

Useful & Interesting Websites

Catalogue & Junk Mail Problems?

www.CatalogueChoice.org

Tired of all those catalogues you don't ever want to see again? Go to CatalogueChoice to discontinue all those unwanted catalogues forever. However, if you have a moment of weakness and do some shopping, the request will be nullified until you register the catalogue again! Free.

www.GreenDimes Opt out of catalogues and other junk mail. \$20 one-time fee.

www.stopjunkmailing.com Also for discontinuing catalogues and junk mail. \$25.

Email Spam?

-Don't just delete, scroll down and click "unsubscribe." This option is mandated by law.

-Ordering on line, opt out of email (and ask that no catalogues be included in your order).

Unwanted (or wanted) stuff?

www.freecycle.org or www.Craigslist.org

Give or get stuff for free if you pick it up.

Eco-chic fashion/home/lifestyle Hints

Stress-free green living tips, green decor, green products. www.ecosalon.com

Green Products Online

www.Greenfeet.com. Appliances, stuff for pets and babies, waterfilters, cleaning, decor, hemp.

Tips/Newsletter/Things to Buy

www.Reusable Bags.com

Biodegradable /Compostable Trash Bags

BioBags at www.biobagusa.com, at Whole Foods and GoGreen at www.perfgogreen.com.

Curious about Products & Companies?

Visit www.climatecounts.org to see how well companies you buy from are doing. The site scores companies on their voluntary actions to reverse climate change. Canon is best, Burger King, Amazon, CBS and Jones Apparel are at 0!

Greeting Cards

Send electronic cards - save paper and stamps.

www.Jacquelawson.com, www.ojolie.com,

www.bluemountain.com

Old Sheets, Towels & Blankets

Take them to the animal shelter. Animals waiting for adoption never have enough bedding.

GENERAL INFORMATION

Ellis South End Association

Board of Directors

Susan Passoni, President

Abby Johnson, Chair

David Mundel, Vice President

Beth Freeland, Vice President

Sandra Silver, Treasurer

Barbara Hoffman, Clerk



Leigh Bivings Betsy Boveroux Matt Caroll
Glenn Copley Paul Duffy Kathy Emrich
Jay Fogarty Jennifer Girvin Tony Gordon
Bill Gregor Michael Hall Betsy Hall
Kyle Hancock John Herbert Elsa Hill
Gordon Holmes James Lionette Joe Park
Peter Pogorski Sandra Silver Christopher
Smalley ARL Carol Trust Elizabeth
Xanthopoulos

Ellis Green Committee Chairs

Jennifer Girvin

jsgirvin@msn.com

617.426.5888

Betsy Hall

betsy02116@earthlink.net

617.578.0075

Green@ellisneighborhood.org

Please contact us: we'd love to have you join. The "green" initiatives to date include resource guidelines, tree and tree pit awareness and care, and trash and recycling. More to come - make suggestions!

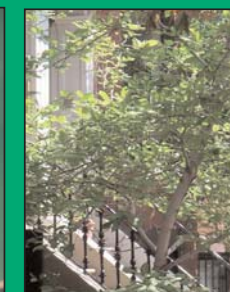


Ellis South End
Neighborhood Association

presents

The Ellis Green Initiative

A Resource Guide for
Information, Use, Sharing,
Understanding &
Fascination



Introduction

Who we are

The Ellis Green Committee is a dedicated group of concerned citizens committed to raising awareness of ecological issues in the South End.

What we want to accomplish

To explore options for conservation of energy and to inspire people to make small changes that will make a difference.

How you can help

Join the committee, spread the word, practice new habits, share your ideas, help everyone become more aware.



**BOSTON
RECYCLING
HAS
REACHED A
NEW HIGH!**
Called "single-stream recycling," ALL recy-

clable materials can be put together - in a large wheeled barrel in your alley or large building, or in a heavy CLEAR plastic bag to be left on the curb on Tuesdays (recycling day). The clear bag replaces the blue bin; however, if you still love your blue bin, use it! Metal, glass, plastic, cereal boxes, newspapers and all recyclable materials can go into the receptacle of your choice. Recycling pick-up may expand to Fridays as well. Watch your mailbox or the Ellis website.

