

**VARSDITY VILLAGE
RESIDENT
LIVING GREEN
HANDBOOK**

March 2012

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Top Ten Green Tips for your New Home

- 1) Run fans after showering
- 2) Please do not pour fluids of any type down drains in pavement outside the buildings.
- 3) Please clean your vinyl floors with a dust mop or soft cloth. Minimize the amount of water you use; standing liquids can cause your floor to fail.
- 4) Do not place hot pots and pans directly on your countertops; they can scar and discolor the surface.
- 5) When a bulb burns out, do not attempt to replace with a screw type bulb. Instead, call in a maintenance work order at 360-676-6893 for it to be replaced and disposed of. If you break a bulb, please follow the instructions for cleaning up a broken CFL in Appendix B.
- 6) Do not place anything in front of electric resistance heaters in your unit.
- 7) Plug electronics into power strips; turn off power strips when not in use. TV's, DVD players, stereo equipment and other electronics use energy even when in standby mode.
- 8) Turn kitchen range hood fan on to provide ventilation while cooking.
- 9) If you have any leaky faucets, toilets or water pipes, notify your property manager promptly.
- 10) Please only use detergent labeled "High Efficiency (HE)" in the clothes washers in the laundry room. Regular detergent will not perform well in these machines, and may damage them.

1. Welcome to Varsity Village

Welcome to Varsity Village! We hope you and your family enjoy your new home. We designed these homes to be very energy and water efficient. Each home is also built with materials that contribute to a healthy indoor living environment.

Your new home includes paints which are low in VOC's (volatile organic compounds), chemicals that can be harmful to your respiratory system. All cupboards and countertops are free of urea-formaldehyde, another harmful chemical. Building without urea-formaldehyde and with low-VOC paints help contribute to a healthier indoor air environment.

Your home is also highly energy efficient. In each unit and in all common areas Energy Star lighting fixtures are used. These fixtures require less energy than conventional light fixtures. Your unit is also equipped with Energy Star refrigerators, which contribute to the building's energy efficiency.

Your unit also includes low flow water fixtures, including toilets, showerheads, bathroom faucets and kitchen faucets. Finally, the property includes large outdoor community spaces and play areas to encourage healthy, active living for all residents.

These green features are part of a new statewide building standard, the Evergreen Sustainable Design Standard, which mandates green features in affordable housing. The strategies in this standard include energy efficiency, community- and neighborhood-friendly layout, healthy indoor air quality, and the use of eco-friendly building materials.

Living Green

We hope that this "Living Green Manual" will provide you with answers to basic questions that you might have about Varsity Village, plus provide you with useful, interesting, and fun information and ideas on how to be a good neighbor and create a more healthy community for people of all ages.

In the manual, you will find information about some of the unique outdoor features of the site, information on the buildings' heating and cooling systems, and a guide to taking care of the green amenities in your apartment. There is also information on utilities and recycling, on community resources, and on conserving energy.

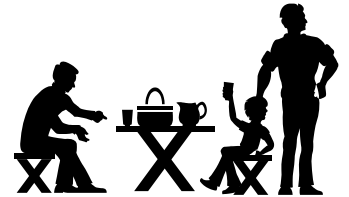
If you feel inspired, you may want to try your hand at one or two of the housekeeping recipes included in section 10, Basic Environmentally-Friendly Housekeeping Recipes.

Finally, the last section includes suggestions for active, kid-friendly activities.

2. Being a Good Neighbor ... Sharing Outdoor & Indoor Community Areas

Play Areas, Sports Court, & Picnic Areas:

Varsity Village includes a number of community amenities which are available for you to enjoy. These amenities include a multi-purpose room, outdoor space and playground., We hope that you will enjoy these amenity spaces. Please help us keep the areas free of litter and in good condition. To prevent pests such as ants and rodents, don't store food outside. **Please contact BHA's Maintenance Department at 360-676-6893 if you see any bee nests, or the presence of other pests.** Please also note that glass containers and open flames are prohibited in all common areas.



Parking Onsite:

Resident parking is provided in parking areas throughout the site. Please **DO NOT PARK** in the labeled "**FIRE LANES**". All parking violators, whether parking in Fire Lanes or someone else's parking space, are subject to towing without notice. Please refer to the properties "Towing Policy" for specific requirements.

On-Site Automotive repair:

Auto repair is not allowed on site (although minimal repairs such as jumping a car with a dead battery or changing a head or tail light are permissible). You may not perform any repair on-site which requires the changing of automotive fluids (for example, an oil change or an anti-freeze flush). **Do not dump fluids of any type down drains in pavement. Doing so pollutes drinking water, is illegal, and may result in a fine.**



Smoking:

Varsity Village is a non-smoking property. Smoking is only allowed outside, 25 feet from building entrances. **Smoking is not allowed in your unit.** If you do smoke, please be mindful of your neighbors and make sure smoke is not going into their windows. Please do not throw cigarette butts on the ground; instead, dispose of extinguished butts in a trash receptacle.

3. Basic Maintenance of Your Unit

No Pets in Unit

Pets are not allowed at Varsity Village. Exceptions are made for service and companion animals with proper written authorization/ recommendation from a knowledgeable professional.

