

## *Christmas at the REAL Deal*

Come on over to the REAL Deal Reuse Store on December 19 and 20 for some Christmas specials and some Christmas cheer!

Friday, December 19, will be our regular “Make a Deal” day. If you see something you like, strike a bargain with George, the Store Manager. Friday will be the closing day of the Silent Auction. This will give the top bidders a chance to pick up their purchases before the store closes for the holidays.

On Saturday, December 20, we welcome all customers, staff and volunteers in for some hot chocolate and goodies. As part of the celebration, customers will be given another opportunity to negotiate prices. Get some great deals on any of our Christmas decorative items, including trees, ornaments, lights and candles. Check our stash of Christmas baking tins, jigsaw puzzles and wide variety of inexpensive toys - perfect for stocking stuffing. If you are entertaining over the holidays, be eco-friendly and consider inexpensive dishes and glassware instead of resorting to disposables.

And finally, it is time for the giant stuffed tiger that has greeted customers since the store opened to find a new home. Every purchase until Saturday the 20th wins a ballot; a winner will be drawn to take home both the tiger and cub.

Please note that the REAL Deal Store will be closed from December 21 to January 1 inclusive to give our staff and volunteers a well-deserved

*(Continued inside)*



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break. The last store day for the year will be Saturday, December 20. The store will reopen on Friday, January 2, and will resume its usual schedule of Thursdays, Fridays and Saturdays, 10 am. to 4 p.m.

We appreciate all your donations, but please hang on to them over the holidays and bring them to the store when it is open.

### ***Reinforcements Have Arrived!***

A number of new paid and volunteer staff are on the scene at the REAL Deal.



Simon Dufresne, a Katimavik participant, has been assisting at the REAL Deal Wednesdays, Thursdays and Fridays since early October. Simon is from the Montreal area. He also

volunteers at the Salvation Army on Mondays and Tuesdays. He will be with us until January when the whole Katimavik team moves on to another community.

November 20 was the first day at the store for Canada World Youth participants Jose David Chavarria and Luke Horne. They have just returned from three months in the Honduras and are on the second leg of their exchange. Luke is from Oshawa and Jose from the Honduras. They are being billeted in Smiths Falls, work at the Smiths Falls and District Club for Youth Tuesdays and Wednesdays, and will be with REAL on Thursdays. Luke and Jose must be lucky guys - they distinguished themselves by winning door prizes at REAL's band concert!

We hope these three young people enjoy their time in Smiths Falls. Why not drop by the store and say hello?

REAL is also pleased to welcome Wayne Tetreault and Andre Courville to the team. They were both hired through the Job Creation Partnership (JCP) program, and are further enhancing their job skills.

Wayne has accepted the Environment Planner position and started November 24. He will put his bookkeeping training to use as well, doing some much needed number crunching for us. Wayne was actually one of REAL's summer environmental day camp participants back in the early 90's.



Andre began his position as Store Promotions Coordinator on December 1. He will use his marketing background to better promote what the store has to offer within the store as well as throughout the community.

Both the JCP positions are six month contracts.

Not to be forgotten are our faithful volunteers: Debra Samler, Una Pugh, Michelle Dwyer, Sue Newport, William Maloney, Erin Pepper, Dan Hawkins and newcomer Tammy Mackenzie.

We are very sorry to finally say goodbye to Julie Ingram, who began with us in September 2007 as a cooperative education student through Algonquin College, and later became a paid part time employee. She looked after the Well Aware, ecoENERGY, and pilot limited income retrofit programs calls.

## ***GreenBin to the Perth Landfill Rescue***

Perth is ahead of the curve once again by launching their GreenBin program on November 3. Residents are provided with a kitchen pail and curbside cart to put all their food and pet wastes in. The organics are collected curbside every Tuesday. Garbage pickup has been reduced to bi-weekly because the smelly stuff won't be there.



