



# Sustainability Newsletter

## Recycling in Vanderhoof??

July 2016

The Nechako Waste Reduction Initiative (NWRI) is part of the Nechako Healthy Community Alliance. Their mission is to initiate and support effective ways to reduce waste in the community of Vanderhoof. The NWRI is member-driven, with a core group of members exploring and leading projects to reduce waste in Vanderhoof and engage community members in better understanding and taking action on waste reduction.

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The NWRI began its activities in 2009. Starting with paper and cardboard recycling, it has grown to offer and advocate for recycling and waste reduction in a number of different ways. The initiatives now include plastics recycling, the innovative “green toolkit”, a community recycling guide, greening community events and providing a voice for Vanderhoof on recycling.



Nechako **Waste Reduction** Initiative

What is the “Green Toolkit”? It is a 200 piece setting of reusable dishes that can be rented out for events. Check out their website at [www.nechakowri.org](http://www.nechakowri.org) for more info!!

So where can you take your recycling in Vanderhoof? Corrugated cardboard, mixed paper, cereal boxes, household plastics (#s 1-7, such as food and personal & cleaning product containers), milk containers and tin cans can be taken to the bins at the Transfer Station. Beverage containers, cell phones and electronics can be returned to the NVSS Bottle Depot. Household batteries can be dropped off at Home Hardware, while Bird on a Wire accepts inkjet cartridges. The Chamber of Commerce will accept your plastic writing instruments and the Act II Thrift Store will take clothes and other items for donation.



How can you get involved? Become a member of the Nechako Waste Reduction Initiative to contribute your own creative waste reduction ideas and see them come to life!

And, of course, rethinking, reducing (e.g. using your own water bottle or coffee mug instead of a disposable one), reusing (e.g. bringing along reusable grocery bags to the store) and recycling your own waste is the best way to contribute to a waste-free Vanderhoof!



*This newsletter can be viewed online at: [www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter](http://www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter)*

If you have any questions about the content of this newsletter, please call Elaine Wiebe, Environmental Services Assistant for the Regional District of Bulkley-Nechako at 250-692-3195, toll free: 1-800-320-3339, email: [elaine.wiebe@rdbn.bc.ca](mailto:elaine.wiebe@rdbn.bc.ca)

## DIY Air Fresheners

This is an extremely easy gift to make—it would be great for holidays, teacher gifts or house-warming gifts. Not only do they neutralize stinky odors, but they fill the room with wonderful fragrance and look adorable! You can choose your own look to fit your décor and your own scent to fit your preferences!

You will need: glass jars, fabric, ribbon, baking soda and scented oil.

Add a few drops of the scented oil to the baking soda. This is not an exact science, but about 8-12 drops of oil per half cup of baking soda should be about right. Mix it together and put it in the jar. Cut a circle out of the fabric (you can trace a bowl onto the fabric to get the circle). Then use the ribbon to tie the fabric onto the top of the jar. That's it! Now you have a new super cute air freshener that looks and smells great!



## Faux Metal Wall Art

This craft is a great mix of quilling techniques and toilet paper tubes to create unique wall art for your home.

You will need: Toilet paper tubes, paper towel tubes, tacky glue, spray paint (metal look), 3/8" balsa wood strips.

First cut the 3/8" balsa wood strips into 10" long pieces to form the square and glue them together with tacky glue. Use the paper towel tubes for straight pieces. Cut along the length

of the tube, flatten it out and cut matching 3/8" strip lengthwise from the tube. The toilet paper tubes can be cut in 3/8" strips across the width of the tube to keep the curl. Simply cut along the length of the tube, flatten out and mark 3/8" strips across the width. You can look around you for inspiration of real wrought iron art. Curl the cardboard with the end of a paintbrush and use tacky glue to glue it where you want it.

Once they are completed and dry, spray paint them with metal-look paint. Unless you get up close and personal and actually touch them, they look totally like metal. But they don't cost nearly the price. You can't beat that!



