

REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

SEPT 2017

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Home Energy Upgrade Incentives

Great news! You can receive \$1,600 or more in incentives for completing energy upgrades to your home. If you are resident of Lanark, Leeds and Grenville or parts of Frontenac Counties you will likely qualify for this program. The best part about this incentive program is that it is open to homes heated with natural gas as well as propane, oil, wood and electricity. If you live in an electrically heated home you could receive up to \$4,000 in additional incentives.

The program is delivered by Enbridge Gas Distribution in partnership with the Government of Ontario, Save ON Energy and Green Communities Canada (GCC). And REAL is an approved Service Organization of the GCC.

In order to benefit from this program you must have an energy audit completed by a Registered Energy Advisor (REA), complete at least two energy upgrades, and save 15% or more of your energy use. These upgrades can be improvements such as insulation, air sealing and heating and cooling equipment replacement. Your Energy Advisor will complete a comprehensive energy audit of your home and send you a report with recommendations of what will give you the most energy savings and what will qualify for the incentive grants. When you have completed the energy upgrades to your home, the Advisor will return to do a short confirmation audit of the upgrades completed and will do all paper work and submissions for your incentive grant.

There is an immediate \$150 discount on your pre-upgrade audit. The rest of the cost of the audits is rebated when you complete your work and the second audit. So the energy audits are essentially free! You do need to pay \$200 up front for the first audit and \$150 for the second audit, but this cost will be rebated if you upgrade your house. You will also receive a very helpful and complete report on the efficiency of your house, and the official Natural Resources Canada EnerGuide for Houses energy efficiency rating.



(continued inside)

Energy Rebates (continued)

If your house was built earlier than 1990 and hasn't had many energy upgrades, you may be able to achieve the required 15% energy savings and maybe much, much more! You will save on your energy bills, reduce your greenhouse gas emissions and be rewarded with a very nice incentive grant. We can advise you on whether you will likely accomplish the necessary savings before we book an appointment.

To find out more about the Home Energy Conservation Program you can go to: Enbridgesmartsavings.com. A limited quantity of printed brochures are available at the REAL DEAL or [online here](#).

To arrange an audit, call REAL, your local non-profit environmental organization:

Alan Leonard, Registered Energy Advisor
613 864-3099
alanleonard9@gmail.com

If you reside outside REAL's catchment area, contact Green Communities Canada 855 640-1100



Don't Believe Everything you Hear

by Philippe Lagarde

When someone tells you with certainty, "climate change is a hoax!", you really want to know where this stunning fact comes from. "I read it on the Internet," the person says. Of course the facts overwhelmingly demonstrate that the earth is being cooked. All scientific records clearly indicate global warming (2016 was the hottest year recorded). Species, such as ticks, are invading slowly from the south, glaciers are melting at an alarming rate and so on. Even if, for some reason, you want to dismiss these facts, common sense should bring you back to reality. Over seven billion humans live on the planet; our frantic way of life generates a lot of heat: asphalt everywhere, cars, industry, cattle, etc. This generates a thermodynamic reaction at a gigantic scale.

On the Internet, you can write and post anything. You do not have to submit it for peer review. So, if one morning, you decide that the earth is square, you can just write it on your blog. And guess what? You might have followers! People often believe incredible things and they do not take the time to verify the information. Sadly, it is often easier to repeat the misinformation.

Solar Thermal Wall at REAL Deal Highlighted

This banner has recently been displayed on the wall at the rear of the REAL Deal (to the left as you look at the garage doors.) It is to draw attention to our use of two solar thermal panels to supplement heat at the REAL Deal. The two round things you see above the banner are the little blowers that bring heated air in from behind the two panels on the exterior wall. The arrangement causes a noticeable increase in the comfort level at the rear of the store in winter months. The panels were purchased using an Ontario Trillium Foundation Grant with contributions from Rideau Home Hardware as well as a private donation. (Thanks, Tom!)

Auto Recycling a Thriving Business

Summarized from the piece “Sum of its Parts”, which appeared in [CAA Magazine, Summer 2017](#).

Auto recycling is a thriving industry in Canada. About 95% of the 1.6 million vehicles that are taken off Canadian roads are eventually recycled. But lots needs to happen before a vehicle is crushed. About 75% of the materials can be recovered or recycled, and advanced technologies can boost that to 95%.

You might trade your car in through a car dealership or sell it directly to a wrecking yard for \$150 to \$300. The Automotive Recyclers of Canada (ARC) association is helping to develop standards for handling the end-of-life vehicles (ELVs).