This system is expected to divert half the waste the average resident is throwing out -very necessary as Perth's own landfill site could be filled by 2012. Over 1.7 million Ontario households are already participating in similar curbside organics collection programs.

Accepted in the GreenBin is any type of food, including meat, bones and dairy; soiled paper products like paper towels and soiled pizza boxes (but not diapers); and kitty litter and pet waste. To keep the pail and cart clean, it is recommended that it be lined with newspaper, or special liner bags can be purchased locally.

Residents are encouraged to continue to compost what they can in their own backyards, but use the GreenBin for items that cannot be dealt with in home composting systems. Yard waste such as grass clippings and brush do not go in the GreenBin, as they need to be ground for a separate compost pile.

Perth is processing the collected materials at a low-tech (and low cost) open windrow compost site at the Perth Landfill. This is why items like compostable and biodegradable bags, diapers and yard waste cannot be accommodated as they

are accommodated in communities with hi-tech multi-million dollar anaerobic digester facilities.

Diverting these organics from the landfill not only significantly reduces waste, but also reduces greenhouse gas emissions, in particular the methane which is produced. Methane is considered over 20 times more harmful than carbon dioxide in terms of climate change.

To further reduce waste, the Recycling Depot has been reinstated, and will be available to residents at the Perth Landfill site two Saturdays a month. This depot accepts recyclable items that are not collected in the curbside blue box program, which has not changed. The depot will accept wide mouth plastic containers, plastic bags, milk and juice cartons, tetrapaks, clear and styrofoam clamshell containers and trays, and styrofoam cups and packing material. The GreenBin program will be phased in for apartment dwellers.

Further details are available on a website, [www.PerthComposts.com](http://www.PerthComposts.com), or by calling (613) 267-3311.

For those of you who don't live in Perth, remember you can still backyard compost, even in winter. If you don't have a backyard or have mobility issues, consider vermicomposting: composting with worms in an enclosed container the size of a blue box. The Worm Factory near Westport has kits. See [www.thewormfactory.ca](http://www.thewormfactory.ca) or call (613) 273-7595.

### ***Things to Leave Off Your Christmas List***

There are just some things the world doesn't need any more of. Volunteers at the REAL Deal have noticed a plethora of mugs, glasses, plastic water bottles, baskets, vases, candle holders, stuffed animals and hair styling appliances. Some other items that the Free Store and Reuse Centre used to see a lot of are coasters, fridge magnets and key chains. So think carefully before buying these things or gifting them to someone else!

## ***Don't Flush the Floss***

Not only is flushing dental floss a bad idea for those on septic systems, but it's a problem for city dwellers as well.

Ted Joynt, Water and Wastewater Operations Superintendent for the Town of Smiths Falls, reports "Dental floss is a problem for the Water Pollution Control Plant (wastewater plant) because it does not break down. It will become tangled or choke equipment i.e. pumps."

In septic systems, floss can overtax or destroy the biological digestion taking place within the system or clog pumps and pipes. In any toilet small items can get stuck in the trap of the toilet. The list is long for items not to flush into septic systems: hair, coffee grounds, kitty litter, sanitary napkins, tampons, cigarette butts, condoms, gauze bandages, paper towels, fats, grease and oil.

Dental floss should be discarded in the garbage.

If you want a more eco-friendly alternative to synthetic dental floss, tread carefully. The main component of most dental floss is nylon, a synthetic fiber derived from petroleum, a non-sustainable resource. Alternative flosses are made of silk, a natural fibre, but frowned upon by many pro-animal rights environmentalists. At least you can look for floss that does not use PTFE (the controversial ingredient in non-stick cookware), uses minimal packaging and uses unwaxed or natural wax coatings.

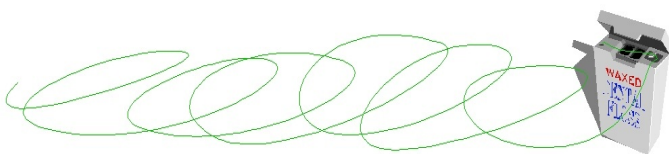
See [www.greenyour.com/body/personal-care/toothbrush/tips/use-natural-dental-floss?subject=10544](http://www.greenyour.com/body/personal-care/toothbrush/tips/use-natural-dental-floss?subject=10544) for further discussion.