SUSTAINABLE FOOD

Eat healthier, buy locally. Buying organic, locally grown vegetables and chemical-free meat and fish supports the environment. Consider shopping at Lionette's Market and the local Farmer's Markets. Questions? Green@ellisneighborhood.org.

GENERAL GREEN QUESTIONS?

Ask Mr. Green: www.sierraclub.org/mrgreen or go to www.greenmatters.com.

DON'T DRIVE OFTEN but sometimes need a car? Sell your car and consider joining ZipCar, www.zipcar.com.



MAKE A DIFFERENCE

RANDOM BUT IMPORTANT TIPS

- Refuse paper AND plastic; use a reusable, cloth bag everywhere you shop.
- Replace incandescent bulbs with high-density fluorescent. They now come in spots and "warm" tones (called soft).
- Turn all lights out when you don't need them.
- Don't run water needlessly. Turn it off while brushing your teeth or doing dishes.
- RECYCLE! RECYCLE! RECYCLE!
- Choose reusable plastic (BPA-free) or metal water bottles and fill them with tap water.
- Turn off the computer between uses.
- Do (full loads of) laundry in cold water.
- Use tennis or dryer balls in the dryer, or add a dry towel; things will dry more quickly.
- Use "eco-responsible" cleaning products such as Method, Shaklee, or Ecover.
- Is your fridge colder than 37° or your freezer colder than 3°? It doesn't need to be - an ordinary weather thermometer can help you set the dials.
- Unplug chargers and appliances between uses.
- Buy products made with post-consumer recycled materials.
- Use cloth napkins instead of paper; use rags or microfiber cloths rather than paper towels.
- Be sure you really need ATM and other receipts before printing. Tell the cashier.
- If the dishwasher is full when you run it, it uses less water than hand-washing. And let those dishes air dry.
- Use LED tree and decoration lights.
- Consider investing in The Winslow Management Company or Pax World, for socially responsible investing.
- Turn your car off; idling for more than 10 seconds is less efficient than turning it off.
- No Styrofoam ever.
- Clean refrigerator gaskets, vacuum the coils.
- Use LCD computer monitors - 66% more efficient than the older models.
- Make newspaper logs: wet newspaper, one section at a time, roll tightly and secure with twine. Dry vertically overnight. Be sure to protect surfaces from ink transferral.

USEFUL SUGGESTIONS and MORE WEBSITES

Natural Pest Repellents

Ants: Sprinkle cinnamon, bay leaves, cayenne or baby powder along baseboards.

Cockroaches: Sprinkle equal parts of baking soda, Borax and XXX sugar.

Mosquitoes: Mix 2 TBS cider vinegar with a glass of water on your deck OR put lavender oil on your wrists.

Flies: Place crushed mint or sweet basil plants around your home.

WATER: Bottled or Tap?

Imagine every water bottle 1/4 full of oil. That's how much oil was used to make the bottle. From every tap in the United States, drinkable water flows. However, Americans pay \$20 billion a year for bottled water; this is 30 billion plastic bottles going into the waste stream, 17 billion barrels of oil and 2.5 million tons of carbon dioxide. Additionally, standards for bottled water are weaker state state by state than for municipal supplies. In Boston, the tap water from the Quabbin Reservoir is so pure and free from impurities that "Tap Please" should be our new mantra at restaurants and at home.

Cleaning Supplies

Make your own: 8 drops of essential oils (patchouli, lemon, lavender, eucalyptus) for cleaning: put in vacuum cleaner bag or add to 1 gallon of water for floors; in a spritzer bottle for a cleaning spray; with 1/2 tsp dishwashing soap, 1/2 tsp white vinegar and 16 oz H2O. Furniture polish: 1 tsp olive oil and 1/2 cup white vinegar.

Old Computers & Cell Phones?

Contact www.myBoneyard.com. They will strip your personal information, pay for shipping and even pay you. **Staples** and **Best Buy** will recycle computers and most other electronic equipment, including cartridges, at all locations.

TV and computer monitors will be picked up by the City, by appointment: 617.635.7574 or TrashTVCRT@cityofboston.gov.

Hazardous Waste - Old paint, chemicals? Call 617.635.4959 for pick-up.

Inspectional Services & Code Enforcement - See something awry? 617.635.5300 or 617.635.4896.

Recycling News - recyclemore@cityofboston.gov