



COMING EVENTS

JULY

- 1 CANADA DAY Fort George Park
- 1 DOMINION DAY Huble Homestead
- 1 Launch of Provincial collection program of CFL light bulb, batteries, cellphones, batteries recycling
- 4 - 10 GO FOR GREEN WEEK @ REAPS

AUGUST

- 1 National Tree Day
- 9 International Day for World Indigenous People
- 11-15 Prince George Exhibition

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PITCH-IN CANADA - 15 years PG!

Congratulations Prince George on 15 years as a participant with Pitch-In Canada!

PITCH-IN CANADA is a national non-profit organization founded in 1967 by several volunteers concerned about the proliferation of packaging and its effects on the land and marine environments. They recognized that personal action, with assistance from, but not dependent on, governments and other stakeholders, is needed to conserve, enhance and protect the environment and to reduce and reuse waste.

Today, PITCH-IN CANADA involves millions of volunteers in various action programs, from initiating recycling and com-

posting programs to cleaning up and beautifying streams, wilderness and urban areas.

Under the direction of its national Board of Directors, PITCH-IN CANADA works closely with other voluntary organizations, all levels of government, the media and others interested in supporting and promoting its objectives.

Each year Prince George hosts its annual Pitch-In Event "Spring Clean Up" in April around Earth Day encouraging residents to assist with litter pick up in their neighbours by offering free drop of garbage at various locations around town.

Olsenhaus Makes Eco-Chic Vegan Shoes From Recycled TVs (No Foolin'!)

<http://www.ecouterre.com/13486/olsenhaus-makes-eco-chic-vegan-shoes-from-recycled-tvs-no-foolin/>

With the transition to all-digital broadcasts, the planet isn't exactly hurting for [obsolete TV sets](#). Which is why vegan footwear purveyor [Olsenhaus](#) is making a switch of its own—by cladding its entire Fall/Winter 2010 collection of pumps, wedges, stiletto booties, and knee-highs in an innovative polyester microfiber made from trashed television screens.

"Just because a shoe is green doesn't mean it has to look like an Earth Shoe or a Birkenstock", Olsen says.

For designer [Elizabeth Olsen](#), phasing out petroleum-based faux leather in favor of something more sustainable is the

logical next step in vegan fashion. But the incorporation of industrial waste shouldn't be perceptible to the naked eye, she tells us. "The product needs to have substance to it, so you have to explain yourself or people would never

know it was a) vegan or b) made from recycled TV sets," she says. "It doesn't have to look an [Earth Shoe](#) or a [Birkenstock](#)."

Besides experimenting with a sole made from recycled rubber mingled with sawdust, Olsen is setting her sights on creating a

heel derived from ground-up recycled-plastic pellets. "I want to do something about that [big island of trash](#) in the Pacific," she says with a laugh.



REAPS NEWS

Web Pick of the Month

http://www.seachoice.org/files/asset/file/37/SeaChoice_Alertcard.pdf

Canada's Seafood Guide

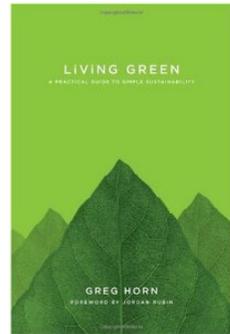
SeaChoice, Canada's most comprehensive sustainable seafood program, is about solutions for healthy oceans. Five internationally respected Canadian conservation organizations—Canadian Parks and Wilderness Society, the David Suzuki Foundation, Ecology Action Center, Living Oceans Society and Sierra Club British Columbia—formed SeaChoice to help Canadians take an active role in supporting sustainable fisheries and aquaculture at all levels of the seafood supply chain.

Book of the Month

Living Green: A Practical Guide to Simple Sustainability
By: Greg Horn

ISBN-10: 1893910474

A Practical Guide to Simple Sustainability (Freedom Press 2006) offers simple steps and attainable solutions for the average person who wants to live more lightly on the Earth.



TO ACHIEVE A HEALTHY, ACTIVE FUTURE FOR TODAY'S KIDS

By: S. Loots

On May 18th, 2010, two REAPS staff participated in the SCOPE (Sustainable Childhood Obesity Prevention through community Engagement) planning workshop at the NFC.

