



Washington
Environmental
Council

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Fall 2018

WEC's Farm & House Tour

A heartfelt thanks to all who attended and supported the **2018 Farm & House Tour** fundraiser. A total of \$8,000 was raised with 100% of the profits going to WEC's Environmental Scholarship Fund. The tour gave attendees the unique opportunity to experience beauty while being environmentally informed.

The Wine and Cheese Reception at the **Gunn Memorial Library** was non-stop fun throughout the day with attendees learning about the library's 1908 building that has a "Geo System" for its HVAC.

The stunning **Back 40 Farm** was a perfect example of "Advanced Regeneration of the Land." Its ecological stewardship translates into organically grown vegetables and beautiful flowers for local restaurants and shops, as well as their own restaurants in Greenwich, Connecticut.



Reception at the Gunn Memorial Library

surprised everyone with well-hidden solar panels behind a rock cropping that produces 24,000 kilowatt hours of electricity a year; enough to service the home, guest house and heated pool.

This informative event could not have been possible without you or without our amazing sponsors who provided tremendous financial support long before the first flyer was printed. It is an honor to recognize the following supporters:

William Pitt Sotheby's International Realty, National Iron Bank, Ericson Insurance, Everything Botanical, West Mountain Builders, Dawn Hill Antiques, J.Seitz & Co., Nichols Woodworking, Reese Owens Architect, and Cynthia Oneglia & Dan Whalen.

Additional thanks to the following for their help before and during the tour: **Janet Childs, Gunn Memorial Library, Hickory Stick Bookshop and Washington Liquor Store.** If you missed the tour, please visit WEC's website at www.wec-ct.org to see photos and to view an **amazing video** of each home and farm.



One of the many beautiful homes on the tour



WEC Director Monique Gil-Rogers & Co-President Carrie Rowe

The iconic **Cogswell Tavern**, built in 1756, graciously opened its doors to the public, and viewing its many period details was just as inspiring as listening to visiting Cogswell family offspring talk about General Washington's visit almost 250 years ago.

The unfortunate bankruptcy of Sears just days before the tour had everyone scrambling to view a house built from a **Sears Roebuck House Kit** in 1966, proof that a modest home can be transformed with solar panels, state-of-art insulation and a geothermal heating system.

A second house transformation was just as impressive. Combine **one simple ranch, two local designers with a beautiful family of three** and the result is minimalist charm with instant warmth from solid insulation and radiant floors.

The final house, an **Arts and Crafts style on 11 acres,**

Save The Date! Children's Program at Gunn Memorial Library ~ April 6, 2019

WASHINGTON ENVIRONMENTAL COUNCIL



ZERO WASTE WASHINGTON

We now have **SIX** different Zero Waste boxes in town. This program is temporary, so once the boxes are filled, they are no longer be available.

Backpacks - Location: Steep Rock Association Office

Oral Care Products - Location: First Congregational Church of Washington

Art Supplies - Location: After School Arts Program

Beauty Products - Location: J. Seitz

Art Supplies & Writing Utensils - Location: Washington Montessori School

Completed boxes: Shoes & footwear, garden products and alkaline batteries.

It's easy - just bring your items and drop them in the box. TerraCycle takes these "hard to recycle" items and transforms them into something new! Visit www.wec-ct.org for more details. **More boxes are coming soon!**



ASAP's Business Manager Annie Musso with their Art Supplies Box



THINK GREEN – ACT GREEN 2018

MISSION

To be an advocate for and provide leadership in maintaining, protecting, and enhancing the environmental quality of the Town of Washington and the surrounding region.

PROGRAMS

- Earth Day Roadside Cleanup
- Household Hazardous Waste Collection Day
- Future Now
- Environmental Expo
- Zero Waste Washington
- Harwood Environmental Lecture Series
- Student Environmental Summer Programs
- College Scholarships for Environmental Studies
- Composting, Recycling, Edible Schoolyard and Fitness Programs for Local Schools
- Shepaug Water Quality Testing Program

BOARD OF DIRECTORS

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- Carrie Rowe - Co-President
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BYO WASHINGTON

WEC is thrilled to promote our newest initiative, BYO Washington. BYO stands for “Bring Your Own.” The purpose of this initiative is to encourage all of our community members to “bring your own” reusable bags, cups, straws, cutlery and more, wherever you go!

