



The City of Chicago was originally part of Lake Michigan's watershed, meaning that when Chicagoans drew water from the lake and then disposed of it in the Chicago River, the water returned to the lake. Unfortunately, the practice of returning dirty water to Chicago's water source caused outbreaks of cholera, dysentery, typhoid fever, and other water-borne diseases in the city. In order to reduce disease outbreaks, the city built the Sanitary & Ship Canal that reversed the flow of the Chicago River. The Canal was completed in 1900.

Did You Know?

The Chicago region uses 2.4 billion gallons of water a day – enough to fill the Sears Tower more than 6 times! All of our water comes from Lake Michigan.

Because Chicago reversed its river, we are no longer part of the Lake Michigan watershed. In other words, we draw water from the lake, but instead of sending it back when we're done with it, we send the water down the Chicago River. Eventually, that water flows into the Gulf of Mexico!

In this project, help your community conserve water, educate participants about the importance of conserving water, and let them know how they can make a difference. This workshop includes distribution of low-flow showerheads, low-flow faucet aerators, and/or instructions for leak detection. Connect with participants again in a few weeks to answer questions and see how much water they have saved using the water-saving practices and technologies you shared with them.

Timeline:

Project Proposal due online: 1 week after the Community Organizing class

Part I: Preparation: ~1 month

Part II: Workshop: 3 hours (1 hour set up; 1½ hour workshop; ½ hour clean up)

Part III: Follow Up and Tracking Environmental Benefits (1 week after the workshop): 1-2 hours

Part IV: Final Report due online: 2 weeks after your project is complete

Materials:

- Low-flow faucet aerators
- Low-flow showerheads
- Reusable water bottles
- **Save the Source** brochures
- **Water Resources in Chicago** flyer
- Copies of the '**Save the Source**' **Water Audit**

Part I: Preparation

~1 month

1. **Become an expert!** C3 classes should have provided you with a basic background in water issues, but you may want to learn more before you present your workshop. Read through this guide, check out the links in the **Water Resources in Chicago** flyer and look more closely at the '**Save the Source**' **Water Audit**, for more ideas on how to save water.
2. **Define your project vision and goals.** What do you hope to achieve by doing this project? How many community members do you hope to educate? How much water do you hope to conserve?
3. **Choose a community to serve.** Decide to whom you will present your workshop. Refer to your **Asset Map** for ideas.
4. **Gather a project team.** Refer to the **Building Your Project Team** worksheet in the Project Development Workbook. A partner or two can make everything easier.

Ways to Involve Your Project Team

- Ask your project team to help you brainstorm ideas and create an outline for your workshop. Team members can also help you create, edit, and/or practice your presentation.
- Make a list of locations where you want to place advertisements for your workshop. Ask your team members to sign up to distribute advertising materials to some of these locations.
- Workshops need people power to run smoothly. Sign up your team members as workshop volunteers.



- Two people could help with a registration table making nametags, distributing handouts, and taking registration information. Be sure to make a script for your volunteers to follow so they know exactly what information to collect from your workshop attendees and why that information is collected.
 - A team member could introduce you at the workshop, help set up any AV equipment, pass out materials during your presentation, etc.
 - After the workshop, your project team could help with follow up calls, contacting participants (to make sure you have all the information you want to collect).
 - Let them know the results. Your team will definitely be interested in the success and progress of your project. Keep them informed and involved along the way.
5. **Create a basic outline for your workshop.** With the help of your project team, decide what you will do at your workshop. Here are a couple examples based on previous C3 trainee workshops. Your workshop should have an educational component, but you should also inspire people to take action to conserve water. Feel free to use these ideas, but be creative and add your own components.
- Make-your-own presentation: Create a presentation about the importance of water conservation and "what you can do." You could talk with or without props, make a PowerPoint, or even perform a skit or create a quiz show. Hand out goodies like low-flow showerheads and faucet aerators, and make sure your participants learn how to use them.
 - Organize an educational field trip: Take your participants to the McCormick Tribune Bridgehouse & Chicago River Museum (check visiting hours and prices: www.bridgehousemuseum.org); gain an appreciation for Chicago's lake and river by taking a commercial boat tour; go to the beach to give your presentation on water conservation. Follow up the field trip with a discussion and/or by distributing water-saving appliances.
 - Every project should include an action component. Here are some fun ways to get people involved.
 - Exchange regular shower heads for low-flow showerheads or hand out sink faucet aerators with installation instructions.
 - Ask participants to figure out how much water their household uses by doing the '**Save the Source' Water Audit**.
 - Ask participants to sign a **pledge** to reduce their water consumption by watering their yards less, taking shorter showers, always running a full dishwasher, testing their toilets for leaks, etc. Collect pledges on a sign-in sheet with your participants' names and contact info listed, make pledge cards for participants to take home, or take photos of individuals with their written pledges and follow up by sending them a digital copy.
6. **Find a location and set up a date and time for your event.** The venue you choose will depend on the community to whom you plan to present your workshop. Make sure to contact the appropriate person at the venue to check availability and set up a date and time. Confirm logistics, (e.g., who will open the building/gate?). Possible locations include:
- Neighborhood community center (e.g., gym, art center, library, school, church)
 - Alderman's office
 - Your office
 - A beach on Lake Michigan
 - Your local Chicago Public Library
7. **Order materials through your liaison.**
- Refer to your **Material Checklist** in your **Project Proposal**.
 - Confirm with your C3 liaison final quantities of each material requested and the address where materials should be shipped. Note: some materials will need to be picked up at the Chicago Center for Green Technology, 445 N. Sacramento Blvd.
 - Remember, materials can take up to 3 weeks to arrive after C3 orders them so **plan ahead!**



