

## Clean Water: The Future Is In Our Hands

**R**ainwater gardens. Eco-Roofs. Boats that run on fuel made from vegetable oil. The range of innovative ideas being used here in Oregon to help clean the water we drink, bathe and swim in is truly inspiring.

Our Home and Garden page (pg. 2) features several ideas about how you can “water pollution proof” your house and yard. In Travel (pg. 3), we focus on boating and lowering your recreational impact on our waterways. If you’re not a boater, the essay on pg. 6 by our own Adrienne Kringen



And it’s a good thing. A quick glance at the headlines in recent weeks indicates clean water shouldn’t be taken for granted. Residents of Woodburn had to boil water because of fecal contamination. Some 100 attendees at a Christian Camp in Yamhill County became ill by drinking contaminated water. And Neskowin, Nescott and Rockaway beaches on the Oregon Coast have been subject to contamination warnings that advise beachgoers to stay out of the water.

Fortunately, Oregonians can – and are – taking steps to ensure that our water supplies are clean and reliable so that future generations can enjoy them. In this issue of *One Oregon One Environment*, we profile some of these efforts, while offering some tips on how you can be part of the solution.

may be the inspiration you need to get out on the water.

Our Health page (pg. 4) gives you the lowdown on fish, including a handy chart that makes it easy to know which varieties are safe to eat, and how often. And, the Business page (pg. 5) shows how several businesses and agencies are using innovative strategies and techniques to limit stormwater pollution.

Making sure that Oregon’s major rivers meet the “fishable and swimmable” standard of the federal Clean Water Act by the year 2010 is one of OEC’s top three strategic priorities. With your help, and that of the many other Oregonians who are working for a future of clean water, we can achieve that goal.

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# Oregon's Largest Polluter...

Who is responsible for this massive amount of waste that gets dumped into Oregon's rivers and streams each year?

Like it or not, it's you and I. The numbers above are rough estimates of the cumulative impact of three million plus Oregonians going about their daily lives – gardening, owning pets, washing cars.

And yet, most of us are in denial. A recent poll of Washington County residents found that they believed the biggest culprits threatening clean water are industrial pollution (52%), development (31%), and farm runoff (21%). Only 1-2% thought runoff from pet waste or car washing was a problem.

Once you move beyond denial, the good news is that each of us can do our part to help prevent such pollution. From the top of your roof to the end of your driveway, you can manage your own home and garden to make a positive difference for our rivers.

## Rooftops

Moss on the roof is a perennial challenge for many Oregonian homeowners. Unfortunately, most of the chemicals used to kill moss contain zinc, copper or other heavy metals that get washed down your downspout, through the storm drain and into the river.

You can prevent moss buildup by regularly removing leaves and other debris, which create the growing medium that moss needs. If treatment is needed, look for the least toxic chemical available and be sure to apply it when extended dry weather is forecast. If drainage around your house is good, you might also consider temporarily disconnecting your downspouts to let any runoff filter into the ground instead of being washed into the storm drain.

## Decks

An outdoor deck is an indispensable part of summer living for many of us. Those who own one also know that they can be a real challenge to keep free of mildew and moss. Instead of bleach and other cleansers, a pressure washer alone often does an adequate job of removing dirt and grime. If you need a little extra cleansing power, you can try a low-toxic blend of 2 cups mild laundry detergent, 1/2 cup vinegar and 1/4 cup lemon juice. Staining your deck is also essential; Timber-Tek in Portland makes plant-based stains that work just as well as chemical-laden varieties.

## Car Washing

Most automatic and self-serve car washes recycle or treat their wastewater and are the best choice for the environ-

ment. If you really want to wash your own car, be sure to do it on the grass instead of the driveway so that the wastewater can soak in. Charity car washes are well-intended, but, as one official put it, "they're an environmental nightmare."

## Lawn and garden care

Some 70% of Oregonians use pesticides in their yard or garden. That's better than the nation as a whole, where 90% or more do. Still, that's a lot of weed killers and insecticides that wash into our rivers with each rain. You can reduce – and even eliminate – the use of pesticides in several ways. First, plant native species adapted to our climate and ecology and less vulnerable to insects. If you have a lawn, limit it to no more than one inch of water a week. Any more than that promotes shallow root growth and makes it easier for weeds to invade.

