

**Not everyone will be warm and cozy this winter**

**Project PAL**



**Energy Assist**

**Consider rounding up your bill each month to contribute to Project PAL! Call us at 360.376.3500**

**OPALCO Board Election -  
accepting candidates 12/01/18**

**[www.opalco.com/election](http://www.opalco.com/election)**

**YOU  
SHOULD  
RUN**



# OPALCO and The SeaDoc Society Love the Salish Sea

## A message from SeaDoc:



For all of us who live in the Salish Sea, it is sad to witness the recent loss of the youngest members of our orca pods. We are working towards a sea change.

The SeaDoc Society uses science and education to affect positive change in the Salish Sea. Our Chief Scientist and veterinarian, Joe Gaydos, was on the scene with J50 (Scarlet), attempting to save her life. Calf survival, especially of females, is crucial to preventing extinction of this unique population of orcas.

## How can you help? 7 tips that benefit the whales:

1. Join efforts for habitat restoration for Chinook salmon (the main diet of Orca Whales).
2. Work to reduce stormwater runoff on your property.
3. Support a salmon recovery organization.
4. Clean up the sea! Use eco-friendly personal care, cleaning, and yard products.
5. Exercise and eat healthy foods. Orca health reflects our own.
6. Repair leaks in cars and boats. Wash where run-off is filtered. Only rain down the drain!
7. Boat noise is pollution. Slow down in sight of whales. Stop engines when near.

**More great tips for doing your sea-healing part at home:**  
<https://www.betterground.org/about/>



## JoinTeam SeaDoc

- Tell the kids you love about Junior SeaDoctors [www.juniorseadoctors.com](http://www.juniorseadoctors.com)
- Share our new Nature Guide: *Explore the Salish Sea* with those same kids.
- Sign up to be the first to know what SeaDoc is doing at: [www.seadocsociety.org](http://www.seadocsociety.org)
- Go play by the sea - this is where we connect.

