

CONNECT



Waz Up in June?!?!

- Mondays 9:00-4:00
Community Roots Garden
with Anna
- Tuesday Evening Yoga @
Barsby
- Wednesdays 4:00-6:00—
Youth Empowerment Program
@ Barsby
- 1st-6th: **Bike to Work Week**
- 4th-6th: Nanaimo Foodshare
Plant Sale Fundraiser
- 4th: 10am-2pm **Nanaimo
Downtown Farmers Market**
- 5th-6th: **Vancouver Island
baby Fair 2010 @ Beban Park**
- 5th: 12-3 **Children's
Entertainer Will Street @
Beban Park**
- 6th **Kids Entertainer Music
with Marnie @Beban Park**
- 12th: 10am-3pm Nanaimo
**Harbour Front Library Used
Book Sale**
- 13th: Serauxman Stadium
**Nanaimo Pirates VS. North
shore Twins**
- 13th: 12:30pm **The Kerplunks
CD Release Party! Number 3**
@ the German Cultural Hall
- 19th: 11:30am-3:30pm
Family Time Connections
**Family Adventure Day @
Barsby**
- 19th: 10am-4pm RDN
**Women's Health Gala @ Cedar
Community Hall**
- 26th: 9:30am-1:30pm **Our
Neighbourhood Farmers
Market @ Nanaimo North
Town Centre**

It's Not Easy Being Green

To be **environmentally aware** is **not a new idea**. There is even a quote dating back to the year **1656** that indicates the lack of recognition to the importance of care for the earth. 354 years ago people were taking notice that this subject is not something to be taken lightly. Today there is plenty of push to be **green** and take on the giant task of those that have gone before us and created issues that now need to be rectified. Taking on a green lifestyle comes with challenges, the biggest of which is just **changing** those **old habits**. Making a new **plan** to reduce your **Carbon Footprint** is a great way to start. A carbon footprint is the amount of carbon dioxide, or other toxins, that comes out of an object while it breaks down. Therefore the longer it takes to break down the more poison is

released.

One place to begin is to get an idea of what your Carbon Footprint is, there is a comprehensive yet very simple and **useful website** that includes a fun to use Carbon Footprint Calculator, you can find it at; www.carbonfootprint.com/calculator.aspx.

Once you have figured out where the power is going **decide** as a **family** what you'd like to do with the **money you plan on saving!** Then figure out how to save that power. Programmable **power bars** are the best solution, but even the ones with switches will completely turn off things like computers and TV's.

Other tips: **turn off** computer monitors when you temporarily leave a computer station, shut down computers when you go to bed or to school/work, **unplug** things when they are not in use

like blow dryers, toasters, and phone chargers; **replace old** inefficient shower-heads with low-volume models. Water takes a lot of energy to heat it up. **Save it!**

Try to make a point of writing down where you began, and then you can **see your progress** when the bills roll in the next month, or on garbage day when your pail isn't as heavy as usual. **Remember** to **support** each other as this is a change of habit!

When energy conservation and recycling are no longer jobs, but a **collaborative experience**, your **family** not only **benefits**, so does **the environment**.

Cheap and Easy Frank The Octopus

1 pkg green spinach pasta 1 pkg hotdogs/veg dogs
Mustard or ketchup Broccoli Cauliflower
Sauce for noodles (if desired)

Cook pasta, steam veg, and boil water for hotdogs. Cut 8 strips into each hot dog lengthwise (leaving 2in on top for the head). Put hot dogs in water and cook until heated through. Drain noodles, veg, and put on plate, add Frank on top with legs supporting him. Draw his face with mustard and ketchup and add sauce if desired

Eat & enjoy together!

**Because we don't
think about future
generations, they
will never forget us.**

~Henrik Tikkanen



Pint Sized Police

They're watching...No, not surveillance cameras; the growing population of "eco-kids"—children who, lectured on sustainability at school and elsewhere, are pushing green practices at home. They rummage through garbage bins, agitate for hybrid vehicles, and even turn off the water while parents are brushing their own teeth, the *New York Times* reports. "He learned it at school," one mom says of her 4-year-old eco-cop. We say WAY-TO-GO KIDDO!!



Eco-Friendly De-cluttering

Finding the right container to organize might be right in your recycling bin!! **Peanut Butter/Pickle Jars:** store small toys, craft supplies, pantry dry goods, writing utensils. **Cereal Boxes** (cut 2in in from top corner diagonally to 1/2 way down the box): Office supplies, magazines, kids schoolwork. **Baby Food Jars:** screws and nails, little girls hair decorations, paper clips. **Toilet Paper Rolls:** sm/med cords, cord protector on the floor. **Check Boxes:** drawer dividers, coupon holders. How many other things can you use to organize your house that comes out of your recycling bin??

A Little Bit about Shore Energy Solutions

Shore Energy Solutions works with homeowners, renters and commercial property owners to **reduce their energy usage** in ways that **improve both comfort levels and energy security**. Both professional consultation/coaching and product sales are offered. Solutions range from inexpensive water-saving devices and draft sealing to the effective solar hot water and window insulating see-through blinds. Shore Energy also **uses and recommends local service providers** who are accountable to the company, thus improving the quality of the products and services being offered. The resulting energy and water **savings pay for the service**, creating a **winning situation for the customer and the planet**. The Possibilities - Save up to **half the**

water a standard toilet uses for less than \$20. **Save up to 30% of wasted heated air** up the chimney for under \$100. **Save hundreds of dollars of wasted hot water** by installing water-saving devices. Make your **home more comfortable and less expensive** to heat/cool through draft sealing. Condo associations can **save a lot of money** by hiring an energy coach. Greatly **improve comfort and lower energy bills** by adding a see-through cover on sky-lights and other windows **Learn how to improve planned renovations so as to lower energy costs** For more information about how to save energy contact: **Ian Gartshore**
Phone: 250-754-0698
Web: www.shoreenergy.ca
E-address: shoreenergy@gmail.com

Why Reducing Your Waste Can Be Good for Them:

- *Families who recycle together are working toward a major goal
- * Can educate each other as they learn
- *Can raise money for a community project or a family outing
- *Are working for the greater good
- *Develop ingenious ways to reduce waste
- *More likely to display Earth friendly behaviors outside the house
- *More accountable to one another as to waste choices

Connect Challenge!

As a family, weigh the bag that you put at the curb for the garbage man...next week try and reduce that weight by 25%

Email us! Tell us how your family did for the Connect Challenge! and WIN A PRIZE!
DEADLINE: June 25, 2010

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Email us if you would like to receive this Newsletter once a month

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