



MASTER RECYCLER NEWSLETTER

December 2011

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Resourceful Holiday Also Means Low-Budget

Whether you are preparing latkes and challah or eggnog and turkey, the holiday season is the time to focus on those around us and to take actions that are meaningful. Happily, resourceful celebration gives us more time with family and friends and even saves money. Food and gifts are two areas we can really show how resourceful we are.



Food

Purchase local, healthy food this holiday season.

- Find locally grown fruits and vegetables in the produce department of your local grocery store.
- Look on labels for food grown in Oregon and SW Washington.
- Not only are the following foods grown in Oregon this season, they all look beautiful on your plate: apples and pears, cranberries, winter squash, hazelnuts and walnuts, chards and kale, leeks, beets, potatoes.

Preparation

- Ask the experts how much meat, vegetables or pasta to prepare for your guests at [LoveFoodHateWaste](http://LoveFoodHateWaste.com).



- Serve food buffet style so people can choose the best portions for themselves.
- Whether you live in Portland -and have curbside composting- or you have your own backyard compost, keeping your kitchen pail close to your food prep area will help you catch it all.

Serving

- Gently used durable plates, cloth napkins and service ware add beauty to the table, save money and can be reused year after year.

Cleanup

- Put your compost pail and a recycling container in a visible, accessible location so guests remember to scrape their plates and recycle.
- In Portland, your guests may not know that even the turkey carcass, ham bone or seafood shells can be composted.
- Be prepared with durable storage options for leftovers.
- Invite your guests to bring reusable Tupperware or casserole dishes so they can take home leftovers.



Gifts

Give gifts of experience rather than stuff.



- Pamper your friends and family with massage, pedicure or gift certificate to a restaurant.
- Give families an outing to ice rink, the zoo, OMSI, aquarium, art museum, play or a movie.
- Give adventurous friends a gift certificate for kayaking lessons, rock climbing gym membership, yoga studio, or spa.
- Give creative friends art, sewing, carpentry or cooking classes.
- Offer to teach a skill you possess like knitting, sewing or carpentry.

- Donate to the receiver's favorite charity.

Handmade gifts are meaningful and show your creativity.

- Craft fairs abound this time of year.
- Handmade gifts can be affordable and come without packaging waste.
- Sew or knit a present out of recycled or scrap materials.
- Bake, can or pickle gifts.

Local crafts and vintage finds make unique gifts.

- Shop at school and church craft bazaars, the Saturday Market or stores that sell locally-made goods.
- Vintage and second-hand items usually have a memorable story of how they were found or discovered. Candle stick holders, cake servers, and classic books are all wonderful gift ideas. Estate sales, garage sales, and second-hands stores are always fun adventures and you never know what you'll find.



2010 Statewide Recovery, Disposal and Generation in Good Direction

According to the Department of Environmental Quality's [2010 Oregon Material Recovery and Waste Generation Rates Report](#), Oregon recovered (recycled, composted, incinerated) 1.5 percent more material than in 2009. Oregonians recovered 2,170,243 tons, or 50.0 percent of our waste in 2010. The 2009 rate was 48.3 percent. This represents a significant achievement toward Oregon goals.

In 2010, Oregon also came very close to achieving its goal of no annual increase in total waste generation. The total tons that were recovered in the state equals 4,685,889 tons of waste generated. This is a less than one half of one percent increase in generation since 2009.

This reflects previous trends and shows that for four years in a row, Oregon has essentially met its goal of no increase in per capita waste generation. Continued low levels of waste generation correspond with the current economic situation. In hard times, people tend to buy (and discard) less material. However, for parts of the equation, recovery and disposal, disposal fell while recovery rose in 2010. This supports the state's goals, which call for increasing recovery rates and decreasing total waste generation.

NW Quimby Far West Fibers Location closes

As of October 31, 2011 Far West Fibers closed their NW recycling depot due to a decrease in volume of material brought to the site. The Master Recycler website and flyers have reflected this change.

