

September 2008

Fall Issue

# KEEN INSIDER

Newsletter for the Kittitas Environmental

## Green Read Book Club

By Diedra Petrina

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We want to hear from  
you!

KEEN

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**Are you interested in learning about a wide variety of environmental issues?** Get involved with the Green Read Book Club, a great new activity KEEN is hosting to expand your mind. We will be reading a new book every few months; discussing a portion of the book the First Tuesday of every month from 5:30pm to 6:30ish at the Cascade Land Conservancy office at 409 North Pine Street. We read about a wide variety of environmental topics: sustainability, organic gardening, renewable energy, lifeplace, and so much more.

Go to KEEN's website  
for the monthly reading  
questions:

[www.kittitasee.net/  
greenreadbookclub.html](http://www.kittitasee.net/greenreadbookclub.html)

Check out some of the  
new features on the  
KEEN website: [KEEN  
gear](#) (PayPal options),  
[KEENetwork](#), and  
[events](#).

Look on Line for this  
months book

LifePlace: Bioregio-  
inal Thought and  
Practice  
by Robert L. Thayer, Jr.

## A Note from the Chair

Living in Kittitas County never fails to amaze me with unexpected changes and new opportunities. The weather chief among those...my poor tomatoes. However, rich with the hope of a late summer heat wave, I remain hopeful that all our work in the garden will reap rewards. My husband and I have been madly canning pears, peaches and have had zucchini with dinner nearly every night for the last 2 months (not to mention the zucchini pancakes we snuck past the kids last weekend!).

All this harvesting got me to thinking about the work of KEEN's new Sustainable Agriculture Committee who is looking at new and innovative ways to engage in community conversations around creating local food sources, ensuring future food security and building partnerships between farmers and their markets. This exciting endeavor is growing through working with Kittitas County, Heifer International and other local groups. New members are welcome and can contact KEEN Board Member Stefanie Wickstrom at [Stefanie.wickstrom@gmail.com](mailto:Stefanie.wickstrom@gmail.com).

This newsletter will share another new idea for the fall season – harvesting the best ideas involved in environmental education in our region via a Share Fair. Kim Freier is leading this effort for KEEN in cooperation with the e3 Implementation Committee – you can reach Kim at [freiermeier@fairpoint.net](mailto:freiermeier@fairpoint.net).

KEEN was successful in receiving a grant from the Washington Department of Fish and Wildlife through the ALEA program to support a fall planting of grasses and forbs at Helen McCabe. Look for the dates and times so you can join in the fun...nothing like raking and burning noxious weeds in preparation for wonderful spring wildflowers to get your blood pumping as the temperatures fall.

The annual Nature of Night event is being managed by the Center for Excellence in Science and Mathematics Education group (CESME) at Central Washington University this year. It is scheduled for Saturday, November 22<sup>nd</sup> from 10-4 in Black Hall on campus. KEEN will be assisting with the event but handing over the reins to the new group. Look for details and volunteer opportunities on KEEN's website soon.

**e3 Update and “Imagine This!”****e3 Share Fair:****Showcasing environmental,  
economic and educational  
resources in Kittitas  
County!**

KEEN will be hosting a Kittitas County e3 (environment, economics and education) “Share Fair” December 5, 2008 from 4:30-7:30pm. The e3 Share Fair will offer a great networking opportunity for sharing information and/or learning about programs and other resources that support healthy and sustainable living, working and recreating in Kittitas County. If you provide or are interested in educational resources about natural and built environments in Kittitas County—including topics on the environment, sustainability, tribal interests, outdoor recreation, public health, conservation, agriculture, wildlife, and economic development—and are interested in helping to plan and implement the e3 Share Fair and/or in having your organization or program included in the event, please contact Kim Freier at [kfreier@wsu.edu](mailto:kfreier@wsu.edu).

***“Imagine This!”***

If you're interested in learning more about food and sustainable living here in the Kittitas Valley, come to the second in a series of community conversations called ***“Imagine This!”*** on **October 8 at 7:00 p.m. at Gallery One**. Hear panelists with expertise in food production, sustainable consumer behavior, sustainable business and food, and food security in our region talk about what we can do right here in Ellensburg to eat well now and into the future. The conversation will begin with perspectives offered by guest panelists.

All in attendance then have the opportunity to converse with panelists and amongst themselves. ***“Imagine This!”*** organizers are convinced that amicable and creative conversations can foster constructive exchanges among diverse sectors of our community.

Join moderator Robert Tomlinson of Gallery One, panelists, and other community members at **7:00 p.m. on the second Wednesday of each month** to talk about issues that impact our well-being locally.

Contact Stefanie Wickstrom at 509.964.9599 or [wickstrs@cwu.edu](mailto:wickstrs@cwu.edu).

## Green Tips

There are fun and simple ways to lighten your footsteps on the earth.

