



# Ridge Meadows Recycling Society Recycling Report

JUNE, 2013

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## The First R = REDUCE!!

As we head into the summer months, take a look at what comes into your house and what is already IN your house. How much of it do you actually need? Reducing the excess 'stuff' in our lives often leads to more money, more time, and more happiness.

### *reduce (verb)*

to make smaller in quantity, impact, size or degree; to lessen or have less of.

For example, cleaning professionals say that **getting rid of excess clutter would eliminate 40% of the housework** in an average home.

There are many tips & ideas out there to reduce the amount of clutter in our homes, and "Clutter Coaches" to help people work through the reasons behind the need to hold on to many items that they don't need.



The key to reducing the amount of waste that comes out of your house is to monitor what comes into it.

What shifts can you make to reduce?

How much richer will you be as a result?



## Five Things Everyone Can Do to Work Toward Zero Waste

1. **REDUCE YOUR GARBAGE** - Refuse to bring garbage into your home. Make sure you can reuse or recycle packaging. Set up your recycling system to ensure you send the least amount to the incinerator or landfill.
2. **GARDEN SMART** - Compost, Grasscycle, Naturescape - Call Ridge Meadows Recycling at 604-463-5545 to find out more about smart gardening!
3. **SHOP SMART** - Check out what you buy and find alternatives that reduce waste - buying bulk, buying local fresh fruit & veggies (the Farmers Market is great for this!). Buy products with recycled content.
4. **TRAVEL SMART** - Walk, carpool, bike, take transit. Choose a fuel-efficient automobile. Leave your car at home one day a week. Work from home or cut down on your commute if possible.
5. **GET INVOLVED & STAY INVOLVED** - Let companies and organizations know when you are dissatisfied with a product or its packaging. Join an organization that supports your beliefs.



**Carly O'Rourke, Board Member, Ridge Meadows Recycling Society**

## Carly O'Rourke on How to Reduce

*Carly O'Rourke is a graduate from Simon Fraser University with a major in Communications. She worked as a Constituency Assistant for the MLA of Maple Ridge – Pitt Meadows, Michael Sather for five years. Carly loves to travel and her last trip was spent backpacking for a year and a half in Thailand, India, and Nepal. Carly is a passionate environmentalist and ran for Maple Ridge Council in 2008 and 2011, motivated by her deep concern for Maple Ridge's long term livability, rural character, and agricultural land. She is also on the boards of the Pitt Polder Preservation Society and the Blue Mountain Kanaka Creek Conservation Group.*

These days, we might look at our colourful, overflowing bags of recycling and feel proud of how much we have diverted from the trash. It is important to realize there is still room for improvement and the goal should be to have less to recycle in the first place.

The best way to achieve this is to be mindful of our consumption and to reduce our patterns of buying what we do not need. We are constantly being bombarded with advertisements, telling us that we will be more beautiful or more happy with such-and-such product, only to find that it doesn't do the trick.

Shopping is a way people fill their time, perhaps buying items they may use once or twice. We need to be satisfied with what we already have and who we are, and retrain our minds to be at peace with that. Instead of flicking on the TV, take a block of time everyday to sit down and simply watch your breath... meditation practice can do wonders to reduce your cravings for more.

*"It is time for a shift in consuming patterns from convenience to conscience."*

Food packaging fills up the majority of space in our recycling bags (at least for me!), but it is healthier for our bodies and the environment to buy in bulk and enjoy the process of cooking.

Fruits and vegetables require little packaging, and produce bags can be reused. Be cognizant of expiry dates and plan meals carefully to reduce food waste.

I would like to go one step beyond reducing and challenge everyone to *refuse* to accept plastic bags at the checkout counter. Use cloth bags or fill your arms for the sake of reducing this entirely unnecessary use of plastic.

It is time for a shift in consuming patterns from convenience to conscience.



## Cooking Oil Now Accepted at Recycling Depot

Used cooking oil & grease is now accepted at the Recycling Depot.

