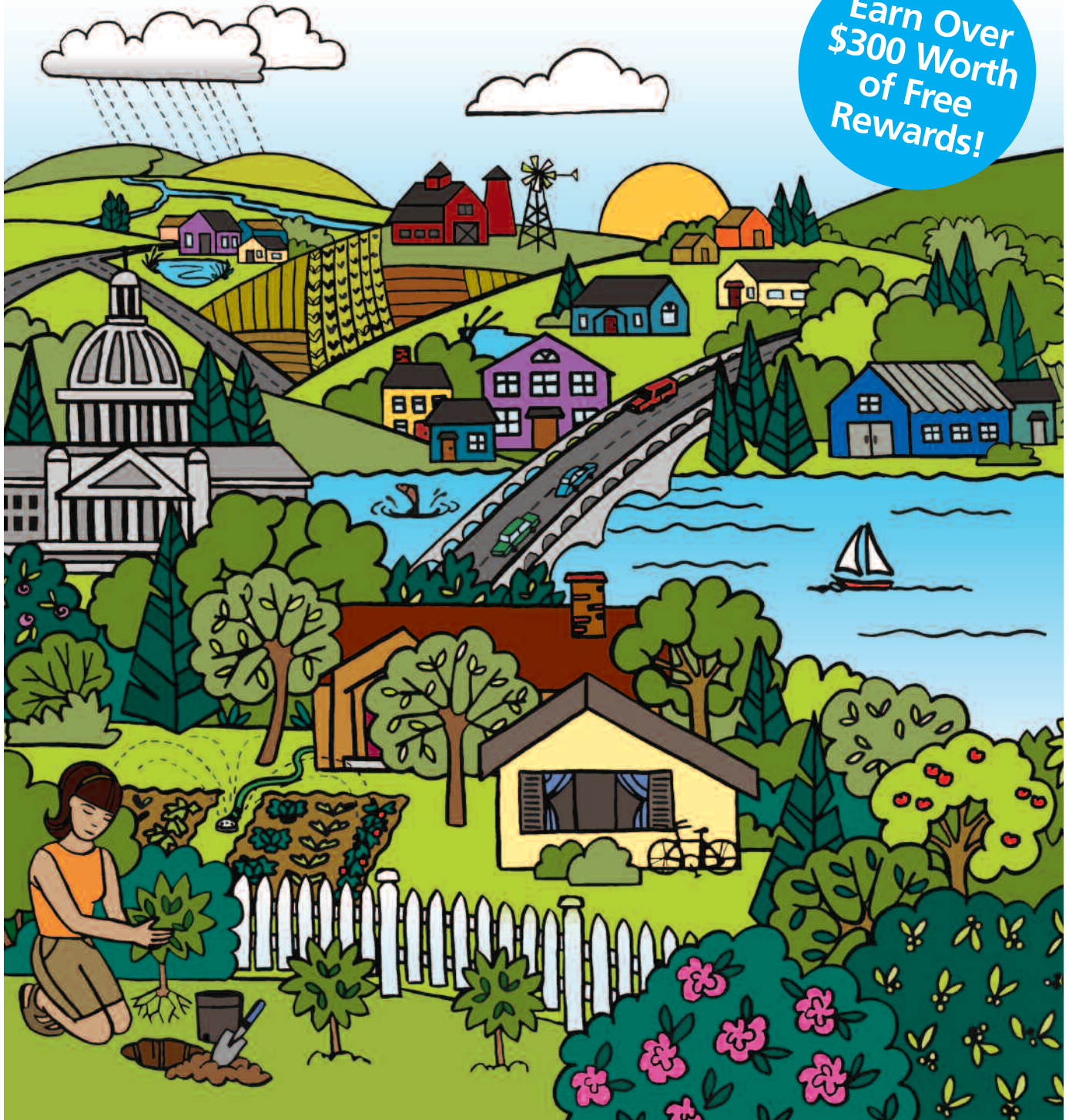


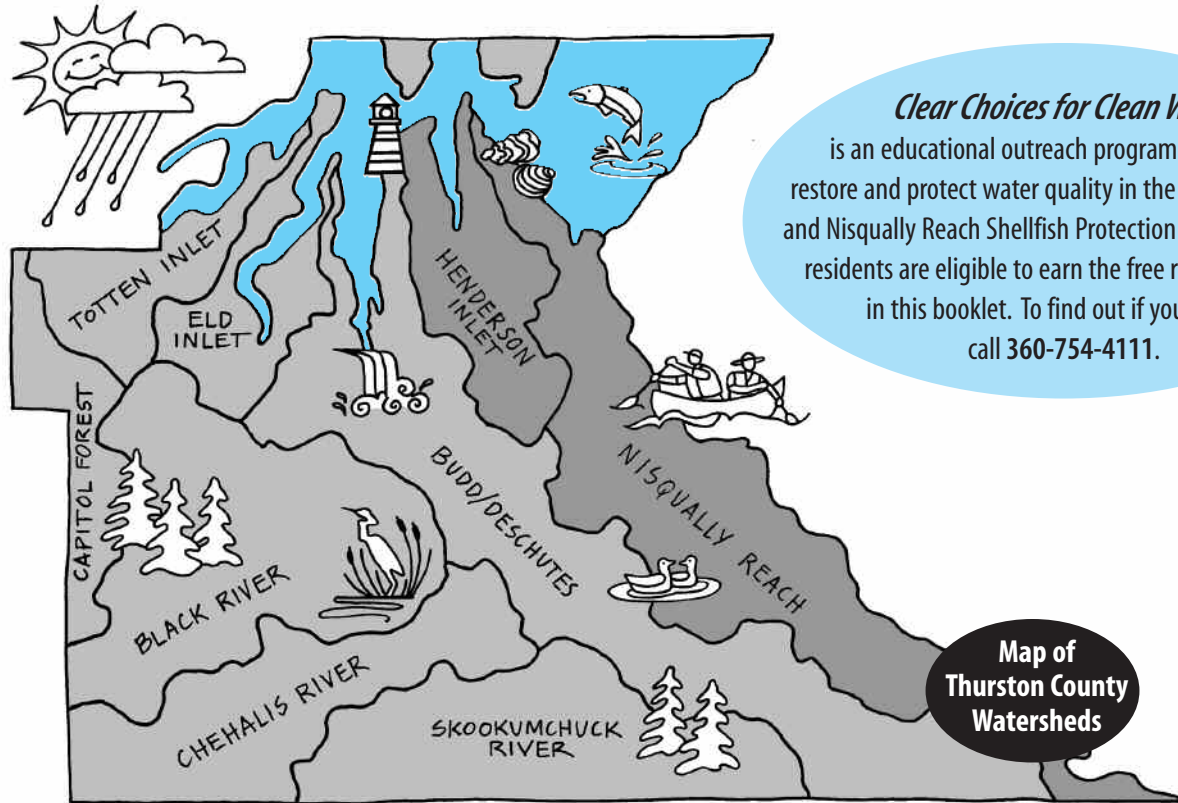
Clear Choices *for Clean Water*

Earn Over
\$300 Worth
of Free
Rewards!



Easy Ways to Protect Your Family's Health

Where **pollution** is concerned, every home is **waterfront** property



Clear Choices for Clean Water is an educational outreach program designed to restore and protect water quality in the Henderson Inlet and Nisqually Reach Shellfish Protection Districts. District residents are eligible to earn the free rewards offered in this booklet. To find out if you qualify, call 360-754-4111.

Did you know?

In 2001, shellfish harvesting restrictions due to high levels of fecal coliform bacteria triggered the formation of Shellfish Protection Districts for the Henderson Inlet and Nisqually Reach Watersheds.

No matter where you live, you are part of a watershed – an area of land that drains to a stream, lake, wetland or other body of water. In northern Thurston County, water from your property drains to one of the creeks or lakes leading to south Puget Sound.

Puget Sound's Water Quality Affects Us All

The Sound needs your help! It may look clean on the surface, but many of its problems are not visible. During recent tests, 1/3 of the sites in Henderson Inlet failed to meet federal water quality safety standards for fecal coliform bacteria. High levels of bacteria in the water can make you and your family sick from swimming, fishing, beachcombing and boating. And poor water quality takes a toll on the health and diversity of the natural environment.

In our urban watersheds, rain runoff from homes, roads, farms and businesses is a significant source of pollution. As stormwater travels over the surface of the land, it picks up bacteria from animal waste and failing septic systems as well as many other types of pollutants.

While we can't control the rain, we can control what is carried along by runoff from our properties. This booklet identifies some simple things you can do to improve water quality and protect your family's health.

Water Pollution is Taking a Toll

The economic and environmental impacts from fecal coliform pollution can be devastating and long lasting. Washington is the leading producer of farmed shellfish, Manila clams and blue mussels in the U.S. There are currently five commercial shellfish growers in Henderson Inlet and Nisqually Reach.

