

The Newsletter of WSU Snohomish County Extension Sustainable Community Stewards



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SCS Lives and Thrives with New Projects

Welcome, Heather Teegarden!

The newest member of the Sustainable Community Stewards program is volunteer coordinator Heather Teegarden.

Heather took the 2017 SCS course, then after many hours of volunteering at the McCollum office, she was hired on as a part-time Project Coordinator. She has eagerly started her new job with projects such as contributing to the newsletter. (Which the editor greatly appreciated.)

Come to any of the meetings or potlucks and you'll likely see her there, enthusiastically helping out. You can also reach her at 425-357-6027 or heather.teegarden@wsu.edu.



Heather Smith Teegarden



Coming soon! Styrofoam Recycling Events in South Snohomish County!



Passionate about Styrofoam recycling? Want to be part of the upcoming events in South Snohomish County? Join us Wednesday, February 7th, 7 – 8:30 pm at the Styrofoam Event Kickoff at the Evergreen Room at WSU Snohomish County Extension.



SCS to host local Repair Cafes!

Broken items?

Toss them?

No Way!

Bring them to our Repair Cafe!

REPAIR CAFÉS are all about repairing things (together). At our Repair Cafes, you'll find tools and materials to help you make any repairs you need. You'll also find expert volunteers, with repair skills in all kinds of fields. Bring your broken items from home and let's fix them together. Suggested items include: clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys. This event is free and open to the public. Pre-registration is requested.



- Saturdays, March 10th, April 14th, September 22nd and November 10th
- Spada Conference Room, 3200 Cedar Street, Everett

Want to be involved? We are still looking for "fixers" with skilled experience in the following: wood working, soldering, small engine and jewelry repair, among other similar talents. We are also recruiting volunteers that want to help staff the event. Our next planning meeting is Monday, February 12th, 2–3:30 pm at the WSU Snohomish County Extension Conference Room. Contact Heather Teegarden, SCS Project Coordinator, for more information, 425-357-6027 or heather.teegarden@wsu.edu.



Sustainable Community Stewards News

From the WSU Snohomish County Extension

Volunteer Awards

Sustainable Community Steward Volunteers Recognized

ON WEDNESDAY, JANUARY 24TH eight Sustainable Community Stewards, plus two staff members, gathered around the tables and shared in the first SCS Potluck/Meeting of 2018. The evening included inspiring stories from one of the original classes of SCS, exciting planning suggestions for the year ahead, and some special volunteer recognition.



Pictured left to right around the table: Betsy Siedlik, Betti Johnson, Kathy Bowman, Patricia Wangen, Doris Olivers, Gail Walters. Congratulations to Ed Siedlik and Carreen Rubenkonig – Distinguished Volunteers, and Kathy Bowman – 2017 Volunteer of the Year! Photo Credit: Ed Siedlik

Volunteer Hour Milestones Met:

35 Hours: Elizabeth Bell, Ray Bowman, Brian Cherniak, Jerry Jacobsen, Cynthia LaBlue, Laura McCarthy, Lance Regan, Maureen Schmitz, Heather Teegarden, Pam Wormer.

100 Hours: Stacy Aleksich, Doug Larson, Doris Olivers, Nancy Vandenberg, Carreen Rubenkonig.

Five+ Years as Sustainable Community Steward Recognition!

Class of 2013: Bria Hedehl, Carreen Rubenkonig, Doug Larson, Marilyn Ferrier, Nancy Vandenberg, Stacy Alekish, Lisa Powers.

Class of 2010: Laura McCarty, Tania Scutt, Vivian Weber, Pam Wormer, Doris Olivers (Carbon Masters Class).

You all make a difference! Total Hours Reported by Sustainable Community Stewards: 4,367

Please remember to report your hours here:

<https://ext.wsu.edu/Volunteers/logon.aspx?ReturnUrl=%2fVolunteers%2fvolunteer%2fdefault.aspx>



2010 "Carbon Masters" Class Graduate volunteer, Doris Olivers. Photo credit: Ed Siedlik



300 Hours: Patricia Wangen. Photo Credit: Ed Siedlik

Sustainable Community Stewards News

From the WSU Snohomish County Extension

Overheard at the Potluck

The Conversation at the Potluck/Award Dinner

At the monthly SCS potluck meetings, the conversation always revolves around environmental issues, of course. That's who we are, and it's great to get together to share our common concerns and passions. This last get-together was especially productive and inspiring. We all spoke on our pet projects.

The following items resulted from that conversation:

- **“Take your used fabrics to Goodwill.”** They will send your mattresses, rags and old stuffed toys to a recycler to be used for insulation. That's what I'd been told anyway. So I dropped in at the Everett Goodwill on Everett Mall Way — and was greatly disappointed. The manager told me that no Goodwill stores would take old mattresses, and the old clothes were thrown away.



Goodwill suggested St Vincent's, so I went on over there. After many questions, the reluctant reply was finally “The rags that couldn't be sold as clothing were baled and sent to ... the landfill.”

