

REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

SEPT 2015

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EZ Dome is Up!

Our EZDome coverall is up! You may have noticed the green domed structure from William Street. The structure will make it possible for the REAL Deal to accept and safely store more renovation materials, keeping more of these useful materials from the landfill. We will be able to say “yes” to more furniture donations, too, as they can be protected from the weather until they can be displayed



inside. Renovation Manager Steve Rawlings is overseeing organization of the coverall interior, including installing industrial shelving to organize materials. Ends for the structure are a significant additional expense, and are not in the plans for this year.

Our thanks to Parks Canada, RVCA and the Town of Smiths Falls for ensuring there were no unnecessary delays in the approval process and Shawn Merriman and Sue Brandum for making all the arrangements. Our amazing volunteers spent many hours earlier in the summer clearing out and rearranging the backyard to accommodate the structure, and assisted with the installation. McNamee Concrete generously donated the concrete blocks that form the base. Thanks to Malloch construction for their site preparation assistance, and Rideau Home Hardware for the loan of a forklift and driver. Bruce Wright of MegaDome made a generous contribution to reduce the total cost to REAL. We also thank our loyal supporter Tom Foulkes for kickstarting the process with his generous donation. The shelving was donated by Glenview Iron and Metal.

The dome is part of the REAL Deal’s three-part expansion plan, which also includes extending our hours and hiring a manager to oversee the renovation materials aspect of REAL Deal operations.



Summer Student, Jane Ford, Reflects

From my first interview with store manager Tracy Thompson (before which I burned a hole in my cardigan, having never ironed a shirt before), my summer with REAL was an amazing learning experience.

I had never had a job before, and REAL Deal seemed like a great candidate for my professional debut. Here was a chance to learn about the environment, take real action by reducing materials sent to local landfills, and actually be paid to spend time in the giant garage-sale like emporium I had only seen briefly (dragged by my dad, on the hunt for renovation materials), but already loved.

Over the summer I learned practical skills like how to change a vacuum bag, make a healthy compost pile, or to count back change- as well as some less tangible life skills like perseverance and knowing when to ask for help. The store was my classroom and pretty much everyone was a teacher, from the customers I met who eagerly shared their hobbies and interests with me, to the hundreds of info-booklets and brochures offered on our information wall (a must see for anyone new to the store!).

More than anything else, being with the REAL store opened my eyes to how much can be reused or repurposed. Heading back to school this September, I was inspired to not buy any new school supplies- instead opting to reuse or buy pre-owned. After being in the store all summer and hearing about the genius upcycling projects being done right here in Lanark County, it's hard not to find yourself thinking about creative ways to reuse.

It's hard to leave my position at the store, but I'm excited to bring the things I learned back to my school and community. Watching the staff and volunteers create such a warm family spirit has definitely given me some ideas for my school's environmental club and students' council. I won't miss the store too much, either, because I'm coming back as a weekend volunteer starting early October!

Thanks to the customers and staff of the REAL Deal for making this a summer to remember!

***Problem Donations at the REAL Deal***

The REAL Deal accepts a wide variety of goods for resale, and a few other things that we can recycle, but there are some things even we don't want:

Mattresses. Sure, it might be in good shape and someone can make use of it, but the store does not accept them. We don't have the space, and we are concerned about the possibility of bed bugs. If a mattress is left outside in the rain it, becomes one very heavy piece of garbage, and the REAL Deal will have to pay for its disposal.

Microwave Ovens. If it doesn't work, we don't want it! Due to the microwave parts inside, we cannot put the ovens in scrap metal, and it is also one very heavy piece of garbage. It can't go in ewaste either! However, if a microwave is a small, current model and is in good shape, we may be able to resell it.

Dehumidifiers and Air Conditioners. We don't accept these because most models contain a refrigerant, such as freon, which we are not qualified or able to remove. Furthermore they are big and seasonal, so difficult to accommodate. Unless it is in A1 sellable condition, we don't want it.

Smoke detectors and fire extinguishers. Please take these items to your municipality's hazardous waste depot.

REAL People

Lots of changes have occurred with our human resources recently.

We have said goodbye to Leann Merriman, who was our acting volunteer Volunteer Coordinator. She has left Smiths Falls to take a job in Kelowna; we wish her well in this new chapter of her life.

