

Living Green Expo

May 2-3 | State Fairgrounds | Free

FOR IMMEDIATE RELEASE



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Contact: Pam McCurdy, 651-757-2559
pamela.mccurdy@state.mn.us

Learn It! Sixty-Two Hours of FREE Education Can Help You Save Green

**Minnesota State Fair Grounds
Saint Paul, Minn.**

May 2-3, 2009

Saturday: 10 a.m. to 6 p.m.

Sunday: 10 a.m. to 5 p.m.

Going green can often save you money. The Living Green Expo is providing 62 hours of FREE education during the expo on a variety of topics including buildings, energy, food, household products and practices, outdoor living and education.

Check out these workshops for some great tips on how to save money and benefit the environment.

Saturday, May 2

11 a.m. to noon

Shrink Your Transportation Carbon Footprint

Go multi-modal! Walking, biking, and transit can help you drive less. Leaders will share experiences about becoming a one-car or no-car home and provide insight about regional developments. Presented by Michelle Dibblee and Paul Stewart of, Transit for Livable Communities www.tlcmnnesota.org, and and Paul Stewart, Transit for Livable Communities member; John Siqveland from, Metro Transit.

12:30 p.m. to 1:30 p.m.

Home Energy Efficiency: Advanced Techniques

Take your home's entire thermal envelope to the next level to save serious money and energy. New developments in insulation types/methods, air sealing, and window options will encourage you. Presented by Robert Alf and, Bob Alf of Alf Construction, LLC. www.bobalfconstruction.com.

12:30 p.m. to 1:30 p.m.

Competitive Commuting: The Fun of a Bicycle Commuting League

A bicycle commuting league is a great way to grow involvement and enjoyment. This workshop looks at the success Quality Bicycle Products had in establishing a bicycle commuting league and shows how to easily start your own. Presented by Scott Thayer and, Civia Cycles from Quality Bicycle Products www.civiacycles.com

2 to 3 p.m.

High-efficiency Furnace Systems

Professionals will discuss the differences between ordinary and high-efficiency furnaces. The instructors will show you what to look for in these systems and discuss the payback time frame for upgrading to a high-efficiency heating system. Presented by Buck Paulsrud of, Sheet Metal Workers, Local 10.

2 to 3 p.m.

Sustainable, Local, and Organic Food on a Budget

There are many benefits of a sustainable, local, and organic diet, but reconciling this with a limited budget

can be a challenge. Learn the secrets to shopping sustainably without breaking the bank! Presented by Liz McMann from the, Mississippi Market Co-op www.msmarket.coop

3:30 to 4:30 pm

Low-tech Strategies to Save Energy with the Sun

Solar strategies don't always require big investments. You can use the sun to save on heating, cooling, cooking, and drying. Come ready to share your own ideas. Presented by Todd Fink of, Best Power/Westwood Renewables www.bestpowersolar.net

3:30 to 4:30 pm

Stormwater as an Asset: Rain Harvesting Tips for Homeowners

Give our lakes and rivers a break by using stormwater as your resource. Experts will discuss rain gardens, rain barrels, and impervious surface replacements like pervious pavers. Presented by Elizabeth Storey of the, Capitol Region Watershed District www.capitolregionwd.org and Jenn Morrow from, Blue Thumb Partners.

Sunday, May 3

11 a.m. to noon

Do-it-yourself Home Energy Savings

Learn easy and low-cost ways to save energy and discover some surprising places where big savings opportunities await. Presented by Jimmie Sparks from the, Neighborhood Energy Connection www.thenec.org

11 a.m. to noon

Solar Thermal Water Heating

Learn why solar thermal water heating is the most efficient use of solar energy. This workshop will explain the concept of heating water with the sun's energy and its application. Presented by Kurt Koegel, Solarskies Mfg., LLC: www.solarskies.com.

12:30 to 1:30 p.m.

Small Wind Turbines: Benefits and Income

Learn about the environmental benefits of electricity produced from having your own affordable small wind system, as well as tax benefits, rebates and grants. Presented by David Winkelman, Eco Domes LLC.

3:30 to 4:30 p.m.

Reclaimed Building Materials: Cost-Effective, Cool, and Sustainable

Remodeling on a very tight budget? Want super eco-friendly materials? Reclaimed materials may be your answer. Learn the tricks, traps, and sources for doing-it-yourself or to get a contractor to do it. Presented by Robert Alf, Bob Alf Construction, LLC: www.bobalfconstruction.com, and Greg Finzell, Rondo Community Land Trust.

3:30 to 4:30 p.m.

The Federal Energy Stimulus and You

Learn the latest information about how the Federal Energy Stimulus plan may help you make energy-efficient improvements to your home or business. Presented by Terry Webster, Office of Energy Security, Minnesota Department of Commerce.

For the complete list of workshops go to www.livinggreen.org/workshoplister.cfm

The Living Green Expo is a free annual event taking place at the Minnesota State Fairgrounds Grandstand the weekend of May 2-3, 2009. The Expo provides information and products to help Minnesotans improve the environmental and social impacts of their day-to-day living. The Living Green Expo features over 250 exhibitors of products, services, and information, along with more than, 60 workshops on a variety of sustainability and green living topics. Expo attractions include music, food, demonstrations, and activities for the whole family. The Minnesota Pollution Control Agency leads a collaboration of governmental, nonprofit, and business organizations to produce the Living Green Expo. For more information visit www.LivingGreen.org.