

REAPS READER



Have you helped the environment today?



BE SUN SAFE THIS SUMMER!

Here are some things you can do this summer to protect yourself.

Try to limit sun exposure between 10am-4pm. This is when the sun emits the greatest amount of UV Rays.



Always use Sunscreen. Wear sunscreen with an SPF of 30 or higher.

Wear sunglasses that have 99-100% UV protection. (look for words like blockage, absorption or a polarized lens).



Seek Shade. Use the shade of trees. If you don't have a shadow, it's time to find shade.

Wear a sun-safe hat...one that covers your eyes.



Hydrate. Have a water bottle handy to stay hydrated.

Cover up. Wear clothing that limits exposure to the sun making sure it is loose fitting.



Did you know??

Using an SPF 15 sunscreen for the first 18 years of life lowers skin cancer by 80%.



If your clothing covers the neck, arms, and legs and you are wearing a sun safe hat along with at least an SPF 15 sunscreen, you will almost be 100% UV protected.



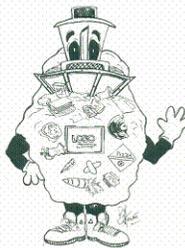
Important Dates in JUNE...



June 3-9	World Environment Week
June 5	World Environment Day
June 6	Clean Air Day- Walk or ride your bike to school today!
June 8	World Oceans Day
June 13	Canadian Rivers Day - Mackenzie River is the longest
June 17	Fathers Day
June 21	First Day of Summer



Check Out Our Website



www.reaps.org

Our website offers info on composting, vermicomposting, recycling and our various presentations. There is also a listing of the dates and times of our workshops.

Down at the Garden

Interested in learning more about composting, vermicomposting or recycling? R.E.A.P.S. will be offering FREE weekly workshops down at the garden.

We look forward to seeing you.

Local events happening during Environment Week June 4-8 and Go for Green Week in July 15-21!

Check the local papers or website for details.

If you have any questions about recycling, organic gardening, composting, or vermicomposting. Stop in for a visit or call us at 561-7327. The Garden hours are 9:00 a.m. - 4:30 p.m every day, we are located at 1950 Gorse Street, right behind the The Exploration Place in Fort George Park.

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