

*“Example is not the main thing in influencing others,
it is the only thing.” - Albert Schweitzer*

YMCA Camp Marston & Raintree Ranch iCARE Plan Waste Reduction & Environmental Stewardship

Interrelationships
Cycles
Awareness/Appreciation/ Action
Resources
Energy

Strategy:

To implement practices throughout the facility that reduce consumption of natural resources, minimize production of waste materials, and promote sustainable environmental stewardship.

Steps:

- ⇒ All departments are involved in setting up systems and implementing the plan.
- ⇒ Bringing new information, technology, and ideas to the group is everyone's responsibility.
- ⇒ Create a culture that values and is committed to waste reduction & environmental stewardship.
- ⇒ Develop the plan on a continual basis and update at least once every year.
- ⇒ Educate staff & participants about iCARE practices, including ideas to implement at home

Interrelationships

Plants & animals live in communities that meet their special needs, and are connected through a “web of life”.

Compost

Goal: Utilize and interpret a system for composting (kitchen prep and guest food waste) to connect food production, transport, consumption, and waste with the environment.

Background information:

All food can be composted but we will not be actively composting meat and milk products due to the smell and ability to attract animals. We compost:

FRUIT S	E GGS & E GGSHELLS	BRE AD & BAKE D PRODUCT S
NAPKINS	RICE & PASTA (cooked or raw)	TE A BAGS & COFFEE GROUND S
VE GE TABLE S	LANDSCAPING CLIPPINGS	ASHE S FROM CAMPFIRE RINGS

*NO meat, cheese, bones, or oil

General Camp Areas

1. Plant trimmings from around camp can be composted as long as they are not weeds
2. Look into the purchase a wood chipper and use to chip all landscaping materials for compost (except weeds).

Kitchen

1. There will be a composting can with a lid to use for kitchen composting. Kitchen will also collect food scraps for collected by staff for chickens.
2. Food prep scraps go into the compost can, appropriate leftovers can also go in compost can.
3. Salad prep scraps can either go into kitchen compost container or saved for staff.

Maintenance

1. Will assist in bringing old straw bales and horse manure to composting area.
2. Staff will take all compost out to the compost pile in each day

3. Compost cans are emptied onto pile and then covered with dry material, dirt, and compost cover.

Office

1. When food is eaten in the office, appropriate items will be taken to compost cans or worm bin.

Program

1. Meal clean-ups will include instruction and monitoring for compost
2. Food left on plates and serving dishes that can be composted will be placed into compost buckets in the dining hall.
3. Staff interpret the composting cycle to guests (i.e. new soil, saved landfill space, conservation of resources, used for landscaping, etc.)
4. Visit compost area in Trees class. Tie into carbon cycle and food consumption for people.

Cycles

The building materials of life (carbon, nitrogen, water, soil, etc.) are used and renewed over and over again.

Recycling Plan

Goal: Have user-friendly systems for guests and staff to be able to maximize the amount and variety of materials recycled. Utilize CA redemption materials to subsidize any waste reduction costs.

General Camp Areas

1. Provide clear signage and explanations of what we recycle and what needs to go to the landfill.
2. Make sure that there is a recycling can next to every waste can.
3. Housekeeping empties both recycling and waste containers in camp. Garbage containers have plastic liners, recycling containers do not (to reduce use of plastic bags)
4. All recycling goes into the recycling dumpsters located next to waste dumpsters.
5. Recycling dumpsters are picked up by our waste management companies weekly.

Kitchen

1. Clean cardboard boxes are broken down when emptied and taken to recycling dumpster.
 2. Bi-metal cans are rinsed, both ends removed, collapsed and placed in bin for mixed materials. Rinsed ends are placed into a labeled #10 can. When can is full of lids the whole thing goes into the recycling dumpster. (Safety: can lids are dangerous to handle, do not place them directly into bin!)
 3. Plastic milk are collapsed and placed in recycling dumpster.
 4. Glass jars, plastic #1 and #2 containers (products contained in plastic should be #1 or #2 plastic), and bi-metal cans are rinsed and placed in recycling dumpster.
- NOTE: only clean materials can be recycled. Contaminated cardboard (i.e. pizza boxes, wax covered cardboard boxes) and aluminum (i.e. lasagna pans that will not wash off) needs to be sent to the landfill.

Maintenance

1. Use recycling opportunities for building materials and tools (lights, copper, etc.)
2. Plan all building to minimize waste. Use leftover materials wherever possible.
3. Place wood scraps (non-toxic) in wood storage area to use for kindling instead of sending to landfill
4. Purchase non-toxic alternatives for products where available and dispose of toxic products safely (pesticides, herbicides, cleaning products)
5. Purchase recyclable fluorescent lights and return in case when used.
6. Provide collection site for used batteries.

Offices

1. All offices will have paper/ cardboard and container recycling receptacles.
2. Materials will be reused/ reduced wherever possible (print on both sides of paper for multiple page documents, reuse single side paper for in house copies, reuse file folders, etc.)
3. Have a tray in the copier with one-sided paper to reuse for in-house documents.
4. Decrease width of paper margins on documents to use less paper when printing or use settings for double sided copies when printing.
5. Recycled products will be purchased (paper, file folders, post-it's, pencils, etc.)