The link between REAPS and preventing childhood obesity may not be immediately apparent. However, between gardening opportunities and vermicomposting activities there are many ways REAPS' programs and liaisons can benefit the wellbeing of today's kids.

Why target childhood obesity, and why Prince George?

"Over half of Prince George residents do not meet the World Health Organization's definition of being physically active, [and] 45.9% of residents eat unhealthy one to three days a week, and 27.4% of residents eat unhealthy seven days a week. National data on the health of children shows [that] only 12% of kids meet Canadian physical activity guidelines requiring at least 90 minutes of physical activity per day; youth average six hours of screen time (TV, computers, etc.) per week-day, more than seven hours on weekends, and now start watching TV at five months olds (compared to four years old in 1971); less than one-third of youth use active transportation

(walking, cycling, rolling); and in 2004, 27% of boys and 25% of girls were overweight or obese. By 2009, 30% of boys and 25% of girls were overweight/obese (Scope May 18 Meeting Report)".

So how does REAPS fit into the picture?

Getting children to eat the recommended 5-10 servings of fruits and vegetables a day can be challenging, but "according to one study, 'children's food preferences and food-intake patterns may be shaped largely by the foods parents choose to make available to children and persistence in presenting a food that initially is rejected' (Keep Kids Healthy.Com)"

Children who help grow vegetables in a garden are far more likely to try these vegetables, and community gardens "have a positive effect on fruit and vegetable consumption, [as well as] social benefits to users (Enhancing Food Security And Physical Activity For Maori, Pacific And Low-Income Peoples)"

"The vegetables you find in the store are by and large the product of big agriculture and big agriculture isn't really about taste. It's about distribution and profit. If you would like the vegetables and herbs that you eat to taste better, you need to understand that the

best tasting vegetables are not in the grocery stores. (H'urban Garden)"

If every child had access to fresh sweet peas that you pleasingly pop out of the pod, I don't think they would have to be forced to eat their peas.

A new program at the AimHi Community Garden called Wee Sprouts, is a hands-on gardening field trip experience for children in child care programs. It is a continuation of the original program started several years ago between REAPS & Danielle Sykes, Make Children First Initiative Partner, Queensway Community Garden.

Having Fun Gardening with Kids, is a new booklet published in conjunction with REAPS and Communities in Bloom's Jackie Pement. It is an accessible guide for caretakers and parents on how to begin gardening with children, which was recently shared at REAPS presentations for child resource centres, and workshops for childcare providers' professional development.

Get your copy from the City of Prince George Communities in Bloom website http://www.city.pg.bc.ca/rec_culture/pginbloom/ or the REAPS website www.reaps.org.

VOLUNTEER

OPPORTUNITIES

Contributions from volunteers are fundamental to every community. Exciting opportunities are available with REAPS; join others in promoting the 3Rs & providing Environmental Education in our community.

GARDENERS - The garden will need assistance in dividing plants and potting for the Annual Plant Sale. If you have some time free at the beginning of May we would be happy to see you.

CARPENTER - The garden has a few repairs needed on their shed door and composter.

WRITERS - If you think you have something to contribute to this newsletter, your words would be *greatly* appreciated.

OTHER - If there is anything else you would like to help out with, please give us a call to discuss your ideas.

Interested in one of the above? Contact Terri at 250-561-7327 or e-mail volunteer@reaps.org

LOCAL NEWS

HUBLE HOMESTEAD HISTORIC SITE

Thursday, July 1, 2010 - 10:00am - 5:00pm

Celebrate Canada's birthday - pioneer style! Join us for birthday cake, Canadian Heritage Horse displays, pioneer demos, fun with Scooter the Clown, plus music, games, and more.

CANADA DAY CELEBRATIONS

Gather in the park for all day Canada celebrations including entertainment, food, and much more.

Venue: Fort George Park

REAPS COMPOST DEMO GARDEN

Go For Green Week July 4 - July 10 2010.

The garden is open from 9:00am-4:00pm for the following activities:

Get FREE Landfill Compost! (Bring Your Own Bucket!)

Get information on green lifestyle choices: Learn about composting, Green Office initiatives, Conscien-

tious Shopping, Local Food Options, and Community Gardens.