## ***Trillium Boosts REAL's Capacity***

The final report for REAL's recent operating grant from the Trillium Foundation has been submitted and accepted. Through this funding, REAL was able to make progress in four areas which will keep REAL strong as an organization.

1. REAL completed an extensive application to Revenue Canada to have charitable status extended to all of REAL. Currently, just the Rideau Environment Trust can issue charitable receipts for tree planting and educational projects.
2. A team made presentations to four neighbouring municipalities explaining our programs, seeking financial support and looking for participants on a committee to discuss electronic waste collection options.
3. Extensive changes were made to our financial management procedures starting with a new chart of accounts in Simply Accounting, resulting in better reporting capabilities. Now more of the day to day banking is in the hands of a paid bookkeeper.
4. A volunteer program was developed to the point of implementation, complete with all the policies, procedures, forms and other elements required.

Our next challenge is to find the ways and means to hire a Volunteer Coordinator to implement the Volunteer Program. REAL has entered into a collaboration with the Rideau Canal Museum in order to submit another proposal to Trillium for a shared part time Volunteer Coordinator for a two year period. The candidate would work with both organizations to recruit, train and manage volunteers. We will be notified in the spring if our application was successful.



## ***Central Band Concert a Hit***



*Two of our ushers, Peter Au and Larry Manson*

If you weren't at SFDCl on Wednesday, November 26, you missed a great concert. The Central Band of the Canadian Forces, under the direction of Major Brian Greenwood, put on an excellent show. Many commented it was their favourite of recent years. The audience really enjoyed the bagpipers during the band's intermission - what a treat!

We are very appreciative of our REAL Stars, Patrons, Sponsors and volunteers, who were all acknowledged in the program. Mary Joynt was the lucky winner of the raffle of the framed photo by Simon Lunn of Chaffey's Lock in winter. And thirteen other concert-goers won door prizes.

REAL solicited REAL Stars who paid for the privilege of appearing on our calendar ad card. Besides acknowledging those organizations, businesses and individuals, the card incorporates a 2009 calendar, and on the reverse gives a summary of REAL's programs and contact information. You may pick one up from participating businesses, or at the REAL Deal.

Concert attendance was not as great as we had hoped, although the snowy weather all that day was likely a deterrent to some. After expenses the concert raised approximately \$4,000 for REAL's environmental projects.

Our sincere appreciation to the following supporters of our 11<sup>th</sup> Annual Benefit Concert.

### **REAL Stars**

- ♪ Dr. David Hicks
- ♪ Impression Printing
- ♪ Joynt Auction Company
- ♪ Madden's Hearing Centre
- ♪ Man Ling Restaurant
- ♪ Caroline and Larry Manson
- ♪ New Horizon's Communications
- ♪ RANA International
- ♪ Rideau Experience
- ♪ Wills Transfer Limited

### **Sponsors**

- ♪ Dr. Ambrose Au
- ♪ Margot and Tim Allen
- ♪ Dr. Angelina Chan
- ♪ Judy and Greg Fournier
- ♪ Friends of the Smiths Falls Public Library
- ♪ Bunny and Fred Haughton
- ♪ Healey Transportation Ltd.
- ♪ Patrick Hogan
- ♪ Ann and Doug Kilpatrick
- ♪ Lions Club of Smiths Falls
- ♪ Performance Printing
- ♪ Rideau Home Hardware
- ♪ Marg and Donald Ross
- ♪ Town of Smiths Falls

