



MEMBER JURISDICTIONS:

Grandview
Granger
Harrah
Mabton
Moxee
Naches
Selah
Sunnyside
Tieton
Toppenish
Union Gap
Wapato
Yakima
Yakima County
Zillah

**YVCOG EXECUTIVE
COMMITTEE:**

James A. Restucci, Chair
Mayor, Sunnyside
Kevin Bouchey
Yakima County Commissioner
Rick Ensey
Yakima City Council
Area 1 — Dan Olson
Union Gap City Council
Area 2 — Loren Belton, Vice Chair
Toppenish City Council
Area 3 — Angel Reyna
Mayor, Mabton
Member At Large-
John Hodgkinson, Jr.



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**Who is at risk
from nitrates?
Yakima County Launches
Nitrate Treatment
Pilot Program**

By Lisa Freund
Yakima County Public Services Dept.

This year up to 400 Lower Valley households with high nitrate levels in their drinking water will receive treatment devices to help lower the nitrate in their water, thanks to the Nitrate Treatment Pilot Program, a grant-funded program administered by Yakima County in partnership with local, state and federal agencies.

Yakima County recently mailed 8000 nitrate packets to Lower Yakima County homeowners and residents (South of Union Gap to County Line Road) who are served by private wells, and invited them to test their water for nitrates. Those households served by private wells that meet or exceed the EPA drinking water standard for nitrate (10 mg per liter) were encouraged to apply for a **Nitrate Treatment System**.

According to County officials, all households that meet the criteria are eligible to have a free filter treatment system installed at a single point of entry in their home through the program.

Households that also have a person in the home who is considered a high public health risk from nitrates—i.e., children less than 12 months of age, pregnant women, or individuals susceptible to health problems from nitrates—will be prioritized first.

For first consideration, applications must have been submitted to Yakima County Public Services by Friday, January 28, 2011. The County will continue to accept applications on a first-come first-served basis until Friday, April 29, 2011. See the Nitrate website for complete details.

The Nitrate Treatment Pilot Program is the first step in addressing concerns about elevated levels of nitrate in groundwater in the Lower Valley. In 2010 State Senator Jim Honeyford helped secure \$500,000 in funding for the program. Yakima County is using \$395,000 of the funding, administered through the State Department of Health, to make the treatment devices accessible to a limited number of lower Valley households (300-400) with high nitrate levels in their drinking water. The remaining \$100,000 will fund a groundwater study to identify and undertake long-term measures to reduce or eliminate nitrate pollution of the groundwater.

The pilot project completion deadline is June 30, 2011.

For more information about program eligibility, or to view the daily nitrate results submitted by Lower Valley residents, please visit the Nitrate Website at: <http://www.yakimacounty.us/nitrateprogram/english/>



Applications for Drinking Water Treatment Systems Now Being Accepted. Questions may also be directed to the Nitrate Hotline at: 1-855-740-8429.

Due to the President's Day holiday observation, YVCOG Office will be CLOSED on Monday, 2/21. Regular office hours will resume on Tuesday, 2/22. We apologize for any inconvenience.





Metropolitan and Regional Transportation Plan Update

By Deb LaCombe, Senior Planner

Thank you to all the jurisdictions who've participated in the incredible month of Metropolitan and Regional Transportation Plan (M/RTP or Plan) update meetings. As a summary and follow-up reminder, we discussed three areas where the jurisdictions have been asked to provide updated information: land use values, roadway and intersection representation review, and review and revision of the previous transportation project list.

Land Use Values (spreadsheet and map)

This is the most labor-intensive task involved with the Plan update. We reviewed the customized and printed spreadsheets for each jurisdiction and related the land use with each Transportation Analysis Zone (TAZ) by discovering the association between the TAZ and its respective land use categories. If any jurisdiction has not received their Land Use Excel workbook by January 28th, please email me and let me know so I can provide you with this valuable tool that covers 2010, 2015, 2020, and 2030 sections.

Those jurisdictions identified as being in both the MPO and County models should have two distinct sets of land use values and maps.

