

# 17th Annual Paradise Creek

# Clean Up

Meet at PCEI...



bring your family...

Saturday, April 21



have fun looking for trash...



find really cool things...



2  
0  
0  
7

and enjoy free

9am-  
1pm



Since 1991, many tons of garbage have been removed from Paradise Creek with the help and dedication of hundreds of volunteers.

## Last year...

3,032 pounds of trash was removed from Paradise Creek. About 167 pounds of the trash consisted of recyclable material. 137 volunteers came to help clean up the creek.

## We found...

GARBAGE, hub caps, a pogo stick, a TV, a scooter, tire rims, bike locks, a bike, a pink flamingo, and much more!

Photos: PCEI



Contact Courtney Rush if you are interested in volunteering <[crush@pcei.org](mailto:crush@pcei.org)>

If you have a group coming, please notify us in advance.

Wear weather appropriate clothing and work gloves if you have them.

Please walk, bike, or carpool to PCEI if possible.

## Who's who at PCEI

Thomas C. Lamar  
Executive Director

Laurie Gardes  
Financial Manager

Alycia Bean  
Membership Coordinator

Cece Connors  
Office Manager

Courtney Rush  
Volunteer Coordinator

Michelle Hazen  
Database Queen

Tracy Brown  
Watersheds Program Director

Greg Fizzell  
Education Program Director

Tiffany Cooper  
Outreach Program Director

Erin Rishling  
Outreach Program Assistant

Sara Robson Cucksey  
Watersheds Project Manager

Jake Smulkowski  
Education Specialist

Colleen McColl  
AmeriCorps Member Support

AmeriCorps Members

Education

Jim Ekins  
Brett Haverstick  
Erin Gerhardt  
Heidi Weaver

Watershed Restoration

Will Fontaine  
John Sudgen  
Talina Gossen  
Isaak Strout

Mobile Environmental Education Corps

Mary Catherine Fitzsimmons, Debi Bean,  
Britt Forsberg, Sara Melaneen, Sarah Slaton,  
Josh Silverstein, Jannis Jocius, Jessica Winans,  
Andrew Morrisison, Tara Maline

PCEI, PO Box 8596 Moscow, Idaho 83843  
208-882-1444 fax: 208-882-8029  
email: <info@pcei.org>  
visit: <www.pcei.org>

## Spring 2007 Events Calendar

### March

March 1, Thursday: Making a Difference Discussion, 1912 Center, 7:30pm  
March 3, Saturday: Saturday of Service, 9:00am – 1:00pm  
March 8, Thursday: Making a Difference Discussion, 1912 Center, 7:30pm  
March 10, Saturday: Watershed Workday, Three Mile Creek, 10:00am  
March 21, Wednesday: PCEI Board Meeting, Rodeo, 6:30pm  
March 24, Saturday: Watershed Workday, Deep Creek, 10:00am  
March 31, Saturday: 3rd Annual Pullman Steam Clean-Up

### April

April 7, Saturday: Watershed Work Day, Rose Creek, 10:00am  
April 14, Saturday: Watershed Work Day, Deep Creek, 10:00am  
April 15 – 21: Earth Week Events  
April 18, Wednesday: PCEI Board Meeting, Rodeo, 6:30pm  
April 21, Saturday: 17th Annual Paradise Creek Stream Clean-Up 9am-1pm  
April 27, Friday: Arbor Day Planting Event, Moscow, 10:00am  
April 28, Saturday: Watershed Work Day, Deep Creek, 10:00am  
Moscow COMMUNITY Walk, Friendship Square to East City Park, 12pm  
Learning Nursery Plant Sale, 10:00am

### May

May 4 – 6: Moscow Renaissance Fair  
May 12, Saturday: Learning Nursery Plant Sale, 10:00am  
May 14 – 18: Bike to Work Week  
May 16, Wednesday: PCEI Board Meeting, Rodeo, 6:30pm  
May 19, Saturday: Watershed Work Day, Rose Creek, 10:00am  
May 26, Saturday: Learning Nursery Plant Sale, 10:00am

\* Please see our web calendar for more details: <www.pcei.org/calendar.htm>  
\* Work Days and Plant Sales are from 10:00am – 2:00pm.

