



RECYCLING



Let's get started with some interesting facts about recycling. Did you know?

- * Since 1950, we have consumed as much as all the generations before us combined.
- * In North America we produce enough garbage each day to fill 70,000 garbage trucks. Lined up bumper to bumper, over a year, they would stretch halfway to the moon.
- * To create just one kilogram of consumer goods, manufacturers create five kilograms of waste.
- * When our trash disappears off the curb it is buried in the ground unchanged for centuries.
- * Canadians take home more than 55 million plastic bags each week.



where it can remain,



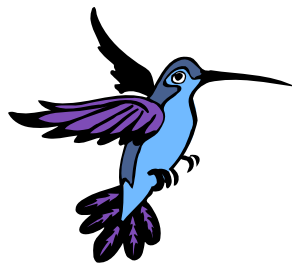
If everyone on the earth lived like the average person in this country, we would need at least four (4) planets to sustain our lifestyles and provide all the materials and energy we currently use. It's true, we create a lot of waste - well over 250 kilograms each just in our homes every year. That's a lot of "garbage"! But did you know a lot of the stuff we throw out isn't "waste" at all!

You have probably heard of **RECYCLING**. You probably even recycle a whole bunch of things from your home. But what exactly is **RECYCLING**? Recycling is a term that describes the process of converting our "waste" into resources that can be made into new products. It sounds simple, but there are several critical steps involved:

1. First, it is up to us to separate recyclable material from our regular garbage.
2. Then, the community will collect the materials, sort them, and send them to companies all over the world.
3. These companies use the recycled materials to produce new products, conserving natural resources.
4. The process isn't over yet! Then we all need to buy items made from recycled materials to ensure that companies continue to use recycled material in their products. **Buy Recycled!**

PLEASE USE THE RECYCLING BINS LOCATED AT THE MAIN ENTRANCE.

In our next issue we will look at what exactly happens to the things that we recycle.



Hummingbirds

Hummingbirds are known for their ability to hover in mid-air by rapidly flapping their wings, 15-80 times per second.

They are attracted to many flowering plants especially red flowers. They feed on the nectar of these plants. The diet of a hummingbird requires an energy source (nectar) and a protein source (small insects). For nectar they will happily take artificial nectar from man-made feeders. These man-made feeders allow people to enjoy watching these birds. The nectar is made up from 1 part white sugar and 4 parts water. Do not use honey or diet sweeteners as these are harmful to the Hummingbirds. The Hummingbirds are attracted to the color **red**. Once the nectar is placed in the feeder, it will only stay fresh for 4-6 six days.

Hummingbirds appearance differs from male and female. The males are brightly colored and the females are dull colored.

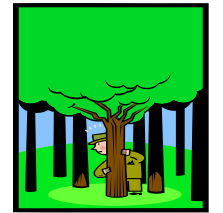
The Male Hummingbird has no part in nesting. The female makes a nest in a tree and she will lay 2 eggs. They incubate for 14-19 days.

June 2007



TOWERÓ:TON NEWSLETTER

Volume 3, Issue 1



The Beginning of a New Season...



Season three of the Toweró:ton Newsletter has arrived. We are looking forward to bringing you information on Toweró:ton news, upcoming activities, events, introductions to Committee Members and Toweró:ton Staff. This year we have decided to provide some information on different species of birds that frequent the area. Throughout the summer months you will learn that many of these birds are year round residents of the Territory.

This month's issue contains some tips on opening up your cabin, swimming safety, natural insect repellents, strawberry recipes, recycling and information on the Humming Bird.



In order to improve our Newsletter, we are encouraging Community Members to participate in its creation by submitting stories of fun times or pictures of time spent in Toweró:ton. If you'd like to have anything included in the Newsletter or suggestions for articles, please contact Tara McComber at 450-638-8244.

We hope that you enjoy this season's Monthly Newsletter. See you next month.

A community member graciously donated two canoes to Toweró:ton. This is very much appreciated. The canoes are located at the main entrance. Although the caretakers will use them, they are also available to community members.



If you're interested in using a canoe, simply contact the caretaker (main entrance) to make arrangements and sign it out. Remember that you're responsible for the canoe while it is in your possession. Happy canoeing



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Opening Your Cabin After a Long, Cold Winter



It's that time of year; time to open your cabin after a long, cold winter. It shouldn't be a complicated process, provided you took the necessary steps last fall. In fact, it's a reversal process. Here's a little 'to-do' list that will send you on your way to enjoying the summer.

