



Cape & Islands  
**SELF-RELIANCE**

EDUCATING MASSACHUSETTS ENERGY CONSUMERS  
ABOUT ENERGY-EFFICIENCY, CONSERVATION AND  
RENEWABLE ENERGY.

# THE CURRENT

VOL. 30, NO. 2  
AUTUMN 2011

**We've moved into our new home!**  
*You can visit us at: 1396 Route 28A, Cataumet, MA.*



***Please note that our mailing address is:  
PO Box 396, North Falmouth, MA 02556.***

If you pay your membership using online banking, please be sure to change the mailing address when sending payment. Thank you!

## **EarthTalk® from E - The Environmental Magazine**

### **Dear EarthTalk: What was the BULB Act pertaining to light bulb energy efficiency that just failed to pass in the House of Representatives?**

*-- Betsy Edgerton, Columbus, OH*

The Better Use of Light Bulbs (BULB) Act (H.R. 2417) was a failed attempt in July 2011 by some Republicans in the House to repeal a 2007 law mandating increased efficiency for light bulbs sold anywhere in the U.S. Sponsors of the bill cited the 2007 bulb efficiency requirements—whereby light bulbs must be 25 to 30 percent more efficient by 2014 and then as much as 60 percent more efficient by 2020—as a key example of how government overreaches its authority.

Analysts wonder if the 2007 efficiency requirements will sound the death knell for incandescent bulbs, which have not changed significantly since first invented by Thomas Edison in 1879. While newer, more efficient styles of bulbs—from compact fluorescents (CFLs) to halogens to light-emitting diodes (LEDs)—may be significantly more expensive than their incandescent counterparts (by as much as a factor of 50!), consumers will likely make up the difference and then some over the long term as energy savings accrue. The Department of Energy estimates that the switchover to newer, more efficient bulbs will save American households upwards of \$50 per year by 2015, or some \$6 billion in the aggregate.

Besides saving money, the new standards will save the amount of electricity generated by more than 30 large power plants, according to the nonprofit Alliance to Save Energy (ASE). As for global warming, the new standards promise to save carbon emissions equaling the removal of 14 million cars off the road.

CONTACTS: H.R. 2417, [thomas.loc.gov/cgi-bin/query/z?c112:H.R.2417](http://thomas.loc.gov/cgi-bin/query/z?c112:H.R.2417;); ASE, [www.ase.org](http://www.ase.org). EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine ([www.emagazine.com](http://www.emagazine.com)). Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com). Subscribe: [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).

### **Self Reliance Current**

Vol. 30, No. 2

The Self-Reliance Current is published quarterly by the Cape and Islands Self-Reliance Corporation as an informational service to our members. Self-Reliance helps households and small businesses find creative and ecologically sound ways to save money and save energy.

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*Dear Friends,*

*We would like to take this opportunity to wish you and your family a warm and healthy holiday season as well as thank you for supporting us in our work to educate Massachusetts energy consumers about energy conservation, energy efficiency and renewable energy.*

*Energy touches our lives in so many ways and yet lacks that certain cache that makes it an easy cause to fundraise for – especially in these tough economic times.*

*Thankfully, we see the clean energy sector growing in this region despite the slow economy. We are excited that our training offerings in 2011 have helped eight people find new jobs and that we have supplied well-trained employees to growing, local, small businesses. With extremely positive feedback from class participants, we have increased our workforce training course offerings and are thrilled to be entering our second year as a Building Performance Institute affiliate organization. Hopefully, with continued financial support from members like you, in 2012 we can help even more displaced workers attain the skills needed to move into permanent jobs in the local energy-efficiency workforce.*

*We want you to know that your support has helped us succeed in this important work as well as accomplish another thrilling milestone this year. We are most proud that this past August, Self Reliance purchased a building as a permanent home for the organization - cutting our annual expenses by over \$10,000! A colonial-style house, it has all the features you would find in a home – oven, water heater, furnace – making it perfect for the hands-on training that occurs during our courses on energy auditing and combustion safety. We invite you to stop by and see the office and classroom space if you are in the area!*



*We at Self-Reliance are excited to be in our third decade of providing our members and the greater community with excellent energy-related programming including education and consulting. Your support enables us to run these vital programs. In order to further stabilize our operating costs, allowing us to offer more educational opportunities, we have set a 2012 goal of raising \$26,500 to reduce the principle on our mortgage on our new office.*

*In closing, we would like to take this opportunity to thank you again for all of your support and to ask you to remember Self-Reliance with a gift this holiday season. Your gift is tax deductible and we are most grateful for any amount.*

*Best wishes for a peaceful and joy-filled holiday season.*

*Sincerely,  
Megan, Lindsey and Sarah*

## **Sarah Cote joins the staff of Self Reliance**

Cape and Island Self-Reliance welcomes a new member to our team, Sarah Cote. Sarah started in late July as our new Program Coordinator and helps with Member Services also. Sarah joins us after working for three years at the Hyannis-based non-profit Clean Power Now. Her knowledge and passion for renewable energy will be put to good use in the coming months as she works on outreach and education.

Sarah graduated from Sandwich High School in 2004 and went on to study Psychology and Writing at Hawaii Pacific University on Oahu for two years. She finished up her degree at Bridgewater State College and graduated cum laude in 2008. Sarah is also a 2011 graduate of the Cape Cod Community Leadership Institute. She currently lives in Forestdale where she serves as Secretary of the Sandwich Energy Committee and enjoys growing fresh organic veggies at her local community garden.