Questions? Contact Courtney Rush, Volunteer Coordinator  
(208) 882-1444 or <crush@pcei.org>

## Support PCEI!

- Please contact me about volunteering
- \$150 Friends of the Palouse-Clearwater
- \$75 Palouse Protector
- \$35 Basic Membership
- \$15 Limited income/Student
- Additional gift of \$ \_\_\_\_\_
- Please keep my membership anonymous
- Yes, I want to renew my membership
- Please direct my gift to the following program:
- Environmental Education
- Community Garden
- Watersheds
- VanPool/Transportation
- Endowment gift of \$ \_\_\_\_\_
- Capital campaign gift of \$ \_\_\_\_\_
- Please use it for \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Palouse-Clearwater  
Environmental Institute**

Mail to: PCEI POBox 8596 Moscow, ID 83843

## There's Life Atop that Roof!

By Courtney Rush, Volunteer Coordinator

PCEI held a Living Roof workshop in October. We educated participants on the benefits of living roofs, plant choice and design, and the structural components of building a green roof. The workshop was a unique opportunity to plant the roof atop the bike pavilion at our Rodeo campus. Participants carried bags of soil to the roof, mixed perlite into organic soil, designed the layout of the plants and finally, planted sedums high above the usual planting surface! We enjoyed baked goods and coffee donated by Wheatberries and the Moscow Food Co-op, and chatted about possible plans to design living roofs for our workshop participants' own homes. Please visit the PCEI Living Roof in full bloom this spring. For more information, visit <[www.pcei.org/living\\_roof.htm](http://www.pcei.org/living_roof.htm)>



Volunteers watch as the correct planting technique for living roofs is demonstrated. Photo: Aly Bean

## Native Plants, the Palouse & You!

By Tracy Brown, Watersheds Program Director

The PCEI Learning Nursery is gearing up for another season of propagation. Come support PCEI, learn about landscaping with native species and purchase native plants at our plant sales scheduled throughout May and June. In the coming months we will also be installing our new (to us) greenhouse and building a planting shed. So stay tuned for fun and exciting volunteer opportunities.

## PCEI Campus Gets a New Look!

By Tracy Brown, Watersheds Program Director

In the fall of 2006, PCEI completed the construction of a wetland system at the Rodeo campus. What once was a deep, "toilet bowl" shaped pond, is now a series of variable depth wetlands. The pond was originally constructed to capture storm water runoff from the adjacent hillsides and to water livestock. By reducing the slopes of the current pond to allow overflow to inundate additional wetland cells, the wetlands will provide on-site educational and native plant propagation opportunities. The wetland enhancement project will also increase wildlife habitat and storm water holding and filtering capacity. Funding for this project was made possible through grants from the Idaho Department of Fish and Game and the National Wildlife Foundation, a generous donation of engineering costs from TerraGraphics Environmental Engineering, Inc., as well as private donations. We hope you will stop by and see our wetland enhancement project.

For more information, contact Tracy Brown <[brown@pcei.org](mailto:brown@pcei.org)>

# UPDATES

## Message from the Board President

By John Thielbahr, PCEI Board President

On behalf of our volunteer Board of Directors at PCEI, I want to sincerely thank you for your support of our work to preserve and protect our environment, and to educate and inform children and adults. The PCEI Board is a governing body that is responsible for ensuring that sufficient financial and human resources are available to support the delivery of our work in a high quality, ethical and professional manner.

PCEI is growing. The number of full time staff and the size of our annual budget are the highest in the organization's history. Most importantly, PCEI's reputation for quality work is also growing throughout the state and the Inland Northwest.

Our environmental challenges are also growing. Ensuring clean water, air and soil present daily opportunities for PCEI to educate, inform, and engage the community. PCEI feels a special responsibility to educate our children about the environment and engage them in it. As Richard Louv states in his book *Last Child in the Woods*, which I encourage everyone to read, "who will be our future environmental stewards if the only world our children know is virtual, and nothing is real?"

PCEI will not be able to continue our quality work without an increased level of financial support to sustain our growth. We also need your time and expertise as volunteers to conserve our natural resources and educate our children. We are deeply grateful for your past support, and thank you for joining us in the important work ahead.

