

REAPS



REPORT

Hotline 250-561-7327

July 2006

COMING EVENTS

@ Compost Garden

- Wed. July 5, 12, 19, 26 @ 2:00 p.m. backyard composting workshop and 3:15 p.m. vermicomposting workshop (free)
- Sun. July 9 @ 10 a.m. Natural Pest Ctrl Methods, 2:00 p.m. backyard composting workshop and 3:15 p.m. vermicomposting workshop (free)
- Sun. July 16 @ 10 a.m. Backyard Pallet Construction registration req'd (cost \$10), 2:00 p.m. backyard composting workshop and 3:15 p.m. vermicomposting workshop (free)
- Every day July 16-22 @ 11 a.m.—noon "Recycle Craft Activity" for children and "Greening the Home" info for parents
- Sun. July 23 @ 2:00 p.m. backyard composting workshop and 3:15 p.m. vermicomposting workshop (free)

COMMUNITY EVENTS

- Farmer's Market every Sat. from 8:30 a.m.—2p.m.
- July 7 and 8 KidzArt at Art Gallery 10 a.m.—3 p.m.

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REAPS Summer Crew 2006

REAPS is proud to introduce their 2006 summer crew. The girls attend schools throughout B.C. and bring diverse perspectives to environmental issues.

Kaleena Ross, REAPS Environmental Educator will be entering her third year at the College of New Caledonia, right here in beautiful P.G. She will be continuing anew as a Commerce student in the Marketing and Management degree after completing 2 years of Criminology. Her copious experience

in greenhouses makes her a great addition to the team. She has previous experience with plants, and feels comfortable and at ease in the garden.

Christina Larabie, REAPS Community Resource Technician is a Duchess Park graduate and a third year student at Simon Fraser University. At SFU she is working towards her undergraduate degree in Communications with a minor in publishing. Having dabbled in environmental studies throughout her

high school and post secondary experience, she is highly motivated by the REAPS mandate of waste reduction within the regional district of Fraser fort George and as a result has very quickly become best friends with our REAPS mascot "Dumpy the Overfed Landfill". She will be working with the PG Communities in Bloom Committee focusing on preparing for the National Competition August 9th. Please drop by and say hello to the summer staff!

Backyard Composter Sales a HIT!

On June 10, 2006 the Regional District of Fraser-Fort George (RDFFG) brought in The Earth Machine Backyard Composter at a subsidized cost to residence of Prince George.

REAPS assisted in selling 550 units that day at Pine Centre Mall! Compost turners and kitchen collection buckets were also available for purchase.

The composters and turners are still available for purchase at the RDFFG 155 George Street, Monday to Friday while quantities last.



More and more people are saying YES to backyard composting. It is easy, helps cut down organic waste going to the

landfills and provides a rich soil supplement that can be added to lawns, flower and vegetable beds and planters.

Join us at the Compost Demo. Garden to learn how to compost successfully! Workshops are offered free of charge every Wednesday and Sunday at 2 p.m. Free home visits to assist

in choosing a location, problem solving or to demonstrate on how to harvest is also available by calling the garden 561-7327 and arranging an appointment.

R.E.A.P.S. NEWS

RECYCLE CRAFT WITH SENIORS

The monthly recycle craft afternoon with seniors is still going strong after more than five years. The program initially began with Penny Jacobs at Rainbow Lodge Recreation Centre with her desire to do something creative with seniors. She contacted Terri at REAPS and a partnership was formed! Each month the seniors create a craft using recycled materials based on the theme of the month, that can either be displayed at the centres or in their rooms for their personal enjoyment. Over the last year this program has been expanded to Parkside Adult Care Centre as well. Volunteers are always welcomed to assist with the senior craft once a month for 1 hour call 561-7327.

Book of the Month

The Gardener's Guide to Common-Sense Pest Control
By William Olkowski, Sheila Daar

This resource gives homeowners hundreds of environmentally effective ways to control garden pests.