WEC's initial focus will be on reducing and eliminating single use plastic checkout bags in our local stores and restaurants. Plastic bags never biodegrade and pose an enormous threat to our oceans, rivers, climate, wildlife and human health!

By joining the BYO movement, WEC hopes to provide the education and inspiration necessary for local consumers to reduce their plastic footprint. Let's start by rethinking the way we look at waste and creating more sustainable habits! See the following tips and look for more information in early 2019.

25 Simple Things You Can Do To Reduce Your Plastic Footprint

1. Bring your own coffee cup
2. Bring your own take-out containers
3. Refuse balloons
4. Refuse straws or bring your own
5. Bring your own utensils
6. Bring your own produce bags
7. Buy bar soap, not liquid
8. Compost
9. Refuse goodie bags
10. Kick the Keurig Habit
11. Give experiences instead of gifts
12. Make your own products, like yogurt, sauces, and soap
13. Grow your own or join a CSA or farmers market
14. Reuse bags from pet food, chips, bread, and more
15. Donate and shop at second hand stores
16. Buy in bulk at places like New Morning and Whole foods
17. Use glass storage-mason jars are great!
18. Use items made out of wood or glass
19. Recycle gently used sneakers, sandals and dress shoes at Woodbridge Running in Brookfield, CT
20. Choose reusable, not disposable, for items like razors
21. Bring your own containers for meat and fish
22. Donate glasses to the Lions Club
23. Refuse single use plastic bags in ALL stores, not just supermarkets
24. Buy, carry, and use reusable water bottles
25. Recycle responsibly, not hopefully!

“Hold up a mirror and ask yourself what you are capable of doing and what you really care about. Then, take the initiative. Don't wait for someone else to ask you to act.”
Sylvia Earle

DONATE ONLINE AT: WEC-CT.ORG

Going Green with 9 Main Bakery & Deli

WEC will be recognizing local businesses that demonstrate a commitment to an environmentally sustainable future and/or are striving for positive impacts within our community. We believe that small, local businesses are the driving force behind social change so their adoption of sustainable practices is crucial. Additionally, people who eat and shop locally see themselves as part of a larger picture where community character, family health and partnerships are a high priority.



9 Main Co-owners Whitney & Julie Flood

WEC is honored to spotlight New Preston's 9 Main Bakery & Deli as our first “Green Business,” and it is a pleasure to introduce Julie and Whitney Flood who took over the local business in November 2014.

“Waste” is a major challenge in the restaurant business, and Julie and Chef Whit work very hard to have as little trash as possible. Reducing, reusing, composting and recycling (in that order) has helped them reduce their waste by 50% over the past two years. 9 Main uses compostable and recyclable containers for take-out orders, while using plates and glassware for dine-in customers. Offering a discount on coffee and tea orders to those who bring their own cups has decreased their need for single-use cups. As for straws, they use paper ones (if requested), and they've noticed that more and more customers are bringing their own reusable metal straws.

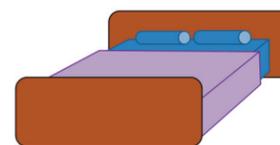
“It is important to be kind to one another and take care of our planet.” - Julie Flood, Co-owner of 9 Main Deli & Bakery

Chef Whitney gives back locally (their compost goes to a local Roxbury farm), and he buys locally from vendors who also care about the environment. Eggs and chickens are free-range organic, meats are grass-fed, coffee beans are organic fair trade, breads/pastries are made with organic flour/grains, and 9 Main is a “no-GMO” cafe. Plus, they offer a variety of vegetarian and vegan items (Diane's personal favorite is the Veggie Falafel).

Julie and Whit love their business, their staff, their community and most importantly, their customers. Their philosophy is simple, said Julie, “in these sometimes difficult times, it is important to be kind to one another and take care of our planet because every little bit helps, and we try to share our knowledge through our actions in life, at the cafe, and in the daily routine of being mindful with the choices we make, the food we prepare and the products we use.”

Is your business making “green” changes? Let us know at: info@wec-ct.org.

Recycle Your Old Mattress!



Did you know that mattresses are recyclable? Yup! Since the Mattress Recycling Program was initiated four years ago, Connecticut has recycled almost 500,000 mattresses. Nearly 200,000 of them were recycled in 2017 alone.

So, how do you do it? Visit byebyemattress.com to find the nearest drop off location.

Looking for more eco-friendly tips like this one? Visit WEC's Resources page at: www.wec-ct.org/resources or follow us on Facebook, Instagram and Twitter