

Edens Lost & Found

Philadelphia Action Guide



A Guide for Community Activists
Working to Build Sustainable Cities
Philadelphia Edition

Based on the PBS Special
Edens Lost & Found
www.edenslostandfound.org

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TABLE OF CONTENTS

WHAT'S A SUSTAINABLE CITY?.....	3
A BRIEF LOOK AT PHILADELPHIA.....	3
FIRST, THE BAD NEWS.....	4
<i>Wasted Energy</i>	5
<i>Wasted Water, Filthy Water</i>	5
<i>Wasted Dollars</i>	5
THE GOOD NEWS.....	5
<i>Imagine This</i>	6
WHERE DO YOU FIT IN?.....	7
INDIVIDUAL ACTION.....	9
CONSUME WISELY.....	14
CONSCIOUS CONSUMER'S CHECKLIST.....	16
COMMUNITY ACTION.....	18
WHAT IS A COALITION?.....	18
<i>Key Questions</i>	19
<i>SWOT Everything</i>	21
TAKING IT TO THE STREET.....	22
WORKING WITH THE MEDIA.....	23
GOOD COMPANY: ALLIES AND RESOURCES.....	28
<i>National Organizations</i>	28
<i>International Organizations</i>	30
<i>Other Resources</i>	30
PHILADELPHIA AREA RESOURCES.....	31
VOLUNTEER & NON-PROFIT ORGANIZATIONS.....	31
GOVERNMENTAL AGENCIES.....	39
ELECTED OFFICIALS.....	41
<i>City of Philadelphia</i>	41
<i>Commonwealth of Pennsylvania</i>	43
<i>United States Congress</i>	60

What's a Sustainable City?

Sustainability is the new buzzword. Everybody's talking about it. But what does it really mean, especially on the scale of a city?

In 1987, the World Commission on Environment and Development, in its report to the United Nations, developed a definition of sustainability that has been widely adopted:

“Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”

You may wonder how the way in which you go about your daily tasks can affect the lives of those yet unborn. If you know that your lifestyle is “unsustainable” you may feel there's nothing you can do about it or that what you *could* do involves too much sacrifice.

But every journey begins with a small step, and there are plenty of steps you can take right this minute. Every day, we make dozens of seemingly insignificant choices that either add to the toll we exert on the environment or relieve it slightly -- from what we eat, to the containers we use, to what we throw away, to how we behave with water and the wheels that get us around.

This Action Guide for Philadelphia, drawing on the lessons learned from *Edens Lost & Found*, is intended to help us take those first small steps and encourage us to take progressively larger steps in the journey toward sustainability.

A Brief Look at Philadelphia

During the first half of the 20th century, Philadelphia thrived largely because manufacturers were eager to locate within its borders. These manufacturing businesses built factories offering a wealth of jobs, and created a demand for conveniently located housing.

By mid-century, Philadelphia was a sprawling metropolis of two million people, where schools, homes, jobs, shopping and places of recreation blended to form thriving neighborhoods and a bustling city.

This picture of urban vitality faded when America's manufacturing concerns changed following World War II. The city that industry helped build during the decades preceding the war no longer served its purpose, and businesses began abandoning Philadelphia for cheaper labor and operating costs in the south and southwest. Jobs moved and people followed. Others left the city for the developing suburbs.

Left behind was an ever-growing inventory of abandoned commercial facilities and empty houses. Subsequent demolitions created vacant, unused parcels of land that became overgrown with weeds as well as havens of illegal dumping activities. This overwhelming amount of vacant land overtaxed city and community resources to address the problem. Once healthy neighborhoods fell victim to the symptoms of urban blight.

In 1990, a survey of residents compiled by the Pennsylvania Environmental Council revealed that vacant lots were viewed as the number one environmental problem facing neighborhoods. And by 2000, Philadelphia had lost one quarter of its 1950 population, with 30,000 vacant lots — double the number of the previous decade — and 25,000 long-term vacant structures left in its wake.

Today, Philadelphia is a city on the rebound. Its massive population losses of the past have slowed to a relative trickle, yet it still struggles with the typical problems of older post-industrial cities in the U.S.: enticing more residents and businesses to call the city home.

Moreover, the city has made a renewed commitment to improving its open spaces, watersheds, and overall “green environment,” spearheaded by organizations like the Pennsylvania Horticultural Society and its urban greening program, Philadelphia Green (www.pennsylvaniahorticulturalsociety.org).

First, the bad news

What is it about a city that is unsustainable? Well, the city is the ultimate consumer of resources, the ultimate producer of air and water pollution, the ultimate contributor to climate change. Cities damage human health. They displace the natural environment, destroying plant and animal life. They steal resources from other regions, even other nations.

Philadelphia, for instance, is a vibrant city in a beautiful environment. But, like the majority of cities, it was built with little understanding or appreciation for the power and function of nature and its cycles. The environmental damage wrought by the development of the city and the greater region takes a heavy toll on all of us. It endangers our health and safety and the well-being of future generations.

For example, in a natural system, rainfall is caught by trees or shrubs and released slowly into the ground. This cycle produces nutrients, fresh water and clean air. Even in a metropolis like ours, the ecosystem was once in balance, providing everything that native people, plants and animals needed for a sustainable life. Yet in building our great city, we interfered with the natural cycles of energy and water by sealing the soil with thousands of acres of concrete and asphalt, doing much more damage than anyone would have imagined.

Wasted Energy

With well over 60% of the city's surface covered with pavement, very little of the sun's energy is absorbed by vegetation. Instead, it heats up the pavement, and thus the air, needlessly overtaxing air conditioners that must struggle against this excess heat at huge costs in terms of dollars, fuel and pollution.

Wasted Water, Filthy Water

In cities, especially older cities with old infrastructure like Philadelphia, the water from storms can wreak havoc. Often, stormwater overwhelms the city's sewer systems, and the combined overflow of stormwater, waste, and creek water ends up as pollution in our rivers.

Wasted Dollars

In the last half-century, we spent billions of dollars on massive flood control projects that were made necessary largely by our wasteful attitude toward rainfall. Likewise, we've built ever-larger landfills at increasingly distant locations (vastly increasing the fuel needed to transport our wastes), largely because we fail to implement simple steps to reduce the amount of trash we generate.

By ignoring the integrated character of nature and its cycles, we consume unsustainable levels of energy and water to "meet our needs." We design our technologies and infrastructure as if there is no social, economic or environmental cost. We fail to recognize the human cost in terms of mental, physical, and emotional health.

Yet there's hope.

The good news

While you can liken it to turning a massive ship on a dime, it *is* possible to change the way we manage our city. By retrofitting our environment to mimic rather than fight nature's cycles, we can regain efficiency, reduce waste, and recapture the energy and water we've been squandering for so long.

We can use our best engineering, architectural, and scientific minds to design our city to conserve resources, reduce consumption, mitigate and minimize environmental damage, and maximize human energy, health and connectivity.

We can connect with our highest selves, our families, neighbors, co-workers, and friends as we work together to reverse some of the current damaging trends.

We can make changes in our own lifestyle.

We can think more consciously about our consumption patterns: how we spend our money, how we use or misuse water, food and other resources, how we get around town, how we cool our home, our car, our office.

Ignorance of the law is no defense. So, too, ignorance of the laws of nature will not save us from the consequences of our unsustainable practices. Each of us has a huge impact on our environment, more than a single member of any other species. Whether that impact is positive or negative is up to us.

Imagine This

In 1997, Paul Hawken, businessman, environmentalist and author, addressed an audience of engineers, landscape architects, building architects and urban foresters who gathered in Los Angeles to begin the work of creating plans for a sustainable city. He finished his speech about “what it will take” with the following vision.

“Imagine a world where the resources are not scarce, but sufficient to all. Imagine a world where there are more jobs than people, a planet where forests are increasing, topsoil is being formed, wetlands are thriving, coral reefs are growing, fisheries are healthy and the atmosphere is not affected by our activities below.

“Imagine a city with tree-lined rivers, promenades and restaurants alongside, and bays that are as pure as oceans anywhere. Imagine a city that is so covered with trees, it looks like a forest from an airplane. Imagine, for a moment, a city that has become whisper-quiet. Hydrogen-powered hybrid-electric cars exhaust only water vapor. Open space corridors have replaced unneeded freeways. Houses pay part of their mortgage costs by the energy they produce.

“Imagine a city where there are no active landfills. Imagine worldwide forest cover is increasing; atmospheric CO₂ levels decreasing for the first time in 200 years; effluent water leaving factories cleaner than the water coming into them. Imagine industrialized countries reducing resource use by 80% while improving the quality of life; dams being dismantled; environmental regulations regarded (...) as unneeded, quaint and anachronistic; living standards doubling worldwide; and a vibrant business sector depending upon and promoting these developments.

“Is this the vision of a utopia? A Panglossian fantasy? In fact, the scenario is neither. The changes described could occur within as short a period as fifty years, as the product of economic and technological trends that you can implement and put in place.”

Where Do You Fit In?

Edens Lost & Found is about learning to live lightly on the earth. For some of us, that may mean spending our spare time planting trees and tending our compost bin. For others, it will mean turning our energies to community activism, alerting others to the benefits of a sustainable city, forming coalitions and neighborhood groups to support policies that are environmentally beneficial.

Generally speaking, our political leaders strive to do the right thing and need our support and encouragement. They need an ever-widening ring of coalitions working to educate the world at large about how pleasurable and profitable a sustainable city can be for us and for those who will follow us.

In other words, this manual is about community – establishing it, tapping into it, using it to nurture responsibility for our global environment.

The result of a single person's action can be monumental, and when individual acts are added up, they can truly change the world. For example, when we plant and care for trees, alone or together, we begin to build an internal place of peace, beauty, safety, joy, simplicity, caring, and satisfaction. The results encourage us to take on larger challenges.

Planting a tree is *a nice thing to do*. Yet it also separates gesture and sentiment from true commitment. It gently but ruthlessly extracts commitment from the mere gesture. Trees demand care – our continued involvement, interest, and nurturing. Without it, they die. Planting has the ability to transform our own behavior and that of our culture.

As your perspective changes, you'll wonder how everyone else can be so blind to the natural environment. We are right in the middle of a beautiful ecosystem and we don't even see it.