For more information, visit <[www.pcei.org/payment](http://www.pcei.org/payment)>



University students bear the cold to participate in planting activities at the newly created PCEI wetlands. Photo: PCEI

# Familiar Faces in New Places



Aly Bean, Membership Coordinator

You may recognize Aly from her work with our Women's Mountain Biking Clinics, as our previous Volunteer Coordinator, riding her bike around town, volunteering with local civic groups, or shopping at the Co-op. A proud Colorado native, Aly has a passion for outdoor activities. We have enjoyed having Aly with us for almost four years now, as an Environmental Educator, Volunteer Coordinator and now as our new Membership Coordinator. In 2006 Aly helped organize our many community events and manage over 11,000 volunteers! Please help us welcome Aly Bean and support her in her 2007 goal: to increase our membership to 1,000 members. You can anticipate hearing from Aly soon. <aly@pcei.org>



Courtney Rush, Volunteer Coordinator

Courtney Rush has done a tremendous job at PCEI this past year, working with volunteers as our Nursery Technician AmeriCorps Member. It is with great excitement that we now introduce her to you as our new Volunteer Coordinator. Courtney hopes her degree in Natural Resource Ecology Conservation Biology and her experience in Tropical Agriculture will help her achieve the goals of PCEI in the community. You can find Courtney in the "HUB" at our Rodeo Campus. <crush@pcei.org>



Sara Robson Cucksey, Watersheds Project Manager

Sara is no stranger to PCEI having worked as a watershed restoration technician during the 2003 field seasons. A recent graduate of the University of Idaho with an M.S. in Rangeland Ecology and Management with an emphasis in restoration ecology, Sara re-joined the PCEI watershed team in April 2006. Sara has a diverse experience including serving in the Peace Corps in Nepal and working with the Whitman County Noxious Weed Control Board. Sara enjoys growing and planting native plants, getting really dirty, reading, knitting and baking. We are excited to welcome Sara back to PCEI, now fulfilling the role of Watersheds Project Manager. <sara@pcei.org>



Colleen McColl, AmeriCorps Member Support and Recruitment Coordinator

Growing up in Southern California, Colleen learned the value of water at an early age. Water resource quality and quantity continue to be major points of interest as seen by her Master's in Soil, Water, and Environmental Science from the University of Arizona and a Bachelor's in Natural Resources and Environmental Management from Ball State University. We are so thankful to have such a talented individual to be our new AmeriCorps Member Support and Recruitment Coordinator. <colleen@pcei.org>



Jim Ekins, Community Outreach Specialist AmeriCorps Member

Jim grew up in North Carolina and earned a B.S. in Water Resources Management from Western Carolina University. Jim's extensive work history and outdoor adventures include: park ranger in West Virginia and Utah, backcountry skiing in Colorado, a trek to K2 in Pakistan, work in Antarctica, and Clark University Arboretum Steward. Jim holds a Masters in Planning from University of Oregon. He helped design the Karnowsky Creek restoration project (Theiss International River Prize 2004) and was the Lower Coyote Creek Historic Restoration project manager. Jim and LT, happily back in the northwest, look forward to canoeing, skijoring, hiking, bicycling, and running. <ekins@pcei.org>



Michelle Hazen, Database Queen

Michelle has worn many different hats at PCEI, from a director on our board, to an AmeriCorps NCCC member. Most recently Michelle has worked as the Outreach Program Assistant where she helped organize our new AmeriCorps program. Her hobbies include reading, hiking, and cooking. We are thankful to now have her expertise in the wonderful world of Filemaker where Michelle is now building databases. <meesh@pcei.org>

# Welcome, AmeriCorps Members!

The Watersheds Restoration Program would like to extend a warm welcome to the 2007-2008 AmeriCorps members. Our newest "Stream Team" members started their service this February. We have three members of the Watersheds Restoration Technician Crew, a Nursery-Garden Technician, and a Community Outreach Specialist. We have a fantastic crew this year and are looking forward to making lasting positive changes in the communities and ecosystems in which we work.