New Master Recycler Website Section

Many of you frequent the [Master Recycler Calendar](#) to find volunteer events between newsletters. This is a great tool to list volunteer opportunities that have dates. However, we often have requests for Master Recyclers for ongoing projects or single opportunities that don't have a specific date associated with them. When you are looking for projects that you would like to really sink your teeth into, [this is the place](#) to look.

Also, if you are in the middle of a project that you would like to invite Master Recyclers to join you in doing, just email the details to masterrecycler@portlandoregon.gov and we will post it for you.

Appreciations

A bunch of Certified Master Recyclers!

Kristin Wesel (Class 39)

spearheaded the Green Team at her son's school. The Ridgewood ES green team made up of fellow parents and students organized clothes bartering events, education drives and improved recovery at the school. They were so effective in reducing the school's garbage that they save about \$100 per month. (That's a better fundraiser than a bake sale!) Kristin is part of a project called [Eco-School Network](#) where parents from 40 schools share green tips.



Kristin Wesel in the Oregonian during the clothes barter. Picture by Brent Wojahn/The Oregonian.

Mike McCarroll (Class 43) is a loyal promoter for The ReBuilding Center. Between the Better Living Show, home and garden shows, and renovation shows, he staffed their booth at eight tradeshow so that people in our region could know about this important resource.

Aidan Gronauer (Class 46) tables with zest beyond belief. From small neighborhood events like the St. Johns Bizarre and Fix-It Fairs to larger events like Sunday Parkways and home tradeshow, Aidan enthusiastically promoted thoughtful consumption, greener cleaners, recycling and composting.

Community partners who have had the chance to table with **John Bootzin (Class 47)** can't stop raving! The City of Gresham, The ReBuilding Center, the Gresham Farmer's Market, and Bureau of Planning and Sustainability have all made it a point to mention his extensive knowledge and enthusiasm.

Over 20 Master Recyclers got to enjoy some of **Sara McFarland's (Class 47)** payback hours as she spent them organizing a compost tour that got rave reviews. Sara will be sending a synopsis that will be shared in the January newsletter. Sara also volunteers at the Tuality Hospital helping them identify specialty recycling markets for those odd materials that get generated there.



John Bootzin with the Metro wheel at Gresham Farmers' Market.

Centurions



Cecelia showing tribune Reporter the cloth napkins she made for the farmers' market. Picture by Chase Allgood/News-Times.

Cecelia Warner (Class 47) finished her 8-week course in February, received her Certificate in July and then spent another 70 hours during the summer and early fall teamed up with fellow classmate **Betty Benson** to staff a weekly recycling booth at the Forest Grove Farmer's Market and continue her durables project for the vendors there. Cecelia also continued her Forest Grove Greens Facebook page.

Chris Burchill (Class 42) has spent the last two summers organizing volunteers to green up the Tualatin Farmer's Market. They organize recycling, do special educational events and collect cans for fundraising.

Volunteer Opportunities

Community Warehouse Home for the Holidays Campaign

Looking for an easy and meaningful Master Recycler payback project this month? Consider setting up a collection for gently used household goods for the Community Warehouse at your office, school or place of faith. This will count

towards your Master Recycler payback hours. Community Warehouse serves people who transition into homes with limited household goods, and is the only free furniture bank in the Northwest.



Home for
the
Holidays

It's easy for you to help with the campaign.

Simply send out an email with the flyer linked below, and print and place the poster on your lunch room or community board as well as on the collection box. You can also make announcements at community gatherings. Be sure and fill in your group's name at the top and include the deadline and location of the box. Then bring the collected goods to the Community Warehouse during their regular hours.

www.communitywarehouse.org

www.masterrecycler.org/PDF/MRCommunitywarehouseposter.pdf

Portland Event Recovery Projects

The Master Recycler Program has two one-year projects and one short term project to help make Portland's public events the greenest they can be.

