



CRANBROOK

Spring 2018 Edition

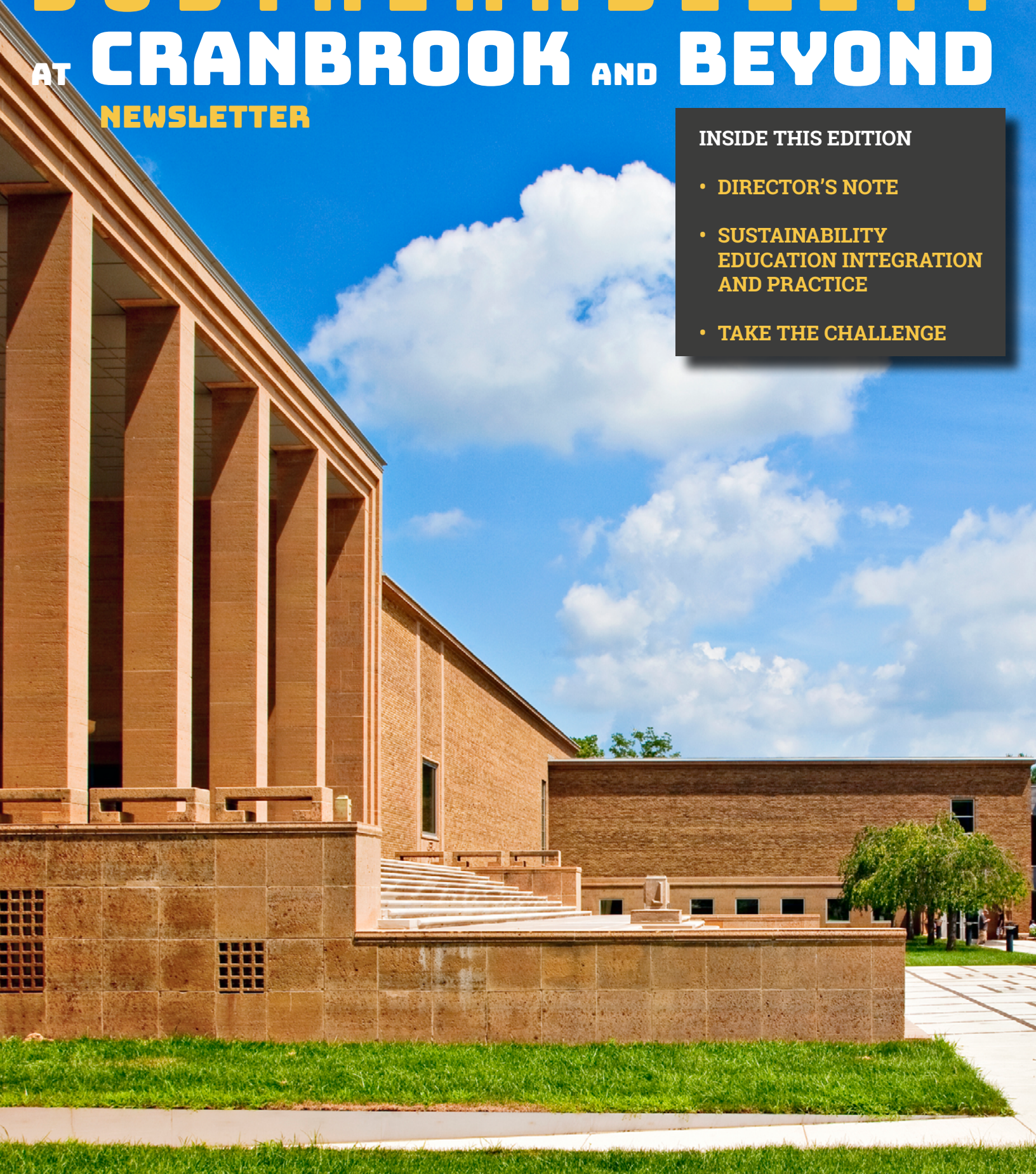
# SUSTAINABILITY

## AT CRANBROOK AND BEYOND

NEWSLETTER

### INSIDE THIS EDITION

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- SUSTAINABILITY EDUCATION INTEGRATION AND PRACTICE
- TAKE THE CHALLENGE





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### GOT SUGGESTIONS? WE WANT TO HEAR FROM YOU!

