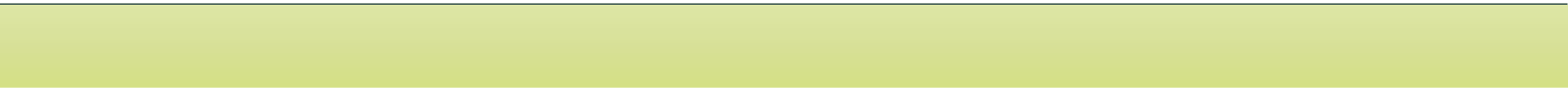




# Climate Conversations Carbon Tracker

St Mark's Creation Care Ministry  
Richard Hartung and Ruth Mulligan  
September 2022



# Agenda

- Land Acknowledgement
- Introduction (Carolyn)
- Opening Prayer (Kathy)
- Carbon Tracker Basics and the Carbon Tracker at St Mark's
- Using the Carbon Tracker Effectively
- Breakout
- The Difference You can Make
- More ways to Reduce Carbon Footprints
- Breakout
- Sharing and Q&A
- Closing

# Personal Action Matters

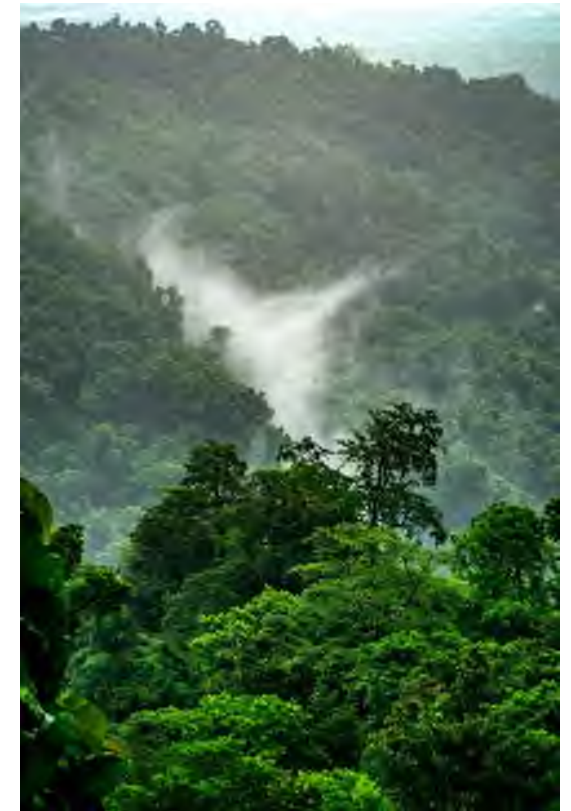
- 1 of 7.7 billion people
- In terms of global greenhouse gas emissions, a single person's contribution is basically irrelevant (much like a single vote in an election). But ... doing something bold like giving up flying can have a wider knock-on effect by influencing others and shifting what's viewed as 'normal'.



Source: <https://climatescience.org/advanced-personal-action>  
<https://news.yahoo.com/climate-change-do-individual-actions-really-matter-184206858.html>

# The Episcopal Church & a Carbon Tracker

- If we follow Jesus and his way of love, then we strive to love as God loves, to give as God gives, to care as God cares. And that means caring for God's Creation, all of it, and all of us." - Bishop Michael Curry
- "Our whole church has a new tool to support anyone who wants to make more life-giving choices about how we inhabit the earth. The Carbon Tracker..."