So scrap this idea of taking rags to Goodwill.

- **On a positive note**, it was suggested that green cleaning kits could be distributed at foodbanks. Might be something to pursue.

- **Shredded paper** — another issue that came up — it needs to be put in Yard Waste, rather than Recycling. The shreds end up all over the floor at the recycling sorting plant and don't make it to the paper recyclers. They make wonderful compost though.

- **Doris Olivers brought up** the poor recycling habits of some condo residents. This reminded us of Nancy Vandenberg's idea to go door-to-door in an effort to educate residents at the senior housing.

Since this has come up before, and it's still an issue, it's time to get together and actually do something about it. Anyone interested can contact me at katsbow@gmail.com

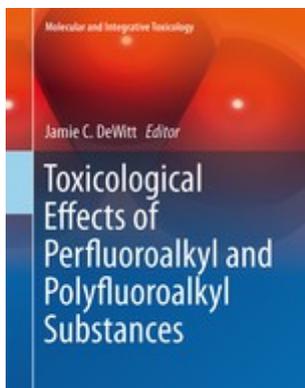
- **Patricia Wengan reported** on her work at the Bothell Senior Center. She has been working at getting proper recycling going in the building, in addition to the environmental program she has going.

She actually finds videos at the library or on youtube that she shows interested seniors. Patricia does everything herself from creating the flyers to choosing and presenting the videos. She is a real dynamo, a true inspiration. We can all do well to follow her example.

IF YOU HAVEN'T BEEN to one of these meetings lately, make a point to come soon. You'll be inspired.

Our next SCS meeting will take place 5:30 - 6:15 pm at Bargreen Coffee Co. located at the Parks Cafe within the Student Union Building. This will be an informal gathering prior to an (optional) screening of "Return of the River." www.snocomrc.org

~Kathy Bowman



“PERFLUOROALKYL AND POLYFLUOROALKYL SUBSTANCES” are being addressed in the Washington State Legislature in House Bill 2658. These chemicals are used in food wrappers and are known to cause a number of health issues. While our role as Sustainable Community Stewards is to educate and not to advocate, we still find it informative to follow legislation that takes on harmful substances in our food.

This bill is interesting in that it moves to ban this chemical in food wrappers, but only if another substance can be found that can be used as a substitution.

If you're interested in following this, just google House Bill 2658 and that will get you started. You can learn where the bill is in the House, who is on the committee, what the original bill was, its revised state, and then you can move on to learn about the chemicals themselves. It's all very interesting!

~Kathy Bowman

Sustainable Community Stewards News

From the WSU Snohomish County Extension

Waste Reduction at the Country Living Expo

WSU Country Living Expo Waste Diversion Round-Up

On Saturday, January 27th WSU Skagit County Extension hosted its annual Country Living Expo and Cattlemen's Winterschool with 1,325 people in attendance. Those attending included six Sustainable Community Steward volunteers who helped to divert approximately 300 gallons of recycling and compostable materials from the landfill. The volunteers were stationed throughout the lunchroom area to help educate the attendees about the proper placement of their prime rib lunch waste. All of the volunteers agreed it was a great event!

~Heather Teegarden



Volunteer Jerry Jacobson happily hauls the nearly 300 gallons of recycling and compostables saved from the landfill! Photo credit: Ed Siedlik



Volunteers Hank Seipt and Kevin Harbeck educate a fellow Cougar on the importance of recycling. Photo credit: Ed Siedlik

Below: Volunteer Betsy Siedlik takes her job of waste diversion very seriously and is always on the lookout for more she can save from the landfill! Photo credit: Ed Siedlik



Part of the waste diversion crew post event – tired, but satisfied about their rewarding efforts! Pictured left to right: Ed Siedlik, Betsy Siedlik, Yolimar Rivera Vasquez, Heather Teegarden, Kevin Harbeck (Not pictured: Nicole Roy, Hank Seipt and Jerry Jacobson) Photo credit: Jerry Jacobson

Sustainable Community Stewards News

From the WSU Snohomish County Extension

Behind the scenes at StyroRecycle in Kent

A trip to Styro Recycle and a visit with Marilyn Lauderdale

Once in awhile we take the trip to Kent with clamshells and peanuts. It's the only legal place we can dispose of them. This time we asked for a meeting with Marilyn, the owner and manager of StyroRecycle. And what a great idea that turned out to be!



Kathy and Jody pack up the old Prius. Photo by Heather Teegarden

Our idea was to get preliminary information on the possibility of opening a recycling plant in Snohomish County. Marilyn was extremely open to the idea. Sometimes, when you take your styrofoam to the recycler, you get the idea there is a very hard-nosed person behind the scene. (I probably got that idea from the strict rules about removing tape and submitting clean product.)



