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# **RBMC** Regional Building Maintenance Company



Newsletter

September 2009

## **Green Cleaning Pollution Prevention**



The Green Cleaning Pollution Prevention Calculator quantifies the projected environmental benefits of purchasing and using "green" janitorial services and products. It is designed to forecast the environmental benefits of reducing chemical use by doing some or all pollution prevention measures typically involved in the routine interior cleaning of an office building. This tool also enables users to identify which green cleaning measures will have the greatest impact in reducing their use of hazardous chemicals and in preventing pollution.

The Calculator's output applies only to standard office cleaning products and practices. It does not apply to other

## **Regional Building Maintenance Company**

*Customer Focused Quality Services*



**Contact person:**

Cecil B. Osborne, Jr.

**Address:**

15366 NE 96th PL #C10  
Redmond, WA 98052

**Phone:**

Toll Free: 888-333-7272

Phone: 425-861-3995

**Fax:**

Fax: 425-861-3998

**Web & Email:**

[www.rbscorp.net](http://www.rbscorp.net)  
[cecilosborne@rbscorp.net](mailto:cecilosborne@rbscorp.net)

building maintenance issues, such as equipment maintenance, pest control, or landscaping activities.

#### Who Should Use This Calculator?

The U.S. Environmental Protection Agency (EPA) developed this tool for use by federal agency environmental, health, and safety facility managers, and other interested parties to estimate the benefits that could be achieved by adopting "green" cleaning practices. EPA anticipates that this tool will be particularly helpful in developing performance-based janitorial contracts.

#### What is Green Cleaning?

Green cleaning is a new approach to janitorial services that offers better environmental performance and improved worker health and safety, while retaining the same sanitation quality as traditional, more chemical-intensive methods. When green cleaning practices are correctly employed, no "cleaning power" is sacrificed.

[To read more CLICK HERE](#)

## Cleaning Tip

**Tips On How To Get Gum Out Of Carpet**



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## Recipe Spaghetti with Pinot Grigio and Seafood

By: Giada De Laurentiis

Cooktime: 15min

Serves: 4-6

Drink: Pinot Grigio



### Ingredients

1 pound spaghetti pasta  
1/4 cup olive oil  
3 shallots, chopped  
3 cloves garlic, minced  
3/4 cup chopped sun-dried tomatoes  
1 1/2 cup Pinot Grigio (or other white wine)  
1 pound shrimp, peeled and deveined  
2 pounds clams, washed  
1 teaspoon kosher salt  
1 teaspoon freshly ground black pepper  
2 cups arugula

### Direction

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta.

Meanwhile, heat the olive oil in a large heavy skillet over medium heat. Add the shallots and the garlic and cook for 3 minutes, until tender but not brown. Add the sun-dried tomatoes and cook for another minute. Add the wine, shrimp, and clams. Bring the liquid to a boil. Reduce the heat and simmer, covered, until the shrimp are pink and the clams have opened, about

**Anyone who has children old enough to chew gum has had to find out the hard way how that it sticks to hair, carpets, clothing, the inside of your dryer or some other place that you wouldn't want gum. If you find yourself with gum stuck in your carpet there are several ways to remove this mess without ruining your carpet.**

**One popular way is by using a bag of ice to freeze the gum and then peel it neatly out of the carpet. This can be done by placing the ice on the gum for fifteen minutes or so to freeze it solid then the gum should peel away from the fibers. This might be a good method to start with since you're not introducing any new liquids or products to the carpet to clean the gum from it.**

**A faster way to freeze the gum and remove it from your carpet is by using a can of air meant to clean your electronics. These cans are meant to be used right side up, but if you shake them or turn them upside down you will find they become cold. Turning the can upside down while spraying the gum will spray a shot of liquid onto the gum that freezes it instantly. Once the gum is frozen you can whack it with whatever is close by (hammer, umbrella handle, broom or whatever) so that it shatters into pieces and then you can vacuum it up or pick up the pieces.**

**Goo-Gone is a product you can purchase to remove gum and other sticky substances from your carpet and other furnishings. This is an oily product that cuts through the gum in no time. The stickiness is completely removed with a little rubbing.**

**[To read more CLICK HERE](#)**

**[Thank You](#)**

7 minutes.

Add the spaghetti to the seafood mixture. Add the salt and pepper and stir to combine. Add the arugula. Stir gently and place on a serving platter. Serve immediately

## **Composting - Going Green in Your Back Yard**

**By Anita Koppens**

**Doing little things to help the environment can start right at home. Composting has long been a way to create great fertilizer for the garden. Kids love to get involved too.**

**Kitchen scraps such as onion peels, cantaloupe seeds, rinds and eggshells do not need to go into the trashcan. They can be recycled in compost bins to provide wonderful nutrients for successive generations of vegetation. With more people becoming concerned about the environment, composting is a simple procedure that can be implemented at home to reduce the negative impact on the eco-system. Composting is easy to start at home; simply keeping a small garbage pail dedicated to eco-friendly refuse in the kitchen can help you begin. At the end of each day, walk the materials out to the area where you have the compost bin. With very little effort and some assistance from the natural activities of bugs and warmth from the sun, you can create nutrient rich soil for your garden, house plants or landscaping and feel good about being pro-active and reducing waste in landfills.**

**You will initially need to get a compost bin, which can sometimes be found at home improvement or gardening stores. If you cannot find a pre-made compost bin, you can easily build your own using wood, pallets, blocks of concrete, wire, and an old garbage can with 1/2 -inch holes poked into the bottom. This allows moisture to seep out of the compost container and into the ground, but keeps small animals out of the bin.**

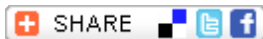
**Once you have your bin, you need to start layering it with compost. You should first place a layer of small, smooth rocks along the bottom, and then start alternating layers of brown and green waste. Brown waste typically consists of sawdust, wood chips, dried leaves, and paper products like newspaper and coffee filters. Green waste is comprised of eggshells, tea bags, old fruits and vegetables, coffee grounds, general food wastes, and weeds. One helpful thing to remember is to place soil between each layer, as this will quicken the entire procedure.**

**Locate the compost bin far enough away from your house so that you don't smell any waste, yet close enough for convenience. You should also remember**

We hope you have enjoyed our newsletter. We got such good response from the first newsletter, that we were just as excited for the second. Thank you for being so loyal and supportive.

**Sincerely,  
Cecil Osborne  
Regional Building Maintenance Company**

**that that the compost bin will naturally be warm because of the biological process that are taking place. In order to retain this warmth, if you live in a cooler area you will need to place it in a sunny area. If you live in a very hot, dry climate, you will need to add water to it occasionally and perhaps put it in a sheltered area. It needs to sustain some warmth and wetness, but any severity in temperature will likely slow down the progression. Having a compost bin is just one simple way you can make a positive impact on the local environment. It is also very satisfying to use the compost on your own garden or plants once it has matured.**



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Regional Building Maintenance Company | 15366 NE 96th PL SE | #C10 | Redmond | WA | 98052