The first line of defense against pests should begin with prevention— not products. However, if you simply must buy a product, use the least toxic product available!

The following stores partner with MCSTOPPP in a program called “Our Water – Our World.”

Bayside Garden Center
Fairfax Ace Lumber & Hardware
Goodman Building Supply
Green Jeans
Home Depot
Jackson’s Hardware
O’Donnell’s Nursery
Orchard Supply Hardware/OSH
Pini Ace Hardware
Sloat Garden Centers
Sunnyside Nursery of Marin

Next time you visit one of the stores listed above, look for this sign next to pesticide products that are safer for people, pets, and the environment! These tags are placed beneath less toxic products as they are displayed on store shelves. They list the name of the “safer” product in the white area of the tag.

Get Connected!
Log on to www.mcstoppp.org to find everything from maps of our watershed and how to join a local creek group to annual reports and permit requirements.

The site also allows you to anonymously report an illegal discharge.

Be sure to check the “calendar” section of the website to learn about upcoming workshops and events supported by MCSTOPPP and other agencies.
OUR PHOTOGRAPHERS

Since 2002 when the idea for this calendar was first conceived, two photographers have provided the majority of photos used. We are grateful for their continued generosity:

CRAIG SOLIN has been a nature and wildlife photographer for the past 20 years. Born and raised in Northern California, he has spent countless hours in the Marin and Sonoma hills studying the change of seasons in a way that most people never see. Craig has traveled all over the western United States and has tried to capture images that might have been seen by Lewis and Clark and the Native Indians before industrialization.

He is an Open Space Ranger for the County of Marin and spends his days protecting the natural environment so that we have these beautiful spaces for years to come.

Craig lives in Petaluma with his wife Erin, a Botanist who specializes in the Ethnobotany of Theobroma cacao, aka chocolate, and the preservation of that species!

You can view many of his works at www.wildeyephotography.com

SUSAN VAN DER WAL lives in Inverness and is a freelance professional photographer. She has been published by Birder’s World, Sierra, and Skywest magazine. Her photographs also appeared in calendars including Audubon and National Wildlife Federation – in addition to brochures, catalogs, books, and regional visitor publications.

For 25 years she has traveled all over this Country – as well as “distant lands” like Tonga, India, and Nepal – and into Nunavut’s barrenland communities of Rankin Inlet and Arviat. Susan delights in capturing wonderful images of people and nature. She also uses selective focus to create abstracts and close-ups of her subject.

...OUR FUNDERS

This 2010 calendar is brought to you by MCSTOPPP and the California Integrated Waste Management Board with generous contributions from:

- Marin County Wastewater Treatment Agencies
- Marin Municipal Water District (MMWD)

If you are a person with a disability and require this document in an alternate format (Example: Braille, large print, audiotape, CD-ROM), you may request it by calling 415-473-4381 (voice) or 415-473-3232 (TTY) or e-mailing disabilityaccess@co.marin.ca.us.
Over 100 creeks in Marin are home to endangered or threatened salmon or steelhead! When the hot summer comes, these fish require cool pools to survive. Native riparian plants along the creek keep creeks cool and their roots help hold the creekbank in place. Once native plant cover is removed or excessively thinned, wildlife habitat and shade is lost, water temperatures rise, and the soil becomes more susceptible to erosion.

Vegetation is commonly removed to increase the visibility of, and access to, a creek; and, to allow the installation of landscaping and structures near the top of the creekbank. This contributes to the removal of vital habitat - and may violate local municipal ordinances and “creek setback” requirements. "Setbacks" establish a buffer zone where certain activities are regulated to protect fish, wildlife, native plants – and the creek itself! Setbacks also protect creek-side landowners and their property from floods and erosion.

Creek setbacks - and the "riparian" vegetation they support – help to filter pollutants from stormwater runoff.

Marin has over 3,000 miles of creeks! - That’s the Distance Between California and Pennsylvania!
In Marin, if you're planning work in, over, or within a creek/creekbank or setback, call 499-6528 and ask for MCSTOPPP's Fish-Friendly Guide that offers information on permits, handling runoff, vegetation management, and more. Contact your local stormwater coordinator for more information on creek protection requirements in your area. Go to www.mcstoppp.org/swcontacts.htm.

Recycle used motor oil: Just one gallon of used motor oil poured into a million gallons of sea water will kill half of all exposed Dungeness crab larvae. The San Francisco Bay supports a commercial bait shrimp, herring, and crab fishery – the only urban commercial fisheries in the nation!