The words community and commons are from the same root. Traditionally, the commons in England were used to graze cows – common land, respected and maintained by all for the good of all. The “commons” are around us still – the streets, parks, air, beaches, ocean, rivers, streams, and forests – but for some reason we don't feel personally responsible for them.

What happened? We moved out of villages and into cities. No longer did everyone know their neighbors and community. Cities granted anonymity and individuality but discouraged community. By moving to cities, we gave up many of our responsibilities to governments and institutions. The larger cities grew, the less in touch we were; the less in touch we were, the more damage we did.

But we lost the ability to discern the difference we made. We assumed we had no control over our environment and, therefore, no role to play in preserving or enhancing it. Eighty percent of the U.S. population now lives in what we would call a city.

Most of us who live in large cities have inherited large city problems: pollution, bad planning, too much concrete, not enough community life. This only adds to our conviction that there's nothing we can do to change our situation. Yet the synergy of people working together can create the magic that produces sustainable communities. When those people are neighbors, the magic is only beginning.

From tree planting and care to sharing fruit and rich compost and having monthly cookouts and block-club activities, as we begin to recycle our energy instead of being drained by strenuous work, we're revitalized. Instead of feeling alienated, we create family. Instead of feeling helpless, we find power. Instead of wondering why we're alive, we have purpose.

But where to start? What are we allowed to do? Don't you need a college degree to be able to do serious urban tree planting or to talk with conviction about sustainability? These are the questions this guide will answer. You'll understand how to start this work, right from where you sit. You'll discover that it is a basis for mobilizing our society to take on the larger environmental challenges that face us.

Individual Action

Our lives are ever-changing. Perhaps years have passed since you first thought sustainable living should be higher on your list of priorities than it was. Maybe you have been involved with an environmental organization, consumer group or political party all along. Or, maybe it was *Edens Lost and Found* that brought you to this place of action. Maybe you have more free time now, a desire to make a real difference for younger generations or have skills you want to offer. Whatever it was that brought you here, you are willing to take action...now.

So, what does that action look like?

There are several ways you can work toward sustainability – through changes in the way you live your own life and through organizing others to change the course of public policy. Maybe making changes in your own life is all you have the time or desire for. Fine. This section will help you “live like a native” by reducing the environmental toll you and your family exert on your habitat.

First, measure your environmental footprint at <http://www.myfootprint.org/>. Now, try out one, two or more of these actions and reduce your footprint.

1. Skip a car trip each week

The average American drives over 250 miles each week. Replace a weekly 20 mile car trip by telecommuting, biking or combining errands and you'll reduce your annual emissions of the greenhouse gas carbon dioxide by nearly a thousand pounds! Can't pull off a 20 miler? Then skip what you can.

If you are interested in carpooling or ride sharing, check out: <http://www.erideshare.com/carpool.php?&search=philadelphia>. This website allows you to post your desired carpool, with your origination city and destination city, or respond to a carpool already listed.

For public transportation, visit: www.septa.org. SEPTA (Southeastern Pennsylvania Transportation Authority) is the nation's fifth largest public transportation system, with a vast network of fixed route services including bus, subway/elevated, trackless trolley, light rail, and commuter rail serving a 2,200 square mile service region.

In addition, **TransitChek** is a commuter benefit program that employers can offer to their employees to help pay for commuting on transit. It saves employers and commuters money because the program takes advantage of federal legislation that allows TAX-FREE dollars to pay for transit fares. Transit checks are vouchers that can be redeemed to purchase passes, tickets and tokens for every transit agency in the region - SEPTA, PATCO, NJ Transit, DART First State, Capital Area Transit and Amtrak (monthly commuter tickets only). Even some vanpool services accept **TransitChek**. For more information, visit: <http://www.dvrpc.org/gettransitchek/index.htm>

Another way to cut down on your weekly automobile traveling is to petition to your company to allow for flex hours, which enables employees to work only four days a week (four ten-hour days). Some companies in the Philadelphia area are already utilizing this method with much success. Shifting work day hours is a similar way to cut down on commuting time. By having employees start at seven or ten, instead of eight or nine, the time spent waiting in traffic is minimized.

2. Stop Junk Mail

For every 1,000 of us who succeed in halving our personal bulk mail, we save 170 trees, nearly 46,000 pounds of carbon dioxide, and 70,000 gallons of water each year.

Visit www.junkbusters.com or write to: Mail Preference Service, PO Box 9008, Farmingdale, NY 11735-9008

3. Replace four standard light bulbs

with energy-efficient compact fluorescent lights (CFLs). Want \$100? Replace four standard bulbs with low-mercury CFLs, and you'll reduce your electricity bills by more than \$100 over the lives of those bulbs! More importantly, you'll prevent the emission of five thousand pounds of carbon dioxide. These energy-efficient compact fluorescent lights can be purchased at Home Depot, Lowes, and the All American Home Center (or these stores' websites), to name a few places.

Online, you can purchase these at :

BuyLighting.com (<http://www.buylighting.com/energy-efficient-lightbulbs.htm>),

Noli Control Systems (<http://www.nolico.com/saveenergy/?source=overture>),

ABC Bulbs (http://www.abcbulbs.com/Energy_Bulbs.asp), or online at one of the stores listed above.

If you want to find out whether your favorite home store sells these lights, visit the Energy Star website, www.energystar.gov.

4. Move the thermostat 3°F

Heating and cooling represent the biggest chunk of our home energy consumption. Just by turning the thermostat down three degrees in the winter and up three degrees in the summer, you can prevent the emission of nearly 1,100 pounds of carbon dioxide annually. Feel like starting with a 1°F shift? Turn your thermostat as far as you can without feeling uncomfortable.

5. Apply lawn and garden pesticides with care

Americans directly apply 70 million pounds of pesticides to home lawns and gardens each year and, in so doing, may harm birds and other wildlife and pollute our precious water resources. Use pesticides and fertilizers carefully and sparingly in accordance with label instructions. Do not apply if rain is forecast and dispose of remainder at a hazardous waste collection event. Disposal locations for such contaminants can be found at the Philadelphia Streets Department website:

http://www.phila.gov/streets/hazardous_waste.html

6. Think Native

Plant native wildflowers, shrubs, grasses and trees. They require less watering and attract birds and pollinators to your yard. Visit Bowman's Hill Wildlife Preserve website at <http://www.bhwp.org/> for tips on planting native plants. For more information on composting, visit the Philadelphia Department of Streets website at <http://www.phila.gov/streets/compost.html>.

7. It's "only" H2O?

Water in the evening or early morning to avoid excessive evaporation. It is also better for your lawn. Several water conserving irrigation systems are available. Drip irrigation systems utilize the frequent, slow application of water to a very small area in the root zone of the plant. Water slowly drips through either porous plastic pipes or emitters located below the surface of the soil. This results in no loss of water to areas not requiring irrigation. Drip systems can reduce water use by 20-50%. These can be purchased at places like Home Depot.

Soil soakers consist of long plastic or canvas tubes perforated with tiny holes through which the water seeps as a fine mist. Soil soakers are connected to a garden hose and can be left in place on the surface of the planting bed or buried under the mulch. These can be purchased at Home Depot or at your favorite home and garden center.

Sprinkler systems consist of underground pipes which are attached to stationary sprinkler heads. The sprinkler heads must be properly adjusted so that impervious surfaces are not watered. The system can incorporate a rain sensor which will automatically turn off the system during periods of precipitation. Also, carefully chose sprinkler heads and rotate them to water only the grass and not the sidewalk.

Use a broom rather than a hose to clean up garden clippings.

Deposit leaves and clippings in a compost pile or recycle them through the City of Philadelphia's Streets Department grass recycling campaign (information available at <http://www.phila.gov/streets/grass-cycling.html>).

Divert rain spouts and garden hoses from paved surfaces onto grass to allow filtration through the soil.

8. Install an efficient showerhead

and low flow faucet aerators. Of all natural resources, water is the most essential. But available supply is diminishing rapidly as human populations swell and inefficiently drain precious aquifers. For every 1,000 of us who install faucet aerators and high-efficiency showerheads, we can save nearly 8 million gallons of water and prevent over 450,000 pounds of carbon dioxide emissions each year.

9. Take the Night Off

If your company's computers are on a network and cannot be shut down at night, at least turn off the monitors.

10. Get a Tune Up

When just 1% of car owners get a tune up, nearly one billion pounds of carbon dioxide are kept out of the atmosphere.

11. Recycle More

Americans currently only recycle about 10% of our waste. Start today. Many people do not recycle all the materials accepted by their municipality. You can verify that you're recycling all you can by visiting the web page of Philadelphia's Office of Recycling, <http://recycling.phila.gov/index.html>.

However, recycling can be and should be taken a step further. Be creative. Donate your old, used clothing to the Salvation Army or other charity. Turn in your old computers and electronics. To find the place closest to you or to learn when the next scheduled collection day is, visit http://www.phila.gov/streets/hhw_computers.html.

Smaller items may be recycled as well. For example, Office Depot collects used printer ink cartridges in exchange for a free ream of paper containing 35% post-consumer waste. Be willing to take the time to discover various methods for recycling in your area. The Philadelphia Office of Recycling has more recycling tips on their website at <http://recycling.phila.gov/index.html>. For information on how to recycle more within your office or business, visit Pennsylvania's Department of Environmental Protection's web page at <http://www.dep.state.pa.us/dep/deputate/airwaste/wm/RECYCLE/FACTS/Comrec2>.

Commercial recycling information can be found on the Philadelphia Office of Recycling website at http://recycling.phila.gov/pages/02_home.html

12. Buy Used Vehicles

For each new car made, we create 27 tons of waste. If you have to buy a vehicle, consider purchasing a used one. Also remember to buy the most fuel-efficient vehicle in its class. Don't automatically choose a hybrid; they pose some serious battery-disposal problems down the road. A better choice would be a small, light car that's not loaded down with air conditioning and power accessories. Learn to drive a stick shift; it can make a big difference.

13. Seek Non-Toxic Alternatives

Read labels and fine print; look for "natural" or "biodegradable" ingredients. Eco-friendly building materials, cleaning supplies, and cosmetics do exist. If you can not find eco-friendly products, try to find household products such as cleaners and furniture polish labeled "non-toxic." Use small quantities and purchase only the amount you need. Make sure to properly use and store all toxic products, including cleaners, solvents, and paints.

