

# Pacific Northwest Clean Waters Challenge

## 1. Thank you!

Thank you for joining the Pacific Northwest Clean Waters Challenge. The Challenge is your opportunity to commit to actions that protect our natural resources.

The Challenge is a series of steps toward protecting clean water and habitat. This will take you less than 10 minutes.

By taking the Challenge, along with others, we are collectively contributing to healthy and clean waters for all. We can do our part to protect our water resources and habitat for our enjoyment, economy and future generations.

We hope you can find at least two new actions you can do.

Click next at the bottom of the screen to continue.



## 2. Instructions

# Pacific Northwest Clean Waters Challenge

Please choose one option for each Challenge item that is closest to your ability. Click on the button to make the choice. Once you have completed the survey, we will ask you in which city and state you are taking the Challenge for our "Challenge Map". It is that easy!

## 3. At Home

Did you know that less than 1% percent of all water on Earth is available by humans? 99% of that small part is tied up in groundwater reserves which we draw from. Groundwater and surface waters like streams and lakes are usually tied together. This freshwater system is needed by everybody from industry to households to fish and wildlife.

If your home drips 30 times at just 1 faucet every minute, then it is wasting 2 gallons a day and 1,040 gallons a year.

Our choices, especially during dry cycles, can make a difference. Impacts can affect the whole system.

Chemicals and contaminants can make their way through the soil and streams to our waterways and underground reservoirs. Hazardous waste collection events are offered periodically in most communities for recycling or treatment.



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## \* 1. At Home I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Check for water leaks around my home. Check faucets, toilets and sprinklers. Fix them promptly.	jn	jn	jn	jn	jn
Return unused chemicals such as used motor oil and antifreeze, extra insecticides, herbicides, fertilizers, polishes, paint predating 1989 and other hazardous products to my local hazardous waste collection.	jn	jn	jn	jn	jn

## 4. On the Go

Did you know 5 quarts of motor oil (a standard oil change from one car), is enough to pollute 1 million gallons of water if dumped down a storm drain or into a waterway, according to the American Petroleum Institute.

The choices we make with transportation help protect clean water.

Washing your auto at home is a risky business. Vehicles can contribute heavy metal dust such as copper from brake pads and toxic chemicals from oil leaks. Copper dust on its own is quite toxic to salmon and is contributing to their decline. This can flow untreated into streams and rivers. All this grime is harmful to wildlife. The soaps we use can also be harmful to fish.

If you carpool, you are reducing the risk of toxic drips and dusts on our roadways, in waterways and in our wildlife.

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## \* 2. On the Go I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Wash my cars at a commercial car wash.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waste water can be treated and recycled.					
Reduce the amount of single occupancy car trips I take. Choosing to carpool, walk, bike, or use public transportation whenever I can.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 5. In the Neighborhood

Did you know that 1 teaspoon of dog waste can contain over 23 million fecal coliform bacteria and can include parasites, viruses and diseases such as Roundworms, E. coli, and Giardia? Some can last in your yard for up to four years if not cleaned up. Rain will eventually wash that into our streams if not cleaned up.

Doing the right thing for our water can be the norm if we offer some friendly peer pressure to encourage our friends and family to join. If they do 2 new things it is a success!



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## \* 3. In the Neighborhood I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Talk to my friends and family to encourage them to take the Challenge. Let them know how easy and fun it is.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pick-up after all pets including dogs and cats. Scoop-it, bag-it, and trash-it in a proper receptacle. Prevent it from collecting in my yard or washing off into local waterways.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Join a group with a focus on water, habitat, or wildlife protection. Enjoy the companionship. Learn new skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 6. Out Shopping

Did you know that non-toxic baking soda, vinegar and Castile soap can be used for most of your household cleaning needs including tubs, sinks, mirrors, toilets, drains, and ovens?

Your locally produced goods use less petroleum and less global impact and more positive economic benefits. Did you know a typical carrot has to travel 1,838 miles to reach your dinner table? Local producers that use less chemicals and organic methods are having less impact on water and wildlife.

Plastic debris impacts more than 267 species of wildlife worldwide and has led to drowning, starvation and strangulation. Pre-production plastic pellets are being found in guts of animals and on our beaches. The pellets are melted and made into plastic goods.

We can make a difference by choices we make such as re-using water bottles and rethinking the purchases we make. We vote with our dollar.

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## \* 4. While Out Shopping I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Bring my own containers while shopping. Reusable shopping bags, leftover containers and water bottles will store my goods. Reconsider my overall disposable product use including plastics.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read the label on products. Buy safe, environment-friendly household and yard care products. Avoid POISON, DANGER, or WARNING on product labels. Find non-phosphate detergents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choose locally grown food and farmers markets for fresh, emissions-light food. Choose organic if possible to reduce water pollution from excess agriculture chemicals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