In October 2001, the Washington State Department of Health restricted shellfish harvesting because levels of fecal coliform were too high. These restrictions triggered the formation of Shellfish Protection Districts for the Henderson Inlet and Nisqually Reach watersheds.

The Choice is Clear

Clear Choices for Clean Water is funded by the Henderson Inlet and Nisqually Reach Shellfish Protection Districts. This booklet is part of educational outreach efforts to help restore and protect water quality and shellfish tidelands.

Even if you don't eat, grow, or harvest shellfish, water quality affects you. When shellfish grown in clean water can again be safely harvested in our watersheds, we'll know our actions are making a difference!

The Rewards are Great

District residents and property owners are eligible to earn the free rewards offered in this booklet. Choose from plants, tools, advice and discounts worth up to \$300! To find out if you qualify, call 360-754-4111.

How to Use this Guide:

- Grab a pen or pencil and locate the reply form on the last page of this document.
- Read each category and mark the "Clear Choices" you are willing to make. **To earn rewards, pledge to begin at least one NEW activity from any 2 categories.**
- Once you've marked your choices and rewards in the booklet, circle them on the reply form and put it in the mail. *It's that easy!*

Challenge yourself to take action in two or more categories!

If you have questions along the way, contact the Thurston Conservation District at 360-754-3588 or Thurston County Public Health & Social Services, Environmental Health Division at 360-754-4111.



Earn
Rewards* Worth
Up to \$300!

Choose actions you can take to help protect water quality in Puget Sound. Complete and return the reply form on the fold-out panel at the back of this booklet and earn up to \$300 worth of rewards including plants, tools, advice and coupons!

* Shellfish Protection District residents are eligible for rewards. To find out if you qualify, call 360-754-4111.

Let's Get Started! ▶

Scoop that poop!



1

Did you know?

A single day's waste from one large dog can contain 7.8 billion fecal coliform bacteria. That's enough to close 15 acres of shellfish beds!

* See "Resources" page for more information.

Animal waste is a serious, often overlooked source of contamination in our local waters. Manure from dogs, cats, horses, cows, and overpopulations of waterfowl contains excess nutrients and disease-carrying pathogens that can harm humans and wildlife.

Stormwater runoff can carry animal waste over the land for miles before it enters a storm drain and is discharged into a nearby stream or body of water. There, the excess nutrients act as fertilizer, accelerating the growth of marine plants and reducing the dissolved oxygen in the water, suffocating aquatic organisms and killing fish. Waste-contaminated water also contains pathogens such as viruses, bacteria and parasites that can make people sick, restrict recreational water activities, and pollute shellfish beds.

Clear Choices

- a.** Carry a plastic bag when walking your pet. Scoop the poop into the bag, tie it closed, and toss in the trash.
- b.** Bring along extra plastic bags when walking your pet and offer them to other pet owners who need them.
- c.** Help install a neighborhood dog waste disposal station near popular dog walking areas or a stormwater pond. Keep it stocked with bags.*
- d.** Clean up after your pets at home:
 - bury waste under a foot of soil
 - place waste in plastic bag, tie it closed, and put in trash
 - use an in-ground pet waste compostor*
 - flush waste down the toilet (unless on a septic system).
- e.** Maintain a litter box for your cat(s). Place used litter in a plastic bag and dispose of it in the trash.
- f.** Stop feeding wild ducks and geese. Offering food attracts birds to one area creating a concentration of waste that can become a problem.
- g.** Talk with at least 2 other people about these choices.

Great Rewards

Worth Up to \$115!

Commit to at least one new action from the list above and earn:

1. Dog leash with built-in bag dispenser (\$15 Value).
2. Neighborhood Dog Waste Disposal Station (\$100 Value).

Learn to be **septic smart**

Over half of the homes in Thurston County use on-site septic systems. When properly sited, installed and maintained, septic systems are safe and efficient. Poorly maintained septic systems can cause nutrient and bacteria pollution in your own backyard and in nearby lakes, streams, and inlets.

