

REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

DEC 2015

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Special E-Waste Weekend a Hit

A successful weekend long e-waste collection was organized for October 1 to 4. Residents, businesses and organizations in Smiths Falls and area could bring their electronic waste to SFDCI or the REAL Deal, or call Crime Stoppers to have it picked up.

REAL has been the main electronic waste depot in Smiths Falls for a year now, and continues to collect a bin-full per week. This special event made it possible to get some of the e-waste out of the way before winter, and having partners on board made it even easier.

The SFDCI Environmental Club accepted materials at a bin on the school grounds on the Thursday and Friday. REAL Deal accepted the waste Thursday to Sunday as usual. On Saturday and Sunday, Crime Stoppers offered the unique service of picking up the materials from homes or businesses. This was especially helpful to people who did not have transportation or had trouble physically moving large items, such as large televisions. Mills Community Support provided some extra volunteer support.

Examples of electronics included in the Ontario Electronic Stewardship (OES) program are computers and their peripherals, stereo components, answering machines, televisions, CD and video players and mobile devices. See <http://www.realaction.ca/waste/electronics/> for more details.

By the end of the weekend, 4.5 tonnes of waste had been collected, so there is a good chance the event will be repeated sometime next year. At the REAL Deal, volunteers were surprised at the number of people who did not realize that the REAL Deal collects used electronics year round. In fact, REAL has collected 40 tonnes of electronic waste from Smiths Falls and surrounding municipalities over the past year.



Art with a Past Show Shares Upcycling Ideas

Art with a Past was an opportunity for people to share their repurposing ideas through an exhibit of upcycled projects over two days in the front room of 85 William St. The concept was new for REAL, and was appreciated by those who came out to see the exhibit, or who displayed their craft projects. Very few people came through Friday, but there was a better turnout on Saturday. It is also a busy time of year for crafters building their inventories for craft fairs, so perhaps at another time of year we could enlist more people to display.

Carol Richardson, co-organizer of the event, made a mosaic window frame chalk board for the event, and sold it for \$50 to a fellow artist attending the show. The money will be used to buy tile nippers for future mosaic workshops. A mosaic switchplate workshop is being considered next. If you enjoy repurposing materials, particularly those found in our store, please introduce yourself so we will have a base of people to approach for our next event.

Photos: Top right—assorted boxes purchased at the REAL Deal given a new look by Cathy Ivory; middle right—mosaic switchplate, Carol Richardson; bottom right: dresser and sink upcycled by Tim Dupras, volunteer at the REAL Deal; bottom left: a old window frame becomes a decorative message board, Carol Richardson.



Where Does the E-waste Go?

Electronic waste is collected through the Ontario Electronic Stewardship Program (OES) across Ontario, including the REAL Deal. The waste collected in Smiths Falls is packed by our volunteers in a large walk-in bin that is then picked up by a company in Renfrew, who leaves us another empty bin. REAL is paid by the weight of the material. The Renfrew company repackages the materials and those it collects from other sites for shipment to Ontario Electronic Stewardship approved facilities for processing.

The electronics are processed to recover materials that can be put back into the manufacturing supply chain. About 90% of the component parts, including steel, glass, copper, aluminum, plastics and precious metals, can be recovered and made into new products. A mobile phone, for example, is 19 percent copper and eight percent iron. Having the OES oversee this process ensures materials are not shipped overseas to places with lax environmental standards, or who have their workers extract materials in unsafe conditions.

REAL Deal News

Tracy Thomson Moves On. After four and a half years as the REAL Deal Store Manager, Tracy Thomson, decided it was time for a change and has moved to Kelowna, B.C. Tracy showed consistency, business sense and a good eye for the collectible as the store developed. The store won't seem the same without her - our volunteers and customers will miss her. We wish her all the best in her future endeavours.



In the meantime, Steve Rawlings, our Renovations Manager, is holding down the fort, assisted half time by Sue Brandum, the store's Executive Director, while new staffing arrangements are made. Tracy is the third manager of the store since it opened at the 85 William St. location June 2008.

Vacuums. We have a new volunteer, Carl Choquette, who has for several months now been taking any donated vacuums home to assess, clean and repair as needed. So you know that any vacuum purchased at the REAL Deal will be in good working order. Most are priced a \$10 – 45, with the exception of high end machines, such as Filter Queen.

Gore Street Booth. The REAL Deal has given up its rental space at the Gore Street Flea Market in Perth. We had been using the opportunity to showcase some of the more valuable, collectible items that we have donated to us in a different market. Thanks to the Gore Street folks there for giving us the chance to test the waters. Sales were good, but we just don't have the time to maintain the space properly. Some of the unsold items are on display above the REAL Deal's silent auction case.