A new DEQ website ([www.healthylawns.org](http://www.healthylawns.org)) can help you learn how to keep a green healthy lawn, using little or no pesticides or fertilizers.

When weed or pest problems do develop, removing them yourself by hand is the best solution. You can also use a variety of natural controls, including everything from eggshells to vinegar. The website of the Northwest Coalition for Alternatives to Pesticides (NCAP) ([www.pesticide.org](http://www.pesticide.org)) has more than 30 fact sheets that suggest low-toxic methods to address specific home and garden nemeses, from aphids to yellowjackets.

Finally, if you have outside pets, be sure to clean up after them promptly. Pet poop isn't a good fertilizer, as some think, but it is a significant source of E. Coli and other bacteria found in our creeks and rivers. One study shows that as much as 20% of the identifiable bacteria found in a waterway was attributable to dogs, or more correctly, dog owners – 30-40% of dog owners who walk their dogs do not pick up after them!

More than  
37,000 tons of  
animal waste

3.5 billion  
gallons of  
untreated  
waste water

800,000 pounds  
of pesticide active  
ingredients



# Float Your Boat... Sustainably

Summer just wouldn't be the same for many Oregonians without "getting out on the water" in a boat – whether that means the Pacific Ocean, the Willamette River, Lake Billy Chinook or just a neighborhood creek.

When the weather warms, a flotilla of 200,000 motorboats and sailboats and an estimated 500,000 canoes, rafts, kayaks and drift boats take to Oregon's waters. Since many boaters also spend a lot of time in the water – skiing, swimming or (sometimes) taking an unexpected dunk – keeping it clean is not just an environmental ethic, it's simply common sense.

Fortunately, boating is about to take a major step in cleaning up its act. By 2006, new EPA standards will require engine manufacturers to replace two-stroke outboards and personal watercraft engines with engines that are 75% cleaner than previous models.

Existing boats aren't affected, but boat owners may want to upgrade to a new model, already available at most dealers. According to the Oregon State Marine Board, the newer engines "generally provide easier starting, faster acceleration, quicker throttle response... and significant improvements in fuel economy that could save hundreds of dollars in fuel." Another key innovation: the new engines don't require mixing fuel and oil as older models do.

As an added incentive, warranties on the new engines extend for more than twice the time period of those currently provided by most engine manufacturers.

Meanwhile, boaters who have diesel-powered boats can also opt to use biodiesel as a fuel. Derived from vegetable oils, biodiesel is renewable, cleaner burning, and less toxic to marine environments than regular diesel. Biodiesel is typically sold in a 20% blend with regular diesel or as pure biodiesel (B100). Any blend will work in any diesel engine, though the fuel filter may need changing during the first tank or two. Donaldson's Marina in Portland dispenses B100 at the dock, but boaters can buy biodiesel from locations around

the state and add it directly to the tank themselves. For locations, visit [www.biofuels4oregon.org](http://www.biofuels4oregon.org).

Of course, kayaks, canoes, rafts and other non-motorized boats offer many of the amenities that come with being out on the water, without any pollution and noise.

Oregon has dozens of outfitters who stand ready to take you down the Rogue, the Deschutes or other Oregon whitewater rivers for a thrill ride. Learning to navigate by yourself requires some skill – but now residents in the metro Portland area have a new resource that can help.

The Portland Boathouse opened last fall and offers introductory half-day or two-hour classes in kayaking, rowing, outrigger canoeing and even dragon boat paddling. A \$10 donation per class is requested and all equipment is provided. For dates and times, visit [www.portlandboathouse.org](http://www.portlandboathouse.org) or call 503-223-6418.



Photo taken by Willamette Riverkeeper

Once you've got the hang of it, you might want to try your hand on the new Willamette Water Trail. The first 35-mile segment, upstream and downstream of Salem, was dedicated in June, with plans to expand the project to include the entire 187 miles of the Willamette. Trail markers indicate camp sites and a trail guide will help you find boat ramps and other information. To learn more, visit [www.willametterivertrail.org](http://www.willametterivertrail.org).