Clear Choices

- a.** Have your septic system pumped every 3 to 5 years. If you don't know when the system was last pumped, hire a professional to check it out.
- b.** Watch for these signs of septic system failure:* standing water, foul odors, lush growth in the drainfield and backed up toilets or drains.
- c.** If you live along a shoreline, check drains along the bank for odor and algae, which are signs that the drainfield is not working properly.
- d.** Stop using septic tank cleaning compounds or additives. They don't improve system functioning or take the place of pumping. Some contain chemicals that can contaminate ground and surface water.
- e.** Too much water can overload septic systems. Reduce household water use,* buy water saving appliances, repair leaky faucets and toilets.
- f.** Garbage disposals add grease and solids to the septic system that can clog the drainfield. Instead, use a compost bucket* for food waste.
- g.** Never pour hazardous products (labeled DANGER or POISON) down the drain. The chemicals can cause septic system failure and seep into groundwater. Dispose of hazardous household waste at HazoHouse.*
- h.** Attend a free septic system workshop.*
- i.** Talk with at least 2 other people about these choices.

If You Find a Problem: Hire a professional to fix the problem as soon as possible or call the Septic Help Line* at 360-357-2490 for more information.

Great Rewards

Worth Up to \$29!

Commit to at least one new action from the list above and earn:

1. \$25 rebate on septic system pumping (\$25 value).
2. Dye strips to check for a leaky toilet (\$1 value).
3. Bathroom sign that lets guests know you are on a septic system and not to use the toilet as a waste basket (\$2 value).
4. Locator sticker to show where your septic system is buried (\$1 value).

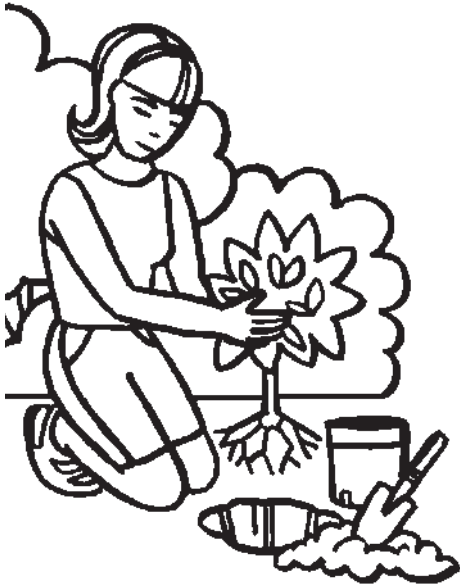


Did you know?

Your septic system should be pumped and inspected every 3-5 years. Proper maintenance is important – 14% of the septic systems along Thurston County shorelines are failing, which results in sewage getting into our marine waters.

* See "Resources" page for more information.

Rainfall to runoff – keep it clean



Did you know?

Thurston County storm drains do not carry stormwater runoff to a sewage treatment plant. The runoff – along with any contaminants it picks up and carries with it – drains into streams or groundwater.

Planting native trees and shrubs helps absorb runoff.

* See “Resources” page for more information.

Rainfall makes Thurston County lush and beautiful; but it also carries pollution into our waters. As runoff from streets, driveways and lawns enters storm drains and ditches, it carries with it pet waste, fertilizers, motor oil, antifreeze, pesticides, soaps and garbage. It then drains into nearby lakes, streams and Puget Sound. That’s why it is against the law to dump hazardous products down storm drains or on the ground.

Clear Choices

- a.** Take unwanted household hazardous waste such as old fertilizer, used motor oil, paint, antifreeze and pesticides to HazoHouse.*
- b.** Volunteer to mark storm drains in your neighborhood with the message “Dump No Waste, Drains to Stream [or Groundwater].”*
- c.** Keep storm drains and ditches near your property clear of debris so they can drain water properly and help control flooding.
- d.** If you use a dumpster, keep garbage – especially diapers – in bags that are tightly tied and secure.
- e.** Wash cars at a car wash so suds don’t run into storm drains, or on the lawn so the water, soap grit and oils can be absorbed into the soil. (Just be sure you don’t park on a septic system drainfield!)
- f.** Plant native trees and shrubs to help absorb runoff. Native species* are naturally disease resistant and adapted to our climate. Once established, they don’t need pest control or extra watering during our dry summers.
- g.** Talk with at least 2 other people about these choices.

Great Rewards

Worth Up to \$25!

Commit to at least one new action from the list above and earn:

1. Native plants (surprisingly colorful and attractive!) (\$20 value).
2. Free “green cleaning” recipes (\$1 value).
3. Castile soap for washing your car. Castille soap is plant-based and biodegradable (\$4 value).

