

APRIL 2009

Tip: Get a home [energy audit](http://www.ecovian.com/s/seattle/home-energy-audits), <http://www.ecovian.com/s/seattle/home-energy-audits> try a carbon fuel free weekend by riding your bike and walking, or build a [worm bin](http://www.seattleilth.org/learn/resources-1/compost/WormBinPlans.pdf/view) <http://www.seattleilth.org/learn/resources-1/compost/WormBinPlans.pdf/view>

Question of the Month:

What the Heck is "Clean Coal"? <http://www.slate.com/id/2201661/>

MAY 2009

Tip: Container gardening for those "acreage challenged"; try potting tomatoes and herbs in your clay pots. [Here](http://www.ces.ncsu.edu/depts/hort/hil/hil-8105.html) <http://www.ces.ncsu.edu/depts/hort/hil/hil-8105.html> is an article on the what's and how's of container gardening for vegetables.

Question for the Month:

How much greenhouse gas does your organic garden absorb?

Depends on the soil's organic matter; lets say it is confined to the top 8 inches; 8 inches of soil weighs 56 lbs/square foot; so soil with 1% organic matter contains (1% of 56 lbs)= .56 lbs of carbon per square foot. multiply .56 lbs X square feet of garden =number of lbs of carbon sequestered in the soil.

see the full answer [here](http://www.alternet.org/story/10050/). <http://www.alternet.org/story/10050/>

How to determine your soils organic matter click [here](http://www.thisland.uiuc.edu/50ways/50ways_21.html). http://www.thisland.uiuc.edu/50ways/50ways_21.html

JUNE 2009

Since many of us are getting out of our cars for the nice weather, the Tip and Question of the Month is focused on Alternative Transportation, i.e. walking, biking, mass transit and driving less

Tip: Challenge your family. See how many trips from your home can be condensed into one, i.e make those trips really count by staying local, and reducing those miles from your home by reducing the number of times you have to leave by car. Try walking, biking or taking mass transit. If it is not easily done where you live, try reducing the number of times you have to get in the car by organizing your week and only leaving your house one or two less times than you normally do. Try carpooling in your neighborhood or shopping together with neighbors so you only are using one car for those errands.

For those already biking, walking or using mass transit, invite a friend or neighbor to ride, walk with you.

Question:

How many lbs of CO₂ are emitted/day due to miles traveled on the roads in Washington State?

- A. 50,000 lbs
- B. 25,000 lbs
- C. over 120,000 lbs
- D. over 1 million lbs

Answer: C

.8 lb of CO₂ /mile x *156, 065 miles driven/day in WA= 124,852 CO₂/day
Pounds CO₂ per gallon gasoline burned = 19.56.

U.S. Energy Information Administration (EIA).

transportation sector produces about 30% of energy-related emissions in the US
0.8 pounds of CO₂ per mile driven.

Transportation

Automobile: Inputs are for number of miles driven and fuel efficiency of the cars, or alternatively the make, model, and year of the cars. If make, model, and year are given we derive the fuel efficiency of the car from a database provided by TerraPass.

Total number of miles driven is divided by fuel efficiency (miles per gallon) of the vehicles to determine total number of gallons of fuel that are used. Number of gallons of gasoline is multiplied by the emissions factor of 19.6 to convert to pounds CO₂, or 22.4 for diesel vehicles. These emissions factors come from the Energy Information Administration, Fuel and Energy Source Codes and Emissions Coefficients.

**Total 156,065 from 2007 HPMS Database <http://www.wsdot.wa.gov/mapsdata/tdo/annualmileage.htm>*

Washington Commuters 3,030 (1,000) drive alone 72.8 % 2006= 2, 184,000 million 24.8 minutes average time to commute to work WA state, if traveling 30.38 miles .015 tons of CO₂

JULY 2009

Tip: Since we are upon the gardening season, the CoolMom Green tip, is decrease your watering by these easy methods at [Mama's Health](#).

Question:

What approximate percentage of carbon emissions is caused by cutting down forests?

- a. 10-15%
- b. 15-20%
- c. 20-25%
- d. 25-30%

[answer:](#) c

AUGUST 2009

Tip: Is the heat making you cranky? Here are some tips to help CoolMoms keep their Cool.

- Stay cool at night by camping out in your basement or lower level of your house or even outside. The kids will think it is great fun and you all will feel less cranky.
- Visit a local wading pool instead of using your own kiddie pool or take a trip to a local lake to cool off.
- Make homemade popsicles with cups and tongue depressors out of juice from your refrigerator; use plastic cups so you can reuse them.
- Find some shade. Read a book, build a “tiny town” out of recyclables.
- Don’t use the oven! Use the stove top or microwave whenever possible. Have sandwiches for dinner with raw veggies and fruit.

