



Ridge Meadows Recycling Society Recycling Report

SEPTEMBER, 2014

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back to school,
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*Youth can learn
more about
Guiding or
Scouting by
visiting their
websites at
girlguides.ca
and
scouts.ca*



Waste Reduction Challenge!

Waste Reduction Week
in Canada



October 20-26, 2014

In preparation for **Waste Reduction Week** in October, Ridge Meadows Recycling has issued a Waste Reduction Challenge to all Maple Ridge Guide & Scout groups & created a specially-designed badge for any youth that complete the requirements.

"We are excited to be working with Guide & Scout groups this year," says RMRS President Carol Botting, "Caring for the environment is an integral part of the Scouting and Guiding movements and partnering with them is a natural fit for our Society."

Local Guide & Scout groups have been given a list of badge requirements through their Area Commissioners. There are three different sets of challenges: the first set is designed for younger kids and includes Sparks, Brownies, and Beaver Scouts. The second set is for Guides and Cub Scouts, and the third is designed for the older Pathfinders and Scouts.

All challenges include learning how to sort their family's recycling & set it out at the curb by 7:00am on recycling day, but also cover topics like litterless lunches, composting, and energy & water conservation. The groups will receive a visit from Dan Mikolay, Ridge Meadows Recycling's Environmental Educator, and the older kids will be touring the Maple Ridge Recycling Depot to learn more about the recycling process.

"Both youth & adult members of Scouting in Maple Ridge are looking forward to working on the Waste Reduction Challenge," says Three Rivers Area Commissioner Christi Goncalves, "From the Beaver Scouts' promise to 'help take care of the world' to the Scouts' law to be 'wise in the use of all resources,' environmentalism is found at all stages of the Scouting movement."

"Part of the Girl Guides of Canada Law is a notation that it is our responsibility to protect our common environment," adds Lougheed Area Commissioner Darlene Kent, "We make it fun so the girls learn about conservation, water, nature, ecology, sustainability, and so many other topics. As future leaders, we will need our Girls to continue to protect our environment."

Challenge badges will be handed out to Guide & Scout representatives at a special Waste Reduction Week presentation to Maple Ridge Mayor & Council at 7:00pm on **Tuesday, October 28, 2014.**





**Carla Reed,
Board Member,
Ridge Meadows
Recycling Society**

Carla Reed Looks At Litterless Lunches

Carla Reed has been interested in RMRS ever since she moved to the area nine years ago with her husband. Always keen on composting and recycling, she was delighted to find Maple Ridge in the forefront of recycling techniques and practices.

Carla first began volunteering with RMRS a couple of years ago, as a volunteer coordinator for Earth Day celebrations.

Volunteering with RMRS fits with other activities she's involved in – Immigrant Services Society (some of whose students volunteer for Earth Day) and the Intergenerational Garden Group, which has a strong emphasis on organic growing, re-using and recycling.



A quick search of the internet reveals that 'litterless lunches' is an idea whose time has come in many parts of North America, though probably not yet implemented locally. Suggestions promoting them run the gamut from 'boomerang lunches' to selling things you need for a litterless lunch.

The **boomerang lunch** is the one that goes to school and comes home again at the end of the day. Three purposes are served by this: 1. The school has a huge reduction in garbage. 2. The parent sees what the child is NOT eating, and 3. The child may get a better idea of the fact that waste has to be disposed of.

As is suggested by the need for a boomerang lunch, one of the biggest challenges may be packing food your child will actually eat! Providing reasonable choices or having your child help with lunch-making will make this easier. Harder to deal with are schools that have vending machines for snacks and drinks. How can parents control that? Not to mention that most of it is overpackaged junk-food!

In School District 42 there is no general policy about litterless lunches, though individual schools may have one. Some schools definitely do not. It would be interesting to hear from schools that do; if that information could be shared there would be no need to re-invent the wheel.

Some of our elementary schools have juice and water vending machines, and the packaging is recyclable. (The controversy about safe tap water vs. bottled water is another whole issue.) High schools, in addition, may have vending machine for snacks and candy bars - and with them lots more litter! If they have cafeterias we should be aware whether those dishes are washable or disposable.