Web Pick of the Month

<http://www.geocities.com/Heartland/Prairie/8088/clngm.html>

Green Household Cleaner: is a collection of natural cleaning formulas, and concoctions, **MOST** are safe and non toxic, with a few exceptions which are clearly noted.

Join Prince George Freecycle (TM) today!

Are you new to Prince George? A student in need of some basic household items? Why not post a Wanted notice on FreecyclePG? Are you moving? Downsizing? Save yourself a trip to the Swap Shed: Post an Offer on FreecyclePG and give away things you don't want to people who can use them.

Free things that passed through FreecyclePG in the past twelve months include washers, dryers, freezers, computers, computer printers, a fax machine, a hide-a-bed, furniture of all kinds, house plants, women's clothes, a door, moving boxes, kitchen stoves, sewing machine, propane barbeque, electric juicer, books, silverware, plywood, children's clothes and equipment, craft supplies, fabric and wool, garden plants and supplies, and more.

FreecyclePG was started in June 2004 by local volunteers who believe in recycling. This month our membership

has grown to 500 in Prince George and around the region. We invite all REAPS members to join, and to sign up their friends and neighbours. The more people who participate, the more we share good stuff and keep it out of the landfill.

Members of FreecyclePG are part of a worldwide online network of 3,700 Freecycle communities and 2.3 million members. FreecyclePG, like all Freecycle sites, is run solely by volunteers.

To sign up for FreecyclePG on the web, go to www.freecycle.org and follow the links to Canada and Prince George, or type FreecyclePG into your browser.

FreecyclePG is proudly sponsored by REAPS.



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VOLUNTEERS NEEDED

The contribution from volunteers are fundamental part to in 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. 10 hours every 2 months.

DUMPY THE OVERFED LANDFILL— is REAPS mascot which attends school presentations and community events. Approx. 2 hours a month.

WRITERS— have a flare for writing and an interest in the environment we are seeking submissions on local and globe environmental topics.

HANDY PERSON— in need of repairs, painting and maintenance at the Compost Demonstration Garden. Approx. 4 hours a month May to September.

Interested in one of the above contact Terri at 561-7327.

LOCAL NEWS

Gardening with Pete

For the past twenty-five years, I have been encouraging the promotion of locally grown food. With the establishment of the Valemount Community Market and the ongoing markets at McBride and Dunster we now have three community markets. I would guess that to be more markets per capita than anywhere else in the country! I would like to share with you "Reasons to Buy Local Food". It is shared with permission from "growing for market.com".

Locally grown food tastes better. Local food was probably picked within the last day or two. Produce flown or trucked in from California, Chile, Florida or Holland was likely harvested a week or more ago and travelled 1500 or more miles. Sugars are turning to starches, plant cells are breaking down and the vitality in the food is lost.

Local produce is better for you. Many studies show that fresh produce loses its nutrients quickly. Even produce that is canned or frozen quickly after harvest is more nutritious than some produce that has been on the supermarket shelves or in trucks for over a week.

Local food encourages genetic diversity. In the big "agribusiness" system, varieties are chosen because they all ripen at the same time for machine harvesting. They are also chosen for their tough skins that can handle ma-



chine-picking, long trips and have a long shelf life in the stores. The big growers plant only a few hybrid varieties to thousands of acres. Local growers usually grow a large variety of vegetables to provide a long season of harvest and a great variety of tastes. Many are heirlooms that have been passed down for generations because they taste good. These old varieties have been selected for hundreds or even thousands of years and may contain genes that we will need as we deal with climate change.

Local food is GMO-free. Genetically modified fruits and vegetables are only being licensed to large factory style farms. Most local farmers wouldn't use them even if they could! If you are opposed to eating GMO food, you can usually rest assured that locally grown produce was bred the old-fashioned way, as nature intended.

