citizenship, and encourage action. Learn more at AmericaRecyclesDay.org.



Recycling Cork by Daniel George



Cork is a very sustainably produced material as opposed to the plastic and rubber kind. Cork is harvested from bark without killing the tree – a cork tree can live 300 years. Plastic closures are made from petroleum and are not biodegradable. Production of plastic stoppers produces 10 times more greenhouse gases than natural cork. But not only is the cork industry sustainable – the cork forests of the Iberian Peninsula (Southwest Europe) support an exceptional level of forest biodiversity, including endemic plants and endangered species such as the Iberian Lynx, the Iberian Imperial Eagle, and the Barbary Deer.

Where should I take my clean bundle of cork wine stoppers? It can be recycled at your local Whole Foods or you can take it to participating locations:

<http://recork.org/en/location/>

What will happen with the collected cork? It will not go back into wine bottles. Instead it will be ground up and used in flooring, shipping containers, bobbers, and other products.

For more info on cork recycling, visit: <http://recork.org/> and <http://www.corkforest.org/>

Cork and LEED: Recycled cork material can help earn LEED (Leadership in Energy and Environmental Design) credits in the Material and Resources, Indoor Environmental Quality and Innovation and Design Process categories.

12 Ways to Green the Holidays

Sara and Dale's **pretty awesome** twelve ways to be **green** this holiday season:

1. Resuse your Sunday paper's comics as gift wrapping paper. Not only are you conserving resources but you're adding some entertainment to your gift as well!
2. Use LED Christmas lights to conserve on energy. Make sure to recycle old Christmas lights.
3. Layer up in those ugly holiday sweaters while maintaining a toasty 68 F thermostat.
4. "Re-gifting" is OK. What's to discuss? If you receive something you don't like or need, look for ways you can
5. resuse by passing along to someone who would love it!
5. Handmake your gifts from reusable and recyclable materials.
6. If you plan on buying gifts, look for ones made locally, have little or no packaging, and are environmentally friendly.
7. Manage your tree wisely. If you plan to buy a real tree, make sure it was sustainably harvested (more info [here](#)). Check with your local recycler about tree recycling after the holidays. If you plan on using a fake tree, make sure it's recyclable.
8. Conserve gas by observing the speed limit, especially during crummy weather. Carpool if possible.
9. Seasonal, local food. Not only will it
10. taste better, it has a smaller carbon footprint because it traveled a shorter distance to your dinner plate.
10. Recycle – wrapping paper, plastic packaging, etc.
11. Lose the juice! No videogames for a one whole weekend. Bond over some board games.
12. Make sure Santa comes down the chimney, but then remember to close that damper.



Holiday Tree-Cycling



Compost and mulch made from Christmas Trees is highly prized for its acidic qualities. Please take advantage of the convenient recycling methods available to you. (Please remove the tree stand and all decorations prior to disposal. Please cut all trees over 6ft in half):

San Francisco – Recology will pick up your tree from 01/02-01/15/2014 on your normal pick up day. Place the tree next to the green (compost) bin. (Recology- 415-330-1300)

Marin City and Sausalito- Bay Cities Refuse will pick up your tree in the month of January on your normal pick up day. Place the tree next to the green (compost) bin. (Bay Cities Refuse-415 332-3646)

Fairfax, Greenbrae, Kentfield, Larkspur, Las Gallinas Valley, Marinwood, Ross, Ross Valley, San Anselmo, San Rafael, Sleepy Hollow, and Terra Linda- Marin Sanitary Service will pick up your tree in January 2013 on your normal pick up day. Up to two trees can be dropped off at Marin Resource Recovery Center, 565 Jacoby Street in San Rafael. (Marin Sanitary Service- 415 456-2601)

Bel Marin Keys, Hamilton, Ignacio, and Novato- Novato disposal services will pick up trees the week of Jan 7-11th on your regular collection date. Drop off locations include San Marin High School (\$5 unflocked, \$15 flocked). Pick-ups can be scheduled (415) 899-9223 (\$10, \$25 flocked)(Novato disposal services- 415 897-4177)

