

Making a Pit Stop for the Environment



We put the pedal to the metal and it just goes...but most of us don't give much thought to what keeps our vehicle going. We gas up and have oil changes without paying much attention to what it takes in the shop to keep our expensive investment on the road.

In Connecticut there are over 5,000 auto repair and body shops working to keep our vehicles running smoothly. Many different types of parts and fluids are required to accomplish this goal – and when removed from a vehicle can have a negative impact on air and water quality if managed improperly.

To help the vehicle service facilities learn how to better manage the wastes their businesses generate, the CT Department of Environmental Protection (DEP) recently held several training workshops and published a revised edition of the environmental shop guide, "Pit Stops." This useful compilation of fact sheets contains up-to-date information about environmental regulations and pollution prevention covering all aspects of vehicle service facilities. Stakeholders from outside groups involved in auto repair or bodywork helped develop or review the new guide.

Approximately 200 vehicle service facility operators attended the Pit Stops workshops held in June. The first workshop, co-sponsored by the Connecticut Auto Retailers Association (CAR), attracted mostly service managers from car dealerships. Personnel from



Workshop attendee checks out vendor booth.

a variety of vehicle service facilities attended the second workshop, which was held in the evening and also featured a vendor showcase with environmentally preferable products and services. At the workshops attendees received the new Pit Stops Fact Sheets and a laminated checklist that can be used by the business as a quick reference to gauge compliance with certain regulations. DEP staff conducted the workshops, using the checklist as a training tool. ■

For more information on the Pit Stops program, contact Judy Prill, DEP Office of Pollution Prevention at (860) 424-3694 or judith.prill@po.state.ct.us. The Pit Stops Fact Sheets will be on DEP's website at www.dep.state.ct.us/wst/p2/vehicle/abindex.htm



Workshop attendees learn how to manage shop wastes properly.

Putting Energy into Stewardship: Congregations Becoming Earth Friendly, Conserving Energy and Other Natural Resources

Places of worship, whether housed in a church, temple, mosque or other building, use energy and other natural resources, and have the bills to prove it! Many congregations are concerned about the environment, and are taking action to become better resource stewards. In fact, there are materials, case studies and other useful information available geared specifically to congregations that can provide ideas for moving in this direction. Here are some examples of what others have done at the state, local and national level.

At the state level, the **Inter-Religious Eco-Justice Network (IREJN)**, a network of diverse faith communities in Connecticut, promotes stewardship of the Earth as part of its mission. They provide educational tools and other resources that have helped faith communities in Connecticut look at their environmental impact and find ways to become more sustainable, mostly through energy efficiency and purchasing clean, renewable energy. IREJN is part of the campaign to purchase 20% of its electricity from clean energy sources by 2010. For more resources and to learn which CT congregations have become more earth friendly by purchasing renewable energy, visit the IREJN's website at www.irejn.org.

Locally, three congregations of the **Unitarian Universalist Association** in the Hartford region have started a **Green Sanctuary Project** with several goals, two of which are to build awareness of environmental issues and take community action. With the help of a parishioner who is also an engineer, the Universalist Church of West Hartford began with an Energy Audit of the church buildings and identified these items:

- **Heating:** The main boiler and steam distribution system were evaluated. Funds were allocated to replace the steam traps that had not been properly maintained for several years, and improve steam piping insulation. Boiler improvements included a new reset temperature controller that utilizes outdoor air temperature to adjust the total run time and a dual-fuel conversion so that either natural gas or oil can be used. This has resulted in cost savings since the church is able to select the most cost-effective fuel.
- **Lighting:** Incandescent lamps were replaced with compact fluorescent bulbs that cut electric use by 75% and last much longer. To encourage use of compact fluorescent bulbs, a wholesale supply of bulbs was made available to church members at a discount for their homes. Sales were made during coffee hour. A \$1 contribution was added to each sale to fund additional upgrades to church lighting.
- **Summer Cooling:** The main church is not air-conditioned and summer services were uncomfortably hot. Analysis of

airflow patterns revealed that using the operable windows could provide ventilation and vent openings in the steeple could promote convective airflow. This improved comfort levels on warm Sundays.