- 6 All paper will be recycled when disposed of (including tearing windows out of envelopes!)
7. Develop paperless systems (utilize Y SharePoint intranet system) wherever possible.

Program

1. Materials (planning guides, flyers, website) will include information about recycling.
2. Orientations will include information on recycling and resource management for guests
3. During Fri and Sun cleaning, check to insure that recycling and trash containers are available at all cabins and program areas. Notify housekeeping of any needed replacements.
4. Staff will separate and recycle personal materials from rooms/houses, and place in appropriate bins in the recycling center.
5. Staff will make a continued effort to educate and set a positive example for recycling and resource conservation for all guests.

Store

1. Packaging materials will be considered when deciding what products to sell in the camp store.
2. Products contained in plastic should be #1 or #2 plastic.

Awareness/Appreciation/Action

Awareness leads to appreciation, which leads to action. We care about what we understand, and knowledge allows us to make informed decisions which can positively affect our family, our community, and our nation.

Purchasing

Goal: Explore purchasing options and show preference towards the purchase and utilization of environmentally friendly products. When building or replacing facilities, re-use materials or purchase recycled, non-toxic, recyclable, and sustainable products wherever feasible. Other factors such as carbon footprints, product certification, (organic, FSC, fair trade, etc), and environmental and social justice issues should be researched and considered.

General Camp Areas

1. Purchasing will focus on products that are made within a 500 mile radius to reduce the impact of shipping on the environment (i.e. to reduce our "carbon footprint")
2. Where possible purchase items made locally to reduce fuel use.
3. Combine orders and trips to stores to save on fuel and fuel emissions (use clipboard in hallway).

Kitchen

1. Purchase Fair Trade, organic, and shade grown certified coffee
2. Look for Fair Trade certified tea, fruit, and cocoa products
3. Purchase organic whenever feasible
4. Purchase mugs to eliminate disposable paper cups

Maintenance

1. Buy appliances rated with high energy efficiency (water heater, stove, refrigerator, HVAC, etc.)

Program

1. Encourage donations of mugs and educate participants to bring their own hot beverage cups

Store

1. Continue to move away from sodas, look into drinks that are healthier and produced locally where possible
2. Sell coffee cups for guests to purchase, reuse, and take home (? statement about Fair Trade/ Shade Grown/ Organic cert. coffee?)

Facility Development

Goal: Consider structural design & orientation to maximize energy efficiency and preservation of habitat. Reuse materials or use sustainable materials where possible.

Design and Building Orientation

1. Building orientation will optimize natural lighting and sun exposure for passive heating and photovoltaic systems where possible.
2. All windows will be high performance to optimize solar gain and to reduce energy consumption.
3. Incorporate alternative energy sources where possible (solar, passive solar, wind) or build to be able to incorporate at a later date.
4. Plan for minimal disturbance of natural features and vegetation to preserve or enhance habitat value.

5. Orient structures to capture view & other environmental features that enhance guest experience
6. Provide interpretation or passive educational opportunities for guests

Materials

The following criteria should be considered when replacing materials or building new structures:

1. YMCA Camp Marston & Raintree Ranch will commit to purchasing at least 50% of all wood products that are Forest Stewardship Council (FSC) certified.
2. Utilize engineered lumber, sheeting and siding to incorporate recycled wood products and laminates. This provides a long lasting product made for strap and cut offs. Can be used for joists, beams, and sheer siding
3. All lumber will be ordered to avoid excess waste (i.e. by purchasing correct lengths). Use scrap lumber for shims, backing and blocking.
4. At least 50% of all decking and walkways to be covered with recycled plastic products such as Trex.
5. On hand materials will be recycled and/or integrated into future projects to encourage re-use.
6. All demolition project materials will be recycled with our local waste hauler and when feasible materials will be reused at camp.
7. Finishes will be chosen that produce the least amount of "off-gassing" to reduce the introduction of volatile chemicals into the atmosphere. Look for low VOC (volatile off-gassing carcinogens) products.
8. Facilities will be well insulated using products that contain at least 25% recycled material.
9. Use petroleum and plastic free grouts, sealers and sdivents whenever possible.
10. Purchase concrete with soda ash content

Resources

The decisions we make every day have everlasting consequences.

Water Conservation

Goal: Utilize low flow technology on showers, toilets, spray nozzles, etc. Use alternative wastewater systems to minimize water usage and utilize grey water. Reduce water use and reuse water where possible.

General Camp Areas

1. Develop seasonal watering schedule for lawns, planter boxes, and non-irrigated landscaping
2. Use native plants or plants with low water requirements in landscaping.
3. Avoid watering after rain or if rain is predicted.
4. Train landscaping staff on proper watering techniques (water roots!)

Kitchen

1. Always run dishwasher with a full load
2. Plan ahead to thaw products in the walk-in so running water is never used.

Maintenance

1. Use low flow showerheads, toilets.
2. Replace leaky seals as soon as they are reported
3. Investigate gray water opportunities in landscaping

Program

1. Educate students and campers in 2 minute showers
2. Educate students in importance of water and not wasting drinking water.