In order to improve the livability of our community, BPS's Event Recycling Program offers Portland event organizers access to equipment and technical assistance for event recovery at no charge. The City contracts with PSU Community Environmental Services (CES) to deliver this assistance. Assistance for CES includes consultation of diversion efforts, the check out of appropriate collection containers and signage, providing technical information, and best management practices for maximum recovery.

Two One Year Volunteer Positions Open

- [Event Recovery Liaison](#)
- [Event Recovery Recruiter](#)

To apply, send an email (500 words or less) describing if you would like to participate as the liaison or the recruiter or both, why you would like to participate and your relevant skills, knowledge and experience to masterrecycler@portlandoregon.gov by 5 p.m. on Wednesday, December 21st.

A BPS team and last year's Liaison will review applications and make a selection.

Not ready to spend all your Master Recycler payback hours in one place?

BPS could also use a Master Recycler or two to help develop a one sheet inventory of available CES resources for community events; to take pictures, do an inventory and design a draft one pager that will be used for community events to order equipment.

Contact: Lauren Norris, 503-823-7530, masterrecycler@portlandoregon.gov

Be Cart Smart Ockley Green Families

Ockley Green MS 6031 N. Montana, Portland
Thursday, December 15th 5 – 7 p.m.

Join BPS staff to talk with North Portland families about the changes to the curbside collection system and how to compost food scraps. Babs will have the kit, so just show up, help her set up and breakdown and engage with families.

Contact: Babs Adamski, 503-823-8753, Barbara.adamski@portlandoregon.gov

Be Cart Smart EPCC Fitness Fair

East Portland Community Center 740 SE 106th Ave, Portland
Saturday, January 7th 10 a.m. – 1 p.m.

Join BPS staff to talk with East Portland families about the changes to the curbside collection system and how to compost food scraps. Babs will have the kit, so just show up, help her set up and breakdown and engage with families.

LOG YOUR VOLUNTEER HOURS!
Click on the Members tab at
www.masterrecycler.org

Contact: Babs Adamski, 503-823-8753, Barbara.adamski@portlandoregon.gov

Canby Library Sustainability Series

Canby Public Library, 292 N Holly, Canby

Green Cleaners/Healthy Homes Presentation

Tuesday, January 10th 2012, 6:30 – 8 p.m.

Use less toxics in your home, include recipes for simple green cleaners you can make from common household products. 30-45 minute presentation plus

time for questions. Check out Clackamas County's Green Cleaner display – Metro's Green Cleaner Guides and Hazardless Home Handbooks also provided. Sponsored by the Canby Public Library and Clackamas County Office of Sustainability.

Recycling Presentation

Tuesday, January 31st 6:30 – 8 p.m.

What is the difference between the stuff you put into the garbage and the stuff you put into your recycling cart? What can be recycled in our curbside system and other places? 30-45 minute presentation plus time for questions. Check out Clackamas County's Recycling YES/NO display, includes recycling flyers and other info. Sponsored by the Canby Public Library and Clackamas County Office of Sustainability.

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

or

Kelly Sumetz, 503-742-4460, KellySum@clackamas.us

Conservation News

Master Recycler Gathering

Madison's Grill, 1109 SE Madison St, Portland

Wednesday, January 18th 7 p.m.

Join fellow Master Recyclers every 3rd Wednesday of the month at 7 p.m. to brainstorm, talk about projects, discuss Master Recycler-related topics and have a few beers! This is an informal way to stay connected after completing your classes and keep the momentum going by sharing ideas and networking. Spouses and friends are welcome.

Contact: Mitzi Sugar, sweetgreenevents@gmail.com or Kevin McCarter, kkavn@yahoo.com



EMPLOYMENT OPPORTUNITIES

can be found in
Job Seekers at the
Master Recycler Forum

www.MasterRecycler.org

Contributors to this issue of the Master Recycler Newsletter include Wing Grabowski, J Lauren Norris, and Alicia Polacok.