<https://www.sustainislandhome.org>

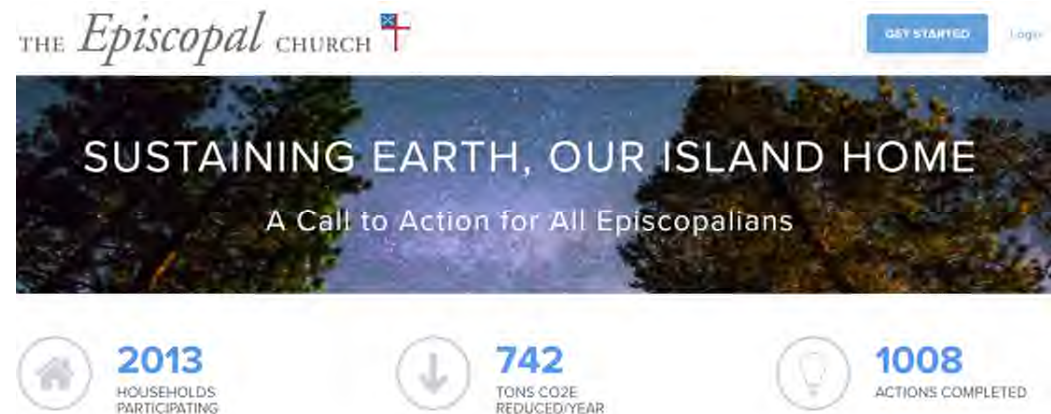
<https://worldshare.org.uk/blog/2021-05/creation-care-and-carbon-footprint>


# Why Use a Carbon Tracker?


- The goal: Support life-giving choices about how we inhabit the earth

How to do it:

- Measure your carbon footprint
- Shrink it to fit a sustainable life
- Create personal & community impact






THE *Episcopal* CHURCH 

GET STARTED 

## SUSTAINING EARTH, OUR ISLAND HOME

A Call to Action for All Episcopalians

 <b>2013</b> HOUSEHOLDS PARTICIPATING	 <b>742</b> TONS CO2E REDUCED/YEAR	 <b>1008</b> ACTIONS COMPLETED
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[https://www.sustainislandhome.org/?\\_ga=2.115061319.1939300394.1661722313-1699933565.1658096519](https://www.sustainislandhome.org/?_ga=2.115061319.1939300394.1661722313-1699933565.1658096519)



# How it Works – Signing Up

- Use <https://www.sustainislandhome.org>
- Select St. Mark's
- Create your household profile
- Enter your information and basic data
- Select actions you take or have taken

Your actions can make a difference too.

GET STARTED

Join the Sustaining Earth Challenge today!

## Sign up and connect to your community.

Please select the City you live in

Washington

Seattle

Please select your Church

Olympia Diocese

St. Mark's Cathedral - S...

SIGN UP

St. Mark's Cathedral

## Our impact



185,130

TOTAL POINTS



76/641

NEW/PREVIOUS  
ACTIONS  
COMPLETED



\$7,937

DOLLARS SAVED



75

TONS CO<sub>2</sub>E



4,504

KWH SAVED



772

THERMS  
SAVED



1,495

GALLONS GAS  
SAVED



6,236

GALLONS  
WATER SAVED

# Tracker Basics

- Browse actions to reduce your impact
- Get insights
- Sign up to do more in the future

BrightAction THE *Episcopal* CHURCH hartung

MY TEAM: Join or Start a Team | MY COMMUNITY GROUP: St. Mark's Cathedral | MY CITY: Seattle

### My Progress

- 2,750 TOTAL POINTS
- 1/22 NEW/PREVIOUS ACTIONS COMPLETED
- \$160 SAVINGS/YR

Take action to make a difference

Refine your results: What is most important to you?  
Recommendations based on your Energy Profile

Priority: Impact | Savings / Year | Difficulty: Medium | Approx. Cost: \$2 | Time required: 30 min

Action	Cost	Time	Difficulty
Take the Train or Subway	\$0	15 min	Easy
Replace Lawn	\$100	1 hr	Medium
Take the Bus	\$0	15 min	Easy
Reduce Air Travel	\$100	1 hr	Medium
Carpool	\$0	15 min	Easy
Install Low Flow	\$10	15 min	Easy
Weatherize My Home	\$20	1 hr	Medium
Install Smart Thermostat	\$100	1 hr	Medium

# Tracker usage

- Tools and examples



## Be Energy Smart



Being Energy Smart doesn't mean you have to turn the heat way down, it means using smart tricks like insulating drapes and a smart thermostat to save energy and money - and stay cozy and comfortable!

