

REAL *update*

REAL people taking REAL action to protect our environment

Making a REAL Difference for 30 Years

Rideau Environmental Action League (REAL)

SEPT 2019

Inside this issue:

[Prepare Your House for Winter](#) 2

[Energy Savings Workshops Sept 21 and 28](#) 3

[Some Ottawa Area Butterflies](#) 3

[Changes Happening at the REAL Deal](#) 4

[Monarch Garden Party Sept. 14](#) 5

[Rain Barrel Fundraiser a Great Success](#) 5

[Beeswax Wrap Workshop](#) 6

[In REAL Life](#) 7

[Local Foods Dinner and Silent Auction October 19](#) 8

Towards a Zero Waste Sustainable Lifestyle

REAL is hosting an evening featuring two local women who can help you get started on the path to reducing waste and living more sustainably.

Michelle Dunford and her family of three practice a near zero-waste lifestyle near Kemptville, and produce just a small Mason jar's worth of waste every two weeks. Michele has shared her experience with area residents at April's North Grenville Sustainability Fair and a meeting of Transition Brockville. She has agreed to describe to a Smiths Falls audience how her family has reduced their environmental impact through their choices for heating, transportation, housing, food, consumer goods, clothing, and garbage. She will talk about the costs and benefits of a sustainable lifestyle, and how to go about changing habits, and share her best zero waste tips.



Heather Mitchell-Adams, owner of Modern Thymes on Russell Street, has been taking steps to reduce waste in her store. Patrons are encouraged to bring their own containers for their purchases, she provides a jar bank for customers who don't, and she carries products that help people reduce their waste and their use of plastics. She will address the topic "Zero Waste – What the Heck is That?" Zero waste is one extreme that shouldn't discourage people from taking small steps to reduce waste in their households. She will talk about the 5Rs, how and where to shop to reduce your waste, and share some resources, and how to get started.

The presentations begin at 7 p.m. on Wed. Oct. 2. at the Smiths Falls Memorial Community Centre, 71 Cornelia Street. Doors open at 6:30 so you can browse a few related displays, including the alternatives to plastic collection REAL has used at two other events. There will be a half hour allotted for discussion after the speakers, so the evening should wrap up around 9 p.m. This presentation is an initiative of REAL, in collaboration with Environmental Services of Smiths Falls, Trinity United Church, Royal Canadian Legion Branch 95, the Smiths Falls Chamber of Commerce and others.



Prepare Your House for Winter by Alan Leonard, REA

Getting prepared for winter can be a bit of a chore but is much better than having an unpleasant surprise when winter storms are blowing. Here are a few tips that can help you have a safe, warm and enjoyable experience in our lovely Canadian winter.

Start outside before freezing weather and winter snows:

- Empty all hoses, outside pumps, power washers etc.
- Make sure any taps that don't have frost free valves are shut off inside and drained. Know where the main water shut off is in case of frozen pipes.
- Clean up and gather all tools and implements and store them *before* they are buried in snow.
- Have snow shovels, ice choppers and sand available.
- Make sure snow blower starts and has a gas supply (ask me how I know this!)
- If you have a generator make sure it works, has gas and can be operated outside.
- Clean your gutters and make sure downspouts extend away from the house. Make sure soil slopes away from house.
- Replace screen doors or window screens with glass storms.
- Inspect your roof and flashings for damage and repair/caulk and seal if needed.
- Clean and inspect your chimney and woodstove or fireplace!
- Have enough wood to last through an extended power outage.



Prepare your cozy winter haven inside:

- Have your furnace or boiler serviced before it is -20 C...!
- Replace furnace filters and have a supply to change them at least every 3 months.
- Seal duct joints with foil tape or duct mastic so that heated air gets to the rooms where you want heat.
- Replace old thermostat with a programmable one so that you can set back temperature when sleeping or away.
- Flush hot water tank to remove sediment and insulate all hot water pipes.
- Check the sump pump float switch and pump operation.
- Remove window AC units and cover/seal up wall units.
- Reverse ceiling fans so that they rotate clockwise to move air up and distribute heated air in room.
- Make sure all smoke alarms and carbon monoxide detectors have new batteries and test them. Replace if more than 10 years old or beyond the expiration date.
- Replace worn weather stripping on windows and doors, weather strip attic hatch and seal up any other drafts.
- Add insulating blinds and/or 'shrink to fit' clear plastic to windows. Seal windows with removable/reusable caulk to stop drafts.
- Have an emergency kit with enough supplies to last at least 3 days, including food, water, flashlights or candles, and first aid/medications. [Here's how.](#)



REAL performs energy audits to help homeowners make the most effective decisions about energy saving renovations and upgrades. There are incentive grants available for houses heated with natural gas. For more details, see our website.