Protect your **stormwater** pond

Does your neighborhood have a stormwater pond – a constructed pond that collects rainwater? If so, the rain that falls on your roof, street, driveway and lawn runs into neighborhood drains and ditches that discharge into the stormwater pond. The pond may be designed to be wet or dry at different times of the year. Some ponds have a pipe that channels the water to a nearby lake or stream. The ponds help filter out some pollutants before they enter the groundwater or nearby water bodies. But many pollutants – such as fertilizer, pesticides, bacteria from pet waste, oil and gasoline – cannot be fully removed from the water as it filters down through the soil. That’s why it’s so important to properly maintain and protect stormwater ponds.



Clear Choices

- a.** Keep grass clippings and other yard waste out of stormwater ponds. As these organic materials decompose, they act like fertilizer and cause an overgrowth of algae which upsets the natural filtration process occurring in the stormwater pond.
- b.** Compost yard waste, get it chipped for mulch* or sign up for curbside yard waste collection.*
- c.** Learn where your neighborhood stormwater pond is located and who is in charge of maintaining it – then volunteer to help.
- d.** Attend a free class on stormwater pond maintenance* or read *Maintaining Your Stormwater Pond*. (One of the rewards listed below!)
- e.** Plant native shrubs* on the flat areas outside of the neighborhood stormwater pond to help filter out pollutants washing into the pond.
- f.** Post “no dumping” signs near your stormwater pond, write an article for your homeowner association newsletter or distribute flyers from the County on stormwater pond maintenance.*
- g.** Install a dog-waste disposal station.* (See Section 1: *Scoop that Poop!*)
- h.** Talk with at least 2 other people about these choices.

Did you know?

Stormwater ponds not only clean stormwater, they help prevent flooding by slowing the flow of the runoff. Slower-moving water is less likely to erode the banks of nearby streams and ponds.

* See “Resources” page for more information.

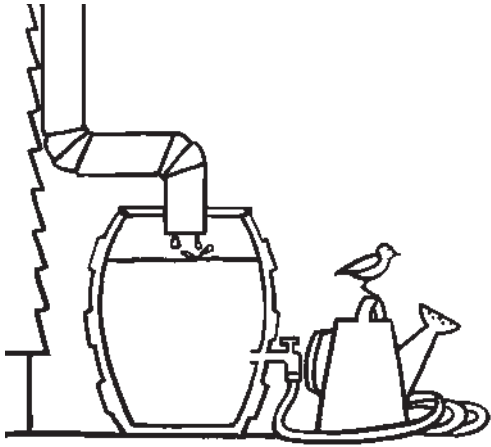
Great Rewards

Worth Up to \$26!

Commit to at least one new action from the list above and earn:

1. Free copy of *Maintaining Your Stormwater Pond* (\$5 value).
2. Free native shrubs (\$20 value).
3. Plans for building a compost bin (\$1 value).

Give rain a chance to **sink in**



Did you know?

Most houses have at least 5,000 square feet of impervious surfaces (rooftops, driveways, walkways and decks) that do not soak up rainwater.

Make a difference by adding features like paving stones, gravel pathways, rain gardens and rain barrels to your home and yard improvement plans.

In undeveloped areas, stormwater control and treatment is handled by nature. Together, the soil, trees and leaf litter act like a sponge, soaking up rain, filtering out pollutants and slowly releasing water back into streams and lakes.

As land is developed, trees are removed and the forest floor is replaced with non-absorbent roads, rooftops, driveways and sidewalks. These “impervious surfaces” prevent water from soaking slowly into the ground and force it to flow over the land. The runoff carries contaminants along for miles. As it picks up speed, it erodes streambanks and destroys wildlife habitats. Absorbent areas – like gravel driveways and natural landscapes – help reduce runoff and filter out pollutants by allowing water to soak into the ground before it flows into our streams and inlets.

Clear Choices

- a.** Instead of pavement, use paving stones, bricks, sand or gravel in your landscaping improvement plans.
- b.** Position downspouts and splash blocks so rainwater drains into planted areas and away from paved, impervious surfaces.
- c.** Attend a “Rain Garden” workshop* to learn how these beautiful and easy-to-install landscape features can trap and filter water from downspouts or driveways before it flows down the street.
- d.** Plant native* shrubs and trees at the base of hills, along water edges and at the edge of your property to slow water runoff.
- e.** Leave as much native vegetation and natural soil as possible on your property – especially on new building sites.
- f.** Talk with at least 2 other people about these choices.

Great Rewards

Worth Up to \$140!

Commit to at least one new action from the list above and earn:

1. Colorful, attractive native plants (\$20 value).
2. Free native planting plan for your yard from the Thurston Conservation District (\$120 value).