Question:

If every U.S. household replaces one box of 48 ounce, petroleum-based powder laundry detergent with a vegetable-based one, there will be enough oil to heat and COOL _____ homes in the US for one year?

- 2,000 homes
- 3,500 homes
- 5,300 homes
- 10,000 homes

Answer: c, From Seattle bite: 7/7/09 Oil (not mind) control. If every U.S. household replaces one box of 48-ounce, petroleum-based powder laundry detergent with a vegetable-based one, we'll save enough oil to heat and cool 5,300 homes for a year.

SEPTEMBER 2009

Tip:

In celebration of your child(ren) returning to school, try on these tips for reducing that carbon and making a greener footprint.

- * walk to school. Create a [walking schoolbus](http://www.walkingschoolbus.org/) in your neighborhood and get all your neighbors involved in getting the kids to school.
- * bike to school. [Bike](http://totcycle.com/) those younger kids and have the older ones ride their own.
- * carpool. After the first couple of weeks of school, exchange numbers with your child’s classmates’ parents and map out where everyone lives and design a carpool schedule.
- * take the bus. Even standard buses built in recent years are cleaner than those built 20 years ago – 60 times cleaner, according to the American School Bus Council (ASBC). There's another benefit as well: school bus travel is 13 times safer than non-commercial vehicles, the ASBC says.
- * Read more: http://greenliving.suite101.com/article.cfm/greener_ways_to_get_to_school#ixzz0PrmY2xXY

Question:

By leaving your car at home just two days a week throughout the year can reduce green house gas emissions by? (this is yearly average in the U.S.)

- a. 900 pounds per year
- b. 1600 pounds per year
- c. 5000 pounds per year
- d. 10,000 pounds per year

answer is b.

<http://www.epa.gov/earthday/tips-saveenergy.htm>

October 2009:

Tip: Create your own 350.org action in your home or community for this special day, October 24, 2009. Either through your CoolMom group, school, work or just in your own family, create a way to recognize this day. Some suggestions are: Create a no t.v. week, drive less, unplug for the day, or create a community garden-like West Seattle CoolMoms or plant trees like Sustainable Magnolia. For ideas and to view the CoolMoms/community partners action ideas go to either 350.org or [facebook](http://facebook.com/350.org) (located on the 350 Washington page <http://www.facebook.com/event.php?eid=172707348695&ref=ts>).

Question: In recognition of 350 International Day of Action, what is the **current** parts per million level of CO₂ in the atmosphere?

- a. 325 b. 385.92 c. 399.23 d. 600; answer at that time was b.

October tip of the month: 350.org is bringing awareness to climate change by highlighting the safe level of CO₂ in the atmosphere.

Novembers 2009

Tip:

Here is an oldy but goody. As we enter the colder season in Washington, lets challenge our families and our neighbors to see how low you can place that dial on your thermostat. So, we are going to create a friendly competition among our groups. We will start tracking our thermostat averages per household. Starting in November, turn down your thermostat as low as you feel is comfortable for your family, by the end of the month report on average the degrees you kept in your house for the month to your Coordinator. I will collect the numbers for each group and the winners will get a prize... stay tuned for that.

Question:

The EPA (Environmental Protection Agency), just came out with the analysis of the proposed Senate bill to combat global warming. And they estimate that the bill would cost an additional \$_____ towards the typical household's energy costs.

answer is: a. \$5,000 b. \$2, 000 c. \$385 *d. \$100

answer to the question is d. \$100.

December 2009

Tip: For those that celebrate the holidays, challenge yourself to this: try to limit your shopping by 10% less than you did last year and do all your shopping for the holidays on one to two days. Take a friend with you and double your carbon savings!

The tips to travel greener are:

*stay-vacation-holiday would be the most carbon friendly. Create your holiday at home. But because many of us have family that live either miles away or out of state, here are some traveling tips to help ease that travel carbon footprint:

* if you have to drive, try renting a hybrid for your holiday travel plans. If you do use your own car, a maintained car can reduce carbon emissions, having a clean air filter improves fuel economy by 10%, inflated tires by 3%, well-tuned engine 4%,

* travel in off peak hours to eliminate being in stuck in traffic which can double your fuel consumption rate, ditch the excess baggage, 100 lbs of stuff you have to haul by car, decreases gas mileage by 2%,

*maintain a steady speed, rapid acceleration and deceleration can decrease gas mileage by 33%

*if you have to fly, take the most direct route and non-stop flights to minimize carbon-heavy takeoffs. Reduce your luggage load by purchasing experiences in your family's home town and using wrapping that can be re-used or part of the gift, such as handkerchiefs, a shirt, or a scarf.

other tips here:http://www.ucsus.org/clean_vehicles/solutions/cleaner_cars_pickups_and_suvs/greentravel/getting-there-greener.html

QUESTION: The average American travels _____ percent more between Christmas and New Year's, which translates to more carbon emissions.

a. 54% b. 30% c. 23% d. 15%

Some great stats and tips here: <http://www.estyep.com/documents/DreamingofaGreenChristmas.pdf>

c. is the answer.

