

*Special Summer Vacation Issue:*

## Traveling Lightly

The long months of rain are over, or nearly so; the kids are out of school and summer is at hand. Many Oregonians are just itching to get outdoors and travel.

For Mother Nature, though, summer is no vacation. Tens of thousands of tourists invade Oregon's beaches, mountains and high desert. Millions more, including many Oregonians, travel further afield to seashores, forests and other natural areas all over the globe.

Getting folks to these destinations burns vast amounts of oil and fuel in cars and planes, and generates plenty of pollution. Cars and RVs aren't the only culprits. Each passenger on a commercial jet creates as much global-



warming carbon dioxide pollution per-mile as an SUV that gets 20 miles per gallon.

The plain truth is that most vacation travel hardly meets anyone's definition of "sustainable." Fortunately, you can minimize your impact on the environment in several ways, and this issue of *One Oregon, One Environment* is dedicated to letting you know how.

First of all, especially with gas at \$2 per gallon or more, you might consider a "home-based" vacation. No matter how long you've lived in Oregon, chances are good you've overlooked natural areas, historic sites and other places in your own backyard. By doing daytrips, overnighters or long weekends close to home, you can minimize your travel "footprint."

- On page 3, we offer some ideas about how to "Go By Train" to a number of vacation locations throughout the Northwest, leaving your car at home.
- On page 5, we feature Northwest inns and resorts that have adopted a strong environmental ethic. You can also find out where to buy outdoor gear that is more sustainable.
- On page 7, you'll find a listing of farmers' markets, festivals, tours and other daytrips with an environmental twist.

Still, many Oregonians can't resist jumping on a plane to range further afield. On

page 2, you can learn more about "home exchange" programs that can save you hundreds or thousands of dollars on lodging while reducing the demand for new tourist-driven development.

Finally, travelers to developing countries are used to admonitions about not drinking the water. You might be surprised, though, to learn that drinking water contamination occurs here in the Northwest, and sometimes can be a problem in campgrounds, RV parks and other vacation destinations. We give you the full story on page 4.

We all deserve a vacation ... and with some thoughtful planning, each of us can do our part to travel a little more lightly when we go. Bon voyage!

### 2 HOME & GARDEN

#### Trading Places: Your Home Away from Home?

Explore the world and help the environment at the same time!  
See pg. 2

### 3 CARS & TRAVEL

#### Go By Train

Go places, go "green" – without the hassles and dangers of driving.  
See pg. 3

### 4 HEALTH

#### Can Your Vacation Make You Sick?

Is it safe to drink the water at Oregon's vacation spots? See pg. 4

### 5 BUSINESS

#### Making Travel More Sustainable

Gear up and see Oregon with less of an environmental footprint.  
See pg. 5

### 6 PEOPLE

#### Profile: Al Jubitz

Nationwide trucking service magnate promotes fuel conservation.  
See pg. 6

### 7 EVENTS

#### Out and About in Oregon

Summer events that will please you and benefit the environment!  
See pg. 7

Trading Places:

# Your Home Away from Home?

Lodging is often one of the major expenses of any vacation, especially if the hospitality of a good friend or family member isn't an option. Even a week's vacation at most popular destinations can easily run a thousand dollars or more for a nice hotel or B&B.

One way to travel less expensively – while also reducing your impact on the environment – is to consider doing a “home exchange.”

Think about it: every year, *millions* of people go on vacation for weeks at a time, leaving their homes – perfectly empty! What a waste of space! Think, too, about all the resorts, hotels and motels that are built in scenic and environmentally sensitive areas around the world (including right here in the Pacific Northwest!) to accommodate this demand.

Home exchanges can help alleviate those development pressures by enabling travelers to, quite literally, trade places. Simply put, they exchange their homes, condominiums or apartments at a time that is convenient to both parties. Most home exchangers are people taking weeks-long international vacations, but some folks do exchanges within the Pacific Northwest.

If the thought of a home exchange brings mental images of traveling a long way only to be stuck in someone else's dirty and depressing digs, think again! Most home exchangers are affluent, well-educated professionals or retirees. Their well-appointed homes are often part of the attraction of doing a home exchange.