Energy Savings Workshops **Sept 21 in Perth, Sept 28 in Smiths Falls**

Learn how to stop those annoying and costly winter drafts; how to get grants to help get you through the tough times; what an energy audit can do for you; and what your legal rights are for unfair utility bills. Two half days of free workshops, demonstrations and talks will help you save on energy costs this winter:

- Draft proofing demonstrations by Home Hardware
- Enbridge Home Energy Rebate program
- How an energy audit could help you
- Kill a watt meter
- Smoothie bike
- Info on REAL and The Table
- How to make beeswax food wraps
- Help applying for applicable grants

- info on legal, financial and other aid programs

Enjoy free munchies and a drink and a chance to win a fabulous door prize.

Join Us!

Saturday, Sept. 21 from 10 a.m. to 1 p.m. at The Table, 190 Gore Street E, Perth

Saturday, Sept 28 from, 10 am to 1 pm at The Legion, 7 Main St. E., Smiths Falls



**RIDEAU
ENVIRONMENTAL
ACTION LEAGUE**

Some Ottawa Area Butterflies

The Monarch Teacher Network is a collective of educators and nature enthusiasts who teach and inspire people to connect with nature. One of their resources is a list of six common butterflies in Ottawa. Each butterfly comes from a distinctive looking caterpillar, and has it's favourite host plant and nectar plants. For example, the Eastern Black Swallowtail lays its eggs on dill, fennel or wild carrot, and likes to feed on butterfly bush and orange butterfly weed. [See the entire poster.](#) But in the meantime, here are six butterflies common in this area that you could easily learn to identify.



Monarch
Danaus plexippus



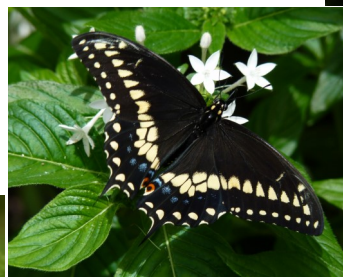
Painted Lady
Vanessa cardui



Red Admiral
Vanessa atalanta



Clouded Sulphur
Colias philodice



Eastern Black Swallowtail
Papilio polyxenes



Cabbage White
Pieris rapae

Changes Happening at the REAL Deal

The Dome. Customers are seeing big changes in the dome! A major cleanout has taken place. In early August, staff moved all remaining materials and shelving out of the coverall. Several inches of gravel were added to alleviate the very wet conditions that occur during spring melt or with a heavy rain. The vanities, bedframes, chairs, doors and so on have been moved back in, as well as some hardware previously displayed inside the store. Most of the work took place early in the week so that there was no interruption for our customers. It is much cleaner, neater, roomier and easier to find what you are looking for.

Our Hours. Another big change is coming to our store hours. Sunday, September 29th will be our last Sunday for the season. For the first time we will be open on Wednesdays 10 to 5 p.m. We hope that this will serve our customers better. Sorry Sunday shoppers, but we anticipate this will be a permanent arrangement, and that we will not be open on Sundays next summer. Our first Wednesday will be September 4th.

Locking the Gate. We are now locking the gate at the property entrance when we are not open. We have become increasingly frustrated with the amount of dumping occurring outside of store hours. While some items are usable, many are not, and some people have left garbage by our dumpster. Some individuals have been stealing items left for donations, removing items from our scrap metal bin, or even stealing from within the enclosure. Each of these practices is unacceptable to us, and the signs clearly indicate that. The yard is being monitored and if you are found doing this, the police will be paying you a visit. Please, if the store is not open, you have no reason to be on our property! Thank you for your understanding. Smiths Falls businesses which have legitimate access to the cardboard dumpster will have to bring their broken down boxes during store hours, and end-of-life electronics will need to be donated during store hours also..

Goodbye Summer Help. Our summer students, Jesse and Aira, hired with the assistance of a Summer Jobs Canada grant, will be returning to their studies. We will miss their help and youthful enthusiasm!

