



Lighten Up, Frankfort!

A Community Project to Reduce Local Carbon Emissions

www.FrankfortClimateAction.net



Appalachia – Science in the Public Interest



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For those that wish to implement a similar program in their own community, we would be happy to share what we have learned. Originals of any documents produced for the project are available and could be adapted for your local use. Please feel free to contact us.

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Introduction

The *Lighten Up, Frankfort!* initiative was designed to help residents of Franklin County, Kentucky, reduce their household greenhouse gas emissions. The project was created by the Frankfort Climate Action Network (FrankfortCAN) and operated in partnership with Appalachia – Science in the Public Interest (ASPI), a non-profit organization with offices in Frankfort and Mt. Vernon, Kentucky. FrankfortCAN was created in 2006 by Franklin County residents motivated by the urgency to prevent climate change. ASPI was established in 1977 and for 35 years has worked to support the health and resilience of Kentucky’s environment and communities. The two organizations have worked together on many projects since FrankfortCAN was started and this collaboration continued with *Lighten Up, Frankfort!*

This report is written for those concerned about taking action at the local level to confront climate change. It describes our experience with creating and implementing a local project in Frankfort, Kentucky. The report describes our project, how it started and how it worked, and what our results have been. It shares the lessons we’ve learned. If you are interested in implementing a similar project in your own community, it may offer some guidance. It is not a how-to manual, but by learning about what we did in Frankfort, perhaps you will learn something that will be useful to you in your situation.

According to a greenhouse gas emissions inventory prepared for the City of Frankfort, the residential sector accounts for 60% of the City’s greenhouse gas emissions (Jackson, Henry, “The City of Frankfort, Kentucky and Frankfort Electrical and Water Plant Board Energy and Greenhouse Gas Emissions Inventory,” 2009). Focusing attention on the residential sector would be an effective way to educate the community, empower people to take action in their own lives, and make a difference to lower the City’s overall greenhouse gas emissions.

In the fall of 2009, FrankfortCAN launched *Lighten Up, Frankfort!*, as a pilot project. The program uses a book called *Low Carbon Diet* by David Gershon of the Empowerment Institute. *Low Carbon Diet* is used in communities around the country to guide households through a series of actions to reduce their household energy use and carbon emissions. The book is inviting and easy to use. Participating households are encouraged to form teams which meet four times over the course of one to three months to work through the book together.

For the 2009 pilot project, FrankfortCAN partnered with nine local organizations, including churches, the County Cooperative Extension Service, the local water and electric utility, the city school board, and the local university. These organizations invited people associated with the organization to join a team. FrankfortCAN provided training and guidance for team leaders and presentations about climate change and the *Lighten Up, Frankfort!* program. FrankfortCAN also tracked each team’s progress and collected information about the actions that each household took and the estimated reductions in greenhouse gas emissions for each.

Eleven teams were formed during the pilot of *Lighten Up, Frankfort!* and sixty-one households participated. At the end of the pilot in December 2009, thirty-five households had reported their results with an estimated 253 tons of reduced greenhouse gas emissions.

Following the successful completion of the pilot project, FrankfortCAN partnered with ASPI to submit a grant application to the US EPA's Environmental Justice Small Grants Program. FrankfortCAN is an all-volunteer community organization. One lesson we learned during the pilot project was that we would need someone with time to dedicate to the project if it was to continue and grow. While FrankfortCAN had many active members, none were able to volunteer the amount of time that would be needed if the project were to continue. We therefore submitted a grant application to the US EPA and in July 2010 were awarded a \$25,000 grant to implement the *Lighten Up!* project throughout the community.

A Model for Other Kentucky Communities

This project is intended to serve as a model for communities across Kentucky, a state which uses coal to generate 93% of its electrical power. For many years, "cheap electricity" from "cheap coal" has discouraged investments in energy efficiency in Kentucky. The result has been that, even though the state has among the lowest electric rates in the country, Kentuckians have relatively high electric bills. Kentucky has the sixth highest per capita energy use in the United States and the sixth lowest energy prices (Governor's Office of Energy Policy, "Intelligent Energy Choices, Kentucky's 7 Point Strategy for Energy Independence," 2008). In terms of greenhouse gas emissions, Kentucky ranked 13th among the 50 states in total CO₂ emissions, despite ranking 26th in total population.

