

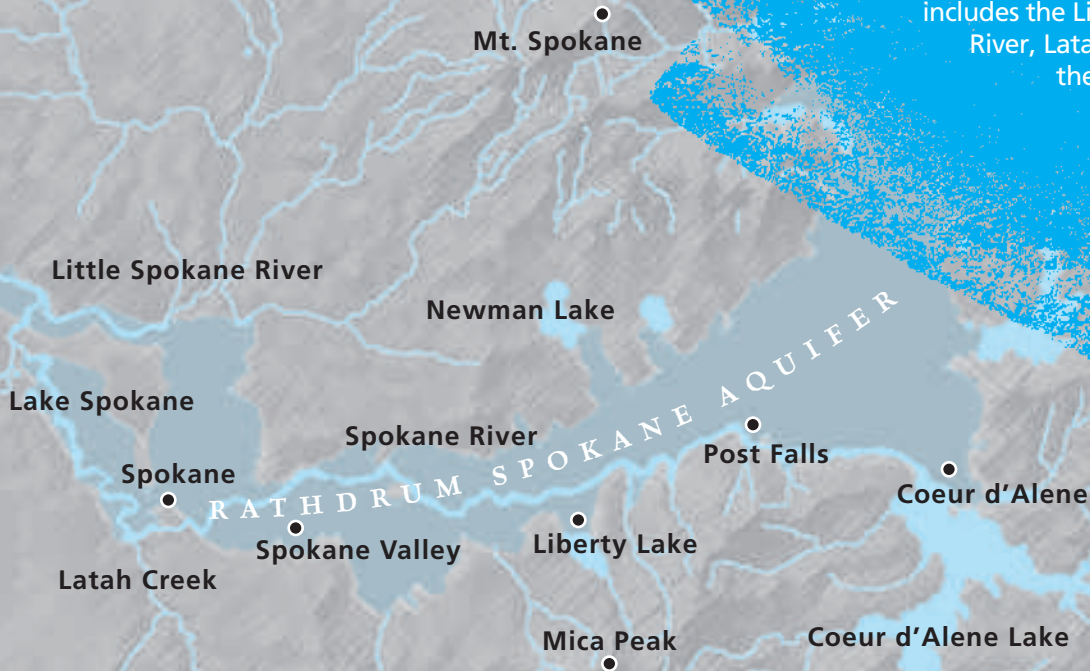


— Liberty Lake —

Watershed Pledge

What is a Watershed?

An area of land that collects rain and snowmelt that ends up in one major body of water, like the Spokane River. The Spokane River Watershed includes the Little Spokane River, Latah Creek, and their tributaries



Welcome!

You are invited to participate in the community Watershed Pledge Project.

A community action program takes individual commitment. Each person can be part of the solution to protect, maintain, and even restore our natural setting.

Our quality of life depends on a healthy, plentiful water supply.

You may already include many water protection practices in your daily routine. Perhaps you'll find new ideas to try. Working together we can make a difference.

To take the Pledge, fill out the detachable card at the front of this book and mail it to us. You will receive a beautiful sun catcher made of recycled glass as our way of saying, "thank you."

**Together we can make a difference. Join your watershed community.
Take the Pledge!**



Take the Pledge!

As you read through this booklet, you'll see how easy it is to take action and help protect our ground water, lakes, and the Spokane River. To take the Pledge, fill out the attached card as you go and send it back to us.

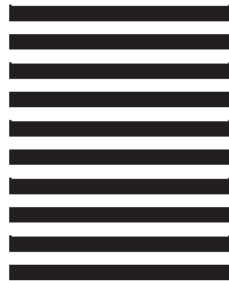


- 1 Fold out the card so it is visible as you flip through the book.
- 2 In each section, check the activities you are currently practicing next to the corresponding letter on the card.
- 3 Decide which new actions you would like to adopt and circle those on the card.
- 4 Fill out your contact information and return it to the Liberty Lake Sewer and Water District by one of the following ways:
 - by pre paid US mail
 - return it with your sewer and water bill
 - drop it off at the sewer and water district during business hours
 - drop it off at the sewer and water district after hours using the night drop box

After you take the Pledge, you will receive this beautiful recycled glass sun catcher for your home or garden.



