

BE AN MBI *GREENIUS*

“The ways in which we treat the environment and keep the space around us are manifestations of our emotional, mental, and spiritual selves—and vice versa.”

~Kimberly McMahon, EdM, Certified Life Coach

BEFORE YOU LEAVE HOME (if no one else is staying there, of course)

Unplug your appliances, TVs, cable converter boxes, computers; they “leak” as much as 40 watts per hour even when they’re off!

Turn off all lights, or at least put them on timers.

Turn off your AC and adjust thermostat.

“Vacation” mode your water heater, or turn it to the lowest setting.

Stop your newspaper. You may be able to donate it to a school or afterschool program.

PREPARING FOR TRAVEL

Support Kind Airlines. Book your *non-stop* (if possible) flights with airlines that recycle cabin food and beverage waste. *Southwest Airlines* recycles all cabin waste, and was the first to offer electronic ticketing system-wide. And Southwest flies to Denver!

BYO...C. Pack your empty reusable water and hot beverage containers in your carry-on (make sure they are empty when going through security).

BYO...B. Pack your own reusable bag in your purse; they’re more sassy and attractive than plastic, and they fit a lot of goodies that you may buy at the airport or shopping in Denver! I recommend *Mikado Reusable Bags*.

BYO...T. Toiletries. Think of all of the plastics that are used to create tiny bottles of shampoo and conditioner. Not to mention all of the extra packaging in hotel items. And it’s a win-win: bringing your own shampoo avoids bad hair days from washing with bad shampoo!

EN ROUTE

Fill ‘er Up. Fill up your reusable water bottle in the water fountain or ask your bartender or barista to fill them (with water—or maybe something else ☺) when you order your beer or coffee (in your reusable hot beverage container, of course!).

Plastic Schmastic. Vow to not buy or drink from plastic—for your health (carcinogenic toxins from the plastic inevitably seep into the liquid) and the health of the earth (<http://www.greatgarbagepatch.org/>)! Note that over 90% of bottled water is regular tap water (seasoned, no less, with the plastic toxins). Spell *EVIAN* backwards.

(Also, vow not to use plastic bags. Whip out your handy reusable bag when buying treats.)

Be Vocal. Ask flight attendants if they recycle the cabin waste. If they don’t, carry your recyclables off the plane; I’m sure Denver will have receptacles all over the airport. And, maybe even take it a step further by writing a comment to the airline. From my experience, they do listen.

Hitch Hike. Take the shuttle from the Denver airport to Keystone; or *rent a hybrid*; and/or *carpool* with other tribe members.

AT KEYSTONE**—LODGING

Unplug. 4 lamps? Unplug 3. Coffee maker? Unplug. Hair dryer? Unplug. Appliances drain a lot of energy even when they're off. If you just spend 2 minutes unplugging items, you will already have made a difference.

Adjust the thermostat. By raising the temp even by just 2 degrees (in the warm weather; lowering it by 2 in the cold weather), you will save a lot of energy. And you won't notice the difference.

Flip It. There's something about hotel rooms that lead people to keep all things ON even when they're not in the room. When you leave the room, be mindful of turning off your lights, fans (bathroom and others), TV, AC/heat, computer.

“Do Not Disturb... Me or Earth.” Refraining from having your room cleaned every day saves water (by volume and from cleaning chemicals) by not having your sheets & towels washed each morning; it saves electricity by not having to vacuum your room daily; and it saves *you* by not having harsh chemicals sprayed all over your toothbrush each morning!

Pamper Me. If you do enjoy having your bed made while in a hotel, just be mindful of your towel usage; hang them up, so housekeeping doesn't change them every day. Same with the sheets; let the hotel know that you don't need them changed every morning. If you're sharing a room with others, designate towel hooks for each of you. Another fun tip is to go wine glass style: bring safety pins with different colored beads, and pin one to the corner of each towel—just remember to unpin them at the end of your stay.

Scrub Quickly. The average US shower head spits out about 2.5 gallons per minute, which means a 10-minute shower uses 25 gallons of water. Yikes!

Soap on a (Long) Rope. How often do you use one full bar of soap during one hotel stay? Bring the soap along with you from sink to shower.

