

# THE GREEN REVOLUTION:

## A GUIDE FOR YOUR APARTMENT

*This brochure will give you facts about energy consumption and its effects on the planet, tips on energy efficiency for your home that could save you money, and tips on how to create a healthier, cleaner, greener, and sustainable home & community environment.*

### St.Nicks is GOING GREEN! Join us!

St. Nicks is GOING GREEN in an effort that includes over \$3 million of energy efficiency upgrades in 350 units by Dec. of 2010 with a goal to reduce energy usage 20% to 30%. St. Nicks is also switching to utilize green cleaning supplies in ALL our buildings, and training staff on energy efficiency and green practices. This will lead to lower utility bills, healthier buildings, and better quality of life for our residents and neighbors.

**YOU CAN DO YOUR PART AND JOIN US IN THE GREEN REVOLUTION!**

### Did you know...

- ✱ In NYC, 32% of energy related carbon emissions come from residential buildings. That is more than all emissions from cars, trucks, buses, and transit combined!
- ✱ NYC gets a significant portion of its electricity from coal-, natural gas- and oil-burning power plants, which release carbon emissions and harmful pollutants into the air
- ✱ Asthma is now the leading cause for emergency room visits, hospitalization, and missed school days in many of New York City neighborhoods.
- ✱ Many common household cleaners & paints have Volatile Organic Compounds (VOCs) that can aggravate asthmatic symptoms trigger other respiratory problems
- ✱ 40% of all NYC's waste is processed in Greenpoint-Williamsburg: 4,800 tons daily! The resulting diesel truck traffic releases smog and pollutants that are harmful to us all, along with exposing us to others' trash!

### How does all this affect you? Us?

- ✱ By reducing our energy use, we can reduce our carbon emissions, thus help fight against global warming.
- ✱ Reducing your electricity usage will mean less emissions from coal-, natural gas- and oil-burning power plants. That means less pollutants released into the air, thus potentially decreasing the amount of deadly respiratory ailments like asthma and allergies that target children and the elderly
- ✱ Using cleaning and maintenance products that have less VOCs will improve air quality. That will lead to a cleaner and healthier home environment in your apartment.

### We can all do our part!

#### IF YOUR FAMILY GOES GREEN:

- ✱ You & your building could immediately save money on your electricity, gas, and water bills
- ✱ Your apartment's indoor air quality could improve, ensuring a healthy living environment for your family

#### IF OUR COMMUNITY & CITY GO GREEN:

- ✱ Your city's air quality could improve, ensuring a healthy living environment for all residents of the City, not just some neighborhoods

#### IF OUR NATION GOES GREEN:

- ✱ You could gradually help to reduce the impacts of global warming, ensuring a sustainable environment for future generations for years to come



This brochure was made by St. Nicks to provide basic education on energy efficiency, sustainability, and green practices for the residents of Greenpoint-Williamsburg. - May 2009-

**St. Nicks** 

## What has St. Nicks done to GO GREEN?

Williamsburg Court at 19 Maujer Street is the first St. Nicks building that has already completed significant renovations to GO GREEN:

- ✱ Installed new efficient boilers that will improve heat & hot water service, a major part of a target 35% reduction in natural gas usage.
- ✱ Installed double-pane windows with thermal break and low-E glazing: technologies that keep the heat in during the Winter and the heat out during the Summer.
- ✱ Replaced all incandescent lights with fluorescent lights in units, leading to projected yearly savings of up to \$90 for residents.
- ✱ Installed new hallway/stairwell lighting with occupancy sensors that will stay dim until someone enters the hallway or stairwell, thus saving \$3,000 a year in electricity costs
- ✱ Installed new energy saving motors for toilet & kitchen exhaust roof fans, saving electricity while improving ventilation in apartments
- ✱ Trained staff on energy efficiency & green maintenance practices for the building
- ✱ Started use of 'greener' cleaning products that will have lower VOCs, improving the air quality of the building.
- ✱ Replaced old refrigerators with new Energy Star models that save as much as 75% electricity than older models, leading to annual savings of up to \$150 for residents.



**What is Energy Star?** Energy Star products meet strict energy efficiency guidelines set by the federal government and can save you 20% or more in electricity usage. Look for the Energy Star label on all products: air conditioners, refrigerators, TVs, cable boxes, clothes washers, light bulbs, etc.

## 10 Tips on how you can GO GREEN!

**#1 Save energy & \$\$\$ with efficient lighting!**  
Change your incandescent bulb to more efficient Compact Florescent Lights (CFLs).