# Building Performance Institute (BPI) Course Winter Schedule

All courses held in our office in Cataumet, MA.

The Building Performance Institute's nationally recognized credentialing program identifies individual excellence in house-as-a-system evaluation, diagnostics and installation. Stringent technical standards and requirements mean that BPI certified professionals are in demand – from homeowners, state and utility energy efficiency incentive programs and weatherization assistance programs.

## To be offered during winter 2012:

- **Building Analyst:** *Go beyond a traditional energy audit to perform comprehensive, whole-home assessments, identify problems at the root cause and prescribe and prioritize solutions-based on building science. Self-Reliance has a successful history of offering courses at times convenient for participants who may or may not be able to attend consecutively scheduled days. We want to gauge interest in alternative schedules for our 40-hour Building Analyst course -please take our anonymous poll of possible schedules at: <http://tinyurl.com/WinterSchedule-SelfReliance>*
- **Building Envelope:** *Quantify performance and prescribe improvements to help tighten the building envelope (shell), stop uncontrolled air leakage and optimize comfort, durability and HV/AC performance.*
- **Heat Professional:** *Optimize the performance of heating equipment to help save energy and ensure occupant comfort, health and safety.*



AFFILIATE  
ORGANIZATION

Learn more and sign up for course notifications at: [www.reliance.org](http://www.reliance.org)  
or call 508-563-6633

## Air Force Base Cape Cod's two new turbines to power pollution clean-up

*Treatment facilities will be running on almost 100% renewable energy*

Notice anything different as you cross the Sagamore Bridge lately? It's hard to miss the two new wind turbines recently installed at the Otis Air Force Base (this picture really doesn't do them justice!). The two 1.5 MW GE turbines stand almost 400 feet tall and will help power the clean-up treatment facilities at the base. The turbines recently came online and are

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now spinning and producing clean, renewable electricity. A ribbon-cutting ceremony was held in late October to honor the efforts of the Air Force base and celebrate the newly connected turbines.



The turbines offset the energy costs as well as the emissions associated with the clean-up program facilities. Combined with the previously installed Air Force turbine's output, the treatment facilities will be running on almost 100% clean renewable energy. The Air Force and the Army will also receive Renewable Energy Credits for offsetting their power consumption with wind energy.

The turbine located near Route 151 in Falmouth, installed in 2009, is already producing 30% of the energy needs for the water treatment plants, and is resulting in a savings of nearly \$500,000 a year. The two new turbines are located near the 6th Space Warning Squadron's PAVE PAWS radar station. PAVE PAWS also has plans to construct two additional turbines of their own after securing funding through the ESA program.

The base has been identified as one of the top seven locations in the state of Massachusetts for siting land-based wind turbines and was originally slated for seventeen individual turbine projects that may still be pursued in the future. Ms. Forbes hopes that within five years the combined output of the turbines will be a net gain, meaning they will be producing more power than the facilities consume.



"The clean power generated by the wind turbines will enable the Air Force to be better stewards of the environment and taxpayer's dollars, and will also help the Air Force meet its renewable energy goals." says Rose Forbes, project manager.

## Have one of these installed? Why it should come out now!



During the heating season, the warm air you've paid to heat flows out through the plastic sleeves

A recent study published by the Urban Green Council outlines the copious amounts of energy lost during the heating season by not removing window air conditioning units.

Many people have installed these window-mounted air conditioning units in various rooms in their homes as they are readily available at any store that sells small household appliances. They are easy to install and provide cooling effects in rooms where they are installed with very little hassle.

However, many people leave these air conditioning units installed all year long. This is NOT a good idea. We pay a lot for heating our homes in New England. Leaving one of these units in the window all winter long, typically uncovered, is like the equivalent of a six inch square hole in the wall of the house. This results in a lot of heat escaping. That means you are using more energy to heat the space and it is costing you more. Take the A/C unit out for the winter and you will feel the difference in comfort and in your wallet.

If you need someone to help you remove the unit, call Self-Reliance and we will put you in touch with a volunteer from the Community Energy Corps who can help you.

We also recommend that you remember to close storm windows too to help stop heat loss.

And of course, we would be remiss in not asking that you schedule your energy audit today and remember to implement the measures they recommend! Saving energy and money takes action on your part. For an audit on Cape Cod, please call 1-800-797-6699. If you are in southeastern Massachusetts, please visit [www.massave.com](http://www.massave.com) to find the contact number for your free audit. Call Self-Reliance if you have any questions about the energy audit process. We are happy to assist.

## Bioheat Fact

*Does biodiesel create as much heat per gallon as my regular fuel oil?*

A blend of B20 bioheat (what our dealers offer) contains 127,259 BTUs/gal, while regular home heating oil contains 129,500 BTUs/gal. However, it is now mandated in MA that all home heating oil be blended with at least 2% bio, so you are actually getting closer to 129,276 BTUs/gal when you order “regular” home heating oil. The difference is less than 1%.

## Mow Down the Mortgage Raffle produces some green for Self Reliance!

Thanks to you, our members and board of directors, our quick and quirky fundraising raffle for a new Neuton electric battery



mower was a great success! We've had many folks suggest that we hold it again in 2012. Congratulations to Mary Webb, this year's winner.



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