

**72 Eco-Efficiency Initiatives**  
**Bob Willard's Walk-the-Talk Environmental Efforts**

**Electricity**

1. *Offset all electricity consumption with Bullfrog Power 'green tags.*
2. *Use high-efficiency '**Energy Star**' fridge, clothes dryer, and front-loading washing machine.*
3. *Use a **power bars** for the whole computer system and the whole TV system, to eliminate vampire power loss when not in use.*
4. *Installed a **PeakSaver Plus thermostat** that allows my local utility to remotely cycle my air conditioner on and off on peak summer weekdays, to reduce overall electricity consumption.*
5. Do only full loads in the **dishwasher, washing machine, and clothes dryer.**
6. Don't use "heat dry" function on the **dishwasher.**
7. Do not have a second / beer fridge or freezer ... use the **garage** to cool drinks.
8. Turn off **lights** when leave rooms.
9. Cook multiple dishes in the **oven** for most meals – vs. stove-top burners.
10. Let tap water warm up to room temperature in a **jug** before boiling in the kettle.
11. Use automatic shut-off, high-efficiency electric **kettle.**
12. Immediately **refill the kettle** to pre-warm next batch with residual heat. Only boil enough for intended use (e.g. a cup full) each time.
13. Use compact fluorescent light (**CFL**) bulbs in frequent usage areas.
14. Use **task lighting** with CFL bulbs for work areas
15. Use **timer** on outdoor Xmas tree lights.
16. Use **LED** outdoor Xmas lights.
17. Turn off the **lazer printer** between printings.
18. No longer use a **hair dryer.**
19. Removed outdoor **landscape floodlights** when moved in.

**Natural Gas**

20. *Offset all natural gas consumption with Bullfrog Power green gas.*
21. *Installed **high-efficiency gas furnace** in 2005.*
22. *After doing a home **energy audit** on 2007, **insulated** the attic to R-50 level. Note that there is no need to do another energy audit since we are in the same location and no changes to the building have been made since then except to improve its energy efficiency*

23. *Reduced frequency of full **showers**, to save on hot water requirement from our gas hot water tank.*
24. Keep hot **water temperature** low, but hot enough for comfortable showers.
25. Use cold water for **washing machine** wash and rinse cycles.
26. Close vents and doors in **unused bedrooms** in winter.
27. Lower **thermostat** + wear sweaters in winter.
28. Use **air conditioning** selectively in summer; open windows instead, and use fan in upstairs home office if it gets too warm.
29. Close **blinds** on south windows in summer.
30. Turn off gas fireplace **pilot light** in summer.
31. Adjust thermostat when away on **trips**.
32. Removed **hot tub** from back deck when moved in.

## **Waste**

33. *Compost or use **green box** for all organic waste.*
34. *Use **blue boxes** for all our recyclable garbage*
35. Reuse packaging and present **wrappings**.
36. Donate unused **clothing**, household appliances, books, etc. to local charities.
37. Reuse **paper**. Print on both sides and then use clean ½ of one side for note paper.

## **Water**

38. ***Offset** all water consumption with water / Sustainability Credits from Enviro-Stewards*
39. *Replaced **toilets** with low-flow Toto toilets.*
40. *Installed low-flow **shower heads**.*
41. *Reduced **frequency of full showers** to save water (and natural gas).*
42. Installed aerators on frequently used taps.
43. Do minimal **lawn watering**. Wait until it starts to turn brown before watering.
44. Landscape with **perennials** that require no watering.
45. Turn off tap when **brushing teeth**.

## Travel (personal and business)

46. *Offset carbon footprints from flights, train trips, and vehicle travels (plus garbage and office paper usage) with carbon / Sustainability Credits from Enviro-Stewards*
47. *Use a speaking **fee schedule** that encourages **webinars and videoconferences** instead of in-person talks in distant locations. See my 5-level speaking fee schedule on my [website](#).*
48. *Use **VIA train** for trips to Montreal and Ottawa.*
49. *Use **GO train** and subway (occasionally). Do multiple meetings when downtown.*
50. *Drive a 2008 Honda Civic **Hybrid** – city 4.7 l/100 km; highway 4.3 l/100 km.*
  - \* My wife drives a 2011 Toyota Camry *Hybrid* – city and highway 5.7 l/100 km.
  - \* Bought 2003 Honda Civic *Hybrid*; have passed it on to one of my sons.
  - \* Bought a 2005 Honda Accord *Hybrid*; have passed it on to my son-in-law.
  - \* Bought a 2007 Honda Civic *Hybrid*; have passed it on to my daughter.

## General

51. *Use 'green' household **cleaners**.*
52. *Use **wet cleaner** instead of dry cleaning.*
53. *Buy organic and local **food** as much as possible.*
54. *Grown some vegetables in a small **garden**.*
55. *Eat **vegetarian meals** 90% of the time.*
56. *Do **organic lawn care**... hand weeding and corn gluten weed control / fertilizer.*
57. *Use an **electric lawn mower** vs. a gasoline mower.*
58. *Snow **shovel by hand** vs. using a snow blower.*
59. *Use environmentally-friendly walk **de-icer** vs. salt.*
60. *Have a porous, interlocking-paver **driveway** – reduces rainwater runoff.*
61. *Selectively and consciously **consume** vs. “shopping therapy.”*
62. *Use a **Kill-A-Watt meter** to learn where energy guzzling appliances are.*
63. *Before a **Smart Meter** was installed, used a PowerCost Monitor for real time monitoring of energy, to determine the impact of appliance usage patterns.*

## **Business-specific efforts**

64. Use **printer paper** that is 100% post consumer recycled fiber from Cascade. Paper is the main material that I use in my business. All envelopes, folders, and office supplies have the highest available recycled content.
65. Use New Society Publishers (NSP) in Canada, who print my **books** on recycled 100% post-consumer waste paper processed chlorine-free and old-growth free.
66. Ensure all my books are available as **e-books**.
67. Use **business cards** printed on FSC certified, 100% post consumer fiber Mohawk card stock, powered by wind power.
68. Use **remanufactured toner cartridges** for my laser printer. I buy them locally and recycle the used cartridges.
69. Use recycled plastic, recycled paper, and soy inks in the **packaging for my DVDs**.
70. Use only electronic distribution for my **spreadsheets and slides** (no packaging).
71. Use one room in my home as an **office**, avoiding additional real estate and commuting impacts.
72. Use **PayPal** for slide sales, saving paper and postage for invoices and payments.