

IRNetworking

The Newsletter of the Institution Recycling Network

Volume 4, Number 1

March 2007

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Hospitals for a Healthy Environment (H2E) Teleconference Series. Upcoming topics include: Help with HIPAA, March 9; Introduction to H2E and Data Collection, March 16; Green Building – Connecting Hospitals to Nature, April 5; and Red Bag Reduction 101, May 11. See <http://www.h2e-online.org/teleconferences/2007.cfm> for more information.

BuildingEnergy07 Conference and Workshops, Boston, March 13-15. "Building for a Changing Climate." Seaport World Trade Center. www.buildingenergy.nesea.org

“Under the Microscope: High Performance Hospital Environments”, Boston, March 13. Special full-day session as part of the BuildingEnergy07 Conference, organized by Sustainable Step New England and Healthcare without Harm. www.buildingenergy.nesea.org/workshops.php.

Massachusetts STAR (Statewide Training and Resources) Conference, Boston, May 1. Vendor exhibits from over 300 Massachusetts state contractors. **FREE** (including breakfast and lunch) to all employees from state agencies, cities, towns, schools, other political subdivisions and human and social service agencies. Bayside Exposition Center.
www.mass.gov/?pageID=osdhomepage&L=1&L0=Home&sid=Aosd (click on “STAR Registration”)

American Institute of Architects National Convention, San Antonio, TX, May 3-5. “Growing Beyond Green”. www.aiaconvention.com

New Hampshire Businesses for Social Responsibility Conference, “Sustainable Solutions and Innovative Strategies”, Concord, NH, May 7. Grappone Center. www.nhbsr.org or 603. 645.2605.

Building Materials Reuse Association Conference, Madison, WI, May 14-16. “Deconstruction, Building Materials Reuse, and C&D Recycling.” Univ. of Wisconsin – Madison.
www.buildingreuse.org/

Hospitals for A Healthy Environment, Environmental Excellence Summit, Minneapolis, MN, May 14-15. Environmental Awards Ceremony, Environmental Excellence Case Studies, Pharmaceuticals Management Workshop. <http://cms.h2e-online.org/awards/2007ees/>

<CLICK ON HYPERTEXT LINKS FOR FULL STORIES>

GENERAL IRN NEWS

Katrina Rideout is New IRN Member Services Coordinator

Many of you have seen or heard from Katrina since she joined IRN in October. Katrina's mission is to get out on the road as much as possible to be sure that we at the IRN are delivering all of the services you, our members, deserve and expect from us, whether it's identifying new recycling opportunities, enhancing an existing program, targeting a need for new recycling supplies or equipment, or cleaning out a warehouse of stored furniture or documents. Katrina will either handle the situation herself, or direct you to the resources (inside or outside the IRN) that can best address your situation.



Katrina comes to the IRN very well qualified. From 2004 through 2006 she was the recycling and solid waste manager at Clark University in Worcester, where she started or expanded recycling initiatives for a broad range of materials (and where she'd already managed the recycling center as a student), sinking her teeth into just about every recycling opportunity she could identify. Katrina and Clark were early IRN members, and we watched with admiration as Katrina's enthusiasm and hard work turned a moribund program into one of the most successful in Massachusetts.

We're very happy that time for a career move on Katrina's part coincided with our own need to put a full-time problem-solver on the street to work with our members. We can think of few folks better qualified to handle the number and huge variety of recycling situations that you present us with almost every day.

If you haven't met Katrina yet, please feel free to give her a call (866-229-1962) or drop an email to krideout@ir-network.com, especially if you've got a new opportunity or thorny recycling issue you'd like to chase down.

IRN Expands Membership Base

IRN has amended its membership policies to broaden access to IRN programs. There are two basic changes: (1) non-members will be able to access most IRN programs, and (2) membership has been expanded to allow inclusion of more public- and private-sector organizations. These changes have been advocated by many IRN members and were discussed and approved by IRN's member Advisory Board.