Suggestions for Cranbrook Sustainability and Newsletter ideas, email us at [sustainability@cranbrook.edu](mailto:sustainability@cranbrook.edu)

The Cranbrook Sustainability Newsletter is published for Cranbrook Educational Community

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## DIRECTOR NOTES

# Sustainability Education Integration and Practice



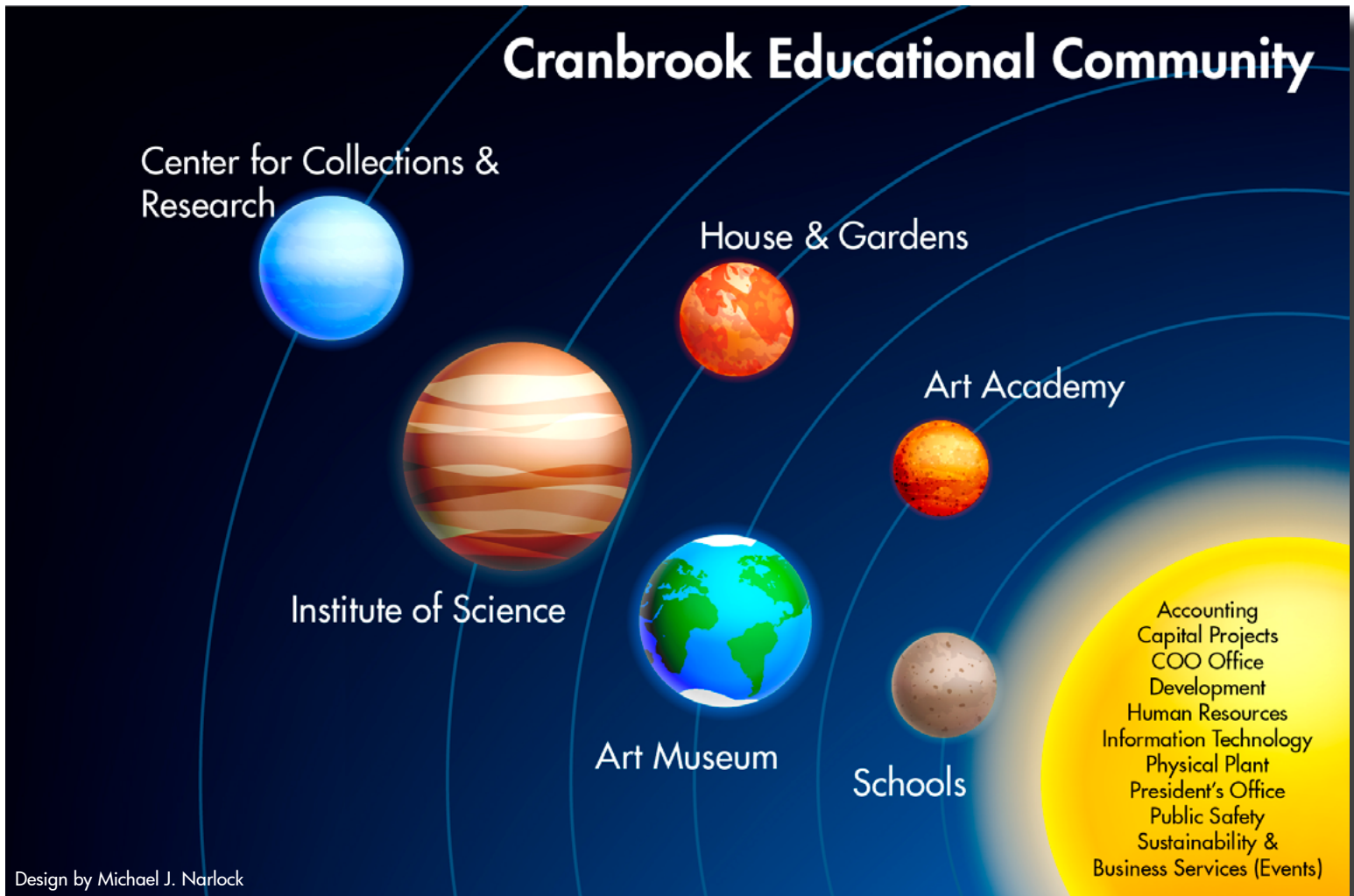
**Norma Jean Evans**

Director Sustainability & Business Services

**I**n this edition, we spotlight Sustainability Education and Sustainable Best Practices being infused across the Community. And, we are excited about many more initiatives to come. Two of the events that I had an opportunity to be directly involved in were Cranbrook Schools' World Affairs Seminar (WAS) 2018 and the Millennial Engagement Team (MET) Team Design Thinking Room Reservation/Event Management project. (See Page 11)

The WAS 2018 Seminar sessions focused on the interconnectedness of the "Planet", the global impact of our actions and sustainable practices. The MET Design Thinking Project is focused on the interconnectedness of one business practice and its global impact on the use of shared resources in the entire Cranbrook Community. My involvement in both initiatives has helped me to validate the interconnectedness of "One Cranbrook"; while at the same time, confirming the importance of integrating sustainability education and practices at Cranbrook.

I also recently participated in a Visioning Exercise facilitated by Sarah Schleicher, Cranbrook Institute of Science Museum Educator, during one of our MET Team meetings. She shared some of the Zingerman's Visioning techniques she learned and encouraged the Team to integrate and practice visioning. I am sharing