

REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

JULY 2016

Inside this issue:

Evergreen Avenue Celebration	2
Municipal Support for REAL Ongoing	3
Volunteers Needed for Bike Ride August 6	3
REAL Deal News	4
REAL Deal Wanted List	5
REAL Welcomes New Gardeners	6
REAL Lanark Cedar Composter	6
Out in the Community	6
In REAL Life	7
Rain Barrels for Sale at the REAL Deal	8

AGM Attendees Hear About Local Food Initiatives

Bruce Enloe, General Manager of the Two Rivers Food Hub, was the guest speaker at REAL's AGM, held in the Kilmarnock Room of the Community Health Centre June 15. Bruce, who also manages the Branch Restaurant in Kemptville, explained how he came to be involved in the local food movement. The Food Hub, which opened at the Gallipeau Centre (the former Rideau Regional Centre) in March 2015, is growing steadily, and offers a number of valuable services to foster local food connections.

(You may remember that Bruce was the chef for our 2015 Local Foods Dinner which was cooked in the Two Rivers kitchens and served in the Gallipeau Centre Ballroom.)



Some REAL members enjoying the potluck dinner at the June 15 AGM.

A list of 24 clients from across Eastern Ontario is booking the commercial kitchens at a daily or hourly rate to process their local foodstuffs. The Hub is partnering with Wendy's Mobile Market to provide a wholesale aggregation and distribution service, and currently gathers foods from about 75 producers and sells to 100 -150 customers. Their local food basket program is growing as well. Last year 30 people registered to receive a selection of local foods weekly from the program, and this year they will likely be packing 100 boxes of foods from 75 producers. [See their website for details.](#) A monthly winter food basket program will be repeated next winter. Other services offered by Two Rivers include the rental of processing and storage equipment for the farm community, such as a portable vegetable brush line for cleaning root vegetables. The Hub also offers workshops and other information to the agricultural community.

Guests at the AGM enjoyed a wonderful potluck dinner, accompanied by a slide show of REAL activities from recent years. Outgoing President, Shawn Merriman, gave an update on this year's projects, and Barb Hicks described a productive but challenging year for the REAL Deal. Brenda King was the lucky winner of the door prize, a rain barrel.



Kids bored this summer? Besides having lot of inexpensive puzzles and games, children's books are always free at the REAL Deal.

Evergreen Avenue Celebration

Five new granite tribute stones were dedicated during an outdoor ceremony at Victoria Park, June 4. The stones were installed along the memorial pathway as part of REAL's "Evergreen Avenue" project. The pathway is dedicated to all veterans and peacekeepers of the Armed Forces, as well as honouring residents and families in the Smiths Falls area. The park has an environmental focus, too, as native trees and shrubs have been used in the park, and their benefits explained in an interpretive panel. The June 4th date was chosen to commemorate the anniversary of D-Day, as well as Canadian Environment Week, June 5 - 11.

Donors of the stones were invited to give short tributes during the ceremony:

- Doug Kilpatrick honoured his father, Fred. J. Kilpatrick, with a stone inscribed "Canadian Corps Cyclist Battalion, Passchendaele 1917".
- Marilyn Dunlay recognized her friend and sister-in-law Gail Dunlay, and commented that Victoria Park was a fitting memorial place, as Gail loved to be by the water. Her stone reads "Nanny Gail, 1947 – 2007, Always in Our Hearts".
- Frank Healey spoke about his late mother, Donna Healey, who was a great supporter of the Smiths Falls community. "Donna Healey, Businesswoman, Loving Mother" is the inscription.
- Ken Graham spoke for Cathryn Davidson, who dedicated a stone to her late husband Dan Davidson, a much-loved elementary school teacher, father of four, community builder and an active member of REAL. The stone "In Loving Memory of Dan Davidson" is on the Lombard St. side of the path.
- Jay Brennan dedicated a stone to all Rotarians inscribed "In Memory of Local Rotarians, Service Above Self", on the Rideau River side.

REAL's Vice President, Karen Schecter, representing the REAL Board of Directors, commented that Environment Week is a time for community action – to help preserve, protect and restore our environment. Ben Seward, an SFDCI student, spoke about D-Day, June 6, 1944 and explained the Vimy Oaks Legacy Project and its local connection.