Roadway and Intersection Representation (maps)

Perhaps the easiest tasking for the Plan update, each jurisdiction has been asked to review and provide revision suggestions to the roadways and intersections represented in the models. The jurisdictions have been provided with 4 maps of roadways and 4 maps of intersections covering the 4 modeling years of 2010, 2015, 2020, and 2030.

There are elements I'll need in order to add network into the model for an added roadway: indicate on the map the location of any additional roadways, specify number of lanes, whether there exists a two-way left turn lane on that section of added road, a default capacity per lane per hour, and the posted speed. For an altered or added intersection simply identify the location on the map and indicate the control type that is shown in the map legend.



Previous Project List Review and Revision

Lastly, each jurisdiction was provided with a 2007 project list as a starting point and asked to review the list for any deletions, changes in projects, or additions to the project list for the 2011 Plan. I will automatically add any TIP projects sent to me this last fall or winter. Once I have all the lists from the jurisdictions and WSDOT, I'll call together a special sub-committee group to review and prioritize the Plan Project List for the full TAC review and recommendation to the MPO/RTPO Executive Committee.

Please remember my closing remarks and if you have any questions during the M/RTP update process, don't hesitate to call or email me. Again, thank you!



2011 CDBG Planning Only Grants

By Shawn Conrad, Senior Planner

The Community Development Block Grant (CDBG) program has approximately \$500,000 available for 2011 Planning-Only Grants, an increase of \$100,000 over last year's available funds. These grants provide funds to small communities to plan for projects that principally benefit low- to moderate-income (LMI) community members. Applications must meet at least one of the following priorities:

- Addresses a public health and safety issue
- Improves essential services to low- and moderate-income persons
- Completes a necessary and specific step in a broader community development strategy
- Assists communities in planning that principally benefit LMI persons
- Supports local planning to affirmatively further fair housing

Individual jurisdictions may receive up to \$24,000. Joint applications involving two or more eligible jurisdictions with a common planning need may receive up to \$40,000. However, the maximum amount awarded is increased to \$35,000 (\$50,000 for a joint application) if the application meets all of the following criteria: 1) addresses a critical public health and safety issue, 2) required by a regulatory agency (i.e. Departments of Health or Ecology), 3) community is facing financial hardship in addressing the issue, and 4) other funding sources have been considered.

Eligible communities are non-entitlement jurisdictions with populations less than 50,000 (200,000 for counties). In Yakima County, non-entitlement jurisdictions include all jurisdictions except the City of Yakima. Non-profit organizations, tribes, and special purpose organizations may not apply directly to the CDBG program, but may partner in projects and act as subrecipients of funding.

The 2011 Planning-Only Grant application packet will be available **February 1, 2011** at <http://www.commerce.wa.gov/site/948/default.aspx>. Keep an eye on this website for application workshops to be announced. *CDBG will accept applications from **March 1, 2011 through December 21, 2011**, or until all funds are awarded.*

New this year: grants will still be considered on a first-come first-served basis. However, if CDBG receives an application that is not complete, that application will be sent back to the applicant for correction and will lose its place in line. Double-check those applications!



High Praise from 3-Year Audit Report

The Washington State Auditor's Office conducted their 3-year Audit for 2007-2009 during December. YVCOG was reviewed on our accountability for public resources and compliance with laws and regulations.

On February 1st, representatives from the State Auditor's Office conducted an Exit Conference to conclude the 2007-09 audit. YVCOG received a glowing report that included high praise for our record-keeping, policies and processes. The Auditors' report contained no findings, notes, or any corrective actions. They were highly impressed with our organization and staff.

Kudos to Nancy Soules and the administrative staff for all their hard work and the YVCOG Executive Committee members for all of their support.



February Committee Meetings
MPO/RTPO Technical Advisory Committee
 Thursday, Feb 10 at 10:00 a.m.
YVCOG MPO/RTPO
Executive Committee & Policy Board
& YVCOG Executive Committee
 Monday, Feb 14 at 1:30 p.m.

