

# REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

DEC 2013

**Inside this issue:**

Harvest Dinner a Success 2

No-Cost Ways to Reduce your Heating Energy Costs 3

Local Communities Alarmed by Energy East Pipeline Plans 4

Tree Planted in Memory of Pat Foulkes 5

Remembering Jack Rabb 5

REAL Deal Store News 6

In REAL Life 7

Electronics Recycling at REAL Deal 8

## ***REAL Deal Becomes E-Waste Collection Depot***

The REAL Deal Reuse Store is now an approved electronic waste collection site. It had always been REAL's intention to offer this service at the store, but when the private company Twenty-Twelve moved into Smiths Falls, REAL abandoned its plans.

With Twenty-Twelve's closure this fall, REAL reinvestigated and with the encouragement of the Town of Smiths Falls, has now opened the site. The REAL Deal receives \$150/tonne for e-waste that it collects. It is approved under the provincial operator, Ontario Electronic Stewardship, which is an association of electronics manufacturers. Such a formal program ensures that the materials are properly stripped down, recycled and disposed of, and are not sent offshore to China or Africa for the black market that results in human rights abuses and environmental pollution.

It's important to note that the REAL Deal is not replacing all of what Twenty-Twelve took. That company received items that were not on the OES list, and sold, for example, computer parts, to buyers. Under REAL's contract, we cannot sell computer parts for privacy reasons. However, should you bring in a working electronic item that you believe the REAL Deal can sell, you will be asked to sign a waiver, agreeing that the item does not have to go into the OES bin.

The REAL Deal accepts the following items for proper recycling and disposal by OES:

- Audio and video players and recorders (eg. MP3, cassette, digital)
- Cameras (web, digital, analog)
- Cellular phones and pagers
- Computer peripherals (keyboards, mice, modems, hard drives, optical drives - CD, Blu-ray, DVD, HD-DVD)
- Desktop computers
- Desktop printers, copiers and multi-function devices
- Equalizers/(pre)amplifiers
- Floor printers, photocopiers and multi-function devices
- Monitors
- PDAs
- Personal hand-held computers
- Portable computers
- Radios
- Receivers
- Scanners, electric typewriters
- Speakers
- Telephones and answering machines
- Televisions
- Turntables
- Video players/projectors, digital frames
- Video recorders



You are encouraged to wipe your hard drive or memory storage before depositing the item into e-waste. The hours for the e-waste depot are the same as those of the store: Thursday, Friday and Saturday, 10 a.m. – 4 p.m.

## Harvest Dinner a Success

REAL's October 26 Local Foods Harvest Dinner and Murder Mystery turned out to be a winning combination. REAL was very pleased with the favourable comments by the guests at the Smiths Falls Curling and Squash Club, and the over \$4,000 raised.

Everyone was impressed by the delicious local foods buffet created by Chef Joanne Edwards. The meal was planned to showcase a wonderful variety of foods sourced from farmers and producers close to home in Lanark and Leeds. Guests sampled smoked trout, lamb and beef sausage, sheep's milk cheese, kale chips, roast turkey, glazed pork loin, goat curry, as well as a variety of vegetables. Dessert was locally produced gluten-free pies and chocolate. Local cider, beer and Ontario wines were also available. Enjoying local foods is a way of reducing your environmental footprint and supporting the local economy.



Many of the guests were experiencing a murder mystery for the first time. Linda Daniluk played the role of detective in training, and a team of actors from the Smiths Falls Community Theatre were each suspects in the murder of a fictitious REAL volunteer. The murder scene was taped off and the clues left for all to see, but REAL's fundraiser went on. The suspects took turns explaining their version of events, then sat with the dinner guests and mingled in between dinner and dessert, so that the guests had a chance to ask them questions. The inspector then revealed who really did it and charged the perpetrator. Some guests took the task of determining the murder very seriously, with three guessing the murderer correctly, and they were awarded \$10 REAL Deal gift certificates.

The silent auction, organized by Donna McKenna, was well-received and brought in a whopping \$1,257 alone. Anything local brought particularly good prices. Thank you to all the individuals and businesses who contributed items. Thanks also to Kilmarnock for the cider, Impression Printing for the tickets and Modern Thymes for being a ticket outlet. A full list is available on our website.

We were grateful for the help of five students from the SFDCI Hospitality Program who assisted in the kitchen, serving appetizers, clearing tables and whatever else was required as part of their community service hours. We couldn't have done it without them.

REAL was especially pleased that many patrons, sponsors and stars continued to support REAL through this venture, now that the annual Christmas concert by the Central Band of the Canadian Forces will not be possible.