my most recent vision: I see the Solar System (Cranbrook Educational Community) consisting of planets (programs) and the sun (support services) interconnected and working together. I also see the "One Cranbrook" Solar System where everyone is collaborating and thinking globally to help flourish and sustain our Community and beyond.



Design by Michael J. Narlock

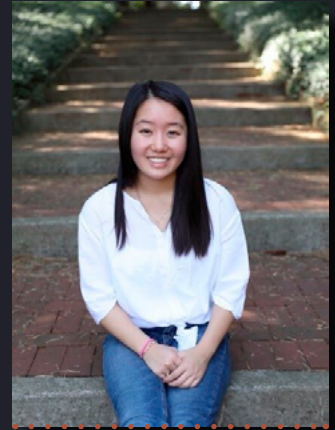
# Girls Middle School

CONTRIBUTING WRITER, MARJORIE OLT MERTZ, CRANBROOK MIDDLE SCHOOL 7<sup>TH</sup> GRADE SCIENCE TEACHER AND ADVISOR AND GREEN TEAM LIAISON

**C**ranbrook Kingswood Girls Middle School student, Yani Li, is the Innovator of the STEM Fitness Initiative aka Kingswood Revolution project, which involves an active classroom where girls can assemble and use their own electricity-producing bikes. By attaching a specially-designed generator to a regular bike, students are not only able to learn about the key STEM concepts behind the assembly of these bikes, but they'll also develop an appreciation for our valuable resources and a passion for sustainability.

In addition to learning about STEM concepts, the students can make smoothies and make music while pedaling. Special thanks to Yani Li, Stacy Rivard (Girls Middle School Head), Ann Mell (PE Teacher) and CK Booster Club for providing support and funding for the project.

Click on the link to check out a [video](#) of Ann Mell, PE Teacher at Girls Middle School, blending strawberry smoothies for her class!



Yani Li, student Cranbrook Kingswood Girls Middle School



6th Grade Middle School Girls showing their fitness unit, including a "green" bike to make smoothies. Physical Ed Teacher Ann Mell integrating the "green" bike into the education and fitness program.

