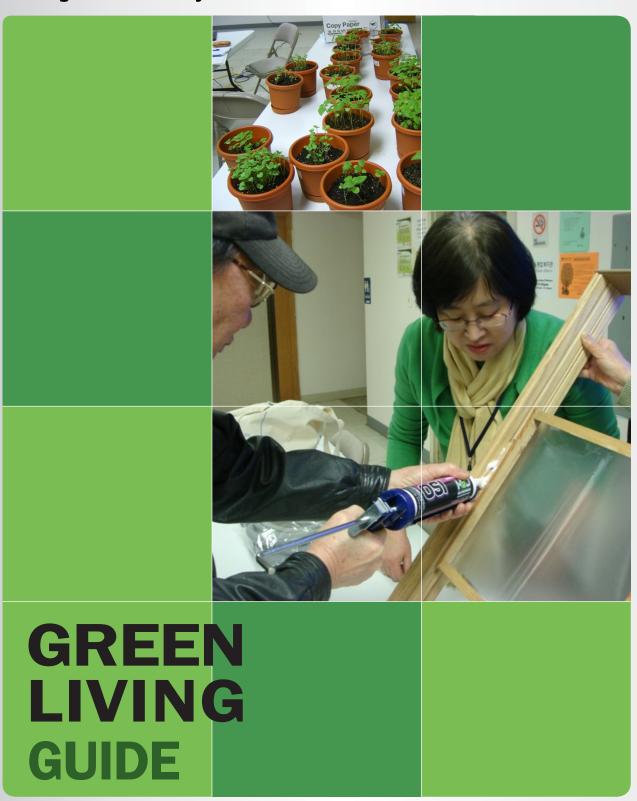
Making Our Community Greener





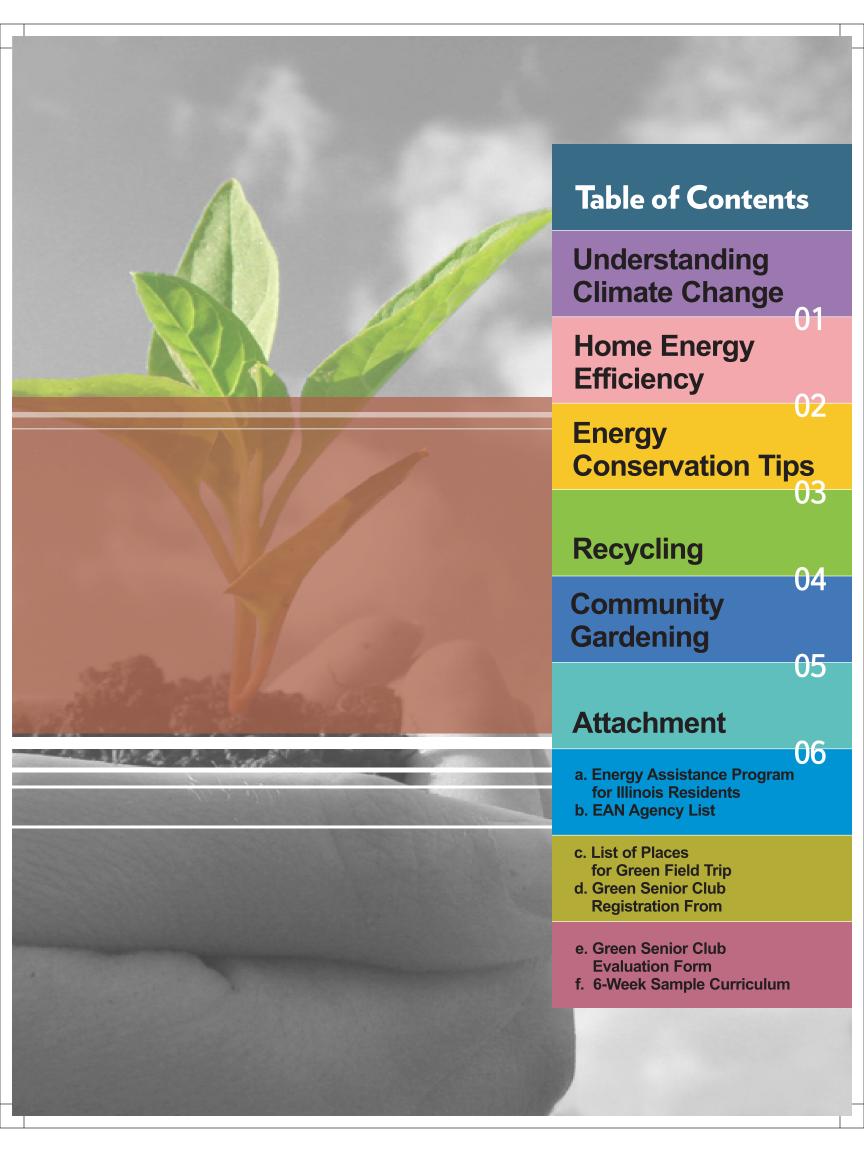
About the Curriculum

As the result of the rise of industrial pollution, climate change is the greatest threat facing our planet. To assess the impacts of climate change and to develop a plan for the future, the City of Chicago consulted leading scientists on various scenarios for Chicago's climate future and how those would impact life in the city. As a part of the city's effort to educate the community, the Energy Action Network was launched to bring together community organizations, utility companies and not-for-profit groups who are committed to creating energy efficient communities throughout Chicago. Hanul had also actively participated in many green initiatives as a member of EAN.

Based on our experience of leading the first group of Green Senior Club, Hanul has received the 3rd year funding of Energy Action Network to create a curriculum guidebook, which includes five topics related to climate change. Each lesson includes "Introduction" and "Discussion Questions" sections to attract participants' interest in the topics. Information listed under "Key Facts" introduces the participants with relevant facts and knowledge to help them better understand the core issue. With information learned from the "Key Facts" section, participants also are informed with ways to live green by being provided with easy activities they can do at their own home or within groups. Other members of the community that are living green are also featured in the "Leading by Example" section of each chapter to emphasize that everyday ordinary people are living green and encourage participants to join the initiative. Lastly, the "Tips for Green Leaders" section includes more resources and activity ideas that can be implemented with their own group by becoming a leader.

We truly hope that this curriculum guidebook will be of a useful resource guide for the community.





Understanding Climate Change

Introduction

World Record: Apa Sherpa's Everest Summit No. 21

Apa Sherpa, climbing leader of Eco Everest Expedition 2011, reached the summit of Mt. Everest for the 21st time - a new world record with the message of "Stop Climate Change".

He joined Eco Everest for his 18th, 19th, 20th and 21st Summit of Mt. Everest in 2008, 2009, 2010 and 2011. Apa said he is committed to support the efforts of Dawa Steven Sherpa, leader of the Eco Everest Expedition to bring awareness to the world community about Climate Change and to help remove old garbage from the slopes of Mt. Sagarmatha (Mt. Everest) - our sacred mountain. Is there



really anything that we can do in order to protect Mt. Everest, one of Mother Nature's most precious gifts?

*Article Source: Explorers Web http://www.explorersweb.com/stats/news.php?id=20142

Discussion Questions

- What is climate change?
- Let's talk about some abnormal weather patterns that we are hearing from all over the world.
- What are some environmental issues?
- How do my everyday habits impact the climate change?

Key Facts

What is climate change?

Climate Change refers to changing patterns of temperature, precipitation, humidity, wind and ocean circulation, and other variables over long periods of time. Climate change today is the result of human activity such as burning fossil fuels like coal, petroleum, and natural gas. Global warming is the rise in the Earth's average temperature. It is caused by an increase in amount of greenhouse gases in the atmosphere, which trap heat.

How does human activity cause climate change? Buring fossil fuels produces greenhouse gases (GHGs), the most significant being carbon dioxide. GHGs trap heat in the Earth's atmosphere. GHGs are also produced by many natural sources such as forests and oceans. This is called the "natural greenhouse effect." But it is the additional amount of human-prduced GHGs





which produce the "enhanced human greenhouse effect" that is causing the climate to change too quickly today.

People often do not realize that the major cause of climate change is the use of energy produced by burning fossil fuels (as opposed to alternative energy, such as wind or solar power). This is why many national and local initiatives aimed at curbing climate change currently focus on reducing energy comsumption, largely through commercial and residential retrofits (tightening up buildings so that less energy leaks out).

Carbon dioxide levels are the highest they have been in over 800,000 years. The rate of increase is unprecedented. We burn fossil fuels when we do things like drive, heat

our homes, dispose of waste, and process food.