When your old car arrives at a recycling yard, its VIN (Vehicle Identification Number) is run through an app that generates a list of the parts that may be salvageable. The in-demand parts are then pulled off the car.

Fluids like oil or coolant and any other potentially toxic materials are kept out of the waste stream. Motor oil, transmission fluid, brake fluid and coolant can all be reprocessed; others are disposed of using environmentally responsible methods. For example, manufacturers, steel producers and recyclers are co-operating to ensure that highly toxic mercury from convenience lighting and ABS sensors in pre-2003 cars does not get released into the environment. The Switch Out program is designed to recover the nine tonnes of mercury estimated to still be on the road in old car switches.

ARC members derive up to 70 per cent of their profits from the sale of parts. Recyclers sell most of the parts they’ve extracted to parts brokers, rebuilders and repair shops, with a few going to do-it-yourselfers fixing up classic cars. A recycled part saves at least 50 per cent over the cost of a new part.



The rest of their profit comes from the sale of recovered metal. Once everything useful has been removed, the car is flattened and shipped to a shredding facility, where it’s ground up. The ferrous metal is separated from the remaining metals, like aluminum or copper, and all are recycled.

The material that is not recycled—mainly plastic, carpeting, rubber and glass that’s been ground into small chunks—goes to landfills for day cover (which keeps the smell down and birds off). Although there is technology available to recycle the plastics, glass and rubber from cars, it’s not happening in Canada yet. More dialogue needs to happen between car manufacturers and the recycling industry to make the plastics easier to separate.

Options for Disposing of an Old Car

Both of these programs are managed by the Automotive Recyclers of Canada (ARC). Only authorized Certified Auto Recyclers who follow a strict code of practice for handling end-of-life vehicles can participate.



Retire your Ride – you want the cash

Retire Your Ride is an end-of-life vehicle purchase program. You can upload your information online, and local certified auto recyclers bid on your vehicle. **To find out more, go to the [Retire Your Ride website](#).**

Car Heaven—you want to donate

Car Heaven is a national charitable vehicle recycling program. Car Heaven enables people to get rid of their older, high-polluting car and donate the proceeds from their vehicle to a charitable organization of their choice. The vehicles are towed away free, and the donor receives a charitable tax receipt based on the proceeds from their vehicle. [See their website](#).

Local Foods Dinner Needs Your Support

Lombardy Hall, Sat. October 21

Our local foods dinner has been a major fundraiser for our organization for seven years now, bringing in between \$4,000 and \$6,000 each year for REAL's activities. Besides being an effective fundraiser, this event is a "dinner with a difference" as we try to set a good example by highlighting local food, introducing local food producers, using local entertainment and reducing waste wherever possible.

We love doing it, but it's a big job and this year more than ever we need your support to make it happen!

- ◆ **Buy a ticket (or several!).** Yes, you! It will be a fun evening, and you get to spend it with other REAL supporters. When the dust settles after each dinner, the organizing committee often comments, "That was great, too bad more people didn't come out and enjoy it." Could this be the year that 20 more people come out? Why not get together a table of friends, family, employees or coworkers and come together, maybe in lieu of a Christmas get together?. You won't be disappointed. Note that the \$60 ticket price entitles you to a charitable receipt for \$20 as well.
- ◆ **Donate a silent auction item.** A sizable proportion of the dinner proceeds comes from a wonderful silent auction coordinated by Donna McKenna. A handicraft, homemade edibles or a certificate for a service (guitar lessons, housework, gardening etc.) would be in keeping with our local theme.
- ◆ **Become a sponsor.** We have both individuals and organizations supporting us at the \$50, \$100, \$150 or \$250 sponsor levels. Individuals would qualify for an income tax receipt. Approximately half the money raised comes from our sponsors.
- ◆ **Volunteer!** There is lots of running around to be done to prepare for the event, run it and clean up after. We'd love your help.
- ◆ **Put up a poster** wherever you hang out so more people hear about our dinner.
- ◆ **Talk it up** with everyone you know!



Garage Sales Remainders

The REAL Deal is frequently the recipient of the leftovers from garage sales of families or other community groups. If you are planning to make a large donation of that nature, some advance notice would be appreciated, so that we make space and have staff to handle the dropoff. Please do not leave donations after hours. Passers-by pilfer what is there, and what is left gets ruined in the weather, creating a big mess and an expense as we have to pay for disposal.

There are also items dropped that we cannot accept or resell! Call the store and ask for Shelley or Don M., or leave a message if necessary: (613) 283-7999.