After the Battle of Vimy Ridge, Lt. Leslie Miller from Scarborough discovered several dozen French oak acorns on the ground, and took them home to his fruit

farm. The trees initially prospered, but now only nine remain. Today 300 saplings from these Vimy oaks are growing in a Hamilton nursery. A new oak forest will be created at Vimy Ridge in 2017 from these saplings, and several Canadian communities, Smiths Falls included, were selected to receive a sapling. A group of SFDCI students will be in charge of the planting and nurturing of one of these seedlings.



Some of the guests at the June 4 Evergreen Avenue Celebration when five new granite stones were dedicated. Photo: Tara Gesner, Smiths Falls Record News.

Evergreen Avenue began as a millennium environment project in 2000. The benches, plantings and stones have all been sponsored by individuals and organizations within our community. In 2002, volunteers constructed the picnic shelter, an interpretive kiosk and a dedication stone at the path's entrance. Pre-existing features at the park alongside the Rideau Canal include a play structure, wading pool, and the landmark World War II Harvard Trainer plane. In 2012 the paver lights were all replaced with granite stones. In 2015 a new interpretive panel replaced the kiosk and was unveiled as part of the June 2015 Evergreen celebration event.

Donors may choose to honour a loved one with an engraved stone installed along the pathway. The stones measure 8" x 12" and can accommodate three lines of up to 20 characters of engraving. A list of approximately 95 existing stones and their locations is posted on our website. Contact [Peter Au](#) at 284-8338 for additional information.

Local Municipalities Continue to Support REAL Activities

REAL was pleased to learn it had received a \$5,000 allocation from the \$132,800 set aside by the Town of Smiths Falls for 2016 community grant funds. True, our original ask was for \$9,000, but council applied a methodical process to the allocations and had some difficult decisions to make. Organizations seeking funding were invited to make presentations to council, and Sue Brandum outlined our case on February 10.

REAL received \$9,000 from the fund the past two years, and \$13,500 in each of the years 2008 through 2014. Thanks to Councillor Lorraine Allen, our municipal liaison representative, and the other councillors who supported REAL's cause in their budget deliberations.

It should be noted, too, that the Town of Smiths Falls has been extremely supportive of REAL's operations in giving us the use of the 85 William St. W. building for our REAL Deal store. REAL just pays \$5-6,000 per year for utilities. The three acre parcel of Parks Canada owned land the building sits on has made the location even more ideal, as REAL can proceed with additional environmental activities on a naturalized site, adjacent to the swale.

Smiths Falls is not the only municipality to support REAL's environmental activities in this region. We were delighted that for the first time Rideau Lakes has agreed to include us in their budget to the tune of \$1500. Montague Township contributes \$500, and Drummond North Elmsley has been contributing \$1000 a year for several years now. REAL's municipal outreach committee makes the rounds of area municipalities updating their councils on what REAL has to offer their residents. The Town of Perth has been supportive, but in the end decided not to make a financial contribution. However, the door is open to cooperate on various projects, including storm water.



REAL Deal customers often ask why we ask them to name their municipality when they donate or purchase goods. We track the weight to report to the appropriate municipality to prove their residents are using our services, reducing waste, thereby reducing waste management costs for that township. These figures are something the municipality can consider in determining whether to support REAL financially.

Volunteers Needed for Charity Bike Ride Saturday, August 20

REAL will be the recipient of a portion of the proceeds from the 200 km 200th anniversary bike ride, and have been asked to contribute some volunteers to make it happen!

On Saturday August 20, 2016, cyclists are invited to cycle around the historic Perth Military settlement area on routes that are 50, 100, 150 or 200 km in length. The routes will all start and end in Rideau Ferry at the Public Docks. Organizers are looking for at least eight REAL volunteers to be part of the teams stationed at the eight checkpoints to offer refreshments and other assistance to the cyclists. [See our website for more.](#)



The shift timing will vary with the hour that the majority of the cyclist will be passing by that point. If you can help, contact REAL or contact race organizer Shawn Merriman directly smerriman@dnetownship.ca or 613-267-6500 by July 31. If you prefer to participate in this anniversary event, you can register at Sport X in Smiths Falls or by visiting the website www.itsyourrace.com. [See the poster.](#)

REAL Deal News

The Sunday afternoon store hours, noon until 4 p.m. are proving popular with both our regular customers and people who have never had an opportunity to stop in before. Business is steady, but not too overwhelming, which is probably a good thing, since we are usually dealing with reduced staff that day.