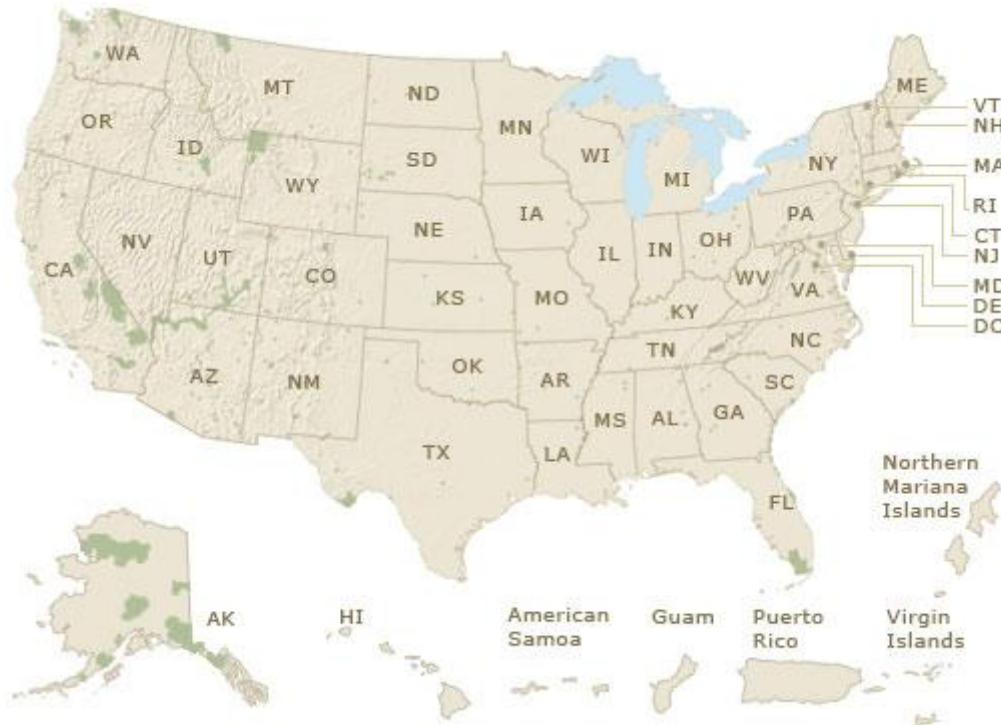
## 7. Out Playing

Did you know that there are 38 National Parks, 34 National Forests, 495 State Parks, and countless county and city parks in the Pacific Northwest states of Alaska, Idaho, Washington and Oregon? That is millions of acres of protected watershed for the benefit of wildlife and your enjoyment.

Many of these places have access to streams. Remember that amphibians, fish and insects use these streams to spawn during different seasons. Be careful when you are crossing.

US National Parks By State (right)

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## \* 5. While Out Playing I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Stay on trails and roads and only use bridges to ride my bike or motorized vehicles across streams.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take my family and friends out to enjoy our amazing nature centers, parks, lakes, streams, rivers and natural trails.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leave natural places "cleaner than I found them" by removing at least one piece of abandoned trash (especially plastics) on each visit and leaving natural objects in place.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 8. Around the Yard

Did you know native plants absorb runoff, are more disease resistant, and don't need as much pest control or extra watering during our dry summers than plants not suited to our climate?

Did you know 1 inch of rain falling on a one-acre parking lot produces 16 times more runoff than on a one-acre meadow? Create a rain garden in your yard to capture and absorb the rain falling on your roof and driveway.

According to the US EPA, about nine million pounds of 2, 4-D, a common herbicide, are used on US lawns every year--that's more 2, 4-D than is used on all 50 million acres of wheat in this country each year.

Many garden centers, Conservation Districts or County Extension services offer a place to bring your soil. They can recommend the proper amount of additions you need for your soil. Considering going natural when ever possible.

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## \* 6. Around the Yard I Will:

	already do	will do	can do part of	not ready yet	doesn't apply
Get recommendations for what fertilizers I actually need from results of a soil test. Use natural soil amendments, slow-release or organic fertilizers (ex. compost, manure, and bone meal) instead of harmful chemicals. Use only as much as needed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In areas that don't need a lawn, establish plants that are recommended as best for my local climate including native trees, ground covers, and shrubs that encourage habitat for animals and reduce stormwater runoff.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Place rain gutters so they drain onto my garden beds or other absorptive surfaces. Water is able to be absorbed into the ground where it is filtered, cleaned and returned eventually to my stream.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 9. Congratulations!

Congratulations for taking the Challenge!

We will send your certificate of completion to you soon! Please let us know where to send it. We would like to add your response to a map that shows only the city and state. We will not share your information outside this program.

To see other Challengers in your area go to <http://pnwwater.wordpress.com/who-else-is-pledging> (copy link and paste into browser).



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## \* 7. Your contact information:

Name:

Address:

City/Town:

State:

ZIP:

Email Address:

## 10. Practice

Tips for Making Change:

Finding a place to learn new skills will help. Try something new and practice with some supervision. They will help you do it right.

Joining a group doing like actions will help. The peer support you receive will keep you on track.

Assign a friend to check-in on your progress. Having someone to keep you on track gives you some structure, especially if you set goals and let them know what they are.

When you set your goals, remind yourself why you are doing it. Make a list and post it proudly where you and others can see it.

Have fun with the Challenge. Share your successes. Throw a party!

To find local groups and resources go to: <http://pnwwater.wordpress.com/watershed-groups-near-you>

## 11. Our Sponsors

This effort is supported by funds through the Pacific Northwest Regional Water Program for Alaska, Idaho, Washington, and Oregon.

For more information go to: <http://www.pnwwaterweb.com>