Check store for Christmas Accessories. By the time you read this newsletter our vast collection of Christmas "stuff" will be out on display. We collect it all year long from people downsizing or breaking up households, and it is always satisfying to free up the space it occupies, and get everything into other people's hands. Make a point of checking used before

buying new. We have a little bit of everything: movies, decorations, tree ornaments, wrap, artificial trees, lighting, glasses and mugs – you name it. The REAL Deal is still accepting Christmas donations and does so all year, but is reluctant to accept large out of season items outside of the season. So if you have large items like trees or large outdoor decorations, please get them to us sooner rather than later, so we have a chance to pass them along before Christmas.

Rental Service. REAL has set aside large quantities of mugs, wine glasses, water glasses and plates for others to borrow for a small fee. This may be the solution if you are entertaining or hosting an event, are reluctant to create waste with disposable items, but don't want to hang onto them. We also have sets of clear and white bud vases, rose bowls, punch bowls and plastic "beer" pitchers. The staff would appreciate two days warning to get them down from upstairs. We do not have a dishwasher, so we ask that you bring them back clean.

Volunteers. We can always use more volunteers! Speak to Steve or Sue if you can help. These days the cash is covered by Judy Mundy, Tiffany Carrol and Heather Warren, and the yard by Tim Dupras, Chris Jackson and Don Harvey. Donna McKenna, who has recently retired, joined the "smalls vols" group of Barb Hicks, Brenda King and Una Pugh. Of particular need would be a handy person and/or someone able to assess hardware and appliances.



Tiffany organizing the books.

Christmas Hours. As is tradition, the store shuts down over Christmas to give everyone a break. Please check holiday dates to avoid unpleasant surprises. And if you have items to donate over the holiday period, we would appreciate your holding on to them until we reopen Friday, January 2. Items left on the table when we are not there get appropriated by other individuals, or may get ruined in the weather and become an expense to us.

Inexpensive Christmas Upcycling Ideas

Every year the REAL Deal puts out a great deal of donated Christmas “stuff”. Some years we had oodles of movies, CDs and books, some years we’ve been drowning in Christmas trees and tree stands, some years we have had copious quantities of gift wrapping material, and every year, loads of candle doodads. This year we seem to have more glass ball ornaments, green garland, glitter garland and glittery beads than usual. Year round we have lots of books, vases and puzzles. So if you’re feeling crafty, here are some mostly seasonal ideas to put these inexpensive raw materials to use.

[Aunt Peaches](#) has fun ways to use tinsel garland, including putting it inside clear plastic ornament balls, tying a newspaper wrapped gift, and making a tinsel covered evening purse!

HGTV has instructions for a [beaded Christmas tree](#), where you glue strings of metallic beads on a cardboard cone. An even more inexpensive tree idea is these [fringed newspaper Christmas trees](#). A couple of uses for puzzle pieces include making [snowflakes to adorn napkin rings](#), or [candy cane tree ornaments](#). This last one is suitable for young children.



Old hard-covered books could be turned into a [vintage book banner](#) that spells out a word, or a [child’s activity book purse](#). Green artificial garland can be turned into a [tomato cage Christmas tree](#), or used to make a wreath, centerpiece or candle ring, or dressed up with bows, pinecones, lights, burlap, candy canes or inexpensive ornaments.

Get creative by taking a wide-mouthed clear glass vase and filling it with shiny ornaments, pinecones, nuts, shiny beads, candy, popcorn and cranberries, or any combination of these. Or use a vase for twigs and greenery instead of flowers. Try floating a candle and greenery in a rose bowl. (We have lots of these upstairs if you need more than you see.)

There are oodles of ideas on the internet for inexpensive tree ornaments, too, if you have a couple of hours to kill browsing!



REAL Deal Holiday Hours

Fri. Dec. 18 - December Make a Deal
 Sat. Dec. 19 - December Auction Close
 Dec 24, 25, 26, 27 - Closed
 Thurs. Dec. 31 - Open
 Fri. Jan. 1 - Closed
 Sat. Jan. 2 - Open
 Sun. Jan. 3 - TBD

saveONenergy[™]
HOME ASSISTANCE

Last winter, a few people in the region got their electrically-heated homes insulated and air-sealed for free when they took advantage of a program promoted by REAL. REAL is doing the same this year, promoting a program from Hydro One that helps people reduce their electricity use. Drop by the REAL Deal to pick up a brochure, or contact Sue at sbrandum@realaction.ca or REAL at 613-283-9500.

REAL Dinner Highlights Local Food and Two Rivers Food Hub

From the elk meatballs, to the local cheeses, the black garlic crostini and custom made caramels, REAL's annual fundraising local foods dinner was truly a "dinner with a difference" enjoyed by about 80 people.