Caring for your flooring

Vinyl Floors

Your unit includes vinyl flooring in the kitchen and bathroom(s). These floors are durable and easy to care for. Sweep first, and then just use a dust mop or soft cloth to wipe clean floors, using a small amount of a solution of water & white vinegar. Clean up any spills promptly. Standing water or other liquids can cause your floor to fail. For this reason, please minimize the amount of water you use when you mop. Please do not use any of the following products on your vinyl floors: a steam mop, soap based detergents, abrasive or “mop and shine” products, floor wax, ammonia or bleaches; a vacuum with a rotating beater bar.

Make sure furniture legs have large surface, non-staining floor protectors. Replace small, narrow or dome-shaped glides with smooth, flat glides that are in flat contact with the floor. Heavy furniture or appliances which are not moved often should be equipped with flat, non-staining furniture casters or cups.

In case of spills that can stain or stick to the vinyl, please consult the vinyl cleaning guide in Appendix C for cleanup instructions.

Carpet

Vacuum your carpet regularly. Regular vacuuming removes dry dirt, which prolongs the life of the carpet. Vacuuming also removes allergens, creating healthier air quality. Remove spots & spills promptly. A paste of baking soda and water works well for most stains. Add paste and cover with a towel, let the towel soak up the paste, then wipe or rinse clean with a small amount of water. Remove gum by placing ice on it and then chipping it away. Do not store bicycles inside, please use outside bicycle racks. For more tips on cleaning carpet, see *Basic Environmentally-Friendly Housekeeping Recipes* (section 10 of the handbook).



Caring for Countertops

To rid your counter of most dirt and residue, use soapy water or ammonia based cleaner. When you're done cleaning, rinse and wipe completely dry- this will help to prevent hard water marks. Disinfect countertops with the disinfectant recipe found in Section 10, *Basic Environmentally Friendly Housekeeping Recipes*. Do not place hot pots and pans directly on the countertops as they can scar and discolor the surface. Please note that you will be charged for any damage incurred.

Blinds

Please clean blinds in place with a damp sponge. Vinegar and water works well if water alone is not sufficient.

Lights

All of the lights in your apartment are equipped with compact fluorescent bulbs (CF). These bulbs save 75% more energy than incandescent light bulbs and cost only about ¼ as much to operate. They also last 10 times longer (one CF bulb can last 7 years!). The bulbs in your apartment are pin type CFLs. **When a bulb burns out, do not attempt to replace with a screw type bulb. Instead, complete a work order by calling BHA's Maintenance Department at 360-676-6893, who will replace it and dispose of it.** Burnt out bulbs will be replaced free of charge; however, you will be responsible for the cost of replacing any broken bulbs.

Disposal and Cleanup of CF Bulbs:

Please do not dispose of CF bulbs in your trash; CF bulbs contain mercury. Burned out bulbs can be given to BHA's Maintenance Department, who will properly dispose of them. You can also take used CF bulbs to the Disposal of Toxics facility, which is located at 3505 Airport Drive, Bellingham (one block west of the airport entrance,) and is open weekdays from 9 am - 4 pm and the first Saturday of every month from 9 am - 4 pm. **360-380-4640**

If you break a bulb, please follow the instructions for cleaning up a broken CFL in Appendix B.



4. Heating, Ventilating & Conserving

Electric Wall Heaters

Your home is equipped with an electric wall heater to heat your unit. Keep electrical cords, drapery, furnishings and other combustibles at least three feet away from the heater. Do not block the heater in any manner.

Please contact BHA's Maintenance Department at 360-676-6893 if your wall heater stops working.

Bathroom Fans:

Your home is also equipped a ventilation fan in the bathroom. This fan runs continuously and quietly. If your fan starts making excessive or unusual noises, notify BHA's Maintenance Department.

Other tips:

- Use the fan in your range hood while cooking; this will help insure that your home stays properly ventilated.

- In the winter, close the blinds at night and on cloudy winter days to keep the heat in. Open curtains on sunny days to gain solar heat.
- To keep cool during the summer, open your windows at night and close them first thing in morning before the outside temperature starts climbing.
- Report any drafts you notice in your unit to BHA's Maintenance Department, as they may indicate air leaks. **This will help you save energy and money.**
- **Turn off computers and monitors when not in use.**
- **Switch out lights when leaving a room.**
- **Plug electronics into power strips; turn off power strips when not in use. TV's, DVD players, stereo equipment and other electronics use energy even when in standby mode.**



5. Water Use & Conservation

Your home is equipped with an electric hot water tank. Your tank is set at 120 degrees per Energy Code to conserve energy and protect your family from accidental scalding. Low flow showerheads, toilets and sink aerators have been installed in your home (Standard showerheads use 5 gallons of water per minute while the low-flow type uses 2.0 gallons per minute or less).

Water conservation tips:

Take showers instead of baths whenever possible; a quick shower (5 minutes) uses less hot water than a bath. **Short Showers Save \$\$\$.**

Submit a work order if you have any leaky faucets, toilets or water pipes. This is especially important for hot water, but all leaks add up to a lot of wasted energy and water. Reporting leaks can also **prevent damage** to your home.

Report any clogged faucets or showerheads to Maintenance. If the water has a high mineral content, these fixtures can clog easily. BHA's Maintenance will replace them or clean them as necessary.



