

# REAL *update*

REAL people taking REAL action to protect our environment

Rideau Environmental Action League (REAL)

A P R I L 2018

## Inside this issue:

<a href="#">Greening Your Workplace (cont'd)</a>	2
<a href="#">More on Phantom Power</a>	2
<a href="#">Community Garden Plots Available</a>	3
<a href="#">Community Compost Site a "Go"</a>	3
<a href="#">Two Upcoming Free Presentations</a>	4
<a href="#">Borrow Dishware from REAL Deal</a>	4
<a href="#">Art Sale Deals Continue</a>	5
<a href="#">REAL Deal by the Numbers</a>	5
<a href="#">Evergreen Ceremony June 3</a>	6
<a href="#">In REAL Life</a>	7
<a href="#">Pitch In Smiths Falls Poster</a>	8

## Greening Your Workplace

So you've been trying hard to green your lifestyle at home, but what about the 35-40 hours a week you're spending at the office? Certainly there are some aspects that one employee in a big operation may not be able to control, but like at home, there are lots of little actions that all add up to bigger impact. There have been whole books written on this subject, so here are just a few things to think about:



*From recycling, energy use, the break room and even how to get to and from, there are many ways to "green" your work day.*

**Recycling.** Find out what is accepted in your office program and post it by the collection bins so everyone knows. Appoint someone as your recycling poohbah! Programs differ, and people who live in one municipality may be surprised that plastic film is not accepted in their office program, or that tetrapaks are often a yes. Make collection bins available wherever recycling waste is created. Put someone in charge of collection within the office and getting it to the collection point. Is composting a possibility in your location, or could you send organic waste home with an employee? Think about other materials that are specific to your workplace that could be used by someone else.

**Computer Use.** You don't need them on all the time! Use energy efficient models, and choose laptops over desktops. Use energy-saver settings. A computer in sleep mode can save 60-70% of its power. Turn off all peripherals when not in use. Using a power bar can make turning everything off simpler.

**Use Less Paper and Ink.** Think before you print. Create digital versions of newsletters, annual reports, etc. where possible. Make sure your lists are up to date so you don't waste money on paper or postage. Print just one copy and use a circulation list to pass around the office. Print fewer drafts – learn the best ways to evaluate your materials online. Print double sided and in draft mode. Learn how to condense printing onto fewer pages. Avoid colour printing until necessary. Reuse paper, e.g. by feeding uniform stacks of outdated print back into the printer, or by establishing a place for scrap paper that staff can use for handwritten notes.

*(continued inside)*



## Greening Your Workplace (cont'd)

**Print and Toner Cartridges.** Choose remanufactured cartridges and printers that take cartridges that can be reinked. Take advantage of recycling programs: ship them back to the manufacturer or have them reinked. Take used cartridges to recycling depots, e.g. Staples or to non-profits that can earn money from them. REAL accepts used ink and toner cartridges to pass on to the Lanark County United Way. The collection box is at the entrance.

**Break Room.** Use reusable dishware. If washing up becomes a problem, have everyone responsible for their own exclusive mug. REAL Deal is a source of inexpensive, 25 cent mugs, and there are frequently lots on the free table as well. Say no to those single use coffee pods. When ordering in food, refuse disposable dishware and single serving condiments, and look for local food options. Consider rags, dish cloths and tea towels over paper towels. Find alternatives to single use PET water bottles. Municipal tap water is cheap and strictly monitored.

**Transportation.** Encourage carpooling and public transit where available. Provide bike racks for cyclists, or a safe place to store their bike during work hours. Can computer work be done from home one day a week? Use teleconferencing and phone calls to avoid unnecessary travel. Walk to lunch spots nearby over driving.

**If You Are in Charge.** If you are a workplace decision maker, you have even more opportunities to make eco-friendly changes. Have a green purchasing policy: buy paper with recycled content, use only green cleaning supplies, seek out locally produced products etc. Look into energy efficient office machines, low flush toilets, eco-friendly furnishings and more efficient heating, cooling and lighting systems. Have you ever looked into Bull Frog Power, a Canadian renewable energy retailer? Consider establishing a greening committee amongst staff and creating an environmental policy to guide future decisions.

This [Wiki How reference](#) is one of the best [Go Green at Work](#) summaries. If you need convincing that green actions can help your bottom line see these figures from [Entrepreneur.com](#).