Recycled used motor oil is partially funded by the California Integrated Waste Management Board. For recycling and/or disposal of used motor oil, filters, antifreeze, pesticides, paints, solvents, and other household hazardous wastes, call 1-800-CLEANUP or visit one of the free collection sites listed on the back cover.
Both as adults and larvae, ladybugs eat huge numbers of insects. It's believed that one ladybug can devour 5,000 aphids in its lifetime.

Before you decide to squish or stomp what you THINK is a garden pest, make sure you know what it is. For example, thousands of ladybug larvae have been killed because they were thought to be a garden pest.

People often mistake the larval stage of our best garden friends (e.g., ladybugs, soldier beetles, lacewings, ground beetles) for garden enemies! They may look funny but the larval stage of some insects are actually better at getting rid of troublemakers (e.g., aphids, thrips, mealybugs) than their adult counterparts.

Control pests naturally in your garden by planting flowers that attract beneficial insects – One of our garden’s best friends!
**Groundhog Day**

**Ash Wednesday**

**Valentine’s Day**

**Lincoln’s Birthday**

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**Dragonflies prey on mosquitoes, flies and midges. They are often seen in garden ponds and creeks – where they deposit their eggs.**

*Photo by Susan Van Der Wal*

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**A favorite food of Ladybugs – aphids!**

*Photo by Craig Solin*
Preserving riparian forest habitat – especially mature trees – is critical to maintaining habitat for the wood duck, as well as other native wildlife.

What's riparian habitat? Quite simply, it's the plant life (vegetation) that borders creeks, lakes, and other water bodies that provides birds - and other wildlife - with essential water and food, "stopovers" during migration, places to live during the winter, and nesting sites.

In nesting season, a diversity of native trees, shrubs, and grasses can be called "home". These include willows, oaks, wild rose, and California blackberry.

While some species prefer to nest high in the tree canopy, others prefer the middle of a tree, on the ground, or in low-growing shrubs. Some birds (e.g., woodpeckers), are cavity nesters and select holes in tree trunks or limbs to store food or raise their young. And, some species (e.g., kingfishers) nest in non-traditional locations - including creek banks, bridges, & ledges. Most riparian bird species nest within 3' of the ground. Invite birds to your garden by doing one or more of the suggestions listed on the page below.

Attract Birds to Your Garden:
Plant a diversity of native species growing at different heights. Go to http://www.marin.cc.ca.us/cnps/birds.html
Request a free copy of Go Native! at mcstoppp@co.marin.ca.us to learn which plants attract different birds.
Encourage neighbors to plant "bird friendly" native plants so a travel corridor can be created and birds can have more of an opportunity to eat, rest, and nest.
Seek out the least toxic alternatives to pesticides. Go to www.OurWaterOurWorld.org
Avoid mowing, pruning, or moving vegetation - next to creeks or any active nests - during nesting season: mid-March – July.
Leave snags and dead trees for woodpeckers, if they don't pose a threat to your home.

Photos: (top) by Gary Leo
(inset) by Tom Grey
### Attract Birds to Your Garden:

**Plant** a diversity of native species growing at different heights. Go to [HTTP://WWW.MARIN.CC.CA.US/CNPS/BIRDS.HTML](HTTP://WWW.MARIN.CC.CA.US/CNPS/BIRDS.HTML)

**Request** a free copy of *Go Native!* at [MCSTOPPP@CO.MARIN.CA.US](MCSTOPPP@CO.MARIN.CA.US) to learn which plants attract different birds.

**Encourage** neighbors to plant "bird friendly" native plants so a travel corridor can be created and birds can have more of an opportunity to eat, rest, and nest.

**Seek Out** the least toxic alternatives to pesticides. Go to [WWW.OURWATEROURWORLD.ORG](WWW.OURWATEROURWORLD.ORG)

**Avoid** mowing, pruning, or moving vegetation next to creeks or any active nests during nesting season: mid-March – July.

**Leave** snags and dead trees for woodpeckers, if they don't pose a threat to your home.

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### Learn More - and Find Out About Monthly Bird Walks - at PRBO Conservation Science by Visiting [WWW.PRBO.ORG](WWW.PRBO.ORG)

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**FOR THE BIRDS:** When oil pollutes a waterway frequented by birds, the birds can ingest the oil as they preen themselves. This can cause serious health problems for them. Recycle used oil and filters!

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**PHOTO BY TOM GREY**

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**FULLY FUNDED BY THE CALIFORNIA INTEGRATED WASTE MANAGEMENT BOARD. FOR RECYCLING AND/OR DISPOSAL OF USED MOTOR OIL, FILTERS, ANTFREEZE, PESTICIDES, PAINTS, SOLVENTS, AND OTHER HOUSEHOLD HAZARDOUS WASTES, CALL 1-800-CLEANUP OR VISIT ONE OF THE FREE COLLECTION SITES LISTED ON THE BACK COVER.**
It's illegal to discharge sewage - treated or not - into a federally designated No Discharge Zone - like Richardson's Bay!