## Enter Our Online Drawing for Free Paddling Lessons!

Thanks to the generosity of Alder Creek Kayak and Canoe, OEC is able to offer two certificates for a free four-hour paddling class. Visit our website at [www.oconline.org](http://www.oconline.org) to enter the drawing.

# The Facts on Fish

You might be surprised to learn that your greatest risk of health problems from water pollution probably isn't from drinking contaminated water, swimming, or other water contact recreation.

It's from what you eat.

It's an unfortunate fact of modern society that our rivers and oceans have become so polluted that certain varieties of seafood – one of the healthiest foods you can eat – are now subject to health consumption advisories. Fish and other seafood are the aquatic versions of canaries in a coal mine. If there's pollution in the water, they're the most likely to absorb it. And so do you, when you eat them.

One in six women of childbearing age in the U.S., for example, now carries levels of mercury in her body that put her children at risk of learning disabilities.

What can you do?

The ultimate solution is not to stop eating fish – it's to reduce the amount of pollution in our waterways. OEC led a

giant step in that direction in 2001 when we helped pass Oregon's Mercury Reduction Act, which bans the use of mercury in many consumer products such as thermometers and thermostats. As the benefits of that law become evident, mercury emissions in Oregon could drop by as much as 30%.

You can also make smart choices about what types of fish you put on your table, and how often. Recommendations about which fish to eat and how often vary, but we've compiled a list of healthy choices here. Even taking the most conservative advice, children and pregnant women should be fine if they follow the tips in the chart below.

The good news is that although you need to limit your consumption of some varieties, there are still plenty of choices, and taking advantage of them is one of the healthiest things you can do.

Bon appetit!

Salmon is a favorite of many of us in the Northwest. This recipe is a favorite of OEC's Community Relations

Manager Adrienne Kringen.

It's from *The Healthy Kitchen: Recipes for a Better*

*Life, and Spirit*, by

Andrew Weil, M.D., and Rosie Daley.



## Seared Salmon with Orange Glaze

### INGREDIENTS:

Six 6-ounce salmon fillets

1 tablespoon sesame oil

3 teaspoons low-sodium soy sauce

1/4 cup white wine

1 cup freshly squeezed orange juice

1 teaspoon orange zest

3 tablespoons sherry

1/2 teaspoon grated fresh ginger






2 slices orange

Preheat oven to 400 degrees.

Sear the fish fillets in the sesame oil in a large, very hot skillet for 1 minute on each side. You should hear the fish sizzle. Remove fillets from the heat and transfer them to a glass baking dish or baking pan. Drizzle the soy sauce and wine over them and bake them for 10 minutes. Remove them from the oven.

Meanwhile, heat the orange juice, zest, sherry, and ginger together in a small saucepan over medium-high heat until reduced by half. Add the orange slices, and stir once or twice, until the sauce becomes thick. Remove from heat, drizzle the sauce over the fish, and serve.

Serves 6

How often it's safe to eat	What to eat
 <b>twice a week</b>	Scallops; Sole*; Flounder*; Squid; Striped bass (farmed); Sturgeon (farmed); Tilapia (farmed); Rainbow trout (farmed); Atlantic mackerel; Crawfish
 <b>once a week</b>	Catfish (farmed); Crabs; Mahi-Mahi; Tuna (canned light); Spiny or Rock lobster; Haddock*; Salmon (wild)
 <b>once or twice a month</b>	Salmon (farmed); Sardines, Herring
 <b>once per month</b>	Tuna (canned white); Halibut*; Bluefish; Pollock; Lobster (Maine, Northern/American); Sea bass (wild); Tuna (steaks); Grouper*; Marlin*; Orange Roughy*; Red snapper*
 <b>avoid at all times</b>	Shark, Swordfish, King Mackerel, Tilefish and Bluefin Tuna

Experts disagree about whether adequate testing and information are available for other popular types of seafood, such as clams, oysters, shrimp, caviar (wild sturgeon\*), Chilean sea bass\*, Pacific cod and Pacific rockfish\*. Those who consider these varieties adequately tested agree that it's okay to eat them at least once a week.

\* You may also want to limit your consumption of fish starred with an asterisk because they are being overfished. In some cases (sole, flounder, and halibut), this is true only for fish caught in Atlantic waters; Pacific varieties are still abundant. On wild salmon, look for fish from Alaska or California, where fisheries have been certified as sustainable.

