



## August News

### Be Resourceful in the kitchen

Master Recyclers have been reading about Be Resourceful, the city of Portland's thoughtful consumption campaign that aims to reexamine our



relationship with our stuff. We'll celebrate different ways that folks are shifting their priorities – elevating experiences over things – enjoying better memories, healthier lifestyles, and stronger relationships.

The Be Resourceful campaign is currently focusing on being resourceful in the kitchen. Here are 10 actions Portlanders are taking to Get More of the Good Stuff in the kitchen. They are ranked based on their environmental impacts - starting with the highest climate change impact to the lowest. It will act as a sneak preview for those who plan to be at the Master Recycler Be Resourceful Open House tomorrow, and give the key messages to those who can't make it.

1. Eat Unprocessed Foods -Especially Fruits, Vegetables and Grains: A delicious and healthy way to be green!
2. Reduce Wasted Food: Planning meals, using a grocery list, storing properly and choosing realistic portions are easy ways to reduce food waste.
3. Plan a Kitchen that is the Size that Fits Your Needs: There's nothing like having a well thought out kitchen layout so that everything you need is at your fingertips.
4. Purchase Energy Star Appliances: Can't beat that lower utility bill!
5. Practice Good Food Preservation Techniques: Canning and freezing foods gives you access to local, seasonal food year round!
6. Buy Durable and Used Goods for the Kitchen: Reusable cloth napkins and durable plates and silverware add a sense of something special to a meal.

7. Prepare and Eat Meals Together at Home: So much tastier than eating on the run or go! And more affordable!
8. Grow and Share Your Food: Planting and tending a home garden is a great activity for the whole family. You could even share your garden space with a neighbor.
9. Remodel Resourcefully: Using salvaged and non-toxic materials makes for a unique and healthy remodel.
10. Reduce Packaging Related to Food: Bringing tote bags, using durable containers and eating less processed foods helps reduce the clutter of unwanted packaging.

**41 million** American households tended vegetable gardens in 2009 - That's over 36% of all U.S. households!

As you can see, these simple actions can also have a positive impact on our health and life experiences!

Do you have a way that you like to be resourceful? Share your story at [www.portlandonline.com/bps/beresourceful](http://www.portlandonline.com/bps/beresourceful) (live starting August 3rd).



*"Taking the kids to the zoo instead of the mall gives us a chance to move around and learn about different animals. We focus on each other, not on the latest trend or toy." - Liliana Thirdgill (Class 44)*

## It's Not too late to RSVP!

Come to a Master Recycler Workshop and learn about the new **Be Resourceful Campaign!**

Thursday, July 29th 6:30-8:30 p.m.  
Metro, 600 NE Grand, Portland

J Lauren Norris, 503-823-7530, [masterrecycler@portlandoregon.gov](mailto:masterrecycler@portlandoregon.gov)

## Master Recyclers in the Media!

Master Recyclers are really getting attention to the topics of thoughtful consumption and worms this summer - so much so that they've landed a couple of great stories in our local papers.

**Mentor Heidi Lambek** (Class 39) was featured talking about worms in the [Oregonian's Hillsboro Argus](#). With a fantastic picture of her showing worm bedding, Heidi did a fantastic job talking about the easy care of worms and the benefits of vermiculture. Heidi also encouraged residents to visit her and her worms at the Hillsboro Farmer's Market – a great idea for encouraging more action!

Four Master Recyclers were featured in the [Tribune](#) promoting the Center for Earth Leadership's Home Eco-party Program. Centurion **Alicia Polacok** (Class 22) is pictured leading the group at the home of **Lynne Feinstein** (Class 44) (pictured on the second page). **Resa Schnacky** (Class 44) and **Michelle Lasley** (Class 43) are also quoted, talking about their own green living practices.

Thanks for promoting the green life!

## BEST Business Center Canvass Training

Portland location, TBD

Tuesday, September 1st, evening. Time TBD.

The City of Portland's BEST Business Center will canvass targeted business districts in September. The goal of this outreach will be to boost those numbers in our new target areas outside of the downtown core.

Master Recyclers will talk to businesses about the program's free services and resources, and connect them to program staff – as well as BEST business partners in their area. Please RSVP to Receive more information.

Contact: Pete Chism, 503-823-7652, [Pete.Chism@portlandoregon.gov](mailto:Pete.Chism@portlandoregon.gov)

## Thank you to the five folks who became Certified Master Recyclers in July!

**Jeanne Hillebrand** (Class 40) tabled many North and NE events including the Proper Festival, Mt. Tabor concert series and the Fix-It Fairs. She also helped with the Portland Food Scrap Pilot Canvass.