BE A “CLEAN AND GREEN” BOATER: Follow the simple rules below:
(MARINAS can also be “clean and green” by following guidelines of the Clean Marinas CA program at www.cleanmarinascalifornia.org)

MANAGE SEWAGE PROPERLY. Visit http://www.dbw.ca.gov (Click on the Clean and Green tab) to find sewage pumpout facilities near you. It’s illegal to discharge raw sewage into California waters.

AVOID USING HOLDING TANK DISINFECTANTS/DEODORIZERS THAT CONTAIN CHLORINE, FORMALDEHYDE OR PRODUCTS SUCH AS THOSE LISTED ON THE CA Prop 65 list: http://oehha.ca.gov/prop65.html

USE OIL ABSORBENTS in the bilge or beneath the engine to capture unexpected engine leaks. Dispose of oil-soaked absorbents at a Household HazWaste Facility listed on the back cover.

USE A CLOSED SYSTEM (PORTABLE OIL-CHANGE PUMP). They are available at marine supplies stores. When changing your own oil don’t forget to recycle the used oil at a location listed on the back cover!

DON’T ADD SOAP OR EMULSIFIERS TO REMOVE AN OILY SHEEN. It’s illegal and bad for the environment. Report oil and chemicals spills to 800-OILS911 (645-7911) and 800-424-8802.

STOW IT, DON’T THROW IT! Cigarette butts are the most common type of litter found washed up on beaches and are not biodegradable. Place extinguished cigarette butts in the trash.

Photos: (top) by Susan Van Der Wal
(inset) by Vivian Matuk
A single boater flushing untreated sewage into our waters produces bacterial pollution that is thousands of times greater than treated household sewage. Raw - or poorly treated - sewage can spread diseases, contribute to unsightly floatables, contaminate shellfish beds and lower oxygen levels in water, contributing to fish kills.

To prevent accidental discharges from an onboard toilet, keep the "Y" valve secured in a closed position (use a padlock or twist tie) when you’re less than three miles offshore.

For more information contact: California Department of Boating and Waterways and the California Coastal Commission’s Boating Clean and Green Program at www.dbw.ca.gov (click on “Clean and Green” and then “Boating Clean and Green.”)

Recycle Oil and Filters: The oil from a single oil change (1 gallon) can ruin a million gallons of drinking water - the supply for 50 people in one year.
Visit some of Marin’s Bay-Friendly Gardens at the Fourth Annual Eco-Tour on May 15th!

The cool weather and rainfall in Fall/Winter will help natives (and all plants!) establish a healthy root system before showing off their glorious Spring colors!

See these colors in a garden setting at the Fourth Annual Eco-Friendly Garden Tour: Taking a Bay-Friendly Approach. In addition to “blooms”, you’ll learn about rain gardens, cisterns, swales, edible landscapes, pesticide-free gardening, erosion control measures, permeable surfaces — and, of course — a variety of colorful native plants, trees and grasses!

Gardens are hosted by a landscaper/designer — or home-owner — who will be available to respond to questions from the public. Garden locations and descriptions will be made available through a “Garden Guide” mailed to each participant following registration.

The 2010 Tour will be sponsored by Marin County Stormwater Pollution Prevention Program (MCSTOPPP), Marin Municipal Water District (MMWD) and North Marin Water District (NMWD). For more information, see below.

Photo by MMWD

Photo by Gina Purin

Photo by Charlotte Torgovitsky
Pick up a Free copy of “Bay-Friendly Gardening: from Your Backyard to the Bay” at the Eco-Friendly Garden Tour.

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Is Your Garden Bay-Friendly?

Have your garden rated “bay-friendly” by MMWD and you will receive one of these beautiful signs to acknowledge your effort to protect local waterways. To learn more, call MMWD at 415-945-1521.

For more information on – and to register for – the Eco-Tour, visit www.mcstoppp.org/events.htm.

Over the Rainbow: Those pretty rainbows found in parking lots and city streets after a rainfall are not pretty for the environment. They’re a sign that oil has leaked onto the ground and can be transported to local creeks!

Partially funded by the California Integrated Waste Management Board. For recycling and/or disposal of used motor oil, filters, antifreeze, pesticides, paints, solvents, and other household hazardous wastes, call 1-800-CLEANUP or visit one of the free collection sites listed on the back cover.
The Bay is impacted by a variety of pollutants – one of which is copper. Others include dioxins, mercury, PCBs, pesticides, sediment and trash.