6. Household Appliances

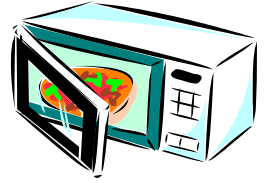
Refrigerators/Freezer – Guidelines and Energy Saving Tips

- Your home is equipped with an Energy Star® refrigerator. Energy Star® refrigerators use less energy per month and cost less to operate than non- Energy Star® refrigerators. All refrigerators in Varsity Village are frost-free. Ice build-up in a frost-free refrigerator usually means that air is leaking in and the door gasket needs replacing.
- Check gaskets periodically for signs of deterioration. Close the door on a piece of paper. If the paper slips out easily, the door gasket may need to be replaced; notify Maintenance.
- Keep refrigerator at 38 degrees. This is the optimal temperature for food storage and saves money over colder temperatures. Check the temperature with a thermometer immersed in a glass of water.
- Every 6 months, pull the refrigerator out from the wall and vacuum off any dust that you can see.
- Keep freezer at 0 to 10 degrees. Test the temperature of the freezer by placing a thermometer* between two packages of frozen food. The product temperature is important, not the air temperature. (*Be sure to use a thermometer that will register cold temperatures.) If your refrigerator is not cooling or freezing properly, notify Maintenance.

Stove & Microwave - Guidelines and Energy Saving Tips

- Use your oven to prepare and bake more than one item at a time. Make twice as much and freeze the extra.
- Defrost frozen foods in the refrigerator the day before they are to be used. This saves cooking time and cools the refrigerator as well.
- Flat bottom pans make best contact with the heating element on your stove top.
- Cover saucepans and fry pans when cooking or boiling water. Foods cook faster, less moisture escapes and you save money. Match the size of pan to the size of the heating element.
- Use a kitchen timer to eliminate lid-lifting and oven-peeking. Energy is lost and cooking time increased every time you lift a lid or open the oven door.
- Use smaller amounts of water for cooking. Foods will heat faster and retain more nutritional value.
- Use the lowest possible heat to maintain boiling or steaming. Water boils at 212° whether the burner is turned on “Hi” or “Low.”

- Keep range burners and drip pans clean to better reflect heat to your food. **For fire safety reasons, no foil** is allowed on drip pans, range tops, or in oven under the heating element. If you use foil in these areas, you can damage stove elements and wiring.



- Your unit is equipped with a range hood over the electric range. **Turn this hood fan on to provide ventilation while cooking.** Regularly wash surfaces with clean cloth or rag soaked with warm water and mild soap or liquid dish detergent. Do not use bleach on the range hood for cleaning.
- Please avoid the use of loose extension cords for added appliances. These cords present a trip hazard for you and your family as well as any visitors or maintenance staff.
- Use a microwave or pressure cooker if you have one. Foods will cook faster.

Washer & Dryer - The “Green” Laundry

- Energy Star[®] clothes washers and dryers are provided in the community laundry room. The units are coin operated. Instructions are posted in the laundry room.
- **Use detergent labeled “HE” for use in high efficiency front-loading washers available in the laundry rooms.** Please note that you may only use HE detergent. Regular laundry detergent will not perform well in these machines and may damage them.
- Hang clothes in the bathroom when you shower to reduce wrinkles (and ironing).
- Clean the lint screen in your dryer before **every** load. A blanket of lint accumulation makes the dryer run longer and increases the risk of fire.
- Don’t overload washers or dryers. Doing so results in less clean clothes and longer drying times.

7. Recycling & Garbage

Garbage Services

Garbage dumpsters are located in the enclosed dumpster areas in the parking lots. Please empty your garbage regularly to discourage pest problems in your home. There will be a minimum of one pick up a week for garbage and recycling.

Please note that the following items cannot be placed in the trash:

- Hazardous waste
- Automotive batteries
- Automotive fluids (including antifreeze and brake fluid. Used motor oil can be placed out with recycling- see Appendix A, Recycling Resources)
- Oil based paints, stains and paint thinners
- Solvents

- Cleaning products and spot removers
- Insecticides, weed killers, and other garden chemicals
- Florescent tubes and CF bulbs
- Computers and electronics
- Thermometers or anything containing mercury

See the “hazardous waste” section below for information on disposal of these items.

Recycling

Recycling collection is provided to Varsity Village every other week. Materials accepted include:

- Mixed scrap paper
- Newspaper
- Cardboard
- Glass bottles and jars
- Aluminum cans and foil
- Tin cans
- Plastic containers (bottles, tubs, jars, pails, buckets up to 1gl, and single serve cups
- Vehicle batteries
- Scrap metal
- Used motor oil (contained)

For more details about how to recycle each of these items, please see Appendix A, Recycling Resources.

For easy recycling, separate recyclables in your home. Use a paper bag, cardboard box or plastic crate to store them. When your recycling container is full, take it to the recycling area at Varsity Village and put them in the designated recycling Tote™. If you see materials placed in the wrong container, or garbage or other contaminants in the recycling Tote™, please notify Maintenance.

Hazardous Waste

Disposal of Toxics (DOT) is a Whatcom County facility that accepts hazardous waste from **Whatcom County** households and small businesses that qualify. Businesses need to be pre-approved before bringing in waste.