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 1000 LIBERTY LAKE WA
POSTAGE WILL BE PAID BY ADDRESSEE

**LIBERTY LAKE SEWER & WATER
22510 E MISSION AVE
LIBERTY LAKE WA 99019-9902**



Watershed Pledge Card

As a responsible watershed resident, on your pledge card check ✓ the activities you are currently practicing and circle the new activities you would like to adopt with the corresponding pledge list.

1 In the Kitchen A B C D E

6 On the Road A B C D E

2 Lawn Care A B C D E

7 Polluted Runoff A B C D E

3 Weeds and Pests A B C D E

8 Water Smart Landscape A B C D E

4 Pet and Animals A B C D E

9 Get Involved A B C D

5 Tips on Toxics A B C D

Name _____

Address _____

Email _____

Phone _____

1 In the Kitchen

Even with state of the art appliances and gadgets, the kitchen is a source of pollution and excess water use.

- Automatic dishwasher detergents that contain phosphorus are nearly impossible to remove at the wastewater treatment plant. They over work septic systems and threaten the health of the Spokane River and our aquifer.
- Overuse of garbage disposals causes excess nutrients to get into our water supply.
- Dishwashers use 20 gallons each cycle and garbage disposals average 2 gallons each a minute. All the extra water use means more water to treat, which costs money.

Resource: For more water saving tips, contact the Water Stewardship Program www.waterstewardship.org or call (509) 625-6279.

FACT

Washington is the first state to ban dishwasher detergents containing phosphorus. This ban will take affect in Spokane County in 2008.

In the kitchen I pledge to:

- A** Use phosphorus-free automatic dishwasher detergents - starting now.
- B** Run only full loads of dishes in the dishwasher to save water.
- C** Fill the sink when hand washing dishes rather than run the water.
- D** Compost kitchen scraps rather than use the in-sink garbage disposal to avoid excess nutrients in waste water.
- E** Fill a container while waiting for tap water to get hot and use it for something else, like watering house plants.



2 Yard Care

A healthy lawn that resists disease, drought damage and weeds without applying harmful chemicals is easy to achieve! Chemicals and nutrients common in fertilizers and pesticides are harmful to our lakes, rivers, ground water - and our families.

- Grass clippings left on the lawn help retain moisture and are a natural fertilizer.
- Compost lasts longer in the soil than chemical fertilizers and is less likely to run-off into the water supply.
- Over watering causes run-off and is wasteful. The lawn only needs about 1 inch each week.
- Look for the zero-phosphorus content on fertilizer bags. It is the number in the middle, e.g., 18-0-10.

Resource: For more information on efficient lawn watering and a FREE irrigation audit, contact: Liberty Lake Sewer and Water District at www.libertylake.org or by calling (509) 922-5443

FACT

According the Liberty Lake Sewer and Water District, in 2004, 380,000,000 gallons of water were used for outdoor irrigation in the Liberty Lake area. That is 48 % of all water used for all purposes that entire year!

In the yard I pledge to:

- A** Leave grass clippings on the lawn or use a mulching mower.
- B** Use time-release fertilizer or compost in the late fall, if I do fertilize.
- C** Use a phosphorus-free fertilizer unless establishing a new lawn.
- D** Maintain an efficient sprinkler system without leaks and with correctly aligned heads.
- E** Use a water-smart controller to automatically adjust sprinklers to weather conditions. I will monitor the amount of water that goes on the lawn and aim for about one inch each week, including rainfall.



3 Weeds and Pests

Pesticides and herbicides may seem like a simple solution to weeds and pests, but they provide a short-term solution with long-term consequences.

- "Weed and feed" products spread chemicals over a large area instead of targeting weeds. These chemicals are unhealthy for our water and our families, especially children.
- Chemical pesticides kill not just the bad, but also the good critters that are beneficial to the soil.
- There are many safe alternatives to chemical pesticides and herbicides for the lawn, garden, and even fruit trees.

