



## The Stamper Family's Green Journey



Pfizer's Green Journey has captured the hearts and minds of our colleagues. Many are inspired by the program's ideas and innovations to bring environmental sustainability home to their families and communities. Mike Stamper, a Senior Pharmaceutical Business Rep for Pfizer Canada, is spreading the Green Journey message in Ontario.

### THE SOLAR ROOF SYSTEM

The Ontario provincial government has implemented an alternative energy incentive program called Microfit. This program assists home owners who choose to invest in renewable energy.

In December 2010, Mike participated in the Microfit program and installed a 10KW Solar panel system on the roof of his family's home. The system is tied to the public grid, so all the power it generates feeds back into the local electric utility system and is dispersed to the closest demand source. The home still draws its electric power from the local grid system, but the family is paid for energy produced (81 cents Canadian per KW) from their solar panels at a higher rate than they are charged for their personal energy consumption.

### THE FAMILY CAR

In November 2011, the Stamper's purchased a Chevy Volt – an electric car with a gas engine back-up. This is the vehicle Mrs. Stamper uses for her daily errands. The Stamper's have two children, aged 4 and 6, so there is plenty of shuttling around town. The Volt plugs into a 220v wall plug in their garage and draws approximately 8kwh of energy per charge at an average

of 11 cents per KWh. A full charge will propel the vehicle approximately 60 km before it switches to the gas engine backup. The charging of the car is the reason the Stammers have seen an increase in the overall energy consumption for their household over the past two years – an increase more than offset by the solar panel production.

### THE HOME

The Stamper's know that there are many easy ways to reduce home energy consumption. The most impactful is creating a well insulated house. The family's home was built using Greenblock construction. This process uses two expanded polystyrene panels with 6 inches of concrete poured between. This provides insulation on both sides of the walls. Greenblock homes have lower utility bills (more than 70%), better heat distribution, lower outside noise infiltration (50+ STC), and less maintenance. In addition, there is less chance of mold growth.

Additional steps Mike and his family have taken to reduce their footprint are:

- Converting all light switches to dimmer style as dimmed lights draw less energy.
- Changing the over forty 50w energy-consuming incandescent recessed light bulbs in the home to 4w LED bulbs.
- Installing Energy Star rated appliances (dishwasher, stove, washer, dryer and fridge.).
- Placing numerous items on power strips for easy switch-off when not in use to avoid phantom energy draw.
- Converting toilets to dual flush water conserving models.

*Thank you, Mike, for bringing Pfizer's Green Journey home!*