Take unwanted household hazardous materials and containers to a local collection program for disposal. The Philadelphia Office of Recycling website has information on where to dispose of such materials at http://recycling.phila.gov/pages/01_hhw.html.

To find out where to purchase natural or biodegradable products that are eco-friendly, visit www.realgoods.com. Shop at local stores that sell such products, as well as your local natural foods shops.

14. Think Organic, Think Local

Buy fresh, local produce and products as often as possible. Seek out and support local farmers' markets. Buy organic food. Philadelphia boasts two outstanding food markets: The Reading Terminal Market <http://www.readingterminalmarket.org/> and the Italian Market <http://www.phillyitalianmarket.com/>.

In addition, smaller farmers markets flourish throughout the city and region. For a list of food and farmers markets in Philadelphia and surrounding suburbs, see <http://www.gophila.com/markets/body.htm>

You can also find a farmers market near you at <http://www.farmernet.com/>. Whole Foods is a grocery store that carries organic foods. Find one near you at <http://www.wholefoods.com/>.

15. Be Friendly in Your Outdoor Night Lighting.

The International Dark-Sky Association (IDA) is an organization designed to educate and bring public awareness to the topic of outdoor light pollution. It was incorporated in 1988. Its goals are to be effective in stopping the adverse environmental impact on dark skies by building awareness of the problem of light pollution and of the solutions, and to educate everyone about the value and effectiveness of quality nighttime lighting. To learn more about IDA and how you can prevent or reduce your nighttime light pollution, visit <http://www.darksky.org/index.html>.

To purchase friendly and dark skies products, visit Friendly Sky Lighting at <http://www.elights.com/darksky.html> or Dark Skies Lighting Products at <http://www.darkskylighting.com/>.

16. Spreading the word to others.

Inspire two friends. There is an easy way for you to triple the positive impact you are making with any of these actions: convince two friends to join you in your effort and share your favorite sustainable living tips with them. Consider compiling environmental action tips from your favorite environmental organizations and email them in a monthly email to your friends and family.

17. Support candidates for public office

who recognize the importance of sustainability. Your vote counts. Use it to help ensure that those who hold public office recognize the importance of leaving a livable world for future generations. The Pennsylvania League of Conservation Voters (<http://www.palcv.org>) profiles and scores all the candidates and their environmental and conservation policies on their website. If you want more information on the candidates in other areas, visit <http://www.vote-smart.org/>, which allows you to view all the policies of

every candidate from anywhere in the country. The national site for the League of Conservation Voters is <http://www.lcv.org/>

18. Contact your politicians about important environmental issues.

Check out the websites of your favorite environmental organizations (list provided at end of this action guide, or one of your favorites not included) for the important issues to contact your politicians about. Most “take action” sections of environmental organization websites provide an email or letter sample for you to send, the contact information for the politicians in your district or state, and a way for you to inform your friends on these issues.

19. Support the right initiatives and referenda.

Before going to the polls, seek advice from environmental groups whose experts have winnowed and sifted each measure and discerned its true intent and likely effects.

20. Get Creative

Think of something you can do that’s not mentioned here. Let us know. Or simply do it yourself. Sustainable and environmental living can’t all be contained in one small action guide. Whatever you can do to reduce waste, reduce energy expenditures, reduce the time you spend in your car, and reduce your ecological footprint, helps.

Some small, simple ideas and actions you can take and build upon include:

Print documents double-sided.

Turn out lights when you leave a room, as this saves electricity and money.

Fix leaking faucets and toilets.

Pick your favorite environmental organizations and join their email subscription lists. They will notify you when important bills or initiatives are coming up. Also, they have lots of wise tips for living greener.

Visit EarthShare, http://www.earthshare.org/get_involved/earth_saving_tips.html, for earth saving tips, sorted by season or by topic. This season’s current tips list can be accessed at: http://www.earthshare.org/get_involved/tips/winter2005.pdf.

Consume Wisely

You could say that being a conscientious consumer is part of individual action, and it is. But it’s such an important and far-reaching part that it deserves lots more attention than we tend to give it, which is why we’ve devoted an entire section to it.

After all, living lightly and voting faithfully are only two parts of the equation. We also influence the world by what we buy – and we send a message to the corporations who have the power to change most of their more destructive practices.

You can create real change in the world simply by making informed choices about the things you buy. Find out more by visiting the websites of the Responsible Shopper, <http://www.responsibleshopper.org/>, and the Conscious Consumer, <http://www.newdream.org/consumer/index.shtml>.

A few quick and easy ways to get started:

Buy consumables from “bulk bins.”

Since one-fifth of our waste is from packaging, avoid buying over-packaged items, including food.

Talk to shopkeepers who sell over-packaged items, encourage them to sell goods that are not over-packaged, and cite companies that consciously sell less packaged items.

Don't just make good buying decisions. Speak up! Communicate with corporate America. Complain to companies that over-package their goods. Tell them the good, the bad and the ugly. Companies should be thanked for environmentally responsible practices and chastised for irresponsible practices. Here is a sample letter:

To whom it may concern:

When I recently bought (name of product), I was disheartened to see how over-packaged it is. I write to urge your company to re-think how extraneously you package this product, since one-fifth of the waste in our landfills comes from packaging.

While I understand that some companies employ such over-packaging as a way to assure consumers that a product is tamper-resistant, others – and this may be the case here – over-package their products from tradition, without considering what the effect such excess packaging has on the physical environment.

I am sure your company is a good corporate citizen and wants to avoid contributing to landfills. I urge you to re-think how you package (name of product) and I look forward to seeing changes so that I can continue to support (name of manufacturer) with future purchases of (name of product). I look forward to your personalized reply.

Yours sincerely,

Your name

Address

Identify environmentally responsible companies:

Visit Coop America, <http://www.coopamerica.org>, or The Green Guide at <http://www.thegreenguide.com/> to learn about environmentally responsible companies and products.

Boycott companies that won't change their policies. Email your friends to get people involved and to increase public awareness. We've all received these email notices from friends and family alerting us to high gasoline prices, dioxide in plastics, etc.

Email is an easy and powerful tool which can reach many people with minimal environmental impact. If you email ten friends and five of those friends email ten

friends each, and half of those people email ten people each, and so on, before long you could have informed thousands.

Conscious Consumer's Checklist

Here are a few quick tips to get you started. For specific products, visit the conscious consumer marketplace at <http://www.newdream.org/marketplace.php>

Reduce, reuse, recycle: The best way to start is to take care of what you already have! Avoid waste. Buy only what you need. Make things last. And don't let a little wear send you on a shopping spree.

Buy recycled products: Recycling is great. But the recycling loop isn't complete until the materials collected at curbside and drop-off sites are remanufactured into new products and purchased by consumers. The fewer "virgin" resources that go into products, the better. For comprehensive info on where to recycle in your area, visit <http://www.earth911.org>.

For paper products: Buy paper with the highest percentage of "post-consumer waste" (PCW) and, when possible, paper that is "process chlorine free" (PCF). Major office supply stores now carry this paper – entirely because of consumers demanding that they do so.

Buy energy efficient products: Whether it's a car or a computer, choose the most energy efficient model. For electrical appliances, look for the Energy Star logo. Energy Star products can be purchased at Lowe's, Home Depot, Radio Shack, Best Buy, Circuit City, and Sears. If you want to find out what other stores carry the energy efficient, Energy Star products, visit <http://www.energystar.gov/>.

Buy local: This supports your local economy and reduces energy consumption required by the global transport of goods. Farmers' markets are especially wonderful resources. More info on farmers markets can be found on the Union of Concerned Scientists Green Tips website, <http://www.ucsusa.org/publication.cfm?publicationID=439>

Avoid excessive packaging: A large percentage of our municipal solid waste stream is the result of unnecessary packaging. When given a choice, select the product that is sensibly packaged, not over-packaged. Whenever possible, reuse or recycle packaging.

Avoid polyvinyl chloride, or "PVC": Often labeled as "Number 3" plastic, PVC is a leading source of dioxin (a potent toxin) in the environment. The Greenpeace website has more information on PVC and dioxin. Go to <http://www.greenpeaceusa.org/media/factsheets/poisonplastic.htm>

Look for green labels: Whenever possible, look for labels that let you know the product is certified as environmentally friendly. But be careful -- don't blindly accept a product that calls itself "green" and doesn't offer any substantiation. To

get smart on what labels mean, visit Consumers Union's Eco-labels website, <http://www.eco-labels.org>.

Coffee Drinkers: For store bought coffee, look for fair trade, "organic" and "shade grown." In coffee shops, refuse coffee cup sleeves, save one in your car or office or don't use one at all. Even better, bring your own mug for a refill. Starbucks offers a \$0.10 discount to customers who bring in their own mugs.

Use cloth grocery bags: If you must use bags from the grocery stores, recycle the paper bags with your weekly recycling, and return the plastic bags to the stores.

A few additional tips:

- Look for the Green Seal or Scientific Certification Systems labels, or other labels offered by respected environmental organizations:
<http://www.scscertified.com/>
- For wood products, look for FSC certified labels:
<http://www.eco-labels.org/label.cfm?LabelID=145>
- For seafood, look for MSC certification. The Marine Stewardship Council (<http://www.eng.msc.org/>) is an independent, global, non-profit organization attempting to reverse the continued decline in the world's fisheries. MSC is seeking to harness consumer purchasing power to generate change and promote environmentally responsible stewardship of the world's most important renewable food source. The MSC has developed an environmental standard for sustainable and well-managed fisheries. It uses a product label to reward environmentally responsible fishery management and practices. Consumers concerned about overfishing and its environmental and social consequences will increasingly be able to choose seafood products which have been independently assessed against the MSC Standard and labeled to prove it. This will assure them that the product has not contributed to the environmental problem of overfishing.

Want more? Explore a host of free green tips from the Union of Concerned Scientists: <http://www.ucsusa.org/publication.cfm?publicationID=440>.

Community Action

Individual action is admirable and is all that most of us will have the time or energy for. But if you have the time, energy and – most important – the commitment, it's time to take it to the streets, to become a sustainability activist in your community.