* See “Resources” page for more information.

Don't let your lawn get soaked

A healthy lawn resists disease and weeds. Understanding the needs of your lawn will help you maintain it without excess fertilizers, pesticides and water. Overwatering leads to surface runoff that can carry fertilizers to ponds and inlets. The excess fertilizer causes water plants, like algae, to flourish and then decay, which uses up oxygen that fish and other water life need to survive. Over-watering also encourages lawn diseases, crane flies and weeds. Lawns need one inch of water per week – including rainfall. So take care not to overwater; your lawn and landscape will repay you with a long, healthy life.

Clear Choices

- a.** Avoid over-watering. Measure with a water gauge to find out how long it takes to supply one inch of water per week.
- b.** Avoid watering sidewalks and driveways with careful placement of your sprinklers.
- c.** Mulch* around trees, shrubs, and garden beds to retain soil moisture and discourage weeds.
- d.** Avoid using excess fertilizer. Get a soil test* so you understand the specific needs of your lawn. (It's one of the rewards below!)
- e.** Instead of chemical fertilizers, use slow-release, natural fertilizers. When applying fertilizer, make sure it stays on the grass and does not go onto pavement.
- f.** Reduce your lawn size and plant native* groundcovers and shrubs.
- g.** Group plants with similar watering needs together.
- h.** Talk with at least 2 other people about these choices.

Great Rewards

Worth Up to \$166^{50!}

Commit to at least one new action from the list above and earn:

1. Rain/watering gauge (50¢ value).
3. One bag of slow-release organic fertilizer or organic compost (\$10 value).
4. Soil test (\$15 value).
5. Booklet on Natural Lawn Care (\$1 value).
6. Native shrubs and consultation on native plants (\$140 value).



Did you know?

There are 20-30 million acres of lawn in the U.S. making it the 5th largest crop behind corn, soy, wheat, and hay!

Only 10-20% of lawn owners use soil tests to determine the appropriate fertilizer application. As a result, 52% of lawns are over-fertilized.

* See "Resources" page for more information.

Helpful Resources

Healthy Homes

Thurston County Environmental Health360-754-4111
TDD: 360-754-2933 / www.co.thurston.wa.us/health
Information on household hazardous waste disposal, recycling used motor oil, Common Sense Gardening and “green cleaning” recipes.

Composting Food Scraps360-754-2953
Information about composting food scraps including worm boxes and green cones.

Household Hazardous Waste

Household Hazardous Waste Information360-754-4111
TDD: 360-754-2933 / www.co.thurston.wa.us/health/ehadm

Business Hazardous Waste Information360-786-5457
TDD: 360-754-2933 / www.co.thurston.wa.us/health/ehhw

Thurston County WasteLine (*Recorded Information*)360-786-5494
www.co.thurston.wa.us/wwm

- Press 1 Thurston County Waste & Recovery Center (*days, hours and directions*)
- Press 2 Garbage and yard waste rates at the Waste & Recovery Center
- Press 3 HazoHouse – offering FREE disposal of household hazardous waste. Open Fri/Sat/Sun/Mon. (*days, hours, products accepted and safety tips for transporting*)
- Press 4 Curbside Garbage & Recycling Services (*local providers*)
- Press 5 Garbage Drop Boxes (*locations, days and rates*)
- Press 6 Recycling Drop Boxes (*locations, days and materials accepted*)

Pet Waste Disposal

Free Neighborhood Pet Waste Station360-754-4111
Call Thurston County Environmental Health for information about installing a free dog-waste disposal station made of a wooden signpost, poster, and bag dispenser, in your neighborhood. Helpful brochures on proper pet waste disposal are also provided.

Doggie Dooley Pet Waste Composter1-800-537-1601 (DEPT. 99)
www.doggiedooley.com

“Doggie Dooley,” is a common brand of pet waste composter available in pet stores or online. These affordable composters offer an in-ground, odor-free method for cleaning up after your pet.

Septic Systems

FREE Septic System Workshops & Brochures360-754-4111
TDD: 360-754-2933 / www.co.thurston.wa.us/health/ehoss/maintenance.html

Thurston County Septic Help Line360-357-2490
Answers to all your questions on septic system care.

Financial Assistance for Failing Septic Systems360-754-3355 (EXT. 7521)
TDD: 360-754-2933 / www.co.thurston.wa.us/health/ehoss/loan_program.html
Thurston County's low interest loan program provides financial assistance for repairing failing systems.

