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Sustainability
Monthly Newsletter
sustainability.wustl.edu

Washington
University in St. Louis
SCHOOL OF MEDICINE

Sustainability Facility Professional Train

In December of 2014, the Facilities Management Department (FMD) at WUSM achieved national recognition after setting a historic record in facility management professional development through a partnership with the International Facility Management Association (IFMA), with 81 staff members earning the Facility Management Professional (FMP) credential in less than 4 months. Attaining the FMP credential designates the recipient has undertaken a prescribed course of study; successfully completed a series of comprehensive exams covering four knowledge domains: operations and maintenance, project management, finance and business leadership and strategy.

Along with the FMP training, FMD is now offering two Sustainability Facility Professional (SFP) training sessions for spring 2015. The classes are open to anyone from WU, WUSTL and/or other campus partners. From the IFMA website, the "SFP is an assessment-based certificate program delivering a specialty credential in sustainability. By earning your SFP credential, you will develop and gain recognition for your expertise in sustainable [Facility Management] practices while impacting your organization's economic, environmental and social bottom lines." Please visit the website at <http://ifmacredentials.org/sfp> for more information.

Below you will find the current class schedule. Each day is from 8am to 4pm in the Farrell Learning and Teaching Center, room 602.

- 1st session – March 26, 27, 30, 31, April 1, 2, 3 (last day is Q & A)
- 2nd session – April 28, 29, 30, May 1, 4, 5, 6 (last day is Q & A)

If you are interested in participating, please send Michelle Gubin an email at gubin@wusm.wustl.edu to let her know which session would work best for you. The cost per person will be approximately \$1810 (collaborating with WUSM will save \$500 per person). Please respond by Monday, December 22nd. You will find more information about FMD's training and development at <http://facilities.med.wustl.edu/about/development-and-recognition/professional-development/>.

WUSM NEWS

- [SMRB: Designing for Lifetime Efficiency](#)



Tips for Saving Energy over Winter Break



Semester breaks provide excellent opportunities for significant energy and resource savings. Here are a few tips on how to conserve in your office before taking time off for the holidays:

- 1) Turn off your computer, monitor, speakers, and printer
- 2) Unplug all electronics and

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SCHOOL OF MEDICINE NEWS



SMRB: Designing for Lifetime Efficiency

appliances that are plugged into an outlet

3) Take home plants and other items that cannot tolerate fluctuating temperatures

4) Shut your windows and close your blinds or other window treatments

5) Turn off all lights

6) Collect usable but unneeded office

supplies and other items and donate them to a local donation center like Goodwill

These simple steps will result in lower greenhouse gas emissions and the preservation of natural resources. Just remember, less is more!



Evolving building system complexity and increasing operating costs demand that heating, ventilating, and air conditioning (HVAC) systems be properly maintained throughout their entire lifespan, particularly systems that are installed in research buildings. The new Scott McKinley Research Building (SMRB) that is currently under construction is no exception to this directive.

Although SMRB was designed to achieve the University's stringent energy efficiency and sustainability requirements, true sustainability in a building cannot be achieved simply through energy efficient and sustainable design practices. Maintainability of the HVAC systems that serve a building is also required.

What is maintainability? Simply put, maintainability is the ease, accuracy, safety, and economy with which maintenance operations can be performed. Without effective maintainability, HVAC performance will quickly degrade, and the HVAC performance objectives such as safety, thermal comfort, indoor air quality, energy efficiency, and reliable operation of critical lab functions will no longer be met. It is for these reasons that particular attention was given to maintainability during the installation of the HVAC equipment in SMRB.

At SMRB, adequate space is being provided to allow maintenance technicians to safely inspect, adjust, repair, or replace each and every key HVAC component. Input on key maintenance issues was solicited from the University's maintenance technicians during the design phase of the building. The same maintenance technicians who furnished the design team with valuable maintenance insights are still involved in the project today, thereby providing necessary continuity on maintainability needs from design through construction.

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St. Louis Green Holiday Light Recycling Drive



Wondering what to do with your old or unworkable holiday lights? You can recycle them! Washington University is a proud partner of St. Louis Green's 2014 Holiday Light Recycling Drive. The drive runs Thanksgiving through mid-January. Last year, participants diverted 104,000 pounds of holiday lights from our local landfills. St. Louis Green has set a goal of 134,000 pounds of holiday lights to be diverted this year!

