

Let there be light: Responsible Fluorescents

Electric lighting (incandescent and halogen) burns up to 25% of the average home energy budget. Recently, environmental advocates, consumer groups, and electric companies have been promoting the use of compact fluorescent lights (CFLs) in an effort to significantly reduce this number. The Environmental Unit of our own Diocese, for example, sees the conversion to CFLs as a major way to save energy consumption in our churches.

Although, I knew that incandescent lighting was a wasteful use of electricity (66% is wasted on heat and less than 33% goes to light) I was less than enthused about supporting a change to fluorescent lights. Throughout the 1970's, 80's and 90's I avoided "cool white" fluorescent lighting with a passion. I was not alone. Many people complained of "Sick Building Syndrome" which was caused by the magnetic ballasts used to regulate power flow in fluorescent fixtures. These ballasts cycled the light off and on 60 times a second and caused a flickering effect and a detectable hum. The emitted light made things look washed out or take on different hues of colour.

Even as recently as three years ago, when I succumbed to early claims of the new "swirl" fluorescent bulbs I was disappointed. The light was dimmer than advertised and the colour rendition was still poor. I vowed not to use them and further justified my choice by noting that all the bulbs were built in China (poor human rights record) and they all contained mercury- a hazardous waste.

Now, however, I am a convert to the new and improved CFLs. They are good for the home (and church) and good for the environment. Advances in technology have resulted in the use of electronic ballasts which start the lamp instantly and quietly. The flickering is gone because the light now cycles at 20,000 + times a second and our bodies perceive that as steady light. Miniaturization has resulted in the ballasts as being integral with the bulb so that they can fit into standard sockets. Newer CFLs contain rare earth phosphors which produce excellent colour and warmth.

Where old bulbs had a colour rendering index (CRI) of ~60 out of 100, these new lights are in the 80- 85 CRI range. Even better are full spectrum CFLs which have a CRI of ~93. (See www.lighththerapycanada.biz/faqs.htm#Definitions)

So will these lights save money and protect the environment? You bet! CFLs last about 8 times as long as incandescent bulbs, about 10,000 hrs. They only need to be replaced every 5 – 6 years. Replacing a 100 watt incandescent bulb with a 25 watt CFL will save approximately \$30 in electricity over the life of each bulb. CFLs use about 65% less energy than incandescent bulbs to produce the same amount of light. Because they last so long, fewer bulbs go into landfills and less packaging is required. Theoretically, since less electricity is needed, there should be great reductions in the greenhouse gases and nuclear wastes which are generated by certain types of power plants.

So, I'm encouraging you to get out and replace those inefficient bulbs. Primarily use CFLs in places where lights are on for long periods of time (eg. family rooms and hallways) or in hard –to-reach places. Bear in mind these limitations. Common CFLs do not work with dimmer switches or work well in areas subjected to cold temperatures.

Shop carefully. There are still many cheaply made bulbs on the market. Stick with the major brands like GE, Philips or Sylvania. Look for the **Energy Star** seal of approval for that indicates acceptable reliability, acceptable life expectancy and an acceptable colour of light.

The mercury problem can be alleviated somewhat by using low mercury lamps identified by a green socket or end cap and by proper recycling of the bulbs. See <http://www.bchydro.com/powersmart/elibrary/elibrary40640.html>.

Unfortunately, I don't have an answer to the problem of all the CFLs being made in China. Seems almost everything these days is. That issue will have to be addressed at another time.

Submitted by David Moul, Environmental Steward

A Good Samaritan in the 21st century

After dodging tornadoes and severe thunder storms with grapefruit size hail for weeks, we decided to head west from the lovely Smoky Mountains, Tennessee - back to the safer weather climate of New Mexico. Tornado Alley was supposed to be free of major storms for the next few days.

It would mean pushing our driving limits of about 1000 km per day to cross the plains in just a few days.

On April 22nd, 2006 . at about 11:00 AM , we were nearing Birmingham, Alabama , when the motor home had problems.

There we sat, at a busy highway intersection with a tow truck summoned (Thank goodness for Good Sam Emergency Road

Service) . Many people slowed down and asked if help was on the way. Being a Saturday, however, we were informed that ALL repair shops were closed for the weekend , that we could get a motel room, and would be repaired on Monday. So much for using the good weather window!!!

While resigning ourselves to our fate - a young gentleman, Mitch, came along - listened to our plight, and said that our symptoms indicated alternator failure, and that he was an off duty auto mechanic and could get us back on the road in a few hours.

After helping us limp over to a church parking lot, he dodged off with our dead alternator, came back with the new one,

put it in, - and we were set to go.

