



# Re-Co-Ver Review

Master Composter/Recycler Newsletter

## From the MCR Desk

March 2010

*"Today you are You, that is truer than true.  
There is no one alive who is Youer than You."  
- Dr. Seuss*

The sound of mallards quacking and gabbling drifts in my west facing office window, along with some late afternoon sunshine. The days are getting longer- yeah! Although the equinox is a couple of weeks off, the plants and animals tell me that spring is here. It is hard to believe we are halfway through our 2010 training session, and gearing up for the whirlwind of April, *Earth Month!*

Many thanks to all of **you** who have helped, are helping, and will help to make our 2010 training successful! Kris Alexander, Bill Drummond, Tom Gibson, Gregg Hayward, Mary Hinojosa, Shirley Hoffman, Anne Holbert, Carol Hsu, Elizabeth Koch, Sharyl Mackay, Mary Olczak, Linda Rectanus, Carlos Rodriquez, Jean Roniger, Lisa Sundby, Joan Veach, and Barbara Welsh...your presence has been invaluable, and so welcoming to our new trainees. Thank **you**, for being **YOU!!**

Special thanks to Mary Hinojosa for visiting several preschool classrooms with the magic and wonder of worm bin lessons, to Monty Multanen for consulting with WSU Vancouver on how to start a campus composting site and helping to train community garden growers how to compost, to Lisa Sundby for helping to edit, research and prepare the 2010 Training Manual, and to the fifteen of **you** who showed up at the January work party meeting where we assembled training and workshop materials. **You** all make a difference!

I'm so happy spring has sprung, and that **you** are **you!**

My best,

*Jo Anne Dolan*

Master Composter/Recycler Coordinator  
Sustainability Programs Director, Columbia Springs

Inside this issue:

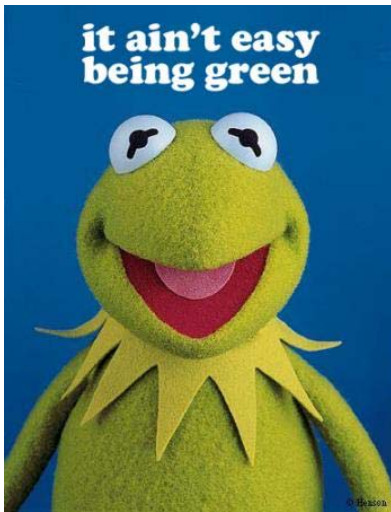
<i>From the MCR Desk</i>	1
<i>Recycling and Sustainability News</i>	2
<i>Volunteer Meeting and Volunteer Spotlight</i>	3
<i>Volunteer Events and Opportunities</i>	4
<i>Volunteer Timesheet</i>	

*Please note:* Links in the MCR newsletters are live. This means that when you hold your cursor over a green-colored link and click you should be directed to the web-site or email referenced.

## Confessions of a Conspicuous Consumer - by Lynne Lincoln, class of 2010

I pride myself on being conscious of my environment and concerned about the planet I live on. I thoughtfully flatten cans, place the tin lids that were removed with a can opener inside the flattened cans and peel off the paper on the outside of the cans, for my recycling container. I am cautious to be sure not to place glass or plastic bags in the recycling container. These things I do consistently, because they are easy and I have relearned how to do these particular things the “recycling” way.

I shop with cloth bags (when I remember them) and carry, by hand, my purchase(s) when they are few enough to hold in my hands. Occasionally I take the plastic bags that have accumulated from the days I forgot to bring my cloth bags, to a major grocery chain that accepts all plastic bags to recycle. I put as much as I can into my compost, unless of course I've had a tough day and don't want to walk out to the compost, or perhaps it's raining and blowing and it's so much easier to flush that vegetable left-over pile down the garbage disposal. I buy products that are wrapped as if our National Security depended on the tightly configured nature of the wrapping, mostly with bubble-shaped and huge and unnecessary plastic thingamajigs. I buy these things because I want what's under that over-done packaging. This is just a beginning.



My second paragraph indicates a pattern that even I, in my marginally narcissistic splendor, recognize. I say that this is just a beginning because I have just started training in the Master Composter/Recycler program and after one class session, I am painfully aware of 1) what I don't do right, 2) what I don't yet know and 3) what a habit driven animal I am. Someone mentioned cheesecloth bags that she uses to put those bulk produce items in, to avoid using the little plastic bags provided for us all. I had never even given it a thought that I was using plastic in the produce department. What did I think it was? I didn't think, you see. I was happily smug to know that I tried to use plastic less as I checked out of the store.

It seems to be about the effort to change habits, which I clearly resist, and about what is most comfortable and, in the final analysis, easiest. This is not a pleasant self-realization because I am, after all, a person who prides herself “on being conscious of my environment and concerned about the planet I live on”. Oops!

I have thought about having a small pocket surgically inserted in my elbow where I could place my cloth bags, but that seemed a bit extreme and actually only addresses a fraction of what I need to change to be less of a conspicuous consumer. I am about to begin that change. Wish me luck.

