



Torbay  
Environment  
and Trails Committee

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TREK  
Summer  
Newsletter  
2007

**Inside:**

Get Your Rain Barrel Today  
Lose that Hazardous Waste  
Dates to Remember  
Green Team Greetings  
Trail Mapping Ongoing  
Ocean Net in Torbay  
Bird and Wildflower Education  
Property Beautification  
Torbay Bus Update  
Natural Rock Garden  
Gully Buddies  
FOG Wildlife Garden  
Healthy Households  
Deforestation and the Climate

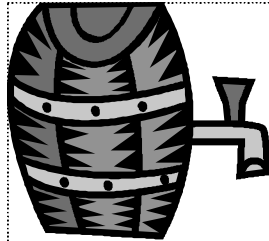
**Dates to Remember:**

⇒ Saturday, July 21st  
**MMSB Household  
Hazardous Waste Day**

⇒ Sunday, July 22nd  
**Hillside Festival**

⇒ Wednesday, July 25  
**TETC Meeting**

⇒ Tuesday, August 28  
**Torbay Property Beauti-  
fication Awards**



**Barrel your way into a great garden!**

This summer, why not trade up tap water for rain water and treat your garden to water that's free of impurities like chlorine, salts and other minerals.

You'll not only help your garden grow green, but you'll save water and help the environment too!

To purchase your own rain barrel at a low price, contact the TETC office at 437-7200 or...

**Look for our Green Team's booth at the Hillside Festival!**

Special thanks to Bill Tapper for all his help making the rain barrels!



**Time to clean out your basement**

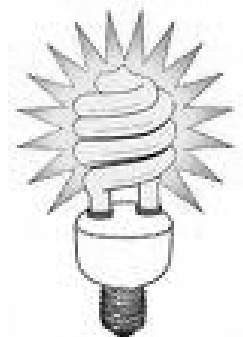


You know you shouldn't put hazardous waste in the garbage, so you've been piling it up in your basement. Well, this weekend is your chance to finally clear it all out.

On **Saturday, July 21<sup>st</sup> from 8:00am to 4:00pm** bring your hazardous waste to the Torbay Town Hall for the MMSB sponsored Household Hazardous Waste Day.

What is household hazardous waste? Here are some examples: (for a complete list, visit [www.mmsb.nf.ca](http://www.mmsb.nf.ca))

- Used batteries
- Leftover oil and latex paints and primers
- CFL light bulbs (they contain a small amount of mercury)
- Unused medications
- Motor oil, antifreeze, and other car fluids
- Leftover cleaning products (toilet cleaners, detergents, etc.)



~ Remember to choose non-hazardous alternatives wherever possible and avoid leftovers by buying only what you need ~

## Introductions



### Good Day Torbay!

Here's an update from your friendly neighborhood Green Team: Laura Temple, Alyssa-Joy Spence, Stuart Rockwell & Heidi Kavanagh.

This summer we will be carrying out numerous green projects around your town including trail building, environmental education, clean-ups and recycling... so be sure to drop off your recyclables at the blue bins!!

Our main ventures, will include creating an educational booklet for the local elementary school and constructing a wheelchair accessible trail to the Gully. These projects will help promote environmental awareness in our community by making information readily available to teachers and students and by making the plants and animals of the Gully more easily accessed.

We will also be carrying out some fun and educational activities with children (and some adults!) in the community. So keep an eye out for us in our green hats!

### Trail Mapping Project

This summer we have a new student on board, high school graduate Sandy Hamilton, who is looking forward to adding her ideas and findings to the Torbay Trail Mapping Project. She will continue the partnership with Rodolphe Devillers and Krista Jones from MUN's Department of Geography as she collects information for the map updates.

If you have a story or information about the trails (or trail areas) in Torbay that you'd like to share, contact Sandy at 437-7200 or [torbayenviro@nf.aibn.com](mailto:torbayenviro@nf.aibn.com)



### What's in it for Torbay?

An easy-to-read trail map set, complete with timed trail loops, natural attractions, local history and folklore, and a large trail loop that will circumnavigate the Town! Check out our website this fall for the revised maps.



### Introducing Ocean Net to Torbay!

Newly appointed Regional Coordinator Jason McGinn, a graduate of the Marine Institute and Sir Wilfred Grenfell College is stationed in Torbay and will be partnering with the TETC on environmental projects in the community.

To find out more about Ocean Net and the Newfoundland and Labrador Environmental Action Team (NEAT) program, contact Jason at 753-3680 or [jmccginn@oceannet.ca](mailto:jmccginn@oceannet.ca). Or check out the Ocean Net website at [www.oceannet.ca](http://www.oceannet.ca).

New volunteers are always welcome!

## Quick Project Updates



### Bird and Wildflower Walk

With the popularity of their bird and wildflower identification workshops, local enthusiasts Judith Blakely and Helen Jones capped off the learning process with a nature walk on the South Pond Trail. Eight people from the community made the trek out into the woods where they saw summer flowers like sheep laurel and meadowsweet and heard the soothing songs of jays, juncos and chickadees.

## Traverse Gardens / Town of Torbay Property Beautification Awards

Hope you all got your nominations in for your favourite garden by the July 18<sup>th</sup> deadline. The preliminary judging for this year's Property Beautification Awards will take place in late July followed by the final judging in early August and the awards night on August 28<sup>th</sup>.

This year, local green-thumbs will be rewarded for their efforts in the following categories: Best Vegetable Garden, Naturalized Garden, Beginner Garden (less than 5 years old), Mature Garden, and Most Improved Business Property. Note: Preference will be given to properties that avoid the overuse of pesticides/chemicals.