**Be Heat Wise**

Let the sun shine in and save

Choose

I already do this

★ Easy 1360 \$100

**Install Smart Lighting Controls**

Automate your lighting and save time and money

Choose

I already do this

★ Easy 320 \$80

**Install Smart Power Strips**

Take out vampire loads (no garic required)

Choose

I already do this

★ Easy 260 \$70

**Turn Water Heater Temp Down**

Heat your water just enough and save

Choose

I already do this

★ Easy 190 \$30

**Dry Wisely**

**Adjust Thermostat**

**Stay Cool**

**Replace AC Filters**

## Be Heat Wise

There are lots of clever ways to keep your home warm and reduce the work of your heater. Simple things like opening drapes to let the sunshine in during the day and then closing them at night can save energy and money.

NEW PROBLEM

+ CREATE POST

Your Impact **1360 points**

SHARE

UPFRONT COST	TIME COMMITMENT	RESOURCE SAVINGS	ANNUAL SAVINGS
\$0 - \$0	1.0 hours	49 kWh Electricity 49 Gallons Fuel Oil	\$130



# Tips for Changes

- Learn from the Tracker
- Take action, using the ideas
  - Now or later
- Check back often
- Example: Take Heat Action
- Example: Store your Food to Make it Last

Action Steps & Tips **2 Steps**

GET STARTED

Introduction

**1 Use drapes or shades to keep your home warm**

Up to 20% of your homes energy can be lost through your windows. One of the most effective ways to keep your home warm is using window coverings like drapes or shades. Think of drapes as insulation for your windows! How it works:

**First - Let the sunshine in!** During the day when the sun is hitting the windows, keep drapes or shades open to let the sunshine warm your home. (For windows that don't receive any sunlight, keep drapes closed to keep heat in.)



Introduction

**1 Store your food to make it last**

Find out what foods go where. Did you know that putting your groceries in the right place in your kitchen can make all the difference?

- **Does it go in the fridge?** First, know what to refrigerate. Check out this guide here on storing fruits and veggies. For more detailed tips on any food item, check out [SaveTheFood.com's Storage Guide](#).
- **Where in the fridge?** Next, did you know that the temperature varies in different areas in your fridge?
  - The inside of the door is the warmest spot in the fridge, so the least perishable items should live there - think condiments, not eggs.

**Fruit and Vegetable Storage Guide**

<b>IN THE FRIDGE:</b>  <ul style="list-style-type: none"><li>• Apples, berries and cherries</li><li>• Onions, shallots</li></ul>	<b>ON THE COUNTER/ON TABLE:</b>  <ul style="list-style-type: none"><li>• Bananas</li><li>• Bread</li></ul>
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# St Mark's Carbon Tracker – Results

- St Mark's community totals
- Posts
- King County community totals



COMMUNITY LEADERBOARD		TEAM LEADERBOARD	CITY LEADERBOARD	Popular actions
1	St. Mark's Cathedral		185,130	Take Shorter Showers
2	Church of the Holy Cross		35,930	Turn Stuff Off
3	Church of the Redeemer		20,290	Recycle
4	St. John the Baptist Church		9,000	Eat Lower Down the Carbon Chain
5	Trial Group		8,910	Compost
				Be Heat Wise
				See all (114)

## My posts

Create post



Ringness

07/07/2022

St. Mark's Cathedral

### It's Farmer's Markets time!

I came home with a nice haul from my local Lake City Farmer's Market this afternoon, pictured with a recent birthday gift - a book "dedicated to fighting food waste."

### Seattle City Light installing community EV chargers

I recently came across this article in a trade magazine: *Seattle residents can request an EV charger on their street. It sounds like the request lines are still open.*

# St Mark's – What We Say We Do

- 104 participants at St Mark's
- 30 say they recycle...