Disposal of Toxics is located at 3505 Airport Drive, Bellingham (one block west of the airport entrance,) and is open weekdays from 9 am - 4 pm and the first Saturday of every month from 9 am - 4 pm. **360-380-4640**

The following items are accepted:

- used oil and fuels
- Oil based paint & paint products
- Florescent lamps and CFL bulbs
- Cleaners
- Lawn & garden chemicals
- Solvents
- Automotive products
- Mercury thermometers
- Good, usable latex-based paint



Asbestos, ammunition, radioactive waste, biomedical waste, empty containers, explosives, unapproved business waste, and unusable latex paint are not accepted.

Fluorescent lighting (regular tubes, CFL's, ballasts, and UV lamps) all contain mercury and may not be thrown in the regular trash. Instead, take CFL bulbs to the Disposal of Toxics facility.

(Note: this applies to any item containing mercury, including thermometers, thermostats, barometers, and auto switches).

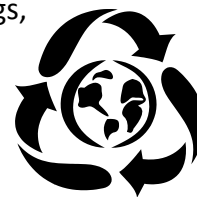
Electronics Recycling

Many electronic products - like computers, TV's and telephones - contain parts that can be harmful to the environment. These items don't belong in the garbage. Recycle old or non-working electronics instead. Electronics can be dropped off free of charge at the Transfer Station, located at 1001 Roeder Avenue. Electronics can also be taken to Goodwill, at 1115 E Sunset Drive. Phone: 360-752-2080

Other Waste-reducing tips:

Take Your Own Bags to the Store

- If you use plastic bags or paper, use them until they wear out. Most grocery stores will give you several cents off your total bill for each bag you supply. --- *Every bit of savings helps.*
- Canvas or cloth bags are great to use for shopping. Like plastic or paper bags, grocery stores often give you several cents off your total when you use them.



(Continued on next page)

Replace Paper Products with Reusable Products

- Use recycled non-chlorine bleached paper when possible.
- Use cloth towels instead of paper towels for cleaning up spills

Reduce, Reuse & Recycle

- A list of items that you can recycle and where you can do so is included in the back of this guide.
- Reuse plastic spray bottles by filling them with the non-toxic cleaners you've made.
- Buy in bulk when possible & be aware of the packaging you will have to throw away. Buying in bulk is generally less expensive than buying in smaller, pre-packaged quantities.
- Remove yourself from junk mail lists. Instructions and forms to do so are available at <http://www.newdream.org/junkmail/index.html>.

8. Community & Emergency Services

Note: For police, fire and medical emergencies, dial 911

Non Emergency Numbers

Police/ Sherriff:

Bellingham Police Department

Main Office:

360-778-8800

Fax:

360-778-8701

Address:

505 Grand Avenue

Bellingham, WA 98225

Email: police@cob.org

Hours: Monday – Friday 9:00am to 12:00pm and 1:00pm – 4:00 pm

Todd Ramsay, Police Chief

Website: <http://www.cob.org/government/departments/police/index.aspx>

Whatcom County Sheriff's Office

Administrative Office:

360-676-6650

Emergency Management:

360-676-6681

County Jail:

360-676-6848

Criminal Activity tip line:

360- 715-7459 or 1-866-456-2157

Drug Activity tip line:

360-676-6952

Fax:

360-738-2494

Address:

311 Grand Avenue

Bellingham, WA 98225

Hours: Monday – Friday 9:00am to 12:00pm and 1:00pm – 4:30 pm

Email addresses:

- Sheriff's Office, Sheriff@co.whatcom.wa.us
- Detectives, SheriffDetectives@co.whatcom.wa.us
- Patrol, SheriffPatrol@co.whatcom.wa.us
- Records/ID, SheriffRecords@co.whatcom.wa.us
- Civil, SheriffCivil@co.whatcom.wa.us
- Emergency Management/EOC, wcdem@co.whatcom.wa.us

Fire Department:

City of Bellingham Fire Department

Chief Bill Boyd

360-778-8400

1800 Broadway

Fax: 360-778-8401

Bellingham, WA 98225

fire@cob.org

Hours: 8am to 5pm, Monday – Friday

Hospital:

St. Joseph Hospital
2901 Squalicum Parkway
Bellingham, WA 98225-1898

(360) 734-5400

Poison Control:

Poison Control Center
www.poison.org

800-222-1222
TTY relay: 7 1 1

Missing Children:

National Center for Missing and Exploited Children

800-843-5678
TTY 800-826-7653

Domestic violence hotlines:

Information about safe housing and alternatives to domestic violence is available from a state-wide 24 hour toll free hotline: 1-888-560-6027. This hotline provides free and confidential support, information and referral. Other local resources are listed below:

Domestic Violence & Sexual Assault Services

1407 Commercial St
Bellingham, WA

24 Hour Hotline:

360-715-1563 or 877-715-1563

Walk in services Monday – Friday, 9am to 5pm

Services offered include support groups, crisis intervention, personal support; ongoing legal, medical and social service advocacy; and prevention training.

Women care Shelter

24 hour domestic violence help line: 877-227-3360

Services offered include a confidential emergency shelter, advocacy services, and a Housing First Program.

Utilities Information

Gas and electric service is provided by Puget Sound Energy. To report outages or emergencies, call 1-888-225-5773

Mailing address for Puget Sound Energy:

Puget Sound Energy
P.O. Box 97034
Bellevue, WA 98009-9734

PSE Can also be reached via email at customercare@pse.com .