Do you know the increasing amount of waste also contributes to the increase of carbon dioxide levels?

Why are carbon dioxide leves so high?

Natural sources like plants, animals, oceans and soil have always released more carbon into the atmosphere than human activities do. But in the past the amount of gases released by natural sources was balanced by the amount of gases being absorbed by natural sinks. Sinks include oceans, lakes, forests, and other green spaces. They keep the amount of carbon dioxide in the atmosphere in check. This process is called the "carbon cycle." The added emissions from human sources today create an imbalance in this cycle that results in too much carbon dioxide in the atmosphere. Because of this increase, the Earth is warming.

How do we correct the imbalance in the carbon cycle?

Many of our natural sinks have been greatly fragmented or completely lost to development, agriculture, and pollution. Oceans and lakes are likely to reach a cardon dioxide intake threshold in the future. This means that they would not be as good at capturing and storing carbon, so more carbon would remain in the

City of Chicago Climate Action Plan (CCAP) 5 Strategies	Chicago Wilderness Climate Action Plan for Nature (CAPN) 5 Strategies
1.Energy Efficient Buildings	1.Climate-friendly gardens and lawns
2.Clean and renewable energy sources	2. Water conservation
3.Improved Transportation Options	3.Monitoring
4.Reduced waste and industrial pollution	4.Stewardship
5.Adaptation	5.Climate change education

*Source: Chicago Community Climate Action Toolkit was created by the Field Museum and Environment Culture and Conservation For more information please visit: www.climatechicago.fieldmuseum.org







Understanding Climate Change

Hanul Family Alliance_5

Green Action Plan

1. Watch environmental documentaries together to raise awareness.

Korean Documentaries:

"Tears of the Artic" (MBC, 2008)

"Tears of Africa" (MBC, 2010)

"Tears of the Amazon" (MBC, 2010)

"Tears of the South Pole" (MBC, 2011)

"The Last Tundra" (SBS, 2011)

"The Enviornmental Issues" (KBS)

Other Documentaries:

"An Inconvenient Truth" (Davis Guggenheim, 2006)

"The 11" Hour" (Davis Guggenheim, 2007)

"Carbon Nation" (Peter byck, 2010)

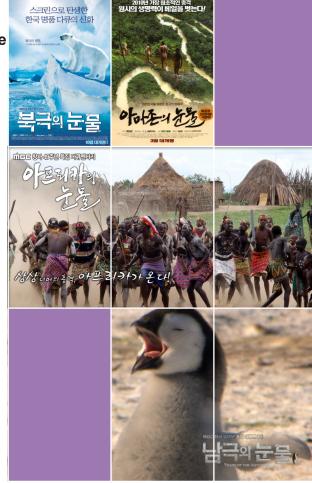
"I Am Tom Shadyac" (Tom Shadyac, 2011)

"Home" (Yann Arthus-Bertrand, 2009)

2. Container Gardening: To reduce the cardon dioxide level-which is the main cause of the green house effect—and create clean air inside of our homes, we can create container gardens or community gardens. We have introduced a few ideas of how to grow vegetables that we can enjoy.

Bean Sprouts

- 1. Prepare a container that can drain water.
- 2. Soak the beans for 5 to 7 hours in the water.
- 3. Place wet cotton or cotton cloths inside of the container and place the beans on top.
- 4. Put the container into another bowl and cover the entire thing with the black cloth. Water the beans about three times a day.
- 5. Keep the temperature at around 68 degrees and place the container where there is no light.







Radish Sprouts

Radish sprouts are a spicy way to add flavor to salads, sandwiches, and dips. These sprouts take longer to grow than other sprouts, but they also keep longer.

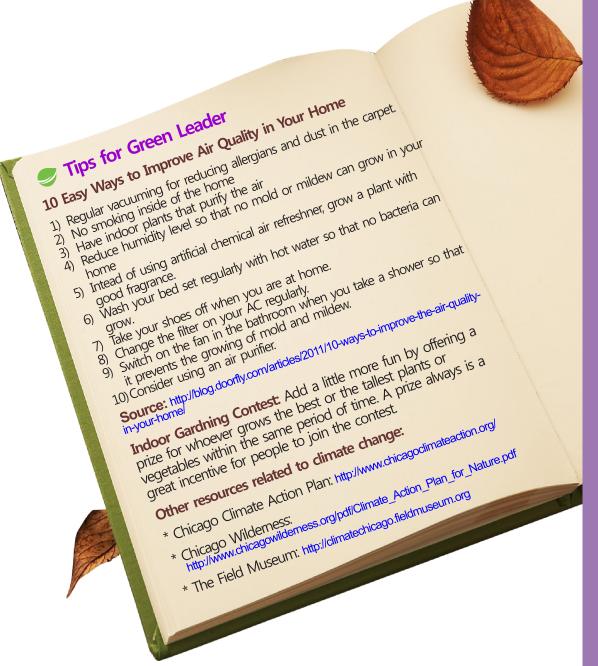
- 1. Prepare 3 tablespoons of seed then transfer into a bowl or into your sprouter.
- 2. Allow seeds to soak overnight in a bowl or cup.
- 3. Take out all the ones that float to the top and drain off the soil water.
- 4. Rinse thoroughly with cool water and drain again.
- 5. Place the sprouter anywhere out of direct sunlight and at room temperature.
- 6. Rinse and drain again every 8 to 12 hours for 3 days.
- 7. Relocate your sporuts if necessary.

Your sprouts will be done within 5-6 days.

Leading by Example

Bongja Ahn, a graduate of the first Green Senior Club, was the winner of the container gardening contest last year. Her long farming experience in Korea before she came to the states has paid off by successfully growing the tallest sesame plant in just 4 weeks. More surprisingly, she was able to do it inside of her home the middle of Chicago's winter. We asked Bongja how she was able to grow them so tall and healthy and she advised everyone not to put too many seeds in the pot, but to spread them out nice and easy. She also mentioned to only water 2 or 3 times a week and place the pot where it can be exposed to the most sunlight throughout the day. Enjoying the fresh sesame leaves everyday in the middle of the winter season was not only a great cost-saving idea, but also a great green action!





Understanding Climate Change

Hanul Family Alliance 7

NASA's Top 10 Air Purifying Plants

10 Air Purifying Plants Recommended by NASA

NASA has conducted an official study on the top 10 air-purifying plants, assigning each one a score based on how well they remove chemical vapors, resist insects, and how easy they are to maintain in your home or green office space.

- · English Ivy: Keeps allergies at bay; vanishes 60% of airborne mold in the room
- · The Boston Fern: The most efficient filtering plant; expels mold and toxins from indoor air
- · The Rubber Plant: excels at removing chemical toxins (especially formaldehyde) from indoor air
- · The Areca Palm: The most efficient air humidifier; removes chemical toxins from the air.
- · Peace Lily: Indoor air toxin killer; all-natural air purifier

Source: http://webecoist.momtastic.com/2009/04/08/air-purifying-plants/

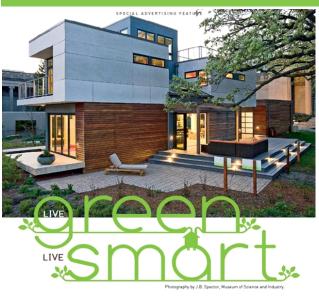


^{*} Source: KorMedi News http://www.kormedi.com/news/article/1188555 2892.html

Let's Go Green!

We can start by changing our habits which impact climate change. What are some ways that we can reduce the cardon dioxide levels? ☐ Use publice transportation, walk or bike ☐ Reduce energy use ☐ Always use medium heat on stove top ☐ Reduce usage of disposable items ☐ Use reusuable shopping bags ☐ Save water ☐ Don't use a hair dryer ☐ Unplug appliances when not in use ☐ Reduce food waste ☐Grow a plant Is there anything else that we can do to help reduce the carbon dioxide level? Let's share with the group.

Home Energy Efficiency



Introduction

How will our homes look like in the future?

"Green Building" means incorporating environmental considerations and resource efficiency into every step of the home building and land development process to minimize environmental impact. It's a practical response to a variety of issues that affect all of us – like increasing energy prices, waning water resources, and changing weather patterns. What kind of homes would you like to live in?



Discussion Questions

- Have you ever heard of "green roofs?"
- Imagine you could build a home by yourself. What kind of home would you like to build?
- · Where in our homes are we losing the most energy?
- How do my habits impact energy efficiency around my home?