“Think globally, act locally.” We hear those words so frequently it is easy to ignore them. However, we must not. For in those few words we are reminded that we are part of the whole and what impacts our very world affects others for generations to come.

At the same time we are urged to make changes as individuals and in our own communities. If you feel like you are ready and willing to work with others but not sure what to do or how to do it, this Action Guide can help you work in a coalition. The key word here is “action.”

What is a coalition?

Coalitions are alliances of individuals and/or organizations that want to work together to effect change or protect the status quo on the issue(s) that unites them.

Coalitions formed as a direct result of *Edens Lost & Found* may have one common word – sustainability – that

- is the common thread among the coalitions; and
- is the only thing coalition members necessarily agree on.

Small or large, formal or informal, permanent or ad hoc, the great thing about coalitions is that they have many faces. Environmentalists, businesses, municipalities, educators, sportsmen – all have a vested interest in sustainability. Broad-based coalitions work. Be creative. Have fun. Help change the world.

A coalition is a great organizing tool. It gives individuals and organizations something to rally around, provides an identity and sense of place and longevity and continuity. We all know that once we are a part of an organization we look at our opportunities and responsibilities from an entirely different perspective.

Every one of us has been part of some team at some time. The first thing we learned is that we don't have to do everything ourselves. By working together we can benefit from the skills of others. Together we can educate, raise awareness, network, and effect change more rapidly.

As your coalition starts to take form, help it evolve into what works best. The following questions will help you make key decisions, such as how to form your own coalition, what your goals and desired accomplishments should be, and whether or not to join another coalition.

Key Questions

What do you want to accomplish?

Is your issue already being addressed?

Which organizations, agencies, localities are building sustainability programs?

Do you see a “gap?” For example, has no one organized dentists, churches, parents or other natural affinity groups who could bring something to the table?

What kind of coalition would you like to form or join?

There are no wrong answers here, but certainly there are lots of options:

An informal neighborhood group

A community-wide coalition made up of folks with very different or very similar skill sets, focused on:

- Broad-based sustainability
- One or two issues
- State, Regional, National, International
- Person-to-person vs. web-based

What part of sustainability do you want to work on?

What are your key interests?

Where would you like to make your impact? Be specific.

Write it out.

Focus. Focus. Focus.

Your town: what’s good, what’s bad?

If you want to focus on local sustainability issues, you’ll need to do an “audit” to find out what needs fixing in your community. For example, in 1998, Sustainable Seattle (<http://www.sustainableseattle.org/default.htm>), a volunteer citizen’s network committed to improving its region’s long-term health, brought together community members to define and assess what it called “Indicators of Sustainable Community.”

Go to <http://www.sustainableseattle.org/Publications/1998IndicatorsRpt.pdf> to view their report and the checklist this coalition used to assess Seattle’s sustainability. Sustainable Seattle looked at such things as public transportation options, air and water quality, stormwater runoff, pollution, urban sprawl, and availability of locally raised produce.

For a more general community sustainability assessment tool, visit the Global Ecovillage Network’s website, <http://gen.ecovillage.org/activities/csa/English/>.

Your evaluation should include physical, social and even spiritual factors.

Physical factors include:

Sense of place – community location & scale, restoration & preservation of nature;
Food availability – production & distribution;
Physical infrastructure, buildings & transportation – materials, methods, designs;
Consumption patterns & solid waste management;
Water – sources, quality & use patterns;
Waste water & water pollution management;
Energy sources & uses.

Social factors:

Openness, trust;
Communications – the flow of ideas & information;
Networking outreach & services – resource exchange, internal & external;
Social sustainability – diversity & tolerance, decision-making, conflict resolution;
Education;
Health care;
Sustainable economics – healthy local economy.

Spiritual factors:

Cultural sustainability;
Arts & leisure;
Spiritual sustainability;
Community “glue”;
Community resilience;
A holographic, circulatory world view;
Peace and global consciousness.

If you're a veteran activist, much of this will be old hat to you, but it doesn't hurt to step back and review where you are and how you can include sustainability in your existing efforts. You may need to redirect resources or tweak your operation.

Newsletter: Do you already have a newsletter or website? You could add a sustainability feature.

Events: If you're already participating in community events, offer to share your table with another sustainability group.

Legislative rankings: Already putting out a scorecard ranking your legislators? Now is a good time to add a sustainability rating.

SWOT Everything

You've heard of **SWOT** –

Strengths
Weaknesses
Opportunities
Threats

Doing a SWOT analysis now will save you time down the road and may prevent you from making a wrong move. SWOT everything – issues, ideas, individuals, and organizations. When you have given thorough analysis to any situation by considering strengths, weaknesses, opportunities, you will increase your chances of success and most likely leverage your resources. The end result is a list of potential tactics from which you can draw.

Consider possible scenarios.

From brainstorming to role-playing there are valuable lessons to be learned through this exercise.

Think about what happens if you miss your deadlines.
What if bad weather threatens or cancels your premiere event?
What is Plan B if the volunteers who promised to show up do not?

Identify your targets.

Remember, not all targets are created equal. Some are primary and some are secondary.
A secondary target may simply be a conduit to your primary target.
Figure out what each target can do for you or to you.
Be creative.

Identify your allies.

Think broadly. You probably have many more allies than you know.
Make a Wish List of the allies you would hope to assemble.
Know you will find allies in the most unusual places.
Encourage those who share your views to speak up directly.

Decide what resources you need to achieve your objectives and goals.

Look at everything you'll need, including time, funding, volunteers and expertise.
Determine access to technology and equipment.
Seek out in-kind contributions.
Identify the networks you will need.

Devise your tactics.

Tactics put the action in your strategy.

Identify your audiences. Don't spend all your time preaching to the converted, but rather convince the undecided. However, don't waste too much time on people who will never agree with you, unless you have a very good reason to believe they may actually change their mind soon.

Identify the hot buttons for your audience. What is of value to them (votes, credibility, respect, money, labor, employment or support)?

Use the tactics best suited for your situation or your audience. Do you need to use tactics of persuasion, of negotiation, tactics that challenge or support the status quo, or confrontational tactics? A caveat about tactics of confrontation: nine times out of ten, a personal meeting with your target yields far better results than picketing against them. In fact, confrontations can backfire. Remember to maintain cordial relationships.

Whenever possible, use personal connections.

Are your tactics in tune with other things that are happening?

Do you have the resources to support your tactics?

Does your group feel comfortable with the chosen tactics?

Create a timetable.

Be specific.

In addition to start and end dates for every item on the list, clearly identify those items that are set in stone or contingent on other action or outside activities.

Indicate who is responsible for what and by when. This amount of detail will likely increase your chances of successfully meeting your deadlines.

Taking It to the Street

Remember, message and delivery go hand-in-hand.

The message:

Know your issue.

Keep it simple.

Get specific. Focus on issues that impact many people.

Use language that is clear and concise.

Go easy on the rhetoric, abbreviations and technical terms.

Make a personal connection by telling a personal story.

Make people want to listen to you!

The delivery:

Get to the point: communicate what you want clearly and directly. Don't waste anyone's time by going off on tangents.

Don't be intimidated by the powers that be.

Remember that you are a resource for first-hand information. You provide value.

Show you have support. Elected and appointed officials understand that the individuals and organizations that share your position represent voters for them.

Show personal experience with the issue – yet another opportunity!

Every communication you have – by phone, or in person, or in writing – should have one basic message: there is an important problem in your community and you are asking someone to take action to solve that problem.

Stick with the truth – don't get creative or exaggerate. If you don't know something, say so. You can follow up later as needed.

Tell your story in writing... and in pictures. Easy to understand charts and graphics are also valuable, as are materials developed by other credible groups. Develop a one-page fact sheet that describes both the problem you want solved and what specific actions you want taken.

Distribute your materials wherever you go, even if the people you came to visit were not available.

Don't forget that officials and their staffs can come to you. They can obtain media coverage for such visits and/or put a photo of the visits in their newsletters. Visits will not only help them better understand the problems you are up against but could solidify support.

Follow-up. Do what you said you were going to do.

Don't forget to say thank you.

Watch to see if what you asked for actually got done.

Don't burn bridges. It is easy to become very emotional over issues that are important to you, but don't destroy a possible relationship over one issue. There will be other issues and other times where you will want someone's support.

Working with the Media

There's nothing mysterious about the press. Reporters and editors are busy, even harried. Chances are they don't know too much about the topic and probably don't have time to learn, so don't try to tell them more than they want to hear. Don't try to convert reporters – they're not supposed to be advocates.

16 Easy Ways to Get the Word Out

1. Every chance you get, bill yourself as a supporter of sustainability.
2. Call a Speak-Out Line. Many local newspapers have call-in phone lines where you can leave a message or state an opinion without identifying yourself on a designated answering machine. The messages are then printed in a subsequent edition of the newspaper.
3. Write a Letter to the Editor.
4. Write an op-ed on sustainability, gathering factual information from any number of available sources.
5. Be a caller on talk radio.
6. Be a guest on talk radio.
7. Take a photo of an event promoting sustainability and submit it to the local newspaper, properly identified.
8. Get involved with your local cable station – get your own show or be a guest on someone else's show.
9. Put the local press on your email listserv or mailing list, to receive updates and notices.

10. Make a practice of sending out announcements to the local press.
11. Make yourself an expert on, and media resource for, sustainability issues, or recruit someone else to do so.
12. Call a reporter and introduce yourself – ask if she/he will meet for coffee and use the opportunity to give an overview of local sustainability issues and activities you or others are involved in, and their importance to our communities.
13. Visit local newspaper editorial boards – prepare your message and take it to the editors (make sure you know your stuff – these folk can be tough-minded)!
14. Go places reporters go. Reporters cover community events such as service club luncheons, charity fundraisers, candidate debates, and so forth.
15. Stockpile illustrative stories about sustainability to share with the media as appropriate.
16. Post an item about the sustainability issues that most concern you to a listserv or website devoted to sustainability topics.

Cultivate Relationships with Reporters

It can be tricky figuring out what your relationship is with reporters. You're not their client and they're not yours. Believe it or not, making you happy is not their primary objective. Though it may sound idealistic, reporters work for their readers.