Lynne Lincoln, class of 2010, was inspired to write this article after attending the first session of Master Composter Recycler training this February. Besides reducing, re-using and recycling, Lynne gardens with native plants, grass-cycles her lawn, and is related to the 16th president of the United States.

## Volunteer Meeting

### March Volunteer Meeting

“The Foundations of Clark County Soils - The Geology of Clark County and the Bretz Floods” and “How to Cook a Lasagna Garden”

Thursday, March 18th 6:00 - 8:30 p.m.

Clark College’s Columbia Tech Center, Room 338

18700 SE Mill Plain Blvd. 78th St., Vancouver, WA 98683



Discover the story of the geologic forces that shaped the soils and landscape we see today through an engaging presentation by geology professor Charlene Montierth of Clark College. Then learn a great technique for making a garden in the clay soils formed by this geologic scenario. Gardener extraordinaire Kris Alexander will share how to make a no-dig, no-till, composting in place, *Lasagna* garden. Photo above is class of 2009 Sharyl Mackay’s productive lasagna garden of last summer, which she built after attending this class at last year’s training!

We will meet at Clark College’s new energy-efficient technical center, which is Leadership in Energy and Environmental Design (LEED) gold certified. This month’s meeting combines Master Composter Recycler Training with an opportunity for an enriching Volunteer Meeting.

Here is a link to directions and map to the Tech center: [www.clark.edu/ctc/location.php](http://www.clark.edu/ctc/location.php)

## Volunteer Spotlight

Which volunteer hiked to a wilderness pass in Idaho at 10,000 feet elevation for her wedding and has ridden a motorcycle the length of Washington? This person makes children smile while they learn about the magic of decomposition, then hops on her mountain bike and gets muddy with the magic of our local trails.

Mary Hinojosa, class of 2005, is a bundle of energy and adventure. Mary’s sweet smile and gentle nature are an asset to our outreach efforts with youth. As a Master Composter Recycler, she brings songs and stories of soil and worms to pre-schools, classrooms and summer camps. Mary has taught hundreds of Clark County fifth-graders about decomposition here at our outdoor science classes at Columbia Springs. Thank you Mary, for all the inspiration and fun you share!



# Upcoming Volunteer Events and Opportunities



There are many ways to contribute your skills to sustainability education and outreach. Help is needed for the following jobs:

**Classroom Visits:** We get many requests to visit pre-schools, elementary schools and children's groups with worm fun. Let me know if you want to learn how to do some environmental education techniques and can help with this!

**Workshops:** Our spring workshops season is coming up. Volunteers are needed to host /set up/staff the greeting table at both Backyard Composting and Wormshop workshops.

**Community Events:** Camas Mother's Day Plant and Garden Fair, Earth Day, Salmon Creek Greenway Ecofair, Home and Garden Idea Fair are all coming up and need you to help share your knowledge and inspiration! See sign up sheet on next pages.

**Writing:** Write an article for our newsletter.

**Outdoor and handy work:** Help with composting demo site maintenance at Columbia Springs. Need to set sign posts in ground. Collect leaves. Build box for self-guided tour brochure.

**CASEE Composting Demonstration Site:** Want to help keep our compost demo site going at CASEE? This is an important project that provides on-site composting for the NatureScaping gardens as well as a teaching tool for the community. We need any time you can donate to help Monty keep the compost cooking! .

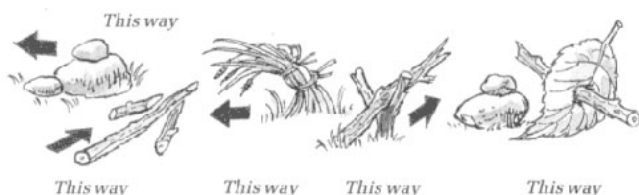
**Home worm work:** Grow redworms for our spring classes. Bring us shredded paper for our wormshops.

**Creative work:** Design and build a portable recycling display for the 2010 Farmers's Market.

**Block Foam Collection events:** These occur monthly on first Saturdays from 9 a.m. to 1 p.m., and need your help! Contact Elsie at 360.619.4122 or [Elsie.Deatherage@ci.vancouver.wa.us](mailto:Elsie.Deatherage@ci.vancouver.wa.us) to volunteer for a block foam collection event.



Sharyl MacKay and Mary Hinojosa welcome trainees to Master Composter/Recycler training class..



## Are You Tracking Your Volunteer Hours?

Please remember to keep a tally of your monthly volunteer hours. Thank you!



The Master Composter/Recycler Program is funded by Clark County Solid Waste Program and administered by Columbia Springs.



Comments, questions, suggestions, brainstorm, anything at all...[mcr@columbiasprings.org](mailto:mcr@columbiasprings.org) (360) 882-0936 x 224. Or stop on by the Heron House at Columbia Springs, 12602 SE Evergreen HWY, Vancouver, WA 98683