**Televisions.** Unplug your TV when it is not in use. You'll save money and energy. Between 10 and 15 percent of a TV's energy is still used when it's powered "off." TV use accounts for more than 10 percent of household electricity bills. The average household in America owns more than two TVs. If every home just unplugged their TV sets when they weren't being used, we'd save more than \$1 billion per year in energy bills. To make this easier, try connecting your TV to an outlet that is connected to a wall switch.

**Check the KEEN insider every quarter for more great tips.**

**Newspaper.** Subscribe to and recycle your newspapers. Newspaper subscribers can save about 50 percent off the cover price, as well as a trip to the newsstand. Each year ten million tons of newspapers are still tossed into landfills and aren't recycled. If just half of these were recycled, it would save seventy-five million trees.

**Books.** Use the library, or buy second-hand books. Consider sharing the ones you have with friends or donation

them rather than throwing them away. About three billion new books are sold per year, requiring four hundred thousand trees to be chopped down.

**Candy.** Buy loose, unwrapped candy from the bin, if you can. Many candy wrappers contain chemicals that make them stain- and water-resistant but also make them difficult to recycle.



**Popcorn.** Share your popcorn when you're at the movies instead of buying multiple cartons or bags. You'll save money and packaging. Americans today consume seventeen billion quarts of popcorn each year (fifty-four quarts per person), 30 percent of which are eaten at movie theaters, sporting events, entertainment arenas, amusement parks, and other recreational centers. If half the people shared their popcorn at these events, we could save the paper packaging for more than 2.5 billion quart-size servings.



## Helen McCabe Seeding and Cleanup Day

As many of you know KEEN has been working on a habitat restoration project at Helen McCabe State park, located at the mouth of the canyon. This spring we had nearly 50 wonderful volunteers and other non-profit groups (Kittitas Field & Stream Club, Trout Unlimited, Audubon, CWU Biology Club, and Cascade Land Conservancy) help us plant 150 ponderosa pine trees along the road and along the front half of the pond.

This fall we are continuing our restoration efforts by removing weeds from the front half of the park followed by spreading a special mixture of native seeds that has been customized for us by native plant specialist Ted Alway owner of Derby Canyon Natives.

Please join us on **Saturday, October 25th at Helen McCabe State Park at 8am to ?**

Refreshments will be served and a special gift will be given to all of the volunteers.

For more information call Diedra at 509.962.1654





## Kids Corner

Kids here is a chance to go outside and enjoy some fall wonders. Fall is one of the prettiest times of the year when the leaves begin to change color. Go outside and enjoy it! Here is a simple and fun activity for you to participate in.

### Make a leaf scrapbook

include the following:

1. The leaf
2. Date
3. Where you collected it

Take a picture of yourself working on the scrapbook and write a short story about your favorite place to collect leaves or your favorite fall story and send it in to KEEN. We will post it in the next newsletter.



Check the next newsletter to see what your friends had to say.

Good Luck and have fun!

## BECOME A MEMBER

Thank you Members for your continual support. Membership fees make it possible for KEEN to host events that are free, fun, and educational for the whole community. Please continue to support KEEN; on **page 7** there is a membership renewal/sign up form for you to fill out and mail in or you can go to the [website](#), there is now a PayPal option. **THANK YOU!!**

## Help Us Grow

This year KEEN's new board is working hard to: build a strong education network, develop a sense of place, engage in low impact sustainable living, increase public awareness of environmental issues, provide fun learning opportunities for the community, and to reach out to others.

For the past nine years KEEN annually hosts two wonderful events (Get Intimate with the Shrub-Steppe and Nature of Night) that engages minds, develops a sense of place, and reaches out to the community.

**What membership dues and donations fund:**

- Get Intimate with the Shrub-Steppe
- Nature of Night
- Helen McCabe Restoration
- Building a Natural History Center

KEEN's 2008 goal to raise \$10,000 dollars to keep these events going . You can help us reach our goal by becoming a member, donating, purchasing KEEN Gear, or attending fundraising events. Your generosity can make it all happen.

**Help us raise \$10,000 this year**



## KEEN Membership/Contact Information Form

KEEN's events & programs are free of charge & are supported by membership fees and donations.  
KEEN is a 501c(3) non-profit organization; donations are tax deductible

### Annual Membership Choices

Today's Date: \_\_\_\_\_

New Member

Renewing

Go to the [KEEN website](#) to use PayPal

\_\_\_ Student \$15

\_\_\_ Group \$100

\_\_\_ Individual \$35

\_\_\_ Supporting \$250+

\_\_\_ Family \$50 \_\_\_

Natural History Center (suggested donation \$250)

Total Contribution \$ \_\_\_\_\_

Circle One: Cash    Check (# \_\_\_\_\_)

I would be happy to volunteer in the following ways:

\_\_\_ Board Member

\_\_\_ Educational Events

\_\_\_ Office Help

\_\_\_ Other (grants, newsletter, etc.)

### Please Note

Please use this form to become a member of KEEN and/or update your contact information so that we can keep you updated about our upcoming events.

### Please Update My Contact Information:

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

### Send To

KEEN

421 N. Pearl Street  
Suite 216



Thank you for Supporting KEEN!!!