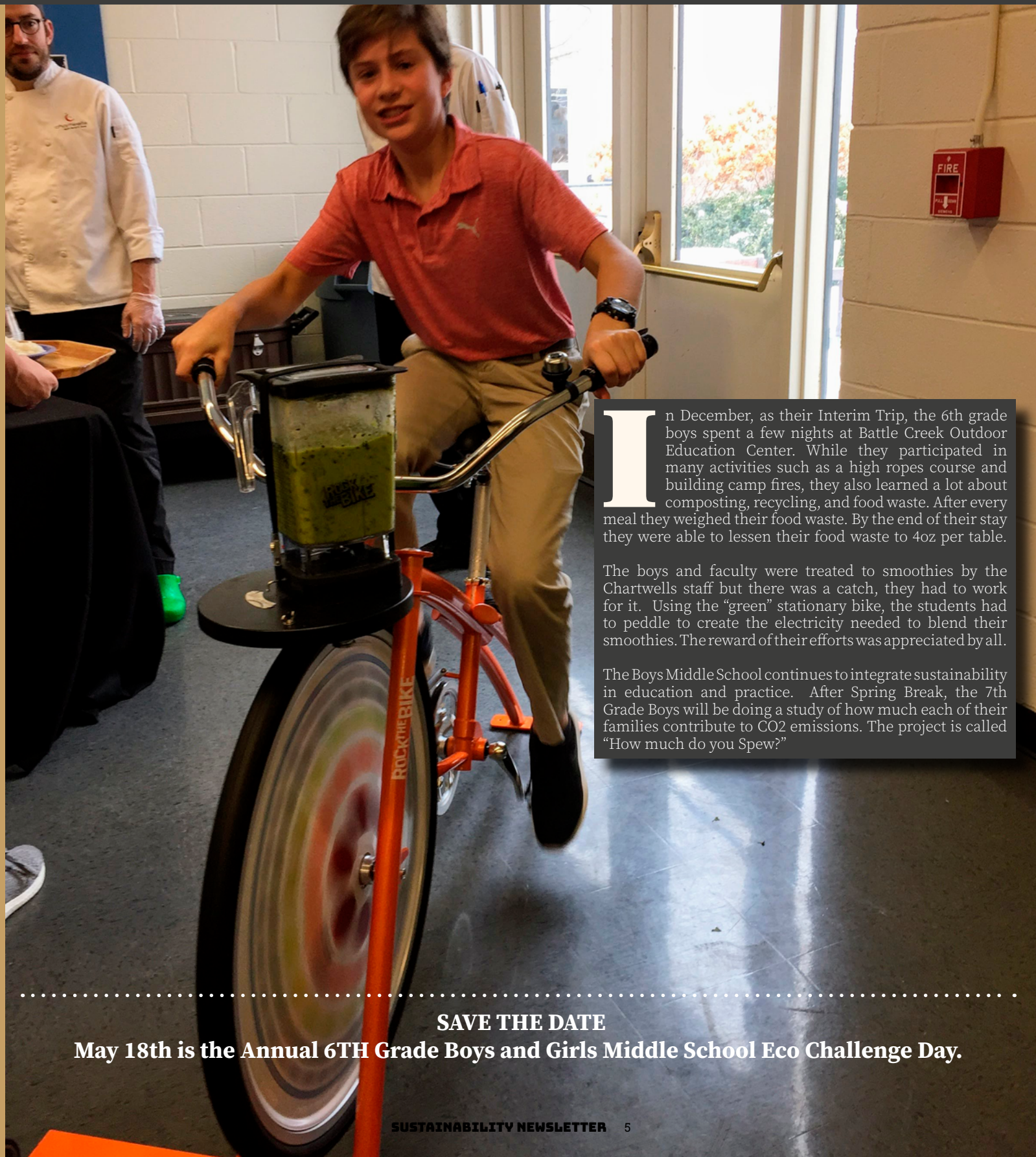


Girls Middle School students participating in the fitness program.



# Boys Middle School

RITA NORKIEWICZ, CONTRIBUTING WRITER & GREEN TEAM LIAISON



**I**n December, as their Interim Trip, the 6th grade boys spent a few nights at Battle Creek Outdoor Education Center. While they participated in many activities such as a high ropes course and building camp fires, they also learned a lot about composting, recycling, and food waste. After every meal they weighed their food waste. By the end of their stay they were able to lessen their food waste to 4oz per table.

The boys and faculty were treated to smoothies by the Chartwells staff but there was a catch, they had to work for it. Using the “green” stationary bike, the students had to peddle to create the electricity needed to blend their smoothies. The reward of their efforts was appreciated by all.

