

## ORGANIZATIONS AND PEOPLE TO CONTACT

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(613) 563-2078

Atlantic Environmental Network  
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(506) 453-0680

Reseau Quebecoise des Groupes Ecologiques  
C.P. 157, Succursale Ahuntsic  
Montreal, Quebec H3L 3P3  
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Ontario Environment Network  
P.O. Box 125, Station P  
Toronto, Ontario M5S 2Z7  
(416) 925-1322

Manitoba Environment Network  
P.O. Box 3125  
Winnipeg, Manitoba R3C 4E6  
(204) 956-1468

Saskatchewan Eco-Network  
205 - 219 22nd Street East  
Saskatoon, Saskatchewan S7K 0G4  
(306) 665-1915

Alberta Environmental Network  
10511 Saskatchewan Drive  
Edmonton, Alberta T6E 4S1  
(403) 433-8711

British Columbia Environmental Network  
P.O. Box 224  
New Denver, British Columbia V0G 1S0  
(604) 358-7170

Northern Environmental Network  
P.O. Box 4163  
Whitehorse, Yukon Y1A 3T3

Canadian Wildlife Federation  
1673 Carling Avenue  
Ottawa, Ontario K2A 3Z1

Cultural Survival (For Indigenous People)  
11 Divinity Avenue  
Cambridge, Massachusetts 02138  
U.S.A.  
(617) 495-2562

Energy Probe  
225 Brunswick Avenue  
Toronto, Ontario M5S 2M6  
(416) 978-7014

Friends of the Earth  
701 - 251 Laurier Avenue West  
Ottawa, Ontario K1P 5J6  
(613) 230-3352

Greenpeace  
578 Bloor Street West  
Toronto, Ontario M6G 1K1  
(416) 538-6470

Pollution Probe Foundation  
12 Madison Avenue  
Toronto, Ontario M5R 2S1  
(416) 926-1907

Rainforest Action Network  
466 Green Street  
San Francisco, California 94133  
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(415) 788-3666

Sierra Club  
229 College Street, Suite 303  
Toronto, Ontario M5T 1R4  
(416) 596-7778

World Watch Institute  
1776 Massachusetts Avenue N.W.  
Washington, D.C. 20036  
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World Wildlife Fund  
60 St. Clair Ave East  
Toronto, Ontario M4T 1N5  
(416) 923-8173

The Rt. Hon. Brian Mulroney  
Room 309-S, Centre Block  
House of Commons  
Ottawa, Ontario K1A 0A6  
(613) 992-4211

The Hon. Lucien Bouchard  
Minister of the Environment  
Terrasses de la Chaudiere  
28th Floor, 10 Wellington Street  
Hull, Quebec K1A 0H3  
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## It's A Matter



## Of Survival

### The Next Step...



**CBC Radio**



## EXCERPTS FROM "IT'S A MATTER OF SURVIVAL"

"Look, you've got to say to yourself, 'If everybody in the world did what I was doing, what would the environment be like?' If you're wasting a lot and buying a lot of plastic containers and just consuming mindlessly in terms of the sanity of the environment, then if everyone in the world did that, we'd be in deep trouble. So the first thing we have to do is become ecological citizens. Instead of taking the car three blocks away, walk if you can walk. Instead of going to the supermarket and automatically accepting all this plastic packaging, ask for a paper bag, or bring your own bag so that you can recycle it."

—Ralph Nader, *Citizen Advocate*

"I think everyone who's listening to this program should, during the next week, call three politicians — a federal politician, a provincial politician, a municipal politician. And they should say 'Do it to us. Make us hurt for the environment. Triple the taxation on gasoline. Put a ban on most of the stuff used for packaging. Charge us \$5 a garbage bag. Do what it takes to really adjust us to the new world that's happening right in front of our noses.'"

—Richard Gilbert, *Member, Federal Government Task Force on Packaging*

"The Greenhouse Effect is us, therefore the solution is us, so you can look at your normal energy consumption — Simple things like replacing your normal light bulbs with modern compact fluorescent light bulbs, which are a bit more expensive, but only produce about a sixth of the carbon dioxide in terms of energy consumption of normal light bulbs.... Becoming a vegetarian helps the Greenhouse Effect because (cattle are) actually burping out huge quantities of methane. That's as a result of people's desire for cheap hamburgers and meat.... So if you become a vegetarian it'll help.... And finally, your own use of resources, things like paper

packaging and so on, that's all waste which... in the end decays and produces methane, one of the greenhouse gases. Simply by doing a check list and looking at what you do in your own home, your business, I think you can do a great deal."