Kids are also welcome to join us for some free activities: Make a recycle craft daily 1:00-1:30, or play buggy bingo in the garden between noon and 3:00.

HART FAMILY FUN DAY

Howdy Hart neighbours! Last year was a blast but the 2nd annual Hart Family Fun Day will be even better! Come meet other Hart families at the Glenview Park (behind the Eagles Hall) on July 24 from 11am-3pm and help celebrate our blossoming community.

Enjoy a BBQ, free family games and contests, water balloon toss, music, vendors, face-painting, and prizes-prizes-prizes! Don't miss the fun!



98th Annual Prince George Exhibition

August 11 - 15 Once again the PGX is back for FIVE great days ...

Stroll through the barns and marvel at the work of the **4-H youth** and watch one of the many livestock competitions; visit the indoor and outdoor **trade shows** and shop for items not found in any store; enjoy **Heritage Lane**, a life sized exhibit that pays tribute to the growth of our community, highlights the people and events that have shaped our province and our agricultural roots; admire the handiwork of neighbours in the giant **Quilt Fair**, maybe take in a demonstration or workshop before stopping in at the **Tea Garden** for healthy refreshments; enjoy the outdoor community stage highlighting our cultural diversity and showcasing local talent while enjoying some traditional food fare in the **food court**.

Community Food Action Initiative

The Community Food Action Initiative (CFAI) is a health promotion initiative that has a goal of increasing community food security for all British Columbians. Community food security is achieved when all residents are able to obtain safe, culturally acceptable, nutritionally adequate diets through sustainable food systems that maximize community self-reliance and social justice. The primary objectives of the CFAI are to increase awareness of food security, provide access to local and healthy food, promote food knowledge and skills, and increase community capacity to address local food security as well as develop and use policy to support community food security. Food is a determinant of health. With funding from The



Ministry of Healthy Living and Sport, implementation by the five Regional Health Authorities, provincial coordination by Provincial Health Services Authority and guidance from a multi-sector, provincial advisory committee – CFAI supports actions that build food security in BC communities. Through our E-Briefs we hope to disseminate important and impactful information that will engage, empower and propel our province to be food secure.

Please visit the **Food Security Gateway** (<http://www.phabc.org/foodsecuritygateway>) and **Bits and Bytes**

(<http://www.bitsandbytes.ca>) for further information and resources.

AROUND BC

New Recycling Drive Targets Cell Phones and Batteries

Source: The Province

B.C. residents are being encouraged to recycle their used cell phones and batteries as part of a new provincial collection program. As part of the Call2Recycle program, launched on July 1, batteries can be dropped off at one of nearly 1,500 recycling sites at stores, businesses and public agencies across B.C.

"This will make it easier for consumers who have either a small battery or alkaline battery or cell phone that they're not using any more . . . to be able to recycle it, and by having this system they're able to phone, find out where the nearest location is, go over there and drop it off," said John Yap, B.C. minister of state for Climate Action.

While the Call2Recycle program has allowed people to recycle reusable



batteries since 1997, the newly expanded provincial initiative will allow residents to drop off all

kinds of batteries -- up to five kilograms -- as well as cell phones.

Carl Smith, President and CEO of Call2Recycle, said some batteries contain hazardous chemicals such as mercury, cadmium and lead. The recycling program helps to dispose of these products in a safe way, and keeps products out of landfills and waste streams.

"Everybody now recognizes that whether it's because of the commitment to zero waste, or toxics in the environment, that we need to do all we can to properly recycle," said Smith.

The locations of the recycling boxes can be found at www.call2recycle.caor by calling 1-888-224-9764. The program will eventually be expanded to allow for the recycling of other materials such as thermostats. Yap said the recycling initiative is part of a broader goal of reducing greenhouse gas emissions.

"If we can recycle as much as we can of some of the metals, that reduces our overall carbon footprint

because we don't have to use some virgin minerals from the initial source," he said. "So the more we recycle . . . the better it is for our sustainability."



At a Vancouver Board of Trade talk Tuesday, Yap also announced \$25 million for the Public Sector Energy Conservation Agreement, which was launched in 2007 and designed to create jobs and reduce carbon pollution.