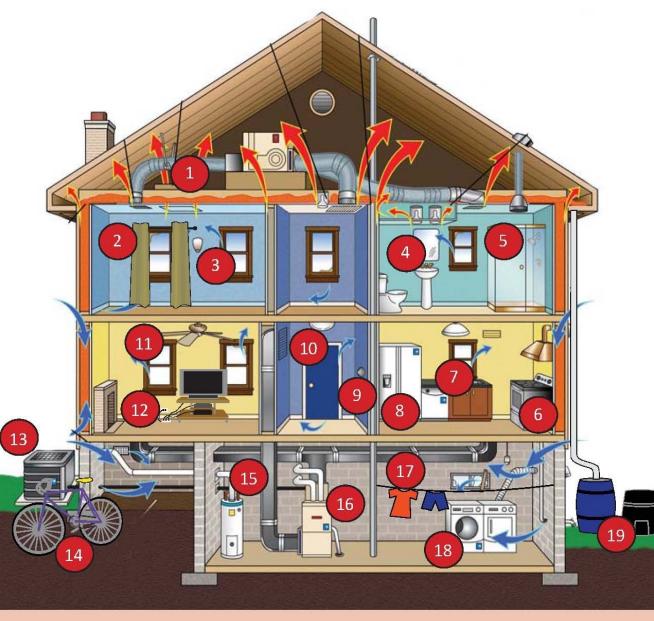
10_Green Living Guide

Key Facts



No or Low-Cost Energy Savings Tips for Your Home

You don't need to spend a lot to have a more energy efficient home and experience greater comfort, lower utility bills and the feeling of pride that comes with helping to protect our environment. Try these simple tips at home. Ask an Energy Action Network representative how.



For more information about LIHEAP, weatherization and energy assistance, visit an Energy Action Network (EAN) location. To find one near you, call (800) 571-CEDA (2332) 8 A.M.- 6 P.M. Monday - Friday or visit the EAN webpage at www.cedaorg.net/www2/EAN.html.







chard M. Da Mayor

No or Low-Cost Energy Savings Tips for Your Home

INSULATE YOUR ATTIC, WALLS, AND cycle and open the door to allow **CRAWLSPACES** to reduce your energy

usage by up to 30 percent. Insulation material is rated by its R-value, or resistance to heat flow . Experts recommend the following minimum (R) values of insulation for Chicago: attics (43), wall cavities, crawl spaces and basement walls (19). Roll of R-19 insulation = \$15

CHOOSE ENERGY SAVING WINDOW

TREATMENTS particularly for north and west-facing windows. Close them at night to keep warm air in and open them during the day to allow the sun's rays to come in. Thermal drapes = \$35

ADD CAULK AND WEATHERSTRIPPING KEEP YOUR THERMOSTAT AT 68 AROUND DOORS AND WINDOWS

Also caulk and seal air leaks where plumbing, ducting or electrical wiring penetrates through walls, floors and ceilings. Tube of silicone caulk = \$6

TURN OFF THE WATERVHILE **BRUSHING YOUR TEETH** to save

up to 8 gallons of water per day or 240 gallons a month, lessening the demands on your hot water heater. *Turning off the tap* = FREE

INSTALL LOW FLOW DEVICES SHOWERS AND FAUCETS. The

energy involved in pumping water to your home and then heating it can be very energy intensive. 1.5 gallons per minute faucet aerator = \$4.30

USE YOUR OVEN EFFICIENTLY.

Preheat it only when baking. Don't open the oven door to check your food. Each time you do the oven temperature drops by 25 degrees. Instead watch the clock or use a timer. Use a microwave or toaster oven to cook small or medium sized meals. $Cooking\ more\ efficiently = FREE$

SAVE ENERGY WHEN USING YOUR **DISHWASHER** . Use the no-heat air-dry feature on your dishwasher. If you have an older dishwasher that doesn't include this feature, turn the dishwasher off after the final rinse

Visit cityofchicago.org/Environment for details

air drying. Wash only full loads. The dishwasher uses the same amount of water whether it's half-full or completely full. Washing up more efficiently = Free

ADJUST THE TEMPERATURE SETTINGS ON YOUR REFRIGERATOR

AND FREEZER. Incorrect temperatures can be unsafe and waste both food and energy. Check the temperatures using a digital thermometer. Leave it inside for 15 minutes with the door closed. Adjust the settings to be within the following safe ranges: refrigerator $(36 \circ F - 38 \circ F)$ and freezer $(0 \circ F - 5 \circ F)$. Digital thermometer = \$6

DEGREES OR LOWER in the winter

to save money and energy. You save roughly 3% on your heatting bills for every degree you lower your thermostat. Install a programmable thermostat to adjust your temperatures to a pre-set schedule. *Turning down thermostat* = FREE; $programmable\ thermostat = 40

SWITCH TO COMPACT FLUORESCENT LIGHT BULBS (CFLS).

Compact fluorescent light bulbs use up to 75 percent less energy and last up to 10 times longer than conventional incandescent lighting. 4-pack of 25 watt CFLs = \$8

SAVE ENERGY WITH CEILING AND WINDOW FANS in both the summer

and the winter. In the summer, fan blades should revolve in a counterclockwise direction. In winter months, set your fan at its slowest speed and reverse it in order to push warm air down. 42" ceiling fan with light = \$40; box window fan = \$20

UNPLUG DEVICES OR PLACE THEM ON A POWER STRIPand turn off the

strip when not in use. Devices such as chargers, cable box and tv's consume standby or phantom power when they are not being used and can account for 7-10% of your home's energy use. 6-outlet power strip = \$3.40

GET THE MOST OUT OF YOUR AIR

CONDITIONER. Check your filter every month. If the filter looks dirty, change it. A dirty filter will slow down air flow and make the system work harder, wasting energy. Schedule a yearly tune up for your cooling system. Set your thermostat to 76 ° F during the day. $20'' \times 25''$ filter = \$15; annual service = \$99; thermostat setting = FREE

RIDE A BICYCLE, TAKE PUBLIC TRANSIT OR WALK for shorter trips

near your home. Walking = FREE

LOWER THE SETTING OF YOUR WATER HEATER THERMOSTATto

120 degrees to save approximately 3 to 5 percent in energy costs. Install an insulation blanket around your heater to help keep the water hot longer. Lowering thermostat = FREE; R-11 $insulation\ blanket = 21

HAVE YOUR FURNACE INSPECTED

AND TUNED. Check your filter every month. If the filter looks dirty, change it. A dirty filter will slow down air flow and make the system work harder, wasting energy. Schedule a yearly tune up for your heating systems. Air filter = *\$14; cost for service = \$99*

HANG A CLOTHESLINE IN YOUR BASEMENT OR BACK YARDand air

dry your clothes. An electric dryer costs about \$130 a year to run. Retractable clothesline = \$14

WASH CLOTHES IN COLD WATER.

About 90% of the energy used for washing clothes in a conventional topload washer is for heating the water. Unless you're dealing with oily stains, the warm or cold water setting on your machine will generally do a good job of cleaning your clothes. Washing $in\ cold\ water = FREE$

CREATE A SUSTAINABLE BACKYARD.

Use a rain barrel to capture and store water for use in the garden or washing the car. Compost food scraps and plant waste to make your own all-natural fertilizer. Rain barrel or compost bin = \$100 minus \$30 City of Chicago rebate. 1



Green Action Plan

Let's learn how to use the winter weatherization tool kit at your home.

- **Bulb weatherstrip** durable edge seal for door and window openings. The roll is made of two strips that need to be pulled apart into long strips. Gradually remove the adhesive backing paper as you put the item in place.
- V-section weatherstrip another durable edge seal for doors or windows. Fold the strip in half, lengthwise. Gradually remove the backing paper while applying the adhesive side to a surface. If applying to wood, tack the adhesive side at both ends with small nails for greater adhesion. Be careful not to nail the two sides of the v-section together the adhesive side is nailed and the other side is free to open and close when pressed by the door or window. Nails are included.
- Window kit plastic film and tape to cover windows and other large openings. For windows and other large openings that will remain closed for the whole winter or longer, or are otherwise difficult to weatherstrip, use this item. It functions like an "indoor storm window." Price \$6~\$10
- Clear poly tape for quick, temporary sealing needs, particularly cracked glass.
- Caulk and caulk gun seals small gaps; applies white; dries clear.

User Tips: Prepare the tube of caulk by putting the tip of the nozzle into the round hole in the handle of the caulk gun. Squeeze the handle to clip off the very tip of the nozzle. On the handle of the caulk gun, locate the wire that can be used to puncture the seal at the base of the nozzle. To put the tube of caulk into the caulk gun, hold down the silver release on the plunger and pull the plunger back all the way. Seat the tube in the caulk gun, let go of the silver release and squeeze the handle gently to start the flow of caulk. Press the silver release to stop the flow of caulk. Place thick tape over the tip of the nozzle between uses.