Their job, along with their editors, is to decide what stories to cover and to then select the aspects of those stories that are most interesting and relevant to their readers. Those who have been at it for any amount of time tend to be pretty good at what they do, so whatever you do, don't try to instruct them in how to do their job.

You may have acquired some expertise in sustainability, but like it or not, each publication or broadcaster has the final word on how to handle your issue. Equally important, don't assume that reporters or their employers must be either "with" you or "against" you. Experienced reporters hear all sides of major issues all the time. It's not up to them to decide who's right, only to present the views of responsible advocates and dig up whatever facts are relevant to telling the story in a fair and truthful manner.

Don't be discouraged if you don't get a good reception. Every newsroom is understaffed and, no matter how good a job you do, some days you won't get to first base. The best long-term strategy? Get in the habit of producing a news release or newsletter (or both) on a regular basis and send it or them to your local papers and broadcast stations, preferably to the reporter who covers environmental and urban planning issues. Over time, this will establish you as a local "authority" on sustainability and before you know it, reporters will be calling you. Believe it. It works.

To maintain your standing as an authority, be ready to provide sober, responsible answers to whatever you're asked, even if the question seems stupid or self-evident. Frequently, reporters are simply looking for a quote. If you can provide a pithy, succinct answer, you'll likely find your name in print or see yourself on the evening news.

If at all possible, don't bad-mouth the opposition. You can, and should, point out holes in their argument, flaws in their logic or errors of fact. You can even make truthful statements about an opposing group's funding sources if they're relevant. But don't make denigrating personal comments about your opponents, even if they routinely describe you as a blight on the face of the earth. Reporters respect professional, civilized behavior and will be more likely to keep you on their active list if you're pleasant, factual and available.

Some more pointers:

If you get a call from a reporter, the first question to ask is: Are you on deadline?

If the answer is yes, get off the phone! Say you'll call back the next day.

Be prepared. Acquaint yourself with the reporter's work before you call, know her or his "beat" – the stories the reporter regularly covers.

Write your story or event down on paper. Reporters almost always ask for information on paper. Write a background memo or press release before you pick up the phone and fax or email the memo or release the minute you hang up.

Create a fact sheet about your effort, activity or group working towards sustainability with specifics: define sustainability, your goals or mission, plus a media contact with phone number and address information. Well-done materials will boost your credibility in a reporter's mind.

Start from square one – don't assume a reporter knows anything about sustainability!

Avoid sustainability "speak." Phrases like "buying green," "green building developments," or "urban sprawl," may be all Greek to a reporter who is hearing about sustainability and its goals for the first time.

Think "sound bite." A reporter is more likely to listen to what you have to say if you present yourself clearly, concisely and quickly. Remember, she or he has a story quota and a deadline to meet by the day's end.

Don't be discouraged by a new reporter. Take advantage of the opportunity. Reporters are often transient types, who arrive in a new community with no knowledge of their surroundings. Use the opportunity to present yourself as an established member of the community and create a relationship. It's likely to pay off later when they are looking for a quote or a story idea.

Thank journalists, via snail mail, email or a phone call, when they report on sustainability issues. Politely correct them when you believe they reported erroneously.

Don't get discouraged easily.

Writing an Effective Press Release

Use letterhead of some sort, even if you create it on your computer. At the top right, include the name and phone number to contact for more information (CONTACT: Jane Doe, 555-1234). Be sure to list a number that will be answered by a live person, even if it includes both work and home numbers.

At the top left, indicate a release date – FOR RELEASE: IMMEDIATELY – The release date becomes especially important if the press release contains advance information or quotes for an event that hasn't happened yet. In such cases, be more specific (FOR RELEASE: 11:00 am, Wednesday, October 3, 2005).

A headline should grab a reporter's attention. Think about why some newspaper headlines make you want to read further, and then write the headline you'd like to see in the paper.

The lead, or opening paragraph or two, should answer the archetypal Five W's journalistic questions: WHO, WHAT, WHERE, WHEN, WHY (and sometimes HOW), although not necessarily in that order.

Work your way down from there, anticipating what reporters might want to know: cover the most important facts first and follow with details. Make the verbs active and the subject concrete.

QUOTES – Try to include a succinct sentence or two that sums up the essence of the release and attribute it to a key person involved in your effort, your coalition or your group. Well-written quotes often jump right off the press release and onto the newspaper!

The last paragraph of every press release essentially should be the same, a "boilerplate." It answers the questions that never change, regardless of what you're writing about. These are questions about sustainability and your effort to promote it: what sustainability is, and its primary issues, when your activity, your coalition or your group formed, and how many people are involved in your effort.

Double-space each page. Type "More" at the bottom of the first page, if yours is a two-page release. Type "-30-" at the bottom of the last page to indicate the reader has come to the end.

Keep the release reasonably short – two pages is about right.

Example:

Citizens For a Sustainable Santa Somewhere
PRESS RELEASE

Activists Call Landfill Expansion a Bad Idea

FOR RELEASE: Immediate

CONTACT: Your Name, 312-999-9999, youremail@whatever.com

Councilman Bob Blowhard's proposal to expand the Santa Somewhere landfill is environmentally dangerous and does nothing to improve the community's long-term sustainability, environmental activists said.

"Blowhard's idea belongs in the shredder," said Eva Evermore, chair of Citizens For a Sustainable Santa Somewhere. "He means well, I'm sure, but this is not the way to handle the solid waste issues our community faces."

Evermore said that a better solution would be to establish new programs to educate and encourage citizens to reduce, reuse and recycle household materials, to encourage mulching and composting of yard wastes and to adjust water rates to reward conservation.

"By taking positive measures that reward environmental stewardship, we can not only reduce the solid waste our community produces but also reduce energy consumption and reduce pollution," Evermore said.

Etc., etc.

Citizens For a Sustainable Santa Somewhere is a not-for-profit grass roots advocacy group established in 2004 to encourage the adoption of public and private policies that enhance the long-term sustainability of the mid-coast region.

-30-

Other Communication Vehicles

There are a variety of other media you can use to communicate your activities and mission:

Place a small notice about your activity in an organizational bulletin or newsletter.

Flyers in places of business can grab a customers' attention.

Consider creating a Web site. Newspapers in some cities host websites for community groups and community efforts, and provide training on creating websites.

Submit a public service announcement (PSA) to a local radio station. Many stations broadcast PSAs as a free service in their listening area. PSAs are notices about special events in the community and are meant to promote not-for-profit groups and activities. Contact radio stations to learn more.

Develop a database, or listserv, of email addresses to ‘broadcast’ information.

Good Company: Allies & Resources

Whether you’re building a coalition or working individually, you’ll want to search out and team up with organizations that are already supporting sustainability.

National Organizations

The Sierra Club and the League of Conservation Voters, among other national groups, rate and endorse federal candidates. Visit <http://www.sierraclub.org/politics/> and <http://www.lcv.org/scorecard/scorecardmain.cfm> for details.

The federal government’s Smart Communities Network website at <http://www.sustainable.doe.gov/> has a variety of tips and information about sustainability.

The Center for Livable Communities, <http://www.lgc.org/center/index.html>, is a national initiative of the Local Government Commissions (LGC). LGC is a nonprofit, nonpartisan, membership organization of elected officials, city and county staff, and other interested individuals that helps local governments identify and implement solutions to today’s problems.

Coop America, <http://www.coopamerica.org/>, is a national nonprofit organization founded in 1982 that promotes sustainability by providing economic strategies, organizing powerful and practical tools for individuals and businesses interested in addressing social and environmental problems. Go to <http://www.coopamerica.org/individual/marketplace/IMBSTT01.HTM> to read “Ten Things You Should Buy to Stop Waste and Save Money” and <http://www.coopamerica.org/individual/marketplace/IMBSTT03.HTM> to read the article “Save Money, Time and Resources When You Shop.”

The Center for a New American Dream, <http://www.newdream.org/>, helps people consume responsibly to protect the environment, enhance quality of life and promote social justice. It has a resource-rich, “take action,” Web site.

Northwest East Institute, <http://www.nwei.org/>, offers programs that emphasize individual responsibility, the importance of a supportive community, and the dual need to walk lightly on and to take action for the earth. Programs focus on readings and discussion groups that can be easily initiated by anyone.

Redefining Progress (RP), <http://www.rprogress.org/>, works with a broad array of partners to shift the economy and public policy towards sustainability.

Rocky Mountain Institute, <http://www.rmi.org>, is an entrepreneurial nonprofit organization that fosters the efficient and restorative use of natural, human and other capital to make the world more secure, just, and life sustaining.

Simple Living Network, <http://www.simpleliving.net/>, is a network of individuals who pursue a more sustainable, simple lifestyle (a.k.a. "voluntary simplicity"). Its website offers tools, examples, and contacts for those interested in a more modest, conscious and restorative lifestyle.

Smart Growth Online, <http://www.smartgrowth.org/default.asp>, is a project of the Smart Growth Network (SGN), which was formed in 1996 by the U.S. Environmental Protection Agency. SGN is a network of environmental groups, historic preservation organizations, professional organizations, developers, real estate interests, and local and state government entities that work to encourage development that serves the economy, community and the environment. Smart Growth Online offers information about best practices in development, land use and creating more livable cities.

Sustainability Institute, <http://sustainer.org/>, is a think/do tank dedicated to sustainable resource use, sustainable economics, and sustainable community.

Union of Concerned Scientists, <http://www.ucsusa.org/index.cfm>, is an independent nonprofit alliance of concerned citizens and scientists striving to build a cleaner, healthier environment and a safer world.

The work of the Worldwatch Institute, <http://worldwatch.org/>, revolves around how to achieve the transition to an environmentally sustainable and socially just society.

The Biodiversity Project, <http://www.biodiverse.org>, which is a primarily Great Lakes based organization, has valuable publications, links, and communication resources. The publications on this site deal with several important environmental issues, such as biodiversity, habitat conservation, sprawl, sustainability, and communicating with persons of faith and religion. Some of the publications include: *Ethics for a Small Planet – Communications Handbook on the Ethical and Theological Reasons for Protecting Biodiversity*, *Communities for People and Nature*, and *Building Partnerships with Faith Communities*. Visit the Biodiversity Project to learn more about biodiversity and sustainable living on our small planet.