Expanding our membership is a question we've grappled with for a couple of years. Many institutions have approached us to use one or a few of our services, but couldn't justify full membership. We've found it particularly hard to turn away institutions that wanted to send surplus property for disaster relief, but found membership to be a barrier. These institutions can now access any of IRN's recycling programs, although they won't get the same price and service benefits that come with membership.

Similar factors influenced us to offer IRN services to organizations beyond our base in healthcare and education. Adding non-institutional members will allow us to take full advantage of the logistics infrastructure we've built over the past half-dozen years, and will give us even more influence in regional recycling markets. The result will be better pricing and service for everyone who uses IRN services – old and new, member and non-member alike.

Please call or email [Dana](#) or [Mark](#) if you have any questions.

[IRN and Connecticut Children's Medical Center Highlighted in CT Pollution Prevention Newsletter](#)

The CT Department of Environmental Protection (DEP) highlighted IRN's work with Connecticut Children's Medical Center (CCMC) in DEP's "P2 View" newsletter. CCMC came to IRN for help in disposing of a mix of materials from furniture to toys that needed a home. We made a match through our network of nonprofit disaster relief organizations, and arranged for almost 20 tons of furniture and equipment to be shipped for relief efforts in Haiti. A couple of months later, CCMC came back, and we found a home for additional high-end x-ray equipment. Besides the clear social and environmental benefits, CCMC saved about 30% of what it would have cost to throw the materials away.

RecycleMania in Full Swing

At press time, RecycleMania 2007 is about halfway through its 10-week annual recycling and reporting period. RecycleMania has over 200 participating schools this year, including 15 IRN members in six states. Playing no favorites, we wish all the best (but if there's anything we can do to help push you over the top before April 7 please let us know!).

SURPLUS PROPERTY PROGRAM NEWS

["One-Stop" Addresses Multiple Issues for IRN Members](#)

"One-Stop" continues to be IRN's fastest growing program, especially in healthcare, with more and more members taking advantage of the opportunity to ship several different recyclable materials at the same time, on the same truck. The most common One-Stop items are electronics, Universal Wastes, and surplus property, although some members are using One-Stop for commodities as diverse as cardboard and pallets.

Dana Farber Cancer Institute has been one of the most enthusiastic users of the One-Stop program. Starting last fall, DFCI effectively consolidated six separate recycling programs into one, using IRN's One-Stop, one-truck service to handle cardboard, electronics, Universal Wastes, appliances, pallets, kitchen containers, and surplus property. We arrive every Thursday morning and take whatever DFCI has accumulated for the week. From DFCI's perspective, they have gained

1. *Simplicity*: One set of recycling practices common to multiple materials across multiple departments.
2. *More efficient use of staff time*: The program more or less runs itself; day-to-day DFCI staff involvement is minimal.
3. *Cost effectiveness*: DFCI pays one pickup and transportation charge where it once paid four or five.
4. *Consolidated invoicing, material tracking, and recordkeeping*: DFCI receives a single invoice for all materials that move through One-Stop, and consolidated recycling reports to track recycling progress for nearly all the materials it recycles.
5. *Reduced loading dock congestion*: DFCI eliminated about three-quarters of recycling-related trips to and from its loading dock.
6. *Contribution to safety and health in Boston's Longwood area*: With 'sustainability' becoming a watchword on healthcare campuses, DFCI has done its part to reduce congestion and other traffic impacts.



[Click here](#) for a case study of Dana Farber's One-Stop experience. And please don't hesitate to contact the IRN by [email](#) or phone (866-229-1962) if One-Stop is an option you'd like to explore.

IRN Members Ship Three Million Pounds of Surplus for Disaster Relief in 2006

When we closed out 2006, the IRN had completed surplus property projects for over 75 different organizations in ten states. Most were in the Northeast, but we also had projects as far away as Texas and California. Projects ranged in size from an item or two picked up in an IRN box truck to major cleanouts for the University of Massachusetts, Princeton and others that filled as many as 25 shipping containers. Ultimately, the surplus was sent to a dozen different countries in Central and South America, Eastern Europe, Africa, and Asia. Several thousand items were sent to aid organizations in the southern U.S. as part of relief efforts for Hurricanes Katrina and Rita.