These factors make Kentuckians especially vulnerable to rising energy costs and makes Kentucky a critical state for investing resources in energy efficiency and conservation. Despite its relatively low population, Kentucky contributes significantly to our nation's energy use and greenhouse gas emissions. *Lighten Up, Frankfort!* offers a model for how communities throughout Kentucky can take control of their energy use and contribute to lowering our state's consumption and emissions.

Project Goals

The US EPA provided FrankfortCAN with twelve months of funding to hire a project coordinator and roll out the program to the Franklin County community. *Lighten Up, Frankfort's!* goals for this period were to involve 400 households to work through the Low Carbon Diet and to achieve a total of 1,000 tons of reduced carbon emissions. Other desired results of the project were to reduce household energy use and costs, increase community members' awareness of the need to mitigate and adapt to climate change, reduce household waste generation, reduce household water use, and build a sense of empowerment and social connection within the community.

Results

The *Lighten Up, Frankfort!* community-wide project rolled out in September 2010 and was concluded in September 2011. At the conclusion of the project, 302 households had signed up to participate in the program, but only 205 households completed the program and turned in their Reporting Forms. The total reductions in greenhouse gas emissions for participating households equaled 839 tons CO₂ per year. The average CO₂ reductions per participant equaled 4.1 tons/year (or 9,024 pounds). While 43 teams were signed up with the program, 33 actually completed the project.

While *Lighten Up, Frankfort's!* focus was to work with households, a number of local businesses associated with the project implemented significant changes to reduce their own energy use and CO₂ emissions. They were recognized as *Lighten Up!* Partners at the conclusion of the project. Three of these businesses received technical support from the staff of ASPI and *Lighten Up, Frankfort!* The Capital Plaza Hotel in Frankfort implemented an extensive lighting retrofit which is expected to reduce CO₂ emissions from the hotel by 732,279 pounds per year (or 332 tons/year). Earth Tools, Inc. installed a 12.2 KW solar photovoltaic system which is expected to generate 13,493 kWh per year and reduce the business's CO₂ emissions by 26,986 pounds (or 12 tons/year).

The Frankfort Area Chamber of Commerce was another Commercial Partner. The Chamber helped us to promote the program to their membership and co-sponsored an educational workshop about energy efficiency opportunities for businesses. Following this workshop, the Chamber asked *Lighten Up!* for help with an energy assessment for their office, an historic building in downtown Frankfort. We provided the assessment and a report with recommendations. As of this writing the Chamber has not reported further actions following up on our recommendations.

The owner of Inside Out Design, a landscape design firm, participated in a *Lighten Up!* team. Inside Out Design built a new office building in 2011 and incorporated many green building principles, including installation of a solar photovoltaic system and a geothermal heating and cooling system. They then participated in the Capital Area Solar Tour in October 2011, opening up their office for the Tour. They have been recognized as another Commercial Partner of *Lighten Up, Frankfort!*

The combined results of *Lighten Up's!* residential participants and business partners are 1,183 tons of annual CO₂ emission reductions. Table 1 summarizes the project's total carbon emission reductions. Table 2 summarizes the total number of households and teams that participated in the project, including the 2009 pilot project and the community-wide project in 2010 - 2011.

Table 1 – Project Results – Total CO2 Emission Reductions

	Annual CO2 Emission Reductions (Pounds)	Annual CO2 Emission Reductions (metric tons)
2010-2011 Participating Household Results	1,292,157 lbs	586 tons
2009 Pilot Results	557,108 lbs	253 tons
Total Household Results	1,849,265 lbs	839 tons
Commercial Partner - Capital Plaza Hotel	732,279 lbs	332 tons
Commercial Partner - Earth Tools, Inc.	26,986 lbs	12 tons
Total Household plus Commercial Partner Results	2,608,530 lbs	1,183 tons

*One metric ton = 2,204.6 pounds.