- q Assuming you poured (environmentally friendly) anti-freeze in your water pipes, flush out pipes by pouring a good amount of water into the sinks/toilet.
- q Check for any pipe leakage to insure any necessary water pipe repair is prompt.
- q Check your propane for leaks; turn on propane and light pilot lights in stoves & propane fridge.
- q Clean winter debris out of gutters and rainspouts.
- q Check your roof for possible damage, especially around the chimney.
- q Remove fallen trees around your cabin as well as those in danger of doing so.
- q Give your door and window screens the once over. Black flies in the cabin won't be pleasant.
- q Check for exterior/interior painting needs or siding repairs.
- q Restock your pantry with the staples you'll need all summer long (coffee, sugar, flour, canned goods, paper products).
- q Restock your Safety Kit with antiseptic, bandages, gauze, Tylenol/aspirin.
- q Replace batteries in smoke/carbon monoxide detectors and flashlights.
- q Make sure your bonfire pit is in good repair, with a sandy bottom and sufficient rocks surrounding.



Enjoy your summer!



Strawberry recipes



Strawberry Bread

List of Ingredients:

- 1/2 cup unsalted butter
- 3 large eggs
- 2 cups all purpose flour
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 cup toasted walnuts (coarsely chopped)
- 3/4 cup granulated Sugar
- 1 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup sour cream
- 1 cup chopped fresh strawberries

Preheat Oven to 350 degrees F. Butter and 8-cup loaf pan (9 x 5 x 3 inch) (23 x 13 x 8 cm). Set aside. Place walnuts (or pecans) on a baking sheet and bake for about 8 minutes or until lightly toasted. Let cool & chop coarsely. Beat butter until softened adding sugar and continue to beat until light and fluffy. Add the eggs, one at a time, beating well after each addition. Add vanilla extract. In a separate bowl, whisk together the flour, baking powder, baking soda, salt, and ground cinnamon. Mix together with sour cream & butter mixture. Mix only until combined. Gently fold in the chopped strawberries and walnuts. Bake for one hour.



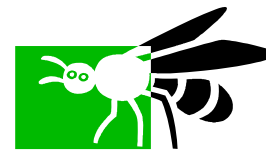
Strawberry Muffins

Difficulty: Easy

- List of Ingredients:
- 2 cups of self-rising flour
- 1/2 cup sugar
- 1 cup of strawberries, sliced
- 1 egg, beaten
- 1 cup milk
- 1/4 cup melted margarine or butter

Directions:

Mix flour, sugar and strawberries to coat fruit. Combine margarine egg, and milk in a separate bowl. Add this to the dry mixture. Stir until mixed thoroughly. Spoon into muffin pans. Bake about 12 to 15 minutes at 450 degrees. Makes 12 muffins



NATURAL INSECT REPELLENT



To make your summer more enjoyable, here are a few natural recipes to keep insects at bay. Ingredients can be found in natural product stores and in your local grocery store.

Children's Bug Repellent

- 4 drops tea tree oil
- 6 drops lavender essential oil
- Place in spray bottle, shake.
- Then add 3 oz distilled water
- 1 oz. witch hazel.

Shake before each use. Avoid eyes & mouth when misting.

Texas Insect Repellent

- 2 oz. oil
- 2 oz. Citrus oil
- 2 tsp. Vanilla Extract

Combine in spray bottle, shake. Any oil will do. Used by Texas ranchers & is reputed to really work! Smells great too.



Swimming Safety

Here are a couple of tips to keep you children safe during swimming season.

- Always make sure your children wear a personal flotation device (PDF). Such as life jackets, arm bands etc... A air blown toy is not a PDF.
- Avoid all alcohol at all times
- Never swim alone, always use the buddy system
- Always be aware of different depths, especially when diving to prevent injury
- Adult Supervision required at all times



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DESCRIPTION:

Sweet flag's yellowish-green leaves are slim, stiff, blade-like and grow thinly up to a yard high. Sweet flag, when crushed between the fingers, emits an aromatic fragrance. It has a stalk, 2 to 3 inches long with a club-like appearance. This stalk is crowded with tiny yellowish-green flowers. The roots are obese and horizontal with stringy rootlets below which have a gingery taste.

WHERE IT'S FOUND:

Sweet flag can be found in swamps, along streams, marshes and wet places. It can be found growing wild in Tioweró:ton, creeks, swamps and bays.

PARTS USED: Roots

The root is chewed to rid the stomach of gas and the throat of phlegm. It is also chewed raw to sedate a pounding toothache or teething. The root is also pounded and crushed for tea to soothe a colicky baby. Taken by the spoonful it is used as a cough medicine and as a dose for fever.

