10 Things You Can Do
In Your Own Home

1. **Tighten it up** To save money and energy, summer and winter, seal around windows and electrical outlets in exterior walls. Insulate exterior walls and attics. (Also, keep your boiler, radiators, air conditioners, filters, etc. clean so they can operate more efficiently – this goes for your refrigerator coils too!)
2. **Recycle** Recycled materials use much less energy to produce. Their use also keeps material out of landfills. Reusing or repurposing things is even more energy and resource-efficient!
3. **Make (Use) the Switch** Save energy – Turn off the lights; Switch to Compact Fluorescent or LED bulbs; Eliminate "vampire" electrical use: put electronics with LED lights and transformers (like your cell phone charger!) on a power strip, and turn them off when not in use.
4. **Adjust your thermostat** Down a couple of degrees in winter, and up a couple of degrees in summer. Use fans and ceiling fans first, before turning to the AC.
5. **Lighten up/Cool down** Keep your home cooler: Light colored roof and paving reduce heat around your home. Close blinds, especially in south and west windows to keep out summer sun and heat. Add shade trees to the south if you can!
6. **Save Water** Aerators in bathroom sinks and showers save water and money; Sign up for City of Chicago Meter Save program to track your water use and save on your water bill; Water gardens only at night and only when they need it (better for the plants too!); Disconnect your downspouts or use a rain barrel to capture rainwater to water your garden!
7. **Wash Cool** Use cold water wash cycle, and hang dry whenever possible, to save energy.
8. **Think Long-Term** Consider quality and Energy Star rating when you choose new products and appliances. Money spent up front is likely to pay back in durability and energy savings long term!
9. **Travel Greener – Shake a Leg** Consider walking, biking or taking public transit. Plan your errands to be efficient with your time and your driving. Stretch that tank of gas – become a "hyper-miler!"
10. **You Are What You Eat** Eating lower on the food chain can be better for your health and the environment – this means more vegetables and legumes, less meat, and less processed foods. Also, go organic!

Resources:

City of Chicago and ChicagoSustainability.org
cityofchicago.org/city/en/progs/env.html

Sustainable Back Yards Program – rain barrels and tree rebates
sustainablebackyards.org

Chicago Center for Green Technology – How-to exhibits and classes:
www.chicagogreentech.org

Chicago Community Climate Action Toolkit
climatechicago.fieldmuseum.org

Energy-Saving Actions and Incentives for Illinois Residents
energyimpactillinois.org/waystosave/residential

How to Make Your Home Energy Efficient and other Conservation Related Activities
chicagoconservationcorps.org/blog/weatherization

Travel Green – bike and car share options:
divvybikes.com
zipcar.com
enterprisecarshare.com

… and a few general Green Websites and Blogs:
greenyour.com/home
treehugger.com
loopchicago.com/blog/surprising-facts-about-green-chicago
videojug.com/film/how-to-clean-your-house-without-harming-the-environment

Green Elements

60% This fieldhouse sustainably manages stormwater while it reduces building water use by approximately 60% with the help of a 5,000 gallon rainwater harvest system, low-flow and high efficiency plumbing fixtures, and a regenerative media pool filter system, which significantly reduces pool water, chemical, and energy use.

27% Ground source heat exchange (geothermal), an efficient building envelope with good insulation in the walls and roof, high efficiency mechanical systems, and efficient use of daylight contribute to an improvement of over 27% in energy efficiency by cost, even with the added climate controls needed for a swimming pool.

60% New sources of renewable energy are supported through the purchase of renewable energy certificates (RECs) which have been purchased to offset 630,190 KWh, or 60% of the building's projected electricity usage over the first 2 years of operation.

