

Other Local Earth Day Events

Earth Day Hamilton 9th Annual Eco-Festival

Web Site: www.earthdayhamilton.ca

Location: The Hamilton Convention Centre
1 Summers Lane, Hamilton, Ontario

Contact: Larry Pomerantz (905) 545-5577

Event Description: Earth Day Hamilton has hosted 8 annual educational Eco-Festivals, involving over 33,000 area students. Environmental education experts share their expertise with students, teachers, parents and the general public by attending our annual Eco-Festival as workshop facilitators, exhibitors, speakers and/or entertainers. Past speakers include Executive Director Sierra Club of Canada - Elizabeth May (2004), and honorary Chair and keynote speaker David Suzuki (2003). Free admission, workshops, exhibits and entertainment makes this the most inclusive event on the community calendar and Canada's largest youth environmental awareness campaign.

April 20, 8:30 a.m. to 2:30 p.m.

Sunoco Earth Day Community Shoreline Planting

Web Site: www.earthdayhamilton.ca

Location: Princess Point
Foot of Macklin Rd.

Contact: Marilyn Baxter (905) 527-7111

Event Description: Capture Hamilton's biggest community Earth Day celebration on Saturday, April 23, 2005 at Princess Point (foot of Macklin Rd., Hamilton). To help restore the shorelines of Cootes Paradise marsh, volunteers will add shrubs and other plants to the shoreline at Princess Point. Local citizens can participate in the restoration efforts of Cootes Paradise marsh.

This event is the largest public planting of the year, with over 1000 plants and shrubs to be planted on the shoreline of Princess Point. This event is free and open to everyone.

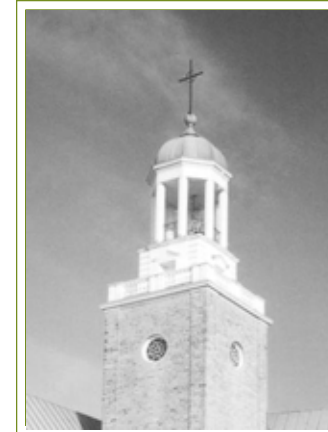
April 23, 10:00 a.m. to 1:00 p.m.



Please visit the Environment Canada Site www.ec.gc.ca. This site presents a multitude of information on other ways to protect the environment. The following suggestions are for drivers:

Drive Smarter and Less Often

- Fast starts and hard braking only reduce travel time by 2.5 minutes for the average hour-long trip. You also use 39% more fuel, and produce as much as 5 times more exhaust emissions.
- Limit the use of your vehicle's air conditioner. In stop-and-go traffic, air conditioning can increase fuel consumption by as much as 20%.
- Use gasoline with 10% ethanol and don't overfill. When the pump stops the first time, don't restart it. Spillage is a major source of ozone pollution.
- Drive your vehicle less. Walk, cycle, carpool or take public transit more often, and reduce your fuel consumption by 10 litres a month. Plan ahead and "chain" your errands so you get everything done in one trip.



Sisters of St. Joseph of Hamilton and Employees of the Motherhouse

Motherhouse Newsletter

April 2005

From the Motherhouse Team Circle

Although being committed to the entire *Vision for Mission* statement, there is one line in particular that the Sisters have chosen as a focus for this year of 2005. The line that reads, "to reverence all of creation" contains a few simple words that hold huge implications.

Community Days, workshops and a retreat have been planned with this focus. Earth Day, April 22, seemed to be the perfect time for the *Motherhouse Team Circle* (MTC) to introduce the new initiatives to those who live and work at the Motherhouse. It is their hope that together we can show our appreciation for creation by adopting some specific practices that will help to make for a cleaner and healthier environment.



The 4 R's

To be really effective, we have to incorporate the 4R's *Reduce, Reuse, Recycle* and *Recover* into our daily routine.

Reducing the amount of waste we produce is by far the most effective way to battle the flow of garbage into the landfill. Packaging makes up about half our garbage by volume, one-third by weight.

What we cannot *Reduce* we should try to *Reuse*.

Materials and packaging that cannot be *reused* should be *recycled* at home, work and school.

You can contribute to recycling by purchasing recycled and recyclable products.

Finally, *Recover* energy from wastes that cannot be used for something else. This fourth R is geared more toward industry.

What is Earth Day?

Celebrated every April 22, Earth Day is the largest, most celebrated environmental event worldwide. More than 6 million Canadians join others in over 180 countries in staging events and projects to address local environmental issues.

First launched as a U.S. environmental awareness event Earth Day is celebrated as the birth of the environmental movement and has grown to be a powerful catalyst for change. The 1970 event inspired the U.S. Congress to pass clean air and water acts, and the Environmental Protection Agency was established to research and monitor issues and enforce laws.

In 1990, Canadians joined in celebrating the first International Earth Day. Today, the profusion of events and projects range from large public events, such as Victoria's *Earth Walk*, Edmonton's *Earth Day Festival*, and Oakville's, *Waterways Clean-up*, to the thousands of small, private events staged by schools, employee groups and community groups.