Resource: For information about safe alternatives to pesticides contact Northwest Coalition for Alternatives to Pesticides at www.pesticide.org. or call (541) 344-5044

FACT

According to the U.S. Environmental Protection Agency, about nine million pounds of 2,4-D, a common pesticide, are used on U.S. lawns every year - that's more 2,4-D than is used on all 50 million acres of wheat in this country each year!

For weeds and pests I pledge to:

- A** Reduce or eliminate pesticide and herbicide use. If I DO use them, follow label application directions exactly.
- B** Keep pesticides away from surface water and dispose of them at household hazardous waste facilities. Call Recycling Hotline - 625-6800 for information
- C** Avoid "weed and feed" products that spread harmful chemicals over a large area.
- D** Target stubborn weeds with hand weeding or spot spraying.
- E** Use safe alternatives to chemical pesticides or talk with the licensed applicator about using safe alternatives for the yard and garden.
- F** Accept a few weeds, especially clover, which improves soil, and re-seed thin lawn areas to crowd out weeds.



4 Pets and Animals

Waste from dogs, cats, horses, waterfowl and other animals contain disease-causing organisms that are harmful to our families. When animal waste enters our water it can cause serious health risks and unsightly water pollution.

- Animal waste that washes into lakes and streams contains nutrients that act like fertilizers and encourage weeds and algae to grow.
- Weeds and algae aren't just unattractive. Decaying weeds and algae consume oxygen which fish and other critters need to live.
- Large animals also can trample streamside vegetation that is important to the health of the water. Fencing them away from streams helps restore those areas and keep their wastes from washing in.

Resource: Spokane County Conservation District can provide assistance for managing large animals. Contact the district at www.sccd.org, or call (509) 535-7274.

FACT

Licensed dogs produce 6,750 lbs. of dog waste each day in Spokane County. Don't forget the cat!

For pets and animals I pledge to:

- A** Pick up after pets, dispose of waste in the trash, and when on walks carry a bag.
- B** Encourage the cat to use the litter box, keep it clean and throw used litter in the trash.
- C** Stop feeding ducks and geese. This causes their waste to build up in one area. The animals and the environment will be healthier and happier.
- D** Fence larger animals away from ponds, ditches, lakes and streams. Supply them with an alternative source of water.
- E** Contain and cover any manure pile, then use it as the valuable compost it is.



5 Tips on Toxics

Many household products contain toxic, hazardous ingredients. If the label says "danger," "caution," or "warning," you can be sure it is harmful to our water, families, and animals.

- Proper disposal at the Spokane Regional Solid Waste System household hazardous waste facilities are key to protecting our water.
- Pouring these products down the drain is harmful to our water and costly at the wastewater treatment plant. These costs are passed on to the rate payer.
- Choosing less harmful alternatives at the store will help limit the harm toxic chemicals do to our water.

Resource: For household hazardous waste disposal, contact Spokane Regional Solid Waste at www.solidwaste.org, or call (509) 625-6800.

FACT

American households throw away over 14 million pounds of hazardous waste each year! Just say NO to toxics by choosing safer cleaning products.

For toxics I pledge to:

- A** Get rid of toxic household and yard products at Spokane Regional Solid Waste household hazardous waste drop points where disposal is FREE!
- B** Buy the least hazardous product for the job, read the label carefully and use the proper amount.
- C** Buy and use the safest environmentally friendly household and yard products.
- D** Try one or more of the safe and effective alternative recipes below.

Water friendly recipes:

Bath/sink cleaner-sprinkle baking soda, scrub, and rinse

Drain cleaner-1/2 cup of baking soda in drain followed by 1 cup of vinegar let fizz and then add 2 cups of boiling water

Toilet cleaner-scrub with a solution of 1/2 cup borax in 1 gallon of water



6 On the Road

Each time we get into the car we affect the air and water! Cars are one of the largest sources of water pollution.

- Cars leak oil, antifreeze and other fluids that can wash into storm drains.
- Their exhaust releases chemicals, small soot particles, and metals into the air and onto the ground, all of which also wash into the water.
- Carpooling, taking the bus, biking, and combining car trips and errands are all ways to help protect our water from pollution.

Resource: Contact Spokane Transit Authority at (509) 325-6048 to set up a vanpool at your office.

For bus schedules and information call (509) 328-RIDE.

