

caymaneco



Welcome to the first edition of Cayman Eco!

The Cayman Eco is a non-profit publication that aims to create awareness of the environmental challenges we face today and to provide information and resources so that consumers can make better choices and step a little lighter on the Earth.



Trash Talk

Think that garbage you just threw into the bin magically disappears? Think again. Many of our modern conveniences take a serious toll on our Earth and overload our landfills. We bet you didn't know how long it takes these things to break down:

Paper 2.5 months	
Orange Peel 6 months	
Milk Carton 5 years	
Cigarette Butt 10-12 years	
Plastic Bag 10-20 years	
Disposable diaper 75 years	
Tin Can 100 years	
Beer Can 200-500 years	
Styrofoam Never (immortal!)	

10 Earth Day Resolutions You Can Keep!

- 10 Turn the lights off when you leave a room
- 9 Turn off the water when you brush your teeth
- 8 Use energy-efficient fluorescent light bulbs instead of incandescent bulbs
- 7 Close curtains during hot days, and open windows during cool nights, to reduce or eliminate air conditioning
- 6 Adjust your fridge and freezer temperature to more moderate settings
- 5 Use the dishwasher only when it's full
- 4 Wash clothes in cold water
- 3 Clean the dryer lint screen after every use
- 2 Take a shower instead of a bath; and install low-flow showerheads and faucet aerators
- 1 Turn off lights, computers, and home entertainment units when not in use



Make it your goal this year to help save the environment!



HURRICANES AND CLIMATE CHANGE

What is Climate Change (aka Global Warming)?

Too much carbon dioxide (CO2) and other noxious gases trapped in the atmosphere causing a "greenhouse effect" on the Earth.

What is Causing Climate Change?

Burning "fossil fuels" like the gas in your car, the fuel in an airplane, and the coal used to power factories all over the world.

What's The Big Deal?

Our polar ice caps are melting, sea levels are rising, the sun is bleaching our coral and killing marine life, and we are experiencing severe weather all over the globe. All of these things affect our way of life and sometimes even put our lives in danger.

Hurricanes & Climate Change

The world's scientific community has linked hurricanes to global warming, predicting that as global warming continues, hurricanes will become more severe and more frequent.

What Can I Do?

Drive a fuel-efficient car – the more gas you use, the more you contribute to the problem.

• **Fly less.** That's not easy to do on a small island in the middle of the Caribbean but jet fuel emissions are the Cayman Islands' biggest challenge so it's worth thinking about.

• **Plant a tree.** Trees act as CO2 "sponges" and counter-balance the greenhouse effect

• **Educate yourself.** Use the Internet as your guide. Google (www.google.com) key words like "global warming", "Kyoto Protocol", "greenhouse effect", "climate change" and "coral bleaching" and you'll be led to so much information you'll soon be an expert!

• **Appeal to your politicians.** Write letters and emails to voice your concerns. Demand better bus systems, rebates for using solar and other clean energy, and even ask them to investigate using our landfill gases to generate electricity. It's being done!

Here are a few things YOU can do to combat climate change:



• **Buy a fuel-efficient car.** Think: less gas = less global warming! The average SUV (such as a Land Rover or Ford Explorer) gets 12 – 20 miles to the gallon while a small car (such as a Honda Civic or Nissan Sentra) gets between 30 – 60 miles to the gallon.



• **Go solar!** You don't have to convert your whole home. Look in the Yellow Pages under "solar energy" and call for more information on this clean energy source.



• **Conserve Electricity!** Cayman's electricity is run off of diesel fuel, one of the biggest culprits of climate change. Try to reduce your consumption and the Earth will thank you.



Pop Quiz How much do you know about water?

Q: Where does Grand Cayman's water come from?

A: Some comes from wells and cisterns but most of it is desalinated water (sea water with the salt removed).

Q: How many gallons/litres of water does it take to flush the toilet?

A: 2.2 gallons/8 litres.



Q: What is better for the environment – having a shower or a bath?

A: A SHOWER! It takes about 17.6 gallons/66.5 litres to fill a bathtub and only 6.6 gallons/25 litres to have a shower.