An Invitation from
Motherhouse Team Circle to
Motherhouse Sisters, Priests,
and Staff

to attend the launch of
"Reverencing All Creation" Initiatives
Earth Day, April 22, 2005
2:00 p.m. in the Refectory



Be on the Lookout!

New Blue recycling boxes have been purchased for the Motherhouse and will be distributed on Earth Day.

Tips to help you reduce, reduce, reduce!

Avoid food packaged in individual servings. Buy in bulk. It saves money and the environment.

Buy multi-use items rather than single-use when possible.

Use your own cloth bags for shopping.

Donate your old clothes to charity.

Buy beverages in refillable containers.

Use rechargeable batteries.

Share your newspaper, magazines, and books with a friend.

Wrap presents in reusable cloth bags or reused wrapping paper.

Rent items you use infrequently.

Compost!

Pack your lunch in reusable containers.

Support your community's recycling programs.

Buy products that contain recycled materials.

Use both sides of every sheet of paper.

Use a durable refillable mug or glass at school or work.

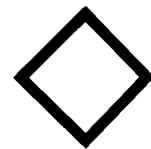
Encourage your friends and family to follow your good example.

Fact: If we all work at reducing our own wastes, together we will make a BIG difference.

Be creative. There are many more ways we can reduce the wastes we produce.

Consumer Product Hazard Symbols

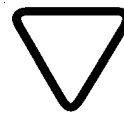
Degree of Hazard



Warning
Special hazard/
special
requirements



Danger
Severe hazard/
immediate harm



Caution Moderate hazard/
long term or hidden harm

Type of Hazard



Causes skin/eye burns - Do not breathe fumes - wear gloves and eye protection - keep containers sealed - may damage metals



Handle container with care - May explode if heated or dropped - May react violently with other materials - keep away from heat sources



Fire hazard - will ignite if exposed to a spark or flame - store away from heat - use in a ventilated area



Potentially fatal if inhaled or swallowed - May have serious long-term health effects - Wear gloves/face mask - Wash after using

Chemical Inventory

The **W**orkplace **H**azardous **M**aterials **I**nformation **S**ystem applies to staff and only to **WHMIS** "Controlled Products."

The 4 main elements of W.H.M.I.S are:

1. Labels
2. Material Safety Data Sheets (M.S.D.S. Binders)
3. Hazardous Materials Inventory
4. Training

Consumer Products

There is a second class of hazardous products that may be found in staff or Sister's areas. To be packaged as a "consumer product," the product must be:

- ✓ in a size of receptacle or package in which it is offered for sale and normally displayed to the public
- ✓ available to general public through retail systems

The staff keep an up-to-date inventory of controlled products as well as consumer products. This has helped reduce the amount of hazardous products in the workplace by:

1. eliminating certain products and
2. finding safer alternative products.

In the near future there will be a co-ordinated effort to reduce risks to Sisters by eliminating or replacing dangerous products and by establishing a chemical inventory for the Sisters. The MTC will arrange this project.

Alternatives To Commercial Cleaning Products:

Commercial	Less Toxic
Bleach	Borax
Grease Remover	Borax on a damp cloth
Ink spot remover	Cold water + 1 tbsp. each of cream of tartar + lemon juice
Spot remover	Club soda, lemon juice, salt

(More suggestions in the next issue)

Did you know that there are 2 streams of Recyclable Materials?

Fibre (Paper) Stream and Container Stream

New signs will be posted in the Motherhouse listing many examples of each of these streams but below are just a few examples that you might not have thought of:

Fibre (Paper)

(clean paper/plastic bags, no waxed or laminate finishes)



Examples:

Brown paper bags, Catalogues, Computer paper and print-outs, Envelopes, Flyers, Inserts from newspapers and magazines, Greeting cards, Wrapping paper (*no foil wrapping paper*), Cereal boxes Corrugated cardboard, Cracker boxes, Flattened shoe boxes, Toilet paper, paper towel, and wrapping paper tubes
Plastic Shopping Bags, Dry cleaning bags and Sandwich bags.

Container Stream

(Rinse containers and remove all lids or caps and dispose in regular garbage. There is no need to remove labels.)

Flatten/squash containers to make more room if necessary and place all items loose inside the blue box. Don't sort in plastic bags.)



Examples:

Conditioner bottles, Dish soap bottles, Water and pop bottles, Small mouth plastic container, Shampoo bottles, Wide mouth plastic tubs and their lids, Yogurt containers, glass containers, Clear or coloured bottles (*No broken glass*), Aluminum foil and pie plates, Empty aerosol cans, Empty paint cans (*lids removed*), Food cans, Tuna cans, Juice cans, (*Metal lids are recyclable*) Tetra-Pak drinking boxes such as juice boxes and soy milk boxes, Soup or broth boxes (similar to Tetra-Pak juice boxes).