January 2010

Tip: This month's CoolMom tip is more like a New Years Resolution of sorts. The tip is to change your lifestyle by doing three things that can make a large impact on your carbon emissions. These things can include weatherizing your home, reducing your car miles, and purchasing locally grown and produced products throughout the year. Make a New Years Resolution to benefit not only your wallet, but the future of your children. Reduce your carbon emissions by one ton by the end of 2010!

Question:

What does one ton of carbon look like?

- a. one large cargo ship [container](#)
- b. 1/2 of a cargo ship container
- c. 1/16 of a cargo ship container
- d. 1/8 of a cargo ship container

answer, d. approximately 1/8 of a 96'x48'x40' cargo ship container

see also the actual 27'x27'x27' cube of "carbon dioxide" built by a teacher and his students [here](#).

March 2010

Tip: In gearing up for partnering with Sierra Club's Coal Free Washington Campaign, our educational question of the month will be to educate members about this campaign and what we can do to take action on getting Washington to become a Coal Free State. Send a message to Governor Gregoire to end our reliance on old dirty coal and to make the transition to clean energy. Click here to send your message and watch the ad by the Sierra Club <https://secure2.convio.net/sierra/site/Advocacy?pagename=homepage&page=UserAction&id=2847>

Question:

What percentage of Washington's energy comes from Coal Production?

- a. 10%
- b. 20%
- c. 28%
- d. 32%

answer, b. 20% see a complete explanation here:

<http://cascade.sierraclub.org/node/2201>

April 2010

Tip: Spring has sprung. So as we look upon our blossoming lawns and gardens, let's start to think about 'how', 'when' and 'what' we are growing in them.

Here are some great tips to grow edibles in your lawns and gardens:

Start early growing with a **cloche (garden cloche was once solely made of glass but now may be made of many clear materials. It is placed over young plants to protect them from insects or harsh weather). More here: <http://hubpages.com/hub/Portable-Garden-Cloche>

Seattle Tilth has **your list of hardy plants for cloche growing here <http://seattletilth.org/learn/resources-1/almanac/march/cloche-sowing-speeds-harvest/?searchterm=spring%20planting>

** Take a **Soil Test** Check soil pH with a home soil- test kit, taking several samples from different planting areas for an accurate reading. Enrich soil as necessary: Add dolomitic lime to raise the pH or elemental sulfur to lower the pH. Check out the Seattle Times article on soil testing for more details here: http://seattletimes.nwsources.com/html/homegarden/2009865142_websoiltest15.html

**Edible Plant Sale, Seattle Tilth May 1st and 2nd: http://seattletilth.org/special_events/edibleplantsale2010

Match Making your plants, say what? yup, **matching up plants can help discourage insects and improve flavor. check out who is matching up here: <http://www.vegetablegardener.com/item/8541/sow-happy-together>

****Organic Gardening Tips** <http://www.gardenguides.com/organic-gardening-tips/>

****Edible Landscapes Factsheet** <http://ohioline.osu.edu/hyg-fact/1000/1255.html> and from our **very own CoolMom Kimberly Christensen** (2002) <http://archive.seattlepressonline.com/article-9571.html>

Don't have the time or acreage? Then try these on for size:

Guide to **container gardening page 1- <http://www.gardenguides.com/685-guide-container-gardening.html> page-2 (concentrates on vegetables) <http://www.gardenguides.com/686-guide-container-gardening-2.html>

Some more **container gardening tips** here <http://www.extension.iastate.edu/Publications/PM870B.pdf> and here <http://ohioline.osu.edu/hyg-fact/1000/1647.html>

City Girl's Guide to Country Gardening <http://planetgreen.discovery.com/home-garden/city-girls-guide-gardening.html>

Question:

What the heck is permaculture, anyway?

a) a fancy new hair-do b) a new wave culture in Sweden c) designing ecological human habitats and food production systems d) a new way of capturing rain water

**some facts and interesting information on permaculture: <http://attra.ncat.org/attra-pub/perma.html#intro>

short answer: c

long answer: Permaculture is about designing ecological human habitats and food production systems. It is a land use and community building movement which strives for the harmonious integration of human dwellings, microclimate, annual and perennial

plants, animals, soils, and water into stable, productive communities. The focus is not on these elements themselves, but rather on the relationships created among them by the way we place them in the landscape. This synergy is further enhanced by mimicking patterns found in nature.