Andrew Atkins has been volunteering behind the scenes as a technical resource person since May. He has been upgrading our computer systems, getting us set up with Google Apps, installing printers and all kinds of things non-technical people would rather not think about!

We said goodbye to some summer staff. Jane Ford, our summer student, is returning to school at SFDCl. You have probably seen her on the cash. See page 2 for an account of her summer experience with us. Kelsey Thompson has been a super volunteer asset in smalls this summer. She is starting an ECE program at Algonquin College.

You will be noticing a lot of new faces around the REAL Deal. Now on the cash you will see, depending on the day, Judy Mundy, Tiffany Carrol or Abigail Rawlings, as well as longtime volunteer Heather Warren. New faces in the yard include Tim Dupras, Raymond Flegg, Chris Jackson and Brian McAdam. Don Harvey and Ed Crawford are still on the scene.

In smalls, we still have Brenda King, Una Pugh and Barb Hicks, who do about a day a week each, so there's lots of room around the table for more "smalls vols".

From top, at right: Tim, Leann, Chris. Across bottom, left to right: Andrew, Brian and Kelsey. More staff pics next issue!



REAL Deal Hours

Thursday	10 a.m. - 4 p.m.
Friday	10 a.m. - 4 p.m.
Saturday	10 a.m. - 4 p.m.
Sunday	12 noon - 4 p.m.

REAL Deal Hours Adjusted

The REAL Deal experimented with some expanded hours beginning in July. However, due to slow sales, we will not be continuing the Friday evening slot 4 p.m. until 6 p.m. But you can still shop and drop off donations on Sundays, noon until 4 p.m., as well as during our established hours 10 am to 4 p.m. Thursday through Saturday.

Gore Street Venture

The REAL Deal has been renting a booth at the Gore Street Flea Market in Perth. The REAL Deal has its own area to showcase interesting, collectible items. These treasures are marked REAL Deal, so rest assured that the full value of any purchases comes back to REAL. This is great promotion of our store among the people who shop the many Perth collectibles stores, but might not know we have a thriving reuse store in Smiths Falls. Tracy will be replenishing our stall with more unique items regularly. Their store has an active [Facebook presence](#) and [website](#), with lots of great photos from the 45 vendors in the 147 Gore St. E store. The Gore Street Flea Market is open seven days a week, 10 – 4 .Phone (613) 267-3156.

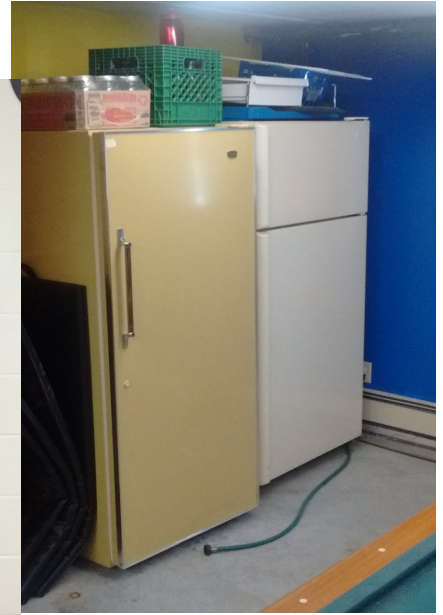
***Community Garden Winds Down for Year***

Our Community Garden experienced a number of challenges this year. A few gardeners were very late getting their plots in, which dramatically affected their yields. Some learned the hard way that a garden must be tended in order to produce! The weather was good this year because the hot periods were generally broken by good rainfalls. Early germinating plants - arugula, radishes, mesclun, lettuce and multiplier onions—did well. Small tomatoes did well, but the larger tomatoes were very slow to ripen. This was unfortunate as tomatoes are usually something a new gardener can have success with. Gardeners also had to contend with various pests including a groundhog, a wasp colony, rabbits and possibly a deer.

Through some misunderstandings, some people were helping themselves to individual's plots. For the record (and please tell anyone who asks!) all but one of those plots is spoken for by an individual who has paid for the privilege of planting, tending and harvesting that plot. There is one rectangular bed, clearly marked "Stone Soup Sharing Plot", that is maintained by volunteers, that can be harvested by others not connected with the garden. Community gardens are organized in many different ways, but this is the way ours has been since its beginning in 2010. Please respect the efforts of the gardeners who have committed to this site.