This year REAL teamed up with the Two Rivers Food Hub to highlight local food producers and their new facility. Bruce Enloe, a talented chef, owner of The Branch restaurant in Kemptville, and manager of the Two Rivers Food Hub, turned out an impressive buffet that featured a BBQ hip of beef supplied by Grenville Grass, a rabbit stew with rabbit from Flintshire Farms, local seasonal greens from Bluegrass Farm in Jasper, and roasted vegetables from Miller's Bay Farm in Rideau Ferry. The foodie's feast also included the products of another 20 or so local producers from fruits and vegetables, garlic, sunflower oil and even ice cream. The meal was prepared in the Two Rivers kitchens and served just down the hall in the Gallipeau Centre ballroom.

Guests toured the Hub's facilities, including the various kitchens that it rents out to local food manufacturers who need to produce from a certified kitchen. Enloe gave a quick overview of Two Rivers services supporting the small farm agricultural community, including commercial kitchen rentals, a wholesale aggregation and distribution service, a weekly food box program, and learning opportunities.



Some of the silent auction items. [See a list of items and their donors.](#)

The dinner also featured a cash bar featuring local beers and Ontario wines, a silent auction and musical entertainment by jazz pianist Don Reid. Wayne Cavanagh of Jack FM was our able Master of Ceremonies. True to REAL's roots, very little waste was created, as reusable dishes and glassware were used on the tables and at the bar, cloth tablecloths and napkins were used, and natural mum and pumpkin centrepieces decorated the tables. Several silent auction items and serving pieces used were items donated to the organization's REAL Deal Reuse Store.

Twenty five local organizations and individuals sponsored the dinner (see list at the end of this newsletter.) Organizers were pleased that the dinner raised \$5,000.

Kudos to everyone who contributed their time and talents to the event. Thanks to Marje Fletcher for the poster, Impression Printing for doing the tickets, Modern Thymes for being a ticket outlet, and all of our silent auction donors. We appreciated the help of Andrew Atkins, Peter Au, Julie Creighton, Diane Pearen, Pam Craig and John Joynt, and the families of committee members Donna McKenna and Jason Takerer. Other committee members were Lorraine Allen, Susan Brandum, Barb Hicks, Brenda King, Shawn Merriman and Karen Schecter. Students Jane Ford, Shannon Hicks and Kelsey Thompson helped out that evening. It took a lot of effort, but we were pleased with the end result.

The biggest challenge in organizing this event was finding a chef who understood the statement we wanted to make about local food and who has connections with local suppliers, and we hit the jackpot this time. Special thanks go to Chef Bruce Enloe, his wife Nicki, and Sara Mackenzie of the Hub for putting on such a great meal and making sure everything went smoothly.

Two Rivers Food Hub Progressing

The Two Rivers Food Hub in Smiths Falls is a grass roots, not for profit, community based enterprise aimed at filling the gap in the supply chain between producers and buyers, making local, fresh, sustainably produced food available to everyone in Lanark, Leeds and Grenville. All this will mean greater opportunities for local farmers.

The demand for local food has been growing. Local food is fresh, healthy and high quality, has a reduced environmental impact compared to foods trucked in from elsewhere, and supports farmers and the economies of our communities. But many of the big buyers, such as grocery stores and restaurants, cannot get the quantities they need, and the farmers themselves spend too much of their time and energy marketing and transporting their produce.

The Hub centralizes a number of services to assist farmers and producers. In December 2014 the Hub signed a lease at the Galipeau Centre, and by March 2015 they were up and running. The Hwy 43 facility is centrally located in the tri-counties, and can utilize the institutional kitchens already place at the former Rideau Regional Centre. The Hub got under way with grants from Trillium, OMAFRA and the EODP, as well as contributions from municipalities, groups and individuals. They hope to become self-sustaining in 3-5 years. Currently they have two paid staff: General Manager, Bruce Enloe, and Sarah Mackenzie.

The commercial kitchen rentals there are a particularly intriguing part of the operation. Local farmers and producers can rent kitchen space in a licensed and inspected facility by the hour, half day or day to process their products. All the large and small scale equipment is there, from steel tables, to ovens, to coolers, freezers, mixers, steam kettles, pneumatic piston filler, dehydrators and label printers. So a farmer's market vendor could make their product more efficiently than at a home kitchen, or someone could rent space to test a new product, or an existing producer could do a higher volume of product. Ashton Naturals, Bowes and Company Salsa, the Iron Kettle Café and the Garlic Pantry are some of the local producers that have made use of the commercial kitchens.

Other Hub projects include piloting a wholesale aggregation and distribution service with Wendy's Mobile Market, operating a weekly food box program (even through the winter), and information sharing and learning opportunities.

