

# Newsletter

## Town of Carlyle

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## Food Waste

Globally, one third of food produced for human consumption is wasted every year. An estimated \$27 billion worth of food is wasted in Canada every year. While this figure includes all facets of the production/consumption system, that's still a B-as in-billion! This is about the same amount of money that the federal government transfers to the provinces for health care every year; it's greater than the federal defence budget.

By sector, consumers are responsible for just over half of all the food wasted in Canada. The production sector – farm, processing, distribution, retail and food service – generates the other half. In Europe and North

America, the average per capita consumer food waste is 105 kg per year. In Sub-Saharan Africa and South/South East Asia, it's 8.5 kg per year.

In terms of what types of food is most likely to be wasted, a study from the U.K. found that fresh vegetables and salads make up 19 percent of the weight of food wasted. Drinks (milk, soft drinks, juices, etc.) are 17 percent of what is wasted. Eleven percent is bakery products. If you look at the statistics based on cost, fresh vegetables and salads account for 14%, drinks 10%, meals 17%, dairy and eggs 6%, fresh fruit 7%, meat and fish 17% and all other is 22%.



In addition to the \$27B value of the wasted food, there is also the cost of the resources that went into the food and the cost of dealing with the waste (landfilling or composting).

**REMINDER: Please do not dump your garbage along the roadways or on approaches. We have curbside pickup – please be sure to use it!**

## How We Can Create a Strong Community

A hive of bees is a perfect example of a community working together in harmony and for the common good of all its members. After all, a bee living alone can barely survive, let alone prosper. But in a hive made up of hundreds of other bees, each taking responsibility for the various jobs necessary for the survival of the community, the lone bee not only survives, it contributes mightily to the success of the hive. The secret of the bees' success in living together in a close-knit community is that each bee not only understands the interrelationships that exist

between it and the rest of the members of its community, but is willing to accept some of the responsibility for the hive's prosperity by expanding their role in the community whenever necessary.

As homeowners, we too can choose to recognize the interrelationships that exist between ourselves and our neighbors and how those interrelationships have a direct impact on our quality of life. We can also choose to take some of the responsibility upon ourselves to contribute to improving those

relationships and, in the process, improve our community.

In order for our community to continue to protect, preserve and enhance our community assets and our property values, each member of our community has to acknowledge their role in our community and, at times, be willing to expand their role to take on some added responsibility. So, let's all work at recognizing what roles we can choose to accept in our community and, like the bee, work together at making our community the best place to live that it can be!

### Special points of interest:

- *By obeying community rules and regulations, we contribute to our community and accept the role of a rule abiding member.*
- *Although we don't have to participate in the election process, choosing to do so contributes to the success of our community.*
- *When we choose to serve on community committees we accept another role and become a participating and contributing member.*

## How Do We Compare?

If the world was a village of 100 people:

There would be 48 men and 52 women.

There would be 61 Asians, 12 Europeans, 13 North and South Americans, 13 Africans, and 1 Oceanian (Australia).

Eighty-six people could read and 14 could not.

Forty-eight could not speak, act according to their faith and conscience due to harassment, imprisonment, torture or death; 52 could.

Fifteen people would be overweight, 30 would always have enough to eat, 50 would not have a reliable source of food and are hungry some or all of the time, 20 would be undernourished, and 1 would be dying of starvation.

One would have a college education, and 99 would not.

Seven would have computers; 93 would not.



## Results of Community Survey

*“The majority of respondents would be willing to see increases in property taxes if it meant various projects could be completed.”*

Thank you to those who completed the latest community survey. The information you provide helps guide council’s decisions, so your input is very valuable.

The majority of you selected the following as the town’s best features:

- 1) Good Water
- 2) A Safe Community

The biggest challenges that we face are:

- 1) Health and medical care
- 2) Upkeep of streets

The biggest changes that you want to see are:

- 1) Need to pave gravelled streets
- 2) Need for a daycare facility

All of your suggestions were discussed by Council at a strategic planning meeting held at the end of October. With your help, Council has put together a number of initiatives that will be included in upcoming budgets (2015 and beyond), as finances permit.

## Want to Recycle?

**Sarcan** – beverage containers (6 billion containers collected since its inception in 1988)

**SARRC** – Used oil; antifreeze, antifreeze containers, diesel exhaust fluid containers and diesel fuel filters (has recycled nearly 250 million litres of used oil, 28 million oil filters, and 4,000 tonnes of containers since 1996)

**Saskatchewan Scrap Tire** – bicycle, car, truck and construction tires

**PaintRecycle** – household paints, stains and varnishes (has recycled nearly 2 million litres since 2006)

**Epra** – end-of-life electronics (has collected 16,000 tonnes of material since 1997)

Recycle Saskatchewan is an

umbrella group that covers the above-noted organizations. Its vision is “A clean and green Saskatchewan”. One of their future initiatives is to add members to their group as stewardship programs are developed.

For more information, go to [www.recyclesaskatchewan.ca](http://www.recyclesaskatchewan.ca)

## Smoke Alarms – Information from Fire Prevention Canada

Deaths due to house fires often happen at night, while people are sleeping. Victims may never wake up because of the poisonous effects of gas and smoke created by the blaze. Smoke alarms will alert you to these silent killers if they are properly installed and maintained.