In addition to the energy projects, this congregation looked at ecological improvements, education, and even some behavioral changes. These included:

- **Rain Garden:** A broken drainpipe created a unique opportunity to manage rain water more ecologically. Ordinarily runoff from roofs and parking lots is diverted to a storm drain that sends the water to the nearest stream or river. This approach eliminates the beneficial process of returning water into the ground where it can be purified and recharge the ground water system. When the broken pipe was repaired, water retention basins were installed that allow rainwater to drain into a garden area; the water is held and allowed to percolate through the soil and into the ground water. An overflow mechanism diverts any excess water from heavy rains into a nearby storm drain to prevent flooding.
- **Wildlife Sanctuary:** Butterfly bushes and other flowering plants have planted on church grounds to attract migrating butterflies and birds. Under consideration is the conversion of some wild areas adjacent to the parking lot into garden plots for growing flowers and vegetables to donate to the homeless.

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Rain Garden at the Universalist Church of West Hartford.

A Smaller Footprint

Pitney Bowes Inc. in Stamford, Connecticut, an internationally known company that provides mailing, messaging, and document management solutions, has begun designing their products so they can be reused, re-manufactured, or recycled – giving them more than one life. In addition, as part of the company's award-winning WasteWise Initiative, the slogan "Sort at the Source" is being used to encourage additional solid waste reductions and new ideas for recycling. This all adds up to a smaller environmental footprint (less impact on the environment) and a better bottom line!

Pitney Bowes recently reported that nearly 11,400,000 pounds of various materials from its operations were recovered for recycling in 2003 (through the company's WasteWise Initiative). Even food service polystyrene (e.g., plastic foam lunch trays) is recycled at facilities with onsite cafeterias – special equipment shreds the polystyrene and then transforms the shreds into a gel. The gel is returned to the recycler who then manufactures it into other plastic products.

Innovative strategies are also being employed by Pitney Bowes in the design and manufacture of its products to the point where the product is ready to be discarded, and everything in-between. Both the CT DEP

and the U.S. EPA have recognized Pitney Bowes for its environment program accomplishments. The company is a five-time winner of DEP's GreenCircle Award (www.dep.state.ct.us/pao/grncrc/greencircle.htm) and has received several awards from EPA's WasteWise program (www.epa.gov/wastewise/), including the 2004 WasteWise Large Business Partner of the Year award.

A sample of the programs underway, include:

- The **Design For Environmental Quality program or DFEQ**, sets goals to use fewer resources and less toxic materials to produce a product, increase reusability and recycling, and use less energy during the customer's use of the product. Environmental product profiles for several mailing products that have been designed using DFEQ can be accessed on the company's website (www.pb.com/ehs). About 75% of newly manufactured mailing machines are now Energy Star certified.
- A **Certificate of Compliance** is used by Pitney Bowes in "greening" its supply chain, an effort that is almost 10 years old. All suppliers must demonstrate that their products, processes and packaging meet Pitney Bowes envi-

ronmental standards. Pitney has even provided on-site technical assistance to suppliers to help them reduce their environmental and energy impacts, and costs.

- **Asset Recovery** is an aggressive product take-back program that currently captures 85% of Pitney Bowes' marketed products. The goal is to repair, refurbish or remanufacture as many as possible, but if this is not feasible, parts are harvested for re-use or are recycled.

Pitney Bowes believes that protecting the environment is synonymous with doing good business. It's no secret that the company strives to be a leader in its environmental performance and has many on-going programs to reduce its impact. Designing products that are environmentally friendly, recycling, and waste reduction are just a few of the ways Pitney Bowes is reducing its environmental footprint. The company is also conserving energy, purchasing clean, renewable electricity, has an award winning employee commuter program, and launched an environmental management system (EMS) at its Danbury facility (which is ISO 14001 certified). Details on these efforts will be available later this Fall in a case study being prepared by DEP, so check the website at www.dep.state.ct.us/wst/p2/index.htm. ■

Putting Energy...