The funding will be divided between four categories: \$6 million for heating, ventilation and air-conditioning retrofits in K-12 schools; \$2 million toward solar thermal projects; \$12 million toward rural and urban district energy-saving systems; and \$5 million for an open call for proposals to all provincial public-sector organizations to fund energy retrofit programs.

B.C. Hydro Widens Hunt for Biomass Power Sources

Source: Canwest News Service, Wednesday, June 02, 2010

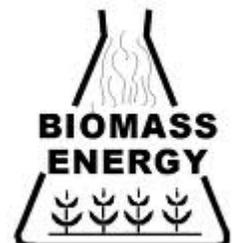
B.C. Hydro is widening the definition of biomass energy with a new green-power call that will consider projects that burn wood waste, energy crop trees such as poplar and municipal compost.

Hydro announced yesterday it seeks up to 1,000 gigawatt-hours per year of new electricity supply from biomass, for which it will be willing to pay an upper limit of \$150 per megawatt.

Working with the forest and energy ministries, Hydro has identified several regions of the province as having sufficient fibre supply to support biomass burning.

The forests ministry has identified several areas as having available fibre supply to support electricity consumption -- the Smithers / Fort St. James corridor, Mackenzie, northeast B.C., central and northern Vancouver Island, and northwest B.C.

However, B.C. Hydro said the invitation to bid applies provincewide.



AROUND CANADA & THE WORLD

BC Bioenergy Network Provides \$240,000 for BC's First Small Scale On-Farm Anaerobic Digestion Pilot Plant

VANCOUVER, BRITISH COLUMBIA-- (Marketwire - May 26, 2010) - The BC Bioenergy Network ("BCBN"), a provincially-funded, industry led network supporting the growing bioenergy sector in British Columbia, announced today \$240,000 grant funding to the Bakerview EcoDairy ("EcoDairy") to establish the first commercial demonstration site in BC for on-farm anaerobic digestion ("AD") and nutrient extraction for small to medium sized dairy herds.

The project is part of the EcoDairy's demonstration agritourism farm in Abbotsford, BC. The facility will provide the public and dairy farmers in BC with an understanding of the anaerobic digestion process and how it can benefit all stakeholders in the agricultural industry.

"This is an excellent example of an economic and environmentally sustainable way to convert agricultural waste into valuable energy while reducing greenhouse gas emissions," said Blair Lekstrom, Minister of Energy, Mines and Petroleum Resources. "This demonstration project has the potential to be replicated at the many smaller-scale dairy farms across the province to generate clean energy to power their agricultural operations."

"This project moves us closer to finding a model for small-scale agricultural anaerobic digestion that can be used by farmers

across B.C.," said Steve Thomson, Minister of Agriculture and Lands. "ArdCorp, the Anaerobic Digestion Initiative Advisory Committee, and the B.C. Agriculture and Food Climate Action Initiative have been particularly instrumental in helping our agriculture industry develop innovative practices, such as anaerobic digestion, to reduce greenhouse gas emissions."

"Anaerobic Digestion, by processing animal waste and then creating energy and other by-products has been proven to enhance environmental practices, improve nutrient management and diverse revenues," said Michael Weedon, Executive Director of the BC Bioenergy Network. "This project is one of the first in North America to demonstrate on-farm small scale anaerobic digestion and if successfully demonstrated will provide enormous benefits to BC's agricultural industry."

"Securing this grant was an important milestone for us as it is a key component of the Bakerview EcoDairy, allowing us to reduce methane output while generating clean energy (electricity and heat). Our goal is to complete construction and commission the system by September, 2010," said Bill Vanderkooi, CEO, Nutriva Group and President of Bakerview EcoDairy, a division of the Nutriva Group.

The AD system will be supplied by Avatar Energy out of Vermont. Avatar has de-

signed a novel, scalable and modular system for smaller farms (100-600 cows). Over a 21 day period, the AD system takes the cows manure, heats it and collects methane gas (biogas). The biogas is then used by a generator to create electricity to power the EcoDairy's robot milker, Learning Center, and Nutrifoods Market. Heat is also generated and used both on site and to maintain the AD system. The system is equipped with a unique trickling filter system, which helps to convert ammonia to nitrate and cost effectively removes NPK from the liquid effluent. Byproducts of the system are a soft fiber for the cow's bedding and a condensed liquid organic fertilizer.