But that is about to change! REAL is delighted to have received funding from Summer Jobs Canada to hire two students for eight weeks each this summer. Gabrielle

Gauthier started the first week of June, and is quickly learning the cash and other store procedures. In her job as Environmental Promotor she will be promoting REAL's other programs in the store and in the community. Thomas Somerville started June 16 as our REAL Deal Store Assistant. Both students will be welcome additions to the team, as summer is our busy season and our volunteers are generally less available. In particular, that will be at least one more body it the store on Sundays. The students' hiring period is being staggered, so we have help all summer.



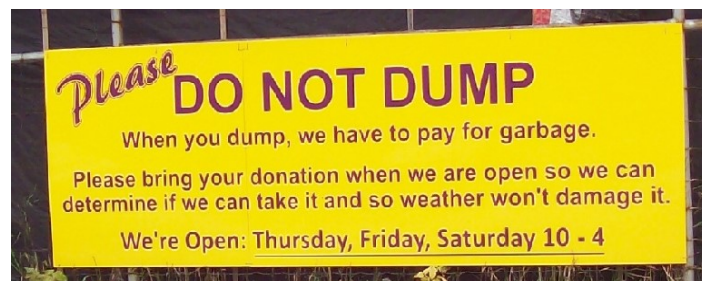
REAL also welcomes to the team volunteers Michael Tryon and Dagney Leonard. Michael has been with us since April, and can usually be found in the yard behind the store. He has been a really hard worker in all kinds of weather. Dagney, a student, is the daughter of our Certified Energy Auditor, Al Leonard. She will be helping out in smalls: sorting, pricing and running all that great used stuff out to the shelves.



We were disappointed to be the target of a break-in on the night of Tuesday, May 24, the same night a

local sporting goods store was robbed. There was some damage to two doors, and the thieves took a desktop computer, external drive and modem with them. Our insurance deductible exceeds our losses, so we are not getting any compensation. While all thefts are just wrong, it is a frustration for a non-profit that works hard for the community to be targeted, as so many people's contributions and efforts are wasted.

Equally frustrating is an increase in the number of after hours "drops" of junk we cannot use and cannot sell! Hazardous materials, used shingles, large appliances, and clothing are being left, and are not acceptable any time. Furniture, especially upholstered furniture, left out in the weather, quickly becomes garbage that REAL must pay for. If you are reading this, you are likely not a culprit, but you can help by making it clear to anyone you mention the REAL Deal to that we are not a waste disposal service. We provide an opportunity for goods with useful life left in them to be put into someone else's hands and avoid a one way trip to the landfill site. Sometimes garbage is just garbage. The huge "No Dumping" sign should be very clear to anyone who can read.



Back to the good news.... Our e-waste bin is being filled every two weeks, which provides a nice income for the REAL Deal operation. Thank you for bringing us your broken, out of date televisions, stereos and computers, so the hazardous metals contained within them are handled responsibly.

Please note that as per OES rules, we cannot sell any of the electronics or their parts. If you know an item works and could be sold in the store, we will require you to sign a waiver. We do not resell computers, however, as we cannot be responsible for wiping off any data. If you are unsure of what is acceptable, please consult the list or ask. People frequently assume electronics includes any electrical appliance. It does not! We cannot take broken toasters, microwave ovens, broken lamps and the like.

REAL Deal Wanted List

You might be surprised by what comes and goes at the REAL Deal, and the interesting requests we get. But keep them coming! You just never know what might get donated to the REAL Deal store, and what items we might not even have priced and on the floor, because we are still pondering how to handle them. But here's a tip: If you see something unusual you are interested in, don't hesitate. It is probably one of a kind, and won't be there when you come back another day. Some special items are snapped up very quickly, often within an hour of being put out—a great source of entertainment for some volunteers.