More REAL Action Grant Results

REAL has now heard back from all eight REAL Action grant recipients. The grants were part of our 25th anniversary celebrations, and funded by REAL supporter Tom Foulkes. Not represented in the photos below is funding for a tree to accompany a bench and plaque being placed near the Crystal Palace in Perth in memory of Lanark County women killed by domestic violence. See our July issue for the other grant recipients.



Left: YAK Perth used the funds for two programs. A dolly was purchased to help them move the heavier items donated to their electronics recycling program, and t-shirts were created to identify the youth who accompany younger youth walking from school to the YAK After School program.

Middle. The SFDCI Environment Club put the grant towards the purchase price of a water bottle filling Station. Students are making better use of their own refillable, reusable water bottles now they can fill them easily with cooled water, so are using fewer disposable plastic bottles.

The Lanark Youth Centre has a 500 square foot Community Garden. REAL's contribution helped fund an upright freezer to store produce for use in their Youth Cooking Program.

REAL Board Unchanged



The REAL Board will remain unchanged for the coming year. While all board members “stepped down” at our June AGM, all were voted back in, and will maintain the same executive positions.

Shawn Merriman will be in his second year as President. Karen Schecter will be continuing in the role of Vice-President. Barb Hicks is our Secretary-Treasurer, as well as Past President. Returning board members include Peter Au, Donna McKenna and relative newcomers Pam Craig and Jason Takerer. Lorraine Allen is our Town of Smiths Falls liaison person. Brief bios on board members, as well as REAL staff, are on [our website](#). Also in photo: Sue Brandum, Environmental Projects Manager and REAL Deal Executive Director.

Art With a Past

REAL has an opportunity for area enthusiasts to share their repurposing ideas. Come see how local crafters and artisans are upcycling used materials into unique creations with an "Art with a Past" exhibit October 2nd and 3rd. Some of the creators will be on hand on the Friday and Saturday to show how their repurposing projects come to life, and some items will be available for purchase.

Exhibition space is free (but limited) for artists, crafters and anyone with a creative streak. We know from conversations with store customers that people are taking all kinds of used materials, from fabrics to broken china, from game pieces to hardware, and turning them into interesting, new creations. We are particularly interested in seeing projects made from materials sourced at the REAL Deal. Maybe you have an idea for old lamps, ceiling fan blades or glassware that would inspire others.

We may be able to take this a step further and arrange workshops for people to try their hand at some of these ideas.

If you would like to display a few of your recycled projects, please contact Carol Richardson by September 25th. Be sure to let Carol know if you would be willing to volunteer two hours during the exhibit and explain how you made your projects.

Art with a Past Craft and Art Exhibit

**Oct. 2nd & 3rd, 10 am - 4 pm at the REAL Deal
85 William St. W. Smiths Falls**



See how local crafters and artisans are upcycling used materials into unique creations.

Be inspired to create a repurposing project as a Christmas gift!

Brief demos, too! See www.REALaction.ca and the REAL Deal Store Facebook page.



CREATIVE PEOPLE WANTED

to display a few samples of their work (space is limited) in exchange for two hours volunteering at the fair. We know you're out there! Contact Carol Richardson, (613) 466-0643 or crmosaic@gmail.com.



REAL was represented at the Rideau Ferry Regatta August 15 and 16 with information on water issues. The regatta took place at the Rideau Ferry Yacht Club and the adjacent conservation area and beach. Pictured here are Barb Hicks, Don Harvey, Susan Brandum and Tom Foulkes. Shawn Merriman was one of the lead organizers for the event.

In REAL Life



Our Bottle Drive the weekend of August 8-9 raised \$324 for REAL's environmental projects. Sunday was not as productive, but lots of people stopped to talk, and we are always pleased to tell people about what we do! Thanks to everyone who took a shift: Alec and Jocelyn Rait, Colleen Muldoon, Sue Brandum, Barb and Shannon Hicks, and Karen Schechter. Special thanks to Karen for pulling it all together and to The Beer Store, Smiths Falls for making it possible.



REAL President, Shawn Merriman, made a presentation to the Beta Sigma Phi sorority at their September meeting in Portland. The group has been one of REAL's "Partners in the Future" for many years, partially through their connection with Lynn Evans, a former board member. The "Partners in the Future" membership designation costs \$25 per year, and is open to schools and other non-profit organizations.