8. **Advertise.** Make sure to use the newsletters, listhosts, bulletin boards, etc. that serve your community and/or your venue. You might also advertise using:
 - Community newspapers and newsletters
 - Aldermen's newsletters
 - Signs at your location (e.g., community center, office, etc.)
 - Signs or a booth at neighborhood events

Make sure to put your contact information on all advertisements. Consider asking people to RSVP so you know in advance how many people to expect.

9. **Prepare for your workshop.** Gather supplies, create handouts, and plan your presentation.

Part II: Workshop

3 hours: 1 hour set up, 1½ hour workshop, ½ hour clean up

Put all your planning and preparation to work! Make sure to:

- Get there at least 15 minutes early to set up.
- Have a sign-in sheet ready to go. Let participants know that you will contact them in ~1-2 weeks to track what changes they've made and to see if they have follow-up questions.
- Provide nametags and make sure people introduce themselves.
- Ask for questions and feedback at the end of the workshop.
- Take pictures!

Part III: Follow-Up and Tracking Environmental Benefits

~1-2 hours

1. **Follow up with participants.** 1-2 weeks after your workshop, contact your participants by phone or email to track environmental benefits. Conduct a short survey with questions such as:
 - What did you find from doing the 'Save the Source' Water Audit?
 - Did you use the showerheads or faucet aerators provided? If not, find out why and offer suggestions.
 - What changes did you make in your life as a result of the workshop?
 - How much water do you think you are saving per day or week since attending the workshop?
2. **Calculate environmental and community benefits.** Based on your workshop and participants' survey responses, estimate the benefits of your project. Be sure to include:
 - How many people participated in your workshop.
 - How many low flow showerheads or faucet aerators you handed out.
 - A description of how much water your project saved (e.g., 3 households found and fixed toilet leaks, saving approximately X gallons of water; 20 households replaced a traditional shower head with a low-flow shower head, saving approximately X gallons of water). The websites <http://www.monolake.org/about/waterconservation> and www.h2ouse.org offer some estimates about water savings. The manufacturer of your water-efficient products may offer estimates as well.
3. **Compare your results to your project's vision and goals (see Part I, step 2 above).** Did you achieve the results that you hoped for?

Part IV: Turn in Final Report

Within 2 weeks of project completion

As soon as you've calculated the environmental benefits, please fill out your **Final Report** online. Corresponding materials such as digital photographs, outreach flyers or posters, press releases, or news clippings should be emailed to conservation@cityofchicago.org.

Additional Resources

See **Water Resources in Chicago**.