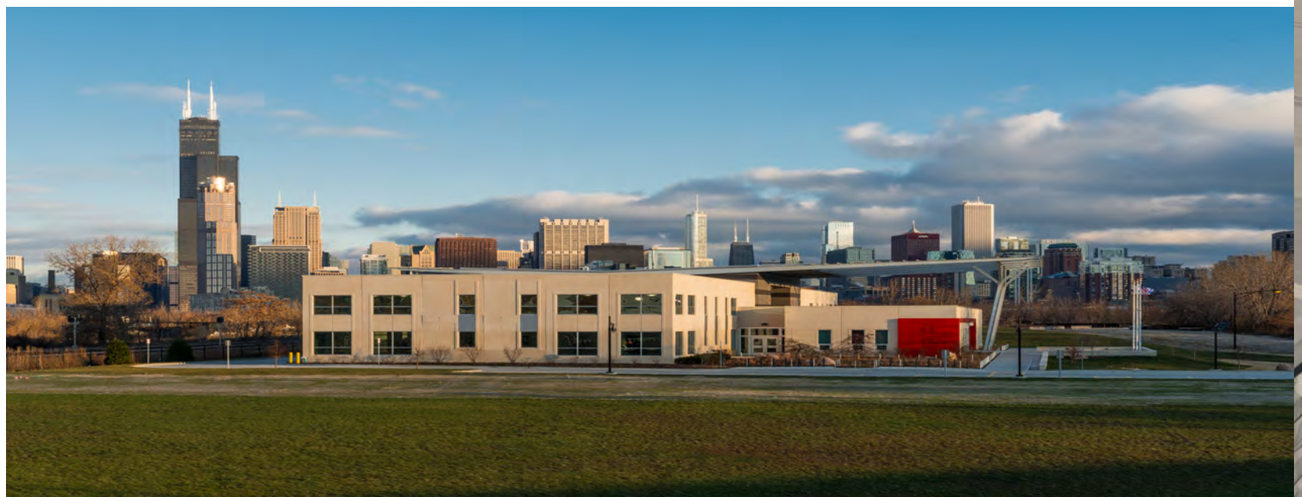
59% This field house supports renewable energy development, such as Illinois wind production, through Renewable Energy Certificates which offset over 59% of the first 2 years of the field house's electricity use.

38% Over 38% of the materials used in this building were manufactured and derived from within 500 miles of the project site.

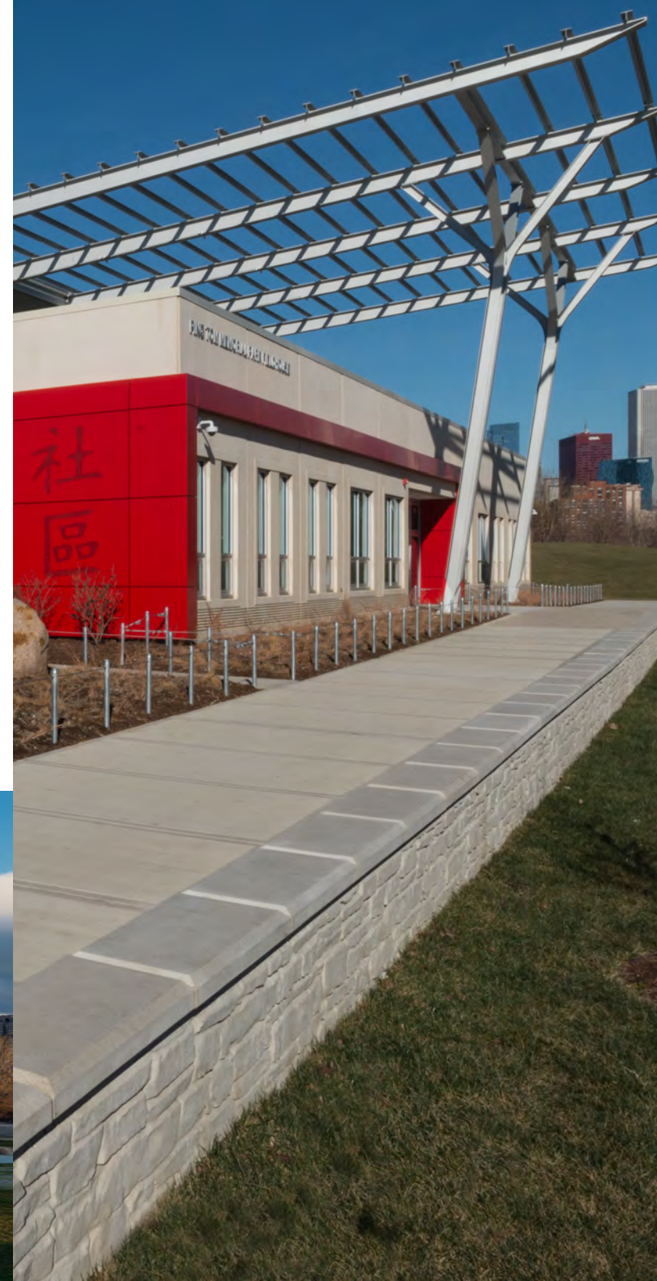
96% 96% of the wood used in this building was obtained from sustainably managed forests certified by the Forest Stewardship Council (FSC).