### **Patrons**

- ♪ Vera and Bill Burt
- ♪ Valerie and Bill Deakin
- ♪ Elva Corless
- ♪ Pat and Tom Foulkes
- ♪ Lynn and Robin Fraser
- ♪ Beth and Tom Graham
- ♪ Lorna and Don Johnson
- ♪ Linden Financial Services
- ♪ Claudia Mosher
- ♪ Scotiabank
- ♪ Smiths Falls Autobody
- ♪ Smiths Falls Civitans Inc.
- ♪ Warring's Independent Grocer

## ***REAL Deal by the Numbers***

Since opening on June 19, the REAL Deal Store has sold 13,400 kg worth of goods, giving them another chance before becoming waste. The store has accepted almost 32,000 kg of donations since May. As we had reduced our inventory to nothing following our move from 72 Lombard, this leaves us with a healthy inventory of materials in the store. Donations and sales have begun to slow down for the winter, which we fully expected. Staff will take advantage of this time to make improvements to the store layout and accomplish other tasks that have gotten ahead of us.

Recording the municipality of residence of donors and buyers, in addition to recording the weights of goods in and out, has shown that Smiths Falls and Rideau Lakes residents are by far the greatest users of the store. “All Others” in the following table includes 16 other Lanark, Leeds and Grenville municipalities and others outside of the tri-counties or unknown.

<b>REAL Deal Buyers and Donors by Percentage</b>				
	DONORS		BUYERS	
MUNICIPALITY	#	Kg.	#	Kg.
Smiths Falls	53	48	73	73
Rideau Lakes	18	13	6	8
Drummond/ N.Elmsley	7	8	2	3
Montague	8	12	3	3
Perth	4	3	5	2
Merrickville	1	1	1	2
All Others	9	15	10	9

## ***In Memory of Isobel Conlin***

We were saddened to learn of the passing of Isobel Conlin, a long-time dedicated member and friend of REAL, on December 2.

Isobel joined REAL in the early days, and served on the Board for ten years. She was particularly active on the Waste Reduction Committee, starting with the recycling depots, participating in many Waste Reduction Week events and displays, being a Pitch-In Smiths Falls organizer every year, and volunteering at the Reuse Centre on Johnston Street. She and Leo McManus became Master Composters, taught many others the finer points of composting, and promoted the 14 day compost method. She even sold mushroom compost from her front yard on Hwy 43 in North Elmsley township as a fundraiser for REAL. She put many hours into organizing “Environment on Display” the three years it was held at the County Fair Mall. Wherever she was needed she was there: sewing reusable cloth bags, behind the barbeque, planting trees, promoting eco-friendly items at the LLGreen storefront at the mall in the late 90's - the list goes on. Along the way Isobel was bestowed the title of Honorary Member. REAL is honoured that she chose to spend so many volunteer hours with us. She will be sadly missed.

## ***Cell Phone Collection at REAL Deal***

Just a reminder that REAL accepts old cell phones at the REAL Deal Store. We submit them to PhoneBack Canada, a project of Pitch In Canada and receive a small payment.

Due to advances in technology, TDMA handsets and analogue cell phones are no longer supported by carriers and will not be remanufactured, only recycled. While these phones will be accepted by PhoneBack Canada, they will generate a much smaller payment to REAL.

## *Been in an Idle Free Zone Lately?*

Do you work, go to school, shop or play in an idle free zone? Idling wastes fuel, costing you money, polluting our air and contributing to climate change. You've got the message, why not spread the message? REAL's 12 x 18" aluminum idle free zone signs are in use at SFDCI, Lombardy Public School, Impression Printing, Renewable Energy of Plum Hollow, and the REAL Deal to name a few. The signs are \$15, but REAL will provide them free to schools in Lanark, Leeds and Grenville.

An interesting side note: When the signs were mentioned in an edition of the Green Communities Canada newsletter, REAL had inquiries from Sarnia, Peterborough, Toronto, Edmonton and New Brunswick.

The signs are black and red on a white background, and say Idle Free Zone / Turn Engine Off / Spare our Air, and incorporate a graphic of a red circle with a slash through a car emitting exhaust. To get yours, drop by the REAL Deal store or call (613) 283-9500.