• Foam rod – flexible foam rods for filling openings larger than $\frac{1}{4}$ inch. The foam rods come in $\frac{3}{8}$, $\frac{5}{8}$ and 1" sizes

User Tips: Push pieces of the foam rod into openings larger than 1/4". (For openings that are too big to be filled by caulk alone.) Where preferred for appearance, you can apply caulk so that it is touching the edges of the opening.

• Compact Fluorescent Light bulb CFLs are energy-efficient light bulbs. They fit in light fixtures that currently accept the screw-base incandescent bulbs. CFLs are now sold in a wide variety of shapes, intensities, and light colors. CFLs use 75% less energy and lasts up to 10 times longer than most other bulbs. Each bulb will save you about \$43 in electricity costs over the lifetime of its use. You can increase your savings by changing to more CFLs.













Hanul Family Alliance _13

Leading by Example

Esther Choe received the C3's weatherization kit last year for the first time from Hanul. She was already an expert of taking care of her home by doing simple installations and fixes by herself, but she's been fighting with the cold air coming into her home every winter. While trying on all different kinds of weather stirps that she found in the kit, she finally found a smart way to defeat the cold air coming in through her windows by using the foam rod that she had never seen before. She was so happy with the discovery of the new kit that she ended up sharing the tips with everyone else in her class. She is now a true master of home weatherization.



Let's Go Green!

Pair & Share: Discuss with your group members one thing that you learned from the lesson that can be done at your home

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Home Energy Efficiency

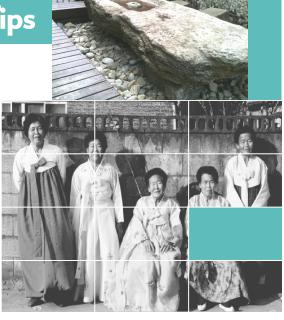
Hanul Family Alliance_15

Energy Conservation Tips

Introduction

Frugal = Ecofriendly

In old days, there was a time when we didn't have enough water, and so not a drop of water was wasted. Everybody dried their laundry on clothing lines and all food waste was given to our gardens to grow them naturally. People didn't purchase food from a food mart, but enjoyed organically grown vegetables and herbs that grew out of their own backyards. Younger siblings always wore their older siblings' clothing; everything was recycled because there was simply not enough of everything. Many of our grandparents are very proud of their frugal lifestyle even to this day, when everything comes in abundance. Today, this frugal lifestyle is being revived among city-dwellers not because of lack of resources or poverty, but because people are trying to live eco-friendlier lifestyles.



Discussion Questions

- Name some home appliances that use energy
- · How much energy does an average household use?
- What time of day is energy consumed the most? Or the least?
- What kind of frugal life style do I already have?

Key Facts

Key Facts

The average household spends 7% of their income on energy every year to cook food, power gadgets, and heat homes. However, much of this energy is wasted through inefficient use. Coal and nuclear power pollute our air and water, so reducing energy use saves both money and our environment.

What can you do with one kilowatt-hour? Light ten 100-watt bulbs for one hour Run a microwave for 40 minutes Blow-dry your hair 12 times Power a digital clock for 3 weeks Wash one load of laundry Watch TV for eight hours Run a window fan for four hours Vacuum for one hour What can you do with one therm? Heat an oven at 350 degrees for nine hours Do eight loads of dishes in a dishwasher Take a 50-minute shower Wash & dry two loads of laundry

*Source: Equity Express, ©2011 Center for Neighborhood Technology

Ways to save energy with home appliances

Products	How To	kwh/month saved	Reduced CO₂/month
Refrigerator	* Only fill up 60% * Open your refrigerator door 4 less times than you usually do in a day	7.2 0.8	3.1 0.3
	* Keep the door open 10 seconds less than you usually do each time you open it	0.5	0.2
	* Place it where it's well ventilated * Regulary remove dust from cooling coil * Set temperature to medium	3.8 2.5 5.1	1.6 1.1 2.2
Air Conditioner	* Use it for one less hour * Set the temperature between 78~82 degrees * Clean the filter every two weeks * Check refrigerant once a year * Unplug when not in use	51.8 22.4 10.7 18.7 5.2	22.0 9.9 4.5 7.9 2.2
TV	* Watch for one hour less * Reduce the volume to around 20% * Reduce screen brightness to 70% * Unplug when not in use		1.8 0.3 1.1 0.3
Vaccuum	* Use it on the medium setting instead of high	4.1	1.8
Computer	* Reduce screen brightness to 70% * Use for one hour less * Turn on the monitor one minute after booting * Unplug when not in use	1.2 5.0 0.2 2.0	0.5 2.1 0.1 0.9
Laundry Machine	* Reduce number of washes (20% less)	1.8	0.8
Electricity thermo pad			9.5 19.7
Microwavelron	* Unplug when not in use	2.0	0.8
Fan	* Reduce preheating time * Wait until you have more than one item to iron		0.3 0.1
Radio	* Use on medium setting instead of high	1.1	0.5
Cellphone	* Unplug when not in use	6.1	2.6
Charger	* Unplug when not in use	2.3	1.0

Optimal temperature settings for your household for cutting expenses

	Day Time	When Leaving	When Returning	Night Time
Winter	68°F	62°F	68°F	62°F
Summer	78°F	82°F	78°F	82°F

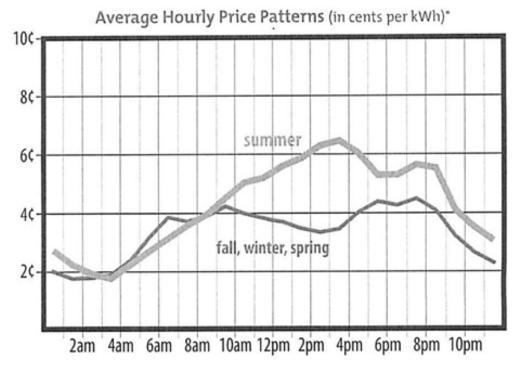
*Appropriate Temperature for Refrigerator: 36~38 °F , Freezer: 0~5 °F

Source: Center for Neighborhood Technology Energy





Did you know that electricity costs differently depending on the season? Did you also know that it's more expensive when the demand for electricity is highest?



*Based on average prices for January through December 2010. Depending on market conditions, prices can vary significantly from this typical pattern. Savings cannot be guaranteed.

*Source: ComEd www.thewattspot.com



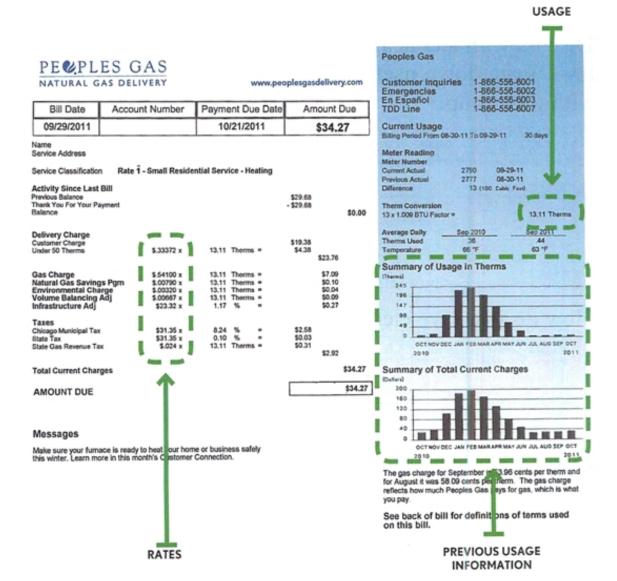






Pew ples Gas

Reading your Peoples Gas Bill





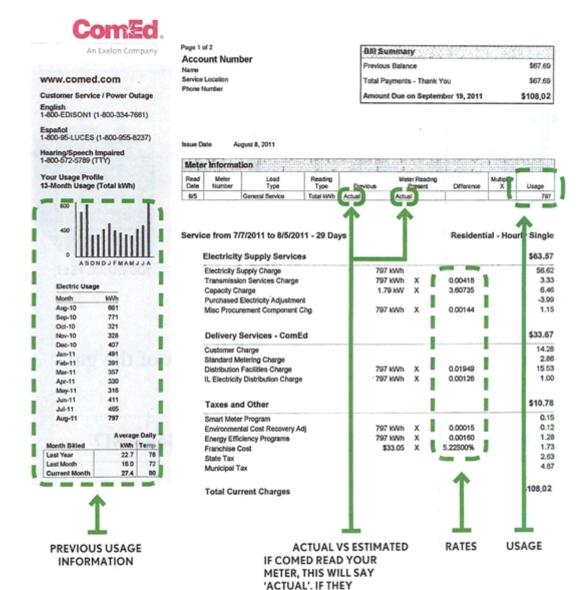








Reading your ComEd Bill



ESTIMATED YOUR USAGE, IT WILL SAY 'EST' OR 'E'. IF YOU GET TWO ESTIMATED BILLS IN A ROW, CALL COMED AND ASK THEM TO READ

YOUR METER!