**Why CFLs?** If every American household replaced four 75-watt incandescent bulbs that burn 4+ hours a day with four 23-watt CFLs, we would save as much energy as is consumed by 38 million cars in 1 year.

- ✱ CFLs use 75% less electricity and last up to 10 times longer than incandescent bulbs.
- ✱ A 75-watt incandescent bulb costs \$98.25 + 8 bulbs to run for a year. A 22-watt CFL costs \$28.82 + 1 CFL to run for a year.
- ✱ CFLs produce 75% less heat than an incandescent bulb so your A/C works less to cool your place in the summer.

CFLs costs more initially, but they last longer and use less electricity. CFLs contain a small amount of mercury (Energy Star brands have much less), so be careful to not break them. Recycle your used CFLs at hardware stores that accept them rather than dump them in the trash.

### #2 Avoid the electric "Phantom Menace"!

Many electronic appliances use electricity even when they are turned off, resulting in Phantom loads. Use a power strip to shut off several appliances at once (TV, DVD, & stereo), or unplug those that are not in use often.



- ✱ The Phantom Menace accounts for 5-10% of all residential electricity consumption
- ✱ U.S. households spend over \$100 a year to power devices while they are OFF.

**The biggest phantom menaces:**  
Cable Box / TiVo -----\$55 per year  
Desktop Computer-----\$11 per year  
Printer/Scanner/Copier--\$10 per year  
Plasma TV -----\$10 per year  
Microwave-----\$10 per year



St. Nicks, the St. Nicholas Neighborhood Preservation Corp., emerged in 1975 at the forefront of a nationwide grassroots movement to preserve and improve neighborhoods. A group of determined residents and business people committed themselves to end general decline in the neighborhood.

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### #3 How to save \$\$\$ from your refrigerator

Is it time to get a new refrigerator? Models made 8+ yrs ago use 2.5 times more electricity than current Energy Star models.



- ✱ Clean dust from refrigerator coils at least twice per year so that it runs efficiently
- ✱ Make sure there is space between the wall or cabinets to allow air to circulate around the refrigerator coils

### #4 Staying cool efficiently during the Summer

Air conditioners use lots of electricity during the Summer, leading to black outs and pollutant spewing power plants to come on in the City. Save energy and improve local air quality:

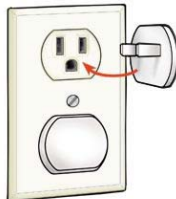


- ✱ Clean A/C filters monthly during the Summer to maximize performance.
- ✱ Buy the right sized unit. An oversized unit will not perform as well and it will cost you more.
- ✱ Look for the Energy Efficiency Ratio (EER). Units with higher EERs cost less to operate.
- ✱ Block out solar heat by keeping blinds, curtains, and shades closed during the day

### #5 Stay warm efficiently during the Winter

- ✱ Placing drapes or furniture in front of radiators blocks heat from circulating in your apartment.
- ✱ If you have a thermostat, use it to turn down the heat in your apartment if you are too hot.
- ✱ Don't open a window! It will bring in very dry air and make it colder in other parts of the building as the heat escapes. The dry air can create respiratory problems and skin irritation.

*Do you feel cold air drafts? Most drafts are easy to seal with caulk that you can apply yourself. Drafts can come from plumbing chases & around windows. Wall outlets can also bring in draft. They can be covered with plastic outlet covers.*

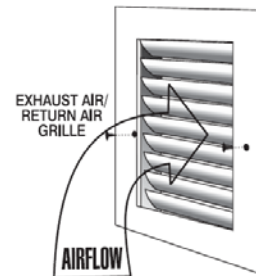


Outlet plugs

### #6 Keep a clean air environment at home

Clean air means less problems with allergies, asthma, and other respiratory ailments. To ensure clean air environment in your home:

- ✱ The vents in your bathroom & kitchen facilitate continuous airflow, moving dust and odors out and bringing in fresh air. Don't close vents or block them.



- ✱ Regular dusting, vacuuming, and sweeping helps prevent dust & dirt from accumulating.
- ✱ Use the kitchen fan when cooking. If you have a filter in your range hood, maintain it by replacing or cleaning it regularly when dirty.
- ✱ Mold and mildew are harmful contaminants that can cause respiratory problems. Keep an eye out for areas where moisture gathers.
- ✱ Keep airflow clean by cleaning the air filter on your A/C unit monthly during the Summer.

### #7 VOCs can make you sick in your home!

Volatile Organic Compounds (VOCs) are toxic chemicals often found in cleaning solutions, paints, stains, glues, and building materials.