The Boys Middle School continues to integrate sustainability in education and practice. After Spring Break, the 7th Grade Boys will be doing a study of how much each of their families contribute to CO2 emissions. The project is called “How much do you Spew?”

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## SAVE THE DATE

**May 18th is the Annual 6TH Grade Boys and Girls Middle School Eco Challenge Day.**

## K-Cup Recycling Green Initiative Underway

Contributing Writer: Trish Hourigan, Brookside School Faculty Green Team Liaison and Busy Bee Environmental Clubs Leader

**T**his year, Brookside School began recycling their K-cups using bins purchased from a wonderful company. When the bin is full, they tape the recycling bin shut and send it back to the company (label already on the box) and they recycle the grounds, foil and plastic. “The K-cup recycling program is an easy way for teachers to leave the office feeling good knowing they’ve done something kind for the Earth. (Every warm fuzzy helps!) It’s also a great visual for our parents to see that Brookside does things that we don’t have to do, but should do. The benefits of this recycling initiative go beyond helping the environment!” We will continue to provide updates on this green initiative.

Check out the article: Keurig is finally designing an eco-friendlier K-cup.



**CRANBROOK  
KINGSWOOD  
UPPER SCHOOL**

**World Affairs  
Seminar 2018  
“The Planet”**

**K**udos to Holly Arida and the Cranbrook Upper Schools 2018 World Affairs Seminar (WAS) Team! I had the opportunity to attend and present during the WAS Seminar this year. I observed innovation, excellence, sustainability integrated into education, and practice in sessions facilitated by students and invited guest speakers. Cranbrook Upper School students did a great job covering the WAS Seminar in the Cranbrook Kingswood Crane Clarion, Vol. XCI No. 3, March 2018.

This year’s WAS 2018 theme was “The Planet.” I was captivated by the global message of “interconnectedness” illustrated on the WAS 2018 Flyer and by the student engagement and impact of the sessions.

The “Creatures in Calamity” seminar, hosted by Hannah Magy, Sarah Gorman, and Lillian Wege, Cranbrook School Leaders of the Environment (LITE), dives into the devastating effects of corruption by humans of habitats and suggests way in which students as individuals can make a positive difference. Three distinct ecosystems; oceans, forests, and grasslands, were considered. By discussing prevalent threats and specific endangered species, attendees were exposed to a new awareness of the dangers posed to both native animals and the global environment.



The Cranbrook Kingswood Crane Clarion



Lillian, Leaders in the Environment (LITE) President discussing grassland endangered species.



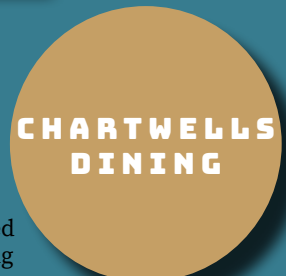
Lillian Wege, Sarah Gorman and Hannah Magy Creatures in Calamity.



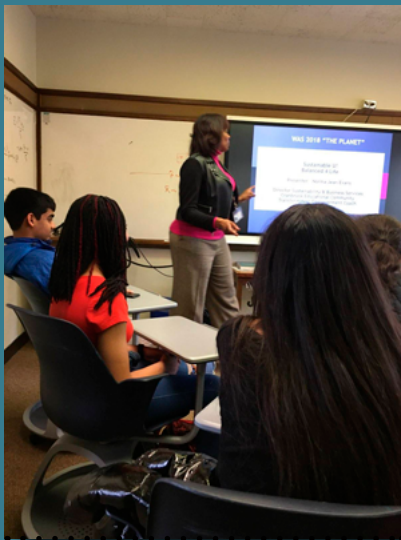
Pashon Murray, Co-Founder Detroit Dirt & WAS 2018 Presenter – Mission: Creating a zero-waste mindset throughout communities to drive forward a low-carbon economy.



