

101 Things You Can Do to Help Save Animals and Their Habitat

None of us set out to place wild animals on a fast track headed for extinction. In fact, we would save them if we could. Wouldn't we?

We can. At least we can try by reducing our demand for and waste of electricity, petroleum products, metals, land, paper and wood and by becoming aware that when we discard toxic, non-biodegradable wastes, we're only creating pollution that comes back to haunt people and animals alike.

We know you'd be angry if we didn't tell you how you can help while there's still time to make a difference. Place this list where everyone can see it; on the refrigerator, by the coffeepot, or cut it into sections and place them in appropriate places around your home or workplace as reminders.

So here's a list of things we can all do:

- In our Home
- On Holiday
- In our Car or Bike
- At our Business
- When shopping
- Personal Efforts

Note : This excellent "to do" list below is circulated by Oregon Zoo, USA at www.oregonzoo.org. Copyright © 1996 by Oregon Zoo, 4001 SW Canyon Road, Portland, Oregon 97221. We have obtained permission to publish it in ZOOS' PRINT and for anyone who wishes to use it for Wildlife Week, do so, giving credit to the Oregon Zoo. We realise not all of the things are appropriate for this part of the world, but even some of them may give ideas for new initiatives.

In our Home

1. Recycle everything you can: newspapers, cans, glass, aluminum foil and pans, motor oil, scrap metal etc. In the Portland area, your recyclables get picked up at your curb.
2. Investigate local recycling centers that take items your garbage hauler doesn't (scrap paper, plastics, appliances, etc.).
3. Save your kitchen scraps for the compost pile.
4. Try to use phosphate-free laundry and dish soaps.
5. Avoid the use of household pesticides. Fly swatters work very well.
6. Clean your windows with vinegar and water instead of chemical products.
7. Use cold water in the washer unless it's necessary to use warm or hot.
8. Use washable rags, not paper towels, for cleaning up spills and other household chores.
9. Crumpled-up newspapers are great for washing windows.
10. Use cloth diapers. The plastic in disposable diapers doesn't break down in landfills.
11. Use cloth, not paper napkins.
12. Don't put hazardous substances down your drain or in your trash (paint thinner, furniture polish, etc.). Dispose of them on designated hazardous waste collection days.
13. Don't use electrical appliances for things you can easily do by hand.
14. Re-use brown paper bags and grocery plastic bags (recyclable) to line your trash can or waste basket. Re-use bread bags, butter tubs, etc.
15. Use re-usable containers to store foods: not plastic wraps and foil.
16. Write to companies that send unwanted junk mail : ask them to take you off their list.
17. Save your coat hangers and return them to the cleaners.
18. Take unwanted, re-usable items to a charitable organization or thrift shop.
19. Don't leave water running needlessly.
20. Install a water saving shower head.
21. Set your water heater at 130 degrees.
22. Have your water heater insulated free of charge by your utility company.
23. Turn the heat down and wear a sweater or
24. Lower your house temperature by one degree per hour for every hour you'll be away or asleep.
25. Turn the lights off when you're out of the room. Ditto with the TV.
26. Get a free energy audit from your utility company.
27. Burn only seasoned wood in your wood stove or fireplace.
28. Start a compost pile.
29. Plant shrubs and trees in your backyard that provide food and shelter for birds and other creatures.
30. Feed the birds.
31. Put up bird houses and baths.
32. Pull weeds instead of using herbicides.
33. Learn about natural insect controls as alternatives to pesticides.
34. Landscape with plants that aren't prone to insect and fungus problems.
35. Ignore caterpillars and most native leaf chewing insects. Let birds and insect predators take care of them.
36. Use beer traps for slugs instead of baiting with poisons.
37. Use organic fertilizers: good manure helps condition your soil and fertilizes at the same time.
38. If you use pesticides, herbicides or fungicides, don't throw leftovers in trash, down your drain or into a storm sewer. Dispose of them on a hazardous waste collection day.
39. Compost your leaves and yard debris or take them to a yard debris recycler. Burning them creates air pollution and putting them out with the trash is a waste of landfill space.
40. Use mulch to conserve water in your garden.
41. Plant things that don't require so much water.
42. Take extra plastic and rubber pots back to the nursery.
43. Large expanses of lawn are not good habitat for other creatures, plus they usually must be maintained with chemicals and extensive watering. Dig up some of your grass and plant native shrubs or trees instead.