Things people look for and have asked for:

- Skis for craft projects and ice hut runners
- Wooden window frames (single or multi pane) for crafts
- Usable lumber
- Good quality doors and windows
- Craft supplies: yarn, knitting needles, etc.
- Small wooden tables for ceramic tile projects
- Ceiling fan blades for dragonfly crafts
- Twinkle lights that you might use on a patio
- Lock sets with keys
- Cast iron frying pans
- Antique anything e.g. door knobs

Things we always have lots of:

- | | |
|----------------------|---|
| • Mugs and glassware | • Personal water bottles |
| • Cooking knives | • Microwave turntables |
| • Mirrors | • Three ring binders |
| • Wicker baskets | • Coffee makers and replacement carafes |
| • Vases | • Knapsacks, laptop cases, lunch bags |
| • Candleware | • Plastic totes no lids |
| • Art | |
| • Lighting | |
| • Christmas stuff | |

Things that come in AND go out quickly:

- Plant pots – indoor or outdoor
- Mason jars
- Bookshelves – all sizes
- Kettles and toasters
- Books, puzzles and games
- Ice cube trays
- Metal tins (cookies, candy, tea etc.)

Things that go out quickly:

- Forks (but not dinner knives)
- Teaspoons
- Can openers (we haven't had any for a long time!)
- VCRs and VHS tape rewinders

Use Our Wish Book

People are sometimes looking for something unique, but we just don't happen to have it that day. In the REAL Deal world, that item could (and often does) come in the next day. If you are in the market for something, ask our cashier for our Wish Book. Leave your name, number, date and a brief description of what you are looking for there, and we will call you if it comes in. We will describe it, or set it aside so you can come take a look. You are under no obligation to buy it at that point. No it's not a perfect system, but we sure can't call you if we don't have your number! Feel free to ask again if you are stopping by, it never hurts to bring your request to our attention again.

REAL Welcomes New Gardeners

Our Community Garden is off to a great start this year. We decided to revamp our application process, so that we would have an opportunity to get to know potential gardeners a little in advance, and make sure they understood what to expect. Applicants completed an application, signed an agreement that they would meet certain expectations, and put down their \$20 in order to secure a plot. Then someone from the Steering Committee spoke to each applicant.

We enlisted four new gardener families. Three of the newcomers are couples gardening together, which sounds like a great way to share the work, and three of the newcomers are taking two 3 x 16' raised plots each. Four single plots are being looked after by returning gardeners. In addition Donna McKenna, of the Steering Committee and the REAL Board, will oversee the Stone Soup Sharing Plot, for a total of 12 plots. People from the broader community are welcome to help themselves to that specially marked plot.

Tim Dupras, one of the REAL Deal regulars, made white wooden signs so gardeners can label their plots to make the ownership clearer. Tim also performed some much needed maintenance on the barrels we keep filled for watering purposes. A donated garden bench is in place if you'd like to sit and admire the view.

Despite the prolonged dry spell, the gardens appear to be doing well, and we have had no reports of marauding critters yet. Several participants have put chicken wire around their plots to discourage animals from snacking on their produce.



Four new gardeners have joined the REAL Community Garden this year. Each person's plot is for their own use. If you would like to sample produce, help yourself to the box labelled "Stone Soup Sharing Plot."



Interested in a REAL Lanark Cedar Composter?

REAL commissioned the development of these gorgeous composters and will manufacture more if we can get enough orders.

- Locally made of Lanark cedar
- Rough hewn natural finish
- 1 cubic meter – ideal size
- Ideal ventilation
- Profits to support REAL.

Send an email to sbrandum@cogeco.ca with composter" in the title, providing your name and phone number. Or just drop in to the store.

Out in the Community

- DNE held a Heritage Day on Saturday, May 28, which included demonstrations and displays. REAL featured a "REAL Lanark Cedar Composter" in its booth.
- Volunteers Cynthia Edwards and Alex Bradburn provided a compost demonstration at the annual Merrickville Goes Green Ecofair May 28. Earlier in the month, Sue Brandum and Cheryl Nash trained four young people to provide this service.
- Sue Brandum accepted a last minute invitation to speak to about 35 Smiths Falls Town Hall Staff about REAL and volunteer opportunities on June 2.