The "REAL" people who contributed to this event at its various stages: Margot Allen, Peter Au, Susan Brandum, Cathryn Davidson, Barb Hicks, Ken Graham, John and Mary Joynt, Brenda King, Bonita Lucas, Donna McKenna, Shawn Merriman and Karen Schecter. We would love to involve even more, so please get in touch if you can help next year.

Proceeds from this event will be used to support the organization and its community environmental projects. It was a busy weekend in Smiths Falls, and many of our regular supporters were out of town, but we still surpassed our goal of selling 75 tickets. REAL is hoping to repeat the dinner in 2014, tentatively Saturday October 18, so mark your calendars.

## *No-Cost Ways to Reduce Your Heating Energy Costs*

Tips abound for how to reduce your home heating costs, ranging from inexpensive weather stripping to furnace replacement. But here are some ways you can make a dent in energy bills and be more comfortable with no investment except your own energy!



1. Be your own programmable thermostat. Reduce the temperature a couple of degrees over night when you are snug in bed or everyone is out for the day, and nudge it up when everyone is home and active. HydroOne suggests 20 degrees when you're home, and 18 degrees when asleep or away. You can probably get by with even lower than that. If you are away from the house for more than four hours at a time, it is worth setting the thermostat down. (See inset.)
2. If you have a furnace filter that you clean and reuse, do it regularly. (Disposable filters need to be switched out regularly as well.)
3. Consider turning down the thermostat and using a space heater if just one room is in use, e.g. you work in a home office during the day, or if everyone is congregated in one room for a movie marathon.
4. Make sure your heating vents are open, clean, and are not blocked by carpets, furniture, or anything else.
5. Rearrange seating so people sit near interior walls, and not near windows or drafts.
6. Close the damper on your fireplace when it is not in use, as your chimney draws warm air up and out of your house. If you never use your fireplace, seal it off.
7. Don't rely on a regular fireplace to heat a room or your house, and use it sparingly because there is a net loss of heat from the house even though you feel warmer in that room.
8. If you have a ceiling fan in a high room, reverse the blades to rotate clockwise at low speed, so the heat accumulated at the ceiling is forced down along the walls.
9. Leave curtains open when the sun is shining for passive solar heating, and close drapes or blinds when the sun goes down to help keep the heat in.
10. Train household members to leave doors open only as long as is necessary to come and go. If your garage is attached to your house, make sure its door is kept closed, too.
11. Dress more warmly. Another sweater and some socks or slippers can make a big difference. Keep some available for guests, too.
12. Use blankets where you will be sitting passively e.g. TV watching, reading or talking. Cuddle together under one blanket and keep even warmer.

Note: Closing off rooms is not generally advisable, as it may result in condensation and mildew problems when warm humid air hits a cold surface. Heating vents also circulate ventilation air and shouldn't be closed off.

Don't forget that small investments in home energy efficiency can pay off surprising quickly. If you don't know where to start, consider a home energy audit to determine where your home is losing energy and what improvements will give you the best bang for your buck. Contact Sue at [sbrandum@cogeco.ca](mailto:sbrandum@cogeco.ca) or see REAL's website. [www.REALaction.ca](http://www.REALaction.ca) for details.

From Direct Home Ontario website: *There is a common misconception that furnaces and air conditioners will need to work harder and use more energy to warm or cool down the space back to a comfortable temperature after the thermostat has been set back, resulting in little or no saving. On the contrary, during the winter, the minute your house drops below normal temperature, it will lose energy to surrounding environment more slowly as the lower the interior temperature, the slower the heat loss. The longer your house remains at the lower temperature, the more energy you save, because your house has lost less energy than it would have at the higher temperature. During the summer period the same concept applies to raising your thermostat setting to a higher temperature which will slow the flow of the heat into the house and result in energy savings.*

## Local Communities Alarmed by Energy East Pipeline Plans

The proposed TransCanada Energy East pipeline is worth getting excited about, both for its local implications and what it says about Canada's non-existent energy strategy.

TransCanada wants to convert its existing natural gas pipeline, which crosses through Mississippi Mills, under the Mississippi River, through North Grenville and under the Rideau River, to carry bitumen and other forms of crude oil. The big plan is to have one massive pipeline to carry 1.1 million barrels a day 4,400 kilometres from Alberta to St. John, New Brunswick. The current pipeline, built in the 1970's, was not designed to transport bitumen, which is thicker and must be diluted with chemicals to actually pass through the pipeline, and may not be up to the task.