Whatever enters a storm drain finds its way directly to the Bay; and, whatever is flushed down a sink or toilet finds its way to a wastewater treatment plant. However, wastewater treatment plants are not designed to remove all hazardous wastes. Copper – and other hazardous materials that enter wastewater treatment plants – cannot be completely removed.

Here’s what you can do to reduce copper in the Bay:

- **Read product labels** and check with manufacturers to assure that the chemicals you use to maintain your pool, spa or fountain don’t contain copper. To drain a spa or fountain, use the water for your yard as long as it doesn’t run off your property into a storm drain. When draining a pool, call 1-800-SAV-R-BAY or your local sanitary district (listed on the back cover of this calendar).

- **Avoid using copper-based root control products.** Each year, Marin homeowners face the problem of tree roots growing into sewer pipes. The sink backs up and toilets overflow when pipes become blocked. The best method for root control is mechanical removal.

- **Give your plumber the fact sheet** “Good Plumbing Practices Protect San Francisco Bay.” For a free copy, call 1-800-SAV-R-BAY.

- **Take left-over copper-based products** to a household hazardous waste collection site listed on the back of this calendar.

Photos by Susan Van Der Wal
COPPER CAN BE TOXIC TO AQUATIC ORGANISMS LIKE PHYTOPLANKTON WHICH MAKE UP THE BASE OF THE FOOD CHAIN AND WHOSE HEALTH AFFECTS ENTIRE ECOSYSTEMS. ELEVATED COPPER LEVELS ARE ONE OF THE FACTORS CONTRIBUTING TO THE DECLINE OF SALMON POPULATIONS. IT CAN ALSO ADVERSELY AFFECT THE REPRODUCTION AND GROWTH OF SHELLFISH.

A PRINCIPAL SOURCE OF COPPER IS FROM CAR AND TRUCK BRAKES. A 10-YEAR SCIENTIFIC INVESTIGATION WITHIN THE S.F. BAY AREA WATERSHEDS INDICATED THAT COPPER FROM BRAKES IS THE SINGLE GREATEST CONTRIBUTOR TO ELEVATED COPPER LEVELS IN URBAN CREEKS (AND REMEMBER: CREEKS FLOW TO THE BAY). THE INVESTIGATION, CONDUCTED BY THE BRAKE PAD PARTNERSHIP, IS WORKING WITH SUSTAINABLE CONSERVATION TO PURSUE PASSAGE OF LEGISLATION THAT WOULD REDUCE THE AMOUNT OF COPPER USED IN BRAKES TO AN INSIGNIFICANT AMOUNT. LEARN MORE AT WWW.SUSCON.ORG/BPP

MAKE SURE ALGAECIDES THAT CONTAIN COPPER ARE NOT USED IN YOUR POOL, SPA OR FOUNTAIN!

COPPER-BASED ROOT CONTROL PRODUCTS ARE ILLEGAL IN MARIN AND OTHER BAY-AREA COUNTIES.

Photo by Bené Da Silva

PLASTIC IS "PETRO": PLASTIC BAGS ARE MADE FROM PETROLEUM, A NONRENEWABLE RESOURCE. THE UNITED STATES GOES THROUGH 100 BILLION BAGS ANNUALLY. THIS IS THE ENERGY EQUIVALENT OF 12 MILLION BARRELS OF OIL.
Having an irrigation system simplifies home gardening, but you need to maintain it and use it properly to realize any water savings. Many gardeners tend to overwater their landscaping without being aware of it.

The key to outdoor irrigation is applying the right amount of water at the right time, using the most efficient and well-maintained irrigation systems.

MMWD has many water-saving programs to help you irrigate efficiently this month—and throughout the year. For example, you can calculate the amount of water lost from week-to-week in your garden and figure out how much water your plants need, go to www.marinwater.org (conservation, water schedule) or call 945-1578. (En Español: 945-1579)
**During the Irrigation Season, MMWD Provides Free Weekly Watering Schedules Based on Real-Time Weather.**

Weather data such as wind, humidity and temperature is collected from three weather stations located in each of the three major climate zones found in MMWD’s service area: southern, central and north Marin. The data that is collected is used to create a weekly watering schedule customized for each zone.

**Using Native Plants Can Save on Outdoor Water Use by 20% to 50%!** Remember to choose natives that are appropriate to your climate. For example, a “native” suitable for Novato may not be suited for Pt. Reyes Station. Check out some California natives at www.sonoma.watersavingplants.com/sonoma.php. Look under Plants/Plant lists/CA Native Plants.