LOCATION: The 300 Building
311 North 4th St * 2nd Floor * Yakima, WA
For more info, see our website or call (509) 574-1550.

January's General Membership Meeting Gets HOME-y

By Sarah Hyndman, Office Specialist

On January 19th, we were fortunate to have our General Membership Meeting at the Wapato American Legion with a HOME Consortium update. The following update was delivered by Lee Murdock, Affordable Housing Coordinator for Yakima County Human Services Department, to our YVCOG membership.



Lee reported that late last year, the Yakima County HOME Consortium's Consolidated Plan was approved by HUD. Yakima County signed a contract with HUD soon afterward for the implementation of our Year One activities: Single family home rehabilitation. The successful completion of this plan could not have been done without the guidance of the HOME Governing Board and the facilitation of Page Scott.

Currently, the Technical Advisory Committee Work Group is developing policies and procedures for the Rehab Program which will be presented to the HOME Governing Board for approval. Once this is done, Yakima County will begin the process of revising the Interlocal Governmental Agreements with the participating jurisdictions to make sure they all contain the most up-to-date information and the leadership structure for the HOME Governing Board.

Lee also thanked the staff who have been participating in the TAC team and Work Group; particularly William Rathbone from the City of Toppenish. He has attended every TAC team meeting and the weekly Work Group meetings to develop policy recommendations to present to the Board for approval.

The Work Group discussions are being led by Gene Weinmann, former YVCOG Housing Rehab Program Coordinator. His wealth of knowledge and expertise has led to very few hiccups in the process as things are progressing. With Gene's guidance, Lee expects have the policies and procedures completed by the end of February.

Also to be completed over the next few months is the Year Two action plan and New Construction Program Development.

For more information about the Yakima County HOME Consortium, please contact Lee Murdock at Lee.Murdock@co.yakima.wa.us or call (509) 574-1524.

THE NEXT MEETING....

WHAT: YVCOG General Membership Meeting

WHERE: Union Gap Ahtanum Youth Park

WHEN: March 16, 2011
6:30 p.m. to 9:30 p.m.
(Dinner at 7:00 p.m.)



Reservations and cancellations are due no later than Friday, March 11, 2011 at noon. Please RSVP to Sarah or Tami at (509) 574-1550 or email to haywardt@yvcog.org.

Planning Assistance Available through APA

By Shawn Conrad, Senior Planner

The American Planning Association (APA) is offering planning assistance to local communities through its Community Planning Assistance Team (CPAT) initiative. Through this initiative, local communities can receive the assistance of a multidisciplinary team of planning professionals. The individuals on the team are selected for their expertise on the project being planned, and non-planning professionals are included as needed. The goal of the CPAT initiative is to foster community education, engagement, and empowerment. Assistance is highly focused, and the CPAT initiative may assist with a wide range of projects aimed at promoting a sustainable, livable, economically vibrant, and healthy urban environment. Community Planning Assistance Teams work with selected communities over a period of seven months, and includes consultation, an initial visit by the team leader, a three to five day site visit that includes public meetings, stakeholder interviews, intensive work sessions, and presentation of a preliminary report; production of a final report, and follow-up. The work of the professional team is pro bono. However, communities are expected to cover travel costs and accommodations.

The CPAT initiative holds two annual application cycles. 2011 deadlines are **February 22, 2011** and **June 21, 2011**. The application fee is \$50. Applications are evaluated on the scope and clarity of the project, community support for the project, available funding and logistical support for the project, the demonstrated ability of the contact person to coordinate the project from a community perspective, and the probability that APA can commission a team with the skills and experience matching the community's needs.

