green homes great health FESTIVAL

SATURDAY
SEPTEMBER 24
2011
9 A.M. TO 5 P.M.
Missouri Botanical Garden

www.greenhomesSTL.org

Brought to you by Missouri Botanical Garden and Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine
from your hosts, EarthWays Center of the Missouri Botanical Garden and Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine.

Two great local events have joined forces this year at the Missouri Botanical Garden to help St. Louis area families live green and live healthier! We’ve combined the tenth annual Green Homes and the third annual Healthy You, Healthy Planet Festivals. This new and improved event showcases options for sustainable living combined with positive ways to maintain the health of people and the planet. Presented by Ameren Missouri, and sponsored by many local partners, this year’s festival features over 100 exhibits and demonstrations by the region’s leading sustainability-focused businesses and organizations. Speak one-on-one with Washington University physicians and other health experts. Our roster of 15 talks and workshops offers resources to help reduce our region’s dependence on fossil fuels, prevent cancer, and improve quality of life. Take this opportunity to talk with these local experts about your specific interests and needs.

Striving to “walk our talk” in every way we can, festival sustainability practices include:
- Printing all materials on 100% post-consumer recycled content paper
- Printing t-shirts on organic cotton
- Reducing the festival’s “waste-line” with recycling and composting collection provided by
- Solar-powering some of our exhibits
- Utilizing Missouri renewable energy credits equivalent to 100% of the electricity used — and carbon offsets to balance the emissions from your travel to get here — courtesy of the Ameren Missouri Pure Power program
- Providing local, healthy, and organic food options
- Bike valet provided by trailnet

Please keep this program booklet as a handy contact reference for your future projects and refer to www.greenhomesSTL.org for updated exhibitor lists. And thank you for taking action to live a more sustainable and healthy life. Together we can better protect our personal health and the health of our planet.

From the staff and volunteers of…

Welcome to the 2011 green homes great health FESTIVAL

Two great local events have joined forces this year at the Missouri Botanical Garden to help St. Louis area families live green and live healthier! We’ve combined the tenth annual Green Homes and the third annual Healthy You, Healthy Planet Festivals. This new and improved event showcases options for sustainable living combined with positive ways to maintain the health of people and the planet. Presented by Ameren Missouri, and sponsored by many local partners, this year’s festival features over 100 exhibits and demonstrations by the region’s leading sustainability-focused businesses and organizations. Speak one-on-one with Washington University physicians and other health experts. Our roster of 15 talks and workshops offers resources to help reduce our region’s dependence on fossil fuels, prevent cancer, and improve quality of life. Take this opportunity to talk with these local experts about your specific interests and needs.

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From the staff and volunteers of…

Welcome to the 2011 Green Homes & Great Health Festival

Saturday, September 24, 9 a.m. to 5 p.m.

FOR EVERYONE

Plan-Your-Day Tents, main entrance, 9 a.m. to 5 p.m.
- Reusable shopping bag for first 1000 families
- Enter to win FREE prizes from our exhibitors

GREEN HOMES EXHIBIT AREAS Sponsored by Ameren Missouri
On the East parking lot, 9 a.m. to 5 p.m.
Over 100 displays and demonstrations by St. Louis area experts in:
- Renewable energy technologies
- Sustainable lifestyle options
- Green building and home improvement
- Alternative-fueled vehicles
- Noon to 2 p.m. Paint a Metro bus with artist Genevieve Esson
See participant listing pages 6–25.

Bicycle safety helmet fittings by St. Louis Children’s Hospital

TALKS AND WORKSHOPS Sponsored by Laclede Gas Company
Ridgway Visitor Center, first floor – Shoenberg Theatre and classrooms,
10 a.m. to 5 p.m. beginning on the hour.
- Cancer Prevention and Healthy Eating
- Renewable Energy, Alternative Energy, and Fuels
- Green Living and Green Building
Included with Festival admission. See titles and descriptions, page 4.

HEALTH EXPERTS
Ridgway Visitor Center, second floor – Monsanto Hall and Spink Gallery, 9 a.m. to 5 p.m.
- Talk one-on-one with Washington University physicians
- Cancer prevention resources and other experts
- Healthy cooking demonstrations and free health screenings
See participant listing pages 26–28.

