



RECYCLING ADVOCATES

www.RecyclingAdvocates.org

December 2005

Involving people in creating a sustainable future through local efforts to reduce, reuse, and recycle

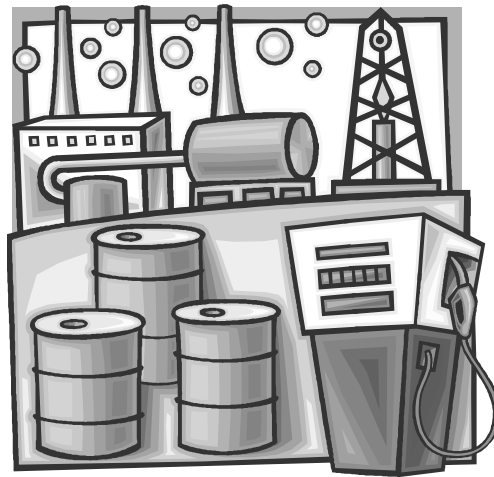
How Energy Costs and Availability Affects the Recycling Industry and the Goal of Sustainability

The Association of Oregon Recyclers (AOR) held a one day forum in November on the rising cost of energy and how it affects the recycling industry and our goal of sustainability. This forum had a lineup of some of the best informed speakers in our region. If you were not able to attend, you can get an overview of the event and some of the speakers' PowerPoint presentations from AOR's website, www.aORr.org.

One impressive presentation was from Les Joel of Blue Heron Paper who was also a speaker at Recycling Advocates' annual meeting this past summer. Les has been tracking the cost of natural gas and electricity for some time. These two energy sources have increased in cost in chaotic fashion over the past six years. Electricity averaged \$32/MWH (megawatt hour) in 2000 and \$55 in 2005, and this was not a smooth increase; it went to \$60 in 2002, then down to \$38/MWH in 2004. Natural gas had a similar price swing; it averaged \$2.1/MMBTU in 2000 and \$7.8/MMBTU in 2005, with a peak in October of this year at \$13.9/MMBTU. With these kinds of fluctuations and price increases, Mr. Joel was motivated to find alternatives.

At last year's AOR Forum on wood waste, Les Joel discovered that wood waste from demolition debris, construction, and other sources is a commodity of value, but with few local markets. This

inspired him to modify some of Blue Heron's boilers to burn wood waste. This change of energy sources has made economic changes at Blue Heron as well as throughout Oregon. Money that Oregonians spend on natural gas and electricity, estimated at \$10 to \$12 Billion for 2006, leaves the state. Very little stays within our borders. By switching to waste wood as fuel, Blue Heron now pays Oregon suppliers for energy.



The next big change that Blue Heron made was to decrease their virgin pulp feedstock and drastically increase their recycled pulp and paper intake. The bottom line: virgin pulp uses approximately 2.7 MWH/ton, whereas recycled pulp uses 0.45 MWH/ton. Because of the energy conservation and efficiency that this project produced, the Energy Trust of Oregon assisted with the capital expenditures required to modify the plant.

Big energy savings come from replacing virgin feedstocks with recycled. This was shown again and again by David Allaway of DEQ, another speaker at this forum. Blue Heron Paper has taken this to heart and has been able to increase their paper production and decrease their energy consumption, incorporating sustainability goals throughout their business.

- Betty Patton

Happy Holidays from the Recycling Advocates Board

Free Plastic Recycling Roundups

Saturday, January 7, 2006 – 8am – 1pm

Parkrose Middle School, 11860 NE Shaver, Portland
Far West Fibers, 10750 SW Denny Rd., Beaverton

The Master Recycling program is holding two plastics roundups just in time to recycle all your unnecessary holiday packaging. So head down to your basements – it's time to get rid of all that plastic you saved over the years because you hate to throw it away but don't know where to bring it to be recycled.

The following is accepted at the plastic roundups:

- Tubs – clean yogurt, margarine and cottage cheese containers
- Bottle caps, drink lids and straws, take-out containers, plastic utensils
- Buckets, plant containers and trays
- Plastic bags – dry cleaning and store sacks
- CDs, CD and video-cassette cases
- Lawn and patio furniture, kid's toys (like big wheels), pet igloos, laundry baskets, kiddie pools and more ...
- #6 clean styrofoam blocks and containers (NO PEANUTS)



They cannot accept:

- PVC pipe, food contaminated plastic, styrofoam peanuts, small toys, vinyl items

Visit <http://www.masterrecycler.org/plastics.html> for more information.

- Katy Daily

Recycling
Advocates is
proud to be
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member of



From the President with Betty Patton



Dear Members,

We are in the midst of the holiday season and I hope yours is wonderful. Holidays mean lots of things to us: being social, giving gifts, doing things for others, participating in religious events. For me, all holidays revolve around food. We love social eating and cooking.

Americans generate a lot more garbage during the last six weeks of the year than any other similar time frame. But we seem to always waste a lot of edible food. This waste comes from restaurants, institutional cafeterias, grocery stores, and households. Pretty sad, isn't it?

We as individuals can impact some of this waste by always taking home what we don't finish eating at restaurants or cafeterias and incorporating those leftovers into tomorrow's soup or sauce or casserole. And leftovers from home-cooked meals can be creatively presented again. There are websites and cookbooks that can fuel your creativity for this challenge.