Water services are provided to your home by the City of Bellingham Public Works.

To report outages or after hours emergencies, call 360-778-7700

Storm Water Hotline

360-778-7979

24-hour hotline for reporting potential storm water issues or violations. If the issue or violation is an emergency, please call 911.

Emergency Rental Assistance:

Opportunity Council Rental Assistance Program

1111 Cornwall Ave, Bellingham, WA 98225

Phone: (360) 734-5121 X370

Hrs. M-F: 12pm-4pm. Eviction prevention and deposit assistance for low income households. Please call for specific eligibility guidelines.

Emergency Energy Assistance

Assumption Catholic Church

2116 Cornwall Ave., Bellingham, WA 98225

Phone: (360) 733-1380, ext. 41, Web: <http://www.assumption.org/>

Hrs. M, Th : 9am-11:30am. Location at Hope House (207 Kentucky St) Assistance with gas vouchers, energy and water bill assistance, limited rent assistance, help with ID, WTA bus coupons, limited prescription aid. Prefers those who live north of Lakeway/Holly St.

Emergency Medical Assistance

Bridge Assistance/Charity Care-St. Joseph Hospital

2901 Squalicum Parkway, Bellingham, WA 98225

Phone: (360) 715-6500, Web:

<http://www.peacehealth.org/whatcom/BusinessOffice/CharityCareQA.htm>

Provides assistance with hospital bills for people with limited financial resources.

Laurendeau Foundation

2980 Squalicum Parkway, Bellingham, WA 98226

Phone: (360) 650-1304

Hrs. W: 8am-12pm. Financial assistance for medical bills for Whatcom County cancer patients.

Kinship Care Support Program-Opportunity Council

1111 Cornwall Ave., Bellingham, WA 98225

Phone: (360) 734-5121 ext. 217, Web: <http://www.oppc.org/>

Hrs. M-F: 12pm-4pm. Provides short-term services to eligible Kinship caregivers who are in an emergency situation regarding their ability to provide care for their relative children.

Emergency Food Assistance

Lynden Project Hope Food Bank

205 S. BC Ave., #105, Lynden, WA 98264

Phone: (360) 354-4673, Web: <http://www.christianhopeassociation.org>

Hrs. M,W,F: 9:30am-3pm. Must live north of Smith Road (Lynden, Sumas, Everson, Nooksack, Blaine) Food, financial assistance, utility assistance and clothing.

Assistance for Veterans:

The Vet Center

3800 Byron Ave., Suite 124, Bellingham, WA 98229

Phone: (360) 733-9226, 1-800-827-1000, Web: <http://www.dva.wa.gov/>

Hrs. M-F: 8am-4:30pm. Provides veteran information, claims assistance, mental health counseling for combat Vets, and Shelter Plus Program through Housing Authority.

Whatcom County Veterans Relief Fund and Service Office

1000 Forrest St., Suite 188, Bellingham, WA 98225

Phone: (360) 676-6700 ext. 50700, Web: <http://cvcwashington.org/General/Main.aspx>

Hrs. M-F 10am-3pm Information on available services for Veterans; VA claims, family benefits, rent, utilities, food, medical.

Financial and General Assistance:**Clear Point Financial Solutions**

2731 Wetmore Ave. #200, Everett, WA 98021

Phone: 1-877-422-9045, Web: <http://www.clearpointfinancialsolutions.org/>

Assists with financial concerns through free effective counseling, education and advocacy. Program includes work with a specialist for debt reduction, bankruptcy counseling, and homeowners assistance by phone, online, or in person. (Program fees apply)

DSHS - Community Services Office

4101 Meridian St., Bellingham, WA 98226

Phone: 1-800-735-7040, TTY (360) 714-4024, Web:

<https://fortress.wa.gov/dshs/f2ws03esaapps/onlinecso/cover.asp>

Hrs. M-F: 7am-5pm. Provides multiple program services (TANF, Basic Food, Medical, WorkFirst)

First Baptist Church Benevolence Team

110 Flora, Bellingham, WA 98225

Phone: (360) 734-4500 (no phone requests)

Hrs. W: 9-10am Assistance on first come first served basis for help with gas vouchers, transportation, utility and rent assistance, prescriptions and other emergency needs. Assistance limited to once per quarter.

Law Advocates Disability Benefits Advocacy Program

215 Flora St., Bellingham, WA 98225

Phone: (360) 671-6079 ext. 22, no office drop-ins, Web: <http://www.lawadvocates.org>

Hrs. W: 10am-11:30am at Lighthouse Mission Drop In Center. Assistance for homeless disabled persons with application to Supplemental Security Income (SSI), Social Security Disability (SSDI) and State disability programs.

Love INC.

P.O. Box 1602, Bellingham, WA 98227

Phone: (360) 671-6201, Web: <http://www.whatcomloveinc.org/>

Hrs: M-F 9am-1pm. Services include assistance with food, budget counseling, home repairs, transportation, furniture, marriage counseling referrals, and moving assistance.