Consider just a few recent home listings from a place all of us are familiar with: right here in Oregon.

- A 3,200 square-foot completely restored turn-of-the-century farmhouse with a wrap-around porch on two acres in Lake Oswego
- A custom Craftsman home with an “abundance of slate, granite, travertine, copper finishes” located on five acres just outside of Ashland
- A 3,600 square-foot new river-front home on the Deschutes River a block away from Drake Park in downtown Bend

If you live in more ordinary digs, don't despair. Many modest homes can also be found on exchange. In some



courtesy of homeexchange.com

This impressive home in England could be your vacation destination – for free – if you take part in a “home exchange” – a great way to save money, while minimizing the impact of your travel on the environment.

cases, the home is a secondary aspect anyway. Some home exchangers are just looking for a decent place to be near a family member or friend, or for use on a business trip.

Often, home exchangers will include their automobiles as part of the package, too. (One home exchanger in Ashland advertises that she has a Toyota Prius, a fuel-efficient “hybrid” gas-electric vehicle.) And don't worry that your home has to be an immaculate work of art. Many home exchanges have pets and/or kids and are clearly lived in, not just admired from afar.

## How to Do a Home Exchange

Home exchanges have been done by catalog for decades, but the rise of the Internet has made the process much easier. You can now view thousands of listings from around the world instantly just by clicking on a link on a web site (see, e.g., [www.homeexchange.com](http://www.homeexchange.com), or just use Google to search on “home exchanges” for additional home exchange web sites).

While some home exchangers have specific dates and destinations in mind, many are open to temptation;

i.e., they like to travel and can be persuaded that your neck of the woods is their next destination.

You can start an email exchange of information with the owner. That can develop into phone chats and other communication that help you both get to know each other better and negotiate details.

If you want to increase the odds of striking just the right deal, you may want to have your home listed too, so that others interested in traveling to the Northwest can find you. Various Internet sites provide this service.

A final negotiated agreement should always be in writing, of course, but the home exchange process is ultimately built on trust that's developed over a period of weeks or even months of advance communication. And, remember: while (relative) strangers may be staying in *your* house, you'll also be staying in *theirs* so they have a dearly vested interest at stake!

According to one source, some 250,000 home exchanges take place every year, with few, if any, problems. In many cases, home exchangers even become friends!

Trading places may not be for everyone, but if it's right for you, it's an option that can save you a bundle, while helping to save the environment.

# Go By Train

With gas well over \$2 per gallon as we go to press, vacationing by train here in the Pacific Northwest may be an increasingly attractive option for many.

A round-trip Amtrak ticket between Seattle and Portland, for example, costs only \$60, and the four-hour trip each way can even be faster than driving, given Seattle's frequent traffic snarls. Plus, instead of a nerve-wracking ordeal with speeders and truckers on I-5, you get to sit back and watch the scenery or movies, or read, or even snooze.

Not only will you save money, nerves, and perhaps time, you'll also be saving the environment: a passenger train with just 56 passengers is more energy-efficient than the same number of cars driven individually. And, most Amtrak trains carry hundreds of riders.

**In Portland, Seattle and Vancouver, B.C., tourists have so many options in relative proximity to the train station that you may even choose to do all of your exploring on foot or by cab or local transit. If Vancouver is your destination, you can even hop a ferry over to Victoria or a cruise ship to Alaska!**

Here in the Northwest, the Amtrak "Cascades" train offers passenger service between Eugene and Vancouver, B.C., with Oregon stops in Albany, Salem, Oregon City and Portland. The "Coast Starlight" also runs between Eugene and Seattle, and offers service even further south to Klamath Falls and all the way to southern California and its theme parks and other attractions. However, the "Cascades" is generally a better bet for most trips within the Northwest.

This year also marks the 70<sup>th</sup> anniversary of Amtrak's venerable "Empire Builder" which goes to, and through, spectacular Glacier National Park in Montana.



Car rentals are also readily available for trips further afield.

