



PARTNERSHIP CONTACT INFORMATION

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PARTNERSHIP PLANNING QUESTIONS

1. What is the initial vision of the lead partner/Partnership?

The initial vision of Sustainable Wellness, Inc. is to teach people how to live a sustainable healthy life. We at Sustainable Wellness believe the best way to teach people is to lead by example. Our vision is to create a sustainable holistic healthcare center for humans and animals. The center will be located in a sustainably built "healthy" building using green technology (materials with low or no toxicity), active and passive solar power, wind power, geothermal heating and cooling, a greywater system, native medicinal plant gardens, a cistern for rainwater collection and a multi-purpose classroom. The building including its occupants will be a living model for inspiring people to make sustainable healthy choices in life. The building will also serve as a model for integrating green technology and renewable energy into a small commercial building. The building will be called the Mahtomedi Center for Sustainability (MCS).

2. What is the Partnership's initial focus and structure?

Sustainable Wellness' initial focus is to create a team of individuals that will help to implement its vision of a functional model for Sustainable medicine and for a sustainable future. At Sustainable Wellness we have been teaching classes, doing workshops at renewable energy or living green expos, attending conferences and networking with builders, architects, educators, health professionals and individuals interested in a healthy, sustainable lifestyle. Drs. Swanson and Pierce have also been invited to study eco-municipalities and sustainability in Sweden this summer.

Currently the finishing touches are being put on the plans for the MCS building that will house Sustainable Wellness and the holistic human and animal healthcare facilities. Blue prints will be finished this fall with construction slated to begin this winter or spring 2005.

Sustainable Wellness, Inc. is a 501©3 non-profit organization governed by a 3 member board.

3. Who does the Partnership identify as potential "partners"? What are the proposed responsibilities of these "partners"?

Cat Care Clinic, P.C. a holistic feline medical practice owned by Dr. Susan Swanson. Cat Care Clinic will be the anchor tenant in the "green" building. Dr. Swanson also teaches classes on holistic pet care, the Natural Step and various other sustainable lifestyle topics. Dr. Swanson is the cofounder of Sustainable Wellness, Inc.

Dr. Michael Pierce, D.C. Dr. Pierce is a board eligible Chiropractic neurologist and also specializes in nutrition and veterinary chiropractic. He is co-founder of Sustainable Wellness, Inc. He teaches throughout the United States on a variety of topics including; neurology, nutrition, massage therapy and sustainability.

Feline Wellness Care Center, a 501©3 non-profit, no kill shelter and wellness facility for cats infected with Feline Leukemia Virus. The shelter will be a tenant in the MCS building. Dr. Swanson works with the cats to develop a cure for this virus that causes cancer in cats.

University of Minnesota College of Veterinary Medicine-Dr. Swanson hosts senior veterinary students doing internships to learn about holistic medicine and sustainability

College of Architecture-Conway + Shulte Architects is the firm that designed the MCS building. Both Bill Conway and Marcy Schulte hold teaching positions at the University. They will use building plans for teaching material in their courses. Grad students from the U of M will help monitor the buildings renewable energy systems and collect data on energy usage.

The "green" buildings classroom will be used by teachers from area schools. The students will also get tours of the building to see first hand how renewable energy systems work.

Sustainable Sweden, a non-profit organization that leads tours and workshops in Sweden to teach others about the Natural Step and other methods used in Swedish Ecomunicipalities.

Alliance for Sustainability a 501©3 non-profit organization that Drs. Pierce and Swanson are working with teaching the Natural Step framework to make Mahtomedi a Sustainable City.

Professional Consultants are like partners to us:

Marcy Shulte, Conway + Schulte Architects, Minneapolis, MN., Ralph Jacobsen, Innovative Power Systems, Jim Cusak, Upper Midwest Radiant, Maple Plain, MN., Bill Becker, Aerotecture, Chicago, IL., Jan McAdams, The McAdams Group, Las Vegas, NV., Clint Elston, Equaris, Afton, MN., James Keller, P.E., Gausman and Moore Mechanical and Electrical Engineers, Roseville, MN.

4. What are the Partnership's targeted building sectors?

The Mahtomedi Center for Sustainability will be a showcase for renewable energy, sustainable design and "green" building technology and how it can be integrated into a small commercial building. The classroom at MCS will be used by non-profit organizations, community groups, educators and area businesses. We are working with bankers, builders, subcontractors, city officials and others involved with this project, teaching them how to use the Natural Step Framework as a guideline for making sustainable decisions.

5. What are the Partnership's initial goals for building performance, EE projects and activities? Square footage? Energy reduction?

Our initial goal for the Mahtomedi Center for Sustainability is to reduce usage of fossil fuel by 50% or more and to produce at least 25% of our own energy needs through clean renewable energy sources. Since the MCS will be a "showcase" project we will use a variety of energy efficient and renewable energy technologies including Passive Solar design, day lighting, photovoltaic, wind power, geothermal heating and cooling and a diesel generator running on vegetable oil for a backup heating. Within 5-7 years it is our goal to become a net producer of clean, renewable energy.

We will also strive to reduce our water consumption by 60-70% initially and within the first 5 years to be collecting or recycling 100% of our water used on the premises so we will be completely free of the municipal water system.

6. How will building improvements fit in with local priorities?

The Mahtomedi City Council has approved all plans for the building. The MCS building will act as a local resource for those interested in learning how to create a more sustainable future. We are working with city officials teaching them the Natural Step framework.

7. How will the activities of the Partnerships be supported?

Fundraising efforts have begun and we are in the early stages of applying for grants. A large portion of the cost of the building will be funded privately through the building's anchor tenant Cat Care Clinic. Dr. Susan Swanson, owner of Cat Care Clinic and cofounder of Sustainable Wellness, currently owns the commercial Center for Sustainability. Once built, the building will be sustained financially by revenues from tenants and leasing for the multi-purpose classroom.

8. What is the Partnership's time frame-schedule?

Design development for the building is almost complete. Blue prints should be completed by fall 2004. Construction will begin in Spring 2005 and take 6-9 months.