# Who'll Stop the Rain?

## Creative Solutions to Stormwater Pollution

You may have visited the Oregon Convention Center for a conference or a tradeshow. Next time you go, though, be sure to check out an ongoing attraction you may have overlooked: the rainwater garden. It's one of the more dramatic examples of creative ways in which Oregonians are working to keep stormwater pollution out of our rivers.

Rain keeps our state green – but when it falls on roofs and parking lots, it washes oil, heavy metals and other pollutants into our rivers and streams.

The **rainwater garden** collects water from the Convention Center's



A rocky canyon deep in the Cascades? Nope. It's the rainwater garden outside the Oregon Convention Center.

roof (which, at 5.5 acres, is as big as 18 city blocks!) and treats it in a 318-foot long channel that simulates a mountain stream, complete with basalt columns and wetland plants like dwarf willow, red osier dogwood, sedges, rushes, and water iris. Cobblestone terraces slow the water, allowing sediments to filter out and increasing time for infiltration.

The project, designed by the engineers at David Evans and Associates and architects at Zimmer Gunsul Frasca, won a BEST Award from the city of Portland and has reduced the bill that Convention Center operators pay for stormwater control by \$15,000 annually.

The campus of **Portland State University** offers two recent examples of stormwater management that take the concept another step. **Epler Hall** was designed by Interface Engineering so that rain from the roof is channeled into planter beds, where it is then sand filtered and treated with UV light so it can be reused in public toilets – enough to replace roughly 100,000 gallons of water annually.

Nearby, Gerding–Edlen Development has built the largest “eco-roof” in the city of Portland atop the new **Broadway Project**, which provides a mix of student housing and retail shops. Almost half an acre of porous surfaces absorb about 20% of the rain that hits the roof, eliminating any need to capture or treat it at ground level.

While the above projects are at public buildings, many private sector businesses are also stepping up to the plate. **New Seasons Market** has ringed the parking lot of its “**Seven Corners**” **Division Street store** with planter strips that will reduce stormwater flows by nearly one million gallons per year.

The acres and acres of paved parking lots along the Willamette in North Portland, where imported cars wait to be distributed, are also getting greener. **Toyota** recently added seven acres of greenway and underground cisterns that capture rainwater for reuse in toilets.

Even school kids are getting in the act. Students at **da Vinci Arts Middle School** in Northeast Portland converted a tennis court into a water garden that filters runoff from school buildings and parking lots.

Creative strategies to manage stormwater are also spreading throughout the state: plans for two Eco-Roof projects are afoot in the Eugene area.

### OEC Launches Stormwater Solutions Team

As the accompanying article describes, many creative approaches to reducing stormwater pollution are already in place. To build on that momentum, and to share and advance new ideas, OEC is forming a “Stormwater Solutions Team” of business and local government leaders from throughout Oregon. If you're interested in learning more, contact OEC's Karen Lewotsky at 503-222-1963 x. 111.

### To Learn More: Tours of Stormwater Sites; Eco-Roofs

The city of Portland has created a 21-stop bicycle loop (best enjoyed on a non-rainy day!) through East Portland, featuring some of the projects described here. Visit [www.portlandonline.com/](http://www.portlandonline.com/) and click on the “Sustainable Stormwater Management” link at the bottom for a map, or call 503-823-7378. You can also see Eco-Roofs close up at the Multnomah County Building (501 SE Hawthorne) and Clean Water Service's pollution prevention demonstration facility in Beaverton (2025 SW Merlo Ct.).

# A View from the River

Old habits can be hard to break. Every time I cross a bridge in Portland, I automatically check the conditions. It doesn't matter that I haven't rowed my single for nearly six months. On days when the water is like glass, I feel a physical pull toward the river – a strong longing to be down there on the water, seeing the city from a different perspective.

On such a day, when traveling east to west across one of Portland's many bridges, you can see the city's compact skyline reflected perfectly in the Willamette. Take Paris, London, New York – on mornings like this, I'm sure there is no more spectacular place in the world than Portland, Oregon.