Water Resources in Chicago

Water Conservation and Storm Water Management

- **City of Chicago Department of Environment Resources.** Available at <http://www.cityofchicago.org/Environment> or by request from your liaison. Click on "Water" under "Initiatives and Programs." Website includes:
 - Water Conservation Tips (including a PDF of the "Save the Source" brochure)
 - Information on Rain Barrels
 - Water Quality and Stormwater Management Tips (including PDFs of the "Guide to Stormwater Best Management Practices in Chicago," "Rain Garden Brochure," and "Guide to Disconnecting Your Downspout")
- **City of Chicago Department of Water Management.** <http://www.cityofchicago.org/watermanagement>.
- **H2Ouse.** A comprehensive website about saving water, from the California Urban Water Conservation Council <http://www.h2ouse.org>
- **Water Conservation Tips.** From Mono Lake, California: <http://www.monolake.org/about/waterconservation>

Lake Michigan

- **Alliance for the Great Lakes.** <http://www.greatlakes.org/>. One of C3's partners, the Alliance works to conserve and restore the world's largest freshwater resource through policy, education and local efforts.
- **Great Lakes Information Network.** <http://www.great-lakes.net/>. An intergovernmental partnership that provides one place online for people to find information relating to the Great Lakes-St. Lawrence region of North America.
- **The Great Lakes: An Environmental Atlas and Resource Book.** From the EPA. Available at <http://www.epa.gov/glnpo/atlas/>.
- **Great Lakes Regional Collaboration.** <http://www.gllrc.us/>. The Great Lakes Regional Collaboration (GLRC) is a wide-ranging, cooperative effort to design and implement a strategy for the restoration, protection and sustainable use of the Great Lakes.

Chicago River

- **Friends of the Chicago River.** <http://chicagoriver.org>. A C3 partner dedicated to restoring the river's health.
- **Chicago River.** Complete history of the Chicago River from the online *Encyclopedia of Chicago*: <http://www.encyclopedia.chicagohistory.org/pages/263.html>



Top 10 Indoor Water Conservation Tips

Fix leaky faucets and toilets.

Put food coloring in your toilet tank. If it seeps into the toilet bowl, you have a leak.

Make sure the toilet flapper does not stick open after flushing.

Run your washing machine and dishwasher only when full.

Limit your shower to under five minutes.

Install low-volume toilets. Or, if your toilet was installed prior to 1980, place a bottle filled with water in your toilet tank.

Install a low-flow showerhead.

Turn the water off while brushing your teeth or shaving.

Use leftover drinking water to water your houseplants.

Rinse dishes in a sink-full instead of with the tap. Use a dishwasher if you have one, which actually uses less water than washing dishes by hand.

Top 5 Outdoor Water Conservation Tips

Use a rain barrel to water your plants.

Sweep your sidewalk instead of using a hose.

Plant native plants that require less water than traditional landscaping.

Water your lawn less frequently, only during dry spells and in the early morning.

When washing your car, use a bucket and sponge, or take it to a car-wash that recycles their water.



‘Save the Source’ Water Audit

Provided by the Chicago Conservation Corps (C3)



Use this worksheet to keep track of the number of times you use water and in which way for a full day by filling out the “**number of times**” column. Then, at the end of the day, multiply the number of times by the “**average amount of water for the activity**.” Write the answer in the “**total water used**” column, then add that column up to get an estimate of how much water you use in a day. Please note that this is not comprehensive or the only way; feel free to modify this worksheet to fit your needs. Have fun, be creative and get your family or roommates involved in monitoring.

See www.h2ouse.org for useful information about typical water consumption figures and the best ways to conserve water.

Activity	# of Times (✓)						Average Amount of Water for this Activity (liters)	Total Water Used (liters)
Washing face or hands (water running)							7.5	
Washing face or hands (water off)							4	
Flushing toilet (standard flow toilet)							20	
Flushing toilet (low-flow toilet)							5.5	
Taking a shower (standard head)	# of minutes:						7.5/minute	
Taking a shower (low-flow)	# of minutes:						4/minute	
Taking a bath							150	
Shaving (water running)							7.5	
Shaving (water turned off)							4	
Brushing teeth (with water running)							7.5	
Brushing teeth (with water turned off)							1	
Getting a drink (from a fountain)							1	
Getting a drink (in a glass)							0.25	
Cooking a meal							10	
Washing dishes by hand (water running)							110	
Washing dishes by hand (water off)							40	
Washing dishes (with a dishwasher)							55	
Doing a load of laundry							110	
Other:							Estimate:	
TOTAL:								

Wrap-up

How many gallons of water did you use on this day? How many gallons would you estimate you use in a week? In a year?

Are any toilets or faucets leaking? (Do a dye test of your toilet if you're not sure.)

How can you start conserving water today? Long-term?