



Sustainability Newsletter

www.rdbn.bc.ca/environmentalservices/recycling/sustainability-newsletter

October 2016

Local Recycling Spotlight

Fraser Lake Bottle & Recycling Depot

Jonathan Lee just happened to be passing through Fraser Lake a few years ago when he drove past a sign noting that the Fraser Lake Bottle Depot was for sale. Something about it and the town caught his attention. Perhaps it was the fact that he was a seasoned business owner and was looking for a bit of change in his



professional life. Perhaps it was the beauty and charm of the Fraser Lake area. Whatever it was, the encounter turned out to be destiny. He stopped in, looked around, liked what he saw and soon was in the process of buying the business .

The move and the change have been positive for Jonathan. He loves the fact that life here is so casual and laid back. He immediately found the

residents to be friendly and welcoming. He enjoys the country living lifestyle and the quick access to the amazing outdoors and all it has to offer. He likes to fish and is an amateur photographer and gets many opportunities to do both of those things here in Fraser Lake.

The depot is open Tuesday to Saturday from 10 am to 5 pm. Stop by and meet Jonathan in person!!



Items accepted at the Depot:

- Beverage Containers
- Mixed Paper and Cardboard
- Electronics
- Small Appliances and Power Tools
- Household Batteries
- Light Bulbs and Fixtures
- Cell Phones

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Composting Through the Winter

In our region, more than one third of the waste that enters the landfill is compostable material such as kitchen scraps! Diverting organic waste from the landfill would greatly reduce the need for landfill expansion; protect land and groundwater and reduce climate warming gases. At home, it benefits you by reducing garbage odours and producing valuable soil fertilizer.

You can continue composting throughout the year! Your backyard composter will officially go to sleep at about -13°C ; however, the freeze and thaw that happens in the spring will help the materials to decompose when the pile starts to heat up again.

HOW TO START OFF A YEAR OF BACKYARD COMPOSTING

If you have some finished compost in October, you can add that to your garden or top dress your lawn. To get started with an empty bin, here are the steps to follow:

✓ First locate your bin where it is easy and convenient to access from your home.

✓ Next, collect as much brown and green material as you can and locate it in piles or bins next to your composter.

- GREENS—any live plant trimmings from your fall garden clean-up
- BROWNS—the decomposing plants in your garden and as many fallen leaves as you can collect—ask your neighbours if you can take theirs if they don't want them!



✓ Now, layer your compost with BROWNS and GREENS—aim for 2-3 times more browns than greens.

1. Start with BROWNS—e.g. leaves, straw or woody/brushy material, in the bottom. This will improve air circulation at the bottom of the pile. Layer 10-12 cm thick.

2. Add GREENS—kitchen scraps or green plant cuttings from your garden cleanup.

3. Then always follow with BROWNS—completely covering your kitchen scraps to keep odour down so that you don't attract animals.

Repeat steps 2 and 3. Mix the pile to add oxygen and add moisture if needed—until the end of October—then take a break until April.



Tempted to stash those fallen apples in your compost bin? Wait! Here is a better way that won't attract bears. Dig a trench in your garden and bury any large quantity of fruit in soil 12" or deeper, where bears are less likely to smell it.



Waste Reduction Week ~ October 17-23

Waste Reduction Week in Canada is a national environmental campaign that builds awareness around issues of sustainable and responsible consumption, encourages choice for more environmentally responsible products/services, and promotes actions that divert more waste from disposal and conserve natural resources.

Why waste reduction?

If Canadians can reduce the amount of waste that is produced in the first instance, we are conserving resources and limiting the need to reuse or recycle. Canadians produce more than 31 million tonnes of waste annually, that's 2.7kgs per person per day. In perspective, that's the same volume of waste being generated as piling up 31 million cars. Nearly 40% of this waste is generated at home with the remainder coming from commercial, industrial, construction and demolition sources. Of the waste we are generating, we are diverting less than 25%. Most of our waste is buried in landfills. For waste to decompose in a healthy environment, such as your compost pile, it requires air and water. These are not present deep in the landfill, and as the waste slowly decomposes and reacts with what is around it, it can produce a leachate which may end up in our groundwater system, not to mention creating greenhouse gases such as methane and carbon dioxide. In properly managed landfills, leachate is collected and treated along with greenhouse gases. According to Environment Canada, landfill sites account for 38% of Canada's total methane emissions. It is up to each of us as individuals, communities, schools or businesses to consider what we are throwing away and the environmental impact this is causing. We need to look for alternatives that will promote waste reduction and help to protect our environment.



WASTE
REDUCTION
WEEK
IN CANADA

What can I do?

Everything! Start practicing the 3Rs in everyday life. Whether you are at home, at school or at work, think about how you can reduce, reuse or recycle your waste to turn it into a resource. All of us have an important role to play in reducing waste. Whether it is individuals at home, school or work and how they purchase goods and promote sustainability or businesses when they create goods or provide services or governments in the way they create regulations and by-laws, we can make a difference!

Check out www.wrwcanada.com for more tips and ways to get involved in your community.

T-shirt Headbands

Got some old t-shirts that are no longer wearable? Consider upcycling them into a cute headband!!

You'll need:

- ~ an old t-shirt
- ~ sharp scissors
- ~ hot glue gun and glue stick
OR needle and thread
- ~ measuring tape (optional)

1. Use scissors to cut two 1 1/2 inch wide strips across both layers of the t-shirt. Do not use the hemmed bottom edge of the shirt. Each strip will have two layers.
2. Stretch the strips. Do not unfold the two layers. Grab each end and pull tightly until the strip rolls into itself.
3. Create a loop with one of the strips by crossing the right side over the left side. Keep the loop at the top.
4. Lay the second strip in a U-shape on top of the first strip. Place the ends at the top.
5. Place the right side of the top piece under the right side of the bottom piece.
6. Place the left side of the top piece under the loop of the bottom piece.
7. Place the right side of the top piece over the loop of the bottom piece, passing under the left side of the top piece and then over the other side of the loop.
8. Pull on each end gently and slowly until a neat knot is created and you have loose strips of fabric on each side of the knot.
9. Wrap the strips around the head of the person who will be wearing the headband to mark where to cut the ends. Or measure the person's head circumference and cut the ends to that length. Cut a 2 1/2 by 3 1/2 piece of t-shirt and place both ends of the headband on top.
10. Spread some hot glue onto the tops of the headband ends. Tip: you could use fabric glue instead of hot glue, but it will take longer for the glue to dry.
11. Roll the 2 1/2 by 3 1/2 inch piece of t-shirt tightly around the glued ends of the headband. Use caution when rolling the fabric to avoid burning your fingers. If you prefer, you could sew the joining pieces together instead of gluing them.
12. Let the glue dry for a few minutes, slip the headband on and enjoy!!