We were in Meridian, Mississippi that night, and in the Dallas, Texas area the next day. New Mexico was within our grasp.

Now, Mitch took time on his day off, a gorgeous spring day, pre-paid the alternator - we reimbursed him, etc., and did good quality work, all for 2 retired Canadian strangers.

And the weather - Birmingham got hit hard that Monday with severe thunder storms -but because of a stranger's help we managed to stay ahead the storm track It puts one's faith back in humanity, doesn't it?

- Submitted by Bev Dall

Did you know?

1. Do you know who keeps the Hall Kitchen supplied with Soap, Tea, Coffee?
2. Do you know who organizes the funeral receptions?
3. Do you know who plants the pots with

- flowers outside the office windows?
4. Do you know who makes up the Bible readers schedule for the 10AM Service?
5. Do we have a prayer chain?

Answers on page 6

ACW: Making much from little, a bit at a time

Thanks to everyone for the stamps and post-cards. Yes, I said "stamps" as uncanceled stamps are worth more. Everything is sorted by the Friends to the Arthur Turner Training Centre. Have you seen the other containers in the upper kitchen?

Besides stamps the ACW also collects Claytons tapes, the 'whole' Campbell Soup labels, pull-tabs from cans, and Canadian Tire money. The soup labels and the pull-tabs go to the Shriners. We use the profit from the total of the

tapes and the Canadian Tire money for kitchen sundries.

There seems to be no end to all the ACW does with the help of many of you. Did you see the sock tree which also held mittens and hats? These go to the Mission to Seafarers for a Christmas gift. Soon we'll have a notice in the Bulletin for items for the ACW shoe boxes which are given locally. Stay tuned for further updates!

- Submitted by Winn Seel

StHilda.ca: how to get the most out of the site

The web site for St. Hilda's has been completely renovated, retaining a number of the beautiful original elements of design and the History of St. Hilda's (thank you to Janet Cotgrave), and has taken on the colors and feel of the Church itself, so when visitors, guests and congregation members arrive at our doors, either virtually or in reality they will know in their souls they're home at St. Hilda's.

If you explore the site you will see profiles of the people you know and love—deacons, wardens, committee leaders—expanded environmental content (thank you Dave Moul!), a full Events Calendar updated weekly, book and movie reviews in the Culture & Faith section, and much more.

Most importantly, you can listen to Sunday Sermons online through the Podcast system—no special software is required; just click on the podcast button and your computer should find the right program to open and listen to the sermon or other special events. We will be taping a Taize service soon, as well as an Evensong Service, so look for those online within the next month.

Please check out the Library page—Diane Kozoris has done a wonderful job of making the database accessible to all and it is up on the library page in Adobe Acrobat (PDF) format.

If you have ideas for things you'd like to see on the site please write to Laurie McConnell at webmaster@bigpacific.com with the Subject: St. Hilda's web site.



Top 10 Reasons for Being an Anglican — according to Robin Williams, comic

1. No Snake Handling.
2. Priests wear dresses.
3. One free foot washing per year.
4. Free wine on Sunday.
5. Church year is colour coded
6. All of the pageantry, none of the guilt
7. Directions included in BAS
8. Pew aerobics
9. You don't need to know how to swim to be baptized.
10. God's grace given to all.

Answers to Did You Know, Page 5

1. Mabel Short does the shopping. ACW pays. Clayton till tapes help ACW in this so we can use all your Claytons till tapes.
2. Cay Nelson with Liz Miller as backup.
3. Kae Gautron.
4. Margaret Edgar—Please phone her if you would like to add your name to the list.
5. Yes—Phone Isabel Benson if you need or know of someone who needs prayer—this is not the list that is in the Sunday Leaflet, there are at least eight people who are in this group.

Archbishop Hambidge on Stewardship:

"As I look back over many years and gatherings I can remember the several Annual Meetings I have attended where someone looked at the finances and said 'we have barely made it through another year'. If that is all we have been doing I think we should give up!

Think about your predecessors here 70 years ago. It was the time of the Columbia Coast Mission. There was no road and few businesses, yet people clustered into communities. They wanted the church - but the Mission boat could not bring a Pastor to each community for every Sunday, so the people knew they had to be the church.

God supplied their needs and these churches flourished. To me this progress illustrates the Theology of Plenty - everything we have comes from God - and there is plenty to do the job if we want to do it.

Real Stewardship avoids the theology of scarcity and concentrates on building community.

For example in the Gospels the disciples fell into the theology of scarcity trap and said 'we don't have enough' (only five loaves and two sardines). Jesus said 'bring them to me'.

We need to do the same - to plan with confidence and bring all before the Lord."

- submitted by Stan Barker