Table 2 – Number of Participating Households and Teams Completing the Program

	<u>2009 Pilot</u>	<u>2010-2011</u>	<u>Total Project</u>
Participating households	35	170	205
Teams	11	22	33

A Lighten Up! Family Shares Their Story

“For lighting, heating, and cooling, we added CFL bulbs, insulation, and a programmable thermostat, and set the temperature a little higher in the summer and a little lower in the winter. We spent \$567 and lowered our energy consumption by an average of 30%. After 10 months, our energy cost savings paid for our investment, and now we get to keep the \$700 per year we’re saving on energy costs (more if rates rise)! Also, we lowered our carbon footprint by about 25%.”

How We Did It

Lighten Up, Frankfort! was structured to work through local organizations, who would form teams of interested people. Each participant would work through the program on behalf of their household, using the workbook *Low Carbon Diet* as a guide. The Low Carbon Diet is focused on actions people can take in their daily life to reduce their carbon footprint and energy use, while also saving on utility bills, reducing waste and conserving water. Empowering others to take action is an important component of the program, as well. We chose to have participants work together on teams in order to provide mutual support and create a sense of community and shared purpose. The Empowerment

Institute (publisher of *Low Carbon Diet*) has found this to be a very effective model for creating social change.

Each team had a Team Leader who played a critical role in the project. The Team Leader was responsible for finding team members, bringing the team together, organizing meetings, supporting the work of team members, communicating with the *Lighten Up!* Coordinator or FrankfortCAN liaisons, and ensuring that participants completed the program and turned in their Household Reporting Forms. These Forms (a.k.a. “CO2 Reduction Action Plans”) documented the actions each participant had taken (or committed to) and the expected emission reductions from those actions.

The *Low Carbon Diet* uses generalized estimates for the CO2 emission reductions that can be expected from each action. The book was written to make it accessible and easy to use and therefore does not provide for detailed, site-specific calculations of carbon savings for each action. It sacrifices precision for the sake of empowering a larger group of people to take action in their personal lives. When developing the *Lighten Up!* project, we decided that making the project easy to use was important as a way of getting more people engaged. The quantified carbon emission reductions we achieved are therefore estimates. Later on in this report I’ll offer some more comments on the tradeoffs between quantitative precision and accessibility.

The *Lighten Up!* Coordinator and volunteers from FrankfortCAN provided support to the Team Leader and teams throughout the process. This included hosting team leader trainings, production of a Team Leader Handbook, and providing other resources and technical support as needed.

Teams usually met four times over the course of one to three months. Each meeting had a specific purpose and followed the structure provided in the *Low Carbon Diet*.

Table 3 – Team Meeting Process

Meeting One: Team Building

Purpose: Introduce team members to each other and build the team; get an overview of the goals and process; learn how to measure carbon footprints; calculate the footprint of one or more households.

Meeting Two: Cool Lifestyle Practices

Purpose: Share each household’s carbon footprints and carbon reduction goals, review possible “cool lifestyle” actions to take from Section One of the *Low Carbon Diet* book.

Meeting Three: Cool Household Practices

Purpose: Discuss actions taken since last meeting; review possible “cool household systems” actions to take from Section Two of the *Low Carbon Diet* book.

Meeting Four: Empowering Others to Lose Unwanted Pounds

Purpose: Discuss actions taken since last meeting; talk about how to empower others to reduce their carbon footprints; set goals for outreach to others. Complete Household Reporting Form (aka. CO2 Reduction Action Plan).

After the final meeting, participants were expected to complete the Household Reporting Form and return it to the *Lighten Up!* Coordinator. The Coordinator would enter the participant's information into a database that allowed us to track our progress. We used Google documents, a free service of www.gmail.com, to create and share the database and other documents between the Coordinator and the *Lighten Up!* Planning Team. We found this to be a useful and effective system for sharing information and collaborating on documents.