It's Just Clutter! I used to be a sucker for free pens—even the crappy ones that exploded in my purse on the plane ride home. Do the earth (and your purse) a favor and leave the pens, pads of paper, and Bible (that's just sacrilegious) behind.

Participate & Be Vocal. Participate in hotel recycling programs by placing recyclables in appropriate bins; let the hotel know that you care and appreciate their hotel recycling program; if they don't have one, voice your concern and/or write a comment.

AT KEYSTONE**--CONFERENCE

See Above Section's **“It's Just Clutter!”** One of our very own—Kelly Pratt—is gifting each of us with a hand-made MBI journal. Be sure to use Kelly's journal for life coaching wisdom & ideas instead of using easily-misplaced single pieces of conference notepad paper.

Choose Air. Paper towels are the number one killer of trees. Choose the hand blower over the paper towel—saves energy and trees. If you must use paper towels, be mindful of using only one. Or, do as I do, shake and wipe those clean puppies on your pants!

Reusable Containers. Bring your reusable cold and hot beverage containers to the conference sessions. You'll reduce usage of plastic & *non-recyclable* tea/coffee cups; if the conference center is green (fingers-crossed!) and uses glasses and mugs, you'll still be saving water (by volume and from cleaning chemicals) by not dirtying them.

****Please see Keystone Resort's Environmental Policy & Key Initiatives below on the next page.**

Keystone Resort Environmental Policy and Key Initiatives

Keystone Resort Environmental Policy Statement:

Keystone Resort is entrusted with the stewardship of lands in the beautiful Rocky Mountains. We support, promote, and engage in resource conservation, renewable energy use, recycling, composting, and other forms of waste reduction, wildlife habitat preservation, and environmental education.

Clean Energy and Energy Conservation

- **Lighting Upgrades:** As part of an ongoing resort-wide lighting upgrade, Keystone Resort continues to upgrade lights with the most energy efficient bulbs available.
- **Snowmaking Upgrades:** Since the summer of 2003 Keystone has made significant strides to its snowmaking system, reducing the energy required to make snow.
- **IdleWise:** IdleWise limits the amount of time any company vehicle can idle to five minutes, improving the efficiency of fuel usage and to reducing pollution.

Waste Reduction and Reuse

- **Recycling:** Keystone recycles over 1,000 tons each year, which is equivalent to saving 120 household worth of energy.
- **Composting:** Keystone composts food waste at Keystone Conference Center, the Ranch Restaurant, and Keystone Lodge, diverting up to 3 tons of food waste per month from the landfill.
- **Toner Recycling:** Toner cartridges from printers, copiers and fax machines are collected and sent to Cartridges for Kids, who then donates money to Summit County schools based on the number and type of toners that are recycled.
- **Electronic Waste:** Keystone's IT department collects all old computers and monitors for recycling.

Water Use

- **Water Savings:** The Keystone Lodge and Inn have upgraded their rooms with low flow toilets, bathroom faucets and showerheads. The new River Run Guest Services Building and the Summit House use low flow toilets and bathroom faucets and waterless urinals.
- **Laundry Operations:** Keystone's state of the art laundry facility has been designed to reduce water usage, decrease chemical usage and increase the life of linen.

Transportation

- Keystone provides 8 bus routes throughout the resort and an on-call extended area shuttle service, serving approximately 450,000 riders per ski season and accounting for an estimated 1.5 million avoided vehicle miles traveled.

Environmental Education

- Keystone's Mountain and Valley Naturalist Tours give guests the opportunity to take a self-guided tour on the mountain or in the valley to learn about the history of Keystone and the natural history of the surrounding area.

Mountain Pine Beetle and Forest Management

- Keystone has sprayed vulnerable islands of lodgepole pine trees on the mountain and in the valley to prevent attack from mountain pine beetles, and many trees killed by mountain pine beetle have been cut down and removed to lessen fire danger.

National Forest Support

- Vail Resorts has partnered with the National Forest Foundation to help raise money for conservation projects in the national forests where Vail Resorts operations are located.

Sustainable Cuisine

- **Appetite For Life:** Vail Resorts serves natural, hormone-free meats and organic dairy products in on-mountain restaurants.
- **Sustainable Seafood:** Keystone has partnered with the Monterey Bay Aquarium, Seafood Choices Alliances, and the Marine Stewardship Council to serve sustainable seafood at all of its hospitality locations.