I count myself lucky to have a unique kind of relationship with the Willamette. I've seen the river as dawn breaks. Sometimes it comes gradually with a gentle gray mist, and other times with drama and color. A rare and unforgettable sight is the view of Mt. Hood from the river, the sun rising behind it, casting a giant inverse triangular shadow into the sky, surrounded by the orange-pink glow of morning light. I've seen all of Portland's bridges from their undersides – from the Ross Island bridge to the Sauvie Island bridge. Sure, I've seen my share of dead fish, debris, oil sheen on the

water's surface, and much worse. But I've also seen egrets, bald eagles, leaping salmon and elegant great blue herons, keeping watch over the water. It is a humbling and balancing experience. Having this perspective on the city is a good reminder of how close to the edge of wilderness we are, and how vital it is that we protect that piece of wild in the city.

But I'm hardly alone in my appreciation for this place. Rowers have been dipping oars into the Willamette in Portland since 1879, when the Portland Rowing Club was founded. These days, the former Portland Rowing Club is known as Portland Boat Club, but we are still an active group. Today there are



dozen out the sounds of the living river. One can't help but feel a part of the place – not just a visitor but an integral part of the landscape.

Having such a close relationship with our rivers brings with it a strong desire to protect and restore them, a feeling of responsibility to protect these places for future generations.

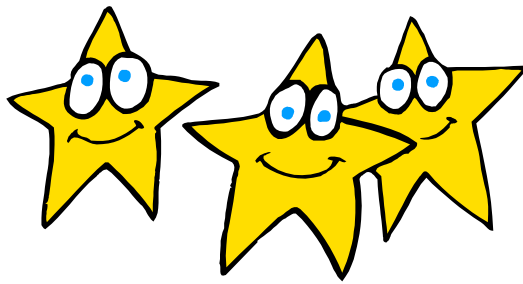
So if you haven't had the advantage of this perspective on Portland, the Willamette or your local waterway, consider this your invitation. See page 3 for information on local clubs, rowing and paddling classes in your area.

*Adrienne Kringen is taking a hiatus from rowing while awaiting the birth of her first child, but will be back soon on the Willamette in her single scull.*

dozens of rowing and paddling clubs, not only in Portland, but all around the state. In almost any town – Eugene, Corvallis, Ashland, Klamath Falls – you can find an active group of intrepid rowers and other non-motorized boaters plying the Oregon's waterways.

One thing these boaters share is a strong sense of place and a personal relationship with Oregon's rivers and lakes. Kayakers, dragon boaters, rowers and outrigger canoeists: in these kinds of craft, the only thing separating one from the water is a thin shell of boat. Paddles dip deep putting you in touch with the water – literally. There is no motor to

# Annual Report



Charities are known for doing good works; it's also true that the most effective charities tend to be the ones that are financially stable and accountable to their donors. To help donors evaluate the health of charities, companies like Guidestar and Charity Navigator now provide online ranking systems.

OEC is pleased to have earned a three-star ranking from Charity Navigator. Our financial status is sound: we closed our most recent fiscal year ending March 30 in the black, and, as the bar graph on this page shows, we also resumed our multi-year trend of growing at an average of 15% a year. This growth enabled us to add two new staff positions (marketing and a program assistant); it also necessitated a move to a larger office, which we're happy to report is also more affordable.

More importantly, we believe we were able to put our donors' dollars to good use, leveraging our limited resources into big gains for Oregon's environment. To highlight just a couple of developments in the past year:

- At our urging, Governor Kulongoski has agreed to pursue cleaner tailpipe standards for cars, which would reduce global warming emissions by at least 20%.

- We introduced bills in the 2005 State Legislature to promote biodiesel fuels, ban certain toxic flame retardants, and ensure implementation of Oregon's pesticide right to know law (see back page for an update).
- We organized and hosted more than a dozen events in communities throughout Oregon, bringing together nearly 2,000 business, health, agency and environmental leaders to learn about emerging environmental issues.

The financial support of our donors is what makes this work – and our many other projects too numerous to list here – possible! We want to thank each and every one of you for helping OEC fulfill its mission of bringing Oregonians together for a healthier environment, and we hope we can look forward to your continued support!