Organizational Structure

The *Lighten Up!* Planning Team consisted of eight volunteers from FrankfortCAN, along with the *Lighten Up!* Coordinator and the ASPI Project Manager (Andy McDonald). They met regularly to develop and implement the project. Their meetings were held at least once per month during FrankfortCAN's regularly scheduled meetings. *Lighten Up!* planning would often occur last on the agenda, after all other business was completed. After the funding from the US EPA was received, the Planning Team hired the *Lighten Up!* Coordinator, who then became responsible for the day-to-day operations of the project. The Coordinator was supervised by Tona Barkley, who had coordinated the Pilot Project in 2009, and Andy McDonald. The EPA grant included funding to enable ASPI to manage the grant, provide supervision for the Coordinator, and organize a series of educational events. The project supervisors met with the Coordinator at least twice per month to review the status of the project.

The *Lighten Up!* Coordinator was paid to work 25 hours per week and the Project Manager worked (on average) four hours per week on the project. We ended up hiring two Coordinators. Our first Coordinator, Lisa Satin, left in February 2011 after being offered a full-time position with another organization. We then hired Casey Sterr, who served as the Coordinator until the end of the project. Casey was familiar with the project as he had previously worked with ASPI and was involved in the administration of the EPA grant. This made the transition between the two Coordinators as smooth as could be expected.

We estimate that the eight volunteers on our *Lighten Up!* Planning Team worked at least 590 hours on the *Lighten Up!* project between August 2010 and September 2011, during the community-wide implementation of the project. This does not count time spent developing the project, nor time spent during the pilot phase in 2009.

The total project budget for the community-wide project was \$28,000, with \$25,000 being provided by a grant from the US EPA Environmental Justice Small Grants Program and the rest being provided by FrankfortCAN and ASPI. About \$20,000 was used for salaries and \$8,000 for project expenses (such as printing, marketing, postage, rent, phone service, and supplies).

Strategies for Building Community Involvement and Attracting Participants

Lighten Up, Frankfort! employed a variety of strategies for attracting organizations and individuals to participate in the program. Attracting new participants was one of the most challenging parts of the project. We discovered that the need to attend multiple meetings was a barrier to many people, who already felt over-extended by their existing commitments. FrankfortCAN's *Lighten Up!* Planning Team worked alongside the *Lighten Up!* Coordinator to build interest and involvement in the program.

1. **Recruiting Partner Organizations** – At the beginning of the project, members of the Planning Team identified potential partner organizations. These potential partners were selected based on their perceived openness to participate in a project such as this. This judgment was based on their role in the community, the focus of their work, and personal connections the Planning Team had with the organizations. Each member of the Planning Team then went out and invited these various organizations to participate. Once the project was underway, recruiting new partners was an ongoing process. Sometimes new partners were invited to join by Team Leaders or *Lighten Up!* participants. The Team Leaders were often the motivating force behind a successful team and in some cases, teams were formed by a group of friends or co-workers, rather than by a formal organization.
2. **Promotional Campaign** – FrankfortCAN employed a multi-faceted promotional campaign to attract new participants to the program. This included:
 - **TV ads and Public Service Announcements on the local cable TV station.** Frankfort's cable TV station, Cable 10, is owned by the Frankfort Electric and Water Plant Board (FPB), which is a municipally-owned utility. The FPB joined *Lighten Up!* during the Pilot phase in 2009 and was a strong supporter of the project. Cable 10 helped us produce a number of TV ads. These were broadcast at various times over the 12 months of the project. Some of the ads were broadcast for free as PSA's and other FrankfortCAN paid for.
 - **Ran TV ads on Frankfort city buses.**
 - **TV broadcasts of FrankfortCAN events.** Cable 10 filmed and broadcast many of FrankfortCAN's events, at no cost to FrankfortCAN. Most or all events were broadcast more than once to Cable 10 viewers.
 - **Produced two 30 minute TV programs about *Lighten Up!*** FrankfortCAN produced two panel discussion featuring *Lighten Up!* participants that were broadcast on Cable 10. Both programs were filmed by Cable 10 at their studio. The second program was hosted by professional TV interviewer Bill Miller.