**John Sugden**  
Watersheds Restoration Technician

Originally from Tuxedo Park, NY, John came west to attend the University of Idaho. Since graduation from the UI Environmental Science program, he's worked on a Columbia River Hanford Risk Assessment and controlled invasive plants on Craig Mountain for the Nature Conservancy. John likes many outdoor activities including non-motorized backcountry travel, rock climbing, and swimming. He also enjoys reading, harvesting fruits and

vegetables from the garden and orchard, chopping wood for  
**Isaak Strout**  
Nursery-Garden Technician

Isaak was raised in the beautiful, yet ecologically impaired wheat fields outside Spokane, Washington. In late 2000 he dropped out of engineering school to pursue an education as a road scholar, traveling the country in a blue VW bus with his future wife Aven. Their search for the "best tiny city in America even though it doesn't have a major river or lake" ended with Moscow. Isaak was drawn back to the halls of higher education where he recently earned a B.S. in Resource Recreation and Tourism from the University of Idaho. His interests include cycling, gardening, travelling, writing, welding, brewing, hammering, hiking, tinkering, tree climbing and a countless list of other --ings. <strout@pcei.org>



**Talina Gossen** Watersheds  
Restoration Technician

Talina Gossen grew up outside of Minneota, MN on a pig farm, which may be why she enjoys working outdoors. Her love of water and the environment stems from fishing and swimming in the frigid lakes of Minnesota. Gossen received a B.A. in Biology from the University of Portland. Gossen worked a variety of wildlife biology jobs and is pursuing a career in wetland ecology and plans to get certified in Wetland Science and Management at UW and attend graduate school. When she isn't working outside, she is probably playing outdoors- hiking, backpacking, and snowshoeing. If you catch her inside she may be cooking, knitting, playing board games, or brewing up a cup of a dark roast coffee. <gossen@pcei.org>



The Environmental Education Program is pleased to welcome two new instructors to our team. You can expect some great programs in the Moscow School District from these two talented women, Heidi Weaver and Erin Gerhardt.

**Heidi Weaver**  
Environmental Education Assistant

Heidi grew up on a farm in Southeast Idaho. While attending Utah State University she spent her summers fighting fires for the Forest Service. After graduating from Utah State University, with a degree in Sociology, her love of the outdoors and gypsy spirit led her all over the west from doing forest inventories in Utah, to working on a helitack crew in Durango, CO. Heidi enjoys hiking, camping, snowshoeing and doing crafts. She is very excited to be spending a year at PCEI where she can share her love of nature and creativity with others. <weaver@pcei.org>

**Erin Gerhardt**  
Environmental Education Assistant

Erin Gerhardt moved to Moscow from Bend, Oregon, where she studied Natural Resources Ecology and worked on an organic farm. She enjoys spending time outdoors, running, hiking, biking, cross-country skiing, eating, listening to music and hanging out with people and pets. If she could be a superhero, she would be "Storm," from X-Men. If she was an animal, she would be an antelope. After completing her service with AmeriCorps, she would like to continue her education at the University of Idaho. <gerhardt@pcei.org>

## Get Fresh with MOSS Farm-to-School!

By Jennifer Farley, UI Masters Student

As a PCEI member, you may have heard about the McCall Outdoor Science School (MOSS), which operates out of the University of Idaho's McCall Field Campus. You may not know that it is the only residential outdoor school in the entire state. Each fall, 5th and 6th grade students participate in hands-on experiential learning, while MOSS instructors receive a UI Graduate Certificate in Environmental Education.



Jennifer Farley shows her love for fruit. Photo: PCEI

As a staff member of Rural Roots (a Moscow-based sustainable agriculture non-profit), Master's student in Environmental Science at the UI, and a previous MOSS field instructor, I sought a thesis that would connect local organizations and involve sustainable, local foods. This was the beginning of "Bringing Sustainable Food into Youth Outdoor Education" program.

For ten years, SYSCO Food Services has been the distributor for the UI McCall field campus. The benefits include minimized food and labor costs, and the convenience of prepared foods. As a result, the food served comes from distant sources, has less nutritional value than fresh, unprocessed food, and lacks the connection between local agriculture with the local community, environment, and economy.