Collection bins are located at the following locations on the Danforth campus: Bear's Den, SWAP shop (Gregg Hall Storefronts), DUC 322, and Bauer Hall 330. School of Medicine campus locations include the Clayton/Taylor parking garage, FLTC, 4444 Forest Park, 4480 Clayton Avenue, Metrolink garage at Children's and Taylor, CSRB link, Peds building (at Barnes & Noble Bookstore), and BJC1H.

If you have questions, please email sustainability@wustl.edu. For more information and a list of other collection sites throughout the city, visit the St. Louis Green [website](#). Together, we can make the holiday season more green!

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Christmas Tree Collection



After you've enjoyed your live tree for the holidays you can take it to one of three area city parks for recycling beginning Dec. 29. The trees will be turned into mulch that you can later use in your garden or yard. The

trees must be free of all decorations. Drop off locations are here:

- Forest Park, Lower Munny Opera parking lot
- O'Fallon Park, West Florissant and Holly, picnic grounds #4
- Carondelet Park, Grand and Holly Hills, area between gate and recycling containers.

The City of St. Louis Refuse Department will also be picking up trees in the bulk trash pick up. Please don't put your tree in the trash or recycling dumpsters. St Louis County is not offering any tree drop off locations at this time.

You can also take your tree to any of the St. Louis Composting areas for a fee of \$1.00. For more information, view their [website](#).

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How to Actively Commute this Winter



Temperatures dropping into the teens with a chance of snow? No problem! With the right gear and personal commitment, anyone can continue to commute via bicycle, walking, or public transit during the winter months.

Despite the cooler temperatures, many active commuters continue to get exercise each morning and evening during the winter. St. Louis has significantly milder winters than most American cities, especially Minneapolis, Chicago, and Denver, all of which have greater bicycle

commuter populations than St. Louis: 4.5%, 1.6% and 2.9%, respectively. Despite the occasional ice storm, St. Louis winters are very amenable to active commuting; plus, you won't be sweating once you reach your destination!

Follow these tips to stay warm during your bicycle commute this winter:

- **Windproof outerwear:** Wearing your huge parka will only slow you down and make you overheat. Instead, dress in layers and be sure to incorporate a windproof shell or some sort of wool to keep the elements at bay. Many bicycle-oriented windproof shells are also highly reflective, helping you stay visible.
- **Gloves and shoes:** Keep your digits warm with windproof gloves and shoes. Many wear boots while riding; other riders purchase bicycle "goulashes" that stretch over bike shoes and keep out the wind and rain.
- **Hat and scarves:** Covering your ears, neck and face are crucial to staying warm when the temperature dips. It's all up to personal preference and riding style; many riders prefer ski mask-style hoods to keep out the wind, others swear by a simple headband and scarf. Consider wearing some sort of eyewear to keep the wind out of your eyes.
- **Tires:** For days that it snows, consider picking up some studded winter tires or riding your mountain bike. The studs help you stay stable and avoid wipe-outs.
- **Lights:** With winter comes shorter days; while you might have biked home from work during the daylight hours spring through fall, you won't have that luxury during winter. Invest in a pair of bright, rechargeable lights to stay visible.

As with any season, be sure to allow ample time to arrive at your destination so you don't arrive sweaty and discombobulated, and make sure you carry a U-Lock to keep your bike safe. Happy commuting!

If you have questions on how to make your commute work for you, contact [Andy Heaslet](#), WUSTL Alternative Transportation Coordinator.

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Upcoming Sustainability Action Team Meeting

We have a lot of exciting sustainability efforts going on at the School of Medicine and want to share them with you at the next Sustainability Action Team (SAT) meeting. Mark your calendars for Tuesday, December 16, from 11:30a-1p in the King Center (Medical Library, 7th Floor). Please bring your lunch.

At the meeting, we will discuss creative ways to be more sustainable around the holidays. We will also give updates on our sustainability efforts at the School of Medicine.

Please RSVP to Wanda Haertling at haertlingw@wusm.wustl.edu. We will see you there!