- ✱ VOCs contribute can aggravate asthmatic conditions, and cause respiratory problems. VOCs also emit smog-forming chemicals that contribute to air pollution.
- ✱ Long-term exposure to air pollution increases chance of death by lung cancer, heart attack, emphysema, etc...This includes indoor air pollution from VOCs!



**Look for the Green Seal Label:** Purchase "Green Seal" certified products that meet stringent environmental certification standards for cleaning products, paints, stains, glues, and other products. This will help keep your home free of VOCs & other pollutants.

St. Nicks is dedicated to keeping Greenpoint-Williamsburg sustainable for low- to moderate-income people. Each year St. Nicks provides essential services & programs to more than 9,000 people. We strategically focus on providing services in 5 main areas: 1) Affordable Housing; 2) Health Care; 3) Workforce Development; 4) Economic Development; 5) Youth & Education.

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## #8 Get the most out of your water use!

When you use water, you are using electricity to pump the water, natural gas or oil to heat the water, and sewer lines that flow into rivers, beaches, and oceans. You can take simple steps that will get the most out of your water:

- ✱ Low-Flow faucets and showerheads can help reduce water consumption significantly (up to 35%), plus give you a better, cleaner shower
- ✱ Toilets use the most water in your home. If your toilet is from 1992 or earlier, you probably use 3+ gallons per flush. Newer toilets use about 50% of that amount!
- ✱ Turn water off when you're not using it, i.e. when brushing your teeth. Educate your household members to conserve water!
- ✱ Report leaky fixtures to get them fixed right away, including toilets, sinks, showers, etc. Even a slow, steady drip wastes 75 gallons a week!



**GO GREEN on water use:** Letting your faucet run for 5 minutes can use as energy as letting a 60-watt light bulb run for 14 hours. Conserving water usage will reduce electricity usage, natural gas / oil usage, and preserve drinking water, rivers, and oceans for future generations.

## #9 Keep Recycling & Reduce Your Trash!

Recycling and reducing your trash makes a BIG impact on energy, costs, and air quality:

- ✱ NYC produces 12,000 tons of waste daily. Greenpoint/Williamsburg currently processes 40% of the city's trash! That's 4,800 tons being hauled in diesel trucks through your streets every day! Recycling & reducing trash can improve our neighborhood's air quality.
- ✱ Recycling 1 ton of paper saves 17 mature trees, 7,000 gallons of water, 3 cubic yards of landfill space, 2 barrels of oil, and 4,100 kilowatt-hours of electricity - enough energy to power the average U.S. home for 5 months!
- ✱ Recycling saves New York City \$7.5 million annually because it reduces the cost of exporting trash to out-of-state landfills.
- ✱ 22% of NYC waste consists of food scraps and yard waste. Composting your uncooked vegetable scraps can help greatly in reducing waste. See if a community garden or farmer's market nearby can take in your compost.



**#10 Stay educated & inform your family, neighbors, and community:** The best way to GO GREEN is to stay educated and inform others. Everyone needs to do their part so that we can have a lasting, sustainable impact in our homes, communities, and nation. Here are some resources to help you:

- ✱ Neighbors Allied for Good Growth – *Community non-profit dedicated to community planning & environmental justice in Greenpoint/Williamsburg* Website: [www.nag-brooklyn.org](http://www.nag-brooklyn.org) Phone: (718) 384-2248
- ✱ New York State Energy Research and Development Authority [NYSERDA] - *Tips & information, plus incentive programs for going green* Website: [www.getenergysmart.org](http://www.getenergysmart.org) Phone: (877)-NYSMART
- ✱ Council on the Environment of New York City – *Non-profit dedicated to improving NYC's environment through education and outreach* Website: [www.cenyc.org](http://www.cenyc.org) Phone: (212) 788-7900
- ✱ PlaNYC – *NYC's target of reducing carbon emissions by 30% by 2030 with tips on going green* Website: [www.nyc.gov/html/planyc2030/html/home/home.shtml](http://www.nyc.gov/html/planyc2030/html/home/home.shtml)
- ✱ Energy Star – *Energy efficient appliances* Website: [www.energystar.gov](http://www.energystar.gov)
- ✱ Green Seal – *Environmental, low VOC products* Website: [www.greenseal.org](http://www.greenseal.org) Phone: (202) 872-6400

St. Nicks Central Office  
11 Catherine Street, 3<sup>rd</sup> Floor  
Brooklyn, NY 11211-2706

Phone: (718) 388-5454  
Fax: (718) 486-5982  
Website: [www.stnicksnpc.org](http://www.stnicksnpc.org)

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