For more information and an application, please visit <http://www.planning.org/communityassistance/teams/>

January Meeting Highlights

MPO/RTPO TAC Meeting: Dec 9

- MTP/RTP Update
- 11-14 MTIP/RTIP Jan. Amendments
- Model User's Group (MUG) Meeting Information
- MPO/RTPO & WSDOT Updates
- Yakima County's Presentation on Vehicle Tracking

MPO/RTPO Executive Committee: Dec 20

- 11-14 M/RTIP Jan. Amendments
- 2011 MTP/RTP Update
- On-Call Modeling Contract with Robert Shull

YVCOG Executive Committee: Dec 20

- HOME Consortium Contract with YVCOG for assistance with program development.
- Potential Uses of Social Networking for YVCOG outreach.

Your YVCOG Staff:

- J. Page Scott, Executive Director
- Brian Curtin, CTR Coordinator
- Deb LaCombe, Senior Transportation Planner
- Shawn Conrad, Senior Planner
- John R. Rohrbaugh, GIS Analyst/Systems Administrator
- Nancy Soules, Senior Accountant
- Tamara Hayward, Office Specialist
- Sarah A. Hyndman, Office Specialist
- Serena Pettit, Office Technician



10 Tips for Walking to Work By Brian Curtin, CTR Coordinator

There are times when I discover an article that says it so much better than I could possibly hope to myself; the following is an example of that, written by Wendy Bumgardner from About.com.

1. Plan Your Route

The best route to walk to work may be different from what you prefer for driving. I like to use quieter side streets or greenway paths as much as possible. Look for a route that is a block or two off of major roads. Consult your local parks department web site for the location of greenway paths. I also like to skip crossing major streets to avoid the noise and delay. You can use the [Google Map Pedometer](#) to find, draw, and measure a local walking route.

2. Predict Your Walking Time

Don't be late for work. How long will it take you to walk to work? For your first walking commute, plan on a pace of 20 minutes per mile or 12 minutes per kilometer. If you have many streets to cross with walking signals, you may want to increase that to 25 minutes per mile. Time your first couple of walks so you can better predict your walking pace.

3. Wear the Right Shoes and Socks

I recommend wearing athletic shoes for any walk of over 10 minutes. You may need to change to shoes more appropriate for your work environment when you arrive, either by leaving them at work or carrying them with you. Athletic shoes support your feet correctly for walking any distance, preventing foot pain and problems. Get fit for good athletic shoes at the store in your area that caters to serious runners. They will be able to recommend the right shoe for your stride. Also, stick to socks that wick away sweat will help prevent foot blisters.

4. Wear the Right Walking Clothes

Can you walk to work in your usual work clothes? This will depend on the weather, the length of your walk, and whether you wear casual clothes or suits. Your walking clothing should allow a proper walking stride. Pants or skirts that restrict your leg motion should be avoided. For walks of more than 20 minutes, you may want to consider wearing proper walking clothing and changing when you get to work. At a minimum, I recommend women wear a sports bra and an athletic shirt that wicks away sweat and change, if needed, when you arrive at work.

5. Protect Your Head and Skin

Hats are a good idea for walking for more than 10 minutes. Many of us try to avoid "hat hair" by not wearing a hat. But you will need to keep your head warm in winter and shielded from the sun in summer. Try a different hairstyle if you see this will be a problem. As a long-haired person, I braid my hair to keep it from being windblown and tangled. Wear sunscreen in all weather to prevent wrinkles, aging skin, and skin cancer.

6. Carrying Your Stuff

Your usual briefcase or shoulder bag is likely to be uncomfortable to carry for more than 10 minutes. Switching to a backpack or messenger bag will allow you to carry the load while maintaining good walking posture. That can help prevent back ache from walking with poor body alignment. Avoid carrying anything in your hands, which can lead to repetitive strain for your neck, shoulder, elbow or wrist. Lighten the load -- papers and books weigh a lot. Every 5 sheets of paper equals an ounce. Aim for a load of five pounds or less (including the weight of the bag) for the best walking comfort.

Continued Above Right...

Continued From Left...

7. Be Prepared for Bad Weather

I like to carry along one of those cheap folded plastic rain ponchos just in case of an unplanned downpour. Dressing in layers can help you prepare for unexpected heat or cold - remove or add a jacket, microfleece vest, or windbreaker. Umbrellas may work in some climates, but I find the poncho to be the most effective answer to wind and rain.