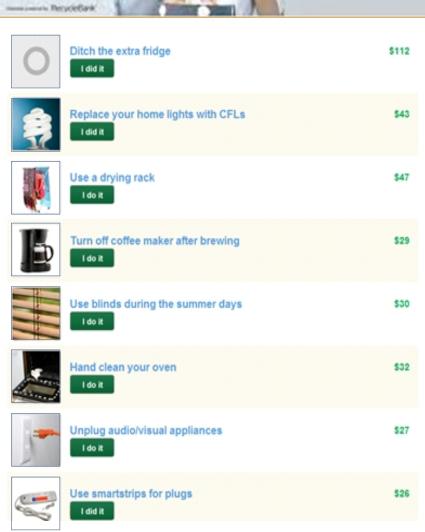


Green Action Plan

Join CUB Energy Saver

CUB Energy Saver gives you free online tools to put energy saving ideas into practice and get rewarded for making smarter decisions. https://cubenergysaver.com





Energy Conservation Tips

See Your Savings Every Month

Save real money and get rewarded for making smarter choices.

Each month we send you an email showing how much you have saved and how many rewards points you have earned.

Get Rewarded for Saving

Every month when you have verified savings on your electric bill, you'll automatically receive two points for every kilowatt hour (kWh) saved.

You can redeem points for great discounts at favorite stores like Footlocker, Omaha Steaks, FTD, and Sears.

Sample Community Savings Report

Hanul Family Alliance_21

| Lesson 3 Energy Conservation Tips |



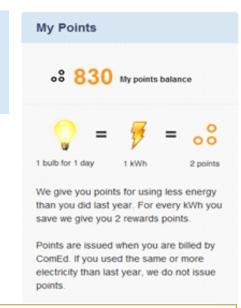




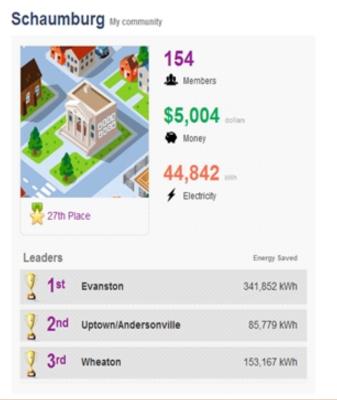
Learn About Energy Saving Actions

Get trusted energy savings recommendations you can act on. Location, weather and your home profile are factored to make them personalized to you. You need your ComEd account number.









Tips for Green Leader

-If you have trouble using the computer or have hard time accessing computers, creating a buddy system that matches up a volunteer with a participant might be a great idea. Help people register and set up follow-up meetings so that they can keep track of their savings. Senior-Youth inter-generational programs might work out best for this model.

-Combine this lesson with a basic computer skills course. The leader can teach participants with how to use internet, open up an email account, check their emails, and login to the CUB website. This might draw a bigger interest from the community.

-Create a group on CUB Energy Program to track the total energy savings for the entire members of the group. You can set up a goal to reach or create a completion to make it more exciting and fun. If you need any technical assistance with creating a group, please contact Citizens Utility Board at 312-263-4282 or visit their website at http://www.citizensutilityboard.org.







Let's Go Green!

Discuss how you keep energy costs low. Write down useful or creative techniques to share with the group.

1 Recycling

Introduction

Recycling Arts

Have you ever heard of 'Recycling Artists' or 'junk artists'? With themes of environmentalism and climate change becoming increasingly popular in the art world, artists are are putting eco-friendly philosophies to practice with their art pieces made entirely of unwanted objects. Recycling and reusing objects normally destined for the landfill has always been a creative process, but in the hands of a skilled artist, the practice can result in masterpieces superior to works crafted of more traditional mediums. Not only professional artists, but also ordinary people like teachers, moms and students are getting creative with their everyday waste materials to create something useful out of them. Can you guess what kind of recycled materials were used in the pictures?









Discussion Questions

- Do you recycle your waste?
- What sort of items from our waste can be recycled?
- How long does it take for waste to decompose?
- Could I be a recycling artist?



Key Facts



Source:www.mainerecycles.com Citiy of Chicago Reycling Program 1 Year

10 Years

100 Years

500 Years



Traffic Ticket 2 - 4 weeks

Rope 3 - 14 months

Cigarette Butt 2 - 5 years

Painted Wooden Stake 13 years

Boot Sole 50 - 80 years

Tin Can 80 - 100 years

Aluminum Can 200 - 500 years

Plastic Bag 100-800 years

Glass Bottle Unknown

Blue Recycling Drop-Off Centers

Chicagoans in single-family buildings who *do not* have blue carts are located in the light blue section of the map. It's not exactly broken down by wards--some wards have partial service. If this is the situation in your area, you can take your recyclables to one of the **38 drop off locations provided by the city**.

Drop-Off Center	Address	Drop-Off Center	Address
Golf Course Lot at Warren Park	2045 W. Pratt Blvd.	North Lawndale	1817 S. Pulaski
Caldwell Woods Forest Preserve	6358 W. Devon Ave	Douglas Park	1359 S. Thompson Dr.
Far North Side	6441 N. Ravenswood	NearSouth	1758 S. Clark
Chevailier Woods Forest Preserve	5530 N. East River Road	City Facility	3757 W. 34th St.
Schiller Woods East Forest Preserve	8700 W. Irving Park Road	Old Attucks School	3850 S. State St.
Portage Park Neighborhood	4243 N. Neenah	City Facility Campus	1424 W. Pershing
17th District Police Station	4649 N. Pulaski	Gage Park	2411 W. 55th
Horner Park	4201 N. California	Sherman Park	1300 W. Garfield Blvd
City Service Yard	2817 N. Natoma Avenue	Washington Park	5560 Russe∥ Dr
Hermosa Community	4619 W. Homer	Marquette Park	6734 S. Kedzie
City Service Yard	1817 N. Monticello Avenue	Ogden Park	6500 S. Racine
Mozart Park	2036 N. Avers	Aubum Gresham	7811 S. Racine
Notebaert Nature Museum	2430 N. Cannon Drive	Rainbow Park	3111 E. 77th Street
City Facility	1633 W. Medill Ave.	Dan Ryan Woods Forest Preserve	2300 W. 83rd Street
Household Chemicals and Computer Recycling Facility	1150 N. North Branch	Calumet Park Beach	9807 S. Avenue G
Old 10th District Police Station	1952 W. 23rd St.	Gately Stadium	810 E. 103rd St.
Chicago Center for Green Technology	445 N. Sacramento	West Pullman	11615 S. Indiana
Columbus Park	400 S. Golf	City Service Yard	829 W. 120th St.
West Loop	1519 W. Warren Blvd.	William W. Powers Recreation Area	12949 S. Avenue O

Source: http://www.cityofchicago.org/content/city/en/depts/streets/supp_info/blue_cart_program.html

Blue Cart Program: Recycling for City of Chicago citizens is basically defined by the kind of building in which you live. If you live in a building that has four or fewer units (what is loosely called a "single-family" residence), you have been served by the Blue Cart Program, administered by the Department of Streets and Sanitation. Briefly, the program uses source-separted, single stream recycling. Until the 2010 city budget was passed, the city had promised to have blue carts delivered to the approximately 600,000 buildings covered by this program by the end of 2011. However, no money was allocated to Streets and San for 2010, which means that the roll out of blue carts was frozen at about 240,000 buildings.

Mayor Emanuel's new plan is, apparently, to provide blue carts to the remaining single-family residences, dividing the responsibility for service among two private companies and the Streets and Sanitation Department. It is not clear when the new blue carts will arrive in alleys, so for the time being those who have not had carts will continue to not have them. For more information visit https://www.chicagorecycling.org/mancomp.htm

Multi-Unit Buildings: If you live in a building with more than five units, you are served by a private waste hauler which has been hired by your building owner or manager or association. This hauler also handles your recycling. By Chicago law (which is honored more in the breach than the observance), your building is required to offer its tenants an effective recycling plan. If your building doesn't have a recycling plan, or you have questions about the one in place now, the City of Chicago provides a comprehensive guide to multi-unit recycling on its website. In addition, if you want to know how to get started, the city has developed the Multi-Unit Residential Recycling Toolkit.