About three-quarters of the surplus came from large projects that filled at least one trailer or shipping container. But more than a quarter, and a majority of our projects, came from small cleanouts that IRN handled with our own trucking, often as part of a “One-Stop” pickup where we also handled electronics, Universal Wastes, appliances, or other materials. Items from these cleanouts were consolidated in IRN’s warehouses in Everett and Holyoke, MA, matched with surplus from other small projects, and dispatched in full container-loads to U.S. and overseas recipients. In 2006 IRN managed about one container-load every week of consolidated surplus from our warehouses. Already in 2007, we have seen a doubling in demand for this kind of local cleanout, to more than two container-loads every week.

On behalf of our nonprofit partners, we’d like to express our sincere appreciation to the over six dozen organizations who have made IRN’s surplus program such a success, and a model that is gaining nationwide attention.

IRN Expands Network of Nonprofit Partners

Related to the continuing expansion of our surplus program is expansion of the network of nonprofit organizations that are IRN’s partners in sending surplus property for disaster relief and economic development. IRN’s partners are a Who’s Who in the world of U.S. and overseas relief, including Americares, Food for the Poor, Food for the Hungry, Operation Blessing, Universal Heart, Feed the Children, the Christian Appalachian Project, Operation Compassion, the Children’s Hunger Fund, World in Need, and others. Whenever possible, we also match surplus with local organizations like the Massachusetts Coalition for the Homeless and local Massachusetts and New Hampshire school districts. With this network, we’re able to match surplus from almost any project, anywhere in the U.S., making the best fit with needy recipients worldwide, but without overwhelming any one relief organization. As we move into 2007, we’re continuing to expand our links with the relief and economic development community, and are making trips to personally reinforce our relationships with these partners, so that we can continue to reliably move surplus from corporate, educational, and healthcare generators into channels where it will do the most good.

Time to Plan for Spring Cleanouts

May through August are the busiest times of year for IRN’s surplus program, mostly because they’re the busiest times for our members’ Residential Life staffs. About a third of the annual total of surplus we handle comes from dorm cleanouts, renovation projects, and furniture replacements. If you’re planning a project like this, we ask that you give us as much lead time as possible, so we can plan the project with you, line up whatever resources you’ll need to complete the job (IRN staff, movers, deconstruction teams if needed, etc.), and match your inventory of surplus with our network of recipient organizations. Call or email [Mark Berry](#) if you have a project you’d like to discuss.

CONSTRUCTION WASTE MANAGEMENT UPDATE

[IRN at Greenbuild, November, 2006: "Network Aims for 85% C&D Recycling Rate"](#)

(Reprinted from *Waste News*, December 4, 2006. Copyright © Crain Communications, Inc. Reprinted with permission)

By Jim Johnson (
Denver – **December 04, 2006**

Mark Lennon considers himself a failure if his company can't recycle at least 85 percent of a construction or demolition project.

As founder and principal of the Institution Recycling Network, Lennon works with universities, hospitals and schools in New England to promote recycling.

"Our goal in life is to be a one-stop shop for recycling for our members," Lennon told a crowd at the **Greenbuild** International Conference and Expo in Denver last month. "We try to make recycling as simple as possible for our members."

Hundreds of attendees packed into an educational session at the show that examined how green building advocates can shrink the amount of waste from their job sites.

With about 25 percent of all waste in the United States being generated from construction and demolition activities, Lennon suggested examining ways to divert waste even before work begins.

That includes looking for options to remove and reuse items such as furniture, partitions, lighting, carpeting and even bathroom fixtures before the heavy equipment arrives on site to begin demolition.