FACT

A standard oil change (5 quarts) from one car can pollute 1 million gallons of water, according to the American Petroleum Institute.

On the road I pledge to:

- A** Wash cars at a commercial car wash where waste water is treated and recycled. If washed at home, choose a phosphorus-free soap.
- B** Maintain cars with regular tune-ups and fix fluid leaks.
- C** Use ground cloths and drip pans under the car when working on it at home.
- D** Properly dispose of vehicle fluids such as oil and antifreeze by taking it to one of the household hazardous waste facilities.
- E** Reduce the number of car trips by choosing to walk, bike, carpool or take public transportation whenever possible.



7 Polluted Run-off

We can decrease the amount of polluted run-off that reaches our lakes and rivers by using natural landscaping, paving stones, and gravel, which slowly absorb pollutants and run-off.

- Rainwater picks up debris, chemicals, dirt, and other pollutants.
- Polluted run-off flows into our lakes, streams, the Spokane River and the Rathdrum-Spokane aquifer.
- The combination of cars, homes, people and animals makes polluted run-off one of the biggest causes of water pollution in the country.
- Stormwater swales help filter out pollutants before they reach the aquifer.

Resource: For more information on natural landscapes that help manage polluted runoff contact The Green Zone at www.thegreenzone.org or call (509) 477-2048.

FACT

One inch of rain falling on a one-acre parking lot produces 16 times more runoff by than the same inch of rain falling on a one-acre meadow.

For run-off I pledge to:

- A** Use spaced paving stones, bricks, 'grasscrete' or gravel instead of cement or asphalt when building, remodeling, or landscaping.
- B** Place rain gutters so they drain onto grass, gravel, or garden beds - away from hard surfaces that cause run-off.
- C** Plant native plants in the yard to help filter polluted run-off.
- D** Never dump motor oil, antifreeze, pesticides or any toxic materials down storm drains or on the ground.
- E** Help keep community and personal stormwater swales free from debris.



8 Water-Smart Landscape

Using native plants in the yard can help filter pollutants and sediments before they become run-off and reach our lakes, streams, and the Spokane River.

- Native plants not only help filter pollutants but require less water and saves money on the summer water bill.
- Native plants can be a beautiful alternative to excess lawn. Many varieties produce vibrant wildflowers and aromatic foliage.
- Native plant buffers along shorelines are beneficial to fish and other aquatic critters because they provide shade and habitat.

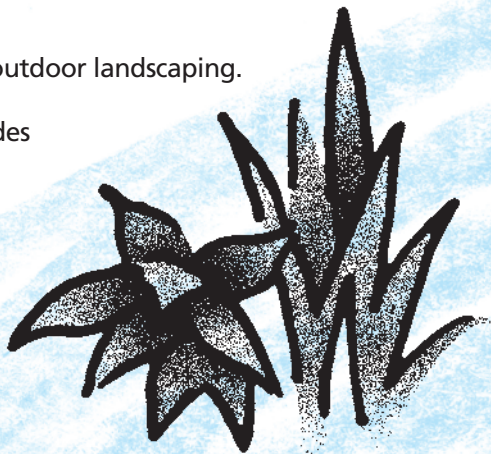
Resource: For more information on native landscaping, contact the Washington State University Cooperative Extension at www.spokane-county.wsu.edu or call (509) 477-2048.

FACT

Xeriscape or water-smart landscapes can reduce landscape water use by 60% according to the Colorado WaterWise Council.

For landscaping I pledge to:

- A** Keep all trash and debris, including lawn clippings and leaves, away from streams, lakes, rivers, and storm drains.
- B** Plant native vegetation on edges and corridors, which helps to filter pollutants.
- C** Use collected water from rain to water plants.
- D** Set up a drip irrigation system vs. sprinklers for outdoor landscaping.
- E** Choose a water-smart landscape plan that includes more native plants and less grass.



9 Get Involved

Your backyard isn't the only place to practice good stewardship for our ground water, lakes and river. Plenty of opportunities exist for you and your family to put your knowledge into action and maybe even share it with others along the way. We invite you to get involved in your watershed. There are so many ways we can protect and even restore it.