- **Fliers inserted into electric bills for 20,000 customers of FPB, the local electric utility.** FPB shared the cost of printing the fliers and inserted them into their mailings at no charge.
 - **Fliers distributed to all schools in the Franklin County School District and Frankfort Independent Schools.** Fliers were printed by FrankfortCAN and sent home with every student.
 - **Presentations made to numerous community groups and churches.**
 - **Membership in the Frankfort Area Chamber of Commerce enabled FrankfortCAN to reach out to the business community and partner with the Chamber on multiple events.** This enabled Frankfort CAN to use the Chamber's network and mailing lists for promoting *Lighten Up!* and its events.
 - **Received coupons and discounts from numerous Frankfort merchants to provide to everyone who completed the project and turned in the CO2 Reduction Action Plan.**
 - **Produced buttons and bumper stickers for everyone who completed the program.**
 - **Produced a table-top educational exhibit about *Lighten Up!* and displayed it at numerous community events throughout the year.**
 - **Organized numerous educational events about home energy conservation, solar energy, and climate change (see below for more details).**
 - **Organized social events and recognized the achievements of participants, our partner organizations, and the project.**
 - **Maintained a website with up-to-date information about the project.**
 - **Partnered with other community organizations on their events, to provide mutual support and solidarity.**
 - **Used the local Frankfort newspaper to promote *Lighten Up!* and its events.** Issued press releases, invited reporters to cover our events, ran notices in the Community Calendar, had stories written by local columnists (our County Extension Agents), and ran paid advertisements.
 - **Spoke personally to the members of many organizations to invite their participation, using our personal relationships to start conversations.**
 - **Partnered with state agencies working to promote clean air and conservation, to cross-promote one another's programs.**
3. **Developing Team Leaders** – As has been mentioned, Team Leaders played a critical role in the success of the project. In many cases Team Leaders were the ones to find the participants to fill their teams, either from their church, office, or neighborhood. FrankfortCAN tried to provide all the support necessary to enable Team Leaders to succeed. This included organizing Team Leader Trainings, producing a Team Leader Handbook, and working one-on-one with Team Leaders as-needed to meet their individual needs.

4. **Celebrations and Community Events**– Special events were held periodically to recognize the achievements of our participants and partners. These included free social events, open to the public, held at a coffee shop in downtown Frankfort; the *10-10-10 Global Work Party for Climate Action*, held in conjunction with 350.org and thousands of other groups across the world; and *Moving Planet*, another global event organized by 350.org to bring attention to climate change.

Educational Outreach

Educating the community was a primary goal of the *Lighten Up, Frankfort!* project. Our educational campaign had the following elements:

1. **Website** – We maintained up-to-date information about *Lighten Up!* at www.FrankfortClimateAction.net. Promotional materials and Reporting Forms could be downloaded from the website. Our TV ads and other videos about the project could be viewed there. The website also provides resources about the actions people could take as they worked to reduce their carbon footprint.
2. **Exhibiting at public events** – FrankfortCAN created a table-top exhibit about the project which was used at many community events. These included Reforest Frankfort, several Earth Day events, and the Heartwood Music Festival.
3. **Educational Events and Workshops** – FrankfortCAN organized the following educational events during the course of the year:
 - a. A Seminar on how to conduct home energy assessments.
 - b. Seminars on home energy conservation and the Kentucky Home Performance program.
 - c. A workshop on energy efficiency opportunities for businesses co-sponsored by the Frankfort Area Chamber of Commerce.
 - d. The Capital Area Solar Tour, featuring high performance buildings and solar homes.
 - e. Demonstration of a home energy audit and blower door test.
 - f. Presentation by Dr. Matthew Sleeth on Christian spirituality and caring for creation. This was our best-attended event and involved participants from many churches.
 - g. Showing of the film “Carbon Nation” about solutions to the climate crisis.
 - h. Book discussion of *Eaarth* by Bill McKibben.

What We Learned

Lighten Up, Frankfort! achieved some of our goals but fell short on others. We achieved over 1,000 tons of reduced carbon emissions, but without the participation of our commercial partners, the Capital Plaza Hotel and Earth Tools, we only achieved 839 tons of emission reductions. We had aimed to involve 400 households in the project and projected that each household would cut their emissions by 5,000 pounds each. In the end, only 205 households completed the project and turned in their Reporting Forms. They averaged 9,024 pounds of CO2 reductions – more than we expected from each participant.