Social Security Office

710 Alabama St, Bellingham, WA 98225

Phone: 1-800-772-1213, Web: <http://www.ssa.gov/>

Hrs. M-F 9am-4pm Application to Social Security, Supplemental Security Income, Social Security Disability and information on programs

St Paul's Episcopal Church Alms Ministry

2117 Walnut St., Bellingham, Wa 98225

Hrs. Tuesday 9-10am in room #113 Emergency financial assistance for transportation, food, utilities, and other emergency needs.

St. Joseph Social Action

St Joseph Catholic Church 205 12th St., Lynden, WA 98264
Phone: (360) 354-3848 (leave a message)

Hrs. Th, F 9am-4 pm. Provides emergency assistance with food, utilities and rent assistance for residents of Lynden, Sumas and Everson.

Supplemental Security Income (SSI)

104 W. Magnolia, Rm. 109 (Federal Building), Bellingham, WA 98225
Phone: (360) 738-3952, 1-800-772-1213, Web: <http://www.ssa.gov/>

Hrs. M-F: 9am-4pm. Income for the blind, disabled, or 65 and older on little or no income.

Tax Aide

210 Central Ave. (Bellingham Public Library), Bellingham, WA 98225
Phone: 1-800-829-1040, Web: <http://www.bellinghampubliclibrary.org/>

Call for locations and times. Free tax filing help from the first week in February through April 15th.

The Whatcom Dream

P.O. Box 29945, Bellingham, WA 98228
Phone: (360) 319-3759, Web: <http://thewhatcomdream.org/>

Provides financial literacy classes. Classes meet once a week for a twelve week period and cover: Values, Budgeting, Goal Setting, Banking, Debt Reduction, Credit Repair, Consumerism, Insurance, Transportation, Home Ownership, Retirement and Investing.

Whatcom Financial Services

PO Box 4255, Bellingham, WA 98227
Phone: (360) 676-1848 or (360) 671-1636
Hrs. M-F: 9:00am-5pm. Payee services for anyone needing help with finances.

9. Healthy Food, Local Choices

The Bellingham Farmers Market offers a wide variety of healthy, fresh produce for sale direct from farmers throughout the growing season. The market takes place in two different locations on Saturdays and Wednesdays.

Saturday Market:

Downtown on Railroad at Chestnut
April through Christmas
10am to 3pm

Wednesday Market:

Fairhaven on the Village Green behind Village Books
June through September
12 to 5pm

EBT cards are accepted at both markets.

Additional Information/Resources:

The Farmers Market Nutrition Program (FMNP) provides locally grown fresh fruits, vegetables and herbs for eligible women, children and seniors. It increases the consumption of agricultural commodities by expanding the use of and sales at farmers markets. It also aids in the development of additional farmers markets, roadside stands and Community Supported Agriculture programs. - <http://nutrition.wsu.edu/markets/index.html> (Multi-language brochures are available to download.)

- **WIC Farmers Market Nutrition Program** - <http://nutrition.wsu.edu/markets/wic.html>

The WIC Farmers Market Nutrition Program is designed to provide families participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) with locally grown fresh fruits and vegetables. Pregnant women, new mothers and young children who meet specific family income restrictions are eligible to receive WIC vouchers for fresh foods. The WIC program also includes health screening, breastfeeding advice and guidance, and referrals to health and social services. To apply for WIC, visit one of the following centers:

Sea Mar Community Health Center, Bellingham	(360) 788-7150
Whatcom County Health Department, Bellingham	(360) 676-6762
Lummi Nation, Bellingham	(360) 384-0464
Whatcom County Health Department, Ferndale	(360) 676-6762
Nooksack Indian Tribe, Everson	(360) 966-2106

Applicants must present identification, proof of address, and proof of income to qualify for benefits. Vouchers are distributed starting in July until gone. Supply can vary so you may want to contact the office in June to get a sense of how many vouchers will be available. Starting this year, WIC coupons will be accepted at all farmers markets in the state.

WIC coupons are also accepted at the following local grocery stores:

Southside Food Pavilion #456 Bellingham 360-715-8565
Albertsons #416 Bellingham 360-733-9244
Community Food Cooperative-Forest Bellingham 360-734-8158 Haggen Foods #43 - Sehome Village Bellingham 360-647-4300 Haggen Fairhaven Market #25 Bellingham 360-733-4370
Haggen Foods #11 Bellingham 360-671-3300

Community Food Cooperative- Cordata Bellingham 360-734-8158
Fishermans Cove Mini Mart Bellingham 360-758-7502
Sunset Cost Cutter #448 Bellingham 360-647-8311
Meridian Cost Cutter #67 Bellingham 360-734-4110
Fred Meyer - Bellingham #0025 Bellingham 360-738-4210
Lakeway Cost Cutter #447 Bellingham 360-676-9450
Haggen Foods #53 - Barkley Bellingham 360-676-5300
Fred Meyer - North Bellingham #0667 Bellingham 360-788-2900

- **Senior Farmers Market Nutrition Program (SFMNP)** <http://nutrition.wsu.edu/markets/sfmnp.html>

The Senior Farmers Market Nutrition Program provides fresh fruit and vegetables to lower income seniors and supports local farming by increasing the use of farmers markets, roadside stands, and Community Supported Agriculture. Produce is also purchased directly from farmers for delivery to seniors. The program is managed by the Aging and Disability Services Administration/DSHS and funded by the U.S. Department of Agriculture (USDA), State of Washington, and some local area funds.