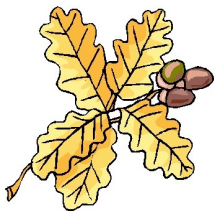
We still need to get everyone on our former "REAL Notice" list to sign up for our Mail-Chimp mailing list. Two email requests went out in August. You would have seen an email with a photo of the Bascule Bridge at the top. Due to the new antispam regulations, we need everyone to explicitly agree to being on our list with a double opt in. If you missed the notifications, or are new to REAL, there is a signup spot at the bottom of our homepage.



Rain Barrels are still available at the REAL Deal Store, now for the discounted price of \$50 plus tax. These are recycled food grade barrels which come with a package of fittings you can easily attach yourself. Any colour you want as long as it's grey! They usually fit in a car no problem.



Congratulations to board director Pam Craig and husband David for bringing a new little environmentalist into the world. Ross was born September 8th. Pam will be taking a break from REAL and concentrating on her new baby.



It takes a lot of effort to make a major fundraising event like our local foods harvest dinner happen. If you can help with setup on the 16th, or during the event or cleanup October 17th, please contact Donna McKenna at 283-2254. Buying a ticket or donating a silent auction "prize" will help, too!



[Five Things About Canadian Electric Vehicle Adoption](#) from a new study from Simon Fraser University. Thanks to reciprocal member [Switch](#) for this and the next reference.

Read how [supercool water from Lake Ontario](#) is being used to air condition buildings in Toronto's downtown core.

[Aging Septic Systems Abound in Ontario](#), concluded a study by the GCC. Eighty two percent of respondents did not know if they had an effluent filter on their septic system, a feature required on newly installed septic systems.

[Does the Proposed Microbead Ban Go Far Enough?](#) Ecojustice applauds the federal government's plan to ban plastic microbeads, but biodegradable microbeads are not proven to be safe, and should be banned as well.

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**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 Decem-
ber issue by November 15,
2015 to dhicks11@cogeco.ca
or call Barb at (613) 283-9966

REAL people taking REAL action to protect our environment

Local Foods Harvest Dinner

Support REAL environmental action in your community

Saturday, October 17th, 2015

Gallipeau Centre - 361 Queen St., Smiths Falls

Enjoy a delicious buffet meal featuring foods produced close to home in Lanark,
Leeds and Grenville, as well as musical entertainment and a silent auction.

*Buffet by Bruce Enloe of the Two Rivers Food Hub and the Branch in Kemptville
Cash bar featuring local beers and Ontario wines*

Doors open 5:30 pm - Two Rivers tours available

Cocktail hour with hors d'oeuvres - 6:00-7:00 p.m.

Dinner at 7:00 pm

Tickets - \$60

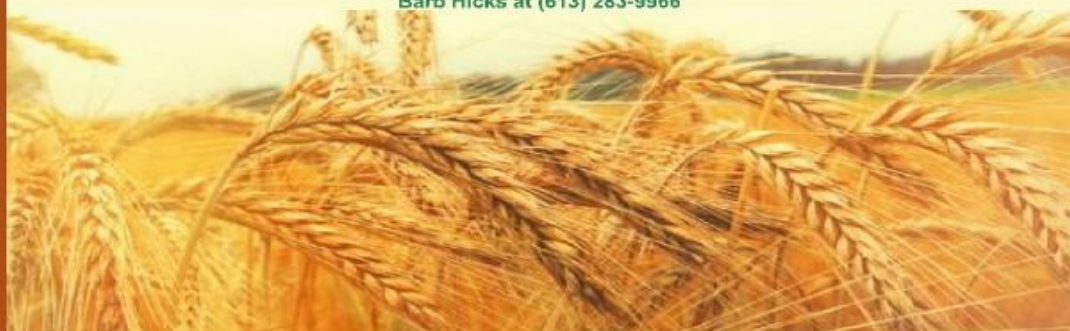
(cash or cheque only please)

available at:

Modern Thymes, 11 Russell St. E.

The REAL Deal, 85 William St. West

Barb Hicks at (613) 283-9966



Presented by the Rideau Environmental Action League
www.REALaction.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.

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