



Middlesex Community College

SUSTAINABILITY COMMITTEE

FALL 2009

SUSTAINABILITY COMMITTEE

MISSION STATEMENT

GOALS FOR 2009/2010 ACADEMIC YEAR

NEWSLETTER

CONTENTS

2

SECTION I SPOTLIGHT

3

SECTION II UPCOMING EVENTS

4

SECTION III TIPS TO CONSERVE

5

SECTION IV STUDENT CORNER

6

SECTION V STUDENT CORNER II

MISSION STATEMENT

The purpose of the Sustainability Committee is to:

- Engage the Middlesex community in dialogue on environmental sustainability.
- Identify best practices that focus attention on the most efficient use of the College's resources.
- Develop fiscally responsible recommendations addressing sustainability issues on our campuses.

GOALS FOR 2009/2010 ACADEMIC YEAR

- Provide accessible, prominently displayed paper recycling receptacles for MCC students and staff
- Involve students in sustainability efforts through special events throughout the academic year
- Promote MCC sustainability initiatives across the College community through the implementation of a wide-range communication effort

SPOTLIGHT ON MCC'S SUSTAINABILITY EFFORTS

SECTION I

SPOTLIGHT ON MCC'S SUSTAINABILITY EFFORT

- For all of the semester class schedules, the Publications Department uses soy-based inks and prints on 35# Alternative Offset/Bleached Totally Chlorine Free (TFC) paper.
- MCC currently has ## paper recycling containers and ## bottle/can recycling containers on both campuses.
- Existing energy related upgrades & replacements initiatives, such as the campus-wide lighting retrofits, weather-stripping projects, and the installation of highly-efficient HVAC replacement units has resulted in an 18% reduction in KWH/sq ft usage measurement from 1998 to 2007 (KWH/sq ft usage went from 12.57 in 1998 to 10.27 in 2007).
- Middlesex is 2nd among community colleges for the least amount of CO2 pounds per square foot produced in our daily operations with a measurement of 14.2 (two schools have a rating of 14.0 – the average measurement is 18.82 for all community colleges).
- With a goal of reducing our potable water consumption by 500 thousand gallons by 2012, all sinks are currently being replaced with auto-off faucet technology.
- The Publications Department has reduced the total number of printed catalogs by 80% for this academic year.



- MCC has secured a federal grant to initiate a geothermal project, with the dual aims of reducing our demand on fossil fuels by installing a geothermal heat pump on the Bedford campus as well as educating our students about alternative energy. The goal is to have Henderson Hall, the largest academic building on our campuses, have its heating and cooling needs satisfied by geothermal energy once additional funding sources are secure.

Recycling in Massachusetts is a vital industry that supports more than 1,400 businesses and 19,000 jobs.

SECTION II

UPCOMING SUSTAINABILITY EVENTS AT MCC AND SURROUNDING COMMUNITIES



The Sustainability Advisory Committee in conjunction with the Center for Community Engagement and the TRIO Program has undertaken two projects this fall to encourage recycling on campus. Both are initiatives of SAC's FreeSwap subcommittee.

The first event, to be held on December 9 in Lowell, is the MCC FreeSwap --- Winter Wear Exchange. Our goal is to encourage the recycling of winter clothing within the College community. We have been collecting winter wear for all ages and sizes on both the Bedford and Lowell campuses for redistribution at the FreeSwap event. Collection boxes have been set up in the lobby of the City building and in the Cataldo building, room 106, in Bedford. Volunteers from Seasons of Service will work with SAC members to sort and display the clothing. At 11:30 in the Lower Café, we invite MCC community members to come and help themselves to any clothing they can use. (Picture Filene's Basement in the good old days, but at our event every item is free.) At 2:00 we will close the doors and will donate any unclaimed items to organizations in need. For more information, contact Maureen Hudson in Bedford or Pat Hyde and Sheri Denk in Lowell.

The second project, the MCC FreeSwap Email Network, is in the planning phase. Our goal is to establish an email distribution list of interested faculty, staff, and administrators to encourage recycling and to get needed goods to students. A student seeking an item will contact a volunteer liaison who will then post the requested item to our FreeSwap Email Network. If a member of the network wishes to donate the item, the liaison will make arrangements with the student for the exchange. In Lowell, Pat Hyde, Sheri Denk, and Shelli Demarkles will serve as liaisons. Jonathan Crockett and Maureen Hudson are the volunteer liaisons in Bedford. If you have unused items sitting in your home and would like to see them in the hands of students who can use them, this network may be for you. Watch Newscaster for upcoming information.