I really enjoyed working at REAL this past summer. The staff were so nice, they really made me feel comfortable. I learned how important it is to recycle items instead of sending them to the land fill. I even purchased a few items myself. I encourage everyone to come check the store. Thanks again REAL Deal!! - Jesse Moore

This year I was able to work with REAL for 4 days a week in the last 3 months. I love working at the store because I always learn and discover something different each day. From the donations we receive regularly, I see items that I have never seen before and most of the time left me baffled, I learned a lot about cornflower dishes, I learned that fine china dishware does not mean it is made in China but is a type of porcelain and lastly, I gained an appreciation for antique furniture.

The best part about working with REAL is knowing that every single person who works and shops at the store are making a difference in the environment that we live in. With a common goal and interest of trying to better the environment, I feel a strong sense of community whenever I step into the store. With today's current environmental issues, the sense of community present at REAL and its environmental goals gives me hope towards the future. - Aira Sarmiento

REAL Deal Fall Hours
Effective October 1, 2019
Wednesday 10:00 a.m.—5:00 p.m.

Thursday 10:00 a.m.—5:00 p.m.

Friday 10:00 a.m.—5:00 p.m.

Saturday 10:00 a.m. —5:00 p.m..

Last Sunday for the season:
Sun. September 29, 2019

Please bring your donations
only during these hours.
(613) 283-7999

Monarch Garden Party Sept. 14

Our Monarch Garden Party planned for September 14 has given us a date to work towards for finishing a few remaining garden tasks.

Since our last issue we have completed the planting and put cedar mulch on the garden. We had left a space and had been pondering some sort of seating when REAL member, Philippe Lagarde, volunteered to build and install a cedar slab bench. It's the perfect look for our garden. The plants are being marked for the curious! We have received our monarch waystation sign, and Bruce Fletcher is incorporating it into a large sign that we hope will be in place for the 14th. We are also tidying up the native garden against the building a bit more, and placing peastone in the dip between the lawn and driveway, as it has become a tripping hazard. A number of flowering native trees are planned, some of which have been dedicated in memory of some special people.



The garden really took off in a short span of time and looks great. It gets a lot of attention from all kinds of butterflies, bees and insects, and from human passersby. Please come take a stroll through the garden "any time" or better yet, come on September 14. Tom Foulkes will have the honour of cutting the ribbon on that day. We are directing Tom's most recent major donation to REAL to this 30th anniversary project. As gardeners know, a garden is never finished, so this funding will ensure we can maintain the garden adequately and perhaps even expand it.

An invitation to

REAL's Monarch Garden Party

Sat. Sept. 14, 1:00 — 3:00 p.m.

at the REAL Deal Store

85 William St. W., Smiths Falls

Come see the results of our 30th anniversary project and enjoy some light refreshments. Ribbon cutting at 1:30 p.m. Purchase some gently used butterfly merchandise, including a few milkweed plants, to support further garden improvements.

Contact Diane Pearen 267-5213 or dpearen52@gmail.com for more details.

Painted Rain Barrels for Auction at Local Foods Dinner

Three local artists have each agreed to artfully paint a rain barrel, which will be auctioned at our Local Foods Dinner on October 19.

A colleague Green Community, ecoSuperior, holds a very successful annual rain barrel auction and we thought it was time to give it a try (on a very limited scale) here. The rain barrel pictured here is by Gail Teed.

If you are interested in creating your own garden art rain barrel, please get in touch so we can share some tips on paint types and making sure the painted barrels survive the elements.

We hope to share photos of the completed rain barrels via Facebook in advance of the dinner.



Beeswax Workshop

and other do-it-yourself projects.

Where: Modern Thymes Natural Food Store, Smiths Falls

When: Saturday September 21, 2019.
1:00pm -2:30pm



Spots are limited!

Sign up online: <https://www.facebook.com/events/573661266502350/>

Or Call: 613-207-3451

designed by  freepik.com



Aira Sarmiento, one of our summer students, and Alan Leonard, our Registered Energy Advisor, represented REAL at this year's Friends of the Tay Watershed Discovery Day, held Aug. 17 at the Crystal Palace in Perth. Barb Croucher won the draw for the rain barrel. She said she has always wanted one! (Photo by David Zimmerly)

REAL Has a New President!

At the REAL Board's July meeting, Katie Hoffman was elected President, replacing Barb Hicks, who is now Vice President. Karen Schecter will continue as Treasurer, and Donna McKenna is keeping the Secretary position. Other board members are Peter Au, Tony Cote, Gloria Pavey and Mercedes Steedman.

