

REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

A P R I L 2016

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Annual Second Chance Art Bazaar

Our Second Chance Art Bazaar ran for three weeks between March 17 and April 2. Lots of beautiful art work, most of which had not been displayed before, was exhibited in the front room of the REAL Deal, priced very reasonably.

Our reuse store gets far more art donated to us than we can properly display within the store, so once a year we set it all up in our board/work/lunch room for everyone to see and purchase during store hours. On display were oil paintings, acrylics, watercolours, prints, and copies, framed and unframed, as well as some accent pieces.

Thanks to Donna McKenna and Brenda King for all their work sorting, cleaning, framing and arranging the pieces. The pair managed to recycle a great many of the empty frames we had on hand. Their use of the bed spring for additional display space was inspired! Brenda Campbell took some great photos that were used for promoting the event.

This was the fifth year for our Second Chance Art Bazaar, which began in 2011, and usually takes place in the spring. The events were all held at the store except in 2013, when the art was displayed at Coffee Culture.

While we did not sell as much as we had hoped, we did identify two pieces of substantial value. We are in the process of getting these pieces into the appropriate hands for sale in the right market. Most of the art that did not sell this year has been placed throughout the store, so you can still come take a look if you didn't get a chance earlier. We will put more out as space becomes available.



Some of the art on sale at the REAL Deal during our special annual exhibit. Most of these were pieces we have not had space to display in the store before now.



**News Flash: REAL Deal Store now open Sundays 12 p.m.—4 p.m.
Come see us, you never know what you'll find!**

Year of the Pulse by Libby Toop

2016 has been proclaimed “The Year of the Pulse”, which probably sounds quite peculiar, if you’re thinking of the pulse in your wrist or foot. The Pulses are such things as split peas, lentils, chick peas and beans – white, red, black and multi-coloured – the “edible seeds of plants in the legume family” (Pulse Canada). Their name comes from a Latin one, meaning a thick soup, The Romans borrowed their word from the Greeks. Pulses have been used as food for thousands of years. They’re inexpensive, nutritious, and delicious, they put nitrogen back into the soil, and Canada is one of the world’s largest exporters of pulses. Even so, it seems that many of us rarely eat them.

Chick peas and beans can be bought in cans, or you can buy a biggish bag of them in the grocery store, soak them overnight and cook them in enough water to cover them, for an hour or a bit more, until they’ve swelled up and become more or less soft. (Note – best advice these days is not to use any baking soda, as it destroys some nutrients.) After that, you can ladle them into whatever size of container suits you and freeze them, along with the water you cooked them in, for later use.

Split peas and lentils don’t need to be soaked overnight and take less cooking time overall. You can add them directly to your soup stock and cook them that way.

There are a lot of possible ways to make tasty, filling soups based on pulses. How about a thick lentil soup filled with tomatoes, onions, garlic, carrots, celery and sweet pepper? Or a chick pea-tomato soup with onions, garlic and carrots in it? (Its surprise ingredient is a little allspice.) The Saskatchewan Pulse Growers came up with a wonderful soup recipe using kidney beans, chick peas and some chopped Italian sausage.

Maybe you already have a favourite recipe for a bean salad, split pea soup or baked beans. If your meal includes hummus and some good bread or biscuits, you will have covered its protein requirement. Most of us are familiar with the delicious way that the beans in our chili and our sloppy joes extend the meat in those dishes.

You can easily find more recipes using pulses on the Internet. You can share recipes with your friends. For a change, you can even save some money on your grocery bill.

Local Spring and Summer Events

Just a heads-up about a few area events, spear-headed by other local organizations.

- **9th Annual North Grenville Sustainability Fair & Market** to celebrate Earth Day, Sunday, April 17th from 10 a.m.- 3 p.m. at the North Grenville Municipal Centre, 285 County Rd. 44, Kemptville. Organized by Sustainable North Grenville www.SustainableNorthGrenville.ca
- **Smiths Falls Home and Living Expo** at the former Zellers/Target location, Sat., May 7th 10 a.m. – 6 p.m. and Sun., May 8th 10 a.m. – 4 p.m. Meet leading regional businesses that will help enhance your lifestyle.
- **7th Annual ecoFair at the Merrickville Community Centre**, Saturday, May 28th, from 10 a.m. to 3 p.m. Organized by Merrickville Goes Green merrickvillegoesgreen@gmail.com.
- **Third annual Rideau Paddlefest**, Saturday, August 6th from 9 a.m. to 5 p.m. at Lower Reach Park, Smiths Falls. Organized by the [Rideau Roundtable](#) and partners.