Dispose of Appliances Containing Refrigerant Responsibly

Please note that we cannot accept non-working appliances that contain refrigerant: water coolers, dehumidifiers, mini fridges and air conditioners. There are strict rules about their disposal, and we are not equipped to remove the refrigerant. To do so can cost as much as \$25 an appliance. We are not a waste disposal site, we only handle reusable, resellable materials. Please deal with these appliances responsibly. Checking with your municipality would be a good place to start. Do not bring it to us!

REAL Deal News

It has been a busy but manageable summer for the REAL Deal. Thankfully it was not too hot, but the wet spring and summer did cause a few problems. Twice in the spring we had water coming up through the centre of the store floor. Thanks to the Town Staff who took some after hours turns at coming in to vacuum up the water before it got out of hand.

Our biggest staffing change has been the departure of Kelsey Thompson. This energetic young woman was with us beginning as a volunteer in July 2015, and then continuing with some placement programs beginning the summer of 2016. She has moved on to a new job in Perth, and we wish her all the best. We were unable to secure funding to hire a summer student this year, but will be trying again next year.

We've had four students from TR Leger doing a placement with us over the late summer: Denver, Nick, Austin and Dominic. They were a big help to the regulars cleaning up and reorganizing the yard. It looks better than it has in years! Some gravel is going to be added in the coverall to address the drainage problem in there, and creating space now will make that process a lot easier.

The regulars in the yard are full-timers Don Harvey and Tim Dupras, and part-timers Ed Crawford, Michael Tryon and Chris Kuhl. Inside the store Heather Warren, Judy Mundy and Tiffany Carroll handle the cash and do other organizational tasks. Back in smalls are Donna McKenna, Brenda King, Una Pugh and Barb Hicks. We have also had some short term help from Dylana Close, Amanda Pyne, and Philippe Lagarde. A brother – sister team of Mathias and Hannah Watters contributed many hours as well, and we were glad to have them.



Truck Transportation. We are on the lookout for someone who has a truck and some spare time and would be willing to do occasional pickups for us, price per pickup to be negotiated. We are often offered larger pieces, such as furniture, that the donor is unable to deliver. We would like to be able to take advantage of their generosity by arranging pickup ourselves from their home or place of business. Please speak to Shelley or Don M. if you are interested or have a lead.



Rain Barrel Sales. Rain barrel sales have been brisk, despite the wet weather. We have sold approximately 40, often two at a time. As of this writing, there are still nine of the smaller barrels and two of the 1000 L tanks available, for \$55 and \$175 respectively plus HST.

Fall – The best time to start composting!

Yes, Fall is the best time to start composting. With the abundance of material left from the summer growth spurt – especially this year with all the rain – you will have the start of a very healthy compost pile. Plus, you'll be able to put all those tree leaves to use.

If you're new to backyard composting, there is lots of excellent information on the web to help you get started. Just remember it is a natural process of decomposition, there is nothing magical about it, so there is no need to be scared. Here are a few tips:

- The ideal size of pile, and therefore composter, is one cubic meter. This size ensures the pile builds up the right amount of heat to compost the material.
- In the spring, take advantage of the first cut of grass. Dig some of the fresh, green, cut grass (don't let it dry out!) into your compost pile. Then watch the pile quickly sink and get working. That supply of nitrogen from the grass is just what the pile needs in the spring.
- In the fall, keep some bags of leaves. Pack them around your composter, to help insulate the pile and keep the heat in. Every time you dump your bucket of kitchen scraps into the composter, throw in a good handful or two or three of dried leaves. That layer of carbon is just what the pile needs through the winter.
- Can't trudge out to your composter through the snow in the winter? Or can't dump your kitchen catcher quickly enough in the summer? Put your compostables in the freezer. Drop the frozen chunks into your composter at your convenience.
- If you can't compost, perhaps a neighbour does and will take your kitchen compostables.
- Composting your kitchen waste produces valuable "gardeners' gold" for your garden or lawn, reduces the Town's and your garbage costs, and removes organics from landfills where they contribute to creating contaminated effluent.

Town subsidizing backyard composters

The Town of Smiths Falls wants to increase backyard composting in the town so it is providing a \$10 discount off the \$40 cost of an Earth Works plastic composter.

The town completed a waste audit during the summer of 2017. Staff determined that residents are putting a significant amount of wet waste (organics) into the garbage/waste stream, in fact that more than 30% of garbage is organics.