83% Over 83% of the waste generated from the construction of this building was recycled or otherwise diverted from landfill.

22% This facility is constructed with close to 22% recycled content material.



Ping Tom Memorial Park Fieldhouse
Built Green



Ping Tom Memorial Park Fieldhouse:

SUSTAINABILITY ROADMAP

The **Public Building Commission**, on behalf of its client, the **Chicago Park District**, completed construction of the Ping Tom Memorial Park Fieldhouse in 2013. With the development of the Fieldhouse, the Public Building Commission was able to implement a unique design concept with features significant to the Chinatown community.

Building Features & Amenities

- Approximately 30,000 square foot single-story structure
- Natatorium (Six lane pool with spectator area)
- Gymnasium
- Club rooms
- Fitness center
- Single-sex and family locker rooms
- Fully accessible to people with disabilities
- On-site parking
- 3,200 square foot roof deck/terrace/green roof Event Space

Green Features

- Geothermal heating and cooling mechanical system
- Rainwater harvesting system
- High-efficiency boilers
- Low flow plumbing fixtures
- Low maintenance native and adaptive plant species

Services & Programs

- Aqua exercise
- Swim Classes
- Team and individual sports
- Senior Citizen clubs and classes
- Parent / Tot classes
- After school programs and summer camps

1 **Reduce Urban Heat Island Effect** Pavements and southern faces of building can get very hot when they receive direct sunlight throughout most of the day. In addition to absorbing heat from the sun, they release it back into the atmosphere all day and night, creating an "island" of high temperatures. This process, the "Urban Heat Island Effect," is a common occurrence in cities and wherever there are dark-colored roofs and paving. Shade trees, light-colored concrete parking lot and walkways, light colored exterior walls, and a reflective and vegetated roof help reduce heat gain and combat the "Urban Heat Island Effect." This also means less energy is needed to cool the building.

2 **Curb Carbon** To help reduce our carbon footprint, preferred parking spaces have been designated for carpool and fuel efficient vehicles.

3 **Save Water** The landscaping includes many native and adaptive plant species that are self-sufficient. Since rain provides the water these plants need, no permanent irrigation has been installed.

Water use inside the building has been greatly reduced as well:

- A rainwater harvest system provides clean rainwater to the water-efficient flush fixtures (toilets and urinals) where drinkable water is not necessary.
- The regenerative media pool filter greatly reduces water use, as well as the chemicals and energy used to treat and heat the pool.

4 **Manage Stormwater** A rainwater harvest system, as well as landscaping that helps absorb rainwater, reduces the amount of water that is sent to Chicago's combined sewers. The rainwater harvest system takes water from the roof and stores it to be used instead of potable water as first choice for flush fixtures. The landscaping helps rainwater to pass into the earth and recharge the water table below before running off to the sewers. The rest is slowly released into the City's sewers. This reuse, absorption, and slow release helps to prevent overflows from large amounts of stormwater entering the system at once.