While at MOSS, our instruction highlighted the relationships between biological, physical, and social systems. This farm-to-school project will reestablish ties with local communities and farmers, and bring local food systems back into Idaho science education. For my master's research, I will develop a plan for a MOSS farm-to-school program. This will explore the feasibility of serving locally produced food at the campus, whether through a distributor, directly from a farmer, and/or grown on-site in a greenhouse.

Last year, I received a USDA-CSREES Community Food Project Grant to fund this research. The Project is a partnership between Rural Roots, PCEI, and the UI. The farm-to-school plan is set for completion this December, so stay tuned!

For more information, contact Jennifer Farley <jennifer@ruralroots.org> or 208-883-3462

MOSS |môz|  
acronym/noun  
Mc•Call Out•door Sci•ence School

1 a residential science school located in McCall, Idaho.  
2 graduate program in Environmental Education.  
3 collaborative effort between Palouse-Clearwater Environmental Institute and the University of Idaho.  
4 a small green plant that lacks roots.

ORIGIN 2001: from English location + purpose + 'school'

## A Visiting Principal Gathers No Moss

By Gale Zickefoose, Principal, Amity Elementary School, Boise

I have had the opportunity to visit the McCall Outdoor Science School (MOSS) each of the last four years that my school has been involved. I have spent at least one night in the cozy cabins, gone out in the field in all sorts of weather (the snow is the best!), eaten the delicious meals (the kids love the food...they say it is better than "school food!"), seen my students, teachers and their parent chaperones in a different learning environment, and observed the excellent University of Idaho/AmeriCorps field instructors at their best.

Being a part of the MOSS program is a must- the best in environmental education. I will admit that the preparation and planning necessary for the trip is a lot of work. Organized and committed staff and parents are key to getting the program up and running. The pay-off is huge, though. To truly see the benefit, principals need to be a part of the program. MOSS will sell itself. I encourage you to contact the McCall Outdoor Science School administration, also a key piece to the success of the program, to learn more. <fizzell@pcei.org>

For more information, contact Gale Zickefoose <gale.zickefoose@boiseschools.org>



Amity Elementary student group (and principal) at MOSS. Photo: PCEI

## Introducing the Plate Project

By Carolyn Shoemaker, Plate Project Volunteer

Are you planning a family or social event that requires renting or purchasing disposable plates, flatware, or glasses? PCEI has developed a community resource that is an alternative to buying disposable paper or plastic place settings. This idea was originally created for a wedding reception with a low environmental impact in mind. Items were acquired from yard sales and thrift stores and eventually donated to PCEI. Since its inception in 2005, many organizations and individuals have used the Plate Project for casual dinners, formal ceremonies, family reunions, and community events, including the MLK Jr. Breakfast Celebration, sponsored by the Latah County Human Rights Task Force.

The Plate Project collection contains a variety of different patterns and designs to ensure that each event is unique. This assortment also contributes to conversation and reminiscing. If you are interested in using the Plate Project for your next event a \$100 refundable deposit is required and a donation is requested. We recommend considering what you would spend on renting or buying items and donate a percentage of this cost. Currently, PCEI has about 250 place settings, but is still in need of stemware, water, and juice glasses. We hope you will contact us for your next event or to support the plate project.

For more information, contact Carolyn Shoemaker <plateproject@pcei.org>



Josh Ritter donated proceeds from his local concert to PCEI. Photo: provided by Mike Leahy

## Josh Ritter Performs for PCEI

By Andrew Ackerman, PCEI Board Member

What a pleasant surprise when PCEI was contacted by Josh Ritter wanting to come back to his hometown and support a cause he cared about. With fellow Moscow native, Darren Smith as the opening artist, Josh Ritter performed a concert at the University of Idaho on Sunday, October 29, 2006, and generously donated all ticket sale proceeds to PCEI. The standing room only guests who enjoyed an intimacy rarely found in larger venues today welcomed the breathtaking music.

The event brought in close to \$8,500 that will accelerate our ability to make planned improvements to PCEI's Rodeo Drive Campus, transitioning it into a valuable nature center for the entire region and state.