"BC Hydro is pleased to offer additional funding to the Bakerview EcoDairy to explore how anaerobic digestion at a residential farm can create energy," said BC Hydro Deputy CEO, Bev Van Ruyven.

"Projects such as the EcoDairy demonstrate that creative solutions can result in a 'win-win' for both our customers and BC Hydro by complementing our existing portfolio of clean energy sources."

For more information, please contact

BC Bioenergy Network
Michael Weedon
Executive Director
604-891-1257 or Cell: 604-805-2115
Michael.Weedon@bcbioenergy.ca

Plastic Bag Limits Save China Three Million Tonnes of Oil Per Year

Source: Embassy of the People's Republic of China in Australia

China's limits on the use of plastic bags cut crude oil consumption by 3 million tonnes per year, according to the National Development and Reform Commission (NDRC).

Since June 1, 2008, all Chinese retailers, including supermarkets, department stores and groceries, no longer provided free plastic shopping bags. In addition, China banned ultra-thin plastic bags, or those thinner than 0.025 mm.

China is trying to cut the use of plastic bags in a bid to reduce energy consumption and polluting emissions. The plastic bag limits could save about 2.4 million to 3.0 million tonnes of crude oil every year and cut 7.6 million to 9.6 million ton-

nes of carbon dioxide emissions every year, the NDRC said.

The NDRC said it would further implement the regulations and inspect execution of the ban nationwide. Retailers who did not list shopping bags on the receipts or continued to provide free plastic shopping bags would be fined from 5,000 yuan (732.06 U.S. dollars) to 10,000 yuan, according to the State Administration for Industry and Commerce.



AROUND THE WORLD

Hasbro Keeps Tabs on Energy Use and Savings with Hara System

By: GreenerBuilding Staff June 24, 2010 http://www.greenbiz.com/news/2010/06/24/hasbro-keeps-tabs-energy-use-and-savings-hara-system?utm_source=Vertical+Newletters&utm_campaign=a77288f123-BldgsNL-2010-06-24&utm_medium=email

REDWOOD CITY, CA — [Hasbro](#), the company behind Mr. Potato Head, G.I. Joe, Transformers and a legion of other popular toys, is rolling out [Hara](#) Environmental and Energy Management software to monitor the firm's use of resources and its environmental impact.

Hara said yesterday that it has been selected by Hasbro to set up an environmental system of record that will track use of energy and natural resources -- and help the toy-making giant reduce its consumption. Hasbro plans to deploy the system

across its global operations, a representative of the company said.



Hasbro's brands include Dora the Explorer, Play-Doh, Playskool,

Tonka, Milton Bradley and Parker Brothers.

The manufacturer is the most recent big-name company to sign on with Hara. Others include [Diebold](#), [Safetyway](#), [Coca-Cola](#), [News Corporation](#), [Intuit](#), [Brocade](#), [Aerojet](#), [Akamai](#) and the cities of [Palo Alto](#) and [San Jose](#). Hara launched its software [a year ago](#).

FTC's 'Lighting Facts' Label Highlights Bulbs' Energy Efficiency

By: GreenerDesign Staff June 23, 2010 http://www.greenbiz.com/news/2010/06/23/ftc-lighting-facts-label-highlights-bulbs-energy-efficiency?utm_source=Vertical+Newletters&utm_campaign=a77288f123-BldgsNL-2010-06-24&utm_medium=email

WASHINGTON, DC — A new rule from the [Federal Trade Commission](#) aims to make it easier for consumers to compare types of bulbs by making lumens, not watts, the most prominent figure on packaging.

Starting in the middle of next year, labels on the front of light bulb packaging must emphasize the bulb brightness measured in lumens as opposed to emphasizing watts, which is a measurement of energy use.

Until [incandescent bulbs are phased out in the U.S. in 2012](#), consumers have the choice of incandescent, compact fluorescent (CFL) and light emitting diode (LED) bulbs. Since CFLs and LEDs consume less energy, they use fewer watts, and most CFL and LED packaging also lists how many watts a comparable incandescent would use.

Under the new rule, all bulb packag-

ing would be streamlined so all focus on lumens on the front of packaging and list other information on the back of the packaging in a new Lighting Facts box similar to the Nutritional Facts boxes on food.