While these used materials might be viewed as worn and worthless in this country, they still could have great value in other parts of the world, Lennon said.

Start thinking about reuse possibilities before the project, Lennon advised. "Anything that can be taken out of the building can find a reuse," he said.

Once demolition begins, contractors can expect to recycle items such as asphalt paving, land clearing debris, concrete, wood, metal and mixed waste.

And with new construction waste, virtually everything can find a new home, Lennon said. "There's just not a waste that comes off that job site that is not a recyclable material," he said.

Lennon's recycling cooperative is based in Concord, N.H., and the region's higher landfill tipping fees make recycling an attractive financial option, he said.

"We've been doing this now full-time for four years. We don't see many materials for which we don't have a market in the Northeast," he said.

Perceived barriers to recycling such as cost, added time and additional space all can be overcome, he said.

"We routinely achieve recycling rates of 85 to 95 percent. If we don't get something like 85 percent on any project, we basically consider that we failed our goal on that project," Lennon said.

"Particularly in the Northeast, where we are active, but for many materials throughout the country, recycling is considerably less expensive than disposal," he told the crowd.

On the new construction side, projects seeking green building status through the U.S. Green Building Council's Leadership in Energy and Environmental Design program can earn points toward certification based on how much they recycle.

[Click here](#) to see IRN's *GreenBuild* presentation.

Harvard Recycling Efforts Highlighted at BuildBoston

IRN's work with Harvard University was the focus of a well-attended workshop at BuildBoston in November. IRN brought together managers from Harvard, Daedalus Projects, G. Greene Construction, and Richard White Sons to discuss several of the more than dozen construction waste projects that IRN has managed on Harvard's behalf. Highlighted projects included:

Schlesinger Library (Radcliffe Institute for Advanced Study). Complete interior gut-renovation with selected exterior renovation. Materials captured for reuse included library carrels and shelving, desks, chairs, and lounge furniture; doors; built-in cabinets, and kitchen equipment and furnishings. Recycled materials included wood, metals, brick, block, and concrete, drywall, cardboard, and cans and bottles. The project recycling rate was 99.1%.

Hamilton Hall (Harvard Business School). Interior full gut and renovation (45,000 sq ft), with replacement of exterior windows. Materials donated for reuse included dorm furniture (beds, mattresses, bureaus, etc.), bathroom fixtures and toilet partitions, countertops, lounge and kitchen furnishings, and doors and windows. Materials recycled included landscaping materials in addition to the more common wood, metals, asphalt, brick and concrete, gypsum wallboard, and cardboard. The final project recycling rate was 97.1%.

Blackstone Office Building (Harvard University Operations Services Headquarters). Interior full gut-renovation and exterior renovation of brownfield former power plant (45,000 sq ft) into office space. Components salvaged for reuse included plumbing/bath fixtures, windows and doors, HVAC equipment, walk-in coolers, and wood timbers. Recycled materials included concrete, brick, and block, metals, wallboard, and cardboard, for a final project recycling rate of 99.5%



This presentation was also featured in a [December 13 article in Architecture Week](#).

IRN Achieves 98% Recycling Rate for Boston Green Roundtable's NEXUS Resource Center

When Boston's Green Roundtable was planning its NEXUS green building resource center, sustainability during construction was a top priority. NEXUS is set up to be a one-stop resource for green building information, bringing together educational exhibits, tradeshow space, a resource and sample library, and expert staff to provide real-time guidance through green building issues. Taking over 6,000 square feet of office space in the heart of Boston's Downtown Crossing, the Green Roundtable registered the project for LEED CI (Commercial Interiors) certification. Reuse and recycling during renovation and fit-out were high priorities, and the Green Roundtable asked the IRN for help.

Plans called for the full gut and rebuild of all interior space, including selective demolition and renovation of floors, ceilings and most interior partitions to update wiring, plumbing, mechanicals, fire protection, ADA codes and façades. Recyclable demolition materials included carpet, ceiling tile, gypsum wallboard, and metals. Consistent with the Green Roundtable's (and our own) desire to maximize opportunities for reuse, we looked for ways to reuse or donate items like furnishings, doors, partitions, and bath fixtures to maximum extent we could.