**Maintain Your Vehicle And Avoid Pollution:** Used motor oil alone accounts for 40% of the pollution in our nation’s waterways.
Instead of using poisons to manage rodents, consider using a safer alternative like traps - but only if you know that the target animal is currently living there. Glue traps are not considered a good practice, however, as they can result in injury or death to non-target species – like owls!

Burrowing owls are known for their habit of perching at the entrance of their burrow during daylight hours, they don’t usually create their own burrows. Instead, they take up residence in those excavated by ground squirrels, gophers, and badgers. In severely altered environments, they have even been found nesting in culverts, pipes, buried junk and concrete rubble piles. When disturbed in its burrow, this owl will mimic the “rattle” of a rattlesnake.

Owls eat 1-3 rodents a day – mostly rats, mice and gophers. When you poison a rodent, you could be poisoning an owl!
Over the past 60 years, the burrowing owl population in California has dropped markedly—mainly due to habitat loss and secondary poisoning (from attempts to poison ground squirrels).

Photo by JoLynn Taylor

WildCare photo by Brenda Jaszewski

GOT A PROBLEM WITH WILDLIFE?

Effective and humane methods for dealing with problem wildlife can be found by contacting Wildcare's wildlife exclusion service at 453-1000 ext. 23. Call for a free telephone consultation.

Avoid a fine: Used oil and filters are regulated as hazardous waste in California. Illegal disposal is punishable by $5,000 to $25,000 a day.

Partially funded by the California Integrated Waste Management Board. For recycling and/or disposal of used motor oil, filters, antifreeze, pesticides, paints, solvents, and other household hazardous wastes, call 1-800-CLEANUP or visit one of the free collection sites listed on the back cover.
What do Creeks and Cars have in common? (They both like to be kept clean!)

It’s estimated that Marin has over 215,000 registered cars and trucks. At some point, these vehicles get washed. According to a survey by the International Carwash Association (ICA), 34% of Americans prefer to wash their cars at home. This method may be easier on you – but it’s not on our environment. As you wash that car in your driveway or on the street, the water most likely runs down the gutter and into a storm drain. In Marin, storm drains flow directly to local creeks, wetlands, the Bay, or Ocean. This means that soap – along with other pollutants washed off vehicles – like rust, rubber and small amounts of hazardous materials such as lead, mercury, phosphorus and oil – are all being flushed straight into our waterways.

Although commercial car washes, in terms of chemical composition, use similar products as a resident who washes their car on the street, the commercial car wash (including coin-operated do-it-yourself operations) must send their water to a sewage treatment plant or recycle it. And car washes that use water recycling systems can use as little as 8 gallons of fresh water per car – about the same amount that runs through a standard garden house in about one minute.

Photos by Susan Van Der Wal

September 2010
If you belong to a group or neighborhood association that conducts car wash fundraisers, you can borrow a “Fish Friendly” car wash kit from MCSTOPPP by calling Gina at 499-3202. These kits essentially block the storm drain where wash water would flow, and allows the user to pump this water either directly to an indoor drain (which connects to the sanitary sewer), or to a landscaped area that is large enough to absorb all the water generated.

To a fish, there’s no difference between regular or biodegradable soap. Soap lowers the surface tension of water allowing pollutants to be more easily absorbed by the fish.

Photo by Reuven Walder
www.spawnusa.org

Keep creeks clean: Auto fluids make up 12% of the illicit discharges to creeks and storm drains in Marin.

Partially funded by the California Integrated Waste Management Board. For recycling and/or disposal of used motor oil, filters, antifreeze, pesticides, paints, solvents, and other household hazardous wastes, call 1-800-CLEANUP or visit one of the free collection sites listed on the back cover.
Harmful algal blooms are increasing worldwide – including those producing domoic acid. These blooms produce toxins that enter the food chain and can be eaten by marine mammals and humans. The Marine Mammal Center first linked this neurotoxin to marine mammal mortality in 1998. A decade of monitoring California sea lion health has found an association between domoic acid toxicity and sea lion abortion and epilepsy as well as mortality.

Researchers think that rising temperatures in the ocean and overfishing – as well as agricultural and urban runoff into the ocean – may be contributing factors in the increased growth of algal blooms resulting in the formation of domoic acid.

Though not all algal blooms produce domoic acid, they are still a threat to marine life. For example, when fertilizers or leaking septic systems run off the land and into a creek or Bay (either directly or through a storm drain), excess nutrients enter the water. The excess nutrients increase the production of algae, which takes up oxygen in the water, as the algae decompose. As oxygen is used up at a faster rate, aquatic life is stressed and can even die.
**Visit The Marine Mammal Center’s Renovated Hospital Facility:** Open daily from 10 A.M. to 5 P.M. except Thanksgiving, Christmas and New Year’s Day. Groups should schedule in advance.