Oil and gas pipelines are more prevalent than most of us realize. Energy East is one of four major oil sands pipeline proposals being reviewed. Despite all precautions, there will be leaks. It is just a question of where and when, and how serious they are. Alberta alone has averaged two crude oil pipeline spills a day every day for the past 37 years. Two years ago a segment of this pipeline exploded in northwestern Ontario and it took six hours to shut off the gas. There is no proof this can't happen again. The cleanups are incredibly costly and the spills can never be completely cleaned up.

The safety of water supplies is a major concern. The aquifer the pipeline passes over in North Grenville is already rated as "Highly Vulnerable" because the soil is so thin, and the rock contains many holes and fractures. Any spill would jeopardize safe private and municipal drinking water supplies.

On a national basis, it is not clear that this oil will even be used in Canada. Newfoundland can currently supply the oil needs of the Atlantic provinces, yet its oil is exported. How much of this bitumen is going to be exported? Will Canadians even have the job benefits of the bitumen being processed in Canada? Are we willing to take the health and environmental risks for a product that is not needed by Canadians, and for which the profits accrue to large oil companies, 71% of which are foreign-owned? Supertankers are being built to transport the bitumen to foreign countries, which puts our maritime coastal waters at risk of spills as well.

Approval of this pipeline would facilitate the expansion of the tar sands, which has already caused serious ecological damage, and is Canada's biggest growing source of greenhouse gas emissions. This will delay the possibility of us having serious conversations about Canada's energy future. The Council of Canadians is promoting a national strategy which would "prioritize meeting basic energy needs while dramatically improving energy conservation, energy efficiency and renewable energy generation as we stop relying on fossil fuels. It would prioritize public and community-owned energy solutions. If this paves the way for increased reliance on fossil fuels, our contributions to climate change will continue to accelerate."

This pipeline currently supplies 40% of Ontario and Quebec's natural gas, so if it is switched over, there is the possibility of natural gas shortages in these provinces over the short term.

Ultimate approval of the project lies with the National Energy Board. We should all be concerned about what will happen if this pipeline is approved, the process by which it gets approved, and what it says about our energy future, and what safeguards could be implemented to make it as safe as possible.

REAL is considering how best to participate in this debate and is considering a public information session where invited speakers would lay out some of the issues and stimulate action collectively or by individuals. Let us know what you think!

*(continued next page)*

## *Local Communities Alarmed by Energy East Pipeline Plans (cont'd)*

What's Happened Locally:

- Sustainable North Grenville (SNG) organized a public information meeting in Kemptville Sept 18.
- TransCanada did a two-month tour promoting their pipeline, including October 2 in Kemptville.
- SNG petitioned the Municipality of North Grenville to oppose the pipeline until a full assessment of the impacts and risks could be done. SNG made a presentation to the Council November 12.
- Merrickville Goes Green rallied residents to attend the Merrickville-Wolford Council Meeting Nov 12, when Carol Williams made a presentation on Energy East.
- A cross-Canada "Defend our Climate, Defend our Communities" National Action Day on Nov. 16 saw actions in nine major cities (including Ottawa) and over 70 communities in Ontario, including one at the Carleton Place office of MP Scott Reid, and one at the Brockville office of MP Gordon Brown.
- The Ontario government announced on November 13 that it will hold public consultations on the proposed Energy East pipeline, collate that information for the Ontario Energy Board, who will then submit a report to the National Energy Board. No dates confirmed as yet.

For more information about the pipeline project, consult these websites:

- <http://www.sustainablenorthgrenville.ca> (Sustainable North Grenville)
- <http://www.canadians.org/pipelines> (Council of Canadians).
- <http://www.defendourclimate.ca> (Defend our Climate, Defend our Communities)
- <http://ecologyottawa.ca/> (Ecology Ottawa)

## *Tree Planted in Memory of Pat Foulkes*

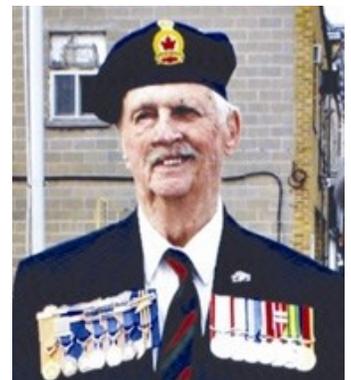
A Royal Frost Birch tree was planted in early October on Evergreen Avenue in memory of Patricia Foulkes, a dedicated REAL volunteer who passed away in February of 2013. The tree is located close to Walton's Shelter, in the same area where REAL has placed granite stones in honour of Elva Corless and REAL's 20th anniversary, and also where a tree was planted for REAL's 15th anniversary. A stone inscribed "Pat Foulkes, A REAL Community Builder" will be put in place next spring. Thanks to Donna McKenna, Matt McKenna and Kat Fournier for making sure the tree got planted this year.



