



UPDATE QUARTERLY

Q2 – 2021

Many Sources of Plastic Waste Aren't Obvious at First Glance ...Take Oral Hygiene

My eureka moment about oral hygiene products creating significant plastic waste came when I analyzed how little floss one gets in the sample floss containers that dentists give out. The four yards is enough to floss about eight times and then one must deal with the plastic dispenser.

Toothbrushes, floss containers, toothpaste tubes, and other such items are all short-use items that end up as waste, at least in Canada.

Dentists recommend changing one's toothbrush every three months. If our nearly 14 million Ontarians change their toothbrushes every four instead of three months, then 42,000,000 toothbrushes still become plastic waste each year in Ontario alone. Manufacturers need to rethink oral hygiene products.

New products are being introduced that are more environmentally friendly — toothbrush handles made of compostable bamboo and manual toothbrushes with replaceable heads. Bamboo or silk dental floss is also available in refillable glass containers.

Until we have greener options widely available, we should, at least, consider recycling them. TerraCycle, an American company, recycles oral hygiene products. To make this service more attractive, Colgate Palmolive sponsors free TerraCycle boxes in the U.S. for oral hygiene products (pity it's only in the U.S.).

The next time you visit your dentist ask him or her how oral hygiene products could be made more environmentally friendly. Perhaps refuse the little floss sample and the plastic sample bag. —Susan Fulop

**Check out our Earth Day
webinar on page 2
"Let's Talk Plastics"**

'Let's Tree Wilmot' Moves Ahead with Ed/Policy and Project Committees for 2021

Let's Tree Wilmot volunteers have formed two committees — Education/Policy and Project Planning. The Education/Policy committee has been developing a logo, a campaign to encourage Wilmot residents to apply for a boulevard tree from the township, and a second campaign on how to care for the trees. We are working with Wilmot township on this.

The Project Planning Committee has set May 8 to help a farmer plant seedlings along his waterway and May 22 to apply mulch around the 100 trees that were planted last year at Scott Park.

Currently, we are working with community groups in Petersburg, Mannheim, and New Dundee to plant trees in their parks. There is enough space in those parks to be planting for several years. Once the scope and dates are established, the Fundraising group will begin.

Do you enjoy organizing, doing promotions or enjoy working on policy development? We have many roles available.

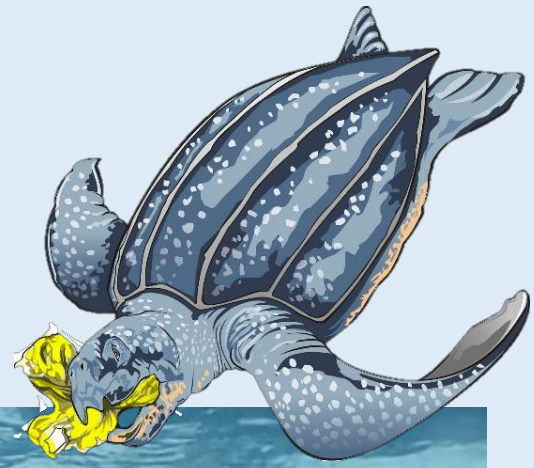
For policy development, we are exploring how other communities are protecting their trees and encouraging the growth of their tree canopy. These ideas will be forwarded to the Township of Wilmot to create policy. If you are interested email letstreewilmot@gmail.com or join us on Facebook:

<https://www.facebook.com/letstreewilmot>

Let's Tree Wilmot is a project of Wilmot Horticultural Society, a charitable organization. We are partnered with Nith Valley EcoBoosters and Rotary Wilmot. —Marlene Knezevich



A Family Webinar



Let's Talk Plastics!

PLASTIC
IS
FOREVER

Thursday, April 22nd, 2021, 6:30 to 8:00 pm

Celebrate Earth Day with Us!

Event Details:

'Plastic Is Forever': Award winning film by 13 yr. old Dylan D'Haeze

Creative student video/audio clips

Our speakers and Q & A:

Deanna Dakin – Region of Waterloo Waste Management

Chase Oudshoorn – Youth Climate Advocate



Free Webinar but registration is required.
nvecoboosters.com



**TOWNSHIP
OF WILMOT**

Faith Communities Join On Climate and Pandemic Issues

Faith Climate Justice—Waterloo Region is a growing collective of faith communities who are deeply concerned about both the climate crisis and a just recovery from the Covid-19 pandemic.

Recently some members of the Nith Valley EcoBoosters had the opportunity to take part in an open dialogue webinar organized by Faith Climate Justice - Waterloo Region. This forum gave an opportunity for individuals of diverse faith backgrounds in the region, to explore climate justice issues, share resources and discuss potential actions that could be taken by people of faith and faith communities.

The Faith Climate Justice

group has a wonderful website! Check it out at <https://www.faithclimatejustice.ca/> for more information about their calls to action. One is to encourage faith communities to purchase and hang the group's

banner on their building. Another is to support the group's efforts to engage with local governments in the region. For people who want more information or to get involved, there is a contact form on the website. —Linda Lackey



It was eye-opening to attend, along with 175 others, the March webinar presented by Nith Valley EcoBoosters (NVEB): *Let's Talk EVs – Are you ready for an electric vehicle?*

It showed that we are rapidly moving toward replacing ICE (internal combustion engine) vehicles with environmentally sustainable transportation.

