



WELLNESS WORKS....

at Brain Injury Community Re-entry (Niagara) Inc.

A Publication from Brain Injury Community Re-entry Niagara's Wellness Works Committee

April 2010 Volume II

**40th Anniversary
of Earth Day
April 22, 2010**





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Earth Day Celebration

We would like to remind everyone that International Earth Day is being celebrated on Thursday, April 22, 2010. Earth Day is a day to stop and think about **your** affect on the environment and what **you** can do to help protect it.

Forty years after the first Earth Day, the world is in greater peril than ever. While climate change is the greatest challenge of our time, it also presents the greatest opportunity – an unprecedented opportunity to build a healthy, prosperous, clean energy economy now and for the future.

In honour of Earth Day the Wellness committee would like to invite staff to participant in a clean-up of all areas surrounding our buildings. The main office volunteer staff will focus on the car park at the front of our building and the picnic table area to the rear. Residential and program site volunteer staff will focus on areas closest to the building where they work. We will begin at 11am, Thursday, April 22. Garbage and recycle bags will be available – we do ask that you bring your own gloves. A pizza and pop lunch provided by the agency will follow.

Help make Earth Day a success, and find out how you can do your part to save our precious earth, each and every day!
Thank you!

We invite you to build your eco-knowledge by completing the fun and challenging questions on page 2 and 4. Once complete drop off your answers to Sharon Coulson by Thursday, April 22 to be entered into a draw for a chance to win a prize. **Good luck everyone!**





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ECO Trivia

Earth Day was first celebrated in:

- A) 1960
- B) 1965
- C) 1970
- D) 1975

Answer: C - Earth Day is celebrated every year on April 22nd.

Which household appliance uses the most energy?

- A) Refrigerator
- B) Toaster
- C) Dishwasher
- D) Washing machine

Answer: A – Refrigerators use about 11% of a household's total energy consumption.

Take Action: Buy Energy Star endorsed refrigerators, which will use less energy and save you money. Also, make sure your refrigerator is set to optimal energy use temperatures (between 2°C and 3°C).

What is the most energy efficient cycle to wash and rinse your clothes on?

- A) cold-cold
- B) warm-warm
- C) hot-cold
- D) warm-cold

Answer: A

Take Action: Use cold water to wash your clothes. If every household in Canada did this, it would reduce approximately 1.5 billion kg of greenhouse gas emissions yearly.

A typical 5-minute shower uses ____ litres of water:

- A) 50
- B) 100
- C) 150
- D) 200

Answer: B

Take Action: Use a low flow showerhead and you can reduce the amount of water used during a five minute shower to 35 litres. You will save water and money on your water bill.

Over a period of one day, a slow dripping drop could fill a:

- A) Swimming pool
- B) Bathtub
- C) Drinking glass
- D) Sink

Answer: B – Slow dripping taps can actually be more wasteful than high volume toilets.

Take Action: Fix your faucets to prevent wasting water.

Composting can reduce your household waste by:

- A) 10%
- B) 25%
- C) 50%
- D) 75%

Answer: C

Take Action: Separate your food waste from your regular garbage and recycling. Designate a small household container or bucket for your food scraps and then dump the contents into your backyard composter or green bin daily.



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ECO Trivia

One tree can remove ___ pounds of carbon dioxide from the atmosphere annually.

- A) 13
- B) 20
- C) 26
- D) 32

Answer: C – This is equal to the amount of car emissions produced if a car was driven 17,600 kilometers.

The existence of many plant flowers depends on:

- A) Birds
- B) Bugs
- C) Worms
- D) Bees

Answer: D – If there were no bees, 100,000 plant species would cease to exist.

One busload of passengers takes the equivalent of _____ cars off the road during a typical rush hour.

- A) 15
- B) 40
- C) 72
- D) 88

Answer: B – In a year, it also conserves 70,000 litres of fuel, and generates only about 1/3 of the greenhouse gas emissions that 40 cars produce.

Take Action: Take public transit whenever possible.

Canadian drivers _____ their cars for an average of 5 to 10 minutes a day.

- A) Wash
- B) Idle
- C) Drive
- D) Park

Answer: B

Take Action: Turn off your ignition if idling for more than 10 seconds (after this time restarting the car uses less fuel than idling), avoid using drive-thrus when possible, and don't start the ignition until you and any passengers are ready to go.

Which of these contributes to global warming?

- A) Car and truck exhaust emissions
- B) Industrial emissions
- C) Deforestation
- D) Incinerators
- E) All of these

Answer: E

Name:

THANKS FOR CARING!