Evergreen Avenue is a community beautification project and memorial for veterans and residents of the Smiths Falls area. The shrubs and plants planted there are all native. To learn more see the [Evergreen page](#) under the Greenspaces tab on REAL's website.

## *Remembering Jack Rabb*

A founding member of Evergreen Avenue, Jack Rabb, passed away suddenly November 11. Jack was also a founding member of the Lest We Forget Project, a collaborative community project to raise awareness of WWI and WWII veterans of Smiths Falls, and he helped raise funds from the community to enable selected SFDCI students to visit the battle sites in Europe. Through his many volunteer involvements, including with the Royal Canadian Legion Br. 95, Jack made a lasting impact on this community and will be sadly missed.



### REAL Deal Store News

Christmas comes early at the REAL Deal! We started putting out our extensive collection of Christmas stuff immediately after Halloween, and it's been flying off the shelves quickly ever since. Lights, decorations, tableware, "stuffies", tins, garlands, wreaths, trees – you name it, accumulate year round through store donations, and we are delighted to get it all into new hands and create some space in our loft. Come take a look before buying new. While REAL accepts donations of Christmas items year round, if it is big, please get it to us sooner rather than later so we have a chance to sell it before we close for the holidays.

There have been some major changes in the yard immediately behind the store that will keep things tidier, streamline operations, and earn REAL some revenue. Three large bins donated by TOPPS will be used to contain our large scrap and scrap metals, which were previously just left in heaps on the ground. Pickup will happen more regularly by specialized truck, so the labour intensive process of loading it onto a trailer and hauling it away won't be necessary. We will still need to pay for the garbage removal, but we will continue to earn some money from scrap metal. The largest bin you'll see in the yard is for the electronic waste we are collecting. (See cover story for more.)

Please note that we collect batteries, scrap wire and used print or toner cartridges at the store as well. Cell phones, which were previously collected with the print cartridges, can go directly to the e-waste bin. We hope to give people as many opportunities to recycle their waste as possible.

The store had a big 50% off sale on Friday and Saturday September 13 and 14. This was partly to celebrate five years in our William Street location and partly to clear out some stock. It was a whopper of a sale, doubling our usual sales, and moving a lot of materials, old and new. One the best aspects of these sales is in bringing in people who have never seen the store before. It's amazing but true that some people have never heard of us, or pass by regularly and still don't know what we're about. Word of mouth is great advertising, so do us a favour and tell anyone you know about us.

### Single Use Battery Recycling

Collection bin near REAL Deal entrance and at other Smiths Falls locations.

**A, AA, AAA, B, C, D,  
6V, 9V, button cell etc.**

Why? 100% of the materials in batteries can be recovered and reused right here in Ontario.



For tips on how to store used batteries and prepare them for collection safely see:

**[www.rawmaterials.com](http://www.rawmaterials.com)**

### Holiday Season Dates

REAL Deal Store closing for the season:  
Saturday, December 21, 2013 @ 4:00 p.m.

REAL Deal Store reopening:  
Thursday, January 2, 2014 @ 10:00 a.m.

Silent Auction for December closes:  
Saturday, December 21, 2013

Make a Deal Day for December:  
Friday, December 20, 2013

Join us for a Customer/Donor/Staff/  
Volunteer Appreciation Day:  
Saturday, December 21, 2013



The REAL Deal is in need of volunteers! You don't have to commit to a full three days a week, just one day or even a half day would be helpful. We particularly need people to help sort and price, but could use people out in the yard, helping customers, and helping at cash when we get backlogged. Would you like to test appliances, or dabble in hardware? We would love to have a volunteer property manager to keep an eye on some building maintenance issues. If you're interested, please drop in and speak to Tracy and fill out a volunteer form. You can also find the volunteer form on our [website](#).

*In REAL Life*

**In the works.** Here are just a few of the things that are going on in the REAL world.

- Presentations to local municipalities in order to seek partnerships.
- Consideration of a low tech bike share plan for neighbourhoods and small communities.
- Participation in the newly formed Lanark County Climate Action Network.
- Exploration of the possibility of a solar wall for the REAL Deal.
- Discussion over an appropriate response for REAL to the TransCanada Energy East Pipeline proposal.
- Ongoing household baseline water sampling in the vicinity of solar farms.



The REAL Deal is overstocked with **punch bowls!** If you represent a non-profit group and would like one for your events, please get in touch and we will be happy to give you a set.