## More on Phantom Power

Phantom or standby power is an energy waster at home or at the office. Off doesn't always mean an appliance isn't drawing power. Common power draws are features such as clocks, LEDs, touch pads, and receiving Wi-Fi or remote control signals.

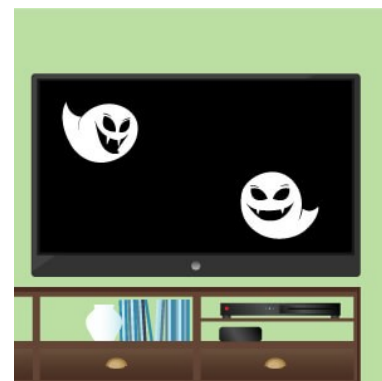
According to Hydro One, the average Canadian home has 25 or more electronic devices that use phantom power, costing approximately \$150 a year in electricity, up to about 10% of your total usage.

Here are some key facts from Hydro Quebec:

- Most household appliances are usually used between 3 and 30 minutes a day; the rest of the time, they're on standby.
- Home electronics are on standby about 75% of the time—some 6,500 hours a year.
- Up to 40% of the annual energy consumption of electronics occur when they're turned off.

There are lots of solutions, starting with the obvious:

- Unplug appliances!
- Plug related appliances into a power bar, and you can turn them all off at once.
- Look into smart power bars that work for specific situations: "master" and "slave" receptacles, timers, remote control switches etc.
- Unplug chargers for electronics when your device is charged, otherwise it will continue to draw power. This goes for any other chargers as well, such as for vacuums and power tools.
- Use energy savings mode on your appliances.
- Borrow a [Kill a Watt meter](#) from REAL or your local library to measure power usage of appliances that may be using standby power.



The [Hydro One](#) and [Hydro Quebec](#) websites are good sources of additional information.

## Community Garden Plots Available



*One of the 11 plots for rent at the REAL Community Garden. Just \$20 for the season.*

More than the usual number of plots have become available at REAL's community Garden this year. Only five of the 11 gardeners are returning, which has paved the way for some new blood! REAL is accepting applications from anyone interested in growing their own local food at our garden on the site of the REAL Deal Store. A representative will call applicants to get to know their gardening needs a little better, and successful applicants sign an agreement that guides their participation. REAL charges just \$20 for the use of a raised garden plot measuring approximately 3 feet x 16 feet. Gardeners plan, plant, water, weed and harvest their own plot. Guidance is available for anyone with limited garden experience.

Application forms and agreements are available at the REAL Deal cash or on our website. Please contact us as soon as possible if you would like a plot, as ideally the plots will be assigned by May 1. But feel free to inquire even after that date, as plans often change. Contact Barb at [dhicks11@cogeco.ca](mailto:dhicks11@cogeco.ca) or phone (613) 283-9966.

## Compost Shelter a "Go"

People have been asking about the wood framed structure against the REAL Deal fence. It is the frame for a compost shelter that will be finished and moved over to the community garden area. It has long been in REAL's plans to create a compost demonstration site, and a generous donor has supplied some funding. Several styles of composter will be there for visitors to compare and for hands on demonstrations. While full sun is helpful for keeping the temperature up and hastening the composting process, it can also lead to compost pile drying out. Adding water periodically may be necessary, so for these relatively untended piles, we have chosen to shade them.

The shed will be between the garden and William Street, but within the cedar rail fence enclosure. Don Mathewson and staff will be using their creativity to complete the structure. It will be a chance to use small quantities of materials donated to the store or for this purpose: small windows, a door and siding etc. We are hoping to create a cottage-like structure that will be attractive to passers-by as well as functional.



*The frame built by North Country Sheds will be finished by staff and moved over to the garden area, where it will house demonstration composters..*

Composting is a great way to reduce waste and to use discarded organic matter from your kitchen and garden to enhance soil quality. You can easily create your own enclosure for a compost heap or you may choose to buy a compost bin from a hardware store, gardening centre or your municipality. A few cedar crib style composters are available at the REAL Deal, currently along the far side of the coverall. You can easily find compost tips on line, and printed handouts are available at the REAL Deal. REAL hopes to be able to offer composting workshops to the public as well, although no dates have been set.



## Two Special Presentations Coming to the Station Theatre in May 9 and June 5

Two upcoming presentations involving well-known local naturalists are in the works, and will be of interest to nature lovers in the region. REAL is planning to hold these spring events at the Station Theatre thanks to a generous supporter of REAL, and they will be free to the public.

