



Greening SMU Newsletter

Volunteer with Sustainable SMU!

Sustainable SMU have many exciting projects in the works for this year! We would like you to come to the Sustainability Orientation that is going to be held on the **28th of October at 5:00pm** in Facilities Management. That day we will brief you on the world of Sustainability at SMU followed by Q&A session. If you are interested in conducting your own "Green" project at SMU, you will have an opportunity to fill out an application form.

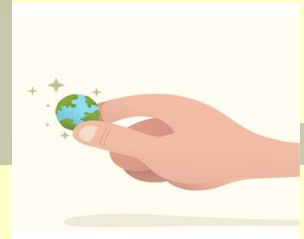
Some project ideas include:
Reusable Mug Encouragement: In places, like Tim Horton's or Starbucks, customers that use their own reusable mugs to buy their beverage instead of the one-time cups offered by beverage

sellers, are behaving sustainably and we think they deserve a reward! These rewards would include sustainable products provided by Sustainable SMU.
New Designs for Waste-Separation Bin: The waste separation bins on campus, do not have enough pictures to let people know how to separate their waste correctly. Therefore, we need more simple, but clear pictures on the different bins, to help people throw waste in the right place.
Sustainability Week Planning: SMU holds the Sustainability Week in March every year, to create dramatic impact on sustainable campus life. Now we

would like you to plan for the upcoming Sustainability Week next semester.

Some of the benefits of volunteering with Sustainable SMU are:
Practice and improve your communication skills, establish contacts and meet new people, professional networking, learn about contemporary sustainable practices/issues and it's a great addition to your resume!

For more information please e-mail sustainability@smu.ca or join us October 28th!



Welcome to Greening SMU

Welcome to Greening SMU, a monthly newsletter to update and connect Saint Mary's University students, faculty and staff on various sustainability initiatives, events, volunteer and job opportunities

across the university and in the community. Past editions of Greening SMU are available at www.smu.ca/sustainability This newsletter is just one way to keep you connected! You can also find

us on Twitter or Facebook by searching "Sustainable Saint-Mary's". To contribute to Greening SMU, email sustainability@smu.ca

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Science Photo Contest

The 3rd Annual Science Photo Contest is presented by Saint Mary's Faculty of Science. The contest is open to all Saint Mary's students, alumni, faculty & staff. We are looking for photo submissions that represent the diversity of scientific activity at Saint Mary's (and by its alumni). Selected entries will be published in the 2011-2012 Faculty of Science Calendar and the top three submissions will receive prizes from Car-sand-Mosher Photographic. Download and complete the [2011 Science Photo Contest Submission & Release form](#)

FOR DIGITAL SUBMISSIONS:

1. Save digital files in JPEG format, and name the files according to the description below:

First name Last name Photo number.jpeg

For example: JohnDoe1.jpeg



2. Email digital files and Submission form, to sciencecontest@smu.ca with the subject line "Your Name Science Photo Contest." If your files are too large to fit in one email, please indicate you are sending additional photos in another email, and put "Your Name Science Photo Contest 2" in the subject line of the second email.

ELIGIBILITY: The contest is open to all Saint Mary's students, staff, faculty and alumni.

DEADLINE: All photos are due, with a completed and signed Submission and Release form by **5pm on Friday, Oct. 7, 2011.**

RESOLUTION: Ensure all photos are high resolution, with a minimum of 300 dpi.

ENTRY ALLOWANCE: Photo contest participants may submit a maximum of 3 photo entries into the contest. These photos can fall in any of the contest categories.

QUESTIONS For questions or more information please contact the Coordinator of Science Advising & Outreach:

Courtenay Kyle
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EEK-O-FRIENDLY HALLOWEEN PARTY



Halloween just as much!

Halloween is still a fun time to get together with friends and show off your best costume. Parties in general usually generate a

great deal of waste but there are many ways that can make your Halloween party more Eek-O-Friendly!

Being in university means (for most people) that their trick-or-treating years and behind them but that does not mean that you can't enjoy Hal-

great deal of waste but there are many ways that can make your Halloween party more Eek-O-Friendly!