## ***Around the Board Table***

### **The Board**

Barb Hicks, President  
Larry Manson, Vice-President  
Carolyn Fraser, Treasurer  
Karen Schecter, Secretary  
Peter Au, Past President  
Claudia Mosher  
(one position vacant)

### **Advisors**

Elva Corless, Director Emerita  
Ken Graham, Town of Smiths Falls  
Liaison  
Sue Brandum, Environmental Projects

## ***In REAL Life***

We know that REAL usually places in the Friends of the Library Trivia Challenge, but now another accomplishment- curling! Larry Manson led a team of Murray Hackett, Bruce Healey and Dave McEwing to a **first place finish in a non-competitive (!) curling bonspiel on October 25**. The event was organized by the Board and Friends of the Smiths Falls and District Public Library and held at the Smiths Falls Curling and Squash Club.

Wayne Tetreault will be completing our long awaited **Take it Back Recyclopedia** during his JCP term. In the meantime some completed entries, verified by Julie Ingram, have been posted. Go to Rideau.Reuses.com and click on Recyclopedia in the lower left column, or enter by clicking on "Take it Back Recyclopedia" in the top right of any page of REAL's site, [www.REALaction.ca](http://www.REALaction.ca). If you have ideas for categories you would like to see, contact us!

The **Evergreen Avenue concert** featuring the SFDCI Reunion Band and the Voyageur Singers on November 9 was a success, raising almost \$500 through free will donations.

**Have you booked your ecoENERGY home energy assessment yet?** Having the home visit will make you eligible for federal and provincial rebates on the cost of making energy efficiency upgrades to your home. Call Wayne in the REAL Environment Centre at (613) 283-9500 for details.

### REAL DEAL Store

#### Regular Hours

Thursdays, Fridays and Saturdays,  
10 am. - 4 p.m.

#### Holiday Hours

Closed December 21 to January 1  
Last day in 2008: Sat., Dec. 20  
Reopening Fri. Jan. 2, 2009

Please do not leave donations outside of those hours.

### Helpful Websites

- Wondering if that used child's toy contains lead? See Health Canada's Consumer Product Safety site for advisories or recalls on children's or any other product:  
<http://209.217.71.106/PR/home-accueil-e.jsp>
- "Bin your Butts - Don't be A Tosser" was a 2007 campaign in Victoria, Australia to reduce cigarette butt littering after smoking was banned in drinking establishments.  
<http://www.sustainability.vic.gov.au/www/html/2597-campaign-tracking-and-results.asp?inSiteID=4>
- See the Community Coalition Against Mining Uranium site: [www.ccamu.ca](http://www.ccamu.ca) to follow the campaign against Frontenac and Lanark uranium exploration and mining.
- Port Hope's nuclear problem. See the CTV W-Five program "What Lies Beneath" at <http://watch.ctv.ca/news/w-five/what-lies-beneath/#clip110518> for part 1. Part 2 is clip 110519.

### Next Issue

Submissions for the next issue can be sent to [dhicks11@cogeco.ca](mailto:dhicks11@cogeco.ca) by January 15, 2008 or call Barb at (613) 283-9966.

### Contact Us

#### REAL

E-mail: [info@REALaction.ca](mailto:info@REALaction.ca)

Mail: Box 1061, Smiths Falls, ON K7A 5A5

Web: [www.REALaction.ca](http://www.REALaction.ca)

#### LLGreen

Phone: (613) 267-2257

E-mail: [sbrandum@cogeco.ca](mailto:sbrandum@cogeco.ca)

#### REAL Deal Store & Environment Centre

85 William St. W., Smiths Falls

(across from Railway Museum)

Store open Thursdays, Fridays and Saturdays

10a.m. - 4 p.m.

Phone: (613) 283-7999

For Well Aware Visits, ecoENERGY audits, or other programs,

Phone: (613) 283-9500