For more information on visiting and protecting marine mammals, go to www.marinemammalcenter.org.

**In 2009, more than 1,300 California sea lions were treated at The Marine Mammal Center.**

Photo by Susan Van Der Wal

**It’s the Law!** It’s illegal to toss motor oil—or filters—in the trash! By state law, oil and filters must be recycled. Free locations are listed on the back of this calendar!
The Bay is only a “Flush” away - don’t put stuff where it doesn’t belong!

Toilets are not trash cans!

They should only be used for the disposal of human waste and toilet paper. The following items routinely plug sewer pipes and allow untreated sewage to leak into homes, local creeks, and the Bay:

- Disposable “wipes” of any type – even the “flushable” ones
- Dental floss
- Q – Tips
- Syringes (e.g., insulin)
- Condoms, tampons, and wrappers
- Tissues & paper towels
- Pharmaceuticals, pills, “blister packs”
- Condiment packets
- Soiled clothing, rags, diapers
- Excess fats, oils, and grease (FOG)
- Produce stickers (e.g., those used by individual grocery stores to code produce for cashiers)
- Condiment packets (e.g., those used by fast food restaurants)

Garbage disposals should only be used for small amounts of food waste. Avoid backups caused by grease by scraping dishes, pots, pans, and cooking utensils into the trash before washing them. The following items also cause sewer backups and clogged pipes:

Sailboat by Mike Groza, 2002 Marin County Fair.

Photos by Alan Dep
Disposible wipes, kitchen grease, and cloth products are the top items that contribute to sewer backups in Marin.

Maintain Your Vehicle And Avoid Pollution: There are over 10,000 registered boats in Marin – all potential sources of water pollution from motor oil. For information about “green” boating practices, visit www.coastal.ca.gov/CCBN/CCBNDX.html

Partially funded by the California Integrated Waste Management Board. For recycling and/or disposal of used motor oil, filters, antifreeze, pesticides, paints, solvents, and other household hazardous wastes, call 1-800-CLEANUP or visit one of the free collection sites listed on the back cover.
**What are pyrethroid products?** They are pesticides that dominate shelves in retail stores. They are common in powders and sprays used by homeowners and pest control companies to kill a variety of insects from flies and mosquitoes to cockroaches and termites.

Pyrethroids attach themselves to soil particles and can remain in creek beds or landscaping for months. They can be washed into a creek or storm drain when it rains or when over-watering creates runoff (remember: **all storm drains go directly to local creeks**). **Once in the creek, pyrethroids can harm aquatic life**, including invertebrate animals that live on the bottom of creeks and are part of the creek habitat food web. Pyrethroids can also pass through a sewage treatment plant and enter the Bay. Reduce the amount of pyrethroids entering a treatment plant by pouring pyrethroid-containing washwater (from flea or lice shampoo, for example) on a vegetated surface as opposed to an indoor drain like a sink or toilet.

**What can I do?**
- **Read the active ingredients listed on the front of a product’s label.** If the active ingredient listed ends in a “thrin”, choose a safer alternative. Most synthetic pyrethroid pesticides end in a “thrin”. An exception is pyrethrin, a natural insecticide produced from chrysanthemums.
- **Find the least toxic way to manage a pest.** Go to [www.OurWaterOurWorld.org](http://www.OurWaterOurWorld.org).
- **Don’t forget to “Ask the Expert”** – a feature that allows you to ask a specific question and get a free response online.

- Photos by Tom Grey

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**After removal of the pesticide diazinon from retail shelves in 2005, pyrethroids began appearing as “safer alternatives”... But are they?**

No more “Silent Spring”. Seed eating songbirds are safer after the removal of diazinon from retail shelves – just one seed treated with diazinon was enough to kill a small bird.
Studies have found pyrethroids in waterways throughout the state. Pyrethroids are a manufactured version of pyrethrins – a natural insecticide produced from chrysanthemums.

To help you avoid products containing pyrethroids, see the "bullet points" above and call MCSTOPPP at 499-6528 to ask for a FREE COPY OF A Pocket Guide for Choosing Products Less-Toxic to People and Pets.

Recycle and avoid pollution: The oil from a single oil change can pollute almost 16 miles of creek. That's like driving from the Golden Gate Bridge to Novato!
USED OIL AND FILTER CONTACTS

The following locations accept used motor oil, filters, batteries, and antifreeze. Call center for hours of operation and quantities accepted. For more information, call 1-800-CLEANUP or visit www.CLEANUP.org

- Do NOT combine used oil and antifreeze in the same container.
- Do NOT mix these substances with any other materials. Doing so may mean they can’t be recycled.
- If your oil or antifreeze are contaminated with another substance, bring them to the Household Hazardous Waste Facility.

