



Conserving Tomorrow

Think *Happy Holidays*, Think **Green**, Think Nuclear
Winter 2009 Issue

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Santa's tips for a green holiday



If you're going away for a long holiday break, be sure to unplug your major electronics. Unplug TVs, VCRs, DVD players, and stereo equipment to stop wasting electricity. Even when turned "off," these electronics are still using electricity. Why waste money when you know you're going to be away? Save the environment and some cash by unplugging them.

The same goes for a long holiday break from work: unplug your computer and turn off your lamps and any other small appliances you may have at your desk before going on vacation.



Old holiday candles you no longer want or no longer burn can be recycled into new candles. Simply melt the candles in a large Pyrex measuring cup over a double boiler. When melted, pour the hot wax into watertight containers and insert a pre-tabbed wick (available from craft stores like Hobby Lobby, Michaels, or AC Moore). Let cool completely and voila! New candles.



If you're making a donation to charity this holiday season, consider putting a stamp on the return envelope even if it says "postage paid." The charity will save money from not having to pay for the postage, and they'll be able to allocate that extra savings to their charitable works.



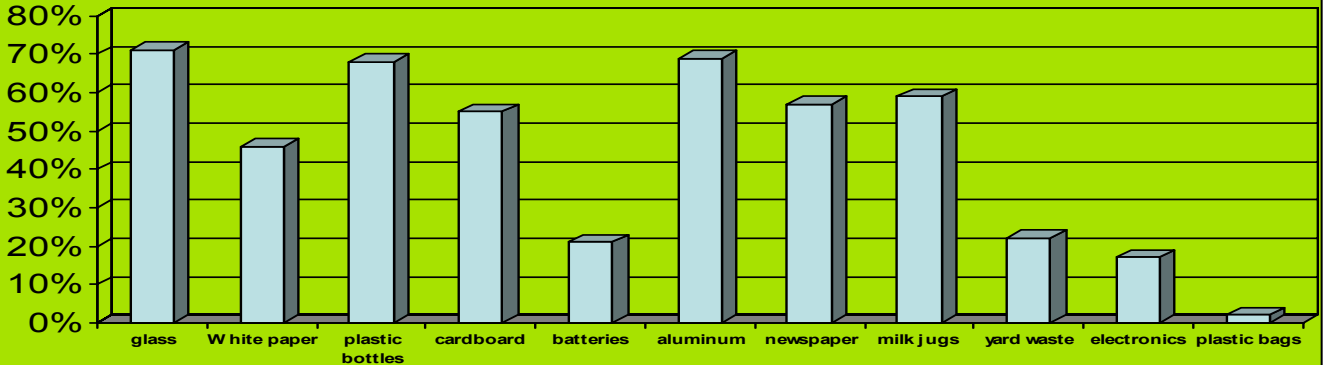
A tip for after Christmas: Ripped up gift wrap can become useful gift filler for future gifts or when shipping fragile items in the mail. Just run sheets of gift wrap through a paper shredder and save it in a large, old shopping bag. Tip: Shred perfume advertisements found in magazines and add it to the mix to scent your shredded filler.



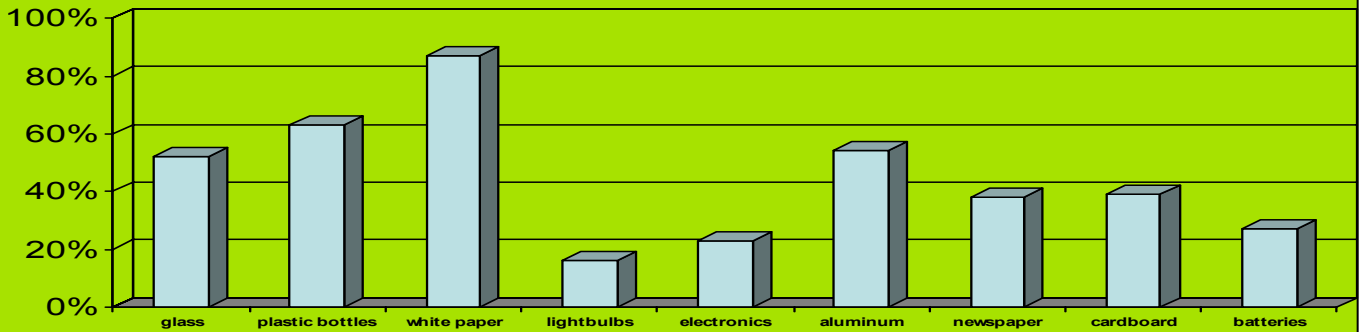
Conservation Committee Survey Results

The Conservation Committee conducted a survey of members attending the professional development conference in Washington D.C. NA-YGN has always known that our members are better than average and the survey results reinforce that information.

