



Re-Co-Ver Review

Master Composter Recycler Newsletter

Upcoming Events and Opportunities

November 2008

Hello! Are you as excited about the falling leaves as I am? All that stored up sunshine ready to become compost. What a wonderful natural resource. My neighbors, who typically rake their leaves into the street, were happy to let me take their leaves away. Come spring, I'll have healthy soil and happy plants, will irrigate less often, and well, you know the rest of the story! Happy fall composting and hope to see you at our November meeting.

Here are some November events and opportunities for your fall calendar:

Columbia Springs Stewardship Saturday (11/8)

Saturday, November 8, 9a.m.-1p.m.

Join Columbia Springs for Stewardship Saturday Volunteer event, Snacks provided, bring sturdy shoes and appropriate outdoor wear. This is a fun and meaningful way to give back to the community while learning more about how you can be an effective environmental steward. Contact Amanda Lucas, Volunteer Coordinator. Amerikorps@columbiasprings.org or call 360-882-6610.

Do It Yourself Fair -An America Recycles Day Event (11/15)

Saturday, Nov. 15, 10 a.m. - 3 p.m.

Fix It! - Don't Toss It- Save Money and Help the Environment

Clark College/Gaiser Hall, 1933 Fort Vancouver Way, Experts from local stores and agencies will be available to help you learn about:

Backyard Composting, Bike Maintenance, Green Home Remodel, How to Buy and Preserve Local Foods, Home weatherization, Fans: Ceiling, Gable & Roof, Basic Auto Maintenance, Fixing Outdoor Faucets, Mold and Radon and more...The MCR program will staff a table at this event and we will offer a mini-backyard composting workshop. We could still use a couple of helpers to staff the table. **Please call or email if you can help staff our MCR table from either 9:30 a.m. - 12:30 or 12:30 -3:30 p.m. (time includes set up and take down).**

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Note: Links in this newsletter are "live." Just mouse over them to follow them.

Volunteer Meeting and Opportunities

November Volunteer Meeting

Thursday, 11/20, 6:30 PM to 8:00 PM

Location: Firstenberg Community Center, Community Room.

700 N.E. 136th Ave., Vancouver, WA 98684



Bumblebee Worker

Join us for a special volunteer enrichment presentation: “Soil Communities and Soil Health .”

Many soil workshops focus on what must be done and what needs to be added to the soil in order to promote soil health. This workshop will take a different approach. You’ll be introduced to common garden soil inhabitants--from fungi to invertebrates--and get helpful tips for partnering with your soil communities in order to create a garden where plants thrive. Though some basics will be covered, the emphasis will be on giving you the conceptual tools necessary for becoming a participant-observer in the dynamics of your soil and your own backyard ecosystem -your garden.

Guest presenter Eliza Lindsay has had her hands in the soil all her life. Highlights of her love affair with the denizens of the soil include growing and selling organic, no-till cut flowers; countless hours helping nurture Metro's Native Plant Center; and an early childhood spent petting bumblebees and tracking native flower populations in the abandoned land near her home.

Firstenburg Community Center is a LEED (Leadership in Environmental and Energy Design) certified “green building.” In addition to preserving much of the mature tree stands surrounding the building, this building has a minimal development footprint. Examples of a commitment to environmentally-sound building principles include: use of day lighting and cross-ventilation; use of porous concrete to manage storm water; fir milled from trees on-site and reused as benches, wall paneling and bleachers; dimmable energy-efficient lighting fixtures and more. Energy use at the center is anticipated to be at least 30 percent less than a traditional recreation center. If you haven’t seen this wonderful new community center yet, the November meeting is a great chance to do so.

Nature is not a place to visit, it is home.

- Gary Snyder

Contact me anytime with comments, questions, suggestions, brainstorm, anything at all.

Jo Anne Dolan
Columbia Springs
12602 SE Evergreen HWY,
Vancouver, WA 98683
(360) 882-4567

Email mcr@columbiasprings.org

The Master Composter/Recycler Program is a program of Columbia Springs. It is offered in partnership with Clark County Solid Waste Program and is a cooperative effort of, Battle Ground, Camas, Clark County, Columbia Springs, La Center, Ridgefield, Vancouver, Washougal, and Yacolt.



Volunteer Meeting and Opportunities (cont.)

IKEA Composting and Recycling Tour for Master Composter Recyclers

Monday, November 24, 4-5 p.m.

Did you know that you can bring your used compact fluorescent light bulbs to IKEA for disposal? Or that Ikea's "green team" is called the "Gruna Group?" Would you like to see what happens to those uneaten Swedish meatballs left on a plate in the restaurant? Join us for a behind the scenes tour of Ikea's in-house recycling and food composting facilities and sustainability program. This is a special tour led by IKEA staff for MCR volunteers. After the tour we'll have time for optional no-host dinner or shopping. To participate, please RSVP by Nov. 20.

December Volunteer Meeting, Volunteer Recognition Dinner (Save the Date!)

Thursday, 12/18, 6:00 PM to 8:30 PM

Location: First Christian Church, 111 W. 19th Street, Vancouver

700 N.E. 136th Ave., Vancouver, WA 98684

We're very excited to celebrate you, and all you have done this year. The 2008 NBB/MCR Volunteer Recognition Dinner will be about sustainability, with the theme "*Volunteers Sustain Us.*" Following rave reviews from last year, Anna Petroulo, a NBB volunteer and local chef at Mint Tea Bistro, will be making a return appearance as caterer of the dinner. Entertainment will be provided by Trashcan Joe. We chose a location that we hope is easy to find and convenient to as many of you as possible, at the First Christian Church, 111 W. 19th St. in Vancouver (between Main and Washington Streets).