Left: Molten Styrofoam is extruded at the end of its journey through the shredder/heater. When spewed into plastic bins, bricks are created. Photo from greenmax-machine.com

Right: Processed bricks of Styrofoam. These weigh in at 30 pounds, and take about an 8x10 roomful of styrofoam to create. Photo from greenmax-machine.com



Waiting to be processed at StyroRecycle. This amount will take about two hours to go through the process. Photo by Kathy Bowman

But Marilyn is one of the most welcoming, enthusiastic recyclers I've ever come across. She is in the business because "someone had to do it." Plus — she hires people without homes and people who need a second chance. It is downright inspiring how she cares about people and the environment.

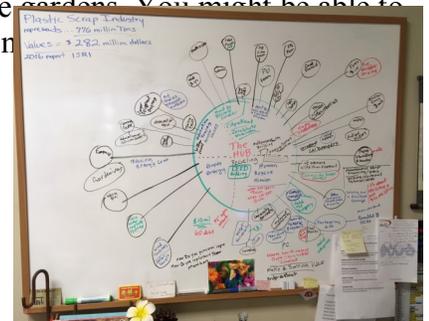


Marilyn Lauderdale in her office at StyroRecycle in Kent. Photo by Kathy Bowman

If anyone wants to start a recycling business, Marilyn is there to help and mentor. If anyone wants to hold a Styrofoam Collection Event, Marilyn has the trucks and training. She has three trucks that keep busy most Saturdays with collection events. We also learned there are other people who will organize collection events for you.

MARILYN HAS A DREAM about the most complete and perfect recycling facility ever, and it's laid out on her chalkboard. She figures it would take ten acres, and in the hub would be an LEED building. The spokes would include dorm rooms for workers without homes and composting for the on-site gardens. You might be able to expand the picture to see more.

To learn more about her operation, go to www.styrorecycle.com. While there, brush up on what's acceptable for recycling, where the product goes, and learn the history of StyroRecycle.



Marilyn's ideal Best Ever Recycling Facility. Photo by Kathy Bowman

Sustainable Community Stewards News

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Coming Events & Volunteer Opportunities

Wednesday, February 7 — Styrofoam Collection Event Planning Kick Off!

7:00 to 8:30 pm *McCullum Park Evergreen Room*

We are a go! Republic Services is funding a series of Styrofoam collection events in the Edmonds / Lynnwood area. The Recycling Coordinator is ready to partner with us! Let's kick off planning for an intended start date of a late May collection event.



Monday, February 12 — Repair Café Planning

2:00 to 3:30 pm *Evergreen Room at McCullum Park*

Come together to plan the four Repair Cafés that will launch later this year. The Cafés do exactly what their name implies – they help folks to repair their used items, taking a stand against the idea that all things are disposable.

We'll have some paid "fixer" people and other volunteer craftspeople to make repairs. Our main job will be to organize and promote the events, and handle the RSVP process. These are brand new, with some preliminary ideas formulated by the Class of 2017 project team focused on this.

Tuesday, February 13 — Seattle Green Drinks at The Tasting Room

5:00 to 8:00 pm *1924 Post Alley, Seattle, WA 98101*

Join fellow sustainability-focused friends for February Green Drinks at the Tasting Room in Pike's Place Market. This month we'll be giving an overview of Sustainable Seattle's programs and goals for 2018!



Thursday, February 15 — Sierra Club Snohomish Group Social

5:00 to 7:00 pm *Port Gardner Bay Winery, 3006 Rucker Ave, Everett, WA 98201*

Join the Sierra Club Snohomish Group to socialize and meet other sustainability-focused volunteers. No-host event with non-alcoholic beverages; beer and wine available.

VOLUNTEER OPPORTUNITY: Sierra Club Snohomish Group is looking to restart Green Drinks Snohomish to bring together other environmentally minded people and discuss conservation and political issues, and future actions. Contact Tom at Tom.Crisp@Washington.SierraClub.org to learn more.

Wednesday, February 28 — SCS Meeting

5:30 to 6:15 pm *Bargreen Coffee Co. in the Parks Café, Everett Community College Student Union*

Our next SCS meeting will take place 5:30 – 6:15 pm at Bargreen Coffee Co. located at the Parks Cafe within the Student Union Building, adjacent to the Henry M. Jackson Conference Center. This will be an informal gathering. Those that are interested can join us for the "Our Coast Free Community Film Series — Fresh Water Focus Film: Return of the River" with discussion of local restoration projects following. To RSVP and register for the film: www.snocomrc.org

You've got an Event? List it here.

Contact Heather at heather.teegarden@wsu.edu

Sustainable Community Stewards News

From the WSU Snohomish County Extension

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3
4	5	6	7 7:00 pm Sty-rofoam Kickoff! Meeting	8	9	10
11	12 2:00 pm Repair Café planning meeting	13 5:30-8:00 pm Seattle Green Drinks	14 	15 5:00-7:00 pm Sierra Club Social	16	17
18	19	20	21	22	23	24
25	26	27	28 5:30-6:15 pm SCS Meeting @ EvCC			

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 10:00 am to 2:00 pm Repair Café
	12	13	14	15	16	17
	19	20	21	22	23	24
25	26	27	28	29	30	31