



# Get Us Green

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

Issue # 2  
Mar 2010

## Green Clean All Purpose Cleaner

- ✓ Distilled white vinegar
- ✓ Water
- ✓ 12 drops lemon grass essential oil
- ✓ 3 drops earth friendly dish soap

Half fill 32oz spray bottle with water.  
Top with vinegar.  
Add remaining ingredients.  
Cap and shake lightly.  
Suitable for most hard surfaces.



Marcus inspecting a furnace

## Sunsational Solutions

Brendyn Wiebe

The more we learn here at Get DC Green, the more we realize how much more there is to learn, especially about alternative energy systems! That's why we're hosting Sunsational Solutions, where industry experts will present, demonstrate, and explain solar, wind, and geothermal power systems.

- G2 Solar from Calgary will be giving a presentation on solar systems.
- Sundog Solar, also from Calgary, will be featuring solar systems for year round water pumping with agricultural applications.
- Peace Country Geothermal will be offering an informative presentation on geothermal installations.
- EpSCAN Industries Ltd will have some innovative systems available for viewing.
- Peace Energy Cooperative will be doing a presentation on the Bear Mountain Wind Park.
- Max Karpinski, of 2 Stroke Painting, will have displays and information about the award winning, energy smart home that he's in the process of building here in Dawson Creek.
- The Northern Environmental Action Team will have displays and information on their many environmental programs.
- Get Dawson Creek Green will be signing people up for free home energy efficiency assessments.
- The NPO Resource Society will be offering pop and BBQ-ed hotdogs.
- There will be draw prizes, activities for the kids, and music.

Want to learn about these new technologies? Ask the experts some questions? See the systems first hand? We do! We also believe that these exciting, green energy systems are a great reason to celebrate and have some fun. Join us on Saturday, March 27<sup>th</sup> for Sunsational Solutions; 10am-3pm in the big green building at EpSCAN Industries at 600 113 Avenue – follow the signs with the big yellow sunshine!

## What's Inside:

NPO Resource Society	2
Nicky Peacey of NEAT	2
Coming Events	2
Marketing the Message	3
5 Tips-Grant Proposals	3
Harness your Data	3
Upcoming Events	3
Community Gardens	4
Worms in the Office	4
PAR GAR	5

## Energy Efficiency Assessment Update

Marcus Mitton

At the halfway point of the Get Dawson Creek Green Project, our four teams of energy consultants have evaluated 101 homes and 6 businesses. We have been pleased to note that most homeowners have already taken some steps toward becoming more energy efficient, like replacing incandescent bulbs with CFLs or using power bars to shut down frequently used electronics.

The pleasant surprise continued as it became apparent that about 25% of the homes we have assessed have invested in some form of higher end appliance or energy upgrade like replacing old appliances with energy star approved ones or upgrading windows.

The desire to learn more about energy efficiency was a common topic of conversation during these home visits. It's exciting to see Dawson Creek residents become more aware of the energy saving options available that help them save money and help the environment.

# NPO Resource Society

Brian Jackle

Get Dawson Creek Green is pleased to have assisted with the creation of the NPO Resource Society, which became incorporated in January of 2010, and is moving forward with feasibility research.

The mission statement spells the acronym 'SPEAR':

**S**trengthen, **P**artner, **E**ncourage, **A**ssist, **R**esearch. This new society, whose mission focuses on assisting other non profits, holds great promise and potential for other organizations in the northeast. Some of the proposed services include:

- A central, accessible location
- Secure permanent document storage
- Full time secretarial and reception
- Bookkeeping and document filing
- Permanent physical mailing address
- Board room and office space
- Website design/hosting/training
- Grant research/writing/training

Feasibility studies and focus groups are planned to ascertain whether further services can be added, which ones could be offered free, and which should be provided on a fee for service basis.

The convenience, security, and continuity offered by a central organization providing these basic services to NPOs of all sizes and types can only increase their ability to achieve full potential and meet their missions with confidence that the 'details' are taken care of. For more information on the NPO Resource Society contact us at 250-782-5005, or email [info@getusgreen.org](mailto:info@getusgreen.org)

*“How wonderful it is that nobody need wait a single moment before starting to improve the world.”*

*Anne Frank*

## An Interview with NEAT's Nicky Peacey



*Nicky has recently become the NEAT (Northern Environmental Action Team) Eco- Advisor for Dawson Creek and was interviewed by Get Us Green Energy Consultant Darcy Kellogg.*

**Darcy:** Nicky, what interested you in becoming Dawson Creek's Eco Advisor?

**Nicky:** When I moved to Dawson Creek I was very excited to see the great amount of community interest in green initiatives. Becoming the NEAT Eco-Advisor allows me to follow my passion for helping in my community to lessen our waste and the impact it has on our environment.