Recycle Your Stuff, A to Z

There are so many materials that we use in our daily lives, but after disposing of them, it's vital that each and every item find another "home" (i.e. the can of soda is empty, that old computer is sitting in the basement). It may be a recycling drop-off site, or your local school, or a household hazardous waste collection. Visit Chicago Recycling Coalition's webstie to check out the A-Z listing to help you find solutions to most daily problems of rescuing, recycling, and disposal. It may also convince you to use less of a product once you read about the extent of its environmental impact. http://www.chicagorecycling.org/atoz.htm

Green Action Plan

Recycling Arts and Crafts: Turn everyday household recyclable items into cute and useful items. There are so many ideas out there, and we would love to see yours!

How to make a Mason Jar Pin Cusion

Materials: Used fabric, Mason jar, any thick paper (old folder, card stock), stuffing materials, glue or glue gun, pencil, scissors





First, trace a circle onto your paper. We found an old folder to use, but you can use card-stock, scrapbook materials, or any type of thick paper you have around your home.

Cut the circle out using your scissors.

Step 1. Trace a circle about two inches wider than lid of the jar onto your linen. Then, cut your linen using your scissors.





Step 2. Place the linen over the lid. With your linen centered above the lid, put some "fluff in your circle of fabric. Push it through a bit so a bulge is created. Place the inside of the lid on top of this and push the fabric through the top of the lid.





Step 3. Glue the extra lengths of fabric down under the lid. Put some glue on one side of the paper and place it inside the lid.

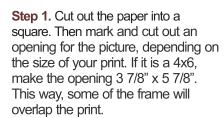


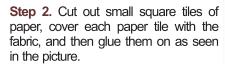
Step 4. You mason jar pincushion is almost complete.....all you need to do now is place some sewing supplies inside and twist on your lid!

How to

Make a Picture Frame

Materials: Fabric, cardboard or any thick paper, scissors, a ruler, a glue or glue gun, a piece of yam





Step 3. When they are all dry, place them around the frame so that the entire cardboard area is covered.

Step 4. Cut out another piece of cardboard to glue to the back of the frame. Cut out a U shape (as shown) to make it easy to insert the picture.

Step 5. Cut out a small piece of cardboard to glue down a piece yarn to the back of the frame so that it can be used as a holder.

Step 6. You can also create a stand by attaching another piece of paper to the back side.



Leading by Example - Pretty Thrifty Recycling Art Class

After the first Green Senior Club had come to an end, a few seniors got together and opened up the Pretty Thrifty Recycling Art Class. To reduce waste and reuse glass jars, plastic bottles, papers, fabrics, etc, they got together and started up a class by using a curriculum created by an intern student at Hanul.

The class first worked on gathering glass jars, milk cartons, old fabrics, used wrapping papers and other items that could be used in the class.





Then under the instruction of the intern student, they were able to create many things such as pin cushions, picture frames, book markers, and flower pots. One of the volunteers and participants of the class said "How wonderful to turn our waste into these wonderful art pieces! I wish more people can participate in this class and would love to showcase all of our art work in an exhibition".

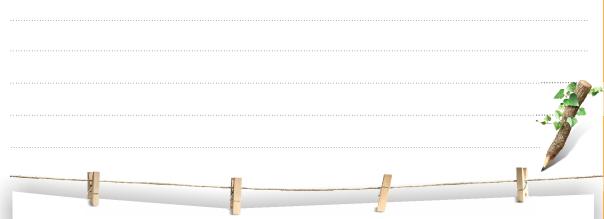
Let's Go Green!

Reduce and Reuse Tips

Why not try out a new 'waste solution' every week? Think of the difference you'll make after just a month or two!

- Purchase in bulk.
- Avoid heavily packaged items.
- Bring your own shopping bag when you shop.
- Carry a reusable water bottle or coffee mug, and pack lunches in reusable containers.
- Minimize use of disposable goods (kitchenware, diapers, cameras, etc.).
- Use cloth napkins and rags instead of disposable napkins and paper towels.
- Minimize carry-out food because of its excessive packaging.
- Read newspapers and other resources on-line when possible.
- Print double-sided.
- Use the library.
- Share books, magazines, and newspaper subscriptions.
- Share the use of large household appliances (lawnmowers, snow blowers, etc.).
- Rent! (Videos, rototillers, cars, etc.).
- Donate your unwanted clothing and household goods.

Cance	l your	junk	mail	
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Tips for Green Leaders

- •Recycling Campagin: Start a recycling campaing in your community by setting specific recycling items or goals. There are many big recycling events through out the year intiated by bigger organizations, so you may choose to join one of the exsting campagins. Come up with a slogan and logo when launching your campaign.
- •Recycling Art Exhibition: Exhibitions are a good way to show people outside of the club how easy it is to recycle and transform recycleables into something useful and beautiful. You can even sell some of the pieces for fundraising purposes.
- •Involving the Youth: Larger art projects can be done in collaboration with youth from a local school or church.
- •For many other recycling arts and crafts ideas, visit the following websites. http://kinderart.com/recycle/ | http://www.allfreecrafts.com



Recycling

| Lesson 5 Community Gardening |



Introduction

THE PETERSON GARDEN PROJECT

The Peterson Garden Project is Chicago's largest community vegetable garden, located on the city's far north side at the intersection of Peterson Avenue and Campbell Avenue.

The garden's site was part of an original WWII Victory Garden from 1942-1945, and was re-launched on May 21, 2010. The Peterson Garden Project's goal is to recruit, educate and inspire a new generation of gardeners who want to gain control of their food supply, grow their own produce organically, and make urban gardening the norm—not the exception.

The project was founded by LaManda Joy, a veteran award-winning gardener who blogs about urban gardening at www.theyarden.com. Her blog was recognized as one of the top two blogs on growing your own food and urban gardening by the Mouse & Trowel Awards in 2010

Discussion Questions

- · What comes to your mind when you think of gardening?
- How does gardening impact our environment?
- Do you have a community garden in your community?
- · How can I start up a community garden?

Key Facts

WHAT IS A COMMUNITY GARDEN?



Very simply, a community garden is any piece of land gardened by a group of people. The American Community Gardening Association (ACGA) has a broad definition of what a community garden entails. It can be urban, suburban, or rural. It can grow flowers or vegetables. It can be one community plot, or can be many individual plots. It can be at a school, hospital, or in a neighborhood. It can also be a series of plots dedicated to "urban agriculture" where the produce is grown for a market.

Benefits of Community Gardens:

- o Improves the quality of life for people using the garden
- o Provides a catalyst for neighborhood and community development
- Stimulates Social Interaction
- Encourages Self-Reliance
- Beautifies Neighborhoods
- Produces Nutritious Food
- Reduces Family Food Budgets
- Conserves Resources
- Creates opportunity for recreation, exercise, therapy, and education
- Reduces Crime
- Preserves Green Space
- o Creates income opportunities and economic development
- o Reduces city heat from streets and parking lots
- o Provides opportunities for intergenerational and cross-cultural connections

Green Action Plan

How can one start planning for a community garden? FORM A PLANNING COMMITTEE

- Determine if there really is a need and desire for a garden.
- What kind of garden—vegetable? Flower? Tree? A combination?
- Who will the garden serve--youth, seniors, special populations, or people who just want an alternative to trash?
- If the project is meant to benefit a particular group or neighborhood, it is essential that the group be involved in all phases.
- o Organize a meeting of interested people.
- o Choose a well-organized garden coordinator.
- Form committees to accomplish tasks: Funding & Resource Development; Youth Activities; Construction; Communication.
- Approach a sponsor. A sponsor is an individual or organization that supports a community garden. Site sponsorship can be a tremendous asset.
 Contributions of land, tools, seeds, fencing, soil improvements or money are all vital to a successful community garden. Some community gardens can provide most of their provisions through fees charged to the membership; but for many, a garden sponsor is essential. Churches, schools, citizens groups, private businesses, local parks and recreation departments are all potential supporters. Community Development Block Grants are sometimes available through your municipality.
- o Make a list of what needs to be done.
- o Find a garden site.
- Obtain a lease or agreement from the owner.
- Decide on a mailing address and central telephone number(s). Try to have at least 3 people who are very familiar with all pertinent information. Form a telephone tree.
- If your community garden has a budget, keep administration in the hands of several people.