The board and staff of PCEI would like to extend a warm thank you to individual donors and local business for helping pay for the facility rental, the wonderful volunteers who made the event possible, Teva Palmer for the stunning event posters and tickets, board members Tenley Burke and John Thielbahr and lastly to Josh and Darren for your generous and heartfelt donation.

## PCEI Wish List '07

- Diesel pick up truck \$12,000
- Hydromulcher/seeder \$6,000
- Flatbed trailer \$3,000
- Apple laptop \$1,200
- Laser jet printer \$980
- Outdoor storage shed \$450
- 2 pairs of waders \$120 each

## FAQ: Compost Bins

Q: Where in Moscow can I buy a composting bin for my backyard?

A: Although it is possible to make a composting bin with cast away materials like straw bales and wood palettes, some city dwellers may prefer a commercial composting bin. They are a good fit for gardeners with small backyards. They can be purchased or ordered from these local retailers:

The Natural Abode, 517 S. Main Street, 208-883-1040

Moscow Building Supply, 705 N. Main Street. 208-882-4716

## Call PCEI to reserve garden plots for Spring 2007!

at the Moscow Community Garden, north of Tri-State  
208-882-1444

This newsletter (ISSN# 1087-9374) is published quarterly by the Palouse-Clearwater Environmental Institute (PCEI). 3rd Class postage paid in Moscow, ID. The Mission of PCEI is to increase citizen involvement in decisions that affect our regional environment. Through community organizing and education, we strive to enable members of our community to find effective and sustainable solutions to local and regional environmental problems. PCEI is a non-profit organization. Donations are tax deductible. Articles for publication and letters to the editor are welcome and must include the name and address of the author. Opinions expressed in the newsletter are those of individual authors and not necessarily those of PCEI.

Editors: Aly Bean, Teva Palmer Template Design: Beth Case. Contributors: Jennifer Farley, Tracy Brown, Sara R. Cucksey, Courtney Rush, Tom Lamar, John Thielbahr, Gale Zickefoose, Cece Connors, Carolyn Shoemaker, Andrew Ackerman, Mike Leahy

People interested in being on our mailing list should join PCEI (see page 2).

This newsletter is printed on 100% recycled paper with 30% post-consumer content.

## PCEI people to brag about

Member(s): **Patty**  
and Gerardo Alvarez It is a pleasure



Also in photo, Aly Bean, Tom Lamar and Jerred Rockwood

to be able to recognize the owners of Patty's Mexican Kitchen and PCEI members, Patty and Gerardo for their incredible contributions to PCEI. Not only do they give generous financial donations, but they also give much time and energy to help us put on successful events, reward our volunteers, and help us fulfill our mission. Please be sure to stop by their restaurant (450 W. 6th St.) and tell them thank you!

Volunteer:  
**Mike Filipowski**

Mike had never volunteered before PCEI thinking it didn't seem worth the time or energy. However, has since found the experience to be very rewarding. Mike got to know some amazing people and feels he got to better the world he lives in. Mike will continue to volunteer at PCEI in the future, and plans on volunteering at other non-profit environmental organizations when he leaves the Palouse.



Landowner:  
**Mr. Henry "Buck" Espy**

Congratulations to Henry "Buck" Espy, the recipient of the PCEI Landowner of the Year award. Mr. Espy was integral in



the implementation of the riparian restoration project conducted on his property during the fall. With great enthusiasm and welcoming hospitality, Buck worked with, and guided the crew for the duration of the project, leading fence building projects (where he, himself dug 75 tractor-auger holes), shared coffee and sweets, and genuinely took great care of us. We whole heartedly give a 21-shovel salute to Mr. Buck Espy for is past, present, and future restoration efforts! Photos: PCEI

**Palouse-Clearwater  
Environmental Institute**  
PO Box 8596 Moscow, ID 83843

**Return Service Requested**

PCEI is a member organization of:

- Washington State Combined Fund Drive
- Choices in Community Giving
- Washington Environmental Council
- United Vision for Idaho
- Western Sustainable Agriculture Working Group
- River Network
- Moscow Chamber of Commerce
- Pullman Chamber of Commerce

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Winter-Spring 2007