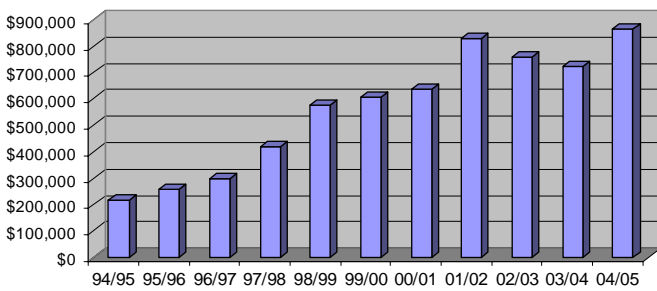
## Five Ways You Can Support OEC

- **Membership:** Membership dues and gifts are the bedrock of OEC's work.
- **The Evergreen Society:** Monthly automatic transfers from your bank account save your time and our resources.
- **Giving at the Office:** Gifts through Earth Share of Oregon, a workplace giving program, can be dedicated to OEC.
- **The OEC Endowment:** Your gift ensures a healthy financial base for our program work.
- **Planned Giving:** Extend your spirit of giving beyond your lifetime by remembering OEC in your will!

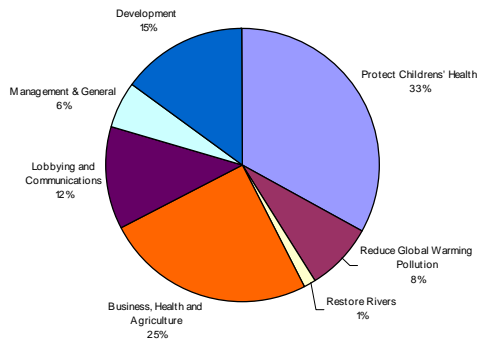


All gifts to OEC are tax deductible to the full extent of the law. Please call 503-222-1963 x. 109 if you'd like more information about how you can contribute!

Revenue Growth



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Fiscal Year 2004-05



# Legislative Update

As we went to press in late June, all signs point toward a showdown in Salem in July between the Republican-controlled House and the Democratic-led Senate. While overall budget issues, particularly school funding, loom largest, two of OEC's legislative priorities are also hanging in the balance.

## Biofuels

OEC's original package of seven bills to promote the development of cleaner "biofuels" (ethanol, biodiesel) in Oregon has been rolled into one, House Bill 3481. While this omnibus biofuels bill still contains many good components, it has been weakened in four key ways. The current version of the bill (1) drops a Renewable Fuel Standard, (2) removes the source of funding for the Clean School Bus Grant Fund (3) deletes the requirement that state government use biodiesel, and (4) expands the Pollution Control Tax Credit to pay companies to comply with the law (completely unrelated to the purpose of this legislation).

HB 3481 has passed out of the House and is now in the Senate where

OEC and our allies will substantially amend it to better reflect the original intent of the biofuels package. Final passage will hinge on an agreement between the House and the Senate.

**All signs point toward a showdown in Salem in July where two of OEC's legislative priorities are hanging in the balance.**

## Pesticide Right-to-Know

Funding to implement the Oregon's Pesticide Use Reporting System also continues to be bottled up in the budget process. Lawmakers passed a pesticide right-to-know law in 1999 by an overwhelming 88-2 margin, but the pesticide lobby has so far thwarted all attempts to fund the program. In this session, the House is moving a version of the Oregon Department of Agriculture budget that does not include funding for the program, while the Senate is moving its own version of the

budget that does include funding for the program. We expect the impasse to be addressed in the final horse-trading of the session, and have launched a media campaign urging moderate Republican lawmakers in 10 key districts to stand up to the pesticide lobby and support your right to know.

## PBDEs

One issue that House and Senate leaders have agreed on is legislation to phase out certain toxic flame retardants known as PBDEs. Recent studies have shown that PBDEs, which are used in electronics, mattresses and other consumer items, accumulate at high levels in the breast milk of women who live in the Northwest.

On June 27, the Senate agreed to House amendments to SB 962, which weaken OEC's original bill by limiting it to only two of the three main types of PBDEs. The final version of the bill bans the use of penta and octa BDE and asks the Oregon Department of Health to evaluate the impact of deca BDE. However, passage of the bill allows Oregon to take at least a small step forward in protecting public health from these toxic chemicals. The bill now goes to the Governor for his signature.

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