Almonte, Alto, Belvedere, Corte Madera, Homestead, Mill Valley, Strawberry, and Tiburon- Mill Valley Refuse will pick up your tree; place it next to your "green can" on the normal pick up day. Flocked trees OK (Mill Valley Refuse- 415 457-9760)

Tamalpais Valley- Tamalpais Community Services District will pick up your tree on your normally schedule pick up day the week of Jan 7th. After Jan 14th there is a \$15 fee (Tamalpais Community Services District- 415 388-6393)

Cloverdale (1/7-1/11), Healdsburg (12/31-1/11), Petaluma (12/31-1/11), Rohnert Park (1/7-1/18), Santa Rosa (1/7-1/18), Windsor (12/31-1/4)- place your unflocked tree beside your yard waste container on your regular collection day the dates mentioned above next to your city of residence. Unincorporated areas of Sonoma County should visit unicycler.com

Bolinas, Forest Knolls, Inverness, Lagunitas, Marshall, Muir Beach, Nicasio, Olema, Point Reyes Station, San Geronimo, Stinson Beach, West Marin, Woodacre- drop off at Point Reyes Fire station and Stinson/Bolinas Resource Recovery

Visitor Center to Install Energy Efficient Lighting

An energy efficiency lighting project at the Bear Valley Visitor Center (BVVC) plans to redesign the lighting to create a brighter, safer environment for the overall visitor experience while reducing the amount of electricity consumed. Energy-saving compact fluorescence and light emitting diode (LED) lighting systems will be installed, retrofitting a total of 193 light fixtures in the 7,100 square foot visitor center. With an emphasis on new green building technologies to reduce the parks carbon output, the proposed project will result in a calculated 17,472 kWh reduction in electrical consumption, which will save \$2,097 per year in utility costs. Additionally, through the proposed project Point Reyes National Seashore would reduce greenhouse gas emissions by 20.1 metric tons per year. Other project work includes the installation of motion sensors in various rooms and appropriate dimmer switches throughout the building. The project will look to begin in Spring 2014.



The interior exhibit space provides a glimpse of the diverse ecosystems and cultural heritage of the park. The new lighting project will look to maximize energy efficiency while maintaining the quality of light mandated for visitor centers and exhibit dioramas. Photo: NPS.

Future Trainings/Events

Jan. 7, 12-1pm PST: Kick-Starting Your Energy Management Program Webinar. Presented by Dept. of Energy. [Register Here](#)

Jan. 14, 1-2pm PST: Intro to the 2014 Version of the Home Energy Scoring Tool Webinar. Presented by Dept. of Energy. [Register Here](#)

Jan 14, 10am-12pm PST: Planning for Green Infrastructure at the Landscape Scale – A Case Study of New York Webinar. Presented by EPA. [Register Here](#)

Running More: A Continuing New Year's Resolution by Dale Dualan



Running as a physical exercise is no walk in the park. Just getting started or finding the motivation seems to be more than half the battle. However, if you find yourself running, the benefits are pretty clear: being more physically fit and active, having more positive feelings and energy, and staying more focused and motivated. For those looking to get off the couch and run more into the new year, here a few tips:

1. Check with your doctor to see if running is ok for you to do.
2. Baby steps first. Start at a comfortable pace and slowly increase your mileage and pace from there.
3. Run with a buddy to help motivate each other.
4. Find your running shoes that fill your needs and comfort.
5. Stay hydrated and focus on healthy eating.
6. Always stretch after a good run or jog!
7. Remember to have fun and play it safe!



Have any questions? Comments? Or a story or topic you'd like to suggest or contribute? Feel free to contact Dale Dualan at 415-464-5286 (email: Dale_Dualan@nps.gov) or Sara Hammond at 415-464-5165 (email: Sara_Hammond@nps.gov)