**Max Finkelstein.** First up will be a presentation on River Conservation by Max Finkelstein on Wednesday, May 9. Max is an outstanding leader, educator and writer on Canada's natural history and river conservation. Max is the recipient of the [2017 Adult Nature Inspiration Award](#) from the Canadian Museum of Nature. Max organized the Four Winds Voyageur Canoe Brigades last year in honour of Canada's 150<sup>th</sup> Anniversary. The [South Wind Brigade](#) came through Smiths Falls last June 27. Max also visited [Smiths Falls in June 2016](#), when he spoke at the Kinsmen Pavilion at Lower Reach Park. Max's passion for canoeing and Canadian rivers really shows in his presentations.



**Diana Beresford-Kroeger.** A special film screening will be taking place Tuesday, June 5 in celebration of Environment Week. The documentary "[Call of the Forest – The Forgotten Wisdom of Trees](#)" has been drawing rave reviews since its release in March 2017. The acclaimed documentary features scientist and acclaimed author Diana Beresford-Kroeger as she explores our profound biological and spiritual connection to the world's forests. As a special feature we have arranged for Diana herself to join us to provide commentary and answer questions following the screening. Seeing this film and meeting Diana is an evening you won't want to miss.



More details will be in the local media, but be sure to save the dates and tell your friends!

Fed up with the cost, the waste and flimsiness of disposable dishes?

## Borrow Dishware from REAL

We have a collection for you to borrow for any event where refreshments are served: meetings, family reunions, weddings or other celebrations!

**We have:** plates (large and lunch-sized), mugs, wine and water glasses, cutlery (knives, forks, teaspoons). **Note:** items may not match.

**Also available:** coffee maker, champagne fountain, bud vases, some tablecloths.

**Cost:** Your \$20 deposit will be refunded when you bring them back clean. But donations always appreciated.

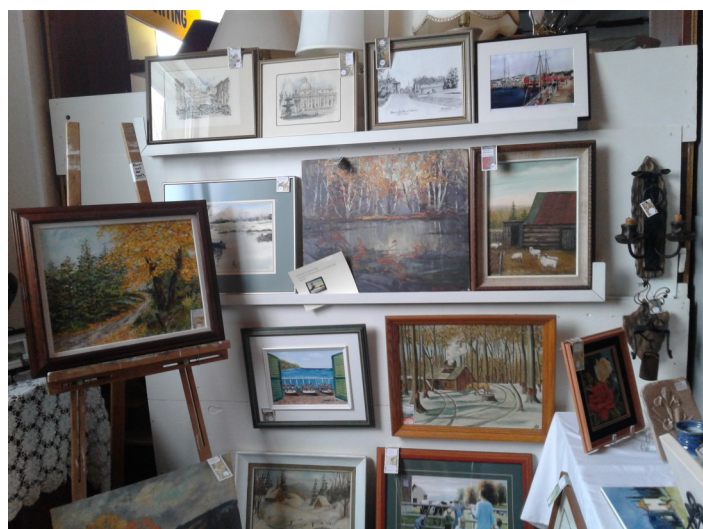
**Reduce Waste. Save Money. Be a Trendsetter.**

Please give us at least two days notice. Drop by the store or call (613) 283-7999.

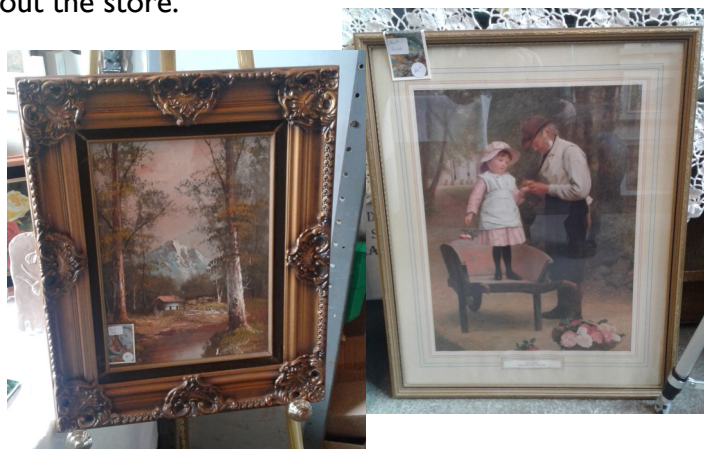


## Art Sale Deals Continue

About 60 pieces of art were on display during our annual Second Chance Art Sale, held in the REAL Deal Store over the month of March. Volunteers Brenda King and Donna McKenna did a spectacular job of cleaning, reframing and repairing the works, and displaying them to their best advantage near the store entrance and in the “vintage” corner of the store. Most pieces were in the \$10 -\$20 range, and the most expensive were \$75. Beginning Make a Deal Thursday, March 30, the sale pieces, as well as any other art in the store, were 20% off. The offer will continue throughout the month of April.



