



Get Us Green

...the quarterly newsletter of the Get Dawson Creek Green project...

Issue # 3
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Bug Salsa!

Natural Pest Control

- 2 lb ripe, blemished tomatoes
- 1 large onion
- 2 cloves garlic
- 1lb. fresh chili peppers
- 1 cup vinegar
- 1/2 tsp. pepper

Blend ingredients until liquefied. Strain the mixture through cheesecloth. Pour the liquid into a spray bottle. Spray the solution directly on pests that you spot in your garden. This spray will paralyze most insects.

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WARNING: *This spray can be irritating if it gets in your eyes or mouth, Don't spray on windy days, wear proper protection including eye covering, and wash your hands well after using.*



Getting Greener All the Time!

By Marcus Mitton

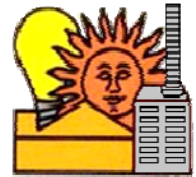
Get Dawson Creek Green is proud to announce that, as of the end of May, we have completed 163 energy efficiency assessments within Dawson Creek city limits. These numbers, and the information we have documented, reflect how energy aware the people of Dawson Creek have become.

Our energy assessors have been compiling data on our findings and have discovered similarities in our follow-up energy saving strategies reports. Below is a list of the ten tips that came up most often.

As you can see, many of these tips are low cost, small items; inexpensive and simple to install. Consequently homeowners save money and enjoy a more comfortable home, secure in the knowledge that their efforts have contributed to the greening of Dawson Creek and the planet.

Get Dawson Creek Green would like to thank all those who took time from their busy lives to participate in our home and business energy efficiency assessments.

You can view all of the tips we used in our strategies sheet on our website at www.getusgreen.org



Top 10 Tips

1. **Install Weather Stripping** around doors and windows to stop drafts.
2. **Replace older showerheads with Low Flow Showerheads** to cut water use in half.
3. **Programmable Thermostats** tell your furnace when it needs or doesn't need to start.
4. **Compact Fluorescent Bulbs** use, on average, about one quarter the energy of the old style bulbs.
5. **Energy Star Appliances** can reduce your energy consumption.
6. **Replace your old toilet with a Low Flow Toilet** to conserve water.
7. **Install Indoor/Outdoor Electrical Outlet Gaskets** to stop drafts in these overlooked areas.
8. **Save on your electricity bill by installing a Hot Water Tank Blanket.**
9. **Save even more water with a Dual Flush Toilet.**
10. **Replace Windows** to prevent drafts and save money on your heating bills.

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Sunsational Solutions a Great Success!

Brendyn Wiebe
Sunsational solutions was a big hit that exceeded our expectations. Hundreds of people streamed through this all day event, taking in the great information about solar, wind,

and geothermal provided by G2 Solar, Sundog Solar, Peace Country Geothermal, Peace Energy Co-operative, and Epscan Industries. There were also information booths for NEAT, The
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Home Grown Produce, to Enjoy and to Share

Heather Banyard

Buying locally produced food or growing your own is healthier, tastier, and safer. Gardening can be a lot of fun; being outside, getting exercise, and enjoying the sun. And being in control of how to grow your garden is also a plus because you know what is going into the soil and into your veggies. When you have your own garden it is so nice to be able to go outside, pick your fresh vegetables and then prepare them for the dinner table. Home grown is better for the environment too, because less fuel is consumed bringing it to your dinner table.

If you do not have room for a garden, or you would like to get out and meet people, Dawson

Creek has a beautiful community garden on the Northern Lights College campus where you can rent a bed and plant your own vegetables, herbs, or flowers. A new Community Garden site is being developed this spring right across from the Compost Education Centre, on the walking trail. Another new addition this year is a project called 'Pargar', which stands for 'Plant a Row Grow a Row'. Members of Pargar grow a row of veggies to donate to charity. The program is open to anybody in Dawson Creek and surrounding rural areas with a garden. It is dedicated to helping people by supporting existing programs that alleviate hunger in our community.

One of the bonuses of having a garden is sharing

the delicious results with friends and family; Pargar is just an extension of that generous gardener urge! If you are interested in being involved please contact our garden manager Tamara Supernault at manager@dccgardens.org or give her a call at 250-219-3104.

Here is a yummy vegetable recipe and if you use your own fresh vegetables from your garden it will be even tastier.