—Stuart Boyle, *Association for Conservation of Energy, London*

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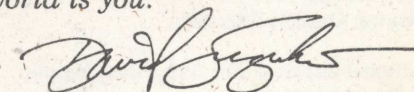
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"Environmental problems  
affect the water we drink, the  
air we breathe and the food we  
eat. You can start to save the  
world by solving the problems  
in your own backyard. The  
most powerful force in the  
world is 'you.'"



—David Suzuki



29. Chris Adam, a Quebec naturalist, recommends that you let a patch (large or small) of your yard "go natural." Not only will the crickets and other wildlife thank you, you might be surprised to find your children spending hours watching and learning about insects.

30. Get acquainted with and use a technique known as companion planting. Garden pests will avoid certain plants, i.e. planting marigolds or chives around roses will help keep the aphid population down.

31. To get suggestions and further information on safe, organic vegetable gardens, send a stamped, self-addressed envelope to: Ecological Garden Project, P.O. Box 191, Macdonald College, Ste. Anne de Bellevue, Que., H9C 1C0. This organization, under the leadership of Dr. Stuart Hill, can provide you with lots of simple non-toxic, productive hints. For example, to rid your tomato plants of slugs, place a small dish of flat beer on the ground close to the plants; those thirsty suckers will head for it, fall in, and drown.

#### ENERGY CONSERVATION

32. Turn down the temperature on your hot water tank and make sure it's properly insulated to avoid having to reheat water that's cooled down. Get into the habit of turning down the hot water tap instead of turning up the cold water. If the shower's too hot, don't add more cold water, turn down the hot tap.

33. Buy a shower-miser — a great gadget which attaches to the shower head. It can greatly reduce the amount of hot water used, saving both energy and money.

34. Investigate alternatives to home heating oil. Consider switching to electric or, even more preferable, solar power.

35. Caulk and seal windows and doors and you will be warmer this winter and use less energy.

36. Buy energy efficient appliances, looking for the Energuide label. These can be found on most major appliances, such as fridges, freezers, stoves, washers and dryers. The label will state how much power will be used by the appliance per month.

37. Don't buy electrical gadgets you don't need. Is that electric can opener necessary and what do you do with it in a power failure?

38. Turn off the tap when brushing your teeth. There's no reason to leave it running. A self-conducted test done in our home revealed a loss of about two gallons of water each time one person brushed with the tap running.

39. Buy a spray-gun attachment for your garden hose to avoid wasting water when washing the car.

40. Don't buy a wood-burning stove. Not only will it contribute to our growing air pollution problem, it will use the trees we so desperately need to clean the air.

41. Use fans instead of air conditioners which not only use a lot of energy, they contain CFCs.

#### AT THE COTTAGE

42. Don't cut down trees unnecessarily; you'll be destroying more than just a tree, it's the habitat of many insects and birds.

43. Don't wash or shampoo in the lake and use only biodegradable soap products like Ivory or Shaklee in the cottage.

44. Buy a canoe or rowboat instead of another outboard motor.

45. Get into bird-watching and take nature hikes. When you're interested in wildlife you'll feel much more protective of it.

46. Buy citronella candles instead of using an aerosol can to keep biting bugs away. Made from the citronellea plants, they have a lemony odor that bugs can't stand.

47. Try a new sport such as wind surfing as an alternative to waterskiing, which can use a fair amount of gasoline.

48. Don't pick the forest flowers; many will never grow back after even one picking.

49. Educate yourself and your children. Get involved. This is not a battle someone else can fight for you.

50. Join and support environmental and ecological groups. They contain a wealth of information and concerned people like you.

Printed on recycled paper.

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## WAYS YOU CAN HELP SAVE OUR EARTH

BY JOANNE MILLS

*This article appeared in the Montreal Gazette on Sunday, May 14, 1989. It is excerpted and reprinted with permission.*

**F**ighting pollution is not simply a matter of putting out one less garbage bag; it means an across-the-board change in attitude.

We have become a wasteful society and our ever-growing garbage woes are the result of our spendthrift lifestyle. We need to return to our grandparents' practise of reusing instead of throwing away. The 3 R's have taken on a whole new meaning these days — reduce, reuse and recycle.

1. Replace disposable diapers with the cloth variety or use a diaper service. Canadian babies each add 6,500 diapers to our garbage sites. Much of the content will leach into soil and possibly water tables. Many baby stores now carry supplies of new "form fit" cloth diapers, complete with Velcro fasteners. Don't be surprised by the price. A dozen of the new type can cost \$70, but an expenditure of \$200 for diapers and covers will last for many years and successive children.

**It's A Matter of Survival**



2. Use rags and cloth for housecleaning and mopping up instead of paper towels. Towels, napkins and plates that are made of paper not only use our trees, they also increase the amount of garbage.

3. Reuse the small bags milk comes in and the larger frozen-vegetable bags. Plastic bags are great for leftovers, school lunches and freezer bags. In the oceans, however, they are lethal to marine creatures. Giant sea turtles have died after eating plastic bags which they mistook for their favourite food — jelly fish.