Local food supports local farm families. The farmer is a vanishing breed! It is little wonder when you realise that the price farmers receive for their vegetables or fruit is often below the cost of production. Farmers now get less than 10 cents of the retail food dollar. The other 90 cents goes to the "middlemen" between the producer and the consumer. If you buy direct from the farmer and give them the full retail price for your food, more farm families can afford to stay on the farm doing the work they love.

B.C. loves to recycle

- About 62 percent of B.C. homeowners compost.
- 325 million beverage cans are recycled in B.C. each year. That's about 81 cans and bottles for each person.
- Citizens of the GVRD (Greater Vancouver Regional District) have diverted 51 percent of waste from landfills since 1998. That's 1,198,861 tonnes of paper, plastics, aluminums, grass, and other recyclables and compostables.
- Winter water demand is down by about 12 percent per capita since 1993.
- The following Canadian municipalities have adopted a Zero Waste policy: Halifax, Nelson, Kootenay Boundary, Central Kootenay, Smithers, the Cowichan Valley, Nanaimo, Toronto, the Sunshine Coast, and the GVRD.
- North Vancouver city council passed a motion May 10 to lobby the provincial and federal governments to institute a plastic-bag tax so citizens will cut down on their use.
- Paper fibre can be recycled about four times before it breaks down.



- 10 percent of the total volume of GVRD's waste is grass from lawns.
- 50,389 tonnes of newspaper were recycled from residences in 2000.
- The GVRD is reviewing its solid-waste management plan in 2006; Zero Waste will be a part of it.

Next issue to include recycling statistics for Prince George.

PlasTax on plastic bags for a “Green Fund” for Waste Management and Environmental Initiatives

Submitted by: Councillor Harris, North Vancouver

Moved by Councillor HARRIS, Seconded by Councillor MACKAY-DUNN and CARRIED

WHEREAS plastic bag use has mushroomed in North America and Western Europe with four to five trillion of them produced in 2002, ranging from large trash bags to thick shopping totes to flimsy grocery sacks;

AND WHEREAS after being discarded, many plastic bags litter our environment and end up in waterways, and ultimately, the ocean where they impact the health of marine life;

AND WHEREAS every year more than 6 million tonnes of rubbish is dumped into the world’s oceans and it is estimated that there are over 46,000 pieces of plastic in every square mile of the ocean;

AND WHEREAS in March 2002, the Government of Ireland imposed a 15 cent tax on each bag to control the country’s consumption of 1.2 billion plastic shopping bags per year. The consumer was

charged at check out and behaviour changed immediately. The tax resulted in a 90 to 95 percent drop in consumption and more than a billion fewer bags consumed annually;

AND WHEREAS the so called “PlasTax” also raised 9.6 million dollars in its first year that the Irish Government earmarked for a “green fund” for waste management and environmental initiatives. Retailers in Ireland, many of whom are now selling reusable bags, are also happy since they were spending \$50 million a year on single-use bags before the tax;



AND WHEREAS more dramatically, approximately 18 million litres of oil have been saved due to reduced production of plastic bags. These bags start as crude oil, natural gas or other petrochemical derivatives. They are transformed into chains of hydrogen and carbon molecules known as polymers or polymer resin. After being heated, shaped and cooled, the plastic is

ready to be flattened, sealed, punched or printed on;

THEREFORE BE IT RESOLVED that the District of North Vancouver petition the Provincial and Federal Governments to impose a PlasTax on plastic bags similar to the Government of Ireland;

AND FURTHER BE IT RESOLVED that this recommendation be forwarded to the UBCM and FCM for consideration at the 2006 Conventions.

North Vancouver city council passed a motion on May 10, 2006 to lobby the provincial and federal governments to institute a plastic-bag tax so citizens will cut down on their use. The resolution was forwarded to the Union of BC Municipalities and the Federation of Canadian Municipalities for consideration at the upcoming Conferences. The FCM has advised that it will be considered at the National Board of Directors meeting in September. The UBCM Conference will be held in October. As required by UBCM, the resolution has also been forwarded to the Lower Mainland Municipal Association for consideration at the Annual Meeting being held May 10-12.