CHOOSE A SITE

- o Identify the owner of the land.
- Make sure the site gets at least 6 full hours of sunlight daily (for vegetables).
- Do a soil test in the fall for nutrients & heavy metals.
- o Consider availability of water.
- Try and get a lease or agreement which allows the space to be used at least for 3 years.
- Consider past uses of the land. Is there any

contamination?

Is insurance something you need to consider?

PREPARE AND DEVELOP THE SITE

- o Clean the site.
- Develop your design.
- o Gather your resources--try to gather free materials.
- o Organize volunteer work crews.
- o Plan your work day.
- Decide on plot sizes, mark plots clearly with gardener's names.
- Include plans for a storage area for tools and other equipment, as well as a compost area.
- Have a rainproof bulletin board for announcing garden events and messages.
- Arrange for land preparation--plowing, etc--or let gardeners do their own prep.
- o Will the garden be organic?
- Lay out the garden so that you are able to place flower or shrub beds around the visible perimeter.
 This helps to promote good will with non-gardening neighbors, passersby, and municipal authorities.

ORGANIZE THE GARDEN

- Are there conditions for membership (residence, dues, agreement with rules)?
- How will plots be assigned (by family size, by residency, by need, by group-- i.e., youth, elderly, etc.)?
- How large should plots be (or should there be several sizes based on family size or other factors?
- o How should plots be laid out?
- If the group charges dues, how will the money be used? What services, if any, will be provided to gardeners in return?
- Will the group do certain things cooperatively (such as turning in soil in the spring, planting cover crops, or composting)?
- When someone leaves a plot, how will the next tenant be chosen?
- o How will the group deal with possible vandalism?
- o Will there be a children's plot?
- Will the gardeners meet regularly? If so, how often and for what purposes?
- Will gardeners share tools, hoses, and other such

items?

- How will minimum maintenance (especially weeding)
 be handled in both inside plots and in common areas (such as along fences, in flower beds, and in sitting areas)?
- Will there be a set of written rules which gardeners are expected to uphold? If so, how will they be enforced?
- Should your group incorporate and consider eventually owning your garden site?

RESOURCES

Horticultural information:

Cooperative Extension Service in your county Garden Clubs

Horticultural Societies Garden Centers

Seeds:

America the Beautiful Fund 725 15th St. NW, Suite 605,Dept. AG Washington D.C. 20005 202-838-1649

Garden Centers and Hardware Stores

Bedding plants:

Local nurseries Vocational-Tech Horticulture Department High school Horticulture classes Parks Department

Source: American Communty Gardening Association http://acga.localharvest.org

Tips for Green Leaders





Rain Barrel painting:

Why not have fun with your rain barrels!? No one ever said they had to be boring to be functional. T his can be a great group project, and it's fun!. For more resources and tips on how to paint your rain barrel, visit the "In My Own Back Yard" website at

http://www.inmyownbackyard.com/Paint_Your_Rain_Barrel.html

Leading by Example

Senate Senior Building Community Gardens

Every April, the gardens are filled with lettuce, zucchini, green onions and many other vegetables that transform into delicious meals. Heesoon Ha, a resident of Senate Senior Building, has been gardening for 10 years utilizing a small slot of the apartment's community garden. Every morning she starts the day by watering her vegetables. She is now an expert at making composts for her garden. She does not throw away left over food or food waste because she knows that they make the soil so much richer for her vegetables. These are truly organically grown vegetables. She finds such joy from sharing her vegetables that she grows from her garden with her neighbors. She also shares gardening tips and know-hows with her friends that are interested in having their own gardens. Who says gardening is



only for people who own a home or own a lot of land?

What is a Rain Barrel?

A rain barrel collects and stores rainwater from rooftops to use later for watering plants and gardens. Water collected in a rain barrel would normally pour off your roof directly or flow through roof gutter down spouts and become storm water runoff. Depending on your yard, this runoff can travel onto paved surfaces and eventually into a storm drain.

Why Use Rain Barrels?

- Rain barrels conserve water and help lower costs (a rain barrel can save approximately 1,300 gallons of water during peak summer months).
- Rain barrels reduce water pollution by reducing storm water runoff, which can contain pollutants like sediment, oil, grease, and bacteria.
- o Rain barrels are inexpensive and easy to build and install.
- Rain barrels can also be arranged to slowly release the collected rainfall to areas that can soak up the water, reducing storm water runoff and increasing groundwater recharge.

Source: Healthy Landscapes

http://www.uri.edu/ce/healthylandscapes/rainbsources.html

What is Composting?

Composting is nature's process of recycling decomposed organic materials into a rich soil known as compost. Anything that was once living will decompose. Basically, backyard composting is an acceleration of the same process nature uses. By composting your organic waste you are returning nutrients back into the soil in order for the cycle of life to continue. Finished compost looks like soil—dark brown and crumbly, and it smells like a forest floor.

Types of composting:

- Backyard composting If you have a yard and a balance of browns (fallen leaves or straw) and greens (grass clippings and food scraps), you have all you need to make compost.
- Worm composting (vermicomposting) If you have a tiny yard or live in an apartment or have an abundance of food scraps, this type of composting is for you.
- Grasscycling If you have grass clippings and don't want to use them in a compost pile you can leave them on the lawn to decompose. Read about grasscycling for tips, techniques and benefits.

10 good reasons why you should compost:

- 1. Yard and food waste make up 30% of the waste stream. Composting your kitchen and yard trimmings helps divert that waste from landfills, waterways and water treatment facilities.
- 2. You will significantly reduce pest problems-and your use of pesticides.
- 3. Healthy plants from healthy soil look better, produce better and have a much greater ability to fight off pests and diseases.
- 4. Adding organic materials to soil improves moisture retention.
- 5. Adding decomposed organic material to soil feeds beneficial organisms.
- 6. Compost amends both sandy and clay soils.
- 7. Compost provides a balanced, slow–release source of nutrients that helps soil hold nutrients long enough for plants to use them
- 8. Composting saves money-you avoid the cost of buying soil conditioners, bagged manure, etc.
- 9. Feeding your plants well will improve your own diet. Plants grown in depleted soils have a reduced nutrient content.

 10. Home composting is a valuable tool in educating children about nature and the cycle of life.

Source: RecycleWorks http://www.recycleworks.org/compost/index.html

Let's Go Green!



Community Gardening

05

Hanul Family Alliance_33



Attachment

Energy Assistane Program for Illinois Residents

Program	Benefits	Eligibility	When to apply
Low-Income Home Energy Assistance Program (LIHEAP)	One time credit on your gas and light bill	-Must have social security number -Bills must be under yours or one of your household members' name -Income Guideline 1 person \$1,361 2 people \$1,839 3 people \$2,316	Winter Assistance opens every year on September 1 until funds are exhausted. CEDA: 1-800 571-CEDA (2332)
Furnace Program	New furnace if broken	Must own a house. Same as LIHEAP	During Winter LIHEAP period when announced by CEDA. CEDA: 1-800 571-CEDA (2332)
LIHEAP Reconnection Assistance	Reconnection assistance is provided when disconnected.	Same as LIHEAP	When disconnected CEDA: 1-800 571-CEDA (2332)
PIPP(Percentage Income Payment Plan)	Receive a monthly grant toward an affordable bill, reduce your balance by making on-time payments.	Same as LIHEAP	From September 1 through December 31 CEDA: 1-800 571-CEDA (2332)
Share the Warmth	Provides heating grants to limited and fixed-income households. Eligible customers who make a payment toward their bills receive matching grants of up to \$200.	-Must have Peoples Gas account	From December 1 until fund is exhausted CEDA: 1-800 571-CEDA (2332)
Weatherization Program	Funded Energy conservation repairs: Air sealing Attic and wall insulation Fumace repair and replacement Electric base load reduction (lighting and refrigerator, and Window and door weatherization A maximum of \$7,500 can be spent on each eligible client's home for energy-related weatherization and repair work.	-Income Guideline 1 person \$2,045 2 people \$2,674 3 people \$3,304 4 people \$3,933	Open all-year-round. CEDA: 1-800 571-CEDA (2332)
ComEd Hardship	Provides one-time credit equal to the past due balance up to \$500 on the ComEd bills of households with a demonstrated hardship case.	- People who have not applied for Hardship since 2008 - Income Guideline 1 person \$3,723 2 people \$5,043 3 people \$6,363 4 people \$7,683 - Examples of Hardships Unemployment, medical reasons, seniors or disabled, natural disaster, care givers, domestic violence, etc.	When announced CEDA: 1-800 571-CEDA (2332)
Peoples Gas Heartship	Once in a lifetime program, one-time credit to reconnect the gas account	- Must have disconnected Peoples Gas account -Income Guideline 1 person \$3,723 2 people \$5,043 3 people \$6,303 4 people \$7,683	When announced CUB Hotline: 1-800-669-5556