Be sure to plan your trip in advance and to check schedules before boarding. Visit Amtrak at [www.amtrak.com](http://www.amtrak.com) to plan a trip online, or call 1-800-USA-Rail.

## Tourist Trains

You can incorporate a rail journey into your vacation plans in other ways. This summer, for example, a **Lewis & Clark Explorer train** will run Friday through Monday between Portland and Astoria. You can do it as a full-day trip, or extend your stay by arranging for lodging at either end of the journey. In Portland, the train starts in Linnton along US 30 northwest of downtown; free parking is available or you can take a shuttle bus from Union Station. See [www.lcbo.net](http://www.lcbo.net) for details; tickets are available through Amtrak (see above).

The **Mt. Hood Railroad** offers a unique view of Oregon's scenic Hood River Valley via a four-hour round-trip from Hood River. In addition to the regular excursion train, dinner and brunch trains also enable you to dine in style. A special treat for younger kids is the visit of Thomas the Tank Engine (June 26-July 4) when you can take a shorter 25-minute ride on Thomas himself. Visit [www.mthoodrr.com](http://www.mthoodrr.com) or call 1-800-872-4661 for reservation and other information.

## Logistics

You don't necessarily need to hop in your car to get on a train. In the Oregon communities where Amtrak stops, you can use local transit or a taxi. Even if you live further away, inter-city express bus connections on Amtrak "Thruway" buses extend the train option to citizens of many communities in eastern and coastal Oregon, including such communities as Ontario, Bend, Coos Bay and Astoria.

When you get to your destination, you can also count on a waiting taxi or local bus to take you to your hotel. In Portland, Seattle and Vancouver, B.C., tourists have so many options in relative proximity to the train station that you may even choose to do all of your exploring on foot or by cab or local transit. If Vancouver is your destination, you can even hop a ferry over to Victoria or a cruise ship to Alaska!



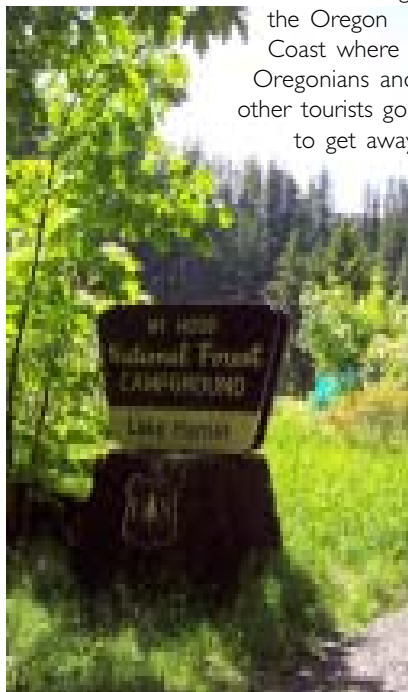
OEC's Chris Hagerbaumer is a frequent Amtrak rider.

# Can Your Vacation Make You Sick?

Travelers abroad are used to being warned “don’t drink the water.” But most people who travel closer to home never give it a second thought, assuming that the water supply here in Oregon is sure to be safe.

In most cases, that’s true. Yet in just the past five years, popular Oregon tourist destinations such as Sun River; the High Desert Museum, Mt. Bachelor; the Oregon Trail Visitor’s Center near Baker City, Diamond Lake Lodge and Resort, and the Steamboat Inn on the North Umpqua River all have one thing in common: they’ve violated federal health standards for drinking water at least once.

So have smaller communities along the Oregon Coast where Oregonians and other tourists go to get away



Campgrounds, resorts and other tourist destinations that have their own drinking water systems may be vulnerable to bacterial contamination.

by renting a vacation home for a few days or staying at an inn.

Dozens of lesser well-known places where Oregonians might head for a little R&R, such as Forest Service and BLM campgrounds, state parks, county parks and RV parks, have also been in violation. For example, eight different Forest Service campgrounds in the heavily used Mt. Hood National Forest

have experienced drinking water problems.

So have nearly a dozen summer camps for kids. Even places you might just stop in at on your vacation, such as rest areas and country stores, restaurants and motels that operate their own water systems, show up regularly on the list of violators.