One of the Paddlefest 2015 races in Smiths Falls.

- **200 km Cycle Ride** to celebrate 200 years of the Perth Military Settlement, starting and ending in Rideau Ferry, August 20th. Routes of 50, 100, 150, and 200 km in length available. Volunteers needed. Portion of proceeds to REAL. See [Its Your Race website](#).

Watch for a Hazardous Waste Depot Near You!

Most of the area's Household Hazardous Waste depots are seasonal, so plan ahead to make sure you get any hazardous materials you have collected to your municipality's specified depot. This is the simplest way for you to have "one stop dropoff" and ensure they will receive proper disposal. Please check your municipality's website for confirmation and hours in case of changes.

Lanark County. Residents of Beckwith, Carleton Place, Drummond-North Elmsley, Mississippi Mills, Montague, Perth and Smiths Falls can use the depot on Patterson Crescent in Carleton Place. The depot is open Saturdays 8 a.m. to noon from May 21 until September 3. [See the Carleton Place website](#) for what is accepted.

Lanark Highlands and Tay Valley Township The depot at the Lanark Highlands Middleville Waste Site will be open Sat. May 21 to Monday, October 10, Mondays, Wednesday and Saturdays. Residents only.

Leeds and Grenville Municipalities. Two Saturday dates with two locations per date: Aug. 20, 8:30 a.m. to 2 p.m. at the Frankville/Toledo Patrol Garage and the South Leeds Patrol Garage, Sept. 24 at the South Grenville Patrol Garage 8:30 a.m. to 11:30 a.m. and the North Grenville Patrol Garage 1:00 p.m. to 4:00 p.m.

North Grenville. Specific materials are accepted year-round at the Oxford Mills Transfer Station at 699 Crozier Road, Oxford Mills, Tuesdays, Fridays and Saturdays.



Rideau Lakes and Westport . Just one household hazardous waste day is planned for this year at Portland Transfer Station, 4427 Old Kingston Road, Saturday July 16, 8 a.m. to 3 p.m. Residents can access the other Leeds and Grenville depots.

All Municipalities. A short list of special waste items is accepted at local retailers year round through the Orange Drop program. These items are: pressurized cylinders, oil filters, empty oil containers, antifreeze and coolant. See www.makethedrop.ca for where to dispose of those materials. Note that paints have been dropped from the Orange Drop list, so see www.regeneration.ca for paint dropoff locations. That site also has details on locations for a number of other materials you may have.

Special Waste Events in Smiths Falls this Year

Community Compost Site Open Saturdays 8 a.m. to 4 p.m. from May 7 to Nov. 26 and the three days May 18 – 20. The site on Highway 43 (east of Hillcrest Cemetery) accepts leaves, grass clippings and brush from Smiths Falls and Drummond –North Elmsley residents only. You can also help yourself to compost there.

Leaf Collection Smiths Falls staff will be doing Leaf and Yard Waste Collection the week of May 11 -13, and in the fall November 16 - 18.

Large White Items Large "white items", that is stoves, washers, driers, and Freon-free fridges and freezers, will be picked up the last Friday of the month, if you call ahead. You will need two stickers on each appliance.

Swap Events Smiths Falls has two weekend Swap Events planned: June 10-1 and August 12-14. Place reusable items at the curb on Friday for others to take. If the treasures haven't been taken by Sunday, bring them back in. (And make plans to get them to the REAL Deal!)

REAL Deal News

Our biggest news is that Sunday hours are back. Effective April 3, the REAL Deal reuse store will be open from noon until 4 p.m. Sundays for the spring and summer. More hours to shop and to drop off your wonderful donations or electronics waste.

We welcome Shelley Wills to the crew at the REAL Deal as Store Manager Trainee. Shelley managed the Carousel store in Portland until its closure last year, and hails from Newboro.



Shelley Wills has been managing the REAL Deal Store since mid-February.

Our fourth annual Second Chance Art Bazaar ran for three weeks, March 17 to April 2, and offered an amazing selection of interesting pieces. See our cover story for more.

Staff and customers enjoyed a musical interlude on Saturday, March 19th, when rock band Poetic Justice entertained for several hours. One of our regular customers, Carney Corbett, and his colleague John Dorsch, played some original and cover tunes, including some Beatles selections in honour of the recent Smiths Falls Beatles event. An interesting break in routine for all!

