

Every Drop Counts!

From National Geographic

We live in a watery world, with the average American lifestyle fueled by nearly 2,000 gallons of H₂O a day. What may come as a surprise is that very little of that—only five percent—runs through toilets, taps, and garden hoses at home. Nearly 95 percent of your water footprint is hidden in the food you eat, energy you use, products you buy, and services you rely on.

Find out your water footprint, then pledge to dry it out, joining other nationalgeographic.com users who have already committed to saving thousands of gallons. The more we save, the more water we leave for healthy ecosystems and a sustainable future.

Go to <http://environment.nationalgeographic.com/environment/freshwater/water-footprint-calculator/> to see how much water you're using and what you can do to reduce your use!

Find more water conservation tips at -

http://www.watersystemscouncil.org/VAiWebDocs/WSCDocs/2026952INSERT_CONSERV.pdf
http://www.epa.gov/watersense/spaces/existing_homes.html

How Much H₂O is Embedded in Everyday Life?

From National Geographic

You might be surprised at how much water it takes to bring that hamburger to your plate or to make your favorite t-shirt. Go to <http://environment.nationalgeographic.com/environment/freshwater/embedded-water/> and compare pork to beef, apples to oranges, beer to wine, wind power to coal-and see how your choices add up.

1 pound (0.5 kilograms) of beef requires:

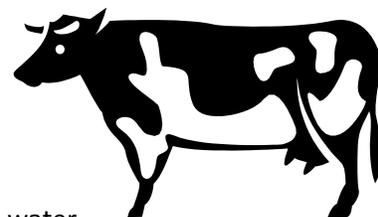
1,799

Gallons (6,810 liters) of water

6.6 pounds (3 kilograms) of grain for feed, plus irrigation water

36.2 pounds (16.4 kilograms) of roughage or grasses for feed, plus irrigation water

18.6 gallons (70.5 liters) of additional water for drinking and processing



So as you prepare your feast this holiday season, think about your water footprint and try some alternatives to make less of an impact on the environment. Remember every drop counts!

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IN EVERYDAY LIFE?

WE WANT TO HEAR FROM YOU!

WELLCARE® Q & A

KIDS PLACE

January is *National Radon Action Month*

Test Your Home. Test Your Water.
Protect Your Health.

Learn more -

epa.gov/radon/nram/index.html

We want to hear from you!

Think ahead for 2012....make water part of your New Year's resolution! What topics do you want to hear or know more about? Send your suggestions to cgreenstreet@watersystemscouncil.org or write to us: Water Systems Council Attn: Charlene Greenstreet 1101 30th St. NW – Suite 500 Washington DC 20007

wellcare[®] Q&A: Here are some questions from wellcare[®] Hotline callers

Q: How do I get my well water tested?

A: Find a list of state certified water testing laboratories in your area at <http://water.epa.gov/scitech/drinkingwater/labcert/statecertification.cfm>.

Q: What is the safe level for radon in well water?

A: EPA has not set a maximum contaminant level (MCL) for radon in water. Check with your state radon office for recommendations. Find your state radon office at <http://www.epa.gov/radon/whereyoulive.html>.

Q: Where can I find a Shared Well Agreement?

A: WSC provides a sample Shared Well Agreement at http://www.watersystemscouncil.org/VAiWebDocs/WSCDocs/4451105Shared_Well_Agreement_FINAL.pdf or contact the wellcare[®] Hotline for a copy.

Do you have a question about your well or well water? Contact the wellcare[®] Hotline at 888-395-1033 or fill out a form and send your question online at www.wellcarehotline.org.



Help a U.S. family in need this holiday season by giving the gift of clean drinking water! Make a tax deductible donation to the Water Well Trust. Learn more at www.waterwelltrust.org or contact 202-625-4383 or info@waterwelltrust.org.



KIDS PLACE:

HEY KIDS! Have fun while you recycle this winter!

Turn an empty two liter soda bottle into this cute giggling polar bear! Choose your favorite colors for the hair and mittens.

What you'll need:

- Gesso (recommended: Liquitex Basics Gesso)
- White and black acrylic craft paint
- Paint brush
- 2 liter plastic bottle
- 2 mismatched socks
- Black marker
- Pink crayon
- Scissors
- 12" white yarn
- White craft glue
- Rice, pebbles, pennies, sand, etc (for weight)
- [Pattern](http://crafts.kaboose.com/sodabottle_polar_bear_template.pdf) – http://crafts.kaboose.com/sodabottle_polar_bear_template.pdf or create your own!

DID YOU KNOW?

There are six points on every snowflake, but no two snowflakes are alike.



How to make it:

1. Remove all labels from bottle and rinse out well. Allow to dry, add some weights (pennies, sand, rice, etc.) and place cap back on bottle.
2. Paint bottle with one coat of gesso and let dry. Paint with one coat of white paint and let dry.
3. Cut one of the socks on half (see image). You will be using the end with the cuff. Use scissors to fringe the cut end of the sock (see image).
4. Use [pattern](#) to draw face on the front of the bottle using a black marker (see image). Fill in the nose with black paint. Use a pink crayon to color circles for cheeks (see image).
5. Using the [pattern](#), cut out two mittens from the other sock. Glue one mitten so that it is partially covering the bear's mouth. Glue the other one lower and pointing toward her belly.
6. Place the cuff end of the first pink sock over the top of the bottle cap. Use yarn to tie a knot around the sock in between the cuff and the fringe. Tie yarn into a bow trim off excess ends, leaving a couple of inches in place. Arrange the fringe so that it flops on top of the hat.

Tips:

1. Don't toss out your mismatched socks! Save them for fun winter projects such as this.
2. Instead of a two liter bottle, you can make this smaller with a water bottle. We used a 3 liter bottle for ours!
3. Gesso is a craft medium that allows paint to adhere to many surfaces. It is available in the art department of your local craft supply store.
4. Use products around your home instead of buying them. Glue on magazine clippings for the mittens or draw your own. The possibilities are endless!

We would love to see your creations! Send us a picture of your polar bear and you may be in an upcoming newsletter. Send to: cgreenstreet@watersystemscouncil.org or Water Systems Council Attn: Charlene Greenstreet – Polar Bear, 1101 30th St. NW – Suite 500 Washington DC 20007.

HAVE YOU EVER WONDERED IF SANTA HAS A WATER WELL AT THE NORTH POLE LIKE YOU DO? HE SURE DOES!



FAVORITE HOT COCOA

from *COOKS.COM*

3 tbsp. unsweetened cocoa
5 tbsp. granulated sugar
Dash salt
3 tbsp. hot **WATER**
2 c. milk
1/4 tsp. vanilla (optional)



Combine cocoa, sugar, salt and hot water in a heat-proof glass pitcher. Microwave on high until boiling, about 1-1 1/2 minutes. Add milk; cook on high (full power) until hot, about 1 1/2 to 2 minutes. Stir in vanilla.

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GOT EMAIL?

In effort to keep our newsletter
"green" please provide your email
address, along with name and
phone number to

Charlene Greenstreet at
cgreenstreet@watersystemscouncil.org.

Thank you for continuing your
subscription to our e-Newsletter!