Final Opportunities for 2008 Volunteer Hours

Special thanks to all of you MCR volunteers for your patience and graciousness during the times of transition for the program over the last year. At this time of harvest and Thanksgiving, I am thankful for the harvest of new friendships with many of you, and for all the hard work and passion for making Clark County more sustainable that you have given to the program and our community.

We've had a great year of MCR workshops and community outreach events. Andy and Angie McVay, Anne Holbert, Bill Drummond, Carlos Rodriquez, June Yamrick, Kellie Strutz, Kris Alexander, Laura Sauermilch, Mary Hinojosa, Melanie Schauble, Penny Cox, Phil Kimery and Phil Stockman all deserve special mention for volunteering over 20 hours each as veterans. Some of you "old timers" (as in when you joined the program, not in age) did 40 hours, wow. Many more of you are very close to 15 hours: Erin Rowland, Ginger May, Hannukah Valencia, Jean Harrington, Jean Roniger, Kelly Tooker, Linda Rectanus, Mark Harris, Paul Mitchell and Tiffany Nelson. A huge thank you!

Although the workshop and outreach part of our year is almost done - you can still add to your volunteer hours for 2008 by helping at the DIY Fair, attending our next two meetings (the December meeting is our Volunteer Recognition Dinner), by coming on the volunteer enrichment field trip to IKEA, by working on projects to support our outreach efforts (for example organizing or creating table display materials, helping develop educational materials, helping with our website) and assisting with office tasks such as maintaining our database and files, getting materials ready for our 2009 volunteer training, and updating our email contact lists.

If you would like to put in more hours to help fulfill your commitment as an MCR volunteer and support the program, call or email us and we'll help you find a project that is a fit for you.

Cocoa Mulch a Threat to Pets

Even if you don't have a pet, you may want to pass this information on to those that do!

Cocoa mulch, which is sold by several stores including Home Depot and other garden supply stores contains a lethal ingredient called "theobromine" which is lethal to dogs and cats. It smells like chocolate and attracts dogs, which could eat this mulch and die.



Chocolate and other products made from cacao beans — e.g., cocoa mulch — contain substances toxic to certain animals, including both dogs and cats. The main culprit is [theobromine](#), a caffeine-like chemical which acts as a mild diuretic and stimulant in human beings but is poisonous to animals less well equipped to metabolize it.

Cocoa mulch, which consists mainly of cacao bean shells, contains a much higher concentration of theobromine than chocolate processed for human consumption. Dogs are attracted to the scent and in documented cases have eaten the mulch, leading to vomiting, diarrhea, trembling, seizures and, in some instances, death (see [symptom list](#)). While it's equally toxic to cats, veterinarians say cats are less likely to ingest cocoa products and therefore are less at risk.



If you suspect your dog may have eaten cocoa mulch, the ASPCA recommends contacting your veterinarian immediately or calling the Animal Poison Control Center at 1-888-426-4435 for expert advice.

Composting 101- Hot Composting

Home composting is one of the most environmentally beneficial activities we can do. Keeping organic materials out of the waste stream by composting does good, feels good and grows a heckuva tomato. We know that “compost happens” no matter what, but with a little stockpiling behavior this fall (composters stash leaves like squirrels stash nuts!) and some applied science, you can make compost in just a few weeks. Follow this link for a refresher on how to hot compost.

<http://www.composting101.com/hot-composting-article.html>

“I am open to the accusation that I see compost as an end in itself. But we do grow some real red damn tomatoes such as you can't get in the stores. And potatoes, beans, lettuce, collards, onions, squash, cauliflower, eggplant, carrots, peppers. Dirt in your own backyard, producing things you eat. Makes you wonder.”

- Roy Blount, Jr.

FREE!

DO IT YOURSELF FAIR

Fix It - Don't Toss It!



*Saturday, November 15
10am - 3pm*

*Clark College/Gaiser Hall
1933 Fort Vancouver Way*

*Home Weatherization
Fans: Ceiling, Gable & Roof
Bike Maintenance
Basic Auto Maintenance
Fix & Winterize Outdoor Faucets
Green Home Remodel
How to Buy and Preserve Local Foods
Mold and Radon
Plus More!*

www.clark.wa.gov/recycle/DIY

360-397-6118 ext 4352



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SAVE MONEY AND HELP THE ENVIRONMENT

MASTER COMPOSTER/RECYCLER VOLUNTEER HOURS LOG SHEET

New Volunteers – 40 hours payback in the first year
 Veteran Volunteers – 15 hours per year

**VOLUNTEER
 NAME** _____

JAN FEB MARCH APRIL MAY JUNE JULY AUG SEPT OCT NOV DEC YEAR 2008
 (circle one)

DATE	VOLUNTEER PAYBACK HOURS EVENT	MILEAGE (for your records)	TOTAL CONTACTS	TOTAL VOL. HOURS
CONTINUING EDUCATION (Field Trips, Workshops, Conferences, Advanced Training Etc.)				

MC/R MEETINGS – 3rd Thursdays of each month
Attendance qualifies as 2 volunteer payback hours.

COMMENTS, OBSERVATIONS OR QUESTIONS!?

Return monthly to: **Columbia Springs Environmental Education Center**
Master Composter/Recycler Program
12602 SE Evergreen Highway
Vancouver, WA 98683
Phone: 360.882-4567 mcr@columbiasprings.org