In almost all of these cases, the health violations that have occurred have been related to excessive levels of bacteria in the water; and in the vast majority of cases, follow-up testing does not reveal the presence of bacteria that are actually harmful, such as E. Coli.

However, unlike arsenic, nitrates and other drinking water contaminants that cause health problems when consumed over long periods of time, it only takes one ill-timed encounter with E. Coli contamination to make a person sick. The health effects of E. Coli and other related bacteria include diarrhea, nausea, headache and fatigue, but in a few cases, these symptoms can progress to become more serious.

Water system operators are required to notify the public when E. Coli violations are found, but have up to three days to do so. More notably, drinking water at smaller systems is checked only monthly and, even then, monitoring and reporting violations are frequent: over a recent two-year period, more than 5,000 such violations occurred at just under 1,000 water systems – an average of more than five for every water system.

More funding for state health officials would provide additional technical assistance and enforcement to ensure that these smaller local water systems monitor drinking water properly, and report violations promptly.

Meanwhile, the chances that your vacation or weekend getaway could actually make you sick may be greater than you might think!



National Oceanic and Atmospheric Administration/Department of Commerce

## Just When You Thought It Was Safe to Go Back in the Water ...

Drinking water is only one way in which you and your loved ones might be exposed to unhealthy pollutants while on vacation. Swimming and other water contact recreation also bear some risk.

For example, state officials began monitoring water quality last year at 52 Oregon’s beaches and found high levels of bacteria that persisted for anywhere from four days to nearly a month at 13 of them (12 beaches were in Coos or Lincoln counties). As we went to press, a water contact advisory remained in effect at Harris Beach State Park in Curry County.

High levels of fecal bacteria have also been found in many of Oregon’s rivers and creeks, including popular summer swimming holes.

### Useful Links

If you’d rather be safe than sorry, you can test the waters at your prospective vacation or weekend getaway at one or more of the following links:

- (Beach Advisories: [www.ohd.hr.state.or.us/beach/update.cfm](http://www.ohd.hr.state.or.us/beach/update.cfm))
- Drinking Water Quality: [www.ohd.hr.state.or.us/dwp/index.cfm](http://www.ohd.hr.state.or.us/dwp/index.cfm) (click on Data Online)
- River and Creek Water Quality: [www.deq.state.or.us/wq/303dlist/303dpage.htm](http://www.deq.state.or.us/wq/303dlist/303dpage.htm)

# Making Travel More Sustainable

Travel and outdoor recreation are not just frivolous forays for summer vacationers. They're a mainstay of Oregon's economy.

The Oregon Tourism Commission estimates that, in 2002 alone, tourists spent \$6.2 billion dollars on direct travel expenses, a 77% increase in barely more than a decade. That doesn't even count millions more in expenditures for sports-wear, backpacks, ski equipment, kayaks and other accoutrements of the well-equipped traveler.

And yet, like any industry, tourism and recreation can degrade Oregon's environment. Beaches get trashed, rivers get polluted, and sensitive habitats, animals and plants can be easily overwhelmed. Meanwhile, tons of oil and other natural resources are used up to make outdoor gear, and to move travelers to and from their destinations, which also generates substantial amounts of pollution.

Fortunately, some businesses in Oregon are working to give new meaning to the expression "traveling lightly" by helping to ensure that our environment isn't loved to death.

## Gearing Up

**Patagonia**, for instance, uses organic cotton in all its light-duty sportswear. For colder-weather wear, they also offer fleece made from recycled plastic soda bottles in 31 different clothing products, which they say has saved some 86 million soda bottles from the trash heap and enough oil to fill the 40-gallon gas tank of a Chevy Suburban 20,000 times.

Recently, they've also developed a new filament yarn for linings and shells that are made from 30-50% recycled soda bottles, polyester uniforms, tents and garments, with the rest mostly from yarn and polymer factory waste products.

Patagonia has a store in the Pearl District of Northwest Portland or you can shop online at [www.patagonia.com](http://www.patagonia.com).

