

REAPS



REPORT

Hotline 250-561-7327

January 2007

COMING EVENTS

JANUARY

27 Dr. David Suzuki @ Civic Centre, *Supporting the Northern Medical Programs Trust. Lecture-Dinner-Dance.*

FEBRUARY

10 - REAPS AGM
@NIHU 444 Edmonton St
1 p.m.—3 p.m.

24 - Seedy Saturday
@ Exploration Place
10 a.m.—3 p.m.

MARCH

21 - World Forest Day
22 - World Water Day

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HORTICULTURAL COURSES OFFERED

REAPS is proud to announce that two of their members are instructors for the NEW gardening courses being offered locally to the gardening community.

Barbara Rayment is sole proprietor of Birch Creek Nursery located in Beverly. Situated on her property is a display garden featuring over 1500 hardy perennials offering a banquet of colours, shapes and size to tantalize the gardener in all of us.

Cynthia Rebman is the City of Prince George's Integrated Pest Management Coordinator with a Journeyman Landscape Horticultural certification. Both these professionals have a collective wealth of plant knowledge and expertise that will enhance the course content.

UNBC Continuing Studies are thrilled to offer courses on Horti-

culture for both the experienced and beginner gardener.

These courses are offered on Saturdays throughout late winter and early spring, in preparation for the coming gardening season. These courses are a great way to relieve cabin fever, meet with fellow gardeners at all levels of expertise, and get a head start on a healthy, thriving garden. Courses are specifically tailored for north-central BC.



All courses are in compliance with the Master Gardener program currently in development in Prince George, and will count as credit towards it. These courses will be of interest to home gardeners and landscapers

at all levels of knowledge. An interactive format will encourage participation and shared knowledge.

See page 7 for course details and registration.

2007 REAPS MEMBERSHIPS ARE NOW DUE

- if interested in receiving newsletter by e-mail STATE on your renewal form found on back page

R.E.A.P.S. NEWS

Web Pick of the Month

<http://www.zerofootprint.net/>

Zerofootprint provides information, products, and services to the global network of consumers and businesses that wish to reduce their environmental impact.



Book of the Month

An Inconvenient Truth by: Al Gore

is not a story of despair but rather a rallying cry to protect the one earth we all share. "It is now clear that we face a deepening global climate crisis that requires us to act boldly, quickly, and wisely," said Gore.

ANNUAL GENERAL MEETING

REAPS AGM will be held Sat. Feb. 10, 2007 from 1-3pm at the Northern Interior Health Unit (across from the hospital). Election of the 2007 board will take place. [Visit our board information page](http://www.reaps.org) @ www.reaps.org for more info. on board positions or contact volunteer@reaps.org or call Terri 561-7327.

Year in review will commence at 1 p.m. followed by refreshment break and at 2:15pm we are pleased to have guest speaker Karen Hong. Karen is a guest garden columnist with *The Prince George Citizen*. She is an avid gardener with a wealth of plant and garden design knowledge. Karen will be speaking about the need to both embrace our northern garden location as well as putting more effort into residential design that

benefits us and our environment for at least three seasons.

Memberships and renewals will take place during the AGM.

single \$8.00

family \$15.00

student and senior \$5.00

business \$25.00

Your continued support is greatly appreciated.

VOLUNTEER OPPORTUNITIES

The contribution from volunteers are fundamental part to every community. Exciting opportunities are available with REAPS, join others in promoting the 3Rs and providing Environmental Education in our community.

NEWSLETTER EDITOR— responsible for newsletter that is published 6 times a year. Use your creative writing skills to reach our members. Approx. 4-6 hours every 2 months.

DUMPY THE OVERFED LANDFILL— is REAPS mascot which attends school presentations and community events. Approx. 1.5 hours a month.

BOARD MEMBERS— in February at the AGM all positions are available to interested persons. Check out the website for more info. www.reaps.org Approx. 2 hours a month commitment.

Interested in one of the above, contact Terri at 561-7327 or e-mail volunteer@reaps.org

STOPPING JUNK MAIL ...update

Last June, due to changes and upgrades in technology and data entry, it is no longer required to actually write a letter to stop the delivery of flyers. A note on the mailbox is sufficient enough. The carrier will record the request and turn in to the supervisor for data



22nd April - EARTH DAY

Ever wondered how much "nature" your lifestyle requires? Find out go to: <http://www.earthday.net/footprint/info.asp>

This Ecological Footprint Quiz estimates how much productive land and water you need to support what you use and what you discard. After answering 15 easy questions you'll be able to compare your Ecological Footprint to what other people use and to what is available on this planet.

