



Sleepy Creek Watershed Association

Protecting and Preserving Sleepy Creek in Morgan County, WV

May 2009

Points of Note

- **May 21, 7pm: General Membership Meeting.** Morgan County Extension Office; Guest Speaker: WV Legislative Delegate Daryl Cowles.
- **New Disposal Options for Unwanted Medicines,** prescription (non-narcotic) & over-the-counter (OTC)
- **20 Simple Steps to Fight Global Warming**
- **Get Your Backyard Certified** by The National Wildlife Federation

SCWA TO HOST DELEGATE COWLES

The Sleepy Creek Watershed Association will hold a general membership meeting on Thursday, May 21 at 7 P.M. at the Morgan County Extension Office at 149 Fairfax Street. Following a short business meeting WV Legislative District 51 Delegate Daryl Cowles will be leading a discussion on environmental issues which surfaced at the last legislative session. He is receptive to

new conservation proposals and environmental improvement ideas brought by constituents here in Morgan County.

SCWA invites all members and visitors to attend the discussion with Delegate Cowles. Everyone is welcome to bring questions and ideas on environmental issues in the state legislature for discussion. For more information, contact Gale Foulds at 304 258-6155.

NEW DISPOSAL INSTRUCTIONS FOR UNWANTED MEDICINES

SCWA is partnering with Potomac Water Watch and Friends of the Cacapon River to provide an effective system for disposal of unused, unwanted or expired prescriptions and over-the-counter medications in Morgan County. Pills should never be put down the toilet or dumped down a drain. Drinking water comes from many sources. River water, individual wells, springs and bottled water can all be affected by pharmaceutical contamination. Septic systems and municipal water treatment plants are not completely removing these contaminants from the water before it is returned to many homes as drinking water. Drugs don't simply disappear after they are ingested and are not "washed away" by waters systems when disposed of in the toilet. The only final destruction is incineration, and drugs collected by the Potomac Water Watch program will be incinerated by Clean Harbors Company in Utah.



All non-controlled, consumer substances, including pills and liquids, can be taken to the Morgan County Health Department In Berkeley Springs, in the same building as the Senior Center on the corner of Green and Warren Streets. (Enter from the rear of the building.)

20 SIMPLE STEPS TO FIGHT GLOBAL WARMING

The average American today uses enough energy to release about 50,000 pounds of carbon dioxide—the major contributor to global warming—per year. Here are 20 simple steps you can take to bring your average down.

1. Urge your United States Senator to support legislation to stop global warming.
2. Run your dishwasher only with a full load. Use the energy-saving setting to dry the dishes—don't use heat when drying.
3. Wash clothes in warm or cold water, not hot.
4. Turn down your water heater thermostat; 120 degrees is usually sufficient.
5. Monitor the temperature in your home. Adjust your thermostat—lower in winter and higher in summer.
6. Clean or replace air filters as recommended.
7. Buy energy-efficient compact fluorescent bulbs for your most-used lights.
8. Wrap your water heater in an insulating jacket (but only if the water heater is over five years old and has no internal insulation).
9. Install low-flow shower heads to use less hot water.
10. Caulk and weather-strip around doors and windows to plug air leaks.
11. Ask your utility company to conduct an energy audit to find out where you



DONATIONS RECEIVED IN MEMORY OF

GRITA VELTE

Grita Velte, wife of long-time SCWA treasurer Robert Velte, passed away in April. Friends of Bob and Grita have donated almost \$1500 to SCWA in her memory. We are grateful to all their friends for the support to our organization and proud they chose us as the receiving organization. We will do our best to honor Grita in our work on Sleepy Creek.



A watershed is all the land area that drains to a given body of water.

We all live in a watershed!

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- home is poorly insulated or energy insufficient.
12. Whenever possible, walk, bike, carpool, or use mass transit.
 13. When time and budget permits, buy a more fuel-efficient vehicle—one that gets at least five gallons more mpg than your old car.
 14. Reduce waste by buying minimally packaged goods; choosing reusable products over disposable ones.
 15. Request that the coolant be recycled every time your car air conditioner is serviced.
 16. Insulate your walls and ceilings to save about 25% on your home heating bills.
 17. If you need to replace your windows, install the best energy saving models.
 18. Recycle your potentially recyclable material (paper, plastics, and glass).
 19. As you replace home appliances, select the most energy efficient models.
 20. Sign and return petitions to fight global warming and join environmental defense action funds/and organizations.

Working together we can fight global warming.

GET YOUR BACKYARD WILDLIFE HABITAT CERTIFIED NOW!

The National Wildlife Federation's (NWF) *Backyard Wildlife Habitat* program is a wonderful project for adults, children, and families. Even the littlest ones can share your joy and satisfaction in providing a



home for wildlife. Creating a habitat is easy. Your yard can be any size—even an apartment balcony—and the NWF can show you how. Create a wildlife-friendly yard officially certified by the National Wildlife Federation's Backyard Wildlife Habitat program. The NWF will help you transform your everyday backyard into a wildlife-friendly *Backyard Wildlife Habitat site!*

After providing the four basic elements needed for wildlife survival—food, water, cover, and places to raise their young—you may certify online or by mail. You're also invited to show your commitment to wildlife and wild places by purchasing and posting an attractive sign in your yard. To learn more, visit www.nwf.org/bwh or call 1-800-822-9919. NWF's mission is to inspire Americans to protect wildlife for our children's future.

Ever wonder where that storm drain goes?

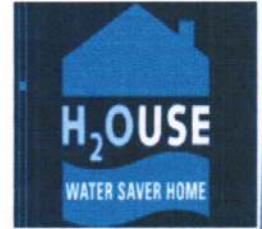
Unlike your indoor plumbing, your storm drain carries water and pollution directly to your neighborhood stream!

TAKE A TOUR OF THE WATER SAVER HOUSE

Learn more about what you can do in and around your home to use water more efficiently by taking a virtual tour of the Water Saver Home at www.h2ouse.org.

With bold graphics, this web site provides user-friendly information on water use inside and outside the average home. You can learn about

water-saving devices, opportunities to save water and energy, tips for buying efficient products, maintenance and repair, and much more! *The Water Saver Home* was developed by the California Urban Water Conservation Council in cooperation with EPA. The goal of the web site is to help all homeowners learn how to use water efficiently.



Membership and Renewal Form

Membership year is from January-December. Dues should be paid by the first of the year.

Name _____
 Address _____
 City/State/Zip _____
 Phone _____ Email _____
 Individual — \$10 Group/Org — \$25
 Family — \$15 Sponsor — \$100

Mail to: SCWA, Bob Vette, Treasurer
 P.O. Box 991, Berkeley Springs, WV 25411

*Sleepy Creek Watershed Association
 Board Members*

*President: Gale Foulds, VP: Jim Michael
 Treas.: Bob Meadows, Sec.: Charles Biggs
 Board Members: Norm Dean, Don Bearden*

Don't forget 21 May 7pm Annual General Membership meeting!

P.O. Box 991
 Berkeley Springs, WV 25411
sleepycreekwatershedassociation.org

Do You Have E-mail?

Let us know your e-mail address so we can save trees and postage by e-mailing the newsletter to you. E-mail your address to us at:

info@sleepycreekwatershedassociation.org