Worms Do More than Make Great Soil

Get out your vermicomposter. It seems using worm compost in your vegetable garden will significantly cut down on damage by sucking and chewing insects like aphids, mealy bugs and caterpillars. Scientists are not certain why the worm compost helps, but we always knew it couldn’t hurt.



Recycled Computers and Batteries by: D. Nowak

Check out this new website created by Tony Donovan, www.walkingdrives.com. He has invented different ways to recycle computer parts into beautiful clocks and lamps. Most of his inventions utilize the hard drive as the face of the clock. They make wonderful gifts.

Don’t recycle those 9 Volt batteries just yet! Tony has created an invention which extends the life of your battery longer than you ever thought possible. He has recycled 9 Volt battery parts to create the “Voltaic Illuminator.” It is a gadget (I apologize for my technical lingo) that simply attaches to the top of old 9 Volt batteries and illuminates a light. It’s very handy when trying to find your lock in the dark.

You can email Tony at tony@walkingdrives.com.



AROUND THE WORLD

Ship it good: How Companies Are Driving Down the Impacts of Shipping

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With environmental activists turning a fresh eye on freight, progress is gaining speed. By Joel Makower

We all know that planes, trains, and automobiles use gobs of fuel and spew mega-gobs of greenhouse gases and other pollutants into the atmosphere -- and that makes freight transport a particularly dirty business.

The environmental impacts of shipping goods hither and yon are significant but relatively obscure, the true costs hidden amid complex shipping tariffs and product price tags. Businesses that rely on products being moved from one place to another have been able to do little to change the performance of truck, rail, and marine cargo companies. Moreover, cargo companies haven't been on most environmental activists' radar screens.

But that's changing. The growing focus on climate and energy -- along with such evergreen issues as biodiversity and air and water pollution -- have brought shipping's environmental impacts into the fast lane. Activists are starting to wage campaigns against dirty shippers. And a handful of companies, including some of the world's largest freight haulers, are beginning to take ac-

tion.

Ships Happen

The environmental cost of moving goods can be significant. Take cargo ships, for example -- the means by which two-thirds of the goods purchased by U.S. consumers arrive on American shores. While oceangoing vessels worldwide account for just 2% to 3% of global fossil-fuel consumption, they are responsible for 14% of the nitrogen emissions from fossil fuels and 16% of all sulphur emissions from petroleum, according to a study by Carnegie Mellon University.



One reason: cargo ships run on "bunker fuel," the dirtiest, cheapest product that remains after gas and other high-grade fuels are refined from crude oil. Bunker fuel contains up to 5,000 times more sulphur than diesel. As a result, according to Bluewater Network, a division of Friends of the Earth, a single container ship emits more pollution than 2,000 diesel trucks.

Ballast is another issue. Modern cargo ships hold within their hulls

millions of gallons of water, which is moved around to ensure the ship is properly trimmed, improving safety and speed. Ships routinely exchange ballast water while in port as cargo is loaded or unloaded. The water pumped out of the ship is alive with organisms from ports previously visited. One [analysis of ballast water](#) from foreign ships entering Canada found as many as 12,392 marine creatures per cubic meter. The survivors often invade their adopted homes, sometimes wreaking havoc; the zebra mussel fouling the Great Lakes is just one example.

Of course, ground and air freight have impacts, too. Truck and rail represent about 17% of all transport-related climate emissions. Over the past four decades, freight-truck vehicle-miles have increased more than 50%, while fuel efficiency has grown only about 12%. Overall, the 35 billion gallons of diesel fuel used by truck and rail companies each year produce more than 350 million metric tons of carbon dioxide. Meanwhile, aircraft transport boasts greater fuel consumption and greenhouse-gas emissions per ton-mile than any other mode of transport. And their emissions' negative impacts are amplified due to the high altitude where they occur.

