

HEART HEALTHY

Eating right, exercise, and a good night's rest are the keys to maintaining a healthy heart. Too much of the wrong foods and too many hours watching sports on television can silently start to take its toll on our bodies and our heart. Your doctor will tell you that stress can be a killer too! So, try to eliminate some of the stressors in your life. One stressor you can easily eliminate is your storm water compliance worries. Do they keep you awake at night? Are you always worried about the quality of water leaving your facility? The good news is ... you don't have to be worried! Compliance is within your reach and you can take some simple steps to remove the stress and finally get a good night's sleep!

In this month's edition of *The Rain Events*, we will be focusing on how to have a "heart healthy" storm water program. You will learn about WGR's BMP exercise program, how to purge the toxins from your system, and how to reduce the stressors in your program, which will allow you to relax. If you follow these healthy suggestions, we guarantee you will have a compliance program that will warm your heart and reduce your anxiety (and possibly your blood pressure!)

The BMP Workout

Need exercise? Don't wait until after work to go to the gym. Try this BMP exercise program ...



- Carry 25 lb. bags of granular absorbent and place absorbent on oil spots in the parking area and paved surfaces.
- Spend 30 minutes a day sweeping up particulate matter, sediment and used absorbent.
- Spend 15 minutes a day walking the facility to inspect storm drain inlets, outfalls, and pollutant sources such as areas of industrial activity, and the haz. waste storage area.
- Every time you leave the office and walk across the facility, make it a goal to pick up at least 3 pieces of trash.
- Walk over to the various departments at your plant to educate them on storm water pollution prevention.

We Have a January Contest Winner!

Chad Gamble submitted the winning answer!

The question was ...

How many inspections are required by the Industrial Permit each month?



Chad submitted the correct answer. One storm water inspection is required each month during the storm season (if there is a qualifying event). One non-storm water inspection is required each calendar quarter.

Chad won 2 tickets to the February 18, Stockton Thunders Game.

Draft Industrial Permit Update...

The California Storm Water Quality Association reports ...

The revised draft Industrial General Permit is planned be re-released during the 1st quarter 2012 with a hearing possibly in the 2nd quarter. The State Water Board is evaluating how to include TMDL allocations assigned to industrial dischargers. One possible approach would be to reopen the permit after adoption to add TMDL requirements by each Regional Board. CASQA states that TMDL allocations would need to be clearly translated into industry-specific requirements.

Heart Healthy SWPPP Meatloaf

1lb	ground beef, extra lean
1/2 C	(4 oz) tomato paste
1/4 C	onion, chopped
1/4 C	green peppers
1/4 C	red peppers
1 C	tomatoes, fresh, blanched, chopped
1/2 tsp	mustard, low sodium
1/4 tsp	ground black pepper
1/2 tsp	hot pepper, chopped
2 cloves	garlic, chopped
2 stalks	scallion, chopped
1/2 tsp	ground ginger
1/8 tsp	ground nutmeg
1 tsp	orange rind, grated
1/2 tsp	thyme, crushed
1/4 C	bread crumbs, finely grated

After a day of implementing BMPs come home and treat yourself to a heart healthy meal knowing your compliance program is in good shape!



1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably with drip rack) and bake covered at 350 °F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Yield: 6 servings
Serving size:
6, 1 1/4-inch-thick slices
Each serving provides:
Calories: 193
Total fat: 9 g
Saturated fat: 3 g
Cholesterol: 45 mg
Sodium: 91 mg
Total fiber: 2 g
Protein: 17 g
Carbohydrates: 11 g
Potassium: 513 mg



CPR for Storm Water Programs



Do you need to resuscitate your storm water compliance program? Is it lifeless and needing a re-start? If so, try giving it CPR ... **C**orrect, **P**repare, and **R**ecord.

Correct:

- Take corrective action where pollutants are exposed to storm water.
- Take time to correct facility employees of incorrect practices or bad habits, such as leaving the trash bin lid open, dumping non-storm water into storm drains, or performing vehicle maintenance in areas exposed to storm water. Start holding quarterly storm water training meetings.
- Take notice of benchmark exceedances and determine what additional BMPs can be used to correct the situation.

Prepare:

- Prepare to sample storm events by getting a sample kit from the laboratory, and having the chain-of-custody and discharge observation forms printed and ready to go.
- Prepare for expected storm events by doing a pre-storm inspection looking for areas that need to be cleaned up or secured before the storm moves in.
- Check on the last preparation of the SWPPP document, make sure the SWPPP is up-to-date and addresses all of the pollutants of concern.

Record:

- Record areas needing corrective action and document the corrective action taken to address areas of concern.
- Record all visual observations on the appropriate forms (Forms 2, 3, 4, and 5).
- Document all storm water training meetings.
- Review analytical results as soon as you get them back from the laboratory, and record action taken in response to benchmark exceedances.
- Record the date, time, and visual observations of the release of any impounded storm water.

As with a medical emergency, CPR is only a start towards returning to a healthy condition. But the above steps will help pump some life back into your compliance program.

“To Do List” for February:

- Look for illicit discharges and do the 3rd Quarter Non-Storm Water Observations (Forms 2 & 3 by March 30).
- When is it going to start raining? Have you gotten a sample yet? If you haven't gotten your first, you are behind!
- Perform the monthly storm water observations (Form 4).
- Do your BMP exercise program!



February Storm Water Contest

Try it out! You can win!

By February 29, 2012, submit a response for the following question by email to jteravskis@wgr-sw.com.

What is an unauthorized non-storm water discharge? Give a couple examples.

All persons submitting the correct answer will be placed in a drawing. The winner will receive a \$25 gift card to



Need a Check up by a Professional?

Sometimes, to get back on the road to good health it is necessary to get an examination by a professional. Does your storm water program need a check-up? Let the professionals at WGR come check out your storm water program and give you a synopsis of its condition. Our check up includes a facility inspection, review of the SWPPP, the previous annual report, and this year's sampling and monitoring data. We will provide you a confidential report on what needs attention and recommended improvements.

Book a check-up in February and pay only \$225!



Please contact us if you have any questions ...

Rain Events Newsletter Editor:

John Teravskis jteravskis@wgr-sw.com
(209) 334-5363 ext. 202

**Technical Questions about Storm Water Compliance?
Call ...**

Aaron Ortiz, aortiz@wgr-sw.com, (209) 810-5151
John Teravskis, jteravskis@wgr-sw.com, (209) 649-0877
Bill Senner, bsenner@wgr-sw.com, (310) 629-5260