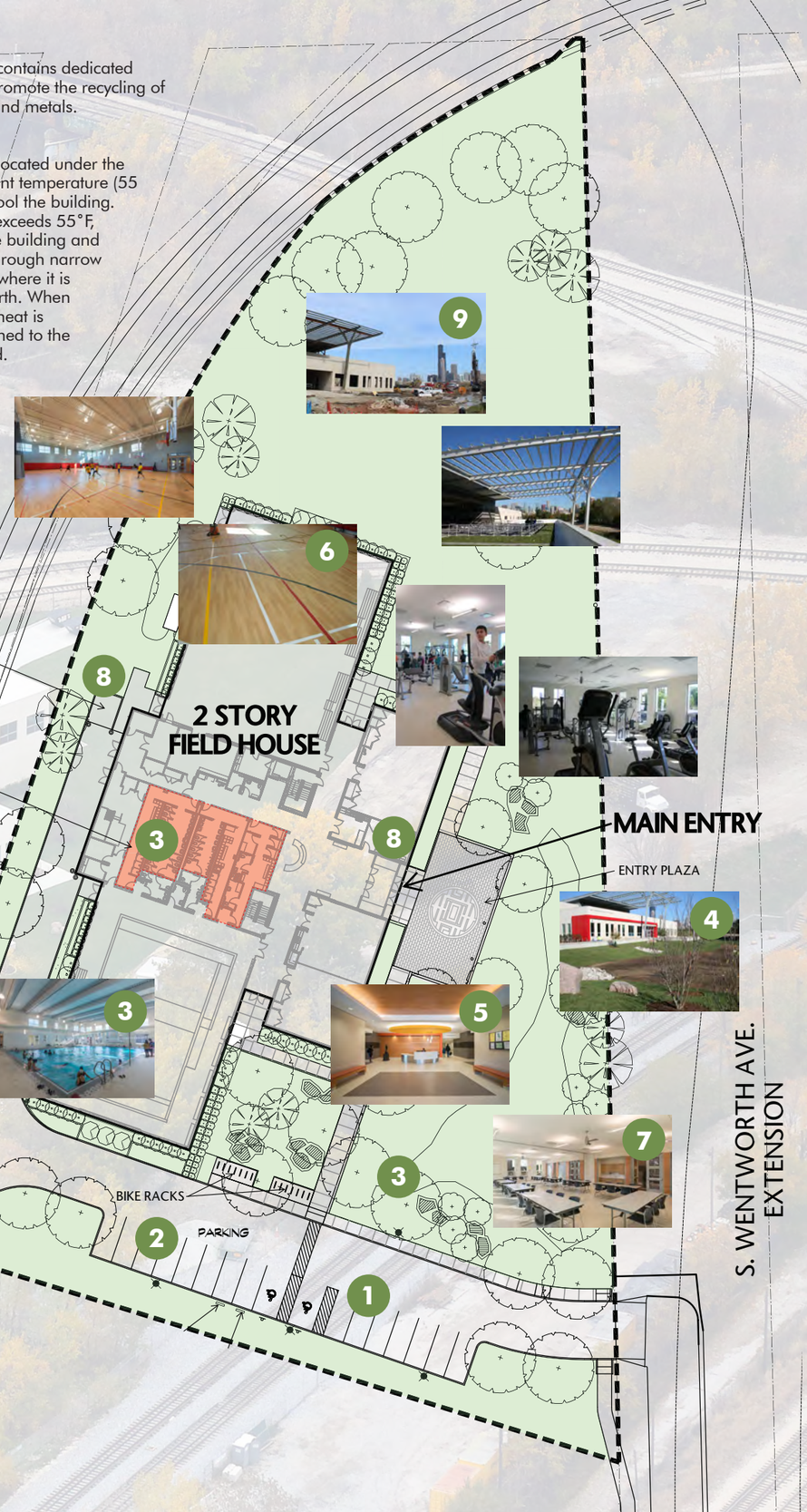
5 **Recycle & Power Our Economy** Almost 22% of the materials used to construct this building are recycled materials. This includes the flooring, gypsum wall board, concrete and concrete block, and steel. Over 38% of the building materials were extracted, processed, and manufactured within 500 miles of this building, reducing transportation-related carbon emissions. In addition to using recycled content and regionally produced building materials, close to 83% of the waste generated during construction was recycled or reused, in many cases, to make other building materials for use in the Chicago area — keeping materials out of landfills and contributing to the Chicago-area economy.

6 **Good Wood** 96% of the wood used in this fieldhouse is certified by the Forest Stewardship Council (FSC). FSC Certification ensures that the wood was harvested from a responsibly managed forest, and will not deplete the wood supplies for future generations.

7 **Clean Air** The interior finishes and materials used in this building — paints and floor coverings, adhesives, sealants and cabinetry — are "low-emitting materials." They emit significantly fewer harmful gasses than standard building materials, resulting in better indoor air quality for all building occupants.

8 **Set an Example** The fieldhouse contains dedicated storage space and containers to promote the recycling of paper, cardboard, glass, plastics and metals.

9 **Save Energy** Geothermal wells, located under the landscaping use the earth's constant temperature (55 degrees Fahrenheit) to heat and cool the building. When the building's temperature exceeds 55°F, the extra heat is extracted from the building and sent (by way of a transfer liquid) through narrow pipes, drilled over 600 feet deep, where it is dissipated into the surrounding earth. When the temperature falls below 55°F, heat is extracted from the earth and returned to the building through the same method.



FOLLOW THE MAP TO SEE HOW THE PARK EARNED ITS LEED CERTIFICATION