It will be interesting to watch how the Hub develops, as their space allows for so many possibilities, and this is a much-needed new direction in our local economy. For more, see their website: <http://tworiversfoodhub.com>.

Foods from the following local producers were included in our Local Foods Dinner

Agape Gardens, Perth
Ashton Naturals, Ashton
Aubin Farms, Spencerville
Back 40 Artisan Cheese, Lanark Highlands
Bekings Eggs, Spencerville

Big Z's Smokehouse, Carleton Place
Bushgarden Farm, Elgin
Canreg Station Farm and Pasture Dairy, Finch
Carleton Mushrooms, Osgoode
Castor River Farms, Metcalfe

Corn Acre, Lyndhurst
Cressy Mustard Co., Prince Edward County
Downtown Ice Cream Shoppe, Merrickville
The Elk Ranch, Kanata
Flintshire Farms, Flinton

The Garlic Pantry, Carleton Place
Grenville Grass, North Grenville
Hall's Orchard, Brockville
Harvest Moon Orchard, Carp Ridge
Highline Local Mushrooms, Wellington

Hogan's Honey, Bath
Hollyhock Grange, Smiths Falls
Ironwood Organics, Gananoque
Kricklewood Farm, Frankville
Miller's Bay Farm, Rideau Ferry

NewCare EcoFarms, Iroquois
Pie Bird Bakery, Gallipeau Centre, Smiths Falls
REAL Community Garden, Smiths Falls
Rideau Candyland, Smiths Falls
Rideau Pines, North Gower
Wilton Cheese Factory, Odessa



In REAL Life

MailChimp

Thanks to everyone who took the time to sign on to our MailChimp email list. This replaces our old “REAL Notice” list, so if you haven’t been receiving our messages, make sure you confirm you would like to hear from us. Just go to the bottom of our website’s homepage to subscribe (or unsubscribe). Be sure to click confirm on the email that comes back to you!



The Town of Smiths Falls has come to our rescue twice this past month. Vanessa Bernicky, Town Engineer, had five loads of asphalt grindings brought to level out the gravel portion of our parking lot. (The grading was performed by Whytes Maintenance.) And when we were deluged with books, the town picked up about 20 boxes of culled books for recycling.



Karen Schecter, REAL’s Vice-President and Chief Librarian at the Smiths Falls Public Library, was awarded the Joyce Brennan award by the Smiths Falls and District Arts and Culture Council (SFDACC) October 24. This was the fifth annual presentation of the award to a person who has made an exemplary contribution to arts and culture in Smiths Falls. The late Pat Foulkes, also a long-time REAL member, was a past recipient of the award.



Some additional Evergreen Avenue memorial stones will be placed this fall, including one placed for Dan Davidson, a long-time REAL volunteer, by his family. A memorable Evergreen dedication ceremony took place last June 5. A similar event is planned for next spring, at which time these stones, placed along the path at Victoria Park, will be recognized more formally.



The Civitan Club of Perth operates a Medical Equipment Lending Bank for the benefit of the community from their site on Hwy. 43 just west of Perth. They lend items like wheelchairs, walkers, beds, raised toilet seats, crutches, and canes, and accept donations of these things as well. Many such items that have been donated to the REAL Deal have been passed on to their organization. They can be reached at (613) 200-2181 or you can drop by on Tuesday or Thursdays from 12:30—1:30 p.m.



One in five Americans say they will place an item in a recycling container even if they are not completely sure it is recyclable. ‘Wishful recycling’ makes it very difficult to extract the true recyclable commodities. [Is recycling worth the expense and emissions?](#)

The 20 billion tons of concrete produced annually account for an estimated five to 10 percent of global carbon dioxide (CO₂) emissions, reports [Earth Talk](#). The energy-intensive process to create it is the third largest source of planet warming CO₂.



California-based [WaterFX](#) has developed an [Aqua4 “concentrated solar still” \(CSS\)](#) that uses a concentrated solar thermal collector to compress heat, create steam and distill water at 30 times the efficiency of natural evaporation.



The [Great Lakes Protection Act](#), passed by the Province of Ontario in early October, will require the Ontario government to set science-based targets and develop action plans to address the most severe threats to the Great Lakes.

Box 1061
Smiths Falls ON
K7A 5A5
613-283-9500
info@REALaction.ca

We're on the Web
www.REALaction.ca

**Environmental
Projects Manager**
Sue Brandum
613-267-2257
sbrandum@cogeco.ca

**REAL Deal Store &
Environment Centre**

85 William St. W.,
Smiths Falls ON
613-283-7999

Store open Thursdays
through Saturdays 10-4,
and Sundays 12-4

Well Aware, Energy Audits,
RAIN or other programs

Phone: 613-283-9500

Send contributions to February
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