Where should you put your smoke alarms?

- Outside every sleeping area

and on every level of the home. Don't forget to install a smoke alarm at the bottom of the basement stairs.

- If you sleep with the bedroom door closed, install a smoke alarm inside the bedroom.
- For extra protection, install alarms in the dining room, living room, utility room and in hallways.
- Install smoke alarms on the ceiling at least 15 centimeters (6 inches) from

the wall. Smoke alarms installed in all other stairwells should be placed directly above the top step.

Different smoke alarms for different types of fire!

Not all fires are the same. A flaming fire devours combustibles quickly, spreads rapidly, and generates considerable heat with little smoke. **Ionization** smoke alarms respond first to fast flaming fires.

A smouldering fire generates large amounts of thick, black smoke with little heat and may smoulder for hours before bursting into flames. **Photo-electronic** smoke alarms respond first to slow smouldering fires and are less prone to nuisance alarms in the kitchen area.

**Protect the people you love and the belongings you cherish! Install and maintain smoke alarms and plan and practice a fire escape plan!**

## What Gives You the Right?



What makes people think that they have the right to yell at Town staff (whether in person or by threatening emails)? It's not the staff's fault if you didn't pay your utility bill in time to avoid interest charges. It's not the staff's fault if you feel your taxes are too high. And if that pothole in front of your house didn't get filled the moment you reported it, please be patient. There are priorities, and staff can't be everywhere at once. Sometimes, your request cannot even be fulfilled, for a variety of reasons. Town personnel are people, entitled to be treated respectfully. Residents are welcome to make their point politely, without insults or slurs or personal attacks. Please show consideration for the staff so that they can in turn respect you!

## Passports

You are strongly advised to carry a valid Canadian passport when travelling to any foreign destination, including the United States. A passport is the only reliable and universally accepted identification document, and it proves that you have a right to return to Canada.

Be sure that your passport is still valid. Some countries require that your passport be valid for 6 months beyond your date of entry.

Scan or copy page 2 of your passport and email it to yourself or carry it with you in a separate location in case anything happens to your passport. Leave a copy with a trusted friend or relative who is not travelling with you.

Keep your passport safe while travelling. Do not leave it unattended in your luggage, vehicle, hotel or elsewhere.

Selling, altering, or allowing another person to use your passport is a criminal offence. You could be charged or imprisoned if you are convicted, or you could be denied passport services.



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## How to Keep Your New Year's Resolutions

The new year is upon us, and you have already drawn up your resolutions. Now, how to stick to your plan?

### Steps:

1. Put it all on paper. Write your resolutions down, and keep them in an accessible place as reminders - tape them to your mirror, write them in a journal or put them on your refrigerator door.
2. Mark your calendar. Set deadlines for yourself to tackle each step toward reaching your goal, one at a time.
3. Start as soon as possible. Go out and purchase the necessary equipment or literature; call now and set up an appointment with your dentist, your doctor, your trainer, your accountant...
4. Find a role model. Is there anyone who has succeeded in fulfilling an ambition like yours? Look to this person as a reminder that it is possible to achieve your goal.
5. Check your progress regularly, and give yourself an occasional reward for your efforts. Make sure the reward isn't contrary to your resolution; celebrate a cigarette-free month with a weekend trip or a new outfit, not with a cigarette!
6. Inform friends and family of your goals, and recruit them to regularly remind and support you in your endeavors.

### Tip:

- Don't sweat the setbacks; persistence is the key.

“Wish not so much to live long as to live well.”

Benjamin Franklin, *Poor Richard's Almanack*, 1738

“It is thrifty to prepare today for the wants of tomorrow.”

Aesop, *The Ant and the Grasshopper*

**Did you know?** The first dinosaur bones discovered in Western Canada were found by George Mercer Dawson in 1874 in the Killdeer Badlands south of Wood Mountain. Some of the fossils Dawson collected were bones from Hadrosaurs or duck-billed dinosaurs.

## Planning a Winter Holiday?

**Travel Insurance** - Your Canadian insurance is almost certainly not valid outside of Canada.

If you plan to go abroad—even on a day trip to the United States, you should purchase the best supplementary travel insurance you can afford—health, life, disability, driving, vehicle, and trip cancellation, before you leave Canada.

Purchasing travel insurance will help you avoid large expenses such as the cost of hospitalization or medical treatment outside Canada. Foreign hospitals and clinics have been known to refuse treatment to patients who lack adequate insurance or

the financial resources to pay their bills. A single accident could result in years of debt for anyone who is not prepared.

### Selecting Travel Insurance

When assessing a travel health insurance plan, ask if it:

- provides continuous coverage before you leave Canada and after you return
- offers coverage renewable from abroad and for the maximum period of stay
- has an in-house, worldwide, 24 hour/7 day emergency contact number in English and/or translation services for health care providers in your destination country
- pays for foreign

hospitalization for illness or injury and related medical costs and, if so, whether it pays up front or expects you to pay and be reimbursed later

- provides coverage for doctor's visits and prescription medicines
- covers pre-existing medical conditions (get an agreement in writing)
- provides for medical evacuation to Canada or the nearest location with appropriate medical care
- pays for medical escort to accompany you during evacuation
- clearly explains deductible costs
- covers the preparation and return of your remains to Canada if you die abroad.