“The Ridge Meadows Recycling Society continues to expand its services, fully embracing the ‘one stop’ concept for ALL your recycling needs,” says Jon Harris, President of the Society, “The Maple Ridge Recycling Depot is a leader in this concept and accepts pretty well everything that has a stable recycling market. We started accepting Styrofoam for a \$2 drop-off fee at the depot last fall and cooking oil is just the latest addition to the commodities we accept.”

There is no charge to drop off cooking grease or oil as it is collected by West Coast Reductions under their “Redux” program. As their website states, this family-owned business, located in Vancouver, is “a leader in the rendering industry, operating several of the largest, cleanest, and most technologically-advanced rendering plants in North America. The used oil & grease is filtered, sterilized, and tested to produce useful products. These products include feed fat, which is used as an energy ingredient in animal feed rations, and a feedstock for commercially approved biodiesel, a cleaner-burning, alternative fuel.”

“We call ourselves ‘the original recyclers,’ we started nearly 50 years ago,” says Tim Gale with West Coast Reductions, “Through the Redux program, we collect used cooking oil and are able to refine it and sell it back to local farmers who re-use its high calorific value. It’s a closed loop system.” For more information, visit [www.reduxprogram.ca](http://www.reduxprogram.ca)



Photo provided courtesy of the TIMES



“Some people expect us to be able to take absolutely everything at the depot,” says Harris, “and while we’re getting pretty close, there has to be a reliable market in place before we can start accepting a new item. In this case, because a well-established company expanded into rendering used cooking oil & grease, it is now the latest thing we accept at the Recycling Depot.”

## The District of Maple Ridge focuses on REDUCE!

On May 30, Maple Ridge Staff joined **RMRS Environmental Educator Dan Mikolay** as he divided the contents of four garbage cans to show what percentage could be diverted to the **compost** (40%!) or **recycling bins** (50%!). This is the first of 3 lunchtime workshops focusing on **Reduce, Reuse, & Recycle**.

**Compostable!**



**Recyclable!**



## Upcoming Events

**Father's Day**     *Can you find a green gift for Dad? Giving experiences and help with special projects is Sunday, June 16 a good place to start!*

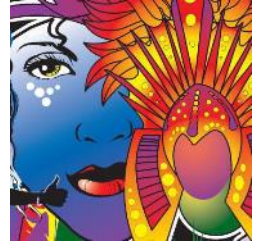


### Canada Day

Monday, July 1 - Maple Ridge 10am-4pm, Pitt Meadows 8am start  
*Celebrate Canada's Birthday - parties in both Maple Ridge and Pitt Meadows!*

### Caribbean Festival

July 13 & 14, Downtown Maple Ridge  
*From 12noon-9pm, Downtown Maple Ridge turns into a Carnival filled with live music, costumes, food, and more. Don't miss the Costume Parade, Street Vendors, or KidZone on 224th Street! [www.caribbeanfest.ca](http://www.caribbeanfest.ca)*



### Maple Ridge Pitt Meadows Country Fest

July 27 (10am - 10pm) & 28 (10am - 6pm) at the Albion Fairgrounds - *Free, family-friendly festival focusing on our agricultural past & present industry! [www.mrpmcountryfest.com](http://www.mrpmcountryfest.com)*

### "Macbeth" at Bard on the Bandstand

July 18-20 (Thurs-Sat) 8pm, & July 21 (Sun) 1pm at Pitt Meadows' Spirit Square and July 25-27 (Thurs-Sat) 8pm, & July 28 (Sun) 1pm at the Bandstand in Maple Ridge's Memorial Peace Park [www.emeraldpig.ca](http://www.emeraldpig.ca)

*The Emerald Pig Theatrical Society creates a Midsummer Nightmare from Shakespeare's classic tragedy. Rated "PS" (Pretty Scary!).*



### Mission Statement

*"Ridge Meadows Recycling Society is a community-based, non-profit organization, advocating zero waste, operating responsible waste reduction services and providing environmental education. We employ people with developmental disabilities assisting their integration into the community."*

### Vision

*"A waste free, socially responsible community."*



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[www.rmrecycling.org](http://www.rmrecycling.org)

