



Ecological Stewardship

NEWS

"understanding our impact... creating positive change"



London Health Sciences Centre

Issue 04
April 2008

ELEMENTS



"We hope that you find something useful to take from Elements and something to give back"

This issue

Engineering Services

Energy



Waste



Grounds



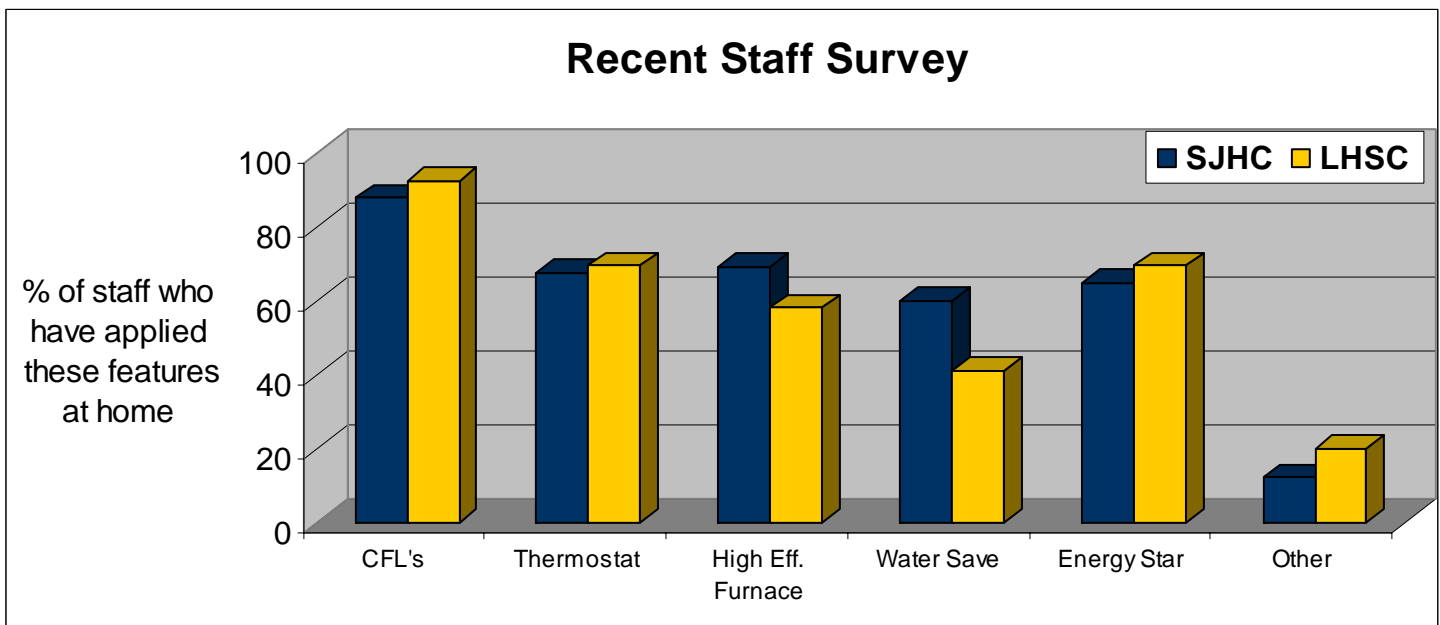
Procurement



Here are your Energy Awareness Week Results

London Health Sciences Centre celebrated Energy Awareness Week with St. Joseph's Health Care, London in February of this year. Awareness week is an opportunity to thank staff for helping to reduce the hospital's energy consumption and greenhouse gas emissions by providing them with items and information that may be useful in the home.

This year we encouraged more advanced ideas for home savings with the impression that staff have already implemented most of the common features. It was clear from our staff survey (*below*) that they have indeed. A lot of interest was shown in the Solatube sky lights, tankless hot water heater, and drain water heat recovery system. A big thank you to everyone who dropped by the booth to learn a little more and provide some feedback.



Prize Winners

Environmental baskets

Patricia Fryer, RMHC-St.
Gwen St. John, Victoria Hospital

Programmable Thermostats

Cathy Nicholson, RMHC-St.
Russell Roth, South Street Hospital

Energy Saving Kits

Another 125 Energy Saving Kits from Union Gas were ordered for staff. Once installed, these staff will be reducing annual carbon dioxide emissions by a combined total of 18,750 kilograms per year and also reduce over two million liters of water use each year. Anybody wishing to get their own energy saving kit can visit the union gas website at www.uniongas.com and find pick-up locations.

Earth Day Canada



Earth Day is April 22nd every year, all around the world. More than 6 million Canadians join 500 million people in over 180 Countries in staging events and projects to address local environmental issues. Earth Day has grown so much that celebrations take place throughout the whole month of April, also known as Earth Month

At LHSC, display booths promoting Earth Day Canada and the Ecological Stewardship program will be set up at each hospital on Tuesday April 22nd.