In REAL Life

Another **Pitch In Smiths Falls campaign** concluded April 30. We were pleased to have a larger than usual contingent of new people participating this year. Volunteers from across the community cleaned up litter at various sites, with the total effect a cleaner, green Smiths Falls. Thanks to the Town staff for picking up the filled bags, and the local businesses who helped provide supplies: Rideau Home Hardware, Tim Hortons and Coffee Culture. Tim Horton's Canada sponsored the distinctive garbage bags across Canada.



A few of the **REAL hemp bags** we had produced many years ago have resurfaced. They feature an attractive design, also used on our thank you cards. The hemp was grown without pesticides and very little water, and the bags produced near Peterborough with a low impact inking processes. Originally \$18, we have a few left for \$10 at the store.



Make your way down to Lower Reach Park on Saturday, August 6th, for the third annual **Rideau Paddlefest**, from 9 a.m. to 5 p.m. Organized by the [Rideau Roundtable](#), the event features voyageur canoe races and tours, paddling demonstrations, children's activities and live music from 2 to 5 p.m. REAL will be represented at the information booths.

Save the date for REAL's **annual Local Foods Harvest Dinner on Saturday, October 15th** at the Gallipeau Centre. Tickets will be available in early September. Expect a great buffet meal of foods produced close to home, and be prepared to bid on dozens of interesting and useful "prizes" in a silent auction. This is our big fundraiser for the year and there are all kinds of ways you can contribute: from buying a ticket, donating an auction item, being a sponsor to helping us pull the event together.



REAL's annual bottle drive will be held a little later this year, so as to not conflict with various other summer events. Apparently people empty beer bottles and cans, liquor bottles and wine tetrapaks year round anyway! Save us your empties for the weekend of **September 16-17**, and let us know if you could help out at The Beer Store, Smiths Falls, for a couple of hours.



Watch for a "**Customer Ask**" at **Andress' Your Independent Grocer** this summer. Customers are asked at the cash if they would like to donate \$2 to their local environmental organization, REAL. This will be the sixth year that Dan Andress has made this fundraiser possible for us.



- [Saltwater Brewery](#) in Delray Beach, Florida, has created [edible six-pack rings](#) that won't harm marine life if the rings end up in the ocean and an animal happens to eat them. The rings are created from beer by-products from the brewing process.
- Quiz from the Canadian Wildlife Federation [What is Your Plastic Footprint](#) gives you suggestions for reducing your plastic footprint in the bathroom, kitchen and laundry.
- Fibres from fleece garments are ending up in the waste water during washing, and cannot be filtered by sewage plants, so are becoming part of the microplastic pollution problem that's affecting marine wildlife. See [Canadian Geographic](#) blog March 2016.
- "If everyone were to adopt the U.S.'s air-conditioning lifestyle, energy use could rise tenfold by 2050 " says researcher Stan Cox. [Washington Post story](#) contrasts the use of air conditioning in the US versus Europe.



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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,
Sundays 12—4 until
Christmas.

**Well Aware, Energy Audits,
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Phone: 613-283-9500

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REAL people taking REAL action to protect our environment

RAIN BARRELS

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- ⇒ Conserves water
- ⇒ Saves money
- ⇒ Reduces urban run-off
- ⇒ Good for plants
- ⇒ Easy - just place under a downspout

- ✓ Sturdy 200-220 litre capacity
- ✓ Recycled food grade barrels
- ✓ Four foot overflow hose to divert overflow away from house
- ✓ Grey only this shipment.

Fittings include: a filter basket, overflow and interconnectivity outlet, overflow hose, nipple and spigot. Fittings supplied -you easily attach them yourself. Replacement parts available.

\$55 incl tax

Available at the REAL Deal Store
Thurs - Sat 10-4, Sun 12 - 4
(in the yard beyond coverall)

Sorry, cash only!

Make a REAL Difference

Please return this form to:
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Smiths Falls, ON
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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

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