8. Sweat Happens - Sprucing Up at Work

Even in cool weather, you may work up a lather on your walk. Give yourself an extra few minutes after arrival to cool down and dry off. Locate the best washroom for this purpose. If you find you are sweating on the way to work, switch to wearing a sweat-wicking athletic shirt for the walk. Use a washcloth or moistened paper towels to give your armpits a sponge bath. Change into a fresh shirt. You may want to choose work shirts that are wrinkle-resistant so you can bring them with you. Some athletic shirts are adding an anti-microbial finish that helps prevent body odor.

9. Replenish Your Body

If your walk will take more than 20 minutes, plan for a cup of water every 20 minutes by carrying it with you or locating water fountains. After arrival, have a glass of water. For walks of 30 minutes or more, it is good to have a small post-walk snack that includes protein and carbohydrate to help your body build muscle and restore energy. A drink that includes non-fat milk or soy milk is a good choice.

10. Plan B

Those used to car commuting may feel uneasy in not having a car to use for errands or emergencies. What public transportation is available between home and work? Learn the bus and rail routes and have the fare on hand. Would any of your co-workers give you a ride if needed? Can friends or family be on call to pick you up? Planning this ahead of time will relieve stress and make you a more confident walking commuter

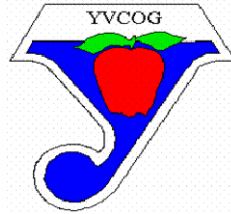
Just call her "Scooter"



YVCOG Executive Director, Page Scott, has been "scooting" around on her knee roller for the past month. *Was it a skiing accident? Did one of the horses step on her foot? Maybe she got injured running around with the dog?* No, it was nothing that interesting. Page had corrective foot surgery on December 23rd and has been rolling or crutching around until the doctor gives the green light to start bearing weight again.

TITLE VI Notice to the Public

YVCOG fully complies with Title VI of the Civil Rights Act of 1964 and related statutes and regulations in all programs and activities. For more information, or to obtain a Title VI Complaint Form, see <http://www.yvcog.org/title6.pdf> or call (509) 574-1550.



2011 YAKIMA VALLEY CONFERENCE OF GOVERNMENTS REVISED MEETING DATES

*MPO/RTPO & POLICY BOARD & YVCOG EXECUTIVE COMMITTEES	**YVCOG GENERAL MEMBERSHIP	***MPO/RTPO TECHNICAL ADVISORY COMMITTEE
JANUARY 19-Wednesday	JANUARY 19	JANUARY 13
**FEBRUARY 14- Monday	MARCH 16	FEBRUARY 10
MARCH 21	MAY 18	MARCH 10
APRIL 18	SEPTEMBER 21	APRIL 14
MAY 16	SEPTEMBER 21	MAY 12
JUNE 20	OCTOBER 19	JUNE 9
JULY 18	DECEMBER 14	JULY 14
AUGUST 15		AUGUST 11
SEPTEMBER 19		SEPTEMBER 8
OCTOBER 17		OCTOBER 13
NOVEMBER 21		NOVEMBER 10
DECEMBER 19		DECEMBER 8

*The Metropolitan and Regional Transportation Planning Organization (MPO/RTPO) & Policy Board and YVCOG Executive Committee meet at 1:30 p.m. at the YVCOG office, 311 North 4th Street, Suite 202, in Yakima on the **3rd Wednesday** of January and February and on the **3rd Monday** of each month thereafter. **This year, the February meetings have been moved to February 14th.**

** The YVCOG General Membership meets at 6:30 p.m. on the **3rd Wednesday** of January, March, May, September, and October. The December meeting is held on the **2nd Wednesday**. These meetings are held at alternating locations throughout the county.

***The MPO/RTPO Technical Advisory Committee (TAC) meets at 10:00 a.m. at the YVCOG office, 311 North 4th Street, Suite 202, in Yakima on the **2nd Thursday** of each month (unless notified otherwise).