International Organizations

Take action on an international scale by educating yourself about, and supporting, one or more of the many organizations that promote sustainability on a global scale. Here are a mere handful, and each has links to other worldwide efforts.

A World Institute for a Sustainable Humanity (A W.I.S.H.), <http://awish.net/>, is an international nonprofit organization working to provide models and support for life sustaining activities that integrate solutions to poverty and the environment while fostering self-reliance. Visit its website to learn of its local projects across the globe.

Basel Action Network, <http://www.ban.org/>, is an international network of activists based in Seattle that seek to prevent the globalization of the toxic chemical crisis.

Global Living Project, <http://www.globallivingproject.org/>, is an educational and research-oriented non-profit organization working on a myriad of global problems resulting from overpopulation and over-consumption. GLP conducts an ongoing and multi-faceted investigation into how humanity can live equitably and sustainably within the means of nature.

International Institute for Sustainable Development, <http://www.iisd.org/>, advances policy recommendations on international trade and investment, economic policy, climate change, measurement and indicators, and natural resource management to make development sustainable.

Natural Step, <http://www.naturalstep.org/>, is an international advisory and research organization working with global resource users to create solutions, models and tools designed to accelerate worldwide sustainability.

Other resources

The National Environmental Directory, at <http://www.environmentaldirectory.net/default.htm>, is an invaluable web-based directory of 13,000 environmental and sustainability organizations. Another environmental directory, <http://www.webdirectory.com>, provides links sorted by environmental topic.

Philadelphia Area Resources

Volunteer & Non-Profit Organizations

Academy of Natural Sciences

1900 Ben Franklin Parkway
Philadelphia, PA 19103
(215) 299-1000
<http://www.acnatsci.org/>

Alliance for a Clean Environment

P.O. Box 3063
Stowe, PA 19464
<http://www.acereport.org/>

American Community Gardening Association

c/o Council on the Environment of New York City
51 Chambers Street, Suite 228
New York, NY 10007
(212) 275-2242
<http://www.communitygarden.org/index.php>

American Lung Association

527 Plymouth Road Suite 403
Plymouth Meeting, PA 19462
(610) 941-9595
<http://www.alapa.org/>

American Rivers

105 North Front Street, Suite 220
Harrisburg, PA 17101
(717) 232-8355
<http://www.amrivers.org>

Association of Community Organizations for Reform Now (ACORN)

846 North Broad Street, 2nd Floor
Philadelphia, PA 19130
(215) 765-0042
<http://www.acorn.org/>

Audubon Pennsylvania

100 Wildwood Way
Harrisburg, PA 17110
(717) 213-6880
www.audubon.org/states/pa

Bicycle Coalition of Greater Philadelphia

100 South Broad Street, Suite 1355
Philadelphia, PA 19110
(215) BICYCLE
<http://www.bicyclecoalition.org/>

Bowman's Hill Wildflower Preserve

P.O. Box 685
New Hope, PA 18938
(215) 862-2924
<http://www.bhwp.org/>

City Parks Alliance

733 East 15th Street, NW, Suite 700
Washington, DC 20005
(202) 783-6604
<http://www.cityparksalliance.org/>

City Parks Association of Philadelphia

Regional Parks Institute
6868 Scotforth Road
Philadelphia, PA 19119
(215) 849-6178
<http://www.cityparksphila.org/>

Clean Water Action

100 N. 17th Street, 9th Floor
Philadelphia, PA 19103
(215) 640-8800
<http://www.cleanwateraction.org>

Delaware Valley Smart Growth Alliance

880 Grove Street
Haddonfield, NJ 08033
(856) 616-8311
<http://www.delawarevalleysmartgrowth.org/>

Fairmount Water Works Interpretive Center

640 Waterworks Drive
Philadelphia, PA 19103
(215) 685-4908
<http://www.fairmountwaterworks.com/index.php>

Green Party of Pennsylvania

P.O. Box 11962
Harrisburg, PA 17108-1962
(800) 647-4685
<http://www.greenpartypa.org/>

Greenpeace

702 H Street NW, Suite 300
Washington, DC 20001
(202) 462-1177
<http://www.greenpeaceusa.org/>

GreenSpace Alliance of Southeastern Pennsylvania

117 South 17th Street, Suite 2300
Philadelphia, PA 19103
(215) 563-0250
<http://www.greenspacealliance.info/>

**Institute for Innovations In Local Farming
Somerton Tanks Farm**

2220 Kater Street
Philadelphia, PA 19146
rchristensen@infocommercegroup.com
<http://www.somertontanksfarm.org/>

John Heinz National Wildlife Refuge at Tinicum

8601 Lindbergh Blvd.
Philadelphia, PA 19113
(215) 365-3118
<http://heinz.fws.gov>

Morris Arboretum Urban Forestry and Arboriculture Program

100 Northwestern Avenue
Philadelphia, PA 19118
(215) 247-5777 x129
<http://www.business-services.upenn.edu/arboretum/uf>

Natural Lands Trust

Hildacy Farm
1031 Palmers Mill Road
Media, PA
(610) 353-5587
<http://www.natlands.org/>

National Resources Defense Council

40 West 20th Street
New York, NY 10011
(212) 727-2700
<http://www.nrdc.org/>

The Nature Conservancy Pennsylvania Chapter

15 East Ridge Pike, Suite 500
Conshohocken, PA 19428
(610) 834-1323
<http://nature.org/wherewework/northamerica/states/pennsylvania/contact/>

New Kensington Community Development Corporation

2515 Frankford Avenue
Philadelphia, PA 19125
(215) 427-0350
<http://www.nkcdc.org/>

NGA Philadelphia Land Trust

100 North 20th Street, Suite 309
Philadelphia, PA 19103
(215) 988-8797
<http://www.ngalandtrust.org/>

Norris Square Neighborhood Project

2141 North Howard Street
Philadelphia, PA 19122
(215) 634-2227
<http://www.nsnp.org/>

Northeast Pennsylvania Urban Forestry Program

Wayne Lucas, Program Coordinator
1300 Old Plank Road
Mayfield, PA 18433
(570) 282-5025
<http://business-services.upenn.edu/arboretum/uf/nepa.html>

PennEnvironment

1334 Walnut Street, 6th Floor
Philadelphia, PA 19107
(215) 732-3747
<http://www.pennenvironment.org/>

Pennsylvania Association for Sustainable Agriculture

114 West Main Street
P.O. Box 419
Millheim, PA 16854
(814) 349-9856
<http://www.pasafarming.org/>

Pennsylvania Association of Conservation Districts, Inc.

25 North Front Street
Harrisburg, PA 17101
(717) 238- 7223
<http://www.pacd.org/>

Pennsylvania Certified Organic

406 South Pennsylvania Avenue
Centre hall, PA 16828
(814) 364-1344
<http://www.paorganic.org/>

Pennsylvania Conservation Corps

1304 Labor and Industry Building
Harrisburg, PA 17120
(717) 783-6385
<http://www.dli.state.pa.us/landi/cwp/view.asp?A=145&Q=56094>

Pennsylvania Environmental Council

117 South 17th Street, Suite 2300
Philadelphia, PA 19103
(215) 563-0250
<http://www.pecpa.org/>

Pennsylvania Horticultural Society

100 North 20th Street
Philadelphia, PA 19103
(215) 988-8800
<http://www.pennsylvaniahorticulturalsociety.org/>

Pennsylvania Land Trust Association

105 Locust Street
Harrisburg, PA 17101
(717) 230-8560
<http://conserveland.org/>

Pennsylvania League of Conservation Voters

300 North 2nd Street, Suite 707
Harrisburg, PA 17101
(717) 234-2651
<http://www.palcv.org/>

Pennsylvania Native Plant Society

1001 East College Avenue
State College, PA 16801
<http://www.pawildflower.org>

Pennsylvania Organization for Watersheds & Rivers

610 North 3rd Street
Harrisburg, PA 17107
(717) 234-7910
<http://www.pawatersheds.org/index.asp>

Pennsylvania Resources Council

3606 Providence Road
Newtown Square, PA 19073
(610) 353-1555
<http://www.prc.org/index.html>

Pennsylvania Urban and Community Forestry Council

56 East Main Street
Mechanicsburg, PA 17055
(717) 766-5371
<http://www.dcnr.state.pa.us/forestry/pucfc>

Philadelphia Parks Alliance

P.O. Box 12677
Philadelphia, PA 19129-0077
(215) 879-8159
<http://www.philaparks.org/>

Philadelphia Zoo

3400 West Girard Avenue
Philadelphia, PA 19104-1196
(215) 243-1100
<http://www.philadelphiazoo.org/>

Physicians for Social Responsibility

704 North 23rd Street
Philadelphia, PA 19130
(215) 765-8703
<http://www.psrphila.org/>

The Rodale Institute

611 Siegfriedale Road
Kutztown, PA 19530-9320
(610) 683-1400
<http://www.rodaleinstitute.org/>

Schuylkill Center for Environmental Education

8480 Hagy's Mill Road
Philadelphia, PA 19128
(215) 482-7300
<http://www.schuylkillcenter.org/>

Sierra Club

P.O. Box 663
Harrisburg, PA 17108-0663
(717) 232-0101
<http://pennsylvania.sierraclub.org>

Society Created to Reduce Urban Blight (SCRUB)

1314 Chestnut Street
Suite 750
Philadelphia, PA 19107
(215) 731-1796
<http://www.urbanblight.org/index.html>

Surface Transportation Policy Project

1100 17th Street, NW
10th Floor
Washington, DC. 20036
(202) 466-2636
<http://www.transact.org/>

Sustainable Business Network of Greater Philadelphia

White Dog Cafe Foundation
3428 Sansom Street, 2nd Floor
Philadelphia PA 19104
(215)386-5211 x104
<http://www.sbnphiladelphia.org/Phila/>

Temple University Center for Sustainable Communities

580 Meetinghouse Road
Ambler, PA 19002
(215) 283-1540
<http://www.temple.edu/ambler/csc/>

10,000 Friends of Pennsylvania

117 South 17th Street, Suite 2300
Philadelphia, PA 19103-5022
(877)568-2225
<http://www.10000friends.org/index.html>

The Trust for Public Land

New Jersey Field Office
20 Community Place, 2nd Floor
Morristown, NJ 07960
(973) 292-1100
<http://www.tpl.org/>

