

# CASTINGS



Hello, did you have a good Halloween? Your wormy friends tell me that you are all doing a very good job at making sure they are happy. As it is now November you are all going to want to play outside in the snow, but make sure that you wormy friends stay inside. While they want you to have lots of fun in the snow the worms do not like the snow. Worms, like us, have very specific needs in order to stay healthy. For example, they need to stay warm and wet. Lets see why your worms have these needs.

## Water

Why do worms need to be wet?

Water is important for a worms survival. A worm's total body weight is over 75% water, an adult human is generally somewhere between 55 and 60%. Some of this moisture is lost through a worms skin but can be regained from the surrounding environment. However, if the environment is too dry the worm can not regain the same amount of moisture that has been lost. This causes the worm to loss weight and slowly loss pressure, image a deflating balloon. This loss of pressure makes it hard for the worm to move and escape drying out.

The loss of moisture that takes place in dry environment also makes it difficult for worms to breathe. Worms have no lungs and must rely upon their skin to absorb oxygen. However, this absorption only happens when the worm's skin is moist.

Worms need to be wet in order to live. It is therefore important that when we are vermicomposting we keep their home moist, not soaked, so that the worms are healthy.



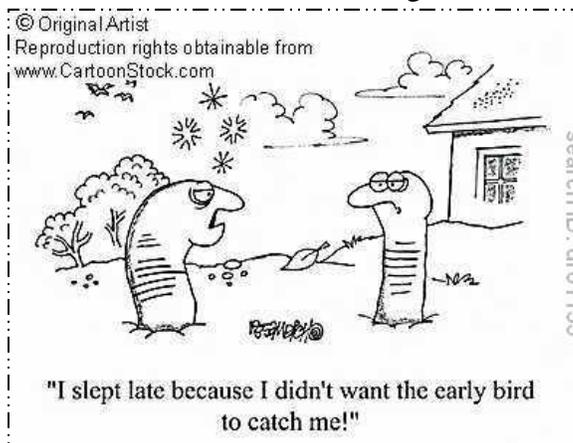
## Temperature

While all worms may seem the same to us, each species of worm like different temperature. So how warm to worms need to be? The answer, depends on the type of worm.

In the case of the red wigglers in your worm bin they like to be between 17 and 24 degrees Celsius, however they can handle between 4 and 32 degrees Celsius. When worms are living in nature they stay happy by moving. In the winter they burrow into the soil deep enough to avoid freezing and sleep. In the summer, they go deeper the hotter it is to stay cool. Since you do not want your worms to leave their bin you will need to control the temperature.

Right now we are nearing winter so it is important to make sure that your worms are warm. This means keeping the somewhere away from walls and windows that get very cold. Do not put the near heater though. The bin may get too warm and the possible vibrations may bother the worms.

When summer comes it is important to keep your worms cool. This means ensuring that the bin is not in direct sunlight, the bin may get to warm. Another aspect of the heat is to make sure the worm bin stays moist. More water will evaporate with higher temperatures.



Send any questions, art or inquiries to:  
**The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6**  
**Ph: 250-561-7327 or email: [thewormlady@reaps.org](mailto:thewormlady@reaps.org)**

# REAPS READER



Have you helped the environment today?

## To buy, or not to buy?

In September of 1992 the first Buy Nothing Day was celebrated in Mexico. The day was organized for society to look at over-consumption. Since then Buy Nothing Day has become an international date. It is celebrated on the Friday after the American Thanksgiving, one of the countries busiest shopping days, in North America and Israel. The rest of the world celebrates on the following day. To date over 65 nations have campaigns celebrating this day.

The main idea addressed in Buy Nothing Day is to make changes in our everyday lives to consume less and produce less waste. You can support these ideas by only buying what you need, making your own gifts out of recycled materials, buying items in less packaging and ensuring appropriate materials are either composted, or recycled when you are finished with them. By changing our habits we will help to elevate pressure on local landfills and help to create and more sustainable life.

The Evolution of the waste can



## Toy Drive

On November 24 REAPS will be hosting its annual Toy Drive. At this time we will be collecting any quality used toys and giving them to local children organizations during the holidays. This provides an excellent time for you to clean out your home of any old toys. If you do not have any old toys but want to make a donation to local organizations, REAPS will also be accepting donations for the SPCA.

You can bring your donations to REAPS, 1950 Gorse St. (near Exploration Place) from 10am to 2pm. If you want to donate your time by volunteering, please contact REAPS at 250-561-7327 or emailing [events@reaps.org](mailto:events@reaps.org).

We hope to see you there!



## Congratulations

We at REAPS would like to send out a huge cognations and thank you to all of the classes that took in last months activities.

Congratulations to all the classes for participating in the 2012 School Waste Reduction Challenge!!

The winner is Ecole College Heights Gr. 6/7 with 11.29 grams / student for the week

2<sup>nd</sup> place is Sacred Heart Kindergarten with 18.11 grams / student for the week

3<sup>rd</sup> place is Ecole College Heights Gr. 3/4 with 39.13 grams / student for the week.

We also hope that everyone who took part in the International Walk to School Week had a good time. Hopefully you learned new ways to get to school that reduce the amount of pollution.

