

How Green Are You?

Pope Benedict XVI's theme for 2010 World Day of Peace was **If You Want to Cultivate Peace, Protect Creation.** In that message he stated,

...Yet no less troubling are the threats arising from neglect – if not downright misuse – of the earth and the natural goods that God have given us, For this reason, it is imperative that mankind renew and strengthen “that covenant between human beings and the environment, which should mirror the creative love of God, from whom we come and towards whom we are journeying.”

The Good Shepherd Green Team hopes to support the Pope's message by building awareness in parishioners and help them to make changes in their personal lifestyles.

We'd like see how Good Shepherd parishioners are doing on green steps at home. Additionally, we would like you to pledge to do even more, to help keep our community green and protect creation.

How “green” do you think you are on a scale of 1 to 10? 10 is the most and 1 is the least.

10 9 8 7 6 5 4 3 2 1

How often do you:

Turn off unneeded lights?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Turn off TVs, computers and stereos when not in use?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Keep thermostat at 68 degrees or less in winter and at at 78 degrees or more in summer?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Walk, bike, carpool or use a bus instead of drive?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Check tires for proper inflation?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Recycle everything possible at home, including plastics, aluminum, batteries, ink cartridges and small appliances?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Reduce the new things you buy?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Re-use things you have instead of buying new?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Use re-usable shopping bags?

4 - Always

3 - Often

2 - Sometimes

1 - Rarely

0 - Never

Carry a re-usable beverage container?

4 - Always

3 - Often

- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Compost food waste?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Buy locally grown food?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Wash laundry in cold water?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Reduce the trash/garbage you create?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Use environmentally friendly cleaning products?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Use compact fluorescent light bulbs in your home?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Use organic products on your lawn?

- 4 - Always
- 3 - Often
- 2 - Sometimes
- 1 - Rarely
- 0 - Never

Interested in Going Greener?

If you are interested in become more green we ask you to identify what changes or additional steps you are willing to take to reduce the impact you and your families lifestyle has on the environment. Just pick five new actions or changes you are willing to take during 2010. Some steps are easier than others:

EASY

- Recycle aluminum cans, steel, clear glass, paper, plastics, batteries, ink cartridges and small appliances.
- Adjust your thermostat to 78 F or higher in summer and 68 F or lower in winter.
- Replace the most frequently used incandescent light bulbs with compact fluorescent light (CFL) bulbs immediately; replace all other incandescent bulbs with CFLs as they burn-out.
- Turn off lights and unplug all electronics and chargers when not in use; set computers to "power saving mode".
- Maintain proper air pressure in vehicle tires.
- Use re-usable shopping bags.
- Use re-usable beverage containers.
- Buy only local grown produce.
- Compost food waste.
- Use environmentally friendly cleaning products.
- Wash clothes in cold water.

MODERATE

- Reduce energy use for hot water by installing water saving fixtures and showerheads, insulating your water heater and pipes, and turning down your water heater temperature setting.
- Seal air leaks around windows, doors and other wall penetrations with weather stripping, caulk or insulation.
- Discontinue the use of second refrigerators.
- Dry laundry using a clothesline instead of using the dryer whenever possible.
- Bike, walk, carpool or use the bus at least once per week for errands or your work commute.

MORE DIFFICULT

- Reduce “vampire” energy use with a “smart power strip” that senses when appliances are off.
- Buy a programmable thermostat and adjust the temperature overnight and when the house is unoccupied.
- Seal and insulate ducts for air conditioning and forced air heating systems; check for adequate attic insulation levels.
- Choose Energy Star appliances and electronic devices when purchasing these items.
- When purchasing a new/used vehicle, select models that get at least 20% better fuel economy than your current vehicle.
- Measure your carbon footprint and take action to reduce it by 2% per year.

If you consider yourself green or if you are going green, what is the number 1 reason why?

- Protect Creation
- Health
- Future Generations
- Concern for the Environment (global warming, pollution etc.)
- Save wildlife
- National Security (reduce dependence on foreign oil etc.)
- Right thing to do
- Save Money
- Other _____

What is your age?

- 1-19
- 20-29
- 30-39
- 40-49
- 50-64
- 65 +

What is your gender?

- Male
- Female

How many people live in your household?

- 1
- 2
- 3
- 4
- 5 or more