The Lighting Facts will include brightness, estimated yearly energy cost, bulb life expectancy, light appearance (from warm to cool) and if the bulb contains mercury. The bulbs themselves will be imprinted with their brightness and a disclosure if they contain mercury.

LEDs, the most costly of all bulbs, last much longer than both incandescents and CFLs, and do not contain mercury. A number of companies [have released or plan to put out LEDs](#), and research estimates that LEDs will make up half of the \$4.4 billion market for lamps in the commercial, industrial and outdoor stationary sectors by 2020.

Lighting Facts Per Bulb	
Brightness	870 lumens
Estimated Yearly Energy Cost	\$1.57
Based on 3 hrs/day, 11¢/kWh Cost depends on rates and use	
Life	5.5 years
Based on 3 hrs/day	
Light Appearance	
Warm Cool	
2700 K	
Energy Used	13 watts
Contains Mercury	
For more on clean up and safe disposal, visit epa.gov/cfl .	

Let's Stop Going Bananas!

By: L. Herring

At 97 cents a pound, bananas seem like a good option in the grocery store. They are inexpensive, healthy, versatile and delicious both eaten plain, in smoothies, banana bread or mashed as baby food. High in potassium and rumoured to prevent hangovers, bananas have become a staple in our diets and on our grocery lists but few of us are aware of the environmental, social, and political impacts of the banana trade.

Produced on many continents and beloved around the world, bananas have the dubious distinction of being one of the World's most environmentally destructive agricultural industries (Shah, Anup 2010). Only 5 transnational corporations Chiquita, Dole, Del Monte, Fyffes, and Noboa known as the "Bonita" brand control more than 90% of the global banana trade and operate on plantations that are 100 square km or more. The constant expansion of banana plantations is a leading cause of the loss of rain-forest throughout the tropics.

Of more than 300 distinct varieties of bananas, only the Cavendish is grown for international trade (Hamer, Ed 2008). It takes just 14 months for saplings to mature and produce bunches of bananas weighing up to 80 Kg, (Hamer, Ed 2008) which are harvested while still green. Since banana trees only bear fruit once, the trees must be removed and burned or thrown into bodies of water to make room for the new saplings. Deforestation and soil erosion associated with banana plantations has been shown to be responsible for the severe damage of 60% of coral reefs in Costa Rica's Cahuita National Park. In addition, the United Nations Food and Agriculture Organization (UN FAO) estimates that 30 -40% of bananas are discarded – often thrown into waterways where their decomposition kills wildlife– due to consumer demand for "perfect" uniform and unblemished fruit (Hamer, Ed 2008). This is especially tragic as the majority of banana plantations are in countries facing severe food insecurity.

According to the World Wildlife Fund,

the banana industry produces more waste than any other agricultural sector in the developing world (Hamer, Ed 2008). For every tonne of bananas produced, there are 2 tonnes of waste (Hamer, Ed 2008). Costa Rica's Ministry of Health found that 78% of plantations in that country did not dispose of waste properly, a big concern since in 1995 the IUCN estimated that 4,510 metric tons of plastic bags and 4,832 metric tons of polyethylene rope were generated by Costa Rica's banana industry alone (WWF 2010). Many of these plastic wastes find their way into the ocean where they have been shown to be a health risk for fish, birds and turtles (Cohen, Rebecca 2010).

Pesticides are a serious environmental and human health problem in the banana industry. Globally, over 400 agrochemicals are used on bananas, more than any other crop except cotton (Banana Link). As targeted insects develop resistance to these chemicals, stronger more toxic alternatives are needed. These agrochemicals are harmful to all life in the area and many of them have been shown to cause sterility, cancer and death in humans. These pesticides also build up in the soil, killing beneficial insects and microorganisms and preventing any attempts at habitat restoration. While largely banned in the developed world, transnational companies are able to get away with using them in the developing world often by pressuring corrupt governments into relaxing restrictions. More than 30% of production costs are spent on pesticides alone and an estimated 30-45 kg of pesticides are used per hectare per year on bananas compared to just 2.7 kg on the average European cereal crop (Hamer, Ed 2008).