Asked when to buy an electric vehicle, presenter Andrew Wilson, EV owner since 2013, member of the Waterloo Region EV Association, and well-informed enthusiast, confirmed "The sooner the better". With government incentives up to \$5,000 and many new models being introduced, EVs are becoming more common, less expensive and will soon become the norm.

There are myths and misinformation about EVs but Andrew, assisted by EV owners Neil Lackey and Bart Van Andel, helped clarify things.

There are three types of EV's: HEV or hybrid electric vehicle; PHEV or plug-in hybrid; and BEV or battery electric vehicle — the fully electric vehicle. Each has its pros and cons.

A vehicle is a major investment with many consid-

erations beyond financial: Travel usability and distance; cargo space; and environmental concerns.

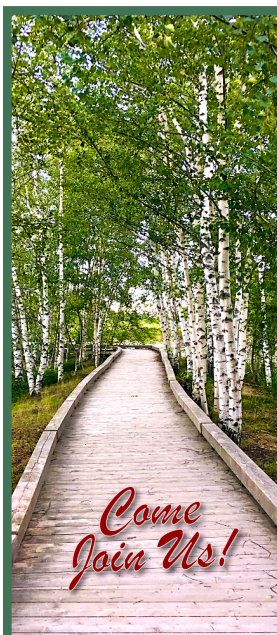
The seminar addressed 'range anxiety' — the fear that there won't be a charging station when needed. Maps showed a string of charging stations across Canada. Southern Ontario was peppered with them, hosted by universities, malls and municipalities.

Let's Talk EVs Another NVEB Webinar Success

The takeaways: There is an electric vehicle version for everyone; When buying new, calculate total cost of ownership over the vehicle's lifetime. With 50% of oil production going toward ICE vehicles, oil should be left in the ground — the benefits cleaner air and less pollution.

Tesla, the electric vehicle manufacturer, founded by visionary entrepreneur, Elon Musk, will release its electric pickup truck, the Cyber-truck, in late 2021, with three ranges—400, 480 and 800 km. The price will be comparable to one of North America's auto makers' brands, at about \$53,000 CAD.

The webinar and related documents are on the Nith Valley EcoBoosters' website. —Yvonne Zyma
<https://www.nvecoboosters.com/>



Are You
Environmentally
Conscientious?

**Nith Valley
EcoBoosters
seeks new
members
to take the path
toward a safer
environment...**

nvecoboosters@gmail.com

About Nith Valley EcoBoosters

Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan volunteer organization committed to achieving and supporting long-term healthy environments in Wilmot and Wellesley Townships. Environmental goals are achieved through education, action and collaboration.

Formed in 2013, NVEB was an ad hoc committee at Zion United Church in New Hamburg. In June 2015, the Nith Valley EcoBoosters became a community-based group adopting its current name.

The NVEB usually meets the fourth Wednesday of each month, except July and December. Monthly meetings are open to all. Subcommittees and working groups are established for various topics, issues or proposals as required. These groups may meet at any time, at any location and are in addition to regular monthly meetings.

Pre-pandemic, the Nith Valley EcoBoosters has organized or participated in multiple environmentally related events each year. It has been an active supporter of most regional environmental groups and activities.

The Nith Valley EcoBoosters is funded by donations, fundraising efforts and grants. Membership fees are not collected.

Contact Information

<https://www.nvecoboosters.com>

nvecoboosters@gmail.com

NVEB 'EcoNuggets' The Latest Solutions



EcoNugget

Edible Plants

Edible plants look great in our annual and perennial gardens. Learn how to identify plants before you consume them.

- **Chives** are tasty and easy to grow.
- **Dandelions** can be a salad or the stems/roots can be stir-fried.
- Every part of **nasturtium** is yummy, from flower to seed.
- Eat **burdock** raw, mashed, or dried for coffee.
- You can eat both the greens and flowers of **clover**.
- Don't over-pick **fiddleheads**, leave half.
- **Swiss chard** comes in all colours.
- **Mint** spreads like a weed. Plant in containers.
- **Purslane** is a nutritious addition to salads.
- **Chokecherries** are great for syrups, jellies, and sauces.

For further information contact:

nvecoboosters@gmail.com

MEMBERSHIPS

The NVEB are members of

- **GREN** (Grand River Environment Network) a collective of environmentalists in Waterloo Region that work on a variety of issues.
- **Future Ground Network**—An online organizing resource, associated with the David Suzuki Foundation. It is a convenor & mentor for community environmental groups.
- **Nature Network**—A province-wide network of groups and individuals that are a collective voice for conservation.
- In addition, since 2015, the Nith Valley EcoBoosters have collaborated with the **Waterloo Region Blue Dot Team** to promote the rights of all Canadians to a healthy environment. <https://bluedot.ca>