If you need a backpack, kayak, fishing gear, or other outdoor play toys, consider buying used equipment at a place such as **Deek and Bryan's Next Adventure** in Portland (Stark & SE Grand); you might even get lucky and find perfectly good gear at a yard sale or at Goodwill. By recycling someone else's equipment, you'll be doing the environment a favor:

## Where to Go

Once you're all geared up, where can you go? With gas at \$2 a gallon or more, staying closer to home may be an attractive option, both economically and environmentally.

In Oregon, countless resorts, inns, and B&Bs vie for your travel dollar. But what if you want to make sure that your choice of accommodations is also environmentally sound?

In the Cascades, **Breitenbush Hot Springs** east of Salem is an 86-acre retreat that is completely "off the grid." Its rustic cabins are powered by on-site geothermal and hydroelectric power and surrounded by old-growth forest. Yoga, meditation and ecology workshops are available. Call 503-854-3314 for more information.

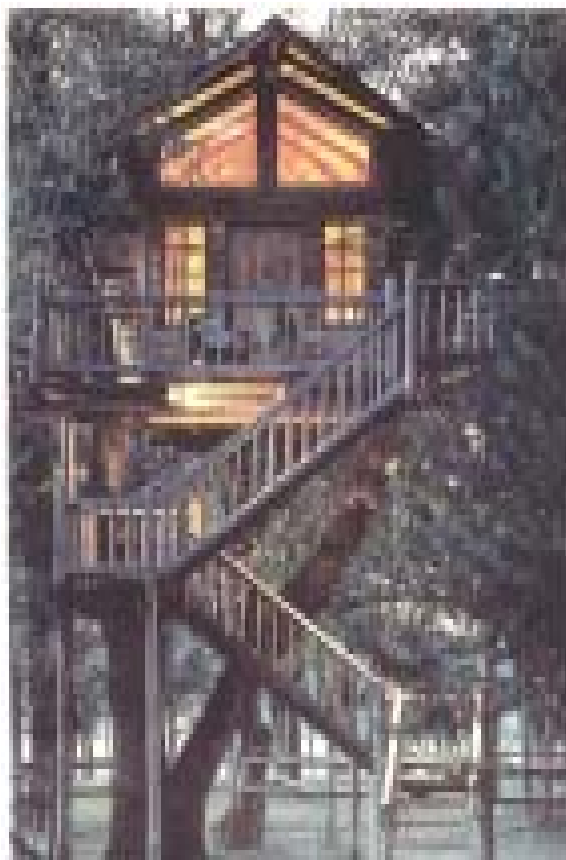
On the central Oregon coast, just south of Yachats, the **Oregon House** is perched on 3-1/2 acres high on a wooded bluff overlooking the Pacific. Options range from cozy cottages to larger family-sized units. The owners use only non-toxic cleaners and natural personal care products. You can even schedule a massage! Visit [www.oregonhouse.com](http://www.oregonhouse.com) or call 541-547-3329.

Nearby, in Yachats, the **Ocean Haven** and **Overleaf Lodge** are members of the national Green Hotels Association ([www.greenhotels.com](http://www.greenhotels.com)), as is **Tolovana Inn** in Cannon Beach, the **Mallory Hotel** in Portland, and **Mt. Bachelor Village Resort** and the **Inn at Eagle Crest** in central Oregon.

If you're looking for something completely different, you might try the **Out n' About Tresort**, 36 acres tucked away in a secluded valley just north of the California border near Cave Junction. As its name suggests, the units are actually treehouses (some connected by swinging bridges) that give you the same perspective on life as the resident

woodpeckers. (The shared commodes, in case you were wondering, are still on ground level.) Visit [www.treehouses.com](http://www.treehouses.com) or call 541-592-2208 for more details.

Finally, you might consider a membership in the **Better World Travel Club**, which provides roadside assistance as well as discounts on rentals of fuel-efficient hybrid gas-electric cars. If you simply must travel further afield than Oregon, their "Travel Cool" program enables you to offset a portion of the global warming emissions you create by flying. Visit [www.betterworldclub.com](http://www.betterworldclub.com) or call 800-344-8890 for more information.



