

THE CIPCA MONITOR



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View from the Chair—What It Means to Volunteer

Sheri Duren
CIPCA Chair
City of Boulder WWTF

Fall is my favorite time of year. I love the coolness in the air that starts appearing more and more. I love the changing leaves. I also **LOVE** college football especially the **Tennessee Volunteers**. Having grown up a **Volunteer**, it's always been a part of who I am. I decided to share with you the definition of the word and share how it's great to be a volunteer as well as a **Volunteer**.

What is a volunteer? Dictionary.com gives the following definitions:

1. Noun
 - a. A person who voluntarily offers himself or herself for a service or undertaking.
 - b. A person who performs a service willingly and without pay.
 - c. Military. A person who enters the service voluntarily rather than through conscription or draft, especially for special or temporary service rather than as a member of the regular or permanent army.
 - d. Law
 - i. A person whose actions are not founded on any legal obligation so to act.
 - ii. A person who intrudes into a matter that does not concern him or her, as a person who pays the debt of another where he or she is neither legally nor morally bound to do so and has no interest to protect in making the payment.
 - e. Agriculture. A volunteer plant.
 - f. **Initial Capital V. A native or**

inhabitant of Tennessee (used as a nickname).

2. Adjective
 - a. Of relating to or being a volunteer or volunteers: a volunteer fireman
 - b. Agriculture. Growing without being seeded, planted, or cultivated by a person; springing up spontaneously.
3. Verb (used without an object)
 - a. To offer oneself for some service or undertaking.
 - b. To enter service or enlist as a volunteer.
4. Verb (used with object)
 - a. To offer (oneself or one's services) for some undertaking or purpose
 - b. To give, bestow, or perform voluntarily: to volunteer a song
 - c. To say, tell, or communicate voluntarily: to volunteer an explanation.

Here's a quick history lesson: Why are Tennesseans known as **Volunteers**? Well they answered the call (volunteered) during the War of 1812, where Andrew Jackson (a Tennessean) orchestrated a stunning victory at New Orleans. Tennesseans volunteered en masse to help defend the "Lower Country" of the United States and were involved in many battles. They were highly sought after due to their skills as riflemen. Tennessee furnished more soldiers than any other state during the US Civil War to both sides of the conflict: Confederate and Union.

Volunteering to provide assistance with a group is a noble task. Giving of your time, expertise, or even money can be essential to



Have a story to share?
Average article is only 325 words.

Please direct questions, comments, and submissions to:

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(Continued from page 1)

allow different groups to be successful. Without having an executive committee made up of people with different skills, different experiences, and different thoughts, the group wouldn't be as well respected. When you volunteer you free up others to do a job while taking care of specifics sometimes in the background and sometimes in the limelight.

I don't know if I volunteer often because I grew up being a **Volunteer** and always hearing about the volunteer spirit, and therefore it became a part of my personality and values. As you know, I volunteer as the Chair of the CIPCA Executive Committee, but I also volunteer at my daughter's school and in the youth group at church. Most of the time, my volunteering experience is more in the background, helping out as needed so that the teachers and leaders can focus on doing their job. In the case of the Executive Board, I'm much more in the spotlight (whether I like it or not). But, it has been such a wonderful experience. I've learned a lot and had to stretch my comfort zone a bit. I appreciate all of the words of encouragement from many of my fellow members throughout my term.

I used to worry about being the "perfect" volunteer, well there's no such thing. Most, if not all, volunteers strive to do their best in the limited amount of time that they have to provide a service. After becoming the Chair, I realized that all I can do is my best.

It takes many volunteers to run an organization like CIPCA. All types of people are needed with varying skill levels. Some are very introverted and barely speak and they are welcome just as the extroverts that love to get on their soapbox. CIPCA will only be what we, the members, make it to be. All of us experienced members need to be volunteering to share our knowledge with the younger members so that they stay around and that they see the benefit in having an active professional organization to rely on for training and information sharing.

If you have an interest in continuing to make the CIPCA group the best professional group around, please consider volunteering for one the open positions described below along with the current committee member (in case you would like to ask them questions):

- **Co-Chairperson** – Assists the chairperson and shall perform as the Chairperson when the Chairperson is absent or unable to perform. The term for the Co-Chairperson is one year and then they become the Chairperson.