TreeLink

68 East Girard Ave
SLC, UT 84103
(801) 359-1933
<http://www.treelink.org/>

TreeVitalize

Patrice Carroll
c/o Pennsylvania Horticultural Society
100 North 20th Street, 5th Floor
Philadelphia, PA 19103
(215) 988-8874
<http://www.treevitalize.net/>

UC Green

4013 Chestnut Street
Philadelphia, PA 19104-3019
(215) 573-4684
<http://www.ucgreen.org/>

University of Pennsylvania Civic House

3914 Locust Walk
Philadelphia, PA 19104
(215) 898-4831
<http://www.vpul.upenn.edu/civichouse/>

Urban Land Institute

1025 Thomas Jefferson Street, NW, Suite 500 West
Washington, DC 20007
(202) 624-7000
<http://www.uli.org/>

Urban Nutrition Initiative

Franklin Building Annex
3451 Walnut Street, Suite P-117
Philadelphia, PA 19104
(215) 898-1600
<http://www.urbannutrition.org>

Governmental Agencies

Delaware River Basin Commission

25 State Police Drive
P.O. Box 7360
West Trenton, NJ 08628-0360
(609) 883-9500
<http://www.state.nj.us/drbc/drbc.htm>

Delaware Valley Regional Planning Commission

The Bourse Building
111 South Independence Mall East, 8th Floor
Philadelphia, PA 19106
(215) 592-1800
<http://www.dvrpc.org/>

Fairmount Park

One Parkway - 10th Floor
1515 Arch St.
Philadelphia, PA 19102
(215) 683-0200
<http://www.phila.gov/fairpark/index.html>

Pennsylvania Department of Conservation and Natural Resources

Rachel Carson State Office Building
P.O. Box 8767
400 Main Street
Harrisburg, PA 17105-8767
(717) 787-2869
<http://www.dcnr.state.pa.us/>

Pennsylvania Department of Environmental Protection

Rachel Carson State Office Building, 16th Floor
P.O. Box 2063
400 Main Street
Harrisburg, PA 17105-2063
(717) 783-2300
<http://www.dep.state.pa.us/>

Pennsylvania Game Commission

2001 Elmerton Avenue
Harrisburg, PA 17110-9797
(717) 787-4250
<http://www.pgc.state.pa.us/>

Philadelphia City Planning Commission

One Parkway, 13th Floor
1515 Arch Street
Philadelphia, PA 19102
(215) 683-4615
<http://www.philaplanning.org>

Philadelphia Neighborhood Transformation Initiative

1401 JFK Blvd.
Philadelphia, PA 19102-1583
215-686-2154
<http://www.phila.gov/nti/>

Philadelphia Office of Housing and Community Development

1234 Market Street, 17th Floor
Philadelphia, PA 19107
215-686-9749
<http://www.phila.gov/ohcd/>

Philadelphia Water Department

Aramark Tower - 5th Floor
1101 Market Street
Philadelphia, PA 19107-2994
(215) 685-6300
<http://www.phila.gov/water/>

U. S. Environmental Protection Agency Region 3 Office

1650 Arch Street
Philadelphia, PA 19103
(800) 438-2474
<http://www.epa.gov/region03/index.htm>

Elected Officials

City of Philadelphia

Hon. John F. Street, Mayor

City Hall, Room 215

Philadelphia, PA 19107

(215) 686-2180

<http://www.phila.gov/mayor/staff.html>

Frank Diccio, 1st District Councilman

City Hall, Room 332

Philadelphia, PA 19107-3290

(215) 686-3458

<http://www.phila.gov/citycouncil/diccio/index.html>

Anna C. Verna, 2nd District Councilwoman

City Hall, Room 405

Philadelphia, PA 19107-3290

(215) 686-3412

<http://www.phila.gov/citycouncil/verna/index.html>

Jannie L. Blackwell, 3rd District Councilwoman

City Hall, Room 408

Philadelphia, PA 19107-3290

(215) 686-3418

<http://www.phila.gov/citycouncil/blackwell/index.html>

Michael A. Nutter, 4th District Councilman

City Hall, Room 404

Philadelphia, PA 19107-3290

(215) 686-3416

<http://www.phila.gov/citycouncil/nutter/index.html>

Darrell L. Clarke, 5th District Councilman

City Hall, Room 484

Philadelphia, PA 19107-3290

(215) 686-3442

<http://www.phila.gov/citycouncil/clarke/index.html>

Joan L. Krajewski, 6th District Councilwoman

City Hall, Room 591

Philadelphia, PA 19107-3290

(215) 686-3444

<http://www.phila.gov/citycouncil/krajewski/index.html>

Richard T. Mariano, 7th District Councilman

City Hall, Room 599
Philadelphia, PA 19107-3290
(215) 686-3448

<http://www.phila.gov/citycouncil/mariano/index.html>

Donna Reed Miller, 8th District Councilwoman

City Hall, Room 312
Philadelphia, PA 19107-3290
(215) 686-3424

<http://www.phila.gov/citycouncil/miller/index.html>

Marian B. Tasco, 9th District Councilwoman

City Hall, Room 577
Philadelphia, PA 19107-3290
(215) 686-3454

<http://www.phila.gov/citycouncil/tasco/index.html>

Brian J. O'Neill, 10th District Councilman

City Hall, Room 562
Philadelphia, PA 19107-3290
(215) 686-3422

<http://www.phila.gov/citycouncil/oneill/index.html>

Blondell Reynolds Brown, Council At-Large

City Hall, Room 580
Philadelphia, PA 19107
(215) 686-3438

<http://www.phila.gov/citycouncil/brown/index.html>

David Cohen, Council At-Large

City Hall, Room 588
Philadelphia, PA 19107-3290
(215) 686-3446

<http://www.phila.gov/citycouncil/cohen/index.html>

W. Wilson Goode, Jr., Council At-Large

City Hall, Room 316
Philadelphia, PA 19107
(215) 686-3414

<http://www.phila.gov/citycouncil/goode/index.html>

Jack Kelly, Council At-Large

City Hall, Room 594
Philadelphia, PA 19107-3290
(215) 686-3452

<http://www.phila.gov/citycouncil/kelly/index.html>

James F. Kenney, Council At-Large

City Hall, Room 330
Philadelphia, PA 19107-3290
(215) 686-3450

<http://www.phila.gov/citycouncil/kenney/index.html>

Juan F. Ramos, Council At-Large

City Hall, Room 590
Philadelphia, PA 19107-3290
(215) 686-3420

<http://www.phila.gov/citycouncil/ramos/index.html>

Frank Rizzo, Council At-Large

City Hall, Room 582
Philadelphia, PA 19107-3290
(215) 686-3440

<http://www.phila.gov/citycouncil/rizzo/index.html>

Commonwealth of Pennsylvania

Hon. Edward Rendell Governor

225 Main Capitol Building
Harrisburg Pennsylvania 17120
(717) 787-2500

<http://www.governor.state.pa.us/>

Pennsylvania State Senate

Senator David J. Brightbill
400 South 8th Street
101 Municipal Building
Lebanon PA 17042
(717) 787-5708

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=48

Pennsylvania State Senate

Senator Joe Conti

10 Garden Alley

Doylestown, PA 18901

(215) 348-2233

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=10

Pennsylvania State Senate

Senator Edwin B Erickson

5037 Township Line Road

Drexel Hill, PA 19026-482

(610) 853-4100

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=26

Pennsylvania State Senate

Senator Vincent J. Fumo

1208 Tasker Street

Philadelphia, PA 19148

(717) 787-5662

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=1

Pennsylvania State Senate

Senator Stewart J. Greenleaf

711 York Road

Willow Grove, PA 19090

(215) 657-7700

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=12

Pennsylvania State Senate

Senator Vincent J. Hughes

4601 Market Street, First Floor

Philadelphia, PA 19139-4616

(717) 787-7112

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=7

Pennsylvania State Senate

Senator Shirley M. Kitchen
1701 W. Lehigh Avenue, Suite 104
Philadelphia, PA 19132
(717) 787-6735

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=3

Pennsylvania State Senate

Senator Dominic F. Pileggi
100 Granite Drive
Media, PA 19063
(610) 565-9100

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=9

Pennsylvania State Senate

Senator John C. Rafferty Jr.
Collegeville Professional Building
3770 Ridge Pike
Collegeville, PA 19426
(610) 831-8830

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=44

Pennsylvania State Senate

Senator Christine M. Tartaglione
1059-61-63 Bridge Street
Philadelphia, PA 19124
(215) 533-0440

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=2

Pennsylvania State Senate

Senator Robert J. Thompson
15 West Gay Street
West Chester, PA 19380
(610) 692-2112

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=19

Pennsylvania State Senate

Senator Robert M. Tomlinson

2222 Trenton Road, Suite A

Levittown, PA 19056

(215) 945-2800

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=6

Pennsylvania State Senate

Senator Noah W. Wenger

1248 West Main Street

Ephrata, PA 17522

(717) 787-4420

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=36

Pennsylvania State Senate

Senator Anthony H. Williams

6630 Lindbergh Boulevard

Philadelphia, PA 19142

(215) 492-2980

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=8

Pennsylvania State Senate

Senator Constance H. Williams

700 S. Henderson Road, Suite 100

King of Prussia, PA 19406

(610) 992-9790

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=17

Pennsylvania State Senate

Senator Robert C. Wonderling

427 West Main Street

Lansdale, PA 19446

(215) 368-1500

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/senate_bio.cfm?districtnumber=24

Pennsylvania House of Representatives

Pennsylvania State Representative

Hon. William F. Adolph, Jr.
920 West Sproul Road
Springfield PA 19064
(610) 544-9878

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=165

Pennsylvania State Representative

Hon. Stephen E. Barrar
Willow Brook Shopping Center
3358 Chichester Ave., Suite 13
Boothwyn, PA 19061
(610) 485-7606

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=160

Pennsylvania State Representative

Hon. Louise Williams Bishop
1991 North 63rd Street
Philadelphia, PA 19151
(215) 879-6625

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=192

Pennsylvania State Representative

Hon. Thomas W. Blackwell IV
106B East Wing
Harrisburg, PA 17120-2020
(717) 783-1491