The Out'n'About Treesort in southern Oregon.

# Profile: Al Jubitz

## A Man and His Car

For decades, America's "love affair" with the automobile has generally been at odds with environmental protection. Self-proclaimed motorheads, hot-rodders and classic car enthusiasts were probably about as likely to belong to an environmental group as they were to be seen cruising town in a Dodge Dart. And environmentalists who professed a love for their cars were likely to be drummed out of the corps.

No longer. It can now be "cool" to love your car, though using it in moderation, as with many things, is a good idea. Take Al Jubitz, for example. With an MBA and a family business that owns a nationwide trucking services firm, this Oregon native is hardly your prototypical environmentalist of old. But Al loves his 2004 Toyota Prius, and he's equally fervent about his concern for the environment.

"Fuel is finite. Burning it is causing global warming. We go to war over the darn stuff," he said in a recent interview.

Al wanted to be one of the "early adopters" of the new "hybrid" gas-electric engine technology and so purchased a 2001 model Prius, which gets roughly double the mileage of today's standard car, while polluting far less. He later upgraded to a 2004 Prius,



Al Jubitz is jubilant about his 2004 Prius!

which won Motor Trend magazine's coveted "Car of the Year" award. His cousin Ray bought one, too.

Even though Ray or Al could easily afford to drive any car they like, Al says "it's the right thing to do from an environmental, sustainability perspective. It's all about waste not, want not."

Al even took his enthusiasm for hybrids to the State Capitol. The 2001 Legislature had adopted a bill that set registration fees for fuel-efficient cars like the hybrid **higher** than less fuel-efficient vehicles, creating a disincentive to buy one. In 2003, Al testified in support of legislation that corrected this inequity.

Al's commitment to making the world a better place doesn't end with his choice of car. He currently serves on the Portland Schools Foundation as well as the Governor's Advisory Group on Global Warming, and is a Director Emeritus of Morrison Child and Family Services. The Jubitz Family Foundation also supports many charitable programs.

Given the kind of mileage that his Prius gets, you won't see him at a gas station very often. But if you do, Al says he would be more than happy to tell you about his car – and how choosing a "hybrid" can help Oregon's environment.

## OEC Staffs Up to Help Oregonians "Green Up"

The choice of what we buy – whether it's a car, clothes or food – can have profound implications for the environment. OEC has recently added two new staff to help consumers make the right choice.

**Ray Berardinelli** joined OEC in April as our half-time Marketing Director.



A big part of Ray's job will be to create new partnerships with Oregon businesses to encourage them to promote "green" products or services to their customers. Ray brings more than 20 years of

marketing experience in the private sector to this endeavor and we're delighted to have him on staff.

On June 1, **Adrienne Kringen** became our half-time Community Relations Manager. She will work closely with Ray to implement our partnership projects, such as "healthy baby showers" to help parents protect their children from toxic pollutants, our effort to offer "green" auto insurance, and promotion of "green" landscaping services. Adrienne's marketing experience over the last five years includes for-profit employment and non-profit volunteer work.



Special thanks to the M.J. Murdock Charitable Trust for making this new marketing effort possible!

## Board News



A big welcome to Susan Brody who joined OEC's board in April. Susan is a private consultant in transportation, land use and collaborative problem solving. She is a Fellow of the National Policy Consensus Center at PSU and a member of the American Leadership Forum. Previously she served on the Oregon Transportation Commission, was Executive Director of the state's Dispute Resolution Commission, and held a number of positions in state and local government.

And farewell, thanks and best wishes to David Engels who served on our board for five years.

# Out and About in Oregon

Summer is the season when those of us here at the Oregon Environmental Council take a breather from our annual schedule of hosting some 20 different Forum speaker events on a wide range of environmental topics. Held from fall through spring, those events bring together thousands of business, health, agricultural, environmental leaders and concerned citizens to learn about emerging issues of mutual concern.