44. Plant short, dense shrubs close to your home's foundation to help insulate against cold.
45. Sign up for a renewable power option from your local utility company.

On Vacation

46. Turn down the heat and turn off the water heater before you go.
47. Carry re-usable cups, dishes and flatware
48. Make sure your plastic trash doesn't end up in the ocean.
49. Don't pick flowers or collect wild creatures for pets: leave animals and plants where you find them.
50. Don't buy souvenirs made from wild animals.
51. Watch out for wildlife: give consideration to all living things you see crossing the road.
52. Build smaller camp fires.

In Your Car

53. Drive sensibly: don't waste gas.
54. Keep your car tuned up.
55. Carpool.
56. Use public transit.
57. Ride your bike or walk instead.
58. Buy a more gas efficient car.
59. Recycle your engine oil.
60. Keep your tires properly inflated to save gas.
61. Recycle your old tires.
62. Keep your wheels in alignment to save your tires.
63. Don't litter.

At Your Business

64. Start an office recycling program for office and computer paper, cardboard, etc.
65. Use scrap paper for informal notes to yourself and others.
66. Print things on recycled paper.
67. Print or copy on both sides of the paper.
68. Use smaller paper for smaller memos.
69. Re-use manila envelopes and file folders.
70. Hide the throw-away cups and train people to bring their mugs to meetings.
71. Route things around the office or post non-urgent communications rather than making multiple copies.
72. Use the stairs instead of the elevator.
73. Office building landscape doesn't have to be sterile lawns and bedding plants. Plant trees and shrubs the birds will like.
74. Put a bird feeder outside your office window. It's a great conversation piece.

When You're Shopping

75. Don't buy food or household products in plastic or Styrofoam containers if there's an alternative (milk and egg cartons, vegetable oils, butter tubs, etc.) They can't be recycled and they don't break down in the environment.
76. Don't buy "disposable" anything. Paper plates and

towels, Styrofoam cups, etc. are extravagant wastes of the world's resources.

77. If you must buy disposables: buy paper products rather than plastics, rather than Styrofoam. The manufacture of Styrofoam depletes the ozone layer.
78. Buy durable products and keep them a little longer. Cheap furniture, clothes and appliances often have short life spans.
79. Check the energy rating on major appliances you buy.
80. Read labels and buy the least toxic product available for cleaning, pest control and other jobs.
81. Put your parcels into one big sack instead of collecting several small ones.
82. Don't buy things with excess packaging (individually wrapped cheese slices, apples on a paper tray wrapped with cellophane, etc.)
83. Buy in bulk: reduce pollution that comes from the manufacture and disposal of many small packages.
84. Ask questions: don't buy products that are hazardous to the environment or that were manufactured at the expense of important animal habitat.
85. Buy locally grown food and locally made products when possible.
86. Don't buy products that come from endangered animals.
87. Don't keep "exotic pets".

Personal Efforts

88. Join a conservation organization.
89. Volunteer your time to conservation projects.
90. Give money to worthy conservation/environmental causes.
91. Check your lifestyle: think about the effects of your daily actions on the environment.
92. Take advantage of the Non-Game Wildlife check-off on your tax form.
93. Vote for candidates that share your sentiments.
94. Read books and articles on wildlife and environmental issues.
95. Watch nature programs on TV.
96. Subscribe to conservation or environmental publications. Purchase them as gifts for others.
97. Convert by example: encourage other people to save resources, too.
98. Tease your family, friends and neighbors for not recycling, not being energy conscious, etc.
99. Complain to merchants about excess packaging, use of plastics, etc. Write letters to companies. Patronize merchants who are environmentally conscious.
100. Write your legislators when you have an opinion about pending legislation on environmental, land use and other issues.
101. Teach children to respect nature and the environment. Take them on a hike, help them plant a tree or build a bird house, buy them a nature book or subscription to a wildlife magazine.