But how do we encourage our grocery stores or favorite neighborhood cafes to not toss out perfectly good food? How can we get them to donate food to non-profits, shelters, or food banks? The good news is that a lot of them in the Portland Metro region already do. But many do not. Metro, City of Portland, and many local governments in the region have information and guidelines for donations of this type. Give them a call. Metro's number is 503-234-3000.

So, during this holiday season, think about helping others by reducing unnecessary waste. Ask your green grocer or the produce manager at the grocery store to consider culling the produce into boxes to be delivered to the neighborhood shelter instead of into a garbage can. Encourage them to develop a good relationship with some close-by non-profit. Encourage restaurants that you visit to do the same.

And have a happy, healthy, well-fed holiday season!

- Betty

Waste Prevention in Gift Wrapping

Compiled by Betty McArdle

Reducing waste is especially important during the holiday season. Whether it's Thanksgiving, Winter Solstice, Hanukkah, Christmas, or Kwanzaa, the trash rate tends to increase by 25 % when we're celebrating the holidays.



Breaking the "gift-wrap" habit isn't easy, so here are a few ideas to get you started.

1. Design your own gift-wrap by using a paper grocery or department store bag and adding decorations such as drawings, stamped patterns, or pictures cut from magazines. Let the kids do the designing. It will keep them busy on stormy days.
2. Hide a large gift somewhere in the house or yard, and give the person a card with a clue, or a series of clue

The average consumer wraps 20 gifts during the holidays. If just three of those gifts were wrapped in reused paper or other wrapping, the paper saved could cover 45,000 football fields!

- cards, to take them on a treasure hunt to find the present.
3. Little gifts can be put in a Christmas stocking without being wrapped. The stockings can be used year after year.
4. Some gifts come in decorated gift boxes. Just add a bow and a gift tag, and the present is ready to be dis-

- played.
5. Wrap gifts in the funny pages, old posters, old sheet music, wallpaper scraps, fabric scraps, home-sewn cloth bags, pictures or advertisements from magazines and catalogs, newspapers (foreign papers are really fun), maps or blueprints.
6. If you do use store bought wrapping paper, buy the kind with recycled content (the more post-consumer, the better).
7. Pages from a child's coloring book taped together (especially nice for relatives who would enjoy the artwork).

One year's worth of holiday cards would fill a football field 10 stories high!

8. Wrap a present in a present (for example, a hat in a matching scarf, jewelry in a wooden box, cookies in a reusable tin or cookie jar, barbecue grill utensils or picnic supplies in a tablecloth, kitchen gifts in towels or all-purpose cloths).
9. Fancy up a plain box with leftover glitter, paint, markers, etc.
10. Use a cake pan, basket or a wooden box
11. Kids' artwork is a perfect gift wrapping for proud grandparents.

To give finishing touches to the outside of the gift

1. Add reusable items, such as hair bows, ornaments, shoe laces or toys.
2. Stencils or pictures from holiday cards pasted onto a plain brown paper bag or box.
3. Last year's holiday cards cut up for gift tags.
4. Old neckties.
5. Spices, such as bundled cinnamon sticks or cloves in mesh cloth.
6. Scrap fabric, lace, yarn, rickrack and seam tape.
7. Combinations of beads and but-

- tons.
8. Dried or silk flowers.
9. tape from an unwanted audiocassette as ribbon
10. Use the fronts of old holiday cards as name tags for this year's gifts.

Think of gifts that don't require wrapping: concert tickets, sporting event tickets, museums tickets, house plants, gift certificates, gifts of your own time and talents.



Next RA Board meeting
Monday, January 9th
7:30-9:00pm

For location and information call
 503-777-0909.

RECYCLING ADVOCATES

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- Betty Patton, President
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- Katy Daily, At Large
- Betty McArdle, Administrator and Newsletter Editor
- Tanya Schaefer, Webmaster

Short Bits

Thoughts by Lori Stole

We give gifts throughout the year, but particularly now. So I thought I'd take the opportunity to draw your attention to a new resource from sustainUS, a youth organization focused on global sustainable development. It's a guide to sustainable giving, and features better-known resources like the heifer project as well as less well-known ones like the WindBuilder's Gift Membership. For a mere \$15, you can keep a ton or more of carbon dioxide out of the air while helping to build the first Native American-owned, large-scale wind turbine. You can also adopt a komodo dragon. How cool is that? All this and more available at the link below. It's useful throughout the year, and has links to fair trade and environmentally friendly companies. There's even a link for how to plan an organic wedding for all you eco-friendly lovebirds:

<http://www.sustainus.org/mambo/docs/giftguideMarch2005.pdf>



Join us as a Member of **RECYCLING ADVOCATES**

- \$25 Advocate \$50 Friend \$100 Sustainer \$10-24 Living Lightly
 *I'm giving a gift membership to the recipient below**
 Contact me about volunteering for RA *Don't sign me up for Action Alerts*

Please enclose a check and mail to: PO Box 6736, Portland OR 97228-6736

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Address _____

Phone, Day _____ Evening _____

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