Bananas are a highly demanding crop and require extensive fertilization when grown in conventional monoculture systems. Unfortunately, due to the high rainfall in coastal tropical areas where most plantations are located, 60-85% of fertilizer is lost via leaching or runoff leading to de-

struction and eutrophication of coastal and coral reef areas (Usher and Pulver 1994).

In our quest for the cheapest bananas we sacrifice the health of both the environment and plantation workers who are rarely paid a living wage and are exposed to cancer-causing chemicals without proper protective equipment and with no medical treatment or compensation. It is common for workers as young as 8 years old to stand for 10 hours a day with their unprotected hands dipped in a bath of chemicals (to wash the bananas) (BananaLink). Gender discrimination is rampant with women frequently paid just ¼ of the men's wage. Finally, indigenous populations are often driven off of their land to make room for plantation expansion.

So next time you shop for food consider choosing fair trade organic bananas or switch to something local, environmentally friendly and free of exploitation. I have a great recipe for organic rhubarb streusel cake if you're interested!

BananaLink "Social and Environmental Issues" Accessed 25, June 2010. <http://www.bananalink.org.uk/content/view/77/37/lang.en/>

Cohen, Rebecca. "Global Issues For Breakfast: The banana industry and its problems FAQ" *Preda Fairtrade Newsletter*. Accessed 25, June 2010. <http://www.preda.net/?ftp=archive/10021901.htm>

Hamer, Ed. "The Banana Brief. From plantation to consumer: a tale of chemicals, slavery and CO₂" *The Economist*, Updated: 02 June 2008. Accessed 25 June 2010.

<http://www.theecologist.org/green_green_living/food_and_drink/269413/the_banana_brief.html>

Shah, Anup. "The Banana Trade War." *Global Issues*, Updated: 03 Jan. 2010. Accessed: 25 Jun. 2010. <<http://www.globalissues.org/article/63/the-banana-trade-war>>

Usher, W. & Pulver, E. 1994. Evaluation of pesticide and fertilizer usage in bananas and potential risks to the environment. NARMAP/Banana Growers Association, Winrock International Institute for Agricultural Development, Belize City.

WWF "Overview: Bananas (*Musa acuminata* and *M. paradisiaca*)" Accessed 25 June 2010. <http://wwf.panda.org/about_our_earth/agriculture/impacts/bananas/>

RECYCLING & ENVIRONMENTAL ACTION & PLANNING SOCIETY

Mailing address:
PO Box 444, Prince George, BC V2L 4S6

Compost Garden and Office Location:
1950 Gorse Street (in Fort George Park)

Phone: 250-561-7327
Fax: 250-561-7324
E-mail: newsletter@reaps.org
Website: www.reaps.org

Dumpy's Tip of the Month

Avoid Creating Trash

Avoid creating trash wherever possible: when ordering food, avoid receiving any unnecessary plastic utensils, straws, etc. (ask in advance), buy ice cream in a cone instead of a cup, don't accept "free" promotional products, buy products with the least amount of packaging, etc. Every little bit of trash avoided does make a difference!



RECYCLE CRAFT CORNER

Gift in a Bottle

Material list:

- 2 L clear plastic bottle
- Exacto knife or scissors
- Small flexible or flat gift items
- Extra ribbons, tinsel or paper grass and tissue paper.

Directions;

1. After removing the label and making sure your bottle is clean and dry, use scissors to cut a 14cm slit in the back of the bottle (along the label glue line is best).
2. Add tinsel or decorative paper to the bottom of the bottle through the slit. Continue to add gift items and arrange attractively.
3. Cover the cap with tissue paper and ribbon or leave plain as pictured.



Use a clear plastic 2L soda bottle as a holder for your gift items. Choose any holiday, occasion or hobby. Our example is a shower gift. The bottle is filled with baby items such as baby lotion, soft spoons, terry cloths, rattles and a teddy bear.

Recycling and Environmental Action Planning Society (AKA REAPS)

The REAPS Report is published six times a year, on the first of January, March, May, July, September, and November.

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 are *much* appreciated, and can be submitted to the REAPS office via email at newsletter@reaps.org

RECYCLING and ENVIRONMENTAL ACTION PLANNING SOCIETY MEMBERSHIP APPLICATION

Name: _____

Mailing Address: _____

City: _____ Postal Code _____

Telephone: _____

Email: _____

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