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<td>Mill Valley</td>
<td>Jiffy Lube</td>
<td>374 Miller Avenue</td>
<td>415-383-6416</td>
<td>C O F</td>
</tr>
<tr>
<td>Novato</td>
<td>Kragen Auto Parts</td>
<td>1400 S. Novato Blvd.</td>
<td>415-897-5338</td>
<td>C O</td>
</tr>
<tr>
<td>Novato</td>
<td>Novato Recycling Center</td>
<td>7576 Redwood Blvd.</td>
<td>415-892-7344</td>
<td>O F A</td>
</tr>
<tr>
<td>Oil Changer</td>
<td>133 Vintage Way</td>
<td></td>
<td>415-897-0134</td>
<td>C O F</td>
</tr>
<tr>
<td>PENNZOLL 10-MINUTE OIL CHANGE</td>
<td>908 Diablo Avenue</td>
<td>415-898-5823</td>
<td>C O F A</td>
<td></td>
</tr>
<tr>
<td>San Rafael</td>
<td>Heyneman European</td>
<td>3155 Kerner Blvd.</td>
<td>415-499-1234</td>
<td>C O F A B</td>
</tr>
<tr>
<td>Kragen Auto Parts</td>
<td>75 N Bellam Blvd.</td>
<td>415-454-5881</td>
<td>C O F</td>
<td></td>
</tr>
<tr>
<td>Kragen Auto Parts</td>
<td>1323 2nd Street</td>
<td>415-454-2963</td>
<td>C O F B</td>
<td></td>
</tr>
<tr>
<td>Marin Recycling</td>
<td>565 Jacoby Street</td>
<td></td>
<td>415-485-5648</td>
<td>O F A B</td>
</tr>
<tr>
<td>PENNZOLL 10-MINUTE OIL CHANGE</td>
<td>1524 Second Street</td>
<td>415-457-5823</td>
<td>C O F A B</td>
<td></td>
</tr>
</tbody>
</table>

OTHER COLLECTION CENTERS

<table>
<thead>
<tr>
<th>CITY</th>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE</th>
<th>KEY CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mill Valley</td>
<td>Mill Valley Refuse (Curbside service – customers only)</td>
<td>415-457-9760</td>
<td>O F</td>
<td></td>
</tr>
<tr>
<td>Novato</td>
<td>Gross Field Airport (Airport clients only)</td>
<td>451A Airport Road</td>
<td>415-897-1754</td>
<td>O F A B</td>
</tr>
<tr>
<td>San Rafael</td>
<td>Loch Lomond Marina</td>
<td>110 Loch Lomond Drive</td>
<td>415-454-7228</td>
<td>C O F</td>
</tr>
</tbody>
</table>

*State Certified Collection Centers will pay you $.40 per gallon for your used oil upon request.

STORMWATER CONTACTS FOR ILLEGAL DISCHARGES

To report illegal discharges to storm drains, creeks, or wetlands, call the numbers below or report a complaint online at www.mcstoppp.org. After normal business hours, call the County Sheriff’s non-emergency line at 499-7233.

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belvedere</td>
<td>435-3838</td>
</tr>
<tr>
<td>County of Marin</td>
<td>499-3748</td>
</tr>
<tr>
<td>Cortez Madera</td>
<td>927-5767</td>
</tr>
<tr>
<td>Fairfax</td>
<td>463-1584</td>
</tr>
<tr>
<td>Larkspur</td>
<td>927-5017</td>
</tr>
<tr>
<td>Mill Valley</td>
<td>388-4033</td>
</tr>
<tr>
<td>Novato</td>
<td>699-6246</td>
</tr>
<tr>
<td>Ross</td>
<td>453-1453 Ext. 163</td>
</tr>
<tr>
<td>San Anselmo</td>
<td>258-4600</td>
</tr>
<tr>
<td>San Rafael</td>
<td>485-3355</td>
</tr>
<tr>
<td>Sausalito</td>
<td>289-4100 Ext. 106</td>
</tr>
<tr>
<td>Tiburon</td>
<td>435-7399</td>
</tr>
</tbody>
</table>

