



THE REFLECTOR

PROMOTING HEALTH FOR PEOPLE AND THE PLANET

A Newsletter from the OHSU Bike Commuter Group

March 2005

The Greening of OHSU

Choices for Sustainable Living

A Discussion Group at OHSU

The Northwest Earth Institute presented a introduction to *Choices for Sustainable Living* on April 5, 2005. The discussion begins on April 19, 2005 at noon in the School of Nursing, room 107. Please stop by to get involved with our discussion group on how to make responsible decisions on a daily basis. The discussion course is free but we will be reading from a text published by NWEI that is \$15. If you would like more information, please write to bike@ohsu.edu.



The Department of Public Health & Preventive Medicine Cleans Up

The Department of Public Health & Preventive Medicine has started the PHPM Green Team, a chartered group within the department with the goal of teaching each other methods of reducing waste. They expect to save money for the department by recycling and reusing office supplies. Other goals include encouraging members of the department to learn about ways to reduce waste such as precycling (ie, buying items that don't have needless packaging or avoiding packaging or products that can't be recycled), recycling everything that is recyclable, using reusable coffee mugs, and other waste reducing practices.

If your department has made a move toward sustainable practices or you would like tips on starting your own Green Team please contact the Bike Commuters Group at bike@ohsu.edu.

Earth Day and The OHSU GreenTeam

The OHSU GreenTeam is making a debut on campus on April 22. You will be able to find them at the Hatfield Research Center building selling plants, showcasing vendors that are working with them, and providing bins for shoe recycling. On Earth Day, April 23, they will head a litter removal project on Sam Jackson Park Road and they need volunteers.

More about the GreenTeam

The GreenTeam has been working for a year to develop a working group that can move OHSU toward green policies and to educate employees and students about sustainable practices. The GreenTeam is made up of volunteers representing diverse departments campus-wide. They are a large group with many tasks. To accomplish tasks most effectively and get everyone involved, there are numerous smaller teams consisting of roughly five to ten people each. GreenTeam members may participate in as many teams as their available time and interest allows. For more information or to contact them, visit their website at <http://www.ohsu.edu/greenteam>.

VOLUNTEERS NEEDED

The Annual Bike Fair is now in the planning stages. The success of the fair depends on you. In recent years, several volunteers have taken on small tasks to make it happen. If you are able to contribute a small amount of time to help the OHSU Bike Commuters Group pull off a fantastic fair, email us at bike@ohsu.edu. If you would like to become a regular volunteer you will be given a bike locker to use as a reward your efforts.

The Bicycle Commuter Act Makes a Comeback

From Centerlines

According to the Mar. 30 OKI Bicycle E-Info News, "Chuck Smith, President of the Ohio Bicycle Federation, reported back from the National Bicycle Summit that the Bicycle Commuter Act has been re-introduced as HR 807. This bill puts bicycle commuters on equal footing with transit riders. Employers currently may take a deduction for money spent reimbursing transit riders for bus and subway fares. The bill extends the transportation fringe benefits, 'Commuting Allowances,' under the IRS code, to persons using their bicycles to commute to work." Find the bill at: <http://thomas.loc.gov> This is a good time to send your support of the bill to your representatives. You can find their websites and contact information at <http://www.congress.org/>

High passenger transport usage, along with walking and cycling, reduces pressure on our roads, and brings considerable health, community and environmental benefits. It also makes us better prepared to deal with the economic and social impact of higher oil prices.

— Hon. Pete Hodgson, New Zealand Minister of Transport

Beginning a Bike Commute Workshop, April 29

I don't know about you, but I don't own a car and I still noticed that in the last 3 weeks that the price of gasoline at the Chevron that I pass everyday on Broadway has been flying up. Three weeks ago the price per gallon was \$2.09 for regular unleaded, this morning the price had risen to \$2.49. I learned last night that TriMet raised the regular fare by another nickel and will be forced to raise it again in September. If you still haven't gotten on your bike or you know someone who is thinking about, **now is the time**. Save yourself some money and stop burning those fossil fuels. Bicycling is sustainable, it's good for the body and mind, and it helps those people in Parking and Transportation breathe easier by reducing the number of cars they try to squeeze on the hill everyday. That said, send us an email at bike@ohsu.edu if you or your colleagues would like to learn how to commute by bike at noon on April 29 (I need to know how big the room should be). The workshop will be conducted by the BTA (www.bta4bikes.org).

BIKE TO WORK!



The Bike Commuter Group (BCG) promotes bicycling as a healthy mode of transportation that benefits individuals and the environment. For more information about the BCG or to find ways to get involved, contact us at bike@ohsu.edu or visit our website at www.ohsu.edu/bike/.

Assessing Theft Risks

The Bike Commuter Group would like to know if you have been a victim of theft or attempted theft while parking your bike at OHSU. In order to suggest informed changes for bike facilities on campus, the BCG needs to know when and where the risk is highest. Please report any thefts or attempted thefts that have occurred in the past two years to the BCG at bike@ohsu.edu and get in the habit of reporting all incidents to the BCG in the future.

THE BTA OFFERS WALK+BIKE TO SCHOOL DAY TRAINING

From Centerlines

According to a recent note from Brita Johnson, the Bicycle Transportation Alliance, Willamette Pedestrian Coalition, and the Oregon Walk+Bike to School Committee are sponsoring a series of free Walk+Bike to School Coordinator Trainings throughout Oregon. The sessions will be held from April 5-19th at Oregon DOT regional offices in Portland, La Grande, Bend, Ashland, and Salem. Topics covered include 'How to Organize a Walk+Bike to School Day,' 'Safe Routes to School Overview,' and more.



The purpose is to prepare school coordinators to participate in International Walk and Bike to School Day, which will be held this year Wednesday, October 5 during Walk and Bike to School Week. Last year's Walk+Bike to School Day involved more than 7400 kids in 30 Oregon communities.



For more info, go to:

http://www.walknbike2school.org/2005/03/2005_regional_w.html