LOCAL NEWS

PACHA (*People's Action Committee for Healthy Air*)

e-mail: members@pachpg.ca

phone: 250-562-5036

webpage: pachapg.ca

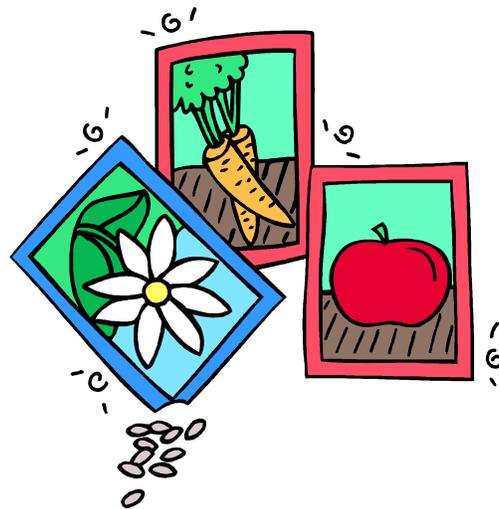
January 22, 2007 PACHA will be presenting to the city council the need to make air quality in Prince George a top priority issue. If air quality is a concern to you, please come and show your support to City Council that there is a growing movement desiring to see change in the way we manage our air shed.

SEEDY SATURDAY

Seedy Saturday is not one event, but a series of independent local events, which have sprung up across the country in the past eighteen years. Seedy Saturdays are public events, for the betterment of the local gardening community, often organized and operated by volunteers. They bring together home gardeners, seed savers, native plant collectors, agriculture conservation groups, and community gardeners as well as local seed companies that sell open-pollinated varieties of vegetables, fruits, flowers, grains and herbs.

The event began in 1989 in Vancouver and has spread across Canada, giving people a chance to come together to learn more

about seed saving and biodiversity conservation. These local seed swaps are a great place to



meet people who share an interest in heritage seeds.

You can find help for your garden, swap your favorite seeds

with other gardeners, and buy open-pollinated heritage seeds and plants which have not been genetically engineered, and which have been selected over many generations to grow well in your local conditions.

These events are locally organized and run, and many of them co-sponsored by Seeds of Diversity Canada, a non profit group of gardeners and farmers whose goal is keep the best plants for generations of gardeners have treasured.

Find out how you can encourage biodiversity in our own backyard—Attend the next Seedy Saturday in Prince George.

SEEDY SATURDAY - Saturday Feb. 24th

Community Gardens Prince George presents Seedy Saturday at The Exploration Place on Saturday, February 24th from 11 a.m. to 2 p.m. Exchange, buy and learn about seeds and chat with local garden club members. Workshops will be happening throughout the day. Free admission. For information contact Jovanka at 564-3859.

AROUND BC

New Program to Help Fleet Vehicles Go Green

SOURCE: Reprinted with permission from GreenBiz.com: The Resource Center on Business, the Environment, and the Bottom Line (www.GreenBiz.com). © Green Business Network. All rights reserved.

VANCOUVER, BC, Nov. 20, 2006 - Canadian private and public sector fleet managers looking to reduce costs, reduce their impact on the environment, adopt new technologies, and benchmark their operation against others will have new tools thanks to a new program that includes the first green rating system for vehicle fleets in North America.

Fraser Basin Council (FBC) and program partners Western Economic Diversification Canada and BC Ministry of the Environment announced the [E3 Fleet program](#) in Vancouver. Designed by fleet managers for fleet managers, the program provides managers with services and resources to increase fuel efficiency, reduce emissions, manage expenses, incorporate new technologies and use alternative fuels.

The E3 Fleet system has four components: a Green Rating Guide, a points system for determining just how green fleet is, a third party audit of fleets and the ultimate rating at the Bronze, Silver, Gold, or Platinum level.

"One of the best parts of this innovative program is that we're showing managers of trucking, utility, urban delivery, courier, and government fleets that operating in a more environmentally sustainable way can also help their bottom line," said Dr. Charles Jago, Chair, FBC. As part of their membership in the E3 Fleet, managers will have access to software-based services that will provide comprehensive reports on fleet performance including:

- Emissions and fuel performance
- Vehicle utilization and availability
- Capital asset profile
- Operational profile
- Exception reports identifying vehicles that have below average fuel economy, excessive emissions, excessive downtime or are underutilized



Average age of fleet, and analysis of vehicle replacement with "best in class vehicles" "The B.C. government is pleased to take a leading role in the greening of fleets across the province," said Barry Penner, BC Minister of Environment. "We encourage fleet operators around BC to get involved in the E3 Fleet program and help us reduce energy consumption and pollution." Among the E3 Fleet's charter members are Auto-Gas Propane, University of BC, BC Hydro, District of Maple Ridge, Enbridge, Township of Langley, the cities of City of Kelowna, Coquitlam, North Vancouver, Vancouver, Whistler,

Williams Lake and Hamilton, Novex Courier as well as the BC Ministry of Environment. These charter members operate more than 15,000 vehicles. "We recognize that Canadian fleets face challenges," said Mark Warawa, MP for the Langley constituency and Parliamentary Secretary to the Minister of Environment. "The E3Fleet program is a great opportunity for Canadians to showcase our leadership in developing and adopting sustainability best practices."