CK Students excited about WAS 2018



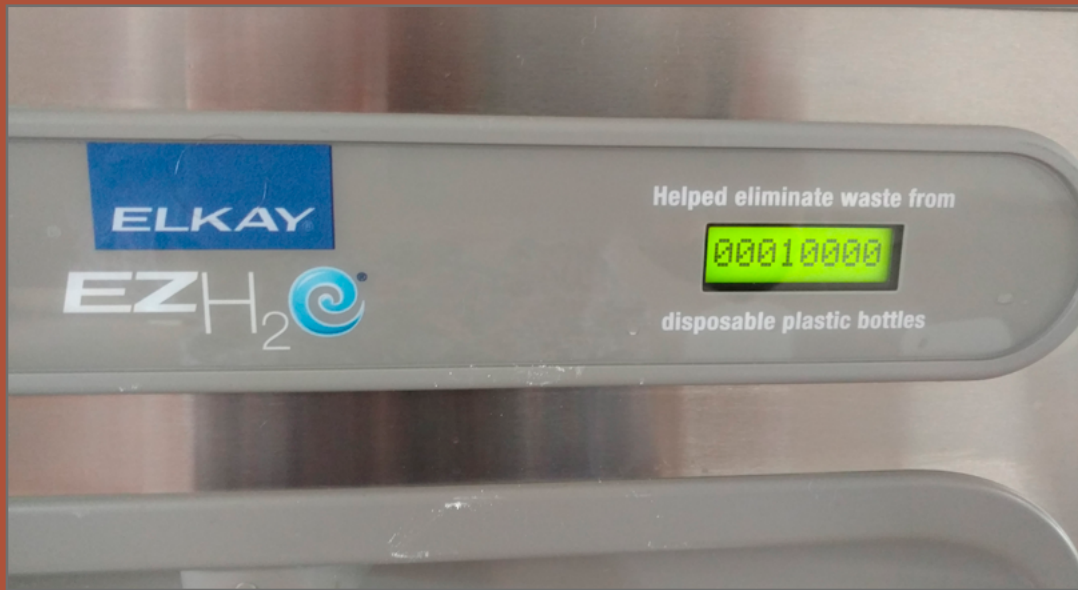
**D**uring World Affairs Seminar 2018, Cranbrook Upper School students gathered to make their own version of salsa utilizing fresh ingredients. Chartwells staff taught them to properly mix flavors and use scraps from vegetables as they competed to have the best flavor, presentation and creativity in their salsa.



Norma Jean Evans, Cranbrook Director of Sustainability & Business Services, WAS 2018 Presenter- Evans shared with students, “we hear a lot about “sustainability” of the planet, but what does it mean to apply those practices to your everyday life?”



## Cranbrook Schools Plate Scrape Dates April 12, 2018 and May 10, 2018



## CRANBROOK ACADEMY OF ART

Academy of Art Bottle Filling Stations have arrived! Julie Montgomery, Academy of Art Green Team Liaison said, "I was personally geeked out by the milestone readings on our bottle filling station just today! Just think how many more bottles we can keep out of the landfill when we get one or two more stations in Academy Land!"

Composting Project - Cranbrook Academy of Art and faculty, staff and students are participating in the expansion of the composting efforts started by Emily Poor, Graduate, Cranbrook Academy. A student Environmental Club has been formed and they have reported all departments are currently participating in the expanded composting initiative. More to come!

## THE MATERIAL EXCHANGE

Save the date!  
Cranbrook Academy of Art  
Materials Exchange May 14-15, 2018  
(CEC days) in the Art Library Conference Room

*Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.*

-- Margaret Mead

Continuing a tradition of advancing Cranbrook's sustainability mission, Cranbrook Academy of Art students will hold their annual Materials Exchange and Donation program on May 14 & 15. Each year, a large volume of items find new life and stay out of the dumpsters. The following non-profit organizations have also benefited from the program in the past:

Friendship Circle  
Art Experience  
Hatch: A Hamtramck Art Collective  
Salvation Army  
Cranbrook Create Camps  
Arts & Scraps



# HELPING PLANTS SURVIVE SINCE 1975

CONTRIBUTING WRITER: ERIC FRANCHY, PR COORDINATOR & GREEN TEAM LIAISON

Since its formation in 1975, the [Cranbrook House & Gardens Auxiliary Native Plant Rescue](#) program has been committed to saving, growing, and educating on the importance of native plants. Native Plant Rescue volunteers trek through ankle-deep mud, secluded woods, and pouring rain, often during frigid temperatures, to rescue plants from being wiped out at construction or other endangered sites. The rescued plants are then sold at the Annual Spring Plant Sale in mid-May, planted in the Native Plant/Wildflower Garden or other gardens at Cranbrook, or donated to school gardens, community gardens, or nature centers.