Beyond those actively participating in the project, we reached tens of thousands of people in the Frankfort community with our message about saving energy and solving the climate crisis. Between our numerous local TV ads, our two 30 minute TV programs, fliers that went out to about 30,000 homes, regular notices and stories in the local newspaper, and our presence at many community events, we exposed many people in the community to our message.

As we understand the gravity of the climate crisis and the need to take rapid, dramatic actions on a global scale to change how civilization uses resources, it is difficult to feel satisfied with our accomplishments. The following reflections on what we've learned may be helpful to others as they work to reduce carbon emissions and achieve sustainability in their own communities.

1. **Recruiting participants was our greatest challenge.** As time went on it seemed more difficult to find people willing to commit to joining a team and doing the program.
2. **The use of four team meetings was a barrier for many people.** Many people interested in the program expressed concerns about being able to fit four more meetings into their lives. Many of these people are already active in the community, have full-time jobs that involve lots of meetings, and have children.
3. **Lack of time may be a major barrier preventing people from doing more to conserve energy and address their climate change concerns.** Money may not be the biggest obstacle for some people. It takes time and attention to work through the Low Carbon Diet and to assess how energy is used in your home. Many actions we can take don't require much money, but they do require attention. Programs are available to assist people with the costs of energy audits or home energy improvements (such as Kentucky Home Performance, State and Federal Tax Credits, and free energy audits from some utilities). However, such programs are often under-utilized despite the financial incentives being offered.
4. **Getting people to complete the program and turn in their reporting forms was a challenge.** Almost one-third of the people who signed up for the program did not complete it. The reasons for this may have to do with the time commitment required to attend the meetings and actually make the changes involved in the program.
5. **People from diverse backgrounds are concerned about climate change** and willing to make changes in their personal lives to do something about it.
6. **Churches can play an important role in the struggle to address climate change.** For many churches the care of creation has become an important issue. Churches reach people in all segments of the community and can be very valuable partners in this effort. One of our most successful events was a presentation about "Caring for Creation" with Dr. Matthew Sleeth. We filled a church hall and had people from many different churches come out for the event.
7. **Partnering with local organizations, churches, and civic groups can be an enormous benefit to projects such as this.**
8. **A simplified process enabling people to do the project on their own, using a one-page document instead of the book, may be helpful for some people.** Late in the project we adapted the process to enable people to work through the Low Carbon Diet on their own, using a condensed one-page worksheet. No meetings were required. We developed this in response to

feedback we received from many people that they were interested but did not have the time for the full program. The one-page worksheet was posted online at our website and hard-copies made available at a number of locations around town. We also mailed the “one-pager” to everyone on our mailing list whom we knew to have started but not completed the project. Twenty one people responded and turned in the one page worksheet.

9. **Better community-organizing skills, or the resources to hire a community organizer to work alongside the Coordinator, might have led to greater results.** We focused a great deal of our efforts on recruiting people to join the program and struggled with how to get them to complete it. This is evidenced by the fact that 32% of the people who signed up for the program never completed it. With an experienced community organizer working with us, we might have had greater success recruiting participants and getting them to complete the program. Managing this project required many roles, which our Coordinators handled very well - community outreach, marketing and promotions, data management, communications, public education, and coordinating all this. Adding the skills and time of a community organizer would have been a great asset to the program.

Final Thoughts on the Design of the Program

The *Low Carbon Diet* offers a ready-made program and a very accessible workbook for people interested in working with others to reduce their carbon footprint. For the many people who are not interested in precisely measuring their kilowatt hour savings, water consumption, waste production, calorie intake, pounds of recyclables kept from the landfill, etc., it offers a relatively simple system for estimating the CO₂ emission impacts of different lifestyle choices. But its simplicity and reliance on general estimates is a limitation of the program. The program is not meant to provide a precise quantification of actual CO₂ emission reductions, but to empower people to take positive actions that will contribute to solving the climate crisis. In choosing to use the *Low Carbon Diet*, we decided it was more important to make the program accessible to many people and to facilitate their participation than to make it quantifiably precise. The project not only achieved some degree of carbon savings, but also motivated 195 people to sit down together and talk about their concerns about climate change and energy. Non-quantifiable benefits grew from these conversations, which may be as important as the quantifiable changes.