EAT WELL LOCAL FOOD COURT Sponsored by Carpenters’ District Council of Greater St. Louis
Spoehrer Plaza (seating on Linnean Plaza), 9 a.m. to 5 p.m.
Local and healthy foods, shaded seating near by, and free water bottle refills!
Black Bear Bakery Chipotle Mexican Grill I Scream Cakes Kakao Chocolate
Local Harvest Café Mount Pleasant Winery Schlafly Beer Sweet Meat Stix

HOME MADE – HOME GROWN MARKETPLACE
Linnean Plaza, 9 a.m. to 5 p.m.
Recycled, upcycled, and handmade items from local crafters. Homegrown pride from local farmers and plant purveyors. See vendor listing page 6.
Enjoy local bands while you shop. 11 a.m. to 1 p.m. and 2 to 4 p.m. See band listing on page 5.

RELAX AND RENEW OASIS
Spink Pavilion, 9 a.m. to 5 p.m.
- Guided Relaxation Techniques
- Traditional Remedies
Enjoy live harp music. 10 a.m. to 2 p.m. See participant listing pages 26–28.
FESTIVAL SCHEDULE continued

**CHILDREN’S ACTIVITIES AREA**  Sponsored by St. Louis Children’s Hospital

*Cohen Amphitheatre Lawn*

10 a.m. and 3:30 p.m. Storytelling
10 a.m. to 4 p.m. *Face Painting* by ExtremeFacePainting.com (fee charged)

**Puppet Shows** by Blaqberry Theater Company
11:30 a.m. The Little Girl and the Big Bear
1:30 p.m. City Mouse/Country Mouse

1 p.m. and 3 p.m. *Solar Car Races* (purchase kit and build a car in advance, $10 per kit or two for $15)

10 a.m. to 4 p.m. The following are FREE:

**Arts & Crafts using recycled and other materials**
- St. Louis Teachers’ Recycle Center
- Verde Kids
- Unboxed ART
- Perennial

**Solar Oven S’mores**

**Recycled Tile Mural Activity**
- Habitat for Humanity Saint Louis ReStore

**Children’s Garden, entrance area**
12 to 1 p.m. *Radio Disney Rockin’ Road Crew*

**Climatron (Brookings Center)**
Don’t miss some “TREEmendous” activities

**FITNESS PAVILION**  Sponsored by YMCA of Greater St. Louis

*Cohen Amphitheatre, 9 a.m. to 5 p.m.*
Guided popular workouts led by fitness professionals including Yoga, Zumba, and more!
See additional information near amphitheatre stage.

**TAE CHI**

*Chinese Garden, 9 a.m. to 5 p.m.*
Guided martial art for defense training and health benefits by Therapeutic Tai Chi.

FESTIVAL MAP, pages 30-31

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**Ameren Missouri Introduces One Source for Energy Information**

*AmerenMissouri.com/EnergyAdvisor* combines the company’s knowledge and expertise with facts about today’s energy issues to make accessing information easier for customers. The website is designed to be the one source for information on energy efficiency, renewable energy, customer-owned solar and wind generation, and smart grid technology.

Log on to *AmerenMissouri.com/EnergyAdvisor* today!
15 TALKS AND WORKSHOPS WITH LOCAL EXPERTS: PRACTICAL, HANDS-ON TIPS TO MAKE YOUR LIFE GREENER AND HEALTHIER!

EXPERT TALKS
Ridgway Visitor Center first floor – Shoenberg Theatre

10 a.m. “The Scoop on Poop – Colon Health and Compost”
Bashar Safar, M.D., Washington University Colorectal Surgeon
St. Louis Composting Representative

11 a.m. “Stay Healthy. Prevent Cancer. Live Green”
Jean Ponzi, EarthWays Center of the Missouri Botanical Garden
Graham Colditz, MD, DRPH Associate Director, Prevention and Control, Siteman Cancer Center

12 p.m. “Organic, Local, Healthy: We ARE What We Eat!”
Nancy Smith, Farm to Family Naturally / Sappington Farmer’s Market,
Siteman Cancer Center Nutrition Expert and BJC Chef

SUSTAINABLE LIVING WORKSHOPS
Ridgway Visitor Center first floor – Missouri, Botanical, and Garden classrooms
On the hour at 1, 2, 3, and 4 p.m. See day-of signage for final schedule.

Green Homes and Buildings
- Safety: Carpenters’ District Council of Greater St. Louis and Vicinity
- Financing Green Improvements: Terra-Wise, LLC
- Interiors: Design Extra LLC
- Passive Homes: Butterfly Energy Works

Green Living
- Backyard Chickens: Ruppert Gardens and Chicken Ranch
- Keeping Bees: Eastern Missouri Beekeepers Association
- Urban Biking Know How: Cycling Savvy
- Rain Gardening: Gilberg Design and Consulting

Energy Efficiency and Renewables
- Solar Electric and Solar Thermal: Show Me Solar
- Hybrid Homes: University of Missouri
- Electric Vehicles: Gateway Electric Vehicle Association and St. Louis Regional Clean Cities
- Home Energy Efficiency: Laclede Gas Company

Cost: Included with Garden admission.
Full workshop schedule, including descriptions and presenter bios, available at Plan-Your-Day Tents and Ridgway Visitor Center first floor.