The sale is an opportunity to showcase the art the store accumulates over the year. It is difficult to find the space to display art appropriately on an ongoing basis. Most of this year's sale was wall art, although there were a number of accent pieces, art books and posters for sale as well. The REAL Deal always has a good selection of pieces in all sizes scattered throughout the store.



## REAL Deal by the Numbers

**For 2017 (Feb 1, 2017 to Jan 31, 2018)**

Materials Donated 42,669 kg  
Materials Sold 39,179 kg

### Top Five Donor Municipalities (by weight)

Smiths Falls	39 %
Rideau Lakes	15 %
Drummond N Elmsley	10 %
Montague	5 %
Merrickville-Wolford	5 %

### Top Five Purchasing Municipalities (by weight)

Smiths Falls	34 %
Rideau Lakes	14 %
Drummond North Elmsley	11 %
Montague	7 %
Elizabethtown Kitley	5 %

### Top Three Sales Departments (by revenue)

Housewares	21 %
Décor	20 %
Hardware	10.5 %

Ewaste Collected:  
39.79 tonnes

Volunteer Hours Contributed:  
4,047



## Sunday Hours Returning To the REAL Deal !

**Open Sundays  
Noon to 4:00 p.m.  
beginning Sun. May 6**

**In addition to:**

**Thursdays, Fridays  
and Saturdays  
10:00 a.m. to 4:00 p.m.**



### Evergreen Ceremony June 3

In what has become a June tradition, the Evergreen Avenue Committee is planning a dedication ceremony for Sunday, June 3 at Victoria Park. Seven additional memorial granite stones will be added along the pathway to commemorate veterans, community builders and other special people. Three names are being added to the Cenotaph at the northwest corner of Beckwith St. S and Canal Streets.



*Guests assembling for the 2016 celebration at Victoria Park.*

Memorial granite stones are being placed for Jim Whiten, D.C. Smith, and Dave Good as well as two stones for the Warden Family. Evergreen Avenue is dedicating a stone to the late Ian Fraser who was a veteran and Evergreen Avenue member, as well as to Russ Beach as a Community Builder.

The names of several residents who died in WWI but were missed on the Cenotaph have come to light as a result of the research work in the Lest We Forget project by Smiths Falls students. Two Sikh soldiers, Loal Singh and Bukan Singh, enlisted in Smiths Falls months apart, and will be named on the monument. Both were born in Punjab, India although it is not known if they were related. One was killed in action overseas and the other died in service during the war from health issues. Bukan has a grave marker in Kitchener and Loal is memorialized in France and on the Vimy Memorial. The other name to be added is that of Harvey Horne, from the Poland area, who enlisted in Smiths Falls and died in France in battle. To see some closeups of the Cenotaph, [see this blog of Ottawa area monuments](#).

Evergreen Avenue has also joined with service clubs and other organizations in town to bring in a LAV III armoured vehicle as a memorial to Afghan Veterans. This project is championed by the Royal Canadian Legion Branch 95 in Smiths Falls.

Several memorial stones at the east end of the walkway were removed in advance of the construction to replace the combine lock's hydraulic gates and repair the basin walls. The memorial stones should be reinstalled by the celebration date, along with the new stones.

Besides being a memorial walkway, Evergreen Avenue uses native trees and shrubs to encourage residents to use native plants in their own yards to create resilience and counteract climate change. This connection is described in an interpretive panel installed by REAL in 2016 at the west end of the walkway near the Tourist Information Centre. New Evergreen Committee member Klaas Van Der Meer will oversee the care of the native plants. The committee is co-chaired by Peter Au and Ken Graham, and also includes Keith Anderson, Dick Donaldson, William Widenmaier, Jay Brennan and Enid Rabb.