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■ **Environmental Education Programs:**

On the Sunday following Earth Day, the Green Sanctuary Committee presented an environmental program. An environmental curriculum is also being developed for use in the Sunday school classrooms.

- **Coffee Hour:** The church switched its use of conventional coffee to shade-grown, fair trade coffee. Conventional coffee plantations use monoculture agricultural techniques, extensive use of chemicals, disrupt local bird populations and contribute to soil erosion, and the coffee growers get a minimal

price for their beans. Fair trade coffee production is more protective of the natural eco-system and growers are guaranteed a fair wage.

- **Consumerism:** Information was developed and included in the church newsletter during the holidays about our excess consumption of goods and resources. The film "Affluenza" was shown which helped to put in context U.S. consumption relative to the rest of the world, and raises the notion that excess consumption may be a misguided attempt to fill the void many feel in their lives.

On the national level, **EPA's Energy Star for Congregations program** has created

a guidebook, an awards program, and has success stories of real congregations. One success story on the US EPA's Energy Star website features Congregation Beth El-Keser Israel (BEKI) in New Haven, CT. BEKI began with lighting upgrades in 1999 in its 33,000-sq. ft. facility, and recently replaced a 40-year-old air conditioning unit. The new unit will save more than \$6,000 annually and its annual payment will be less than repair bills for the old unit. The 35,714 kWh saved will prevent about 61,642 pounds of CO2 emissions annually. For resources to help your congregation get started on saving energy, visit the Energy Star website at http://208.254.22.6/index.cfm?c=small_business.sb_congregations ■

P 2 C A L E N D A R

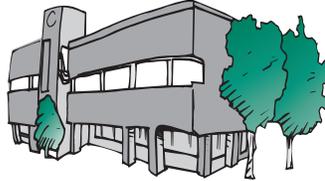
A S E L E C T I O N O F P 2 R E L A T E D E V E N T S

September 20 - 26, 2004 National Pollution Prevention Week

This year's theme is "Send a Message" - share information about pollution prevention (P2) to help improve the environment for everyone. For ideas on how to celebrate P2 Week, visit the National Pollution Prevention Roundtable's website at www.p2.org/p2week/about.cfm or for a calendar of events sponsored by the DEP, visit www.dep.state.ct.us.



September 21, 2004 LEED Intermediate Training Workshop, New London



Learn about green building design benefits and strategies and how to use the Leadership in Energy and Environmental Design (LEED) rating system. Hosted by the CT Green Building Council. For more information, visit www.ctgbc.org/events.htm.

September 24 and October 29, 2004 Capitol Region Bicycle to Work: Breakfast at the Old State House, Hartford

On the last Friday of each month from April through October, bicycling commuters can get a free breakfast and register for prizes. Sponsors include the Capitol Region Council of Governments, CT Departments of Public Health, Environmental Protection and Transportation, ALL ABOARD!, American Lung Association, Sierra Club of CT and CT Bicycle Coalition. For more information and to connect with others who commute by bicycle in your area, visit www.crcog.org/Bicycle/BikeToWork2004.htm or contact Sandy Fry, CRCOG, at 860-522-2217.

October 4, 2004 2004 Sacred Trust Forum: Religion and the Environment, Hartford



Includes workshops on "Greening your Sacred Space" and "Energy Conservation - Climate Change Begins at Home" and keynote address by Bill McKibben, author of *Enough* and *The End of Nature*. For more information, visit the Interreligious Eco-Justice Network's website at www.irejn.org/sacredtrustforums.html.



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P2 View is published by the Connecticut Department of Environmental Protection, Office of Pollution Prevention. Editor: Judy Prill; Contributors: Nan Peckham, Connie Mendolia, Lynn Stoddard, Mary Sherwin, David Westcott, and Kim Trella.

Publication of this newsletter is funded by a grant from the U.S. EPA.

Printed on 100% post-consumer recycled paper using water-based ink. 