One elementary school in Coquitlam had an official **environmental program**, in which the student council promoted environmentally friendly lunches. Classrooms, monitored by a student committee, competed to have the least litter.

“One internet source (Earth Rangers) points out that every child's disposable lunch - packaging, leftovers and garbage - creates about 30kg. of waste per school year.”

In summary, it looks as if there are almost limitless opportunities for Maple Ridge schools to initiate litterless lunches. There could be any or all of these approaches:

1. **Parent-centred** - children take boomerang lunches,
2. **School-centred** - the school encourages children to reduce litter and rewards their efforts, individually or, better yet, by class, or
3. **District-centred** - schools allow only semi-healthy snacks in vending machines such as granola bars with recyclable packaging. Cafeterias would serve food in washable or recyclable containers

All of these suggestions may involve all sorts of challenges - but let's at least get the discussion going!

Back to School (At Last!!)

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Reuse

The first thing to do is look at the school supplies your children have brought home from the previous school year. Chances are, you can make many of them work for the new school year. Instead of buying all new pencil crayons and pencils, give them a fresh sharpening. Encourage your children to use pencils over pens. Most pens are not refillable, or people choose not to refill, so encouraging pencil use can save you money and extra plastic. Some items don't take too much of a beating- rulers, calculators and scissors can last for years.

Ask other parents if they have spare supplies lying around their homes that you could take off their hands. Often, the needs of each class are different and the slightly older child may not need the supplies from the previous year. See if you have anything that may be of use to them too.

Repurpose:

Instead of buying plastic binders, find ones made of recycled cardboard. If they are looking a little worse for wear, cover them with recycled paper- finally a use for your child's artwork!



Walking, Biking, Busing: Green Transportation to School.

Going green while getting back and forth to school: human power, walking or biking is best; riding the bus is next; driving is last.

In 1969, approximately 50% of children walked or bicycled to school.

Today, fewer than 15% of schoolchildren walk or bicycle to school.



Upscale Fashion Show at the ACT!

On August 29, 2014, students of local artist **Lisa Shepherd** showed off the fashions they had created reusing materials that were destined for recycling or charity. Congratulations all!



Upcoming Events



Rivers Day - Sunday, September 28:

Alouette River Management Society - www.alouetteriver.org/events

11am - 3pm at Allco Park (24959 Alouette Road, MR)

Come celebrate World Rivers Day at this FREE event in Maple Ridge.

Great for the family with lots of activities for kids. Live entertainment, BBQ, children's fishing pond, environmental displays, nature tours, and more!

Metro Vancouver - Kanaka Connections Information: 604-462-8643

11am - 3pm at Kanaka Creek Regional Park (River Road, MR)

Celebrate World Rivers Day with canoe tours, children's activities and stewardship displays. Allow 1.5 hours to complete all activities.

LAST (Life After School Transition) Committee Events:

Wednesday, Oct.15: Community Living Month BBQ

11:30am - 2pm at Memorial Peace Park

Come out & enjoy FREE food, music, & more while celebrating the abilities & achievements of people with developmental disabilities!



L.A.S.T.

Tuesday, October 21: Rotary at Work Event

6:00pm at the ACT Arts Centre & Theatre

Listen to special guests speak about the financial benefits of an inclusive workplace. \$20 includes appetizers, coffee, & dessert.

Waste Reduction Week - October 20-26

Join us on Tuesday, October 28 at Maple Ridge Council Chambers as we give a special presentation to Mayor & Council and present the Waste Reduction Challenge Badge to local Guides & Scouts in honour of Waste Reduction Week.

Don't Forget!

Fall Chipping Deadlines

for Maple Ridge Residents are:

WEST of 224th Street =

Tuesday, October 14

EAST of 224th Street =

Monday, October 27

Please place all branches in a 3x3x9 pile next to the road for chipping!

More info on our website at www.rmrecycling.org



Waste Reduction Week
in Canada



October 20-26, 2014



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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