Still, summer means there's no lack of things to do that can benefit the environment, especially if you want to get outside and enjoy the beautiful weather, which will often linger long into October. Here are just a few of our favorite suggestions:

## Farmers' Markets

Buying locally grown produce and other items at farmers' markets not only helps keep local farmers on the land and gives you fresher food; it is also good for the environment because it reduces the costs of transporting food over long distances.

With more than 60 farmers' markets doing business around the state, the chances are good that there are one or more farmers' markets near you. If you're not sure where to find one, just visit [www.oregonfarmersmarkets.org](http://www.oregonfarmersmarkets.org) for a comprehensive list of local markets, locations and times of operation; or call 503-233-8425.

## The Fruit Loop

You can also experience the bounty of Oregon's land firsthand via events such as the Fruit Loop, a driving tour of more than 20 farm stands, country stores and other businesses located amid the beautiful pear and apple orchards of Hood River County. You can take the tour at any time, but on most summer weekends, you'll find a special event featuring anything from cherries to sunflowers and, of course, pears and apples. Visit [www.hoodriverfruitloop.com](http://www.hoodriverfruitloop.com) for a driving map and event information or call 541-386-7697.

## Oregon Wine and Farm Tour

This self-guided tour in Southern Oregon includes stops at fruit orchards near Medford, an organic farm, the world-famous Harry & David store, a local creamery, half a dozen wineries and tasting rooms, and even a rock farm. You can find out more at [www.oregonwineandfarmtour.com](http://www.oregonwineandfarmtour.com) or by calling 541-512-2955.



Oregon Farmers' Market Association

## Garden of Natural Delights Tour

On July 18<sup>th</sup>, the fifth annual Garden of Natural Delights Tour will feature visits to several dozen gardens in the tri-county metro Portland area that showcase natural gardening techniques. Participants will see first-hand how to grow a flourishing garden without using synthetic pesticides. You can tour one garden or several, based on areas of interest and time. Call 503-234-3000 for details.

## Beach Cleanup

What better way to cap an Oregon summer than by helping to clean up our state's magnificent beaches? This year marks the 20<sup>th</sup> anniversary of Oregon's first beach cleanup, which was also the first in the nation. On September 18<sup>th</sup>, you can join thousands of other Oregonians in picking up trash and other debris at locations from Astoria to

Brookings. Visit [www.solv.org](http://www.solv.org) for a map of locations where volunteers will meet or call 503-844-9571.

## Build it Green! Tour

Also on September 18<sup>th</sup> in Portland, you can take a tour of nearly 20 "green" homes that feature solar heating or power; recycled building materials or natural landscaping. Call the city Office of Sustainable Development at 503-823-7222 for details, or visit [www.sustainableportland.org](http://www.sustainableportland.org). Similar events will be held in Bend October 2<sup>nd</sup> and 3<sup>rd</sup>, and in Salem, Eugene, Ashland and other communities on October 2<sup>nd</sup>.

## Hawk Watching

On any decent weather day in September or October, you'll find dozens of naturalists on top of Bonney Butte, just east of Mt. Hood. Prevailing winds and nearby ridges funnel as many as 4,500 hawks, merlins, eagles and falcons over Bonney Butte every fall, including as many as 18 different species. Visit [www.audubonportland.org/birds/bonney](http://www.audubonportland.org/birds/bonney) for more information.

## The Salmon Festival

This popular event in Oxbow Park east of Portland doesn't actually happen until the second week of October, but often the weather is still summer-like. The Salmon Festival enters its 20th season this year, with music, hikes and of course, salmon, for all. Call Metro at 503-797-1700.

## Trail Work

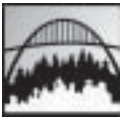
Finally, dozens of groups throughout Oregon offer weekend hikes and other outings; some (such as Friends of the Columbia Gorge and the Sierra Club) also give you the opportunity to give back to Mother Nature by doing trail restoration or pulling ivy or other invasive plants. Visit their websites to find out when "work party" events are held.

*Special  
Summer  
Vacation Issue*



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Oregon Environmental Council



CLEAN AIR  
CLEAN WATER  
CLEAR THINKING

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