# Invasive Plant Management—Landowner Rebate Program

Invasive plant management in the RDBN is conducted through a partnership with the Northwest Invasive Plant Council (NWIPC), which covers the area from Valemount to Haida Gwaii, and north to the Yukon border (excluding the Peace Region). Since 2005, invasive plant control has been conducted using a "single agency approach". Various organizations, including the RDBN, various municipalities, Ministry of Transportation and Infrastructure, Ministry of Forests, Land and Resource Operations, BC Hydro and others, contribute funding to the NWIPC. The contributed funds are managed using a partnership delivery model to achieve on the ground control of invasive plants in each jurisdiction, as well as public awareness, inventory, and assessments. On-the-ground treatments and inventory are conducted by contractors in each Invasive Plant Management Area (IPMA).

If you are struggling to treat an invasive plant infestation on your property, you may be eligible for a 50% reimbursement from the NWIPC under the landowner rebate program. Chemical, mechanical or manual treatments will be considered for a rebate up to a maximum of \$500. For more information on the program, and to see if the invasive plant species on your property is eligible, please visit <http://nwipc.org/projects/land-owner-weed-removal-rebate-program> or call 1-866-44WEEDS (1-866-449-3337).

Common invasive plant species in the RDBN include:



**Orange Hawkweed**



**Field Scabious**



**Canada Thistle**



**Mountain Bluet  
(Bachelor's Button)**



**Common Tansy**



**Spotted Knapweed**



The NWIPC website is a great resource for all things related to invasive plants. The rebate program is not limited to the weeds pictured above. Check out the website for full details. Read about the history of the NWIPC, learn more about problem plants in your area, or take part in the "Weed on the Web" ID contest. Visit [www.nwipc.org](http://www.nwipc.org).

If you see an invasive plant and want to identify it on the go, the "Report a Weed" mobile app is a great tool. Go to [www.reportaweedbc.ca](http://www.reportaweedbc.ca) for more information.

# Seasonal Eats: Huckleberries

The Huckleberry is a deciduous shrub that grows as tall as 1.5m, with small yellow or pink flowers that ripen into berries that are purple or black in colour. The plants can be found in shady woodland areas and often grown in large patches and grow in many areas of the Regional District of Bulkley-Nechako. They are comparable to blueberries in taste, and can be used in similar recipes. Huckleberries are high in Vitamins A, B and C, and antioxidants. To enjoy these berries all year-round, pick as many as you can while they are ripe, and freeze them for use in baking or smoothies!



## Huckleberry Hand Pies

### Ingredients

#### Pastry

2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon baking powder  
1 cup butter  
1/2 cup sour cream

#### Filling

2 cups berries, fresh or frozen  
1/4 cup sugar  
1 tablespoon Instant Clear Jel  
2 teaspoons lemon juice

#### Topping

1 large egg, beaten  
White sugar, for garnish



1. To make the dough, whisk together the flour, salt and baking powder. Add the butter, working it in to make a coarse/crumby mixture. Leave most of the butter in large, pea-sized pieces.
2. Stir in the sour cream; the dough won't be cohesive. Turn it out into a floured work surface and bring it together with a few quick kneads.
3. Pat the dough into a rough log, and roll it into an 8" x 10" rectangle. Dust both sides of the dough with flour, and starting with a shorter end, fold it in three like a business letter.
4. Flip the dough over, give it a 90 degree turn on your work surface and roll it again into an 8" x 10" rectangle. Fold it in three again.
5. Wrap the dough and chill for at least 30 minutes before using.
6. To make the filling: combine all the ingredients in a saucepan set over medium heat. Cook until the mixture starts to thicken, about 5 minutes. Transfer the cooked berries to a bowl and let cool to room temperature.
7. Preheat the oven to 425 F; place a rack on the middle shelf. Line a baking sheet with parchment paper.
8. To assemble the pies: roll the dough into a 14" x 14" square. With a straight edge and pastry wheel or a 3 1/2" square cutter, cut out 16 3 1/2" squares.
9. Divide the filling among eight of the square, using about a heaping tablespoon for each. Brush some of the beaten egg along the edges of each filled square.
10. Cut a vent into each of the remaining eight squares, using a decorative cutter of your choice.
11. Top each filled square with a vented square and press along the edges with the tines of a fork or a pie crust crimper to seal.
12. Brush the top of each pie with the remaining beaten egg, and sprinkle with sugar. Transfer the pies to the prepared baking sheet.
13. Bake the pies for 18 to 20 minutes. Remove them from the oven and let cool for 20 minutes before serving.