All of which is getting activists moving. In recent years, for example,

Cont'd from p. 5.

Bluewater Network successfully sued the U.S. EPA over regulation of emissions from large, oceangoing vessels.

In April, a delegation of environmental and public-health organizations from the E.U. and the U.S. pressed the International Maritime Organization to reduce ship smoke-stack emissions by 70% to 90%, saying the cuts would protect those who live and work near ports from cancer, respiratory ailments, and premature deaths. The Union of Concerned Scientists has also weighed in, issuing a [report](#) that points out that although trucks account for just under 6% of highway miles driven in the U.S., they account for a tenth of all domestic oil consumption. They're also responsible for a quarter of smog-causing pollution and the majority of the cancer threat posed by air pollution in some urban areas. According to the EPA, idling trucks and locomotives use 1.2 billion gallons of diesel fuel a year and emit more than 200,000 tons of nitrogen oxides. Talk about idle indulgences.

Freight Expectations

What's going on to reduce such impacts? A boatload. A couple of years ago, the nonprofit Business for Social Responsibility convened a [Clean Cargo Working Group](#) to help retailers and manufacturers reduce the impacts of oceangoing transport. They developed a set of standards

for measuring the climate impacts of shipping, along with a questionnaire to give ship operators.

This wasn't easy. Calculating the climate impact of, say, a pair of shoes being shipped from China involves understanding the type of ship, the kind of fuel it burns, the shipping lane it traveled, and other factors. Companies like Chiquita, Hewlett-Packard, Mattel, and Nike have been involved with the effort to work with vessel operators including K Line, Maersk Sealand, and



NYK Line to implement the new standards.

Meanwhile, back on dry land, trucking companies -- driven by such mega-shippers as Dell, Home Depot, IKEA, J.C. Penney, and Lowe's -- are gearing up a new generation of vehicles that significantly improve fuel economy and reduce emissions. FedEx has been working with Environmental Defence to produce a low-emission, hybrid-electric delivery vehicle that could become a medium-duty truck for the company's fleet. Wal-Mart, with one of the

world's largest fleets, has pledged to increase its trucks' efficiency by 25% over the next three years and double it (from 6.5 to 13 miles per gallon) within a decade. Efficiency comes from improving engines, of course, but also from such steps as installing "side skirts" on trailers to reduce wind resistance.

What can you do to reduce shipping's impact? Four things:

- Avoid air freight whenever possible. Aside from being expensive, it consumes far more fuel per mile traveled. Patagonia calculated that the energy costs associated with a product rose from 6% to 28% when the mode of transport shifted from ground to air.
- Consolidate shipments. This reduces overall packaging and fuel use, and can lead to lower shipping costs.
- Press shippers on their environmental practices. Encourage them to use hybrid vehicles, idle-reduction devices, and other cleaner technologies.
- Buy local whenever possible to reduce the need for shipping altogether.

In the end, keep in mind that the environmental impacts of the products you buy may pale compared to the impacts of shipping them across oceans and continents.

Getting there, as they say, is half the fumes.

Dell to Offer Free Recycling of Dell Products Worldwide

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ROUND ROCK, Texas, June 30, 2006 - Dell has announced plans to provide free recycling of any Dell-branded product for consumers around the world as part of its new global recycling policy.

"We have a responsibility to our customers to recycle the products we make and sell," said Michael Dell, chairman of Dell. "Our direct relationships with consumers allow us to offer this easy and free service and we encourage others in our industry to do so as well."



Dell currently offers consumers no-charge recycling of any brand of used computer or printer with the purchase of a new Dell computer or printer. This service includes home pick-up of the used computer at no

charge.

Under its new policy, Dell will provide consumers no-charge recycling of any Dell-branded product, regardless of whether a replacement product is purchased. The company plans to launch the service in the U.S. by September, and globally by November. It is currently available in Europe. Dell has been focused on developing market-driven consumer recycling services for several years.