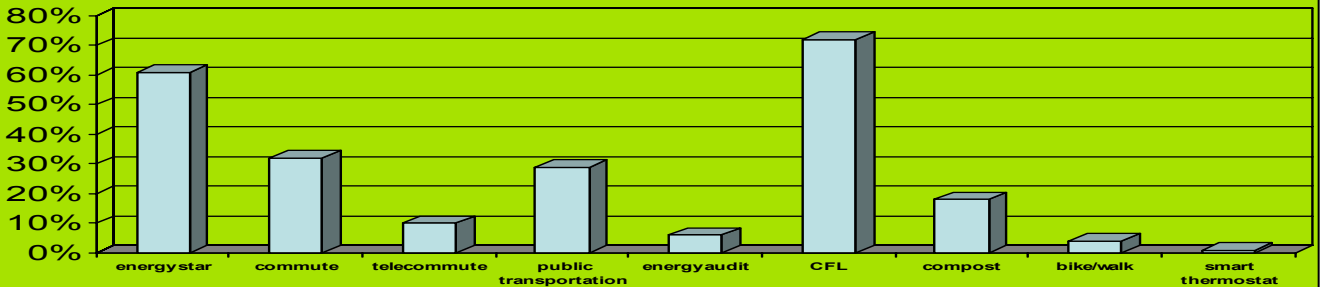
Recycling activities at Home:



Recycling activities at work:



Participation in Energy Conservation Programs:



Thank you for your participation in the Conservation Committee Survey. We look forward to providing you more information on conservation practices in the publications to come.

Did you celebrate National Weatherization Day?

In case you missed it...

National Weatherization Day was October 30, 2009. Follow this link to the National Weatherization Day website. Weatherization of homes can provide both comfort and relief; relief from high energy bills during the winter months. No matter where you live there is benefit to weatherizing. Many different organization participate in National Weatherization Day, the Department of Energy, Sierra Club, States and Utilities just to name a few. Some of the most effective ways to weatherize your home can be found on the DOE Energy Savers website.

Air sealing with caulk or weather stripping:

- Door and window frames
- Mail chutes
- Electrical and gas service entrances
- Cable TV and phone lines
- Outdoor water faucets
- Where dryer vents pass through walls
- Bricks, siding, stucco, and foundation
- Air conditioners
- Vents and fans

Detecting Air Leaks:

- Shining flashlight at night over all potential gaps while a partner observes the house from outside. Large cracks will show up as rays of light. Not a good way to detect small cracks.
- Shutting a door or window on a piece of paper. If you can pull the paper out without tearing it, you're losing energy.

Additional Insulation: The DOE provides a website that provides information on how long it takes to recoup the costs of adding insulation to your existing home. Insulation Payback So head down to your local hardware store and start saving some \$\$\$, you might need it to pay your Christmas lights bill!

For more information go to

http://www.energy savers.gov/your_home/insulation_airsealing/index.cfm/mytopic=11360

http://www.energy savers.gov/your_home/

<http://www.waptac.org/sp.asp?id=9676>



Recycling Christmas cards



Greeting cards are a beloved part of the Christmas season. Think outside of the box, instead of buying Christmas cards this year, make them, and instead of storing or discarding old Christmas cards, recycle them.

By using a bit of creativity you will have the most unique Christmas cards ever. Let making handmade Christmas cards become a family tradition, and each year try to come up with new ideas to make cards special.

Many people throw those cards away after the season has passed. Keep the cards that were sent to your and the ones that were returned in the mail. Recycle them into something useful.

You can cut out the designs from the previous year's received Christmas cards and put the throw-aways into a bag for your recycling bin or shredder. Many of us keep trash bin top shredders for a variety of reasons. Shredded paper is a lot more affordable than packing peanuts or bubble wrap sheets.

With the various cut outs from old cards, create the front-facing designs for a few different card designs. Remember to only glue these designs on one half of your template, since cards are folded in half. Card stock paper costs a little more than standard copy or printer paper, but for what you pay for card stock, you will still save against purchasing boxes of pre-printed gift cards. Creating the actual cards for mailing requires a bit of practice, but the result is unique and lovely - and is a huge money saver.

This is a great way to recycle and the likelihood is quite high that most of your card list recipients will recognize and appreciate the uniqueness of the cards.

For envelopes, most craft stores and office supply stores sell affordable boxes of card-sized envelopes of various dimensions. Another green option is to approach a retailer. WalMart, Hallmark, and other stores that carry cards and stationery often overstock in envelopes, and talking with the owner or manager of one of these stores about purchasing some of their overstocked envelopes can be a terrific money-saver.

Christmas cards are also capable of being recycled into other holiday items such as - Christmas postcards, gift cards, napkin rings, coasters, Merry Christmas or Seasons Greetings sign, bookmarks, and potpourri sachets.

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