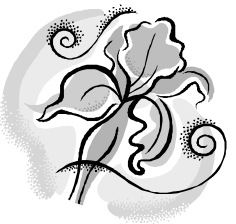
## Bus Update



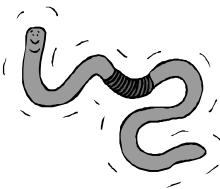
Community support for the Torbay bus idea was outstanding. With over 700 names collected, we have shown that the need for a local bus in Torbay has arrived. The TETC has been in communication with the Town of Torbay and are slated to present their findings to council at the next council meeting. Thanks to everyone for your input.

## Natural Rock Garden

The rock garden project got off to a great start this spring with a keen group of volunteers and no shortage of ideas and inspiration. In the interest of using limited resources wisely and in making the natural rock garden a truly unique place, the group decided it would be best to observe and document the existing plant species for this year. We have taken an inventory of the vegetation and have been photographing the area on a bi-weekly basis. We are looking forward to using this information to create a plan for next year.



## Gully Buddies



The Gully Buddies at Holy Trinity Elementary became vermicompost connoisseurs this past school year. Not only did they create and maintain their own vermicompost bin (yes, that's composting with worms), but they educated their entire school on the art and science of worm composting and started composting in their own school cafeteria. Go Buddies!

## Friends of the Gully (FOG) Natural Wildlife Garden

Another environmental project for Holy Trinity High School's FOG group - a Natural Wildlife Garden for their schoolyard. By planting species adapted to local conditions, this garden will not only serve to beautify the schoolyard, but will provide valuable habitat for birds, insects and other small animals. The group identified a site, made a plan (with help from Traverse Gardens & the CWF's Schoolyard Habitat program), did a clean-up and began planting before the end of the school year. The garden is being continued by the Green Team and will be an on-going project in the coming school year. Drop by and visit the Natural Wildlife Garden this fall.



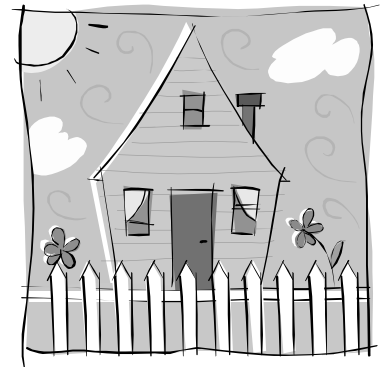
## Guest Contributors

### Healthy Household Environments Douglas Howse, Torbay Resident and Certified Public Health Inspector

Did you know that the rates of asthma have increased significantly since the early 1980's? While the cause of asthma is unknown, there are a number of environmental factors that can add to the problem, including: second-hand smoke, dust mites, mould, animal dander, and common household products.

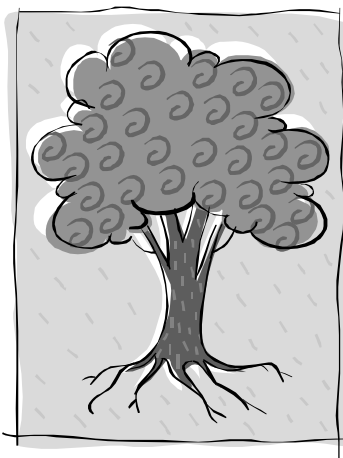
Here are some tips that could help you and your family breathe easier:

- Make your home and car smoke-free
- Keep dogs and cats out of bedrooms
- Avoid idling your vehicle (especially in an attached garage)
- Maintain your home heating and air exchange systems
- Control moisture by using a dehumidifier from spring until fall
- Control pests naturally by sealing cracks and using a soap-spray solution
- Avoid having carpets and vacuum any existing carpets weekly (dispose of dryer and vacuum lint as it may contain toxic materials)
- Use mild, unscented detergents, and environmentally-friendly cleaners (like vinegar and water) instead of harsh chemical cleansers and scented products
- Choose natural materials like solid wood flooring and furniture over those made with pressed or laminated wood (they can release chemicals into the air)



For more information visit the Canada Mortgage and Housing Corporation website at [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca), the Lung Association website at [www.lung.ca](http://www.lung.ca), and the Guide to Less Toxic Products at [www.lesstoxicguide.ca](http://www.lesstoxicguide.ca)

## Deforestation and the Climate



Something to think about: over 18% of world greenhouse gas emissions are caused by deforestation. Ken Hannaford, Environmental Ecologist and former Gully Project Coordinator has this to say on the subject:

With all the talk about what we as individuals can do to combat climate change, perhaps the most important issue is absent from the discussion. That is, the continuous deforestation of trees and other vegetation to make space on this finite planet for a burgeoning human population.

It is one thing to stop idling a vehicle to reduce our carbon footprint, but who is dictating the removal of our carbon sinks - the innumerable species of plants and trees that disappear without notice when pushed under by the bulldozer?

Increasingly, we are seeing the destruction of forests to make way for subdivisions on the Northeast Avalon. While this is sometimes necessary to make way for roads and to provide services, when new subdivisions and homes are built, we should make more of an effort to work with existing vegetation before clear cutting the land. Society needs to make more of an effort to protect the trees and plants that absorb the enormous amounts of the carbon we produce. How, in this day and age, are we to balance our CO<sub>2</sub> output with absorption from vegetation, when developers are free to clear the land? With the current development trends picking up speed, the time to act is now.