The rating of fleets will be on a points-based system related to: fleet action plan, training and awareness, idling reduction, vehicle purchasing, fuel data management, operations and maintenance, trip and route planning, utilization management, fuel efficiency and greenhouse gas performance. As one of the charter members of the program, the City of North Vancouver has already seen significant improvements in fleet performance. "The City of North Vancouver is an eager participant in The Fraser Basin Council's E3 Fleet Rating System," says Mayor Darrell Mussatto. "This partnership demonstrates the City's commitment to sustainability and highlights our achievements in green performance and our efforts in progressive environmental standards for City fleet vehicles. This program will assist the City in finding even more innovative ways to improve the efficiency of our fleet vehicles."

AROUND THE WORLD

More than 300 Computer Products Certified with Green Standard

SOURCE: Reprinted with permission from GreenBiz.com: The Resource Center on Business, the Environment, and the Bottom Line (www.GreenBiz.com). © Green Business Network. All rights reserved.

PORTLAND, Ore., Dec. 19, 2006 - Rapidly growing interest in environmentally friendly "green" computers has resulted in more than 300 computers being registered with EPEAT, the green computer standard released in July. Nine manufacturers currently participate in the program.

According to Jeff Omelchuck, EPEAT's Executive Director, "Buying green computer equipment is no longer just a desirable thing to do. Many organizations now require it." As a result, the number of EPEAT registered products and participating manufacturers is expected to continue to grow.

Compared to traditional computer equipment, all EPEAT-registered computers have reduced levels of cadmium, lead, and mercury to better protect human health and the environment. They are more energy efficient, which reduces emissions of climate changing greenhouse gases. They are also easier to upgrade and recycle. In fact, manufacturers must

offer safe recycling options for EPEAT registered products.

EPEAT products are identified as EPEAT-Bronze, EPEAT-Silver, or EPEAT-Gold depending on the num-



ber of environmental features incorporated in the product. A list of all EPcEAT registered products and additional details is available online at www.epeat.net.

The U.S. Environmental Protection Agency, using conservative assumptions, estimates that over the next

five years, purchases of EPEAT registered computers will result in reductions of:

- More than 13 million pounds of Hazardous Waste
- More than 3 million pounds of Non-hazardous Waste
- More than 600,000 MWh of Energy - enough to power 6 million homes

The Electronic Products Environmental Assessment Tool (EPEAT) is an easy-to-use tool to rank computer desktops, laptops and monitors based on their environmental attributes. The three-tiered EPEAT rating system includes 23 required criteria and 28 optional criteria. The optional criteria are used to determine if the equipment receives EPEAT Bronze, Silver, or Gold recognition. Visit www.epeat.net for additional information.

The Footprint of a Cheeseburger

SOURCE: Reprinted with permission from GreenBiz.com: The Resource Center on Business, the Environment, and the Bottom Line (www.GreenBiz.com). © Green Business Network. All rights reserved.

Writer Jamais Cascio wondered what the carbon footprint of a hamburger might be. "It's the kind of question we'll be forced to ask more often as we pay greater attention to our individual greenhouse gas emissions," he says. Burgers are common food items for many people; it's said that the average American eats three burgers per week, or about 150 burgers per year. What's the global warming impact of all that? Not just mean cooking the burger -- the gamut of energy costs associated with a hamburger, including growing the feed for the cattle for beef and cheese, growing the produce, storing and transporting the components, as well as cooking?

The overall CO₂-equivalent emissions from all the cheeseburgers consumed in the US (assuming the average of 3/person is accurate) roughly equal the greenhouse output of 100,000 SUVs. Obviously, these are all estimates, and will vary considerably by individual cow, feed type, and other environmental conditions -- but assuming my sources are correct, these methane outputs should be roughly accurate, enough to trigger a good conversation, at least.)