Because Smiths Falls does not have a green bin curbside service, and organics are heavy and therefore more costly to ship through the waste stream, the town is promoting backyard composting. It is selling the plastic Earth Works composters at a price of \$40 and will deliver them to your door! For September and October, the town is providing an additional \$10 discount coupon that can be redeemed with the purchase of a composter for \$30. Coupons are available at Town Hall and application forms can be picked up at any of the displays around town. Staff has 20 composters in stock and want them out the door and put to use this fall.

Displays showing the Earth Works and the REAL Lanark Cedar composters are at the REAL Deal Re-use Store and at the County Fair Mall, opposite The Artisan Loft. Displays explaining the program are at Address Independent as part of REAL's display for Customer Ask Week, Garden Market, and Town Hall.



REAL seeks sign-ups for beautiful Lanark Cedar composters

More than 20 years ago Lanark County provided subsidized plastic and cedar composters to residents of the county and Smiths Falls. People who got the cedar composters were thrilled with them, but they are starting to break down, which means they last 20 years at least! Now, the REAL Deal has commissioned a few and is preparing to manufacture them, if we can get enough people to sign up. The cedar composters are made of local cedar (using a locally available, natural resource), they are 1 square meter which is the ideal size for a compost pile, ensuring that it is big enough to generate and retain heat, and they are particularly attractive. But, for REAL to go into manufacture, we need to have 50 expressions of interest, not a down payment or commitment to buy, but putting your name on our list in the REAL Deal Reuse Store. At this point, we can only commit that the price will be less than \$150, but until we manufacture, using a mill outside McDonald's Corners, we won't know the exact price. To see what the composter looks like, check one out at the mall, opposite The Artisan Loft, or at the REAL Deal Reuse Store, just inside the customer door. To put your name on the list, drop into the REAL Deal or call 613-283-7999. This is open to anyone in Lanark, Leeds and Grenville counties.



In REAL Life



Bottle Drive. Thanks to everyone who supported our annual (but final!) bottle drive at The Beer Store, Smiths Falls Friday and Saturday August 25 and 26. We raised \$270.60, thanks to the help of Peter and Daisy Au, Jocelyn and Alec Rait, Cathryn Davidson, Colleen Muldoon and Karen Schecter, who also coordinated the fundraiser.



Customer Ask. Dan Andress of Andress' Your Independent Grocer is once again giving his customers the opportunity to donate to their local environmental organization. Between September 10 and 23, cashiers will be asking customers if they would like to include a \$2 donation to REAL on their bill. Those toonies usually add up to at least \$500, so this is a really effective fundraiser.



- Mississippi Mills unveiled its first public electric vehicle charger station this May, the second such station in Lanark County. It is located at the southwest corner of the CHC property at 16 Main St. W. in Almonte. The first charging station in Lanark was opened at the Fall River Restaurant in Maberly in 2015, says a [Lanark County Tourism news release](#).
- A dry cleaning chemical called PERC has been linked to various forms of cancers, but a non-toxic, sustainable alternative is available – wet cleaning. [Environmental Defence](#) explains, and has some suggestions.
- Another engaging “Story of Stuff” video [“The Story of Microfibers”](#) explains the problem of microfibers. Making clothing from recycled plastic bottles seemed like a good idea, but when washed in washing machines, the synthetic clothing releases microfibers that are not filtered out at water treatment plants and are making their way to the oceans, harming marine life.

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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

Community Garden,
Energy Audits, RAIN or
other programs

Phone: 613-283-9500

Send contributions to the
December issue by November
15 to dhicks11@cogeco.ca
or call Barb at (613) 283-9966

REAL people taking REAL action to protect our environment

Celebrate our
local food producers!



Local Foods
Harvest Dinner

Saturday, October 21st, 2017

Lombardy Agricultural Hall, 6 Kelly's Rd, Lombardy

Enjoy a delicious buffet meal featuring foods produced
close to home, music by *The Giocosio Strings quartet*
and a silent auction.

- Catered by Laurie Brennan of *NOAL Pantry*
- Appetizer Tasting Stations
- Cash bar featuring local beers and Ontario wines

5:30 pm Doors open
6:00 pm Cocktail hour
7:00 pm Dinner

Tickets – 60\$ (cash or cheque)
Buy before Sept. 22nd for a \$5 discount!

Available at:

- Modern Thymes, 11 Russell St. E.
- The REAL Deal, 85 William St. W
- Barb Hicks, (613) 283-9966



**RIDEAU
ENVIRONMENTAL
ACTION LEAGUE**

www.REALaction.ca

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REAL
Difference**

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K7A 5A5

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- Family membership \$20
- Student membership \$5
- Corporate membership \$50

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