May 2010

The tip and action of the month is all about the Alternative Transportation Pledge Drive, CoolMom is promoting to get folks out of their cars, model alternative travel, cut carbon and raise money for CoolMom.

Find great tips for taking the bus, biking and walking under Alternative Transportation Tips on Tip of the Month page.

Question: How much can you save in carbon this month by traveling alternatively?
The answer: is up to you :)

JUNE 2010

Tip:

How to stay cool on a low carbon diet? Here are some tips for the summer months, if we ever do get summer :)

Place a fan in the highest part of your house to pull cool air up from your lower level; sleep in the basement (if you aren't afraid of the spiders:); outdoor shutters or bamboo blinds; mylar blanket on your windows to reflect light; drying clothes indoors can act as a cooling system as the water evaporates. Have an idea not listed here? Please share.

Question for June and July:

How much carbon can you save per load of laundry by hanging out your laundry instead?

- a. 10 lbs
- b. 8.2 lbs.
- c. 5.6 lbs
- d. 20 lbs

Answer:

C. 5.6 lbs.

Part of the article taken from Terrapass.com:

If Americans are really going to fight climate change, one obvious place to start is by reducing the use of the third most energy sapping appliance in the home (after the refrigerator and washing machine).

Not only does it save us money, but it cuts down on CO₂ use as well. Let's look to see what kind of impact letting our garments air dry on a clothes horse has (advanced spreadsheet [here](#), including gas dryers -if you can't pull this up see below for advanced spreadsheet). Here is a [chart](#) that shows money and CO₂ savings when we line dry our clothes instead of using an electric or gas dryer. (*Taken from Terrapass.com*) Another [article](#) with video on "How much energy is used by the clothes dryer".

JULY 2010

Tip: Since we are now officially in the summer months, it the time to start thinking about ways to keep cool. Us at CoolMom, like to do this on a low carbon diet.

Here are some tips for the summer months.

- Place a fan in the highest part of your house to pull cool air up from your lower level. [Fan tips](#)
- Sleep in the basement (if you aren't afraid of the spiders:).
- Place outdoor shutters or bamboo blinds on your windows.
- Use a mylar blanket on your windows to reflect light.
- Dry your clothes indoors and it will act as a cooling system as the water evaporates.
- Dampen a t-shirt and sit in the shade so cool breeze can help cool you down.
- Go to a public waiting pool and stick your feet in!
- Exercise during the cooler times of the day.

Some long term solutions to keeping cool.

- **Insulate your home.** This will also help with heat loss in the winter months. A home that has well-insulated walls and attic will actually keep the heat out in hot seasons. Just imagine your home as a gigantic ice cooler! Another bonus is that there may be government grants to help offset the cost of this kind of upgrade.

Some [green insulation](#) tips from TreeHugger.

- **Plant Trees.** Trees can shade your home or yard and keep things considerably cooler. Deciduous trees, those that lose their leaves in winter, will let sunlight through in winter when it's desired and create shade in summer. Awnings and planning the exposure of windows and doors in a home you are building can also provide shade. The south and west sides of your home will generally be the hottest and most in need of shade. Tips on planting [trees](#).
- **Use light-colored roofing.** If you have the choice, choose a lighter roof or roof coating. It will reflect sunlight rather than absorbing it. Cool roof article [here](#).

Don't have a choice, what about painting it white? Here is an article on Treehugger about [white roof painting](#).

What you need. Simply, a line, a basket and some clothes pins. Here are some ideas that will help you get [started](#). *CoolMom is not endorsing these items, but is merely providing some ideas for clothes lines.*

Tips on hanging those clothes out to dry.

1. Get your kids into the act, check out [Laundry Learning](#) for ideas
2. Take laundry off the clothesline when jeans or towels are still just barely damp and dry the load the rest of the way in the dryer. Everything -- towels, socks and all -- will be soft and flexible just as if they were in the dryer the whole time. Suggestion, don't include any clothes you intend to iron -- the "starch" that line drying gives to dress shirts and slacks works well.
3. Don't set up your clothes line under trees, birds will tend to do their business on your freshly hung clothes.
4. Fold jeans and pants with the crease down the front if you'd like a crease when dry.
5. Hang shirts by the hemline instead of the shoulders -- you won't have bunched-up shoulders when the shirt is dry.
6. Be careful about drying black and navy clothing -- or anything else that tends to fade -- in the sun. They may fade, but not evenly -- just where the sun hits them. Dry these items on a line or rack in the house if needed.

Other laundry tips [here](#) scroll down to the list of 8 tips for hanging out laundry.

Check out the Top Ten [Reasons](#) to Line Dry. *Taken from laundrylist.org*

Hanging out clothes on a line can be done, and it goes a long way toward reducing the use of electricity, natural gas or propane, all of which have global warming and other negative environmental effects. It also saves you money!