

REAPS READER



Have you helped the environment today?



How to stay cool in the summer

Just add water. The relief is almost immediate, and will last for up to one hour or more.

Wet your wrists and other pulse points with cold water. Use a piece of ice wrapped in a face cloth to continue after the coolness wears off. Constantly cooling off the wrists will also cool off the body. Never use just ice; make sure it is wrapped in a towel or something similar.

Hold a cold beverage on your neck to cool yourself. A cold object, such as a soda can, held against the neck cools the blood to the brain very quickly.

A bandana, soaked in water and tied about the neck cools quickly and protects against sunburn.

Sweat it out. Water vapour produced by sweating actually takes heat away from your body if it is exposed to air and allowed to evaporate. The best thing to do is to put your sweaty self in the path of a cool breeze or fan.

Wear Light Colors: Darker colors will absorb the sun's rays and be warmer than light or white clothing, which reflects light and heat.



For those who will be out camping with family and friends this summer, why not try out some green camping tips!

1. Use biodegradable soap for dishwashing, bathing and laundry while camping.
2. Bring a set of reusable dishes and flatware- ditch the disposables!
3. Purchase fresh produce for your trip from a local organic farm along the way!
4. Look for alternatives to chemical insect repellents. Avon carries a product called "skin to soft" which does the same job.
5. Most importantly, leave no trace! Pack out all your trash and recycling!



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 07-12! 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 250-561-7327. The garden hours are 9:00 am, 4:30 pm daily, we are located at 1950 Gorse Street behind Exploration Place in Fort George Park.

Check it out!!!

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 works our workshops

Dates to Remember...

June 3-9 World Environment Week

June 6 Clean Air Day

June 13 Canadian Rivers Day

June 17 Fathers Day

June 21 First Day of Summer