We hope to be able to offer customers the option to pay by debit and credit cards soon. Up until now, we have only been able to accept cash payments, which can be awkward for large or impulse purchases. In the meantime, with down payment, we will hold an item for a week.

Sales have been brisk all winter, but donations a little slow, which goes to show we already had lots of inventory! The extra time has given staff and volunteers a chance to get some reorganizing done. Some renovation materials have been moved to the dome, some furniture has been moved into the trailer and into the store, and the vintage and auction goods, both downstairs and upstairs, have been reassessed and reorganized. We have Tiffany back organizing the book section, so we are able to accept some books again. Please check with a manager before you bring any quantity in. Some general tidying and cleaning means the store is looking particularly ship-shape.

The store has had some notable donations of furniture from the Kilt and Castle pub which sold basically before they got off the truck, and display units from Canadian Tire that we'll be using internally because they are on wheels!! And we donated a particularly large number of items to the Smiths Falls Theatre this time around for their Jekyll and Hyde production.

We are working on the issue of the flooding in the Dome. Bobby Sample, who did a fabulous job this year managing our snowplowing, is determining ground levels and figuring out what we can do about the water situation. Not fun for anyone, particularly our great volunteers who slog through the water daily.

Heather Warren, who has volunteered with us for five years, is now a regular part-time employee on cash, a win-win for both of us. Great to have her on board!

The beginning of April brought a noticeable increase in traffic at the store, and there has been a marked increase in donations, including two particularly large household donations, one of hardware and one of decorative items. It is expected the donations will be steady all spring and summer. Thank you to everyone who thinks of our store when downsizing or decluttering their households instead of dumping good, usable items. We appreciate the effort. The availability of these types of materials is an absolutely necessary part of the store's operation.

REAL Deal Volunteer Appreciation. April 10– 16 marked National Volunteer Week - a time to recognize, celebrate and thank volunteers. REAL uses volunteers in many ways, from fundraising, to photography, to gardening, to editing, to being part of our board. But it's our REAL Deal volunteers who keep the store running week after week, year round. Here's some of what we appreciate about the REAL Deal team.



Don—dedicated, good with customers, a fixture at the store



Brenda—loves being there, talented, doesn't mind hardware



Ed—friendly, provides a constant stream of weather updates.



Heather—dedicated, calm, consistently pleasant



Una—"Grandma" enjoys meeting all dogs and children



Bill—hangs out in the coverall and keeps things organized



Judy—Friendly with everyone, has an unmistakable laugh



Andrew—speaks technospeak and arrives with snacks



Tiffany—youthful energy, likes to organize



Chris—quiet and meticulous, works independently



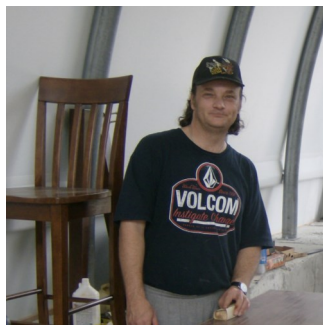
Barb—efficient, hates coffee makers and food processors.



Brian—actually knows what some of the stuff we unpack is



Donna—takes on any task, great at making things look good



Tim—good natured and good at fixing things

Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Gardeners Wanted

REAL's Community Garden is entering its 7th season this year. We have 11 raised garden beds available for rent at the REAL Deal site on 85 William St. W. We have several gardeners return year after year, but this year have several vacancies which we would like to fill by mid-May.

The purpose of the garden is to provide an appropriate space for people to grow their own, healthy food. Those reserving a plot will plan, plant, maintain and harvest the plot for their own use.

Gardeners could be novices or experienced gardeners who do not have access to another appropriate growing space. We keep the cost low so as not to discourage anyone, but we do insist that people be committed and understand what it takes to have a successful garden. The garden is essentially a demonstration site, and given its location near our REAL Deal Store, we want to make sure it reflects well on REAL and the gardeners who use it. We do have experienced gardeners available for advice if needed.

Those interested in a plot should complete an application, and submit it by May 1 with \$20 payment and a signed community garden agreement. A committee member will speak with each applicant to make sure our garden is a good fit, and notify those who are successful. REAL reserves the right to give the plot to another candidate if the gardener does not plant and maintain their garden. To find out more, see our website, email info@realaction.ca, call Barb at 283-9966, or drop in to the store for an application. We will maintain a waiting list so feel free to get in touch even after May 1.

Also on the site is one "Stone Soup Sharing Plot" that is maintained for the benefit of the community. It is clearly labelled, and the public are welcome to sample from that plot ONLY.