Catheter Lab UH Recycling

The Cath Lab at UH is greener these days with the new recycling containers set up for the collection of all their plastic and cardboard waste as well as the cans, glass and plastic in their offices and staff lounge. Working on the initiative was June Odlum-Blair, Coordinator and Lynda Gristey, PSA along with Peggy Frew, Environmental Stewardship Specialist.

Battery Recycling

Lyreco now provides an alkaline battery retrieval service. Collection boxes can be ordered from Lyreco for \$4.99 each.

The dimensions of the box are approx. 10"high X 8"wide X 8"deep.

1. Order your collection box using the reference code 2.370.056
2. Call your Lyreco Customer Service Representative once your box is full and obtain a return authorization number.
3. Take the full box to the dock at the hospital for the Lyreco pickup.
4. All batteries will be recycled and/or disposed of properly.
5. Only Alkaline batteries ie A,AA,AAA, B, C, D can go in this collection box.

If you need disposal information for other types of batteries such as rechargeables, lithium or cadmium contact Chester@lhsc.on.ca.



Alternative Methods to Traditional Pesticides



Communities throughout North America are passing by-laws prohibiting lawn care companies from using pesticides for weed control. These new by-laws instigate the use of alternative methods that don't eliminate weeds and insects, but do provide a healthy landscape presentation. Clintar implements the following best practices for **pesticide-free** landscape maintenance.



Turf Areas

Just like any living thing, your landscape requires certain nutrients to flourish. Additional applications of fertilizer will help to make your landscape hardy and healthy. Proper **fertilization** also helps older landscapes to maintain their health and vigor while guarding against stress caused by disease, insects, winter damage and dry weather.

Core aeration lets nutrients penetrate deeper into the root zone. This improves the health of your turf because it provides the roots with better access to air, water and fertilizer. Aeration also helps to prevent the buildup of thatch and relieves the compaction of soil.

Trees and Shrubs

Just like turf, trees and shrubs benefit from extra fertilization. Deep-root application in early spring and late fall are best, while a spring application also allows new growth to become hardy for the winter. Remember that ornamental plants won't grow in poor soil and need additional care.

Mulching helps to conserve moisture in the soil, stabilize the temperature and cool the soil surface. Applying mulch will also prevent weed growth, reducing the need for pesticides. It improves the aesthetics of a landscape and adds to your property value.



Getting Help in the Garden

In the previous article, Clintar discusses options for the Eco-conscious gardener who is looking for an alternative to the chemical pesticides that have been used in the past – so what's a "green thumb" to do?



Friends of the Coves is a local not-for-profit organization that works to educate and inform the public on the importance of the Coves Subwatershed. This group provides a wide range of programs and projects aimed at enhancing the conservation,

protection and wise stewardship of local green spaces. One such program is "Go Green in Your Garden", which is designed to help gardeners become more ecologically sustainable. For a small membership fee, you can have access to the following products and services:



Green Garden Visits - A Green Garden Advisor will visit your property and provide helpful advice on native plant gardening, natural weed and pest control, water conservation, and composting.



Free Fact Sheets - Free fact sheets are available on a wide range of "green" topics, including information on products and services such as native plants, natural lawn care, and more.

Rain Barrels and Composters - These can be purchased in the spring and fall by members for a discounted price. Rain Barrels are locally made and are ordered by Tuckey's Home Hardware.



Native Plants - Where there is sufficient interest among members, bulk orders of native plants from nurseries in southern Ontario will be coordinated. This will save you the driving time and gas money, and produce fewer emissions.



Workshops - Seasonal workshops on Green Garden topics such as native plant gardening, natural lawn care, and getting your garden ready for winter.

If you are interested in the "Go Green in Your Garden" Program, please call Vanessa at the Friends of the Coves at # 519-640-5397 or e-mail contact@thecoves.ca for more information.

Data Going Green



On July 1st, 2007 DATA (the company that provides printing for LHSC and SJHC) switched all hospital white paper printing to Envirographics 100% recycled content paper. It is difficult to see any visual difference in the two types of paper but one is much better for our environment than the other. The positive impact of this change is realized through the saving of 638 trees, 18,720 gallons of oil, 336,000 gallons of water, and 196,800 kWh of energy each year! Looking to the future, DATA suggests that we also have the opportunity to start with stationary items such as envelopes, letterhead, business cards etc. Almost everything that DATA prints can be Forest Stewardship Council (FSC) certified. FSC is an international certification and labeling system which guarantees that forest products come from responsibly managed forest and verified recycled sources.