Viva Las Veggies

4 Tomatoes cut into chunks	1 Tbsp Balsamic Vinegar
2 Med Zucchini chopped	1 Tbsp chopped fresh herbs like Rosemary, Oregano, Thyme, Basil
1 Med Onion chopped	1/4 tsp salt
2 or 3 Carrots	1/4 tsp pepper
2 Red Peppers sliced	1 Cup Whole Wheat Bread Crumbs
1 tsp garlic minced	1/2 Cup Parmesan Cheese
1 Tbsp Olive Oil	1/2 tsp Thyme

Spray a 9x13 pan with cooking spray. Add all vegetables. Add Olive Oil, Balsamic Vinegar, herbs, salt and pepper. Mix well. Roast uncovered at 425 for 25 minutes. Combine Bread Crumbs, Parmesan cheese, and Thyme sprinkle over vegetables. Return to oven for 5 minutes until cheese melts. You can use any mixture of veggies in this recipe.

(Continued from page 1)

Community Gardens, Max Karpinski, and Get Dawson Creek Green. Draws were made for the many excellent door prizes, donated by generous local merchants and individuals and a lunch time BBQ and live entertainment were enjoyed by all.

The Get Dawson Creek Green mission is to get people thinking and talking about energy efficiency, alternate energy, and sustainable lifestyles. The Sunsational Solutions event certainly fulfilled this mission, with many visitors going away armed with the information they needed to integrate alternate energy into their lifestyle.



A steady stream of people came to find answers to their alternate energy questions



Composting 101

Heather Banyard & Linda Studley

Composting is Nature's way of recycling. This natural process can convert yard and kitchen scraps into a soil-like product called compost or humus. Depending on where you live, how much room you have, and the volume of scraps you will be composting, you can use any one of several styles of composter. From a simple trench, or a home made wood and wire composter, to a pre-fabricated plastic composter, they all have one thing in common; they make compost.

Compost materials must include the 'green', or nitrogen rich materials like kitchen scraps, as well as the 'brown', or carbon rich materials like dried leaves or bulkier stalks and stems. Good compost needs both nitrogen and carbon, but in addition to this, layering these two elements allows air to reach your compost. Air is a vital ingredient in the composting process. Unpleasant odours are often caused by a lack of air (like when lots of heavy grass trimmings compact down). Follow the guidelines in the sidebar for what should or shouldn't go into your composter.

The material in your composter should be as damp as a wrung out sponge. You may need to water it in hot or windy weather. The location of your composter is important too, try

to avoid placing it under spruce trees or in low, wet areas. The micro-organisms that cause your material to compost live in the soil so be sure your composter is set on bare soil (not gravel or a cement pad). Mother Nature will do the rest.



Composting, and the resulting rich humus, offer many benefits including:

- ∞ Reducing the amount of waste going to landfill
- ∞ Improving the texture and fertility of your soil
- ∞ Improving drainage/moisture absorption (preventing erosion)
- ∞ Eliminating any need for chemical fertilizer (saves you money)
- ∞ Growing healthier, disease and pest resistant plants

Composting Ins & Outs

What to Put In:

- Vegetables
- Fruit
- Eggshells crushed
- Tea bags
- Coffee grounds
- Dryer lint
- Garden/yard trimmings
- Grass clipping

What to Leave Out:

- Pet manure/litter
- Weeds that have gone to seed
- Diseased plants
- Meat, fish, fowl, or bones
- Fat or oils
- Chemically treated/painted wood
- Rocks
- Sticks and twigs



For more information on composting visit the Dawson Creek Community Gardens website at www.dccgardens.org



More Pictures from
Sunsational Solutions!





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Game Over - Everyone Wins!

Linda Studley

This is the last newsletter of the Get Dawson Creek Green Project, which wraps up in the middle of July 2010, but I believe that the impact this project has had on the community will last a good deal longer than that. The energy efficiency assessments have provided very important information that our partners, the City of Dawson Creek, and the Northern Environmental Action Team, can put to use as they plan further programs and initiatives to continue the greening of our community.

Our participants, as well as hundreds of Dawson Creek residents, have received very specific, useful, and cutting edge knowledge about energy saving techniques and alternate energy technology. As well, our participants have garnered valuable skills and experience to add to their resumes as they navigate their career paths to success.

The work done with and for the Dawson Creek Community Garden Society has given this excellent group a tremendous boost and handed them some very useful tools to continue their growth and success. In all, Get Dawson Creek Green was an example of how a project can truly be a 'Win-Win-Win' situation. Participants win, the community wins, and the environment wins in this unique, triple bottom line outcome.

Please visit our partners if you are interested in:
Alternate Energy - [Peace Energy Cooperative](#)
Recycling/Waste Reduction - [NEAT](#)
Sustainable Lifestyles - [City of Dawson Creek](#)

Our Sponsors

Get Dawson Creek Green is very grateful for the support of our generous sponsors. We have benefited from the support of many local individuals and businesses. Visit our website at www.getusgreen.org for a complete list.



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"There are no passengers on Spaceship Earth. We are all crew." ~Marshall McLuhan, 1964

