

EarthWise Solutions

Use less energy. Produce less waste. Save money.

Eco-Info: winners, warnings and washing

June 8, 2007

Contest Winners

Congratulations to Madeleine Gustavson who completed my Energy Word Scramble on *Earth Day* at the Telus World of Science and won a copy of **50 Simple Things Kids Can Do**



To Save the Earth. I have a feeling she's a prime candidate to save the earth!

I'm still trying to contact the winner of the Customized Home Efficiency Plan from the *Family Fun Fair* and Telus World of Science *Earth Day* events. I'll keep you posted in the next edition of Eco-Info!



Lauren Maris
Tel: (403) 475-7505



Cancer and Your Environment

I don't usually like to scare people, but this is one article I feel compelled to pass along. A recent study found that environmental factors play a much larger role in breast-cancer likelihood than family history and genes.

The researchers named 97 chemicals people are highly exposed to that induce breast tumors in animals, including: pesticides, dyes, gasoline and diesel exhaust compounds, and cosmetics ingredients.

Read a summary from [The Grist](#) or get the full story from the [LA Times](#).

If you want to reduce your family's ecological footprint, let me create a **Customized Home Efficiency Plan** for you. Your plan will show you how to save money by operating a more environmentally efficient home and you'll save time by not having to do all the legwork yourself!

Use less energy. Produce less waste. Save money.

Spring Cleaning for Energy Efficiency

The fact that our storm in Calgary a couple nights ago resulted in no snow must mean winter is finally over! For those of you who have been awaiting that proclamation to do your spring cleaning, here are a few simple things you can do to spring clean your home for energy efficiency. It won't take a lot of money or time, but you'll notice a difference and so will the environment.

1. Unplug the refrigerator and clean the dust from the coils. Make sure there is at least 8 cm (3 inches) of air space between the back of the fridge and the wall, and at least 2.5 cm (1 inch) on both sides to allow for good air circulation. Your fridge won't have to work as hard and will use less energy.
2. Defrost your manual-defrost freezer if the ice thickness is half a centimetre (the width of a pencil). A lot of ice make the compressor run more, which uses more energy.
3. Use the self-cleaning feature on your oven after you've cooked a meal in there. The oven will still be hot, and this feature will require less energy than if you start with a cold oven.
4. Check the filters in your forced air heating and/or air conditioning systems, and replace them if they appear dirty. Dirty filters can interfere with proper air flow through the system and reduce efficiency as well as air quality. Check your vehicle's air filter while you're at it.
5. Wash windows with vinegar and hot water instead of chemicals. For a streak free finish, wipe dry with scrap paper or newspaper. My windows have never been cleaner! (Note: beware of possible transfer of newspaper ink to your windowsills.)

Upcoming Events



Join me on the *EcoLiving Spring Tour* taking place Saturday, June 23, 2007. The tour showcases buildings in the Calgary area where creative citizens have adopted practical solutions to reduce their energy costs and reliance on the Earth's precious resources.

[More details.](#)

Contact EarthWise Solutions

If you have any questions or comments, please contact me at earthwisesolutions@shaw.ca

To unsubscribe from my mailing list, [click here](#).

To update your email address, [click here](#).