WASTEWATER TREATMENT PLANTS AND SANITARY DISTRICTS

<table>
<thead>
<tr>
<th>DISTRICT</th>
<th>PHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonte Sanitary District</td>
<td>388-8775</td>
</tr>
<tr>
<td>Alto Sanitary District</td>
<td>388-3696</td>
</tr>
<tr>
<td>Bolinas Co. Public Utility</td>
<td>868-1224</td>
</tr>
<tr>
<td>Central Main Sanitation</td>
<td>459-1455</td>
</tr>
<tr>
<td>City of Belvedere</td>
<td>435-3838</td>
</tr>
<tr>
<td>City of Mill Valley</td>
<td>388-4033</td>
</tr>
<tr>
<td>City of Sausalito</td>
<td>289-4111</td>
</tr>
<tr>
<td>County Sewer Maintenance</td>
<td>499-6524</td>
</tr>
<tr>
<td>District #1</td>
<td>388-4796</td>
</tr>
<tr>
<td>Las Gallinas Valley</td>
<td>472-1734</td>
</tr>
<tr>
<td>Novato Sanitary District</td>
<td>892-1694</td>
</tr>
<tr>
<td>North Marin Water District</td>
<td>897-4133</td>
</tr>
<tr>
<td>Richardson Bay Sanitary District</td>
<td>388-1345</td>
</tr>
</tbody>
</table>

HOUSEHOLD HAZARDOUS WASTE DISPOSAL FACILITIES

Household hazardous waste like computer monitors, TVs, pesticides, paint, used oil, filters, fluorescent tubes, solvents, aerosol sprays, etc., can be properly managed free of charge through:

- The County of Marin’s Household Hazardous Waste Facilities.
- Other Collection Centers.
- Businesses generating very small amounts of hazardous waste can use the Household Hazardous Waste Facility in San Rafael or Novato by appointment. A charge will apply at both facilities.

<table>
<thead>
<tr>
<th>ALL OF MARIN (Except Novato)</th>
<th>Phone</th>
<th>Hours of Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Funded by the Marin County unincorporated areas and all cities and towns except Novato)</td>
<td>455-6868</td>
<td>Monday–Saturday 8 a.m. – 4 p.m.</td>
</tr>
</tbody>
</table>

Items not accepted include: explosives, ammunition (call the police department), radioactive, compressed gas cylinders (BBQ propane cylinders are accepted), and bio-waste. If you are unsure whether or not to bring an item, call first.

Satellite Sites – One day 40-car-by-appointment events will be held in West Marin at Bolinas, Point Reyes, and Woodacre throughout the year. Call for dates.

<table>
<thead>
<tr>
<th>NOVATO ONLY</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Funded by Novato Sanitary District and the City of Novato)</td>
<td>7576 Redwood Blvd., Novato</td>
</tr>
</tbody>
</table>

The Novato Recycling Center accepts car and household batteries, fluorescent tubes, motor oil, oil filters, latex paint, and antifreeze.

<table>
<thead>
<tr>
<th>GETTING RID OF SHARPS AND SYRINGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Sharps” (e.g., insulin needles) can be dropped off at the following locations: Sharps must be in approved “sharps containers.”</td>
</tr>
<tr>
<td><strong>Costco Pharmacy</strong></td>
</tr>
<tr>
<td><strong>CVS: 7 locations</strong></td>
</tr>
<tr>
<td><strong>Household Hazardous Waste Facilities</strong></td>
</tr>
<tr>
<td><strong>Jack’s Drug Store</strong></td>
</tr>
<tr>
<td><strong>Kaiser Permanente Pharmacies:</strong> San Rafael, Novato</td>
</tr>
<tr>
<td><strong>Laura’s Pharmacy:</strong> Larkspur</td>
</tr>
<tr>
<td><strong>Marin General Hospital Emergency Department</strong></td>
</tr>
<tr>
<td><strong>Marin Medical Pharmacy</strong></td>
</tr>
<tr>
<td><strong>Novato Community Hospital Laboratory</strong></td>
</tr>
<tr>
<td><strong>Pharmacists’ Integrated Pharmacies</strong></td>
</tr>
<tr>
<td><strong>Ross Valley Pharmacy</strong></td>
</tr>
<tr>
<td><strong>SafeCare Pharmacies:</strong> Camino Alto, Las Gallinas, Ignacio, Strawberry</td>
</tr>
<tr>
<td><strong>Walgreens Pharmacies:</strong> Mill Valley, San Rafael, San Anselmo, West Marin Pharmacy</td>
</tr>
</tbody>
</table>

PHARMACEUTICALS

Dispose of over-the-counter medications at most pharmacies throughout the county. Visit www.marinrecycles.org or call Environmental Health at 499-6097 for drop-off locations.

FOR RECYCLING INFO: WWW.MARINRECYCLES.ORG

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