## Actions Completed

Recycle	30	Bring a Reusable Water Bottle	16
Choose Green Electricity	27	Remember your Reusable Bags	16
Compost	26	Replace Single-Pane Windows	16
Switch to LEDs	23	Dry Wisely	15
Be Heat Wise	21	Fill Dishwasher	14
Turn Stuff Off	21	Retire extra Refrigerator/Freezer	14
Buy Local, Buy Organic	20	Offset Air Travel	13
Eat Lower Down the Carbon Chain	20	Say No to Plastic Straws	13
Adjust Thermostat	18	Stay Cool	13
Telecommute	18	Weatherize and Insulate Attic	13

# Discussion & Breakout Session

## Questions:

- What was your experience with signing up for the Tracker?
- What are some changes you have made based on the Tracker?
- What suggestions do you have for people who want to make changes?



## Our impact

 **185,130**  
TOTAL POINTS

 **76/646**  
NEW/PREVIOUS  
ACTIONS  
COMPLETED

 **\$7,937**  
DOLLARS  
SAVED



# St Mark's Carbon Tracker – The Church

- Replaced boiler controls
- Replaced St. Nicholas steam traps
- New thermostatic controls
- Lights retrofitted with LED's
- Electric Vehicle charging station
- Decommissioned gas furnace
- Replace gas water heaters August '22
- Replace gas boiler with heat pump '23
- Rehab boiler system vacuum pump Aug '22
- Install water/chemical treatment systems 2022
- Cathedral boiler tear down, inspection Aug '22



# Next: St Mark's Carbon Tracker – Groups

- New in 4Q22
- BrightAction resources for small groups
- 10 modules – choose any number
- Discussions



# Doing More – More Apps

## Examples:

- Reminders: Giki

<https://giki.earth>

- Shopping: EarthHero

<https://earthhero.com>

- Games: Recycle Roundup

<https://kids.nationalgeographic.com/games/action-adventure/article/recycle-roundup->

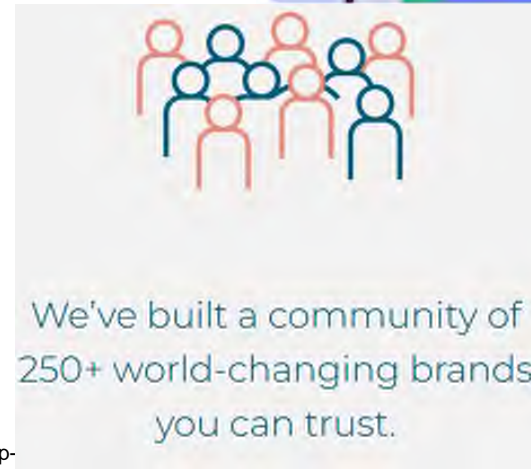
- And more...



## Giki Zero

**The knowledge you need to reduce carbon and transform our world.**

Sign-up to get your free personal guide to understand and reduce your carbon footprint and access our comprehensive science-based calculator on an easy-to-use, beautiful app. Over 150 steps to help you take action with tips and a handy checklist to help you on the way.



Source: <https://fortune.com/2022/05/02/how-gamification-based-apps-are-aiming-to-reduce-your-carbon-footprint/>



# Doing More – Spending Right

- Aspiration Bank
  - Tree planted automatically with every swipe
  - Track your progress towards carbon-neutral each month

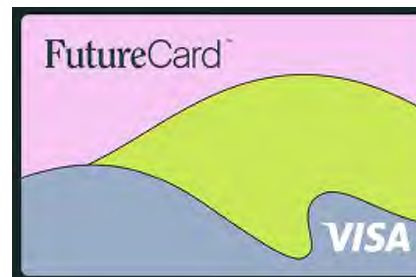
<https://www.aspiration.com>



- Fight climate change with every swipe  
We plant a tree every time you make a purchase — and let you plant one too.
- Go carbon-neutral  
Track your progress each month in the app to eradicate your footprint.
- Get rewards for saving the planet  
Every month you get to carbon zen we'll reward you with cash back up to 1% on all of your purchases.