This will be the 7th year for REAL's Community Garden. A number of the eleven plots have not been spoken for, so please get in touch if you would like to rent one for the 2016 season.

Sue Brandum Honoured by FoTW



Sue Brandum receiving her Environment Award from Judy Buehler of Friends of the Tay Watershed.

Sue Brandum was presented with a "Contribution to the General Environment" award by the Board of Directors at the Friends of the Tay Watershed Annual General Meeting in Perth on March 23. The certificate read, in part, "This is to recognize and commend Susan Brandum and the Rideau Environmental Action League for your dedicated work, and the contribution of REAL, in developing and delivering creative programs with significant impact in preserving the environment of this area", signed by President David Taylor and presented by board member Judy Buehler.

Congratulations to Sue for this accomplishment and the well-deserved recognition. Sue is a past member of the FoTW board, and is now on their advisory panel. Two other awards were awarded that afternoon. Lake Links, an annual workshop on issues facing Eastern Ontario lakes, was recognized for their contribution to the Tay Watershed. Watersheds Canada was singled out for their contribution to Water Resources at the provincial, national or international level.

In REAL Life

Mark
Your
Calendar



Our sincere thanks to everyone who renewed their REAL memberships over the past two months. To date, the memberships fee were accompanied by an additional \$660 in donations. REAL is a registered Canadian charity and can issue receipts for certain monetary donations. If you would like to make a credit card donation, look for us at CanadaHelps.org.

Our Annual General Meeting is scheduled for the third Wednesday in June, June 15 this year. Members will receive an email reminder, and "snail mail" members will receive a reminder by Canada Post. However, everyone is welcome to join us for this summary of what REAL has been up to the previous year and what comes next.

The Community Garden group would welcome donations of good used materials for our garden. Hand held garden tools, watering cans, tomato cages, hose spray nozzles or wands, and a small spade would be helpful, and can be dropped off at the store. A working weed eater would be fabulous. And if you end up with excess plants, we could find a gardener who could use them. Last year we wished for a garden bench and one was donated, so wishing works! See page 6 to learn more about how our community garden operates.

Tom Foulkes was recognized at REAL's March board meeting for his major contributions to our organization. The power point presentation summarized the projects funded by the donations, including the junk art on REAL Deal's outer wall, the Evergreen Panel, a second solar thermal panel at the store, and the 25th anniversary action grants. We are delighted that Tom and his late wife, Pat, have been so supportive of our activities.

REAL has applied to Summer Jobs Canada for two summer students this summer. One student would be working in the REAL Deal store, and if we are granted funds to hire a second student, that person would work on updating the Take it Back directory. We will know by late May if our application is successful, and would then post the position on our website.

Watch for a repeat of last October's successful e-waste drive this May. REAL will be teaming up with CrimeStoppers, who have volunteered to do electronics waste pickups at homes and businesses on request that weekend.

- [Home Energy 101](#). An informal online course, in 13 quick how-to video lessons, on how to make your home more energy efficient. Offered by REEP, a Green Community in Waterloo, Ontario.
- "Every year, approximately 25 million birds fatally collide into the windows of homes, offices, stores, cottages and buildings in Canada." The Canadian Wildlife Federation has some suggestions on [how to give birds a break](#).
- Learn how to [recycle like a pro](#). Know what your municipality does and doesn't take, and take note of certain conundrums: plastic bags, greasy pizza boxes, plastic lids and shredded paper.
- [Top Ten Green Home Improvements](#). High efficiency toilets, metal roofs, and solar hot water heaters are some of the suggestions from the 150 Points website.

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,
Closed Sundays Jan.
through March.

Well Aware, Energy Audits,
RAIN or other programs

Phone: 613-283-9500

Send contributions to August
issue by June 15, 2016 to
dhicks11@cogeco.ca
or call Barb at (613) 283-9966

REAL people taking REAL action to protect our environment



PITCH IN

HELP CREATE A GREENER, CLEANER

SMITHS FALLS

**BAGS AVAILABLE STARTING APRIL 7TH
AT THE REAL DEAL REUSE STORE
85 WILLIAM ST. W. SMITHS FALLS**

**CLEAN UP ANY TIME BETWEEN
APRIL 16TH &
APRIL 30TH
2016**



**REAL WILL COORDINATE LOCATIONS. PLEASE CALL 283-9819
OR EMAIL ANDISONDJ@GMAIL.COM FOR MORE INFORMATION**

REALACTION.CA

**RIDEAU ENVIRONMENTAL
ACTION LEAGUE**

Tim Hortons

**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