**Peter Marfell** (Class 40) organized the event recycling and information booth at the Lake Oswego Arts Festival for two years in a row. He was able to engage other Master Recyclers and recover lots of materials.

**Donna Van Dyke** (Class 42) worked on an innovative project at Pacific University that could act as a model from other schools. Donna joined a team to design a sustainable student move-out campaign, helping students do a spring cleaning on Earth Day so they could swap and donate furniture instead of dumping them at the end of the school year.

**Mitzi Sugar** (Class 44) took on the huge project of organizing event recovery at the North American Brewer's Fest. Mitzi invited Master Recyclers to help her train festival volunteers to staff all the containers and talk with vendors.

**Resa Schnacky** (Class 44) is offering technical assistance to four community organizations who received funding from the Portland Recycles! Small Grants project. The project gave funds to community groups to help the overcome barriers to waste reduction. She has been helping them with education language, overcoming technical barriers and evaluating the amount of waste reduced.

## Volunteer Opportunities

### Far West Fibers Sign Maker

Far West Fibers is looking for a Master Recycler with a graphic design background to create updated signage for seven public recycling depot's in the Portland metropolitan region. Please send a brief description of your interest and background to [TJMillbrooke@FarWestFibers.com](mailto:TJMillbrooke@FarWestFibers.com).

### Washington County Fair

Washington County Fair Complex, 873 NE 34th Ave, Hillsboro  
Thursday July 29th to Sunday August 1st  
10 a.m. – 2 p.m., 2 – 4:30 p.m. and 4:30 – 7:30 p.m.

Help staff a booth with Washington County staff on residential recycling, waste prevention and other sustainability topics at this huge four-day event. Entertainment, food rides and much more!

Main contact: Michelle Pimentel, (503) 846-3651,  
michelle\_pimentel@co.washington.or.us

## Montavilla Farmers Market Durable Dish Program

7600 block of SE Stark, between Mt. Tabor and 82nd, Portland  
Sundays through October 13th, 10 a.m. – 2 p.m.

The Montavilla Farmers Market is recruiting a Volunteer Assistant Manager to help this hands-on, innovative waste prevention strategy. Help make sustainability happen each week and have fun while doing it!

To apply or for more information email Kristin Wildensee,  
durabledish@montavillamarket.org

## Kickball Without Borders

Glenhaven Park, NE 82nd Ave & Siskiyou St, Portland  
Saturday, July 31st 10 a.m. – noon

Help with pre-event planning to reduce waste at the event and work with the Portland State Event Recycling Program to get the receptacles needed. Help prepare materials for and educate event volunteers and come out on the day of the event to help the process go smoothly by assisting event volunteers and tournament participants. For more information on the event, please visit [www.ewbportland.org](http://www.ewbportland.org).

Contact: Kelly Boreing, [kellyboreing@ewbportland.org](mailto:kellyboreing@ewbportland.org)

## United Cerebral Palsy Basic Recycling Class

11731 NE Glenn Widing Dr, Airport Way & I-205, Portland  
Any weekday, times negotiable

Teach a class of five to ten UCP customers with disabilities. Class time flexible during the hours given above.

Contact: Kelly Castagnola, 503-777-8791, [kcastagnola@ucpaorwa.org](mailto:kcastagnola@ucpaorwa.org)

## Cornelius National Night Out

Harleman Park, 795 S. Heather St, Cornelius

Tuesday, August 3rd 5:30 – 8:30 p.m. (includes set-up/break down)

Table at this unique community event focused on fun community activities and crime and drug activity prevention. This well-attended event provides a great opportunity to connect with Cornelius residents about waste prevention and recycling topics. Check out materials and displays from Washington County for use at this wonderful event. Spanish-speaking opportunities available, but not at all required.

Michelle Pimentel, 503-846-3651, michelle\_pimentel@co.washington.or.us

## Youth Skill Building Group

Downtown Hillsboro

Choose a Thursday in August from 4:30 p.m. – 5:30 p.m.

Boys and Girls Aid non-profit transitional living program works with young adults ages 16 - 23 who are getting on their feet and learning independent living skills. Help teach the youths to learn about all of the benefits of recycling.

Contact: Ari Turrentine, 503-542-2719, aturrentine@boysandgirlsaid.org

## Cedar Mill Park Concert

10385 Cornell Rd, Portland

Thursday, August 5th 5:30 – 8 p.m. (includes set-up/break down)

Enjoy the music of GrüVbox at this family-friendly concert series. Table about residential recycling and waste prevention. Literature and displays can be picked-up and returned to Washington County's office in Hillsboro.

Contact: Michelle Pimentel, 503-846-3651,  
michelle\_pimentel@co.washington.or.us

## Bite of Oregon Towards Zero Waste Program

Waterfront Park, Portland

Friday, August 6th 9 a.m. – noon

Saturday, August 7th 10 a.m. – 1 p.m.