To read the complete article go to : http://www.openthefuture.com/2006/12/the_footprint_of_a_cheeseburge.html

AN INCONVENIENT TRUTH

A documentary film, *An Inconvenient Truth* explores data and predictions regarding climate change, interspersed with personal events from the life of Al Gore. Through a Keynote presentation (dubbed "the slide show") that he has presented worldwide, Gore reviews the scientific evidence for global warming, discusses the politics and economics of global warming, and describes the consequences he believes global climate change will produce if the amount of human-generated greenhouse gases is not significantly reduced in the very near future.

Humanity is sitting on a ticking time bomb. If the vast majority of the world's scientists are right, we have just ten years to avert a major catastrophe that could send our entire planet into a tail-spin of epic destruction involving extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced.

If that sounds like a recipe for serious gloom and doom -- think again. From director Davis Guggenheim comes the Sundance Film Festival hit, AN INCONVENIENT TRUTH, which offers a passionate and inspirational look at one man's fervent crusade to

halt global warming's deadly progress in its tracks by exposing the myths and misconceptions that surround it. That man is former Vice President Al



Gore, who, in the wake of defeat in the 2000 election, re-set the course of his life to focus on a last-ditch, all-out effort to help save the planet from irrevocable change. In this eye-opening and poignant portrait of Gore and his "traveling global warming show," Gore also proves himself to be one of the most misunderstood characters in modern American public life. Here he is seen as never before in the media - funny, engaging,

open and downright on fire about getting the surprisingly stirring truth about what he calls our "planetary emergency" out to ordinary citizens before it's too late.

With 2005, the worst storm season ever experienced in America just behind us, it seems we may be reaching a tipping point - and Gore pulls no punches in explaining the dire situation. Interspersed with the bracing facts and future predictions is the story of Gore's personal journey: from an idealistic college student who first saw a massive environmental crisis looming; to a young Senator facing a harrowing family tragedy that altered his perspective, to the man who almost became President but instead returned to the most important cause of his life - convinced that there is still time to make a difference.

With wit, smarts and hope, AN INCONVENIENT TRUTH ultimately brings home Gore's persuasive argument that we can no longer afford to view global warming as a political issue - rather, it is the biggest moral challenges facing our global civilization.

10 SIMPLE THINGS YOU CAN DO—to help stop global warming

- 1/ Replace regular light bulbs with compact fluorescent ones. 330 kg of carbon dioxide (CO₂) saved a year.
- 2/ Drive less. 2.2 kg of CO₂ for every mile you don't drive.
- 3/ Recycle more. 5280 kg of CO₂ saved every year if half your household waste is recycled.
- 4/ Keep your tires properly inflated. This improves gas mileage by more than 3%. Every 4L saved means 44 kg of CO₂ kept out of the atmosphere.
- 5/ Avoid products with a excess packaging. 2640kg of CO₂ saved per year if you reduce waste by 10%.
- 6/ Use less hot water. Install a low flow showerhead (770kg CO₂ saved per year); wash clothes in cold or warm water (1100 kg CO₂ saved per year).
- 7/ Reduce your heating and air-conditioning usage. Save 4400kg of CO₂ a year by turning down heat by 2 degrees in winter and air-conditioning by 2 degrees in summer.
- 8/ Plant a tree. Just one tree absorbs a ton of CO₂ in its lifetime.
- 9/ Turn off all electronic devices. Turning off TVs, DVDs, radios, & computers saves thousands of kgs of CO₂ every year.
- 10/ Be part of the solution. Learn more.

UNBC Continuing Studies in Horticulture

Principles and Practice of Landscape Design **NEW**

From evaluating the property to putting the right plants together, there are a number of simple steps that lead to the creation of a beautiful and healthy garden. We'll cover the process from blank slate to 'finished' garden, including discussion of the effect that different design decisions have on maintenance requirements. There will be an opportunity to discuss individual challenges and problems.

Instructor: Barb Rayment
Dates: January 27, 2007
Time: 10:00am - 4:00pm
Cost: \$115.00 + GST
Register by: January 10, 2007

Hardy Landscape Plants for Northern BC **NEW**

There are thousands of beautiful and hardy perennials, groundcovers, vines, trees and shrubs that grow well in our challenging climate. We'll look at a broad cross-section of these hardy plants, and discuss the specific soil, light and moisture conditions for the various species.

Instructor: Barb Rayment
Dates: February 10, 2007
Time: 10:00am - 4:00pm
Cost: \$115.00 + GST
Register by: January 31, 2007

Soils and Plant Growth **NEW** Pruning **NEW**

The basics of soil structure, health and fertility in the garden, presented in a practical, non-technical manner. Emphasis will be on how we, as gardeners, affect the soil, and how the soil affects the plants - and the things we can do to make sure our plants and soil are working together for easier maintenance and a healthier environment.