Green Field Trip Sites

HEIT LINE	The Field Museum Abbott Hall of Conservation: Restoring Earth	1400 S. Lake Shore Dr. Chicago, IL 60605 (312) 922-9410 http://fieldmuseum.org/	Newest permanent exhibition shows scientists in action to make people care about nature
	Museum of Science and Industry Smart Home: Green + Weird	57 th street and Lake Shore Drive Chicago, IL 60637 773-684-1414 http://www.msichicago.org/	Energy efficient, high-tech future home is featured
	Chicago Center for Green Technology Free admission	445 Sacramento Blvd. Chicago, IL 60612 http://chicagoconservationco rps.org/blog/	Comprehensive educational resource in the Midwest for green technology and design, and sustainable building and living practices
	Garfield Park Conservatory Free admission	300 N. Central Park Ave. Chicago, IL 60624 312-746-5100 http://www.garfield- conservatory.org/	Enhances the environmental, social and economic vitality of Chicago's West Side and encourages the community to explore the connection between plants and human life
	Peggy Notebaert Nature Museum	2430 N Cannon Drive Lincoln Park, IL 773-755-5191 www.naturemuseum.org	Provides environmental education programming in Chicago's neighborhodds and parks
	Friends of Chicago River	28 East Jackson Suite1800 Chicago, IL 60604 312-939-0490 www.chicagoriver.org	Education workshops for water conservation, teacher workshops, and volunteer opportunities
	The Bridgehouse Museum	376 N. Michigan Ave Chicago, IL 60610 312-977-0227 www.bridgehousemuseum.org	Observing wild animals and plants around the downtown area

Green Senior Club Registration Form

Last Name	First Name		Middle Name		
Address	Apt	City	State	Zip Code	
Home Tel	Work Tel		Cell Number		
Emergency Contact	Email addres	s	Date of Birth/ (m	no/dy/yr)	
Are you a member of Hanul?			Yes No		
Have you ever participated in Green S	Senior Club in t	he past?	Yes No		
How did you hear about Green Senior	· Club?				
□ Friends/Family □ Flyers □				linator	
□ Website □ Other					
Please circle an answer that c 1. I can reduce the impact my □ Strongly Agree □ Agre	lifestyle has		nt.	ngly Disagree	
			_		
2. How likely are you to chang workshop or seminar?	e your habit	ts based on informa	tion that you lea	arn from a	
☐ Very Likely ☐ Likely	, □N	eutral 🗆 Uı	nlikely 🛭 Very	Unlikely	
3. Which of these actions have	e you done i	n the last 6 weeks?			
Replace incandescent light bulbs with CFLs					

Green Senior Club Post-Survey

1.I can reduce the im □Strongly Agree	Dact my lifesty ☐Agree	/le nas on the en □Neutral	vironment. □Disagree	☐ Strongly Disagree
2. Were you able to c workshop or semina		ıbits based on in	formation that y	ou learned from a
□ Very Likely	□Likely	□Neutral	☐ Unliekly	☐ Very Unlikely
3. Which of these act	ions have you	done in the last	6 weeks?	
Replace incandes Use weatherizatio Turn off lighs whe Use a power strip Unplug unused el Use cold water to Recycle paper, pla	n tool kit to ke en you leave a □ Yes ectronics do laundry astic, aluminu	ep my home mor room	□No	ent. □Yes □No ′es □No
4. Was it easy to und				
☐ Strongly Agree	☐ Agree	☐ Neutral	□Disagree	☐ Strongly Disagree
5. Was the facilitator ☐ Strongly Agree	_	listen to and eas □ Neutral	•	l? □Strongly Disagree
6. Do you wish to vo □ Very Likely	lunteer for fut □ Likely	ure Green Senior □ Neutral	[·] Club activities □ Unliekly	
7. Do you think you o □ Strongly Agree		er group in your □ Neutral	community with □ Disagree	
8 What was the mos	t memorable tl	hing out of all the	workshop acti	vities?

Sample 6-Week Curriculum

Weeks	Activities	Misc
Registration	Fill out registration form and pre survey questions	Make sure all of the participants turn in their registration form prior to joining the class
Week 1. Understanding the Ecosystem and Global Warning (Total 1.5 hour)	Go over lesson 1 (20 min) Watch documentaries (30 min) Container Gardening- Instruction and kit distribution (30 min)	DVDs or other audio visual materials can be purchased or you can watch short films on Youtube A cheap, easy and fun activity for all ages
	Reflection (10 min)	Share a list of things each person is committed to do at their home
Week 2. Home Energy Efficiency (Total 1.5 hour)	Go over lesson 2 (20 min) Weatherization Took Kit Installation Instruction (30 min) Making model homes (30 min)	Tool kit provided by the C3 Can be a nice group project
	Reflection (10 min)	Share list of things each person is committed to do at their home
Week 3. Energy Conservation Tips (Total 1.5 hour)	Go over lesson 3 (20 min) Introduce CUB Energy Savers Program and register (40 min) Print out the saving methods and	Computer-based training You can check the amount of
W 14 D 1	ask participants to act on it when they go home (30 min)	savings on the CUB webpage
Week 4. Recycling (Total 1.5 hour)	Go over lesson 4 (20 min) Making art crafts with recycled materials (1 hour)	Make sure each participant saves 2 to 3 pieces per person for the exhibition
	Reflection (10 min)	Share list of things each person is committed to do at their home
Week 5. Field Trip (Total: 3.5 hours)	Used Item Resale/Exchange Event Field Museum: Abbott Hall of Conservation: Restoring Earth	A good way to fundraise as well Need to rent a bus if you have a big group
Week 6. Graduation (Total:2 hours)	Graducation Ceremony	Graducation certificates can be distributed. Light snacks might add more fun to the party.
	Recycling Art Exhibition Post Survey Completion	The exhibition can be open all day on that day.

^{*}The curriculum can be longer or shorter than 6-weeks depending on each group's capabilities. Topics from the curriculum book can be picked out and taught in any order.



2011-2012 Energy Action Network Sites

AG	EN	CY	N/	YME

Back of the Yards Neighborhood Council Bethlehem Star M.B. Church Brock Social Services Organization Casa Aztlan

Chinese American Service League

Chinese Mutual Aid Association

Claretian Associates Inc.

Community Care Outreach

Fernwood United Methodist Church

God's Gang

Good Counsel Center

Hanul Family Alliance

Hegewisch Community Committee

Hope Organization II

MACEO, Inc

Puerto Ricans Unidos En Accion (PRUA)

South Austin Coalition Community Council

South-East Asia Center

Spanish Coalition for Housing -Satellite

Universal Prayer Tower

WECAN (Woodlawn East Community and Neighbor)

MACEO, Inc

ADDRESS

1751 W. 47th St., Chicago, IL 60609 9231 S. Cottage Grove Ave., Chicago, IL 60619 10302 S. Corliss Ave., Chicago, IL 60628 1831 S. Racine Ave., Chicago, IL 60602 141 S. Tan Court, Chicago, IL 60616 1016 W. Argyle St., Chicago, IL 60640

9108 S. Brandon Ave., Chicago, IL 60617 8615 S. Ashland Ave., Chicago, IL 60620 10105 S. Wallace St., Chicago, IL 60628

9556 S. King Dr., Chicago, IL 60628 2700 W. 59th St., Chicago, IL 60629

5008 N. Kedzie Ave., Chicago, IL 606251 3260 S. Brandon Ave., Chicago, IL 60633

6921 S. Halsted St., Chicago, IL 60621 1255 W. 63rd St., Chicago, IL 60636

2606 W. Division St., Chicago, IL 60622 5660 W. Madison St., Chicago, IL 60644

5120 N. Broadway St., Chicago, IL 60640 9117 S. Brandon Ave., Chicago, IL 60617 4540 W. Washington Blvd., Chicago, IL 60624

6450 S. Stony Island Ave., Chicago, IL 60637 1255 W. 63rd St., Chicago, IL 60636

PHONE

773-523-4416 773-487-8441 773-291-0500 312-666-5508 312-791-0418 773-784-2900

773-734-9181 773-881-9007 773-881-0800

773-881-0800 773-213-0229 773-863-1179

773-478-8851 773-646-4488

773-846-0883 773-424-0442

773-235-5274 773-287-4570 773-989-6927

773-933-7575 773-378-3464

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