

MASTER RECYCLER NEWS

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IS YOUR SCHOOL AN OREGON GREEN SCHOOL?



The mission of the Oregon Green Schools Association is to assist Oregon schools (K-12) in setting up, maintaining and recognizing effective, permanent waste reduction and resource efficiency programs that improve the school environment and community.

Whether your school's waste reduction effort is just getting started or is well established, the Oregon Green Schools Program is an opportunity for your school to receive: Educational Support, Guidance, Resources, and Recognition for your efforts in helping the environment . If you have questions about how to become an Oregon Green School visit the Oregon Green School website at www.oregongreenschools.org or call Pete at 682-4339.

NINE REASONS TO CONSIDER CLOTH...

BY MASTER RECYCLER LARA FLORES



Special points of Interest

- Volunteer acknowledgements
- Check the County web site for recycling news
- Waste Diversion Stats
- Potluck Fun
- School Grants

Like many new parents, I was given disposable diapers at the birth center after the arrival of my first child. I had wanted to try cloth diapering, but found little resource support in my community for such an endeavor. The cloth diapers I did attempt were the old fashioned standard; flat prefolds that required both diaper pins (ouch!) and a plastic cover. These seemed so uncomfortable on my new baby, I resorted to disposables for some time. After about 4 months, a friend introduced me to the modern cloth diapering system, including how to wash and care for the diapers and pinless covers. My husband and I replaced one disposable diaper each day with a cotton diaper and before we knew it we were cloth diapering pros.

With the arrival of our second child imminent any day, we've been stocking up on cloth diapers for a fresh start. I'd like to share nine reasons to consider cloth:

- 1) Reduce Waste: According to Mothering magazine, over 18,000,000,000 soiled diapers are taken to landfills each year! Throw-away diapers are the third most common solid waste substance after newspapers, beverage and food containers. One child will use around 8,000 disposable diapers vs. fewer than 100 cloth diapers in his or her diapering lifetime.
- 2) Increase Personal Health: A 1999 study of disposables found a number of chemicals releasing from the diapers. These caused

eye and throat irritations and bronchial constriction in mice exposed to the diapers. Cotton diapers were also tested , and there was no indication of adverse health effects.

- 3) Environmental Health: The raw materials for disposable diapers include wood pulp and innumerable chemical compounds, neither of which can be reused or recycled. The manufacturing process also releases a number of dangerous byproducts into water and airways, including deadly dioxin, associated with cancer, miscarriage, liver disease and birth defects.
- 4) Save Money: While the initial outlay for cloth diapers may seem steep, (a couple hundred dollars for new cloth diapers and wraps) in the long run disposables still cost more (about \$2,000 @ 25 cents each). The cost of disposal is another factor. Cloth diapers are easy to find used in good condition, and passing around outgrown diaper wraps can become a family or community activity.
- 5) Prevent Diaper Rash: Cloth diapers make it easy to tell when your baby is soiled or wet, so you change them more often, thus reducing opportunities for fungal growth. They also allow for more air flow than disposables and don't contain chemical irritants that can cause a rash. (cont. pg 2)

DIAPERING: CLOTH VS. DISPOSABLE

CONTINUED FROM PAGE 1

- 6) **Ease Into Potty Training:** According to Dr. Sears, pediatrician and author of The Baby Book, cloth diapering does not remove the sensation of wetness associated with going pee pee. Toddlers who wear cloth diapers will have an increased awareness of their physicality, which translates into a much easier potty training experience.
- 7) **Diaper Service:** Although washing your baby's diapers is an easy habit that takes very little time, a diaper service can be a lifesaver for families with multiple youngsters or who are on the go. Diaper services provide you with clean diapers and covers once a week, removing the soiled diapers that you bag. It's that easy. This makes a great gift for new parents (hint, hint) as the weekly rates for a newborn may seem expensive. Rates depend on the volume of use, so parents can experiment and find a system that works for them.
- 8) **Contours, All In Ones, Pinless Covers and Liners:** The varieties of diapers and covers are truly endless. Parents should experiment and find what works best for them. Contoured diapers are shaped to fit the baby, they fit inside a diaper cover without folding and result in less bulk. All in ones are a cover with a diaper built in. Pinless covers come in

Velcro and snap wrap styles as well as pull ons. Diaper liners like those from Kooshies are like extra thick toilet paper. They make it easy to remove and flush solid waste.