One of the oldest and most successful programs of its kind, the Cranbrook House & Gardens Auxiliary now needs your help to continue our native plant preservation work. Here is how:

## 1. Volunteer at Dig Sites

Native plant rescue digging begins in late April and runs five days a week, for three weeks leading up to the Annual Spring Plant Sale on Tuesday, May 15 and Wednesday, May 16, 2018. Volunteers meet at Cranbrook House & Gardens where they receive directions to the day's dig site. The volunteers then carpool (yet another sustainable act!) to the site and receive instruction from the native plant volunteer leader. The actual digging window lasts about an hour. Afterwards, all plants are loaded and returned to Cranbrook House & Gardens. The digging commitment is about three to four hours each time, including the commute (some of the dig sites are about 45 minutes away).

## 2. Volunteer in the Native Plant/Wildflower Garden

Potters, gardeners and propagators are all welcome. If you can't spend all morning digging, please consider helping us pot for an hour, or perhaps work in one of our wildflower gardens propagating rare plants or pulling out the dreaded garlic mustard and other weeds.

## 3. Volunteer during the Annual Spring Plant Sale

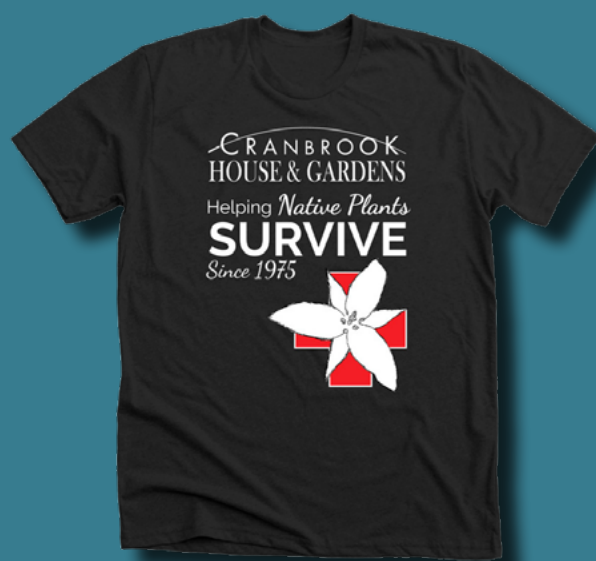
Individuals knowledgeable about native plants/wildflowers are also needed to help during the Annual Spring Plant Sale.

## 4. Recommend Dig Sites

If you know of a potential site, please send Cranbrook House & Gardens Auxiliary the address/contact info by calling 248.645.3149 or emailing [houseandgardens@cranbrook.edu](mailto:houseandgardens@cranbrook.edu). Dig sites are becoming fewer in number and further away. If you own property with native plants or know of a potential location, please reach out to the Cranbrook House & Gardens Auxiliary.

## 5. Shop and Plant Native and/or Make a Donation

Purchase native plants at the Annual Spring Plant Sale and plant them in your own garden. Even adding a small section to your existing plantings helps. We would also welcome financial or native plant donations to help support our efforts.



# CRANBROOK INSTITUTE OF SCIENCE

## It's Official Spring Is Here!

Contributing Writer, Michele Arquette-Palermo, Cranbrook Institute of Science

As we approach warmer temperatures and spring rains we start to think about our lawns and gardens. The Freshwater Forum at Cranbrook Institute offers 10 easy tips to maintaining your landscape and keeping it environmentally friendly.

1. Sweep it—make sure excess fertilizer is swept off pavement and onto the grass.
2. Mow high. Mow sharp—ideal height is 3in or higher; make sure to keep the blade sharp.
3. Make your turf tough—aerate, leave clippings, select grass varieties wisely.
4. Water wisely—do not over water; keep sprinklers off during rainfall; keep water on grass.
5. Don't guess, soil test—test soil for needed nutrients and fertilize accordingly.
6. Buy low. Buy slow—use products with low or no phosphorous and slow release nitrogen.
7. Apply wisely—do not fertilize before a heavy rain and avoid over fertilizing.
8. Create a shoreline buffer—If you live on a body of water, do not mow to the edge.
9. Go native, go natural—plant native species; use natural pest controls; compost.
10. Make storm water work for you—install rain gardens & rain barrels.

