

WLOH Health Newsletter

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July 2013

Benefits of Composting

Think about it, over 30% of the waste in North America is made up of household waste. Most landfills are becoming saturated, many of them having already had to close down.

On top of conserving landfill space, diverting organic matter deposition helps reduce the production of leachate and methane gasses (both of which add to the cost of operating a landfill).

Let's take the time to look at the benefits of composting that can actually help us out individually:



- **It's free!**
 - You take your organic waste (things you would usually throw away) and turn it into natural fertilizers and top soil.
- **It's Renewable!**
 - Chemical fertilizers, which are made from petroleum and have additives added to them, are not renewable. You have to keep buying them every year.
- It improves the soil without chemicals
 - Compost is highly nutritious soil amendment. It balances the pH and CNPK levels
 - It retains moisture and oxygen to the soil
 - Compost will cool the surface of the soil
 - It nourishes the roots thanks to nitrogen, potassium, phosphorus and other nutrients found in humus. This strong, vigorous root structure helps to diminish erosion – which is often attributed to low fertility.
 - It helps break up heavy clay soils
 - It retains water better in sandy soils
 - It restores minerals and micro-nutrients giving vitality to our depleted soils.
 - It increases moisture retention capacity of soil protecting it from draught.
 - It helps the formation of aggregates in the soil. This increases soil permeability and decreases the need for irrigation and fertilization.
- **It protects your plants!**
 - Compost provides food for microorganisms, which keep



Happy Birthday!!!!

Jim Brown	July 4
Kim Gardner	July 5
Bill Parenteau	July 8
Marcus Brown	July 9
Ron Williams	July 11
David Brown	July 16
Jordan Pitchenese	July 19
Kyle Derosier	July 19
Steph Ainslie	July 23
Christine Garneau	July 24
Deb McLeod	July 25
Judy Shabaquay	July 25
Tanisha Currier	July 28
Jenilee Williams	July 30

the soil healthy and balanced.

- These microscopic organisms will help aerate the soil. They also help break down organic material making it more available for the plants.
- Natural biodegradation will decontaminate the soil from harmful pathogens and pollutants.
- Composting, such as vermicomposting will add plant hormones to the soil such as auxins and biggerellic acid.

- Composting enhances germination, fuels plant growth and improves yields of crops.

- **It's safer!**

- With compost instead of fertilizers and pesticides in your backyard, you don't have to worry about the dangers to your pets and family.

- **It protects the ecosystem!**

- The process of composting kills pathogens. This takes away the need for pesticides and nitrogen and trace mineral fertilizers thus protecting the ecosystem.
- 6% of the total CO₂ equivalent gases in Quebec come from landfills. By reducing the amount of organic matter in the landfills, we can bring the level of greenhouse gases down.

Thank U!!!

- Health Staff – for agreeing to move Aboriginal Day to Canada Day this year. Crystal & Deb for all the food and cooking; Amanda & Teresa for the children's games and Miranda for helping with all the events.
- Also big thanks to the others who helped out – Sheldon Morrison, Esther Pitchenese, Ron Williams and Roddy Brown. If I missed anyone – sorry!!!
- Thanks to all the participants for helping make it such a success!!!

Recipe of the Month Southern Sweet Tea

What U Need!

- 3 cups of water
- 2 family sized tea bags
- ½ to 1 cup of sugar
- 7 cups of cold water

What 2 Do!



- Bring 3 cups of water to a boil in a saucepan; add tea bags. Boil 1 minute; remove from heat. Cover and steep for 10 minutes.
- Remove and discard tea bags. Add desired amount of sugar, stirring until dissolved. Pour into 1 gal. Container, and add 7 cups of cold water. Serve over ice.

Peach Ice Tea

- Prepare Southern Sweet Tea using ½ cup sugar. Stir together 1 ½ quart tea, 1 bottle peach nectar, and 2 tbspn lemon juice. Serve over ice. Makes 3 quarts.

(From www.southernliving.com)

Weird But True Health Fact

A woman's arthritic pain will almost always disappear as soon as she becomes pregnant. No one knows why.

(www.hubpages.com)

Eco-Living Tips

- Turn it off: get everyone into the habit of turning off lights and electronics whenever anybody leaves a room.
- Get dirty: start a compost garden, or even a worm farm.
- Grow your own goods: start or improve on an edible garden. Aiming to eat more homegrown food is healthier and saves money.
- Have a tech-free night: have weekly game nights when all electronics are turned off to boost your bonding as a family as well as saving a little energy.

Quote of the Month

If we are what we eat, and we don't know what we are eating, then do we still know who we are?

- Claude Fischler



July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day Events	2	3 Kenora Air Show	4	5	6
7	8 Beach Day 10-2 Right To Play 11-1 pm	9 Eagle Lake Family Wellness	10 Eagle Lake Family Wellness	11 Eagle Lake Family Wellness	12	13
14	15 Beach Day 10-2 pm	16 Lion's Den – 7-12 yrs Paawidigoong Games 1-3 pm	17 Walking Derby 4-6 Bonfire 6-9 pm	18 Mini Fish Derby 2-6 Movie Night 7-10	19	20
21	22 Beach Day 10-2 pm	23 Driving Range – 7-12 yrs – 4-6 pm	24 Blue Lake Swim Day 11-7 pm Cooking 4 Life Classes 4-6 pm	25 Golf for teens 4-6 p,	26	27
28	29 Beach Days	30	31			