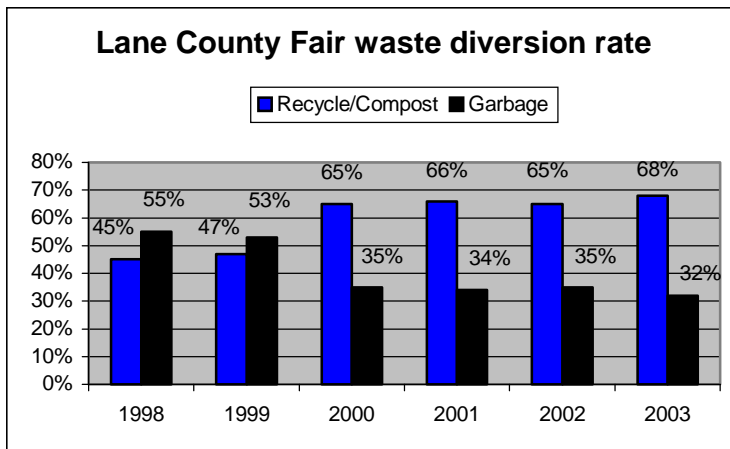
- 9) **Teach Your Children:** As a parent your most important role is a facilitator of knowledge. The integrity of your actions means so much to your growing child. So does honesty. Disposable diapers are problematic in so many ways. They have become a social norm that has very negative consequences. By choosing to change some of our parental behaviors, we are not only living a better example for our children, we are helping to create the world we want them to live in. Again, change can be gentle and powerful at the same time.



NOTHING "FAIR" ABOUT OUR WASTE DIVERSION STATS FOR 2003

Waste reduction at the Lane County Fair starts with a team. That team is comprised of the Lane County Fair staff, the City of Eugene, Lane County Waste Management, Sanipac, Inc., Rexius, the Master Recycler Program and the newest addition the first official Lane County Fair Recycling Coordinator, Moses Samora. Thanks to all of these dedicated people, the Lane County Fair reached new heights in waste recovery! Great Work!

Special thanks to the wonderful volunteers who logged lots of hours creating our "e-waste" display and the "Garbage Toss" game for the fair booth and for those of you who staffed the booth throughout the week: Holly Garrow, Liz Gimenez and her mom Elizabeth, Peggy Coffman, Pat Ferris, Wende Hitchcock, Ernie Maruska, Laoni Davis, Judy Potter, Cheri Smith, Linda Keller, Kristina Measells, Jane Moodie, Alice Burch, Mike Pecue, Jamie Hoerter, Chris Haleska and Jim Wolter.



Waste Station volunteers, we thank you: Mark Zentner, Zachary Zakon, Heidi-Knight -Meigs, Hilary Fisher, Anita Pierce, Alice Burch, Rodney Bloom, Peggy Coffman, Sandy Martin, Sharon Mulford, Isabelle Adams, Chris Veloon, Alicia McDowell, Linda Keller, Michaelle Carter, Jennifer Fogerty-Gibson and Jim Wolter. We couldn't get the job done without you!