Alternatives to Garbage Disposal Use360-754-2953
Information about composting food scraps, worm boxes and green cones.

Shellfish Protection

Thurston County Shellfish Protection Websitewww.co.thurston.wa.us/shellfish
A wealth of information about shellfish protection for Henderson Inlet and Nisqually Reach.

Pacific Shellfish Institute360-754-2741
www.pacshell.org
Education and research on shellfish-related environmental and animal/human health and safety issues.

Surface Water Protection

Thurston County Stream Team360-754-4681
Lacey: 360-438-2687 / Olympia: 360-754-4140.
For citizens interested in protecting and enhancing water resources. Call to borrow materials for marking storm drains with the message “Dump No Waste – Drains To Stream”.

Nisqually River Council360-407-6783
www.nisquallyriver.org
Information on the history, culture, environment and economy of the Nisqually watershed. Learn about their programs, salmon recovery and upcoming events.

People for Puget Sound360-754-9177
www.pugetsound.org
This citizens' group seeks to protect and restore the health of our land and waters through education and action. Visit their website for information, events, activities and much more.

Puget Sound Partnership1-800-54-SOUND
www.psp.wa.gov
This team of citizens, governments, tribes, scientists and businesses are working to restore and protect Puget Sound. Learn about salmon recovery and upcoming events on their website.

Water Utilities & Wastewater Treatment

City of Lacey Water Resources360-438-2687

City of Olympia Water Resources360-753-8340

LOTT Alliance360-664-2333
www.lottonline.org
Water conservation tips, free water saving kits, product rebates and wastewater treatment and reclaimed water processes. To schedule a tour of the Treatment Plant, call 360-528-5726.

Yard & Garden

Thurston County Environmental Health360-754-4111
TDD: 360-754-2933 / www.co.thurston.wa.us/health/ehadm
Common Sense Gardening guides and planning calendar, natural lawn care, composting, mulch, pesticide-free neighborhoods, plant lists, weed control, soil testing and resources.

WSU Cooperative Extension Master Gardeners/Composters360-786-5445
<http://gardening.wsu.edu/stewardship>
Information on less-toxic and organic gardening, native plants, composting, mulches and cover crops, integrated pest management, groundwater protection, rain gardens and resources.

Native Plant Salvage Project360-754-3588
Information on upcoming Rain Garden Workshops and plant sales.

Thurston Conservation District360-754-3588
www.thurstoncd.com
Free soil test, help with native plant selection, planting plans and upcoming workshops.

Yard & Food Waste Disposal (*Thurston County WasteLine - Recorded Information*).360-786-5494
Press 2 Thurston County Waste & Recovery Center yard waste disposal rates

Curbside Yard Waste Collection(*Call your curbside garbage/recycling provider*)

Make Clear Choices, Earn Great Rewards!

- Read each category and mark the “Clear Choices” you are willing to make on the reply form at right. To earn rewards, pledge to do at least one *NEW* activity from any 2 categories.
- Once you’ve marked your choices and rewards in the booklet, circle them on the reply form.

Challenge yourself to take action in two or more categories!

- Add your contact information, signature and preferred method for receiving your rewards.
- Place the completed form in an envelope, add postage and mail to:

Thurston Conservation District
2918 Ferguson St SW Bldg #1 / Ste A
Tumwater WA 98512

Clear Choices for Clean Water

is an educational outreach program designed to restore and protect water quality in the Henderson Inlet and Nisqually Reach Shellfish Protection Districts. District residents are eligible to earn the free rewards offered in this booklet. To find out if you qualify, call 360-754-4111.

Clear Choices for Clean Water

Name _____

Address _____

City/State/Zip _____

Phone (to arrange delivery/pickup of rewards) _____

E-Mail _____

Circle your choices in this book *and* on this postcard panel.

Commit to at least one *new* action from any section and earn any reward(s) listed on that page. Circle the number of the actions you pledge to take – and the rewards you’d like to receive!

Scoop that Poop!