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LOCAL AND NATIONAL NEWS

Perspectives on Ferguson from Wash U Voices



Washington University launched [Wash U Voices: Ferguson and Beyond](#) as an online platform for individuals to learn, share perspectives, and meaningfully act in response to events in Ferguson, MO. The web page features ongoing commentaries from University faculty and opinion leaders, information on lectures and activities to attend, and links to related news stories and resources. In the words of Chancellor Mark Wrighton: “The tragic situation in Ferguson demands that we accelerate the pace of our efforts...and, as a result, not only be better, but do better.”

Social justice, public health and environmental well-being are inextricably intertwined. There cannot be sustainability where there is inequality and injustice. Now and in the months ahead, University and community members have an opportunity to work together to achieve a more just and resilient St. Louis. You can start by joining the conversation using #WashUVoices on [Facebook](#), [Twitter](#) and [Instagram](#).

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UN Conferences on Global Warming in Lima, Peru



Every year, the United Nations invites environmental experts and diplomats from around the world to discuss global warming and the actions necessary to slow it down. This year's meeting is currently underway in Lima, Peru. Attendees are focusing on updates to the 1997 Kyoto Treaty, which expires in 2020. The Kyoto Treaty was widely considered a breakthrough to help limit greenhouse gas emissions, but its limits only apply to developed countries. Negotiators are seeking to entice developed and developing countries to work together moving forward.

The U.S. and China recently pledged to set targets for lowering emissions over the next 10 to 15 years, but scientists say this is not nearly enough to keep the planet from warming to what will be a dangerous level. Yet, according to NPR correspondent Christopher Joyce, "...many developing countries say they can't do more because their priority is getting their people out of poverty — not limiting greenhouse gases." This is the deep difference that negotiators in Lima hope to resolve in time for the next conference, to be held in Paris next year.

To read more on this topic, click [here](#).

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UPCOMING EVENTS



Feed the Need - Add to the Tab

November 1, 2014 - January 1, 2015

Modesto Tapas Bar & Restaurant

5257 Shaw Avenue, St. Louis, MO 63110

Modesto Tapas Bar & Restaurant is partnering with Operation Food Search this holiday season to nourish and educate community members in need to heal the hurt of hunger. When dining out at Modesto now through January 1, bring in two or more non-perishable food items and receive one free tapa. You can also "add to the tab" and donate \$5 or more to Operation Food Search to receive a free tapa.

Operation Food Search is the largest distributor of free food in the bi-state region, currently providing food to 190,000 people each month, nearly one-third of whom are children. For more information, visit the Operation Food Search [website](#).

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Perennial Holiday Open House

Saturday, December 13, 11a-5p

Perennial's Shop at 7413 S. Broadway

All year, Perennial has been tinkering in their little workshop, teaching St. Louis how to turn odds-n-ends into beautiful objects. They'd like to give a big heartfelt thanks to everyone who participated!

Fill your belly with hot drinks and sweet treats and celebrate the great year they had. Old friends and new faces can cozy up to a craft table and indulge in crafts and chats. Perennial's mini store will be stocked

with handmade goodies, and there just might be the perfect gift to make someone's holiday special!

The event is free and open to the public. Learn more about the details [here](#).

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Eco-Friendly Furniture Restoration
Saturday, December 20, 11a-12p
Perennial's Shop at 7413 S. Broadway

Give old furniture a face lift! Perennial's Founder and Executive Director Jenny Murphy will give attendees an overview of eco-friendly materials and processes to transform an old piece of furniture into something new and beautiful. The demonstration will cover topics ranging from eco-friendly furniture finishes to biodegradable paint removers to the basics of joint and structure repair.

\$5 suggested donation. To learn more about Perennial, visit the [website](#).

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Trailnet's **2015** **Bike** **Expo**
Sunday, January 25, 10a-4p
Gateway Center
1 Gateway Drive, Collinsville, IL 62234

From classic to concept, Trailnet's 2015 Bike Expo celebrates the tradition and experience of bicycling! All are invited to attend the largest and oldest Bike Expo in the Midwest. This year's expo will include a classic bike show, swap meet, wheel and deal contest with prizes, fashion show, live music, and more. Tickets are \$5 (free for children 10 and under) and can be purchased online [here](#) or at the event.

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The Office of Sustainability newsletter is intended as a clearinghouse of sustainability-related news and events at the university, in the region and around the world. Listings in the newsletter do not necessarily represent Office of Sustainability endorsements or views. To submit an event or news item to include in the newsletter, [email sustainability@wustl.edu](mailto:sustainability@wustl.edu).

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