Thank you to our Workshop Sponsor Laclede Gas Company.

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www.citypeas.wordpress.com
Pattie Spencer
pattiespencer2@gmail.com
Upcycled Sweater Stuffed Animals

Friends of Taiwan-Greater St. Louis
www.FOTSTL.org
Showay Chang
showayo@sbcglobal.net
Framed Calligraphy on Japanese Rice Paper

Healthy Harvest Gardens
www.healthyharvestgardens.com
Karl Burgart
karl@oleaestates.com
Organic Home Gardening and Food Products

Home Eco LLC
www.home-eco.com
Terry Winkelmann
terry@home-eco.com
St. Louis Sustainable Living Store

Maude’s Market
www.MaudesMarket.com
Maud Bauschard
info@MaudesMarket.com
Local Produce and Other Farm Products

Unboxed Art
www.unboxedart.com
Jenny Donaldson
jdonaldson@unboxedart.com
Children’s Eco-Friendly Action

LIVE MUSIC BY LOCAL BANDS (Playing on Linnean Plaza)

Brothers Lazaroff 11 a.m. to 1 p.m.
A five-piece band performing psychedelic rock, groove and soul-infused Americana that will leave you feeling punch drunk. www.brotherslazaroff.com

Green Strum Project 2 to 4 p.m.
Formed by Kelly Wells and Ryan Spearman to explore connections between sustainability and the arts in St. Louis. www.greenstrum.org/index.html

For a complete listing of vendors visit www.greenhomesSTL.org
**DIRECTORY OF EXHIBITORS • GREEN HOMES**

For a complete listing of vendors visit www.greenhomesSTL.org

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tech@aessolar.com
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laura@3degreesinc.com
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**Better Family Life**
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www.stlouis-mo.gov  
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**Poured**  
MCE’s Fundraising Wine & Cheese Event  
A Taste of Space

Venue: Space, LLC  
Cost: $50 per guest  
Date: 30th September  
Time: 5:30pm - 8:30pm  
RSVP: [www.moenviron.org](http://www.moenviron.org)
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What Can St. Louis Green Do For YOUR Green Business?
- Convey targeted message to people actively seeking to be green
- Promote your business online
- Introduce your green business, product, or service
- Educate potential customers on green aspects

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Photo courtesy of Dan Donevan

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- Workshops
- Ridgway Classrooms
- Expert Talks
- Shoenberg Theater
- Ask the Health Experts
- Monsanto Hall and Spink Gallery

Eat Well Local Food Court
- Spoehr Plaza

Green Marketplace and Live Local Bands
- Linnean Plaza

Green Homes Exhibitors
- East Parking Lot
- Metro bus painting, alternative vehicles, and bike helmet fittings
- Mobile Mammography Van

Relax and Renew Oasis
- Spink Pavilion

Giant Inflatable Human Colon
- across from the Children's Garden

Tai Chi
- Chinese Garden

Children's Activites
- Cohen Amphitheater Lawn

Fitness Pavilion
- Cohen Amphitheater Stage

Festival Specials at the Plan-Your-Day Tent
- Free reusable shopping bag to first 1000 families
- Enter to win
  - FREE prizes from our exhibitors
  - Complete a comment card as you leave and be entered to win a $200 gift card!
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Missouri Department of Natural Resources
Division of Energy
http://dnr.mo.gov/transform/energizemissouri.htm
Contact (573) 751-2254
Residential, Industrial, Commercial Energy Efficiency

Missouri Solar Energy Industries Association
www.moseia.org
P.O. Box 434040
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Heidi Schoen (314) 677-4076
HeidiSchoen@moseia.org
Missouri Chapter of Solar Energy Industries Association

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Solar Energy Educational Outreach

Sierra Club Eastern Missouri Group
www.ozark.serracclub.org/emg
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Becky Denney (314) 644-0890
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Hazelwood, MO 63042
Robert Henebry (636) 697-2779
roberth@synergyenergyllc.com
Solar and Wind Energy Solutions

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www_gatewaygardener.com
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Robert Weaver (314) 968-3740
robert@gatewaygardener.com
Guide to Gardening and Landscapes

Thomas Construction
www.thomasconstruction.com
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Samantha Townzen (314) 291-0200 x 377
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Home Remodeling Information

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