New construction involved the rebuild of all space into educational, library, office, showroom, and meeting areas. Opportunities for recycling during construction and fit-out included gypsum wallboard, ceiling tile, wood, metal, carpet, and cardboard.

From a recycler's perspective, the project was pretty straightforward, with one small exception: there was no room on site for even a single waste container. All wastes had to be held in the NEXUS space and then 'live loaded' to get to markets. As a result, we worked closely with demolition contractor Shawmut and new construction contractor C&L to stage wastes in the NEXUS space and then bring in containers to live-load when we had enough material to do so. We made extensive use of large, wheeled plastic totes, the

freight elevator, and our own truck to move wastes offsite and to market as quickly and efficiently as possible.

The results: a 98% recycling rate, with over 45,000 pounds of material reused or recycled, and less than 1,000 pounds disposed as residuals from the processing and recycling of mixed debris. We delivered LEED MR Credits 2.1 and 2.2 for a 75% recycling rate, and will be applying for a LEED Innovation Credit for that extra 23% recycling above the 75% threshold.

NEXUS held its grand opening on February 1st, and is truly a great resource – for green building professionals, and for green building beginners as well. NEXUS is located at 38 Chauncy Street in Boston, and is open daily from 10 until 6. Definitely check it out if you get a chance.

Updated “Green Guide for Healthcare” Builds on Healthcare Sustainability Momentum

Version 2.2 of the Green Guide for Healthcare (GGHC) was released on February 9. Structured much like the U.S. Green Building Council’s LEED Rating system, the GGHC addresses a number of facility features and operating considerations that are specific to healthcare. The third release since the GGHC was first rolled out in late 2003, Version 2.2 is the most significant revision to date, and marks the end of GGHC’s pilot phase of development. To obtain more information, download the Green Guide, or inquire about registering a project, visit www.gghc.org.

MEMBER SPOTLIGHT – SALEM STATE CLEANS OUT

Salem State College is one of IRN’s newest members. When they joined the Network last fall, one of the first things they wanted to do was clean out. Like many schools, Salem State had accumulated thousands of pounds of recyclable and reusable materials in basements and storage rooms all across campus. When they heard that IRN could handle this stuff in one fell swoop, they asked us to get going.

So in January, over the course of three days, the IRN helped Salem State recover an estimated 45,000 pounds of seven different recyclable materials, including paper, cardboard, obsolete computers and other electronic equipment, batteries, fluorescent lamp ballasts, old furniture, and outdated equipment and machinery. The effort was led by Tom Osborne and Evelyn Wilson from Salem State, and coordinated by Katrina Rideout for the IRN. The cleanout involved close to a half dozen academic and administrative



departments, as well as facilities staff, movers, recycling haulers, and four different end markets.

“The plan was to conduct this as a coordinated event so everyone was working on the same *clean up and clean out* theme,” said Rideout. “The planning was intense, but the support from the college was exceptional. Evelyn did a great job pulling together the academic and administrative departments, and Tom’s coordination with the Facilities Department was invaluable. We all knew there was a lot to be recycled, but the final volume was staggering.”

What made the Salem State project unique was the number of people and departments involved during a very short turnaround project. “We have recycled

more tonnage from campuses in the past, and we have managed more staff on site in a single project,” said Rideout. “But we’ve never seen so many people from so many departments pitch in to help. It was an intense three days, but the results speak for themselves.”

The project’s result was a positive example of multiple departments working together on a common project, newfound environmental awareness for students, faculty, and staff, and thousands of pounds of materials being returned productively to the local economy. And not least important, Salem State saved

thousands of dollars compared to the cost of throwing the same stuff away. “This was a project with only winners all around,” said Salem State’s Wilson, “an example we plan to repeat again in the future.”