**Darcy:** What are your plans for the future?

**Nicky:** I'm new to the area and still learning who's who but I want to assist the PRRD (Peace River Regional District) and NEAT by providing valuable resource information for waste reduction and by promoting living clean and green in this community and in the Peace River Region.

**Darcy:** What is your main message and what methods do you use to get that message out?

**Nicky:** Our main message is for each of us to be aware of the impact we have on the environment and to practice the five Rs as a part of our everyday lifestyle (Rethink, Refuse, Reduce, Reuse, Recycle). Our newsletter and website are great tools to get that message out, but it is important to get out into the community and talk to people or give group presentations.

**Darcy:** If you could send the citizens of Dawson Creek a message what would it be?

**Nicky:** I would encourage Dawson Creek residents to contact me or visit me at the NEAT office for information on green practices and waste reduction. I also invite you to check out the helpful videos and information for Peace River Waste Reduction on the pRRRDy website at <http://www.prrrdy.com/> and learn more about NEAT at <http://neat.ca/> I'd be happy to help.

You can contact Nicky by email at [nicky@neat.ca](mailto:nicky@neat.ca) or by calling the Eco Office at City Hall 250-784-3637

## Marketing the Message - Getting the Word Out on a Limited Budget

*Brendyn Wiebe*

When promoting ourselves we have found that we have to be as innovative and accommodating as possible. Doing so has made it easier to receive help in promoting our events, activities, and services. Here are a few examples that you can use in your own promotions.

- When setting up a display, be informative, interesting, and inviting. "Do" something; active displays attract more people than static ones.
- If you want TV, radio, or newspaper coverage, develop a relationship with media reps. Ask them what their deadlines are and send your information in a timely manner. Ask them how they want to receive information, and send it that way. The more convenient it is for them, the more inclined they will be to help.
- Create an e-mailing list from your clients and send an e-newsletter to show what is coming up and what you have been doing. Always make sure you have permission from these clients to send them your e-promotions. This is called 'permissions based email marketing'.

We've found that planning your campaign appropriately, making it as easy as possible for people to help you, and taking advantage of the many free promotional opportunities available through our local media outlets on community bulletins always result in higher turnouts for events and wider familiarity with your message.

## 5 Tips to Successful Grant Proposals

*Marcus Mitton*

Get Dawson Creek Green used these simple tips to raise \$35,000 for the Dawson Creek Community Gardens Society since September 2009.

1. Have a clear plan of what your grant proposal entails from start to finish.
2. Be sure your proposal meets the criteria of the granting organization.
3. Research the costs of individual items and services your organization will be responsible for.
4. Expect the unexpected; try to foresee hidden costs.
5. Before submitting your proposal have it proofed by an experienced grant writer (we used the NPO Resource Society).

## Databases: Harnessing Your Data

*Brendyn Wiebe*

Do you need to organize, track, and manipulate information? A database can be your best friend. That's what we've found here at Get Dawson Creek Green, and they're even friendlier when you take advantage of the built in tutorials and prompts. We have created three databases.

- The Alternate Energy Business Database documents businesses that sell, service, and consult in alternative energy technology in our area (Available on our website)
- The Eco Office Database tracks incoming calls/questions at the NEAT Eco Office
- The Energy Efficiency Assessment Database records information from the home/business energy assessments

Having information stored in a database makes it really easy to control, manage, and manipulate your data, saves you time, and increases your office's productivity.

## Coming Events

### March

**27:** Sensational Solutions! Alternative Energy technology, experts to answer questions, music, refreshments, draws and fun for the whole family! 10-3 at

the big green building at Epscan Industries, 600 113th Avenue

### April

**10-11:** Join us at the DC Gun Show at the Curling Club.

**23-25:-** Join us at the Kiwanis Trade Show.

### June

**5 -** Another Special Get Us Green Event - TBA

Keep up to date on all of Get Dawson Creek Green's upcoming events by visiting the Calendar page at [www.getusgreen.org](http://www.getusgreen.org)

# Dawson Creek Community Garden Society

## Get Us Green's Featured Environmentally Responsible Organization

*Brian Jackle & Tamara Supernault*

One of our projects here at Get Dawson Creek Green, is assisting the Dawson Creek Community Garden Society.