After working on this project for over two years, we still have questions about the method.

1. For each participant who turned in a Reporting Form, how will their actual energy savings and CO₂ reductions compare to what they reported?
2. How long will these changes last? Are we making permanent or temporary changes in people’s lives?
3. Will people actually follow through on the actions they committed to? We know in some cases they have, but in most cases we don’t know.

4. Did participation in the project lead to changes beyond what's captured in the Reporting Form? If so, what were those changes?
5. Does taking some small actions to address climate change lead people to taking bigger steps or absolve them of the need to do anything else because they have "done their part?"
6. Does a project such as this contribute to the transformation of society that's needed or just make its participants feel better?

Acknowledgements

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United States Environmental Protection Agency – Environmental Justice Small Grants Program

Lighten Up, Frankfort! Planning Team: Tona Barkley, Marti Booth, Rachel Harrod, Connie Lemley, Andy McDonald, Fonda McWilliams, Jim Pierce, Dick Watkins, Nancy Watkins

Lighten Up! Coordinators Lisa Satin (September 2010 – February 2011) and Casey Sterr (February 2011 – September 2011)

Frankfort Climate Action Network Sustaining Members: Michael and Beth McDonald, Jim and Fonda McWilliams, Farmers Bank, Inside Out Design, Tona Barkley, Dick and Nancy Watkins.

David Gershon, author of *Low Carbon Diet*, not only for publishing the book that was the foundation of our program, but for offering technical assistance along the way and for granting permission for us to adapt his book into a "one-page" do-it-yourself program.

Partner Organizations Who Formed Teams Completing the Program:

Churches

Bridgeport Christian Church

First Christian Church

First United Methodist Church

Immanuel Baptist

South Frankfort Presbyterian Church

Unitarian Universalist Community of Frankfort

Civic Organizations

Envision Franklin County

La Jardiniere Garden Club

Rotary Club

Non-Profit Organizations

Frankfort Chapter of the United Nations Association
Frankfort Climate Action Network
Interfaith Alliance of the Bluegrass
Paul Sawyer Public Library

Neighborhood Associations

Country Lane Estates Neighborhood
Crestwood Neighborhood Association
South Frankfort Neighborhood Association

Schools/Universities

Franklin County Extension Office – Master Gardeners
Franklin County Extension Office - Homemakers
Kentucky State University

Businesses

Frankfort Electric & Water Plant Board

Government

City of Frankfort
Kentucky Heritage Council
Kentucky Nature Preserves Commission
State Office Building Green Team

Other Participating Organizations: Ba’hai Community, Collins Lane Elementary, Elkhorn Middle School, Frankfort Independent Schools, Good Shepherd Girl Scout Troop, Montrose Park Neighborhood Association

Lighten Up, Frankfort! Team Leaders: Ben Griffith, Erin McCauley, Nancy Watkins, Becky Bishop, Lisa Satin, Connie Lemley, Marti Booth, Nancy Atcher, Rachel Harrod, Ann Grider, Deborah White, Annette Hayden, Larry Hayden, Sue Churchill, Tona Barkley, Andi Brown, Andrew Faris, Jen Williamson, Casey Sterr, Fonda McWilliams, Kim Cowherd, Brenda Gardner, Jackie Sue Phillips, Vent Foster, Irma Johnson, Bruce Cassidy, Larry Moore, Robin Antenucci, Lee Colten, Joe Johnson, Paula Miller, and Mike Bomford

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And to the many participants who completed the program and took action to confront the climate crisis, we thank you for all your efforts.

RESOURCES

The following resources are available to download for free at www.FrankfortClimateAction.net.

- Team Leader Handbook
- *Lighten Up* Overview
- *Lighten Up* FAQ
- *Lighten Up* Team Sign-up Form
- Household Reporting Form
- "One-Pager" Do-it-yourself Action Form
- This report: *Lighten Up, Frankfort! A Community Project to Reduce Local Carbon Emissions*