And in fact, Salem State has booked the IRN for another three days in the spring – to grab the thousands of pounds of recyclable materials that have come to light as a result of the January cleanout and the campus-wide publicity and awareness that it generated.

STATE AND FEDERAL GOVERNMENT UPDATE

Massachusetts Gets Aggressive With Waste Ban Enforcement

Last fall, as part of a statewide campaign to cut down on disposal of recyclable materials, the Mass. Department of Environmental Protection sent inspectors to a number of solid waste facilities to monitor compliance with the state’s waste bans. The results: One of every five truckloads of solid waste were found to be in violation of state disposal bans. One-third of the violations involved cardboard, which in some cases amounted to 40 percent of the material being thrown away.

DEP cited twelve companies and organizations for illegal cardboard disposal, including waste haulers Allied Disposal of Quincy, BFI Waste Systems of Revere and Yarmouth, Frade’s Disposal of New Bedford, and Waste Management of South Hadley and Stoughton. In addition, DEP cited nine generators for violating the ban on cardboard disposal, including the American Red Cross, Building 19, Ethan Allen Furniture, Friendly Fruit, two Home Depot stores, office supplier Lindenmeyr Munroe, Wright Line, and Westfield State College.

Boston Requires LEED Certification for All Public and Private Projects Over 50,000 Square Feet

Following a public hearing on January 10, the Boston Zoning Commission approved several amendments to the Boston Zoning Code to require all projects over 50,000 SF to be designed and planned to meet the “certified” level using the US Green Building Council’s tm, Leadership in Energy and Environmental Design (LEED) building rating systems. Click [here](#) to view the Green Building presentation to the Boston Zoning Commission. Click [here](#) to view the Boston Zoning Code Green Building Amendments.

Multiple C&D Bills in New Hampshire Legislature

A half dozen bills related to construction and demolition wastes are working through the New Hampshire legislature. The most visible have to do with the combustion for energy recovery of C&D debris, which has become a hot-button topic in New Hampshire. These bills (HB0427, HB0428) would make permanent a current temporary ban on C&D combustion. With the public support of New Hampshire’s Governor and Commissioner of Environmental Services, they are likely to become law. More friendly to C&D recycling, but probably less likely to be enacted, is a piece of legislation (HB0924) that would mandate a 75% recycling rate from any construction project built with state funds, unless it could be demonstrated that recycling is more costly than disposal.

Presentations from January 25 EPA Conference on Compliance and Green Tools Available Online

Over 100 healthcare environmental staff attended EPA’s excellent conference on environmental compliance issues and sustainability opportunities on January 25. If you were unable to attend, EPA has posted the workshop presentations online at www.nhha.org/epaworkshop/agenda.htm. Conference sessions covered: Lessons learned from recent enforcement activities; Introduction to Managing Pharmaceutical Waste; Audit Policy – EPA and New England Hospitals; Overview of JCAHO Surveyors Tool; Overview of the “Green Guide to Health Care”; Energy Star and Healthcare; and Construction/Demolition Reuse and Recycling (presented by IRN’s Mark Lennon).

Federal Online Tool to Help Colleges Comply with Environmental Laws

A new federal online tool will help colleges and universities understand and comply with environmental laws.

The U.S. Environmental Protection Agency, working with a consortium of higher education organizations, is planning to launch a compliance assistance center to improve environmental management on campuses. It will include a virtual campus tour online to enable college and university officials to identify priority environmental issues at their schools.

EPA Administrator Stephen Johnson announced the program last fall, and the online tool is expected to become operational in mid-2007. EPA will be providing up to \$350,000 in grants over the next five years to develop the center.

The National Association of College and University Business Officers, the Campus Consortium for Environmental Excellence, the Campus Safety, Health and Environmental Management Association and the Association of Higher Education Facilities Officers are cooperating on the project.

More information is available at www.epa.gov/compliance/assistance/centers/index.html.

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