Please contact Shelly Zylstra, program coordinator for Whatcom County, at 360-676-6749 or 800-585-6749 for more information regarding the program. Generally, vouchers are available on a “first come, first served” basis around the first of June.



10. Basic Environmentally-Friendly Housekeeping Recipes

You can accomplish almost any household cleaning task with a combination of several simple, inexpensive and safe ingredients from the grocery store. Protect your family and pets from the toxic chemicals in many commercial cleaning products, at about one tenth of the cost. Use these recipes for safer cleaning solutions and get started on the road to a less toxic household!

Supplies

White Distilled Vinegar
Baking Soda (Sodium Bicarbonate)
Washing Soda (Sodium Carbonate, available in the laundry aisle)
Vegetable-Based Liquid Soap or Detergent
Tea Tree Oil
Lemon Juice
Lemon Oil
Vegetable Oil
Peppermint Tea
Assorted Glass Jars with Lids
Spray Bottles



Note: These ingredients and mixtures are generally very safe, but it is still important to use appropriate caution when handling these products. Keep them out of the reach of children. Be sure to read all labels and always wear gloves.

Mirror, Glass and Window Cleaner

1/4-1/2 teaspoon liquid detergent

3 tablespoons vinegar

2 cups water

Spray bottle

Mix together in spray bottle. Spray on glass and wipe away with a clean cloth or paper towel.

Mold Killer

2 teaspoons tea tree oil

2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse.

Oven Cleaner

Coat surfaces with a paste made of baking soda and water. Let sit overnight, then scrub the paste off.

All-Purpose Surface Cleaner

2 cups hot water

3 tablespoons vinegar

½ teaspoon liquid soap

½ teaspoon washing soda

10 drops tea tree oil

Combine in a spray bottle.

Toilet Bowl Cleaner

Sprinkle baking soda into the toilet bowl, then add a dash of vinegar and scrub with a toilet brush.

Fabric Softener

Add ¼ cup of baking soda to the wash cycle.



Laundry Stain Remover

1/4 Cup Washing Soda

2 Cups Cold Water

Sponge on and let dry, or soak clothes in the mixture before washing in cold water.

Air Fresheners

Commercial air fresheners work by masking smells and coating the nasal passages with chemicals which diminish the sense of smell by deadening the nerves. Avoid these products. Instead, try the all-natural air purifiers — houseplants. Alternatively, try these natural recipes to diminish odor and add a fragrant smell to your house:

- Use baking soda in your garbage or refrigerator to help reduce odors at their source.
- Dissolve 1 teaspoon of baking soda in 2 cups of hot water; add 1 teaspoon lemon juice. Pour the solution into a spray bottle and spray as you would an air freshener.
- Place a few slices of a citrus fruit, cloves or cinnamon in a pot with enough water to simmer gently for an hour or two.



Carpets

To fully clean and deodorize carpets: vacuum, liberally sprinkle cornstarch or baking soda, leave one hour, and then vacuum again. For tougher stains, try cold soda water or repeatedly blot with vinegar and soapy water.

Polishes

Most store-bought polishes contain solvents harmful to the environment. Aerosol sprays are wasteful and contain harmful gases.

Furniture Polish: Dissolve 1 teaspoon lemon oil in 1-cup vegetable oil. Apply with a clean dry rag.



Polishing Metals

Copper: Try lemon juice and a little salt, or hot vinegar and a little salt, on a rag.

Chrome: Try white flour on a dry rag.

Brass: Try equal parts salt and flour, with a little vinegar on a dry rag.



Silver: Bring to a boil in a large pan: 1 quart/liter of water, 1 Tbsp salt, 1 Tbsp baking soda and a strip of aluminum foil. Drop in silver, boil for 3 minutes and polish with a soft cloth. Or polish with a paste of wood ash and water. Note: these methods should be done on sterling silver only

and not on silverplate.

(continued on next page)

Floor Cleaner with Fragrant Herbs

This recipe is nice to rid the house of the stale smell of winter.

1/8 cup liquid soap or detergent

1/4 to 1/2 cup white distilled vinegar or lemon juice



1/2 cup fragrant herb tea (peppermint is great as it adds antibacterial qualities)

Combine ingredients in a pail or bucket. Swirl the water around until it is sudsy. Scrub floor with mop or rag.



Disinfectant

Mix 2-3 ounces of Tea Tree Oil with 1 quart of water. This can be used in a spray bottle, but remember to shake the mixture before using to disperse the oil. This solution is also a natural fungicide.

11. Community, Kids and Families

Community Facilities and Services:

Whatcom County Libraries

Central Library

360-778-7323
210 Central Avenue
CS-9710
Bellingham, WA 98227-9719

Sunday: Closed
Monday and Tuesday, 10 a.m. - 8 p.m.
Wednesday – Saturday, 10 a.m. - 8 p.m.

Barkley Branch

360-778-7290
3111 Newmarket St. Suite 103
Bellingham, WA 98226

Sunday and Monday: Closed
Tuesday- Thursday: 10 a.m. - 2 p.m.
Friday: Closed
Saturday: 10 a.m. - 2 p.m.

Fairhaven Branch

360-778-7188
1117 12th Street
Bellingham, WA 98225

Sunday and Monday: Closed
Tuesday- Saturday: 2 p.m. - 6 p.m.