*Three more names will be added to the Cenotaph in preparation for the June 3 Evergreen ceremony.*

Family of those being honoured will receive personal invitations to the ceremony, but everyone is welcome to attend. Watch for more details on our website and in local media closer to the date. A list of all the dedication stones is [on our website](#).

*In REAL Life**On the Web*

**Hazardous Waste Depot.** The depot on Patterson Crescent in Carleton Place (off McNeely Avenue) is open to residents of Carleton Place, Mississippi Mills, Beckwith, Smiths Falls, Perth and Drummond North Elmsley ONLY. It operates 8 a.m. to 12 noon every Saturday from May 19, 2018 to September 1, 2018. [Check this document](#) for what is and is not accepted, as well as directions.

**We've Disconnected our Phone.** REAL has taken the cost-cutting measure of disconnecting the phone line 283-9500, originally intended for any non-REAL Deal business. Continue to use (613) 283-7999 to reach REAL. A real REAL person will answer during store hours, otherwise leave a message (our recorded message doesn't kick in until 10 rings). For home energy audits, call Alan Leonard directly at (613) 864-3099.

**Town of Smiths Falls Compost Site.** Note, this site is for leaf and yard waste only, not your kitchen compost! Opening for the season on May 12, operating Saturdays 8 a.m. until 4 p.m. until November. The site is located along Hwy 43 just east of the Hillcrest Cemetery.

**Membership Renewal.** Thank you to all of you who renewed so promptly, and for the donations that accompanied your renewals. We are glad that you want to continue to be a part of REAL and support our activities. For those you who haven't renewed, it is never too late. You can pay by cheque or PayPal, or if you want to come to the store, in cash.

**Annual General Meeting.** Tentatively Wed. June 20th. Our usual strategy is a pot luck dinner along with the meeting. This year members will be asked to vote on an updated version of the REAL by law, last reviewed in 2006. If you are a member you will be receiving an invitation either by mail or Canada Post.

- [An interview in Earth Talk of Lynda Dewitt](#), who has run a company called Solar Mowing in Maryland since 2009. The company runs a fleet of battery-powered mowers, trimmers and blowers fueled 100% by renewable energy, including solar panels on roofs of their trucks. Their equipment is non-polluting and much quieter than their conventional gas-powered counterparts. Read how it came about and what they do differently from conventional lawn care operations.
- In New York City more than 5,000 "canners" walk the streets collecting the cans that consumers have thrown away, in order to collect the minimum 5 cent refundable deposit. The "Sure We Can" non-profit centre ensures canners decent work, fair exchange, job growth opportunities, and a welcoming place where they can feel supported and be active participants in the community. Read more and/or see an 8 minute video on the [One Percent for the Planet site](#).
- This online Meat Calculator asks "How many animals could continue living if you switched to a vegetarian diet? How does the environment benefit?" The calculator has you enter the ounces of poultry, pork and beef you estimate you consume per week and then calculates the resources required over 10 years, particularly feed, antibiotics, water and land. [Blitz results](#) provides an interesting resource and discussion no matter what your preferences.



Box 1061  
Smiths Falls ON  
K7A 5A5  
613-283-9500  
info@REALaction.ca

We're on the Web  
[www.REALaction.ca](http://www.REALaction.ca)

**REAL Deal Store &  
Environment Centre**

85 William St. W.,  
Smiths Falls ON  
613-283-7999

Store open Thursdays  
through Saturdays 10—4  
Open Sundays  
May 6 until fall  
Noon—4

**Community Garden,  
Energy Audits, Volunteer  
or other programs  
Call 283-7999**

**Facebook Groups:  
REAL Deal Store  
REAL  
Community Garden**

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

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



**April 21 to May 6, 2018**

**Get your bags** starting  
April 5 at the REAL Deal  
Reuse Store, 85 William St.  
W, Smiths Falls.

**Check our website**  
for sites that are being  
looked after by other  
community groups.

**For more details:**  
[info@REALaction.ca](mailto:info@REALaction.ca)  
or 283-9819

**Cleanup litter** at your  
choice of location during  
the two week period.

**Report back** by May 13  
to have your name entered  
in a draw for prizes!

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



**RIDEAU  
ENVIRONMENTAL  
ACTION LEAGUE**

**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

**Join our Email List**

Use the green signup button on the  
bottom of our homepage.

**Contact Information**

Name .....

Street/RR Address .....

Town, Province .....

Postal Code .....

Home Phone .....

Work Phone .....

Best time to reach me .....

Email address .....