1

Choices: A B C D E F G

Rewards: 1 2

Learn to be Septic Smart

2

Choices: A B C D E F G H I

Rewards: 1 2 3 4

Rainfall to Runoff - Keep It Clean

3

Choices: A B C D E F G

Rewards: 1 2 3

Protect Your Stormwater Pond

4

Choices: A B C D E F G H

Rewards: 1 2 3

Give Rain a Chance to Sink In

5

Choices: A B C D E F

Rewards: 1 2

Don't Let Your Lawn Get Soaked

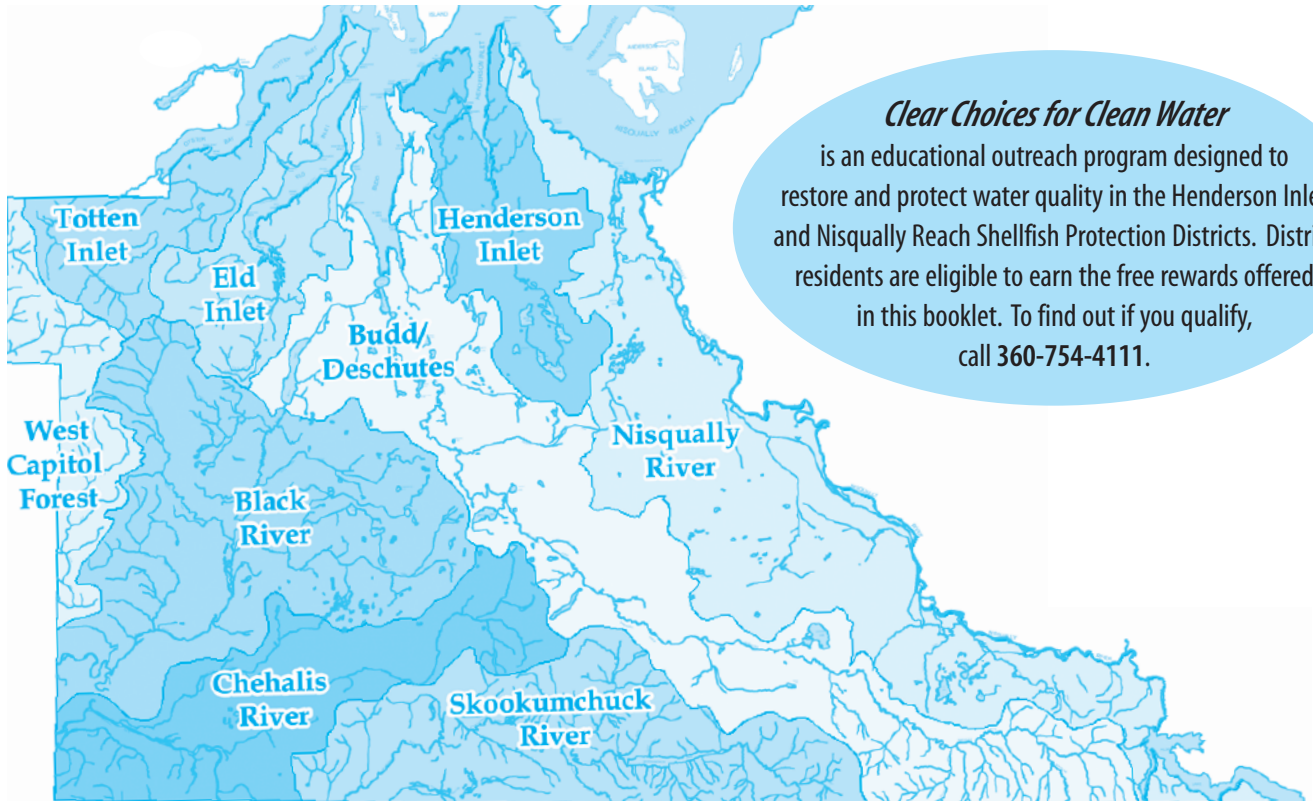
6

Choices: A B C D E F G H

Rewards: 1 2 3 4 5 6

Signature _____

- I'd like to pick up my rewards at a Clear Choices for Clean Water workshop. Please contact me with dates/times and locations.
- I'd like my rewards delivered to me. Contact me to make arrangements.



Clear Choices for Clean Water
 is an educational outreach program designed to restore and protect water quality in the Henderson Inlet and Nisqually Reach Shellfish Protection Districts. District residents are eligible to earn the free rewards offered in this booklet. To find out if you qualify, call 360-754-4111.

Clear Choices for Clean Water

WATERSHED STEWARDSHIP PROJECT

Produced by Thurston County Public Health & Social Services and Thurston Conservation District with funding from the Thurston County Shellfish Protection Districts.

Thurston Public Health, Environmental Health Division

2000 Lakeridge Dr. SW • Building #4 • Olympia, WA 98502 • 360-754-4111

Thurston Conservation District

2918 Ferguson St. SW • Building #1, Suite A • Tumwater, WA 98512 • 360-754-3588



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