

LIVING GREEN

Education for a Healthy Future

Earth Day Special Edition 2015

VOL #2 ISSUE #5



This is a special edition of the Living Green program that highlights various ways that you can become actively involved in promoting sustainability all year around. There are opportunities to gather or share information through websites, volunteer service, donations or by attending an event.

DO YOU WANT TO KNOW MORE ABOUT THE LIVING GREEN PROGRAM?

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ENERGY CONSERVATION

Northwest Energy Coalition

The Northwest Energy Coalition is an alliance of many different organizations, businesses and utility providers throughout Oregon, Washington, Idaho, Montana and British Columbia. The Coalition promotes the development of renewable energy, conservation, consumer protection, low income energy assistance and wildlife restoration on the Columbia and Snake rivers. You can learn more about regional issues and how to get involved by visiting their website:

www.nwenergy.org

Sierra Club

The Sierra Club is a national organization that was founded in 1892 by the legendary John Muir. Since that time, there are more than two million members and supporters around the world. The organization has been instrumental in protecting wilderness, passing the Clean Air & Water Acts and the Endangered Species Act. Currently the organization is leading the charge to move away from fossil fuels and towards a clean energy economy. If you want to find out more about how you can get involved on a national, state or local level check out the websites:

Washington State Chapter

<http://www.sierraclub.org/washington>

Upper Columbia, Local Chapter

[http://www.washington.sierraclub.org/uppercol/ucr/goup/home.html](http://www.washington.sierraclub.org/uppercol/ucr/group/home.html)

LIVING GREEN Action!

Master Home Environmentalist

- Do you care about your health, your family's health, and other peoples' health?
- Are you concerned about environmental health issues such as exposure to mold, dust, hazardous household chemicals, and other pollutants?
- Do you talk with friends, relatives, neighbors, and community members about health problems and solutions?
- Would you like to increase your knowledge about indoor air quality and improve your ability to communicate?

If you answered yes to any or all of these questions, you'd probably be a great Master Home Environmentalist (MHE) volunteer!

This training is offered by the American Lung Association in Seattle, WA. Attending the 35 hour training and completing 35 hours of community service are the most important requirements to become an MHE volunteer -- you don't need to be an environmentalist or an expert in anything. They are looking for diverse individuals who are committed to actively participating in the training sessions and who will volunteer in their communities. Master Home Environmentalists are people who enjoy working together to improve their own and others' health.

If you are interested in a schedule of upcoming trainings or have questions call (206) 512-3280 or visit:

<http://www.lung.org/associations/states/washington/local-programs/air-quality/MHE/home-environmentalist-training/>

Spokane Riverkeeper

<http://cforjustice.org/riverkeeper>

The Spokane Riverkeeper was created by the Center for Justice to protect and restore the health of the Spokane River Watershed. The goal of this organization is for a "Fishable and Swimmable Spokane River." This means restoring the river to its healthy state that includes protection and recovery of native species of fish. Their return is a successful benchmark of a healthy ecosystem. If you have questions, want to get involved, or see problems along the river visit their [website](#), [Facebook page](#) or call (509) 464-7614.

Spokane Habitat for Humanity

You may just think of Habitat for Humanity as just building, or rehabilitating and repairing existing, homes. They also offer shelter during disasters, water and sanitation projects, home micro-financing, training and much more. They are always looking for volunteers who are novice to skilled in building construction, but they also have opportunities in other areas. Visit their website to learn more:

<http://www.habitat-spokane.org/>

Master Composters

This volunteer training program launched in 1988. Annually the list of volunteers who complete training continues to grow. If you are interested in sharing with others how to reduce waste through recycling and home composting, this opportunity may be for you. Attend the mandatory training sessions and you will receive instructional materials, reference books, and a free compost bin. All you are asked in return is to donate 40 hours through community gatherings, schools, clubs, presentations or through research.

For more information or to sign up visit:

<http://www.spokanecounty.org/utilities/solidwaste/content.aspx?c=3113> or call (509)625-6521.