



# Russian River Watershed Association

300 Seminary Ave, Ukiah, CA 95482 • (707)833-2553 • [www.rrwatershed.org](http://www.rrwatershed.org)

## RRWA Environmental Column – August 2013 Creek Week and Pollution Prevention Week



### *Russian River Watershed Creek Week 2013*

The Russian River watershed's fourth annual Creek Week is September 21-29, 2013. Creek Week is a week-long celebration of our local creeks. Throughout the Russian River watershed, cities, counties and other stewardship organizations are coming together to declare September 21 - 29 as "Creek Week." This will be a time of fun, adventure, and taking care of the lands and waterways in our communities, with educational activities for everyone at local creeks and nature areas, as well as hands-on creek cleanups. The activities planned during this week-long celebration will draw communities together and bring us closer to the natural environments that support us.

There are over 150 creeks within the Russian River watershed that create a rich and diverse system which provide water supply, wildlife habitat, flood capacity, recreation, and aesthetic values to all who live in and visit them. Pollution, trash and debris damages the aesthetic and biological qualities of local waterways, impacting ongoing efforts to restore and enhance habitat for fish and wildlife. Over time the trash makes its way to the Pacific Ocean, where up to 80% of debris originates from land-based sources.

The health of our creeks and rivers depends on us. Take a look at what Creek Week has for you:

#### **September 21 – International Coast Cleanup Day**

**Sonoma Coast and Creek Cleanup** - a full day cleanup campaign. Coastwalk will provide all needed materials and equipment. To participate contact Coastwalk at 829-6689 or at <http://coastwalk.org/volunteer/coastalcleanupday>

**Mendocino Coast Cleanup** - 9:00 AM to noon campaign to clean up Mendocino County's beaches, creeks and the rivers. Contact Jez Anderson at 962-0470 or find info online at the Mendocino County Land Trust site: [http://www.mendocinolandtrust.org/?Calendar\\_of\\_Events](http://www.mendocinolandtrust.org/?Calendar_of_Events)

**Gibson Creek Cleanup** - Friends of Gibson Creek will be removing trash and garbage from Gibson Creek in Ukiah from 9 AM-1 PM. Registration is at 9 AM at Oak Manor Park. Thanks to a generous donation from RRWA, FOGC will be providing lunch at 12:30 PM to participants. Contact 463-2721 for more information.

#### **September 21 – 29**

**The City of Santa Rosa** is sponsoring events all week, from family adventures and walking tours to naturalist field talks. Here are a few of the details: On Sunday, September 22, you can bring your family



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to Olive Park for a fun afternoon of bug exploration and turtle talk in Santa Rosa Creek; on Monday September 23, back by popular demand, come explore the huge culvert that runs under downtown Santa Rosa; and on Wednesday, September 25, join fisheries biologists and learn about fish lifecycles and interactions of fish species. For the full schedule of events and more information, online visit [www.srcity.org/creekweek](http://www.srcity.org/creekweek), or call 543-4246.

### **September 28**

**Russian River Watershed Cleanup** – This is a full morning cleanup campaign along 55 miles of the Russian River from Cloverdale to Duncan’s Mill. Get involved by participating or contributing to this enormous effort. For more information, visit <http://www.russianrivercleanup.org>, or call 887-2302.

**West Forks Russian River Walk and Cleanup** - Volunteers are needed to join teams that will clean up the West Fork of the Russian River from Redwood Valley to the Forks confluence. Teams will gather at Taylor’s Tavern in Redwood Valley at 9 AM then disperse to assigned river reaches for trash collection and deposition. Contact Cathy Monroe ([cathymonroe@gmail.com](mailto:cathymonroe@gmail.com)) or Shelley Janek ([shelley.janek@mcrccd.org](mailto:shelley.janek@mcrccd.org)) or visit [www.mcrccd.org/events](http://www.mcrccd.org/events) for more information.

**Rohnert Park Creek Cleanup** - The Sonoma County Youth Ecology Corps and the Sonoma County Water Agency are hosting a creek cleanup in Rohnert Park from 9 AM to noon. For more information, contact Ryan Pedrotti, [Ryan.pedrotti@scwa.ca.gov](mailto:Ryan.pedrotti@scwa.ca.gov), or call 521-6209.

Pull out your calendars and schedule some Creek Week activities. Our creeks and rivers need every member of the community to take care of them, and Creek Week 2013 is a good way to start.