- FutureCard
  - 6% cashback at FuturePartners
  - 5% cashback on public transport, electric charging, bikes, scooters, renewed clothes, electronics furniture, plant-based meat, dairy

<https://www.future.green>



## FutureCard Visa® Card

Get 6% cashback on climate-friendly purchases



# Doing More – Living Right

- Take action
- Learn more



## MORE PURCHASES TIPS

Your Carbon Footprint  
Low-Waste Events  
Reusable vs. Disposable  
Shop Used  
Repair vs. Replace  
Plant-Based Lifestyle  
Give Experiences  
Grocery Shop Wisely

Purchase Tips: Princeton: <https://www.sustainableprinceton.org/purchases/your-carbon-footprint/>

UN: <https://www.un.org/en/actnow>

UN Climate Messaging on WhatsApp: save +1 212 738 9268 and text "hi" in a WhatsApp message. Or click <https://wa.me/12127389268?text=hi>.

# Actions with the Biggest Impact

- *“By changing how humans around the world consume the products and services that come from natural resources, we can measurably reduce GHG emissions.”*

Solution (Optimum scenario ranking)	Description	Plausible-Optimum Scenario Emissions
1. <b>Reduced food waste</b>	<b>Minimizing food loss and wastage throughout the food supply chain from harvest to consumption</b>	<b>70.5-93.7</b>
2. <b>Plant-rich diets</b>	<b>Eating more plant-based foods and fewer animal proteins and products (e.g., meat, dairy)</b>	<b>66.1-87.0</b>
3. <b>Silvopasture</b>	<b>Adding trees to pastures to increase productivity</b>	<b>31.2-65.0</b>
4. <b>Electric vehicles</b>	<b>Driving battery and plug-in vehicles instead of conventional vehicles</b>	<b>10.8-52.4</b>
5. <b>Tropical staple trees</b>	<b>Growing trees and other perennial crops for staple protein, fats, and starch</b>	<b>20.2-47.2</b>
6. <b>Rooftop solar</b>	<b>Installing rooftop photovoltaic systems under one megawatt</b>	<b>24.6-40.3</b>

Source: Yale University Center for Behavior & the Environment - <https://rare.org/wp-content/uploads/2019/02/2018-CCNBC-Report.pdf>

# Community Action

- Activated communities spark systemic change
- “If consumers care, businesses will care. And we can elect officials who care.” - Landon Brand, Co-Founder, Project Wren
- Community activation





# Sharing, Discussion and Q&A

- What will you do next?
- What should St Mark's Creation Care Ministry do next with the Carbon Tracker?
- What was unexpected?





# Make a Difference

- *“Every individual matters and has a role to play in this life on earth. The chimpanzees teach us that it is not only human but also non-human being who matter in the scheme of things. Above all we must realize that each of us makes a difference with our life. Each of us impacts the world around us every single day. We have a choice to use the gift of our life to make the world a better place – or not to bother.” – Jane Goodall*



Photo by Stuart Clark



# Closing

- Closing prayer

# Resources

- Fortune – Gamification <https://fortune.com/2022/05/02/how-gamification-based-apps-are-aiming-to-reduce-your-carbon-footprint/>
- 7 Best <https://footprinthero.com/best-carbon-footprint-calculators>
- Spending and emissions: <https://www.mastercard.us/en-us/vision/corp-responsibility/priceless-planet/carbon-calculator.html>
- Best apps (Adva): <https://www.makeuseof.com/tracking-carbon-footprint-best-apps/>
- Behavioral change – Ranking: <https://rare.org/wp-content/uploads/2019/02/2018-CCNBC-Report.pdf>
- Calculator: <https://www.carbonfootprint.com/calculator.aspx>
- Princeton: <https://www.sustainableprinceton.org/purchases/your-carbon-footprint/>
- NRDC Actions to Stop Global Warming <https://www.nrdc.org/stories/how-you-can-stop-global-warming>
- Climate Science – Personal Action: <https://climatescience.org/advanced-personal-action>
- Prayer and Action Guide: <https://earthministry.org/wp-content/uploads/2019/01/Earth-Ministry-WAIPL-Lent-prayer-action-guide.pdf>
- Innovation: <https://xd.adobe.com/ideas/principles/app-design/how-carbon-tracking-apps-are-designed-to-foster-responsibility-and-why-this-might-be-flawed/>