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=190

Pennsylvania State Representative

Hon. Raymond Bunt Jr.
105 Memorial Road & Rt. 29
Schwenksville, PA 19473
(610) 287-4181

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=147

Pennsylvania State Representative

Hon. Alan L. Butkovitz
7901 Bustleton Avenue
The Berris Plaza, Suite 205
Philadelphia, PA 19149
(215) 335-2521

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=174

Pennsylvania State Representative

Hon. Mario J. Civera Jr.
232 Long Lane
Upper Darby, PA 19082
(610) 352-7800

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=164

Pennsylvania State Representative

Hon. Paul I. Clymer
311 North 7th Street
Perkasie, PA, 18944
(215) 257-0279

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=145

Pennsylvania State Representative

Hon. Mark B. Cohen
6001 North 5th Street
Second Floor
Philadelphia, PA 19120
(215) 924-0895

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=202

Pennsylvania State Representative

Hon. Susan E. Cornell
19 Byberry Avenue
Hatboro, PA 19040
(215) 674-3755

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=152

Pennsylvania State Representative

Hon. Thomas C. Corrigan Sr.
One North Wilson Avenue, Suite 6
Bristol, PA 19007
(215) 781-2451

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=140

Pennsylvania State Representative

Hon. Jacqueline R. Crahalla
3938 Ridge Pike
Collegeville, PA 19426
(610) 409-2615

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=150

Pennsylvania State Representative

Hon. Angel Cruz
2749 North 5th Street
Philadelphia, PA 19133
(215) 291-5643

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=180

Pennsylvania State Representative

Hon. Lawrence H. Curry
One Jenkintown Station, Suite 211
115 West Avenue
Jenkintown, PA 19046
(215) 572-5210

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=154

Pennsylvania State Representative

Hon. Gene DiGirolamo
2444 Bristol Road
Neshaminy Valley Commons
Bensalem, PA, 19020
(215) 750-1017

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=18

Pennsylvania State Representative

Hon. Robert C. Donatucci
PFN Building
1809-13 Oregon Avenue, Suite 201
Philadelphia, PA 19145
(215) 468-1515

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=185

Pennsylvania State Representative

Hon. Dwight Evans
7174 Ogontz Avenue
Philadelphia, PA 19138
(215) 549-0220

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=20

Pennsylvania State Representative

Hon. John W. Fichter
Route 73 & Bustard Road
P.O. Box 129, Suite 1
Worcester, PA 19490
(610) 584-0070

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=70

Pennsylvania State Representative

Hon. Robert J. Flick
Barr Building, Suite 302
266 Lancaster Avenue
Malvern, PA, 19355
(800) 280-8002

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=167

Pennsylvania State Representative

Hon. Thomas P Gannon.
219 Morton Ave.
Folsom, PA 19033
(610) 461-5543

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=161

Pennsylvania State Representative

Hon. Michael Gerber
20 East 11th Avenue
Conshohocken, PA 19428
(610) 832-1679

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=148

Pennsylvania State Representative

Hon. Robert W. Godshall
1702 Cowpath Road
Hatfield, PA, 19440
(215) 368-3500

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=53

Pennsylvania State Representative

Hon. Kate Harper
1515 Dekalb Pike, Suite 106
Blue Bell, PA 19422
(610) 277-3230

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=61

Pennsylvania State Representative

Hon. Tim Hennessey
1038 East Lincoln Highway
Coatesville, PA, 19320
(610) 380-8600

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=26

Pennsylvania State Representative

Hon. Arthur D. Hershey
3157 Limestone Road
P. O. Box 69
Cochranville, PA, 19330
(610) 593-6565

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=13

Pennsylvania State Representative

Hon. Harold James
1423 Point Breeze Avenue
Philadelphia, PA 19146
(215) 462-3308
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=186

Pennsylvania State Representative

Hon. Babette Josephs
1528 Walnut Street
Suite 1901
Philadelphia, PA 19102
(215) 893-1515
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=182

Pennsylvania State Representative

Hon. William F. Keller
1531 South Second Street
Philadelphia, PA 19147
(215) 271-9190
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=184

Pennsylvania State Representative

Hon. George T. Kenney Jr.
1317 Cottman Avenue
Philadelphia, PA 19111
215-342-1700
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=170

Pennsylvania State Representative

Hon. Tom H. Killion
4641 West Chester Pike
Newtown Square, PA 19073
(610) 325-1541
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=168

Pennsylvania State Representative

Hon. Thaddeus Kirkland
29 East Fifth Street
Chester, PA 19013
(610) 876-6420

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=159

Pennsylvania State Representative

Hon. Daylin Leach
6 East Lancaster Ave.
Ardmore, PA 19003
(610) 658-5681

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=149

Pennsylvania State Representative

Hon. Marie A. Lederer
Penn Treaty Park Place
1341 N. Delaware Avenue
Philadelphia, PA 19125
(215) 426-6604

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=175

Pennsylvania State Representative

Hon. Kathy M. Manderino
6511 Ridge Avenue
Philadelphia, PA 19128
(215) 482-8726

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=194

Pennsylvania State Representative

Hon. Michael P. McGeehan
7731 Frankford Avenue
Philadelphia, PA 19136
(215) 333-9760

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=173

Pennsylvania State Representative

Hon. Eugene F. McGill
603A Horsham Road
Horsham, PA 19044
(215) 654-1186
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=151

Pennsylvania State Representative

Hon. Charles T. McIlhinney Jr.
199 N. Broad Street, Suite 200
Doylestown, PA, 18901
(215) 489-5000
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=143

Pennsylvania State Representative

Hon. Anthony J. Melio
3611 Green Lane
Levittown, PA 19057
(215) 943-8669
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=141

Pennsylvania State Representative

Hon. Nicholas A. Micozzie
6 South Springfield Road
Clifton Heights, PA, 19018
(610) 259-2820
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=163

Pennsylvania State Representative

Hon. John Myers
5847 Germantown Avenue
Philadelphia, PA 19144
(215) 849-6896
http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=201

Pennsylvania State Representative

Hon. Dennis M. O'Brien
9811 Academy Road, Lower Level
Philadelphia, PA 19114-1715
(215) 632-5150

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=169

Pennsylvania State Representative

Hon. Bernard T. O'Neill
210 West Street Road
Warminster, PA 18974
(215) 441-2624

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=29

Pennsylvania State Representative

Hon. Frank L Oliver
2839 West Girard Avenue
Philadelphia, PA 19130
(215) 684-3738

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=195

Pennsylvania State Representative

Hon. John Michael Perzel
7518 Frankford Ave.
Philadelphia, PA 19136
(215) 331-2600

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=172

Pennsylvania State Representative

Hon. Scott A. Petri
The Weather Vane
95 Almshouse Road, Suite 303
Richboro, PA 18954
(215) 364-3414

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=178

Pennsylvania State Representative

Representative Thomas J. Quigley
1963 East High Street
Suite 100
Pottstown, PA 19464
(610) 326-9563

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=146

Pennsylvania State Representative

Hon. Ron Raymond
21 E. Hinckley Avenue
Ridley Park, PA 19078
(610) 521-7950

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=162

Pennsylvania State Representative

Hon. William W. Rieger
3760 North 8th Street
Philadelphia, PA 19140
(215) 223-1501

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=179

Pennsylvania State Representative

Hon. James R Roebuck Jr.
4800 Baltimore Avenue
Philadelphia, PA 19143
(215) 724-2227

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=188

Pennsylvania State Representative

Hon. Chris Ross
P. O. Box 835
Unionville, PA, 19375
(610) 925-0555

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=158

Pennsylvania State Representative

Hon. Carole A. Rubley
Suite E-2A (Lower Level)
Chesterbrook Shopping Center
500 Chesterbrook Boulevard
Chesterbrook, PA 19087-5603
(610) 640-2356

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=157

Pennsylvania State Representative

Hon. Curt Schroder
315 Gordon Drive
Exton, PA, 19341
(610) 524-5595

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=155

Pennsylvania State Representative

Hon. Josh Shapiro
1175 Old York Road
Abington, PA 19001
(215) 517-6800

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=153

Pennsylvania State Representative

Hon. David J. Steil
2 North State Street
Newtown, PA 18940
(215) 968-3975

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=31

Pennsylvania State Representative

Hon. Elinor Z. Taylor
13 West Miner Street
West Chester, PA 19382
(610) 436-4433

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=156

Pennsylvania State Representative

Hon. John J. Taylor
4725 Richmond Street
Philadelphia, PA 19137
(215) 744-2600

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=177

Pennsylvania State Representative

Hon. W. Curtis Thomas
1348 West Girard Avenue
Philadelphia, PA 19123
(215) 232-1210

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=181

Pennsylvania State Representative

Hon. Greg S. Vitali
1001 East Darby Road
Havertown, PA 19083
(610) 789-3900

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=166

Pennsylvania State Representative

Hon. LeAnna M. Washington
1555-D Wadsworth Avenue
Philadelphia, PA 19150
(215) 242-0472

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=200

Pennsylvania State Representative

Hon. Ronald G. Waters
6027 Ludlow Street
Unit A
Philadelphia, PA 19139
(215) 748-6712

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=191

Pennsylvania State Representative

Hon. Katharine M. Watson
1410 West Street Road
Warminster, PA 18974
(215) 674-0500

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=144

Pennsylvania State Representative

Hon. Jewell Williams
2224 N. Broad Street
Philadelphia, PA 19132
(215) 763-2559

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=197

Pennsylvania State Representative

Hon. Matthew N. Wright
760 North Woodbourne Road
Langhorne, PA 19047
(215) 757-8538

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=142

Pennsylvania State Representative

Hon. Rosita C. Youngblood
5736 Greene Street
Philadelphia, PA 19144
(215) 849-6426

http://www.legis.state.pa.us/cfdocs/legis/home/member_information/house_bio.cfm?districtnumber=198

United States Congress

SENATE

Senator Arlen Specter

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(215) 597-7200
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Senator Rick Santorum

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Allentown, PA 18101
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HOUSE

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<http://www.house.gov/roady/contact.shtml>

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Representative Michael F. Doyle (D - 14)

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Representative Phil English (R - 03)

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