POTLUCK DINNERS FEED MORE THAN OUR BELLIES

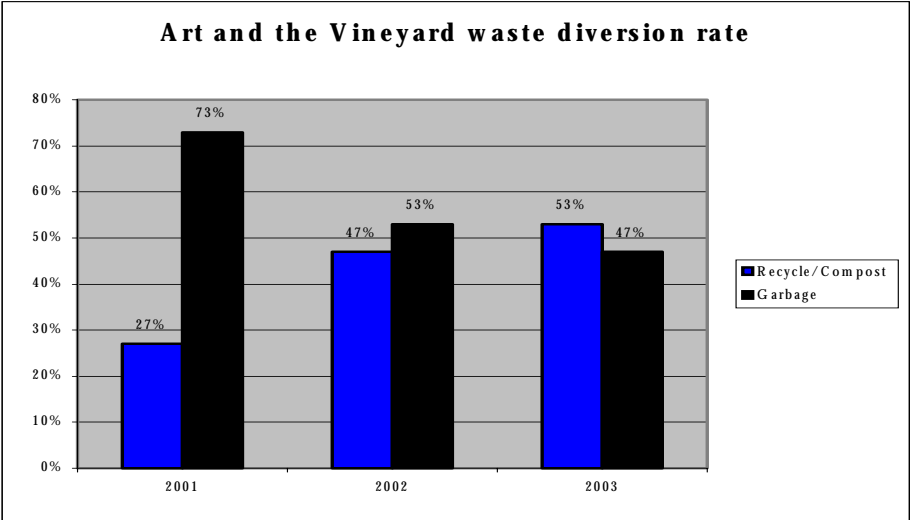
While some of us may not consider ourselves master charade gamers, a good time was had by all at the July 23rd Master Recycler's Potluck. Three "generations" of Master Recyclers shared GREAT food, some masterful acting and good ideas for a fun evening. Regular potlucks allow us to reconnect with our friends and classmates, meet new people and catch up on what's going on in our world. Join us next time. Stay tuned...



Above: Hilary Fisher, Anita Pierce, Gary Cornelius and Liz Gimenez (pictured left) were among the 16 who ate and played together at the potluck.

Waste recovery at the Art and the Vineyard

Waste recovery at the Art and the Vineyard Master Recyclers were at it again at the Art and the Vineyard. This year, with the help of the Master Recyclers, the trash going out of the event went down and compost and recycling went up! Two years ago, no one recovered compostable materials from the Art and the Vineyard waste stream, last year we recovered 1400 lbs and this year we recovered 2300 lbs of compostable materials. Great work Master Recyclers!



Lane County and the City of Eugene offer waste reduction education grants to schools in Lane County.

Starting on October 1st, 2003, Lane County and the City of Eugene will offer twelve \$250 grants to schools in Lane County to improve recycling collection and waste prevention education. Grants are awarded on a first-come first-serve basis. Ideas for grant projects include: paper waste prevention, school supply reuse programs, waste prevention education curriculum and reducing hazardous waste. If you have questions about the grant or would like to request a grant application and your school is in the City of Eugene, contact Anne Donahue at 682-5542. If your school is outside of the City of Eugene, but inside Lane County contact Pete Chism at 682-4339.



Lane County Waste Management

Master Recycler Program
3100 E. 17th Avenue
Eugene, Oregon
97403

Phone: 541-682-2059
Fax: 541-682-2353
email: lorraine.boose@co.lane.or.us



Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

ANNOUNCEMENTS:

**MECCA MOVES TO A NEW LOCATION:
449 BLAIR STREET
EUGENE, OR 97401**

CITY OF EUGENE WILL SPONSOR
FREE SATURDAY COMPOST WORKSHOPS

- SEPTEMBER 6
- OCTOBER 4
- OCTOBER 18
- NOVEMBER 1

FOR DETAILS, CALL 682-7320 OR VISIT THE CITY WEB SITE
AT WWW.EUGENERECYCLES.ORG

Trashbuster Recognition Awards

Do you know of a business, government agency, individual, non-profit organization, event, or school that has an exceptional waste reduction program? If so, nominate them for a Trashbuster Award. For a Trashbuster application, call Pete at 682-4339.

Master Recycler Fall Training to begin
September 23, 2003

Tell your friends, call Lorraine 682-2059



Volunteer in Lane County with
the Master Recycler Program