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**GREEN
TEAM**



Dave Niddrie, photo editor for Momentum Magazine showed the Green Team one of two bikes that transported everything the magazine displayed for EPIC.

SMALL STEPS CAN MAKE A BIG DIFFERENCE

"We're drowning in our own waste," says Peter Cech, a communications specialist with Metro Vancouver. And it is up to all of us to work together to come up with a solution.

"People have to change their mindset and make choices at the purchasing level," said Peter, who was putting on a workshop at EPIC, The Vancouver Sun's sustainable living expo at the new trade and convention centre last weekend with his Metro colleague, Ian Williamson, an advisor for sustainable business services.

Entitled "Is it really garbage?" the workshop was also attended by members of the Metropolis at Metrotown Green Team, powered by The Vancouver Sun.

"Peter's presentation focused on ways to reduce garbage," said Green Team leader Kate Patrick. "He explained that in order to reduce garbage, people must first try to reduce waste, for example, by using reusable water bottles instead of plastic ones. Next, he said, people must reuse things they no longer want by donating them or putting them on Craigslist. Finally, people must recycle whatever products they cannot reduce or reuse. He said that by taking such steps, waste could be significantly minimized.

"EPIC kept 18 Green Team volunteers busy throughout the three days, handing out more than 500 reusable shopping bags and other environmentally-friendly goodies to participants.

"A main goal of EPIC was to promote small steps to help the environment," said Kate. "If everyone is inspired to

10 yr old Ryan Li does his bit for the environment by making sure recyclables go into the right colour-coded container.



For Rhyannon O'Heron (left) and Jenny Rustemeyer, 44 weeks' worth of garbage fits into a couple of small containers.

make small, but important choices concerning the environment, it is possible to make a big difference."

Two people who are trying in their own way to make a big difference are Jenny Rustemeyer and Rhyannon O'Heron.

"The two girls live in a house with a third roommate," explained Kate, "and they decided to attempt to create zero waste for an entire year."

Each household member has a small garbage bin for any materials they cannot recycle or reuse. At the end of the year, whichever roommate has the least amount of waste wins.

"The girls showed me their garbage bins, which contain about enough garbage to fill a shoebox. They explained that this is their only waste after 44 weeks," said Kate.

The Green Team helps out at events that have a green component or environmental focus by helping make people aware of the need to protect our planet. And they can also hand out environmentally-friendly goodies. If you would like to see the Green Team at any of your events log on to greenteam.metropolisatmetrotown.com and apply online.

● Don't forget! This week, May 11-17, is Bike to Work Week - and you've only got a few days left to take part in this fun-filled event and make a difference!



green
team



METROPOLIS
at metrotown

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