To find out what events are happening in communities in the Merrimack Valley, you can go to:

<http://mvrecycles.org>

and choose the town for event information or go to:

<http://www.mass.gov/dep/recycle/reduce/recyclin.htm>

and choose the link to your town's recycling site for event listings!

INFORMATION:

TIPS ON EVERYDAY WAYS TO CONSERVE RESOURCES

- Turn down the thermostat.
- Before using the clothes dryer, clean the lint tray. Better yet, use a clothesline.
- Turn off the faucet when brushing your teeth.
- Use a toaster, instead of the oven.
- Carry a water bottle.
- Go veggie. Growing a pound of beef uses more resources than a pound of grain or legumes.
- Slow and steady wins the race to go green. Jack rabbit starts waste gas.
- Empty your trunk to improve gas mileage. Added weight slows you down.
- Inflate your tires. Check your tires frequently to see if they need to be inflated.
- Carry your own bags in so you can use them to carry out your groceries.
- Reduce packaging. Do you put your tomatoes in one bag to put them in another bag?
- Get it used. EBay, Craigslist, Freecycle
- Use the library.
- Try www.paperbackswap.com.
- Drop off old glasses at LensCrafters, Pearle Vision, BJ's Optical, the optical stores at Sears or Target, or your local Lions Club.
- Compost.
- Toss clean paper and cardboard in a recycle bin.



SUSTAINABLE LEADERSHIP

By Jared St. Pierre, MCC Student Government Officer



On October 15th and 16th, the Student Union Government Association traveled from MCC to a conference sponsored by the Community College Student Leadership Association of Massachusetts and Rhode Island. The 2 day experience in North Falmouth on Cape Cod was a memorable one for all 20 Middlesex students who participated. The conference offered seminars on different ways to succeed in our newfound leadership roles at the College as well as in our own communities and the connection between sustaining our own individual leadership and sustaining our world was a constant theme.

A popular session on making our campuses more sustainable was led by Middlesex student, Patrick Dill. Patrick's work with MASSPIRG over the past year has propelled him into an important regional position within that organization. His knowledge offered a relevant perspective that was appreciated by the participants from over 13 other community colleges including MCC.

During the session, "Greening our Campuses," a large brainstorming session occurred, where participants shared projects they were working on at their campuses alongside administration and discussed ideas for further change across the state. A favorite idea included an on-campus garden that supplies the cafeteria. Recognizing the work and funds needed to implement that, some students suggested that in the meantime colleges could collaborate with farmer's markets and encourage buying of local produce for use by college catering services.

Student Government members from across the state raised money prior to attending to make a collective donation to Heifer International. Heifer is an aid organization that works to send cows, chickens and other livestock to small farmers around the world to allow for a better existence for their families and encourage sustainable living. With the goal of paying it forward, families in receipt of these animals must present an offspring to another family in need. MCC's contribution was crucial to the overall gift of over \$3000.



Middlesex Community College students felt renewed and motivated to make an impact back on their home campus.

STUDENT CORNER II

TAKE A WALK ON THE MCC FITNESS TRAIL

On a chilly morning in October, the new MCC Fitness Trail was officially opened at a ceremony attended by MCC students, staff, and members of the community. Luke Wilson, an MCC student, was asked to represent the student body and offered these words:

“Good morning. My name is Luke Wilson and I am a new student at MCC, having recently transferred from Sterling College in Vermont. I am pleased to represent my peers at this special event.

“At the beginning of the semester, I heard about the development of this trail in the woods and was excited to get involved in some way. I met Jonathan (Crockett) who gladly handed me a rake, a shovel, a trash bag, and some work gloves and sent me out to the trail to do some good work. It has been rewarding to volunteer my time with this project. I enjoy the forest and these trails and am pleased to be part of today’s program on behalf of the student body.

“In thinking about what I would say this morning, I was reminded of a quote by Henry David Thoreau: “As a single footstep will not make a path on the earth, so a single thought will not make a deep pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kinds of thoughts we wish to dominate our lives.”

“It is my hope that this physical path is indeed walked again and again in the coming years and that during those thousands of collective walks, positive mental paths are also developed. I am personally very excited about this opening, and I know it will have a positive effect on our students, faculty, and surrounding community. It is my hope that each of you will be able to enjoy it as much as I have in the last few weeks.”

Located within the scenic woods of the Bedford campus, the 1.25 mile trail is perfect for hiking, walking, jogging, skiing, biking, photography, meditating, reading and relaxing. Fitness stations are also provided, allowing trail users a series of structured workouts. Plans are underway for identifying with markers the various trees and plants found along the trail.

The MCC Fitness Trail is open daily from dawn to dusk.