Q: How much water does it take do a load of dishes in the dishwasher?

A: 22 gallons/83 litres per load.



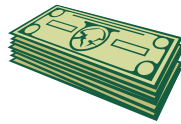
Q: How much water does it take to do a load of clothes in the washer?

A: 11 gallons/42 litres



The Buck Stops Here!

You (the Consumer) Have the Power



Support businesses who are making a concerted effort to conserve the planet. Next time you are at your local supermarket, keep your eyes peeled for words like "organic" and "all natural" on product packaging. These things have been made with the environment AND your health in mind and are definitely worth checking out. Here are a few good products we easily found on the shelves of Hurleys, Kirks and Fosters. Give them a try!

ANNIE'S NATURALS

"Healthy" Mac & Cheese, other pasta products and salad dressings



GARDEN OF EATIN

Organic tortilla chips and snacks

YEO VALLEY

Dairy Products (the best yogurt you'll ever have!)



PRESIDENT'S CHOICE ORGANICS

Everything from pasta sauce to coffee and cookies

EARTHBOUND FARM

Pre-washed, pre-packaged baby greens, romaine lettuce, spinach and more



ORGANIC VALLEY

Milk, dairy and natural foods

Quotable Quote



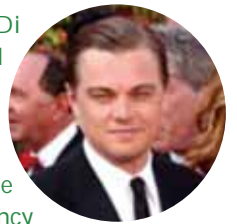
If you think you are too small to be effective, you have never been in the dark with a mosquito.

- Anonymous

Our Favourite Eco-Celebs

Kudos must go to those celebrities who live by the green code. It is one thing to throw money (when you have so much!) at deserving causes. It is quite another to live day to day by the same principles and to set examples:

An active environmentalist, Leonardo Di Caprio received the Environmental Leadership Award in 2003 from Global Green USA (www.globalgreen.org). Leo is educating and activating millions on environmental issues, including climate change and the need to end our dependency on fossil fuels.



Not just a pretty face, Daryl Hannah is an outspoken environmentalist who lives by solar power in both of her US homes. Daryl also busies herself educating people on the benefits of choosing alternative fuels and modes of transportation.



The gorgeous George Clooney proves style isn't everything by being the proud owner of an emission-free space-saving electric Tango T600 car.



Keep up the good work guys!

NATIONAL TRUST Things to do in May

- Hike The Mastic Trail
- Traditional Cooking Classes
- Mangrove Boat Tours
- Heritage Classes
- Natural and Historical Tours
- Lectures Series



Become a member and support your National Trust!

For more information contact Marnie Laing at 949-0121 mlaing@nationaltrust.org.ky or

Visit them at 359 South Church Street, across from Sunset House

Travel Bug – Recommended Eco Destinations












There are a lot of tour operators all over the world who are recognizing that travelers want to be environmentally responsible while they enjoy their journey. Here is this issue's Travel Bug destination:

Ariau Tree Houses - Amazon River, Brazil – Just a 5 hour flight from Miami, the city of Manaus is the gateway to the Amazon. Take a riverboat to a lodge in the canopy of the rainforest, spot the elusive sloth, play with mischievous monkeys, and fish for piranhas (catch and release only, of course!), or just swing in a hammock and let the world go by. For more information check out: www.ariautowers.com

Check out these interesting websites for great destinations and more information on the growing popularity of ecotravel:

www.travel.timesonline.co.uk
www.responsibletravel.com
www.greenmoneyjournal.com
www.ecotourdirectory.com

Simple changes

-  Ask your favourite takeout joint to switch from styrofoam to paper products
-  Use fashionable fabric tote bags to carry your groceries instead of plastic
-  Buy recycled paper products when you can (paper towel, greeting cards, etc.). Look for the  graphic sign on the packaging
-  Walk, bike or carpool to work (at least once a week) and choose a home close to work
-  Buy food and other products with reusable, recyclable and reduced packaging – avoid bubble packaging
-  Buy locally grown and produced food
-  Eat meat-free meals one day a week
-  Buy organic food
-  Volunteer
-  Learn more and share with others

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and let us know how we can help.

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