JB Reyes
Metro
moving to Chairperson position

- **Treasurer** – Acts as the principal financial officer of the association and has the care and custody of bank accounts, payments, taxes, etc.

Deb Trusty
Littleton/Englewood
served full term

- **Newsletter** – Edits and prepares a quarterly newsletter for the CIPCA membership and also provides assistance with the maintenance of the website.

Mary Paterniti
City of Longmont
served full term

- **Education** – Assists with planning facility tours and training workshops and obtains training units from the State of Colorado's Operator Certification Program Office (OCPO).

Scott Caldwell
Metro
served full term

- **Secretary** – Keeps the minutes of the proceedings of the membership and the executive committee meetings and sees that all notices are transmitted to the membership.

Justin Elkins
City of Louisville
resigning due to job change at City

(Unfortunately, our secretary had to resign due to job duties that will not allow him to be as involved in pretreatment issues. Congratulations Justin - we will miss your contribution.)

Each position serves a 2-year term with a limit of 2 consecutive terms in the same position. The executive committee meets every 2 months at locations that vary based on the committee members' locations.

It doesn't matter if you've been in the pretreatment industry for many years or you've just started. We've had novice committee members say that they learned a lot and they definitely provided fresh eyes during discussions. I can promise you that once you volunteer you will receive a great feeling of accomplishment and the satisfaction of incorporating service into your life.

Benefits of Volunteering (excerpts from www.helpguide.org)

- Helps you make new friends and contacts
- Increases your social and relationship skills
- It's good for your mind and body.
 - o Increases self-confidence
 - o Combats depression
 - o Helps you stay physically healthy
- It can advance your career
 - o Provides career experience
 - o Teach you valuable job skills
- Brings fun and fulfillment to your life.

Please consider volunteering to continue to make CIPCA great.

If interested or want more information on duties, [email Sheri Duren](mailto:Sheri.Duren) or any of the current officers



By-Laws available:

www.cipca.org



2016

Enhance your resume

Volunteer for the CIPCA Board

Positions:

- Co-Chair
- Treasurer
- Education Chair
- Newsletter Editor
- Secretary

Wanted:

5 Members to volunteer for available positions in 2016. Attend monthly meetings and help organize the next fall conference.

Position terms are 2 years



EPA Proposes 2 New Rules

Karen Olson
Littleton/Englewood WWTP

The EPA is proposing two new hazardous waste rules. One rule will protect waterways, including drinking and surface water, by preventing the flushing of hazardous waste pharmaceuticals and simplifying the requirements for healthcare workers. The other rule will provide greater flexibility to industry while requiring new safeguards to protect the public from mismanagement of hazardous waste. The Management Standards for Hazardous Waste Rule proposes a sector-specific set of regulations for the management of hazardous waste pharmaceuticals by healthcare facilities. It will provide standards to ensure the management of hazardous waste pharmaceuticals is safe and workable within the healthcare setting. Some of the entities that would potentially be affected by this rule are pharmacies, vet clinics, medical and dental offices, hospitals, nursing care facilities, and pharmaceutical reverse distributors. In addition, the proposed pharmaceutical rule will make our drinking and surface water safer and healthier by reducing the

amount of pharmaceuticals entering our waterways. The proposed rule is projected to eliminate more than 6,400 tons of hazardous waste pharmaceuticals annually from our waterways by banning healthcare facilities from flushing hazardous waste pharmaceuticals down the sink and toilet.

Secondly the EPA has proposed the Hazardous Waste Generator Improvements Rule. This rule proposes to revise the hazardous waste generator regulations under RCRA to improve compliance which in turn will enhance protection of human health and the environment. The EPA proposes to do this by revising certain components of the hazardous waste generator regulatory program, addressing gaps in the regulations, providing greater flexibility for hazardous waste generators, and to make the regulations more user-friendly.

This information was obtained from the pre-publication copy (unofficial version) of the two proposed rules. The federal register publication is expected to be published within a few weeks. For more information you can visit: <http://www2.epa.gov/hwgenerators>.

* * *

See Last Page for More Info on the Fall Conference

Mail-In Registration Form or Paypal available online

[Register Now for the Fall Conference](#)

Game Of Throne Rooms

Mary Paterniti
Newsletter Editor
City of Longmont

At the end of season 4 of Game of Thrones, *the Imp*, [Tyrion, murders his father Tywin Lannister](#). (The Lannisters always pay their debts.) Lighting was dark. But, if you read the book, you know that Tywin was taking his ‘morning constitutional’ at the time and so it was a scandalous death not only because it was at the hand of his own son, but also because he was found dead on his own ‘throne’.