"Dell is setting the standard for the industry with this new policy," said Kate Krebs, executive director of the National Recycling Coalition. "Recycling of used consumer electronics remains a challenge and Dell is taking concrete steps to re-

move the barriers of cost and inconvenience for consumers."

Today Dell offers product recovery services to business and institutional customers in most of its major markets including Europe and North America. The company expands product recovery services on a country-by-country basis as its share grows. Dell's Asset Recovery Services, offered to business and institutional customers, provides reverse logistics, value recovery and reporting and is available at http://www.dell.com/content/topics/global.aspx/services/en/asset_recycling?c=us&cs=555&l=en&s=biz

Dell's U.S. consumer recycling offer is available online and Dell's new global recycling policy can be viewed at:

<http://www.dell.com/content/topics/global.aspx/corp/environment/en/index?c=us&l=en&s=corp>

Compost Clinic—Solutions to Backyard Composter Problems

"Crikey....something's not quite right here!!" ... Look upon your compost heap as a living organism - to find a cause for any ailment in your garden's digestive organ, go back to the basic ingredients (balance of brown (C) and green (N) ingredients, water, and oxygen) and diagnose your heap against each one.

"It stinks!!" – this could be the result of a couple of common problems

- noxious fumes are produced by anaerobic bacteria ie, not enough oxygen is available throughout the heap, or its too wet or has large lumps of wet sludgy material. Or large

amounts of unmixed kitchen waste

- Excessive nitrogen is unbalanced by too little carbon, and the heap is venting as ammonia gas. One remedy which would address both problems could be to turn the heap to aerate it more often and to add in some drier, fibrous, carbon rich material (e.g. straw or shredded paper)

"Nothing's happening!" Your heap has done nothing for days and days on end – no heat, no change in structure of the ingredients. This could be

- Too little water – your heap is dry, effectively stopping any

biological activity. Turn the heap, spraying with water constantly.

- If the ingredients are too rough or large this will also slow things down. Remedy is to remake the heap after chopping up the rougher ingredients (e.g. run the lawn mower over them!).
- Not enough nitrogen – turn the heap and add more manure or lawn clippings as you do it.

"I don't have space for a compost heap", or "I don't have the energy to move all that stuff around any more". Don't give way to despair! A worm farm could be just the thing for you.

RECYCLING & ENVIRONMENTAL ACTION PLANNING SOCIETY

Mailing address:

PO Box 444, Prince George, BC V2L 4S6

Compost Garden and Office Location:
1950 Gorse Street

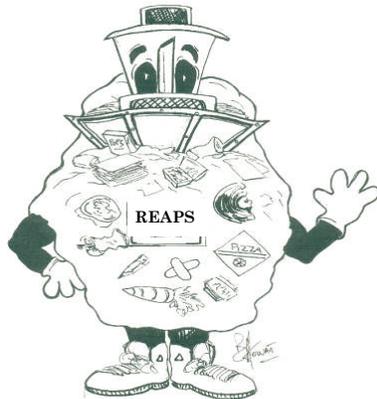
Phone: 250-561-7327

Fax: 250-561-7324

E-mail: newsletter@reaps.org

Dumpy's tip of the month:

Broken crockery can be used as drainage at the bottom of potted plants or to make a mosaic table top.



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

RECYCLE CRAFT CORNER

Bubble Mania

"Kids and Kids-at-Heart LOVE Bubbles!"

Materials:

- A Pan
- Liquid Dishwashing Soap
- Corn Syrup
- Pipe cleaners or wire coat hangers

Directions:

In a small mixing bowl combine 6 cups of water, 2 cups dish soap and 3/4 cup of corn syrup for stronger bubbles. Make the mix 4 hours before use and then pour into shallow pan.

Bubble wands can be made by twisting pipe cleaners and coat hangers into circles, squares or any closed shape.

Don't forget the handle! Simply dip the wand into the solution and gently wave your arm through the air.



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