4. If you really have to buy zip-lock type sandwich bags, wash them out and reuse them. They can withstand many washings and save you money.

5. Call your city hall and find the paper and bottling depot closest to you. If there isn't one, put pressure on city hall to supply one and then use it. Newspapers should be saved for paper recycling.

6. Petition city hall to organize toxic waste depots for the safe disposal of household chemicals. Don't put hazardous wastes down the drain. They leak into the rivers and lakes and end up coming back out your tap.

#### THE GROCERY STORE

7. Save and reuse the plastic bags they pack your groceries in. They will last for many more loads. Better yet, avoid the use of plastic bags.

8. Buy in bulk whenever possible. This eliminates excess packaging (and therefore garbage) and lowers the cost.

9. Ask for organically grown vegetables. This means that pesticides and fertilizers have not been used in their production. Many people claim they taste better. If enough people ask for them, supply will follow demand.

10. Tell your grocery store manager that you don't appreciate meat that is packaged on a Styrofoam plate and wrapped in plastic. Some stores package their vegetables in the same manner. These white foam plates and trays have several negative points. CFCs, which deplete our ozone layer, are used in their manufacture and are also released when the plate is broken or burned. They add to your daily garbage and because they are an added expense to your store owner, the cost is passed on to you. You can also remove your vegetables from the

packaging at the store after the price has been registered. Tell the store manager you don't like Styrofoam and other excess packaging.

11. Avoid buying drinks in small cardboard boxes. They cannot be recycled. They are also extremely expensive and the ones that aren't have very little, if any, nutritional content. A Thermos is a good alternative because it can be used for many years.

12. When it comes to soft drinks, make sure they come in recyclable containers instead of those fancy shaped plastic ones.

#### YOUR CAR

13. Keep your car well tuned to eliminate unnecessary gasoline consumption. The Automobile Protection Association says that a poorly tuned car will use 10 to 15 per cent more than it should.

14. Buy only unleaded gas and if in the market for a new car, make fuel efficiency a requirement.

15. Fix that damaged muffler immediately to stop it from spewing harmful fumes into the atmosphere.

16. Organize a car pool or use public transportation.

17. Walk or ride your bike whenever possible; your body will love you for it.

#### KITCHENS

18. When having a party or barbecue, don't use disposable dishes and cutlery. It will take longer to clean up but you'll use less paper, CFCs and plastic products and save money too.

19. If you get your groceries in paper bags instead of plastic, reuse them for your household garbage. Only do this if they can be put outside in a bin with a tight-fitting lid to discourage wildlife.

20. Use Tupperware-type products to store leftovers and cut down on the use of plastic wrap and aluminum foil.

21. Buy a standard lunch box as an alternative to throw-away lunches in plastic and brown paper bags.

22. Whenever possible, replace store-bought toxic

cleaners with safer homemade ones. Use five tablespoons of vinegar in one quart of warm water to wash your windows. It's no accident Windex now offers a "vinegar" product. By making your own, you will not only lower the cost but there will also be one less plastic bottle to throw out.

23. Make your own furniture polishes by mixing one teaspoon of lemon oil with one pint of vegetable or mineral oil. Store-bought polishes contain toxic substances and come in aerosol cans — two no-nos. Home-made polishes are cheaper, produce less garbage, and don't pose a health hazard to children.

24. To get more safe home-cleaning suggestions, send a stamped, self-addressed envelope to Greenpeace, P.O. Box 151, Succ. Delorimier, Montreal, PQ H2H 2N6. Request a copy of their fact sheet "Stepping Lightly On the Earth," a guide to detoxifying your home.

25. Use safe organic products on insect pests instead of chemical pesticides. Traps are safer than bug sprays and a product called Diatomaceous Earth, which can be bought at many garden centres, will effectively get rid of even cockroaches.

#### GARDENS

26. Build a compost pile, probably the most cost effective alternative to chemicals available. Other than the materials needed to build it, expenses are kept to a minimum. Leaves, grass clippings, weeds and household vegetable matter are added and turned over occasionally and then left to decompose. By next year you'll have a ready supply of cheap but rich fertilizer.

27. Plant a tree. If you have no room, perhaps a local school, park or church would welcome your contribution of a tree. Trees help clean our air, provide oxygen, shade, and homes for wildlife. Investigate the different varieties before choosing one that suits your particular property. It's wise to get two or three opinions from different nurseries before making your final selection.

28. Whenever and wherever possible, go organic. Due to the demand, many garden centres are now carrying organic alternatives to fertilizers and herbicides. In many cases they aren't that much more expensive than chemical products and you'll no longer have to worry about toxins leaching into the family vegetable garden.