We still have room for you! If you are interested in joining the team, contact Katie. Our meetings have been moved to the third Monday of the month.

In REAL Life

Ink Cartridges. Thanks everyone for bringing your used toner and printer cartridges to the REAL Deal store for recycling. Just so you know, they are no longer being directed to the United Way of Lanark County, but are being taken away by the same company, RediRecycling in Pembroke, that picks up our end-of-life electronics and used household batteries.

Rain Barrels. We are happy to report (but sorry, too) that we have sold out of rain barrels. We sold almost 130 this year through our monarch garden sale and the REAL Deal store. We are not expecting any more this year, but all plans are subject to change. Feel free to leave your name at the cash (283-7999) if you would like to be notified if we get any more. We will definitely have some next spring.



Composting Workshop. The composting workshop led by David Hinks July 13 was a great opportunity for some local residents to fine tune their knowledge about backyard composting. The weather cooperated so it was held next to our Compost Demonstration Site. Thanks to Katie Hoffman for organizing the workshop! One REAL Deal shopper was very pleased recently to find a used composter for sale in the backyard. We do get them occasionally. If you are looking to donate yours, the REAL Deal would be happy to accept it.



DNE Open House. Thanks to Mercedes Steedman and Katie Hoffman for representing REAL at DNE's Open House out at their landfill Saturday, August 10. and to Aira Sarmiento for pulling the display materials together. Did you know that DNE runs a little Reuse Store at the Code Road landfill site? Only DNE residents can donate materials to the store, but anyone is welcome to shop there – and everything is free! See the [DNE website](#) and [Facebook page](#) for details.



Cashier Help Wanted. The REAL Deal store is looking for a volunteer cashier to work at the REAL Deal store two mornings a week. The person should enjoy “stuff”, enjoy working with the public, be computer literate and able to provide a couple of references. Contact Store Manager Dan Cunningham if you can help. Reach him at the store, 283-7999 or email dcunningham@realaction.ca. Save a step and complete our [volunteer application form](#) in advance!



Instagram

Social Media. With new board members comes some new energy, so we are aiming to improve our presence on social media. Tony Cote will look after a new Twitter account for REAL, “[Rideau Environmental Action League](#)”. Gloria Pavey will look after our Instagram account, named “[rideau.enviro.action.league](#)”. We are transitioning from a Facebook group to a Facebook page, now named “[REAL – Rideau Environmental Action League](#)”. Barb Hicks is an admin on it, the “Smiths Falls Community Garden” group and the “REAL Deal Store” Facebook page.



Help Make our Dinner a Success. This year's local foods dinner is a special one as we celebrate our 30th anniversary as a local non-profit. We'd love for you to come and bring a table of your friends. If you cannot attend, you can still contribute to its success by becoming a sponsor, telling everyone you know it is happening, or contributing to the silent auction. An article, homemade item, certificate for service would be greatly appreciated. Contact [Donna](#) at 283-2254 if you can help.

RIDEAU ENVIRONMENTAL
ACTION LEAGUE

Box 1061
Smiths Falls ON
K7A 5A5
info@REALaction.ca

We're on the Web
www.REALaction.ca

**REAL Deal Store &
Environment Centre**

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

Store open Thursdays
through Saturdays 10 –5,
Sun. 11- 4 until Sept. 29,
and Wed. 10—5 starting
Oct. 2.

For Home Energy Audits,
contact Alan Leonard
alanleonard9@gmail.com
or (613) 864-3099

Find us on:
FaceBook, Twitter
and Instagram

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

REAL people taking REAL action to protect our environment

Local Foods
HARVEST
Dinner
& Silent Auction

 **RIDEAU
ENVIRONMENTAL
ACTION LEAGUE**
MAKING A REAL DIFFERENCE SINCE 1989

Tickets @ the REAL Deal Store, Modern Thymes, or contact Cathryn: (613)283-9819

19
OCT

LIVE MUSIC BY THE TRITONES
APPETIZERS - LOCAL BEERS - ONTARIO WINES
TICKETS \$60 OR \$55 BEFORE SEPT 22
SMITHS FALLS LEGION, 7 MAIN ST. E.
www.REALaction.ca

6
PM

Made with PosterMyWall.com

**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

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