Instructor: Barb Rayment
Dates: February 24, 2007
Time: 10:00am - 4:00pm
Cost: \$115.00 + GST
Register by: February 14, 2007

Integrated Pest Management **NEW**

Healthy gardens have bugs in them, but how do we know which are the good bugs, which are the bad ones, and how do we keep them all working together to keep our gardens healthy? We will investigate the decision making processes involving preventative, cultural, mechanical, biological and chemical pest control methods.

Instructor: Cynthia Rebman
Dates: March 10, 2007
Time: 10:00am - 4:00pm
Cost: \$115.00 + GST
eRegister by: February 28, 2007

Take the mystery out of pruning with the basics of "what, where, when, how and why" for the different plant groups. The theory, tools and techniques of pruning, for herbaceous as well as woody plants, will be covered in the morning classroom session. We'll also look at a few advanced pruning techniques (topiary, espalier, etc) After lunch, we'll take our knowledge on a tour of the campus and discuss how the theory works in the real world.

Instructor: Barb Rayment
Dates: March 24, 2007
Time: 10:00am - 4:00pm
Cost: \$115.00 + GST
Register by: March 14, 2007

All courses are in compliance with the Master Gardener program currently in development in Prince George, and will count as credit towards it. These courses will be of interest to home gardeners and landscapers at all levels of knowledge. An interactive format will encourage participation and shared knowledge.

*** Course cost includes course materials and a light lunch.**

To Register: Contact UNBC Continuing Studies at 250-960-5980 or online at www.unbc.ca/continuingstudies.

RECYCLING & ENVIRONMENTAL ACTION PLANNING SOCIETY

Mailing address:

PO Box 444, Prince George, BC V2L 4S6

Compost Garden and Office Location:

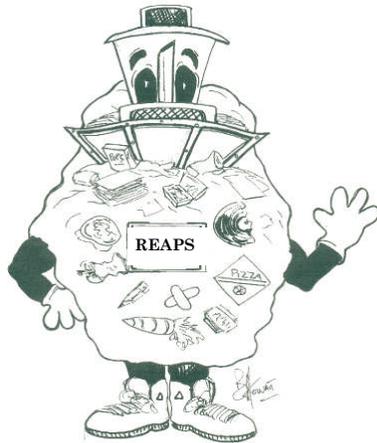
1950 Gorse Street

Phone: 250-561-7327

Fax: 250-561-7324

Dumpy's tip of the month:

Exchange your large or medium garbage can for a small container and start recycling which reduces your CO2 emissions.



RECYCLE CRAFT CORNER

SNOWMAN CANDLE HOLDER

Materials:

- Baby food jar
- White tissue paper (or you can use white acrylic paint)
- Small orange pom pom (nose)
- Small black pom pom (2 for eyes, 4 for mouth)
- Thin red ribbon for scarf
- Black acrylic paint for lid (hat)
- Glue



Instructions:

Glue pieces of white tissue paper onto the baby food jar. Paint a layer of glue over the whole jar and sprinkle with clear glitter or you can buy the glitter paint in the craft dept. and paint that over the dry jar.

Glue the eyes, nose and mouth onto the jar. Glue a strip of black felt around the open part of the jar (this will be his hat). Then glue a strip of red felt around the jar lid and then glue the jar lid to the jars bottom (that will be his scarf).

Recycling and Environmental Action Planning Society,

(AKA R.E.A.P.S)

The R.E.A.P.S Report is published six times a year, on the first of Jan., March, May, July, Sept., and Nov. of every year.

Articles, originals or reprinted with permission, are submitted by members and represent the opinions of the authors only, not necessarily those of the Society, Board, or members as a whole.

Deadline for submission is two weeks prior to publication date. Articles, suggestions for articles, or comments in general can be submitted to the R.E.A.P.S office @ garden@reaps.org

RECYCLING and ENVIRONMENTAL ACTION PLANNING SOCIETY MEMBERSHIP APPLICATION

Name: _____

Mailing Address: _____

City: _____ Postal Code _____

Telephone: _____

Annual Membership Fee:

- Individual (\$8.00)
 Family (\$15.00)
 Business (\$25.00)
 Student (\$5.00)
 Senior (\$5.00)

I'm interested in volunteering: Yes No

Things that I would like to take part in are:

- School presentations
 Master Composter Program
 Spring Plant Sale
 General Garden Work
 Information Booths
 Fundraiser Events
 Public Workshops and Presentations
 Board of Directors

Date: _____

Cheque payable to:
R.E.A.P.S.

Box 444 Prince George, B.C. V2L 4S6

MEMBERSHIPS DUE JANUARY 1ST