**REAL Deal Oddities.** Don't be shy about asking for unusual items at the REAL Deal. We have glass and metal lids for pots and casserole dishes, glass microwave turntables, carafes for coffee makers, more kitchen knives than you could imagine, miscellaneous breakable lids for sugar bowls, jewellery boxes and the like, food processor parts, and the list goes on. We just can't bear to throw it out if it might be useful to someone.



REAL was one of over 25 organizations who participated in the 3rd annual **Smiths Falls Volunteer Fair**. Organizations staffed displays upstairs at the Smiths Falls Community Centre on October 9th to describe the great work they do and solicit more people to volunteer.



Thanks to Nancy Berthiaume and Bill Hamilton for their perseverance in getting the **REAL Deal trailer sign that you see by the roadside, spruced up**. The sign, originally donated by the local Dairy Queen, required new tracking (to hold the letters), a paint job, some straightening, and had to be raised a bit more to enhance visibility. Some cattails and other brush on either side of the entrance were also trimmed to improve safety when exiting our parking lot.



**Climate Change in Lanark County.** Great news: Lanark County passed a motion that will require it to document greenhouse gas emissions for its own operations, and also for all the activities in the County. This will allow citizens of the County to understand what we are contributing to climate change. "If you don't measure, you can't manage."

*Thank  
you*

Belated **thanks to Greg Watters** who kept the grass under control at the REAL Deal this past summer. It's a bigger job than you might think!

<http://www>

- See the [impact on the world's coastlines](#) if all the ice melted and sea level rose 216 feet. Click to pick each continent.
- [Park\(ing\) Day on Portage Avenue](#) in Winnipeg. See interesting photos of how design teams transformed metered parking spaces into public places. Mini parks that would make Leslie Knope proud!
- See "[The Story of Solutions](#)", the ninth movie in the series launched by the The Story of Stuff people back in December 2007. Nine minutes.
- [Tiny plastic particles](#) have been discovered floating and in the sediments of the Great Lakes, having serious implications for fish and humans who rely on the lakes for their water supply.

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info@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 Thurs, Fri, Sat  
10am—4pm

Well Aware, Energy Audits,  
RAIN or other programs

Phone: 613-283-9500

Send contributions to Feb. issue  
by January 15, 2014 to  
dhicks11@cogeco.ca  
or call Barb at (613) 283-9966

**REAL people taking REAL action to protect our environment**

**Electronics Recycling at the REAL Deal**

Materials Accepted During Store Hours ONLY

Thurs. - Fri. 10 a.m. - 4 p.m.

**WHAT'S ACCEPTED?**

 <b>Display Devices: Monitors &amp; Televisions</b>	 <b>Desktop Computers</b>	 <b>Portable Computers</b>	 <b>Computer Peripherals</b>
 <b>Printing, Copying &amp; Multifunction Devices</b> <small>**Restrictions may apply for this item</small>	 <b>Telephone &amp; Telephone Answering Machines</b>	 <b>Cellular Devices &amp; Pagers</b>	
 <b>Home Theatre In a Box</b> <small>(Equalizers, Amplifiers, Speakers, Tuners &amp; Turntables)</small>	 <b>Aftermarket Vehicle Audio &amp; Video Devices</b>	 <b>Image, Audio and Video Devices Home / Non-Portable</b>	 <b>Image, Audio and Video Devices Personal / Portable</b>

**REAL is a registered Ontario Electronic Stewardship (OES) depot.**

Please note we cannot sell computer parts or accept other electrical appliances for recycling. If you know your item is in good working order and would prefer we sell it, you will be required to sign a waiver.

**For more information, consult [www.REALaction.ca](http://www.REALaction.ca)  
or [recycleyourelectronics.ca](http://recycleyourelectronics.ca)**

**Make a  
REAL  
Difference**

Please return this form to:  
REAL  
Box 1061  
Smiths Falls, ON  
K7A 5A5

Or bring to  
The REAL Deal

**Make a Donation**

I would like to make a donation of

\$ \_\_\_\_\_

A charitable receipt for income tax purposes will be issued. To donate by credit card, go to [www.Canadahelps.org](http://www.Canadahelps.org).

**Volunteer**

I want to help

**Become a Member**

I would like to become a member

- Individual membership \$15
- Family membership \$20
- Student membership \$5
- Corporate membership \$50

**Contact Information**

Name .....

Street/RR Address .....

Town, Province .....

Postal Code .....

Home Phone .....

Work Phone .....

Best time to reach me .....

Email address .....