Sunday, August 8th 8 a.m. – 11 a.m.

Help Bite of Oregon move "Towards Zero Waste". Master Recyclers will visit the 50+ food and beverage vendors to educate them on proper recycling and composting. Volunteers will get into the Bite of Oregon that day for free!



Contact: Lindsey Newkirk, 503-789-2018, [lindsey@elysiumeventsllc.com](mailto:lindsey@elysiumeventsllc.com)

## Lake Oswego Farmer's Market

Millennium Park, 200 First St, Lake Oswego  
Saturday, August 7th 7:30 a.m. – 2 p.m.

Join Master Recyclers to staff an information table about composting and recycling.

Contact: Robin Woolman (Class 44), [woolman@gmail.com](mailto:woolman@gmail.com)

## Hillsboro Farmers Market

Hillsboro Historic District Main Street and 2nd Ave, Hillsboro  
Saturdays, August 7th and August 21st  
Shifts: 8:30 a.m. - 11:30 a.m. and 11 a.m. – 2 p.m.

Table on recycling and Greener Cleaner. Times include set up and breakdown.

Contact: Heidi Lambek (503)475-5850, [oregontreehugger@gmail.com](mailto:oregontreehugger@gmail.com)

## Ecopalooza

Fernhill Park, NE 37th Ave & Ainsworth St, Portland  
Saturday, August 7th 6 – 9 p.m.



Engage residents in a whole new way with the new Be Resourceful display at this diverse community event, an off the grid environmental awareness concert. Master Recyclers will also be training event volunteers on recycling and make announcements on stage to encourage participants to use the recycling receptacles.

Contact: Alicia Polacok, 503-823-7107, [alicia.polacok@portlandoregon.gov](mailto:alicia.polacok@portlandoregon.gov)

## Milwaukie Farmers Market

11009 SE 28th Ave, Milwaukie

Sundays, August 8th and August 22nd 9 a.m. – 2 p.m.

Help Master Recycler Rob Kappa (Class 37) table on a variety of topics.

Contact: Rob Kappa, 503-653-9575, falkor01@comcast.net

## Oregon City Farmers Market

Clackamas County Public Service Center, 2051 Kaen Rd, Oregon City

Saturday, August 14th 9 a.m. – 2 p.m.

Clackamas County's Office of Sustainability has kits/displays on Recycling, Composting, Greener Cleaners, and more. Pick a topic that interests you.

Contact: Sherri Dow, 503-742-4463, sherridow@co.clackamas.or.us

## NE Community Center Summer Arts and Crafts Festival

1630 NE 38th Ave, Portland

Saturday, August 14th 10 a.m. – 1:30 p.m. and 1:30 - 5 p.m.

**Don't forget to log  
your volunteer hours**  
Visit [www.masterrecycler.org](http://www.masterrecycler.org)  
and click on the Members tab.

Be part of the NE Community Center's (NECC) 2nd Annual Summer Arts and Crafts Festival. This year the Festival will begin with a fun-walk through the Hollywood District and will include arts, crafts, food, music and activities for the family. Check out the Portland

Recycles! kit and talk to festival goers about waste prevention and recycling.

Contact: Alicia Polacok, 503-823-7107, Alicia.Polacok@portlandoregon.gov

## Sunday Parkways Southeast

Colonel Summers Park, SE 17th Ave & Taylor St , Portland

Sunday, August 15th 9:30 a.m. – 12:30 p.m. and 12:30 – 3:30 p.m.

Be Resourceful will be at Colonel Summers Park so join in with the new

Thoughtful Consumption campaign.

The 6-mile Southeast Portland Sunday Parkways route will have two loops, connecting Laurelhurst, Colonel Summers and Sunnyside Parks, plus the Hawthorne Street Fair. Food, music and activities are located in the parks and along the route.



Contact: Alicia Polacok, 503-823-7107, [Alicia.Polacok@portlandoregon.gov](mailto:Alicia.Polacok@portlandoregon.gov)

## Orengo Farmers Market

NE Orengo Station Parkway and NE 61st, Orengo  
Sunday, August 15th

Shifts: 9:30 a.m. – noon and 11:30 a.m. – 2:30 pm

Join Heidi Lambek (Class 39) tabling on recycling and Greener Cleaner (and worms later in the season). Times include set up and breakdown.

Contact: Heidi Lambek (503)475-5850, [oregontreehugger@gmail.com](mailto:oregontreehugger@gmail.com)

## Clackamas County Fair



Clackamas County Fairgrounds 694 NE 4th Avenue, Canby

Tuesday, August 17th through Sunday, August 22nd

Family fun rides, multiple stages, animal shows. Past year events have drawn over

100,000 attendees over four days. Have a great time and enjoy the fair! Admission and parking tickets are provided, so please include your mailing address when you sign up.