Here are just a few groups you could join to promote good stewardship in your watershed:

Citizens Watershed Advisory Committee, Liberty Lake Sewer and Water District, Bijay Adams 922-5443 ext 30

Friends of Pavilion Park, PO Box 325, 742-8694

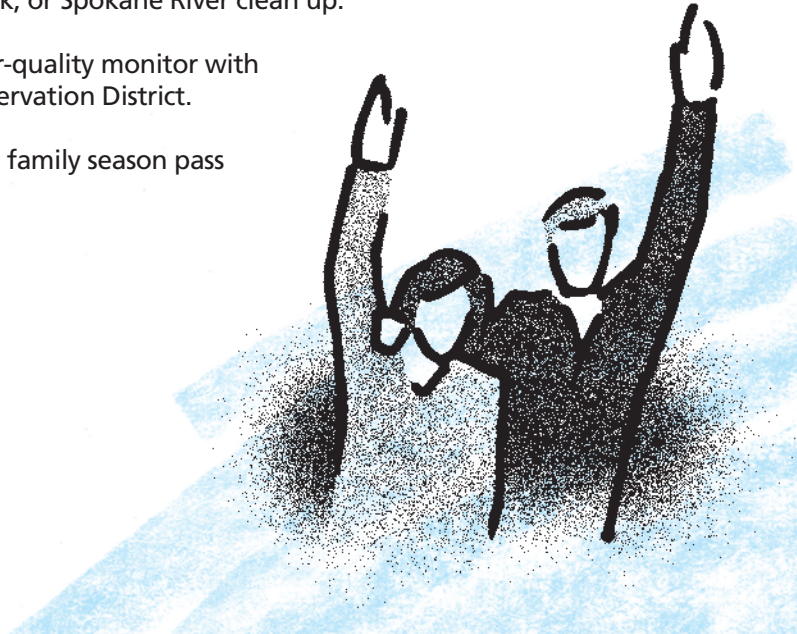
Community events sponsored by City of Liberty Lake, 755-6700

Liberty Lake County Park, Bryant Robinson, 255-5485

Friends of Centennial Trail, 624-7188

To get involved I pledge to:

- A** Join a committee dedicated to healthy water.
- B** Participate in a beach, park, or Spokane River clean up.
- C** Become a volunteer water-quality monitor with the Spokane County Conservation District.
- D** Enjoy the county parks. A family season pass is only \$50.



Useful Resources

Liberty Lake Sewer and Water District

www.libertylake.org (509) 922-5443

Northwest Coalition for Alternatives to Pesticides

www.pesticides.org (541) 344-5044

Spokane County Conservation District

www.sccd.org (509) 535-7274

Spokane Regional Solid Waste

www.solidwaste.org (509) 625-6580

Spokane Transit Authority

www.spokanetransit.com (509) 328-RIDE

Washington Department of Ecology

www.ecy.wa.gov (509) 329-3400

Washington Department of Fish and Wildlife

www.wdfw.wa.gov (509) 892-1001

Washington Toxics Coalition

www.watoxics.org (206) 632-1545

WSU Cooperative Extension

www.spokane-county.wsu.edu (509) 477-2048

The Pledge project is supported by the Liberty Lake Sewer and Water District and the Liberty Lake Citizen Watershed Advisory Committee. This booklet is made possible through assistance and funding from the Washington Department of Ecology.

Glossary

Aquifer - water below the earth's surface in between rocks spaces and cracks is called ground water. An aquifer holds ground water.

Irrigation audit - a checkup on the effectiveness of your sprinkler system.

Storm water - run-off from rain and snowmelt that carries pollutants.

Stormwater swales - an area that collects rain and snowmelt to help filter pollutants before they reach the aquifer.

Surface water - water that collects above ground such as lakes, streams and rivers.

Xeriscaping - water-smart landscape - an environmentally friendly form of landscaping that uses a variety of native plants, shrubs, and ground cover.



If you require special accommodations or need this document in an alternate format, please contact Ecology's Shorelands and Environmental Assistance Program at 360-407-6096. Persons with hearing loss can call 711 for Washington Relay Service. Persons with a speech disability can call 877-833-6341