WCC Connection

360-383-3300
Whatcom Community College Library
Heiner Center
237 West Kellogg Road
Bellingham, WA 98226

Hours vary depending on academic schedule. Call
for most current hours.

Bellingham Post Offices

104 W. Magnolia Street, suite 100
Bellingham, 98225-9997
(360) 752-9822

315 Prospect St.
Bellingham, WA 98225-9998
(360) 752-9822

Business Hours

Mon-Fri 11:00am-5:00pm
Sat-Sun closed

Bellingham City Hall

210 Lottie Street
Bellingham, WA 98225.

Phone: (360) 778-8000
Hours: Monday – Friday 8:00

The City of Bellingham is online at www.cob.org/

Senior Activities

Bellingham Senior Activity Center
315 Halleck Street
Bellingham Washington 98225
Telephone: (360) 733-4030

Cam Oliver, Center Coordinator
Christy Bell, Activity Coordinator/Specialist
Cheryl Willis, Tour Coordinator
E-mail, Cam Oliver: coliver@co.whatcom.wa.us

The Bellingham Senior Activity Center is a multi-purpose drop-in facility which offers a variety of services, programs and activities that encourage independent, healthy, active living resulting in positive physical and emotional wellness.

Membership is open for those 50 years of age and their spouse. Members receive a monthly bulletin and have the privilege of registering for a class or taking a trip with the Center.

The Senior Activity Center also offers a Wellness Program which provides:

- regular blood pressure and weight checks
- other preventative health care screenings
- ongoing educational workshops
- exercise programs

The basic concept of "wellness" is encouraging and facilitating practices that allow for participants to be responsible for their personal health by getting exercise, eating right and enjoying social interaction.

Retired Senior Volunteer Program (RSVP):

RSVP volunteers serve on in a variety of capacities on programs sponsored by non-profit organizations and local government agencies. Some RSVP projects include academic tutoring for elementary and high school students, instruction and guidance to teen parents, community organizing for neighborhood public safety projects, health insurance counseling for other seniors, and working on public health and environmental education campaigns. The RSVP program is open to anyone 55 years of age or older.

Whatcom RSVP Volunteer Center

725 N. State Street
Bellingham, Washington 98225
Project Director: Jodi Sipes, M.Ed
Phone: (360) 734-3055
E-Mail: JodiS@whatcomvolunteer.org
Website: <http://www.whatcomvolunteer.org/>
Service Area: Whatcom

Senior Information and Assistance:

Senior Information and Assistance helps seniors to access a wide range of public and private resources. The organization's goal is to support the independence, dignity, and health of older adults. Services are free of charge

to adults age 60 and over, and to friends and family members of seniors. Services offered include in-home care, medical insurance, Medicaid, caregiver support, housing, long term care options, and general resources.

Northwest Regional Council
600 Lakeway Drive, Suite 100, Bellingham, WA 98225
(360) 738-2500

ilandawhatcom@dshs.wa.gov

Youth and Family:

Boys and Girls Club of Whatcom County: Bellingham Club
1715 Kentucky Street
Bellingham, WA 98229
360-527-9777

The Boys and Girls Club of Bellingham provides the community with high-quality youth programs that are engaging, positive and fun. The program offers a Sunny-Side-Up before school program, an after school teen center, and daily programs until 8pm. The club also offers a school year van service, which picks kids up from local elementary and middle schools and drops kids off at club programs.

For more information, visit http://www.whatcomclubs.org/main_sublinks.asp?id=9&sid=42
Or call 360-527-9777.

Blue Skies for Children

1901 N. State St., Suite B, Bellingham, WA 98225
Phone: (360) 756-6710, Web: <http://www.blueskiesforchildren.org/>

Hrs. M-Th: 10am-4pm. Serves homeless, foster and low-income children ages 6-15. Offers financial support for enrichment programs, and other requests.

Kinship Care Support Program-Opportunity Council

1111 Cornwall Ave., Bellingham, WA 98225
Phone: (360) 734-5121 ext. 217, Web: <http://www.oppeco.org/>

Hrs. M-F: 12pm-4pm. Provides short-term services to eligible Kinship caregivers who are in an emergency situation regarding their ability to provide care for their relative children.

Kinship Navigator Program

Northwest Regional Council 600 Lakeway Dr, Bellingham, WA 98225
Phone: (360) 676-6749 or 1-800 585-6749, Web: <http://www.nwrcwa.org>

Hrs. M-F: 8am-5pm. Navigator connects households raising grandchildren or other relative children with community resources, such as healthcare, financial and legal services, support groups and emergency funds.

School district information:

Bellingham Public Schools
1306 Dupont Street
Bellingham, WA 98225-3118
360-676-6400

<http://bellingshamschools.org/>

Information about school events, school registration, enrichment activities, and parent volunteer opportunities can be found on this website.

Fun & Educational Websites for Kids

<http://www.epa.gov/kids/>

<http://www.kidsrgreen.org/>

<http://www.kidsbegreen.org/>

<http://gogreenman.com/greenwebsite.htm>

www.floridaenergy.org – the Florida Solar Energy Center has allowed reproduction of its Planet Janitor Coloring Book, which appears in Appendix C, Kids' Activities.