

## Actions Taken by Sustainability Workshop Participants

- I bought a new water filter as recommended by Deborah. I'm not as compulsive as I used to be about saving water. I've gotten rid of lots of plastic containers.
- Made lots of lists for different categories with the intention of facing one per month.
- Carpool much more
- Changed out most light bulbs
- Ran appliances on powerstrips
- Buy less, recycle/donate things I no longer use
- I am driving in a whole other way (suggested originally by Ryodo, but also raised by Deborah). So I drive at the speed limit (You have no idea what a change this is for a New Yorker race driver, hard on the brakes person.) The great reward is that I am saving a lot on gasoline. I am not driving at least one day per week and when possible two days per week. I am still too afraid to ride a bike in LA. I am only using the air conditioning in my car when the temperature is wildly high.

I am washing my dishes in one dish basin and rinsing them in the other, without running any extra water. I save the rinse water and water my inside plants with it. (I can't carry it outside to water those plants because of my back. It's too heavy to carry). I brush my teeth without running water the whole time. I got a new fixture so I can turn my shower off while I am soaping up, etc. I bought a whole set of covered glass containers for the kitchen. And I bought a steel container for drinking water, which I now carry around with me, instead of plastic bottles. I continue to recycle all my paper and plastic items, as well as my cooked and uncooked food residue.

- The new practice I've been able to keep up is reaching over the faucet to use the cold water tap for all routine needs at the sink.
- Actually the biggest change I've made is setting up a composter in the backyard. Also am being more conscious about recycling all the paper that comes into the house and not just the obvious (newspapers, cans, bottles).
- Fall plans include getting rid of some of the grass and planting an herb garden.
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- I installed Window film in my own and the zendo windows (very successful action)
- My food storage containers are of glass now and I love them (by the way, the regular supermarket at the Korean plaza now has them as well)
- My drinking bottle is of stainless steel
- I don't use the dryer for my private laundry any more (I used it once for Center's laundry, when I was in a hurry). I got a great laundry hanger at Kim's market.
- I made no more compromises with the shopping bags. If I forgot them in the car I either walked back or put all bag in the cart and drove it to the car to bag there
- We now have five 3-bowl-sets of Pyrex bowls for the kitchen to store food, because Kim's Market had a set for \$9.99 again and so I decided to invest in them.

- Well, I bought a Sigg bottle and I use it a lot, so I'm drinking more water and not using plastic bottles. I get a lot of comments at work about the bottle, so it encourages discussion about the problems with plastic water bottles. You know, Sigg bottles are harder to get now. Their site states that they've had so much call for their bottles that they can't keep up. Anyway, also I don't microwave anything in plastic anymore and I try not to use plastic for storage, if I can. Next up I'm going to get a water purifier for the kitchen sink and a de chlorinator for the shower.
- Got a bucket and started catching warm-up water for outside use.
- Bought a compost bucket and add my garbage to the composter.
- Bought a power strip so I can turn off all my desk equipment when I leave.
- Shave with cold water in the morning rather than wait for it to warm up.
- Am looking for a good source of paper towels made from recycled paper.
- Use the Metro more.
- I ditched the aluminum espresso maker I've used for a long time and am now using a stainless steel one instead. We've stopped storing food in plastic containers. We'll eventually get a better water filter than Brita.
- I am planning to put a bucket under the shower
- The most dramatic change I have made is to start composting fruit & vegetable scraps with egg shells and coffee grounds. This was quite a challenge because we have raccoons and skunks which can be a problem and living next to the river I definitely did NOT want to attract rats. Also, I couldn't bring myself to spend \$200 to \$300 for an enclosed compost bin with a system for turning a crank to mix. My solution was to use a round garbage can with a latching lid. I roll it to mix it up in addition to stirring with a hoe. I open it during the day occasionally with a fine screen secured over the top. Discovered that a favorite local nursery ( <http://www.nicholsgardennursery.com/> ) sells an organic compost activator packet for \$1.95. Works really well. I have my first batch of rich soil ready for fall planting.
- I've started riding my bike again! I try to have one day of non-driving each week.
- To reduce my exposure to harmful chemicals, I replaced old and deteriorating non-stick-coated cookware with stainless steel and non-stick ceramics, and replaced old soft-plastic food containers with containers that do not contain phthalates and have no noticeable plastic smell.
- To not use water unnecessarily, I'm making better and more consistent use of water-saving attachments I'd already installed in the kitchen and bathroom. These are kitchen and bathroom faucet aerators and a showerhead, with built-in valves that I can easily flip to shut down the flow when I don't need it running for a bit, rather than turning the water off completely and then shortly back on again, or simply leaving it running. I'd installed these a while ago, but somehow hadn't yet fully adjusted my behavior to take full advantage of them.
- My apartment door, which has a rather noticeable gap at the bottom, could use some weather-stripping. This'll help keep out cold air in winter, and might help keep out a few spiders the rest of the year.

- I'd like to see what it's like to make my own yogurt and soy milk. These two items are weekly purchases for me, and making my own would not only mean that I know exactly what is in them, it would also eliminate those sources of packaging from my wastestream.
- Finally, for now, I think it's time in the next year or so to consider getting a new refrigerator. When I bought my current one in 1992, it had one of the best power ratings I saw in the store. I've recently bought a small device that lets me measure the amount of power an appliance is actually using, and it seems that the refrigerator accounts for about a third of my electric power use. There are now comparably-sized refrigerators available that are rated twice that efficient. Time for a new one.