**SAFE MEDICINE**  
DISPOSAL PROGRAM

### *Safe Medicine Round-Up Week*

In celebration of National Pollution Prevention Week, September 16 to 20, the Russian River Watershed Association and the City of Petaluma are once again sponsoring the **Safe Medicine Disposal Round-Up Week!**

During Pollution Prevention Week, the public is urged to recommit to the ideal of preventing pollution in their day-to-day lives. Unwanted medications should not be flushed down the toilet or discarded in the trash. When medications are improperly disposed of, they can end up in the landfills and water supply where they might harm wildlife and disrupt the environment.

Participating in the Safe Medicine Round-Up Week offers you an opportunity to help. By properly disposing of unwanted medications, you can keep the environment and waterways clean, and you’ll



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help reduce the risk of accidental poisoning, dosing errors, and reduce the potential for intentional abuse of medications.

During last year's Safe Medicine Round-Up Week, over 1,000 pounds of unwanted medications were collected! This program is available to residential customers free of charge! Please, no business participants in these special events. On-going disposal options for businesses are available at the Hazardous Waste Drop-off sites. In Sonoma County please call the Eco-Desk at (707) 565-3375 or visit [www.recyclenow.org](http://www.recyclenow.org). In Mendocino County, please visit [www.mendorecycle.org](http://www.mendorecycle.org). *Check the schedule below to see when the drop-off center in your community will be open.*

## ***How do I prepare for my visit to the drop-off site?***

To help make your visit to the Safe Medicine Drop-off Site quick and easy, please have your medications ready for disposal by following the steps below:

- Mark off personal information on the bottle
- Place unwanted medications in a plastic bag (Recycle your empty pill bottles at home)
- Keep liquids, ointments, lotions and creams in sealed containers
- Please **DO NOT** mix-in sharps or needles with your waste medications. Sharps are a safety hazard to the collection site staff.

## ***What Items will be accepted at the drop-off site?***

- Prescription and over the counter pills and capsules
- Liquid medications, including ointments, lotions and creams (in sealed containers)
- Veterinary medications
- Vitamins, supplements, homeopathic remedies
- Medical patches
- Medical samples
- Inhalers (empty)

## ***What Items will NOT be accepted at the drop-off site?***

- Controlled substances
- Sharps, needles, epi-pens
- IV bags, bloody or infectious waste
- Personal care products like shampoo or mouthwash
- Aerosol cans
- Thermometers
- Illegal drugs
- Medical marijuana
- Medical equipment
- Medications and samples generated by a business



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## ***When can I bring my unwanted medications in for safe disposal?***

Drop off your unwanted medications *-free of charge-* at any one of the locations listed below. Each location will be open between the hours of **10:00am – 2:00 pm**

Monday, September 16 <sup>th</sup>	Sonoma	Vintage House, 264 1 <sup>st</sup> Street East
Tuesday, September 17 <sup>th</sup>	Guerneville	Lark's Drugs, 16251 Main Street
Tuesday, September 17 <sup>th</sup>	Windsor	Health First Pharmacy, 9070 Windsor Road
Wednesday, September 18 <sup>th</sup>	Santa Rosa	Finley Center (Person Senior Wing), 2060 W. College Ave.
Thursday, September 19 <sup>th</sup>	Healdsburg	<i>Location pending – check <a href="http://safemedicinedisposal.org">safemedicinedisposal.org</a> for details</i>
Friday, September 20 <sup>th</sup>	Petaluma	Petaluma Senior Center, 211 Novak Drive
Friday, September 20 <sup>th</sup>	Ukiah	Ukiah City Hall, 300 Seminary Avenue

## ***What if I can't make it to any of these drop-off days?***

For more information and a list of locations accepting expired and unused medications free, year-round call (707) 543-3369 or visit our web site at [www.safemedicinedisposal.org](http://www.safemedicinedisposal.org)

*This article was authored by Jill Scott, Research and Program Coordinator for the City of Santa Rosa Utilities Department, Susan Keach, Environmental Compliance Inspector with the Sonoma County Water Agency, and Daria Isupov, Administrative Staff Member of RRWA. RRWA ([www.rrwatershed.org](http://www.rrwatershed.org)) is an association of local public agencies in the Russian River Watershed that have come together to coordinate regional programs for clean water, fisheries restoration, and watershed enhancement.*