For additional information visit our partners in education at Southeastern Oakland County Water Authority

**A**pril is the month that we celebrate the Earth and all the resources that help us in our everyday lives. During the first week of April, CIS held a Science of Spring event. With the help of 25 partner organizations, over 3,500 visitors learned about our natural world and how we can help protect Mother Earth.



# Reminder: Still a few spots open!

**Y**ou've probably heard the word "Mindfulness" already. Given the amount of attention it's received in the past few years, it's hard to avoid! Just google "mindfulness" and you'll come up with over 91 million search results. There are books, videos, images, magazine articles, apps and websites devoted to mindfulness. To be fair, many of them embrace the positive effects of mindfulness, but there is also a voice of healthy skepticism.

So, what is mindfulness? And, how might it benefit you at work, at home and in-between?

Join us for a 3-part series to explore current research and media on mindfulness, practicing a variety of mindfulness techniques, and discussion. Although each session will have a different focus, you are welcome to attend one or all of them.

- Tuesday, April 10 from 12-1pm – CAM Library Lower Conference Room
  - Why Should We Consider Mindfulness at Work?
- Tuesday, May 8 from 12-1pm - CIS 2nd Floor Library
  - How Can Mindfulness Support My Busy Life?

Box lunches will be available at each session. RSVP to Bryan Opalko at [bopalko@cranbrook.edu](mailto:bopalko@cranbrook.edu)

This Series is brought to you by the Mindfulness Committee. The CEC Mindfulness Committee grew out of a Mindfulness Lunch and Learn series that was presented in 2016. This team is committed to developing resources that support mindfulness engagement for interested faculty, staff and administrators, and students.

## CRANBROOK MILLENNIAL ENGAGEMENT TEAM + DESIGN THINKING + KEY STAKEHOLDERS = INNOVATIVE & SUSTAINABLE BUSINESS PRACTICES

**T**he Millennial Engagement Team (MET) comprised of myself and individuals from all corners of the campus are currently engaged in the Design Thinking process to determine how we might improve upon the events management/room reservation process to effectively and efficiently coordinate support services (i.e. security, facilities/physical plant, transportation, etc.) across campus.

Approximately 70+ employees have been identified as Key Stakeholders are participating in interviews conducting by MET members. The Key Stake holders are providing valuable insights regarding the room reservation/events management process and will help to determine the next course of action. If you were not contacted and willing to take some time to share your thoughts with members of MET prior to May 15, 2018, please email: [sustainability@cranbrook.edu](mailto:sustainability@cranbrook.edu) to let us know of your interest in participating and a member of MET will contact you to schedule an interview.

MET Team Design Thinking Room Reservations/Event Management Interviewers:

Beth Beadle – Human Resources  
Paulette Bolofer – Horizon Upward Bound (HUB)  
Norma Jean Evans - Sustainability & Business Services  
Bryan Opalko – Human Resources  
Weston Outlaw - Summer Special Programs  
Ryan Pfeifer - Capital Projects  
Molly Tobiczky - Events  
Sarah Schleicher – Cranbrook Institute of Science  
Calvin Vincent - Security

## GET ENGAGED!

## TAKE THE CHALLENGE

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### SUSTAINABILITY EDUCATION INTEGRATION and PRACTICE CHALLENGE

Question: How do we define Sustainability at Cranbrook?

Answer: We view sustainability as practices and services (including education) that are:

- Non-polluting
- Conserving of energy and natural resources, particularly water
- Economically efficient
- Health for workers, communities and consumers
- Conducive to a spirit of community, locally, regionally and globally.

Email us and let us know about the sustainability education integration and practice initiatives you are planning and/or involved in at Cranbrook and beyond.

Email: [sustainability@cranbrook.edu](mailto:sustainability@cranbrook.edu)