As a ‘dedicated wastewater professional’, this passage made me a bit curious about indoor plumbing in castles. We all know about Mr. Crapper and his flush toilets that became popular in the mid-1800s. Before that, I assumed it was all chamber pots. So, how could the suite of the ‘Hand of the King’ have this side chamber off the bedroom with a built in nook to accommodate a toilet? Where did that discharge? Did they really want me to believe that the bathroom was included in the design of this castle? (Yeah, I do know this is a fictitious story.)

It turns out that European castles built as early

as the 11th-century included niches that ran vertically down the inside of castle walls. These were called “garderobes”, a short version of the term “guarding one’s robe” from the idea that you could hang your bed clothes in the shaft and the ammonia fumes would kill the fleas.

Sometimes, the niches would discharge to a moat or vault and some did not discharge at all. They just filled the niche up with sewage and though they would considerably weaken the structure of an exterior defenses, surprise to the soldier standing below that breached wall!

I found an article from many years ago on a castle rehab project in England that exposed a garderobe vault. The centuries year old wastes was considered hazardous due to its high level of mercury and the project was delayed while the clean-up was scheduled. Mercury was used in medieval medicine to aide in constipation or in treatment of syphilis. The ingested mercury would pass through the body and into the chamber pot or in this case, down the garderobe. The treatment eventually killed the patient, but less dramatically than Tywin’s cross bow arrow to the chest.



OUR MISSION: STRIVING TO MAKE THE ENVIRONMENT A CLEANER, SAFER PLACE FOR TODAY'S AND FUTURE GENERATIONS.

UPCOMING EVENTS

Got Drugs?



**National Take-Back Initiative
Sept 26, 2015**

[More information on-line](#)

Environmental Crimes Task Force Meeting

For Government Employees Only

October 22, 2015

1:00 - 4:30

Topic: Marijuana laws

City of Lakewood Civic Center

ER Training Room

480 South Allison Parkway—2nd floor

Lakewood, CO



Did you miss Verbal Judo in Aug?

Western States Project is planning another local session Feb 1&2, 2016 and are evaluating additional dates. [Contact Lynn Cassidy](#) now to get on the waiting list.

Colorful Colorado

On August 5, 2015, the Gold King Mine in San Juan County, Colorado discharged 3 million gallons of toxic wastewater into a tributary of the Animas River after a contractor, retained and managed by the EPA to clean up the mine, caused an accidental structural breach of the mine. Documents released by the EPA show that the EPA and the contractor knew of the risk of a breach over a year before the incident.

Listen to the (heads roll)

Animas River Hearing

Sept 17, 2015 10 AM EST

<https://oversight.house.gov/hearing/epas-animus-spill/>

About 15 minutes prior to hearing, check the follow page for a link

<https://oversight.house.gov/hearing/>

CIPCA Fall Conference

Thursday, October 15, 2015
Ramada Inn – Northglenn (I-25 & 120th)

See Agenda Below

Mail-In Registration Form or Paypal available online; Registration is \$65.00

[Register Now](#)



This years conference will include sessions for both pretreatment professionals and industries.

Please invite your industries.

Registration/Breakfast begins at 8 am

Sessions begin at 9 am

Session 1 for Pretreatment Coordinators

9:00 Welcome/ Introduce Vendors/ EPA & State Regulatory Updates

10:00 Break

10:15 Universal & E-Waste

11:15 Red Rocks Programs

12:00 Lunch

13:00 Interview Techniques *with Troy Arnold*

14:30 Break

14:45 Using IU Waste to Optimize WW Treatment

15:45 Understanding QA/QC Jargon

16:15 Closing Remarks

Session 2 for Industrial Users

9:00 Welcome/ Introduce Vendors / How to Ace Your Inspections

10:00 Break

10:15 Good Housekeeping & Treatment

11:15 IPT 101— *presented by Al Garcia of the EPA*

12:15 Lunch

13:00 Sampling

14:00 Break

14:15 Hazardous Waste 101

15:15 Understanding Enforcement

16:15 Closing Remarks