Energy

The sun is the ultimate source of energy.

Energy Conservation

Goal: Implement alternative energy technology such as photovoltaic (solar), wind, and passive heating. Minimize energy use with low-energy lights, appliances, timers, clean equipment and thermostats. Monitor energy use and develop practices to minimize consumption.

General Camp Areas

1. Place signs near all light switches to remind people to turn off lights when not in use.
2. Use timers for common areas and adjust times monthly to align with season.
3. Turn off non-security night lighting when camp is not in use (Raintree).
4. Find cabin heaters that are safe and energy efficient.

Kitchen

1. Check refrigerator and freezer temperatures daily and keep adjusted at correct temperatures.
2. Store food in refrigerators and freezer to allow for air circulation
3. Make sure that food warmers and ovens are turned off when not needed.

Maintenance

1. Use long-life and energy efficient light bulbs in all camp areas
2. Integrate alternative energy (i.e. solar) into the camp energy grid
3. Use solar path lighting where feasible.
4. Existing windows will be replaced with double pane windows as needed.

Offices

1. Turn off office lights when not in use.
2. Use air conditioners only when necessary for equipment

Program

1. Turn off heaters and lights in houses and cabins when not in use.
2. Turn down thermostats during the day when heaters are in use.
3. All laundry will be full loads and use cold temperatures when possible.
4. Sound equipment turned off when not in use.

Store

1. Ice cream freezers to be emptied and unplugged during the off-season.
2. Soda refrigerator to be unplugged during off-season.

How we make a difference every day...

Aluminum

- One recycled aluminum can saves enough electricity to operate a TV for three hours.
- For every 22 aluminum cans we recycle, we save the equivalent in energy of 1 gallon of gasoline.
- Recycling aluminum results in 95% less air pollution, 97% less water pollution, and 95% less energy than producing aluminum from virgin resources.
- 65% of aluminum containers in the US are recycled, yet more than 1 million tons of aluminum cans are thrown away each year.

Coffee

- Over 75 million people in the world are dependent on coffee for their livelihoods.
- By purchasing Fair Trade Certified Coffee (or other FTC products like tea, chocolate, or fruit), your spending choice insures that independent coffee growers are paid a fair price for their beans.
- Buying organic coffee also insures that pesticides are not used – which is better for you, the farmers, the coffee plants, and the environment.
- Shade grown coffee protects wildlife and songbird habitat since it is picked from plants growing under existing forest canopy.

Compost

- Composting is a natural form of recycling, which continually occurs in nature. It is the transformation of organic material (plant matter) through decomposition into a soil-like material with the help of invertebrates (insects and earthworms), and microorganisms (bacteria and fungi).
- One pound of red worms can consume half a pound of food waste every day.
- Americans throw away 10% of the food they buy. This results in dumping the equivalent of more than 21 million shopping bags full of food into landfill every year.
- In San Diego, 90,000 tons of yard waste goes into landfills. Grass makes up 70% of all yard waste. If grass clippings are short enough, they quickly decompose and saturate soil with nitrogen and carbon.
- Fallen leaves contain 50-80% of the nutrients that a tree extracts from the earth. By composting them, we are helping the earth replenish itself.

Glass

- Recycling a glass bottle saves enough energy to light a 100-watt bulb for 4 hours.
- Glass never wears out - it can be recycled forever.
- We save over a ton of resources for every ton of glass recycled – 1,330 pounds of sand, 433 pounds of soda ash, 433 pounds of limestone and 151 lbs. of feldspar. And use 20% less air pollution and 50% less water pollution.
- The average American uses about 500 pounds of glass each year. It is estimated that Americans throw away more than 11 million tons of glass bottles each year.

Paper

- If every newspaper made in the United States were recycled, 101,000 trees could be saved each day.
- Recycling one ton of paper saves 390 gallons of oil, and 3 cubic yard of landfill space.
- The largest trash component of landfills is paper – particularly newspaper (14% by volume).
- Enough paper is thrown away each year to build a 12 foot wall from California to New York.

Plastic

- Products made from recycled plastic bottles include drainage pipes, fleece, toys carpet, filler for pillows and sleeping bags, and cassette casings.
- If you lined up all the polystyrene foam cups made in just one day, they would circle the earth.
- About 9 billion plastic bottles are produced annually in the US, two-thirds of which end up in landfills and incinerators.
- When buried, some plastic material may last for 700 years. If the Pilgrims had six-packs, we'd still have the plastic rings from them today.

Wood Products

- When you purchase wood and wood products you can make a choice to purchase wood that has been harvested in a way that does not negatively affect the health of the forest or wildlife habitat.
- Forest Stewardship Council (FSC) certified wood and wood products come have been harvested from forests that meet third party criteria to insure responsible and sustainable forest management.
- You can track any FSC certified lumber or wood product chain of custody back to the forest where it came from, to insure that it came from legal and well managed sources.

(Sources: I Love a Clean San Diego, Fair Trade Federation, Center for Redefining Progress, Forest Stewardship Council)