Gardening is a wonderful recreational past time that is as old as dirt itself. An avid gardener can produce vegetables rich in nutrients and minus the chemicals that are often used on commercially grown produce. Community Gardens create a sustainable food source



*Paul Dampier Garden on the grounds of the Dawson Creek campus of Northern Lights College.*

that has both health and environmental benefits. North America is being transformed, from the roof tops to the abandoned lots below. Community gardens grow a variety of foods and flowers but most importantly they grow community by reducing crime and creating an opportunity for social gathering. Located behind Northern Lights College, the Paul Dampier Community Garden, will be receiving some major improvements due to several successful grant proposals. The gardens will be installing a composting toilet and a security fence. 28 raised beds, 4 of which are wheelchair accessible, are under construction.

Because of the added accessibility, a seniors' gardening club will be emerging this year and a free tool kit with all the essentials will be handed to the first 50 members. This will allow seniors in our community to get out, socialize, and exercise while at the same time grow some fresh, organic vegetables for themselves. The Community Garden Society is very excited and pleased to announce a second location on the Dawson Creek walking trail. The Compost Demonstration Centre will be added to the ranks and is receiving a long over due face lift, including renovations to the existing building as well as the re-installation of a solar power system to run the watering equipment and lights. This second site is in the heart of downtown Dawson Creek, has seven raised beds available to the public, and is perfect for the citizens who live close by and have a hard time getting to the college garden. If you would like to become a member of the Dawson Creek Community Garden Society, rent a plot or a raised bed, or if you would just like to help out and make a difference in our community please call 250-219-3104 or visit the website at [www.dccgardens.org](http://www.dccgardens.org)



*Compost Education Centre on the Dawson Creek walking path.*

*Gardening requires lots of water - most of it in the form of perspiration. ~Lou Erickson*

## Worms in the Office

*Brendyn Wiebe*

All winter we have been composting in our office. How? With worms (vermiculture). We've even constructed a viewing tank out of plexiglass for the compost demonstration centre so people will be able to catch a glimpse of the worms (worms don't like light so viewing will be short). Along the way we have learned a few lessons on worm care like:

- Worms can survive up to 3 weeks without food (so they survived well over Christmas)
- Worms don't care for potato peels and celery (who'd of thought worms would be picky eaters?)
- Don't feed them too much citrus fruit scraps (the acid can hurt them)
- Microwave or freeze fruit before putting it in with the worms to avoid fruit fly trouble
- If fruit fly eggs get in the castings the only way to get rid of them is to clean out the castings and clean the container.
- For more information on composting with worms, visit the composting page on the Dawson Creek Community Garden website at [www.dccgardens.org](http://www.dccgardens.org)





## Get Dawson Creek Green

929 102 Ave  
Dawson Creek, BC  
V1G 2B5  
Phone: 250-782-5005

Email: [info@getusgreen.org](mailto:info@getusgreen.org)

Website: [www.getusgreen.org](http://www.getusgreen.org)

## Get Us Green Staff

### Marketing Department:

Brendyn Wiebe  
Brian Jackle  
Tamara Supernault  
Marcus Mitton  
Darcy Kellogg

### Web Marketing Department:

Laine Anderson  
Scott Simpson  
Stephan Lavandier

### Resource Department:

Heather Banyard  
Toni Beal  
Ariel Schafer  
Diane Horseman

### Project/Resource Manager:

Shauna Hill

### Web/Marketing Manager:

Linda Studley

### Outreach Manager:

Brent Neumann

### Internet/Computer Technician:

Don R. Hill

*Front page image—Downtown DC Sunrise by  
Brian Jackle*

## Plant a Row - Grow a Row

*Tamara Supernault*

People helping people; this is the back bone of being Canadian. Without our neighbours helping us out when we are in need, many of us would not be where we are today. A movement has spread across Canada and has taken root in Dawson Creek. It is built on the idea of a generous family and the tradition of gardeners loving to share their harvest with others.

Plant a Row Grow a Row, or PARGAR, is a community based program that encourages the public to come together and help those in need by donating home grown produce to their local charities that rely on food to reach their goals. The Dawson Creek Community Gardens have been donating food for some time, but what makes PARGAR different is that it includes and encourages all members of the community to participate.

Produce is weighed, recorded, and distributed. This allows the public to witness, appreciate, and celebrate the commitment of their community. Get Dawson Creek Green is pleased to be a DC Community Gardens supporter and you can be too. To participate in PAR GAR from your garden at home or to become a Community Garden member call Tamara Supernault at 250-219-3104 or visit the Dawson Creek Community Gardens website for more information at [www.dccgardens.org](http://www.dccgardens.org)



## 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](http://www.getusgreen.org) for a complete list.