There are two volunteer opportunities at this even.

## Clackamas County Recycling Info

Tuesday, August 17th to Saturday, August 21st Shifts: noon – 4 p.m. and 4 – 8 p.m.,

Sunday, August 22nd noon – 4 p.m.

Join Clackamas County Office of Sustainability staff in the Recycling info booth. Talk about recycling, reuse, and conserving resources.

Contact: Sherri Dow, 503-742-4463, sherridow@co.clackamas.or.us

### **Metro Healthy Homes Booth**

Tuesday, August 17th to Saturday, August 21st noon – 8 p.m.

Sunday, August 22nd noon – 4 p.m.

(Shifts available)

Join Metro to talk about greener cleaners and composting.

Contact: Caran Goodall, 503-797-1693, caran.goodall@oregonmetro.gov

### **Interstate Farmers Market**

Overlook Park, N Fremont & Interstate, Portland

Wednesday, August 18th 3 – 7 p.m.

Help Master Recycler Michelle Lasley (Class 43) table on a variety of topics.

Contact: Michelle Lasley, (503)901-0605, michelle@michellelasley.com

### **Multifamily Recycling Presentation**

Hamilton West Apartments, 1212 SW Clay St, Portland

Wednesday, August 25th 2 – 3 p.m.

Hamilton West is a 152 unit affordable nine story apartment building located near PSU. Help residents with a little recycling refresher.

Contact: Kyenne Williams, 503-823-5054, Kyenne.Williams@portlandoregon.gov

### **Forest Grove Farmers Market**

Main Street between Pacific Ave. and 21st Ave, Forest Grove

Wednesday, August 25

Shifts: 3:30-6 p.m. and 6 - 8:30 p.m.

Staff a table at this farmers' market. If you'd like to stay a longer or shorter time, that can be arranged. Spanish is helpful, but not required.

Contact: Margaret Rodriguez Springer, (971) 344-8806, sunnymug@gmail.com

## Safety & Roadway Fair at Clackamas Town Center

Clackamas Town Center, 12000 SE 82nd Ave, Happy Valley  
Saturday, August 28th 10 a.m. – 3 p.m.

Join Clackamas County Office of Sustainability staff and talk about Green Cleaners and Natural Gardening at this family focused event.

Contact: Sherri Dow, 503-742-4463, sherridow@co.clackamas.or.us

## The Muddy Boot Organic Festival, Waste and Recycling Coordinator

2408 SE 16th Ave, Portland

Saturday, September 11th noon – 9 p.m.

Sunday, September 12th noon – 6 p.m.



This annual sustainability festival recycled and composted over 1,500 gallons of materials last year.

We're looking for a master recycler to help manage the recycling plan for 2010. This volunteer will work closely with the festival planning committee and will learn a lot about event recycling and will have the opportunity to put new ideas into place.

Contact: Julie Gefroh, (503)736-9976, jbgfroh@gmail.com

## Conservation News

### How to Be an Agent of Change in Your Circle of Influence Informational Meeting

Tuesday, September 14th 7 p.m.

The six free sessions of the Agents of Change course, help participants select a circle and vision for change and provides the tools and strategies to be successful. Come to this information meeting to hear from past participants as well as Jeanne and Dick Roy, Founders of the Center for Earth Leadership.

Contact: Emily Klavins, 503-227-2315, emily@earthleaders.org

## Styrofoam Drive!

The One Stop Sustainability Shop  
1720 NW Lovejoy St #109, Portland  
Saturday, August 28th 11 a.m. – 5:30pm

Bring your clean block styrofoam and packing peanuts (must be in a bag) to the store to then be delivered to Recology to be recycled. No food trays, cups, egg cartons, spongy insulation. This is not a Master Recycler volunteer opportunity.

[www.Sustainabilitypdx.com](http://www.Sustainabilitypdx.com)

Contact: 503-241-5404, [info@sustainabilitypdx.com](mailto:info@sustainabilitypdx.com)



## Job Opportunities

### Washington County Solid Waste and Recycling Program Educator

This position will provide education and information on Washington County's recycling programs; provide information to and serve as liaison with businesses and local governments regarding current activities of County waste evaluation programs; and develop and implement specialized informational programs through public presentation and other outreach techniques.

For more information please visit Washington County jobs:  
<http://agency.governmentjobs.com/cowashingtonor>

#### **MORE JOB OPPORTUNITIES**

can be found in Job Seekers at the  
Master Recycler Forum.  
[www.MasterRecycler.org](http://www.MasterRecycler.org)