There are alternative options to buying a new costume every year. Invite everyone over before the night of the party and hold a costume swap. If you have old costumes that are still in good condition why not pass them along. Another option is making your own costume with things you can find around your home, there are many ideas for DIY costumes on the internet—get creative! You can always rent a costume or look at second-hand shops.

For the party its self there are many little things you can do. Create your own decorations and save them for next year. Provide reusable cups for the night instead of using disposable ones. If there are going to be bottled beverages recycle them or bring them to the bottle depot where you can get some money back for taking them in If you are making treats for the night use local or organic foods.



Events

October 2nd—SMU Runs for the Cure ([More Information](#))

October 6th—Atlantic Canada launch of the National Conversation on Asia ([More Info](#))

October 6th—Celebration of Harvest (For more information please see page 4)

October 16th—IDS Seminar - Women's Human Rights and Development: An NGO Perspective ([More Info](#))

October 21st—IDS Seminar - The Developmental Implications of Nanotechnology

October 28th—IDS Seminar - The Geopolitics of War and Development in the Middle East

Aramark Farm-To-Table: Pumpkins

ARAMARK Farm-to-Table: Pumpkins

Pumpkins – what other vegetable can be eaten, carved into a creepy Halloween decoration, complete a straw person, *and* be used as a racing vehicle?

Pumpkins are native to North America and are grown across the country. They are members of the gourd family, which also includes melons, watermelons, and squash.

The largest pumpkin on record weighed 1810.5 lb; it was grown by a man in Wisconsin in 2010. To see some giant pumpkins in action, check out the Annual Pumpkin Regatta in Windsor, N.S. where hollowed out pumpkins are raced across a lake each October or check out the Pumpkin People Festival in the Annapolis Valley!

When buying a pumpkin, look for one that is even coloured and feels heavy for its size. There should be no cracks or soft spots. Whole pumpkins can be stored in a cool, dry place for around a month; cut portions will last about 5 days in the fridge.

It's easy to cook pumpkin – just wash it and cut it in half, then remove the seeds and fibers before baking it, cut side down. It will take around an hour at about 325°F to bake through. When it's tender, just scrape the pumpkin out of the skin. You can then put it through a strainer or processor to get a smoother texture. You can also cook pumpkin in a microwave or steamer, using the same general method.

Pumpkins are a fat-free, sodium-free source of vitamins A and C, folate, potassium, and iron. Not only that, but they taste great! Try the recipe below for a tasty treat.

Apple Pumpkin Muffins (Yield: 1 ½ dozen)

Ingredients

2 1/2 cups all-purpose flour	Streusel topping:
2 cups sugar	1/4 cup sugar
1 tablespoon pumpkin pie spice	2 tablespoons all-purpose flour
1 teaspoon baking soda	1/2 teaspoon ground cinnamon
2 eggs	4 teaspoons cold butter or margarine
1 cup canned or cooked pumpkin	
1/2 cup vegetable oil	
2 cups finely chopped peeled apples	

Directions

1. In a bowl, combine the first five ingredients. In another bowl, combine the eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill paper-lined muffin cups two-thirds full. In a small bowl, combine sugar, flour and cinnamon. Cut in butter until crumbly. Sprinkle over batter.

2. Bake at 350 degrees for 35-40 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks. (Recipe from: www.allrecipes.com)



Pumpkin carving can also provide a night full of fun and laughs!

Take the Pledge!



Celebration of Harvest

The Nova Scotia Federation of Agriculture and FEED NOVA SCOTIA would like to cordially invite you to the Celebration of Harvest event. This event will take place 6:30pm, Thursday, October 6th at StoneRidge Fellowship Church, 85 Temple Terrace, Lower Sackville (Just off exit 4C)

This is an ecumenical service with music, fellowship and prayers of thanksgiving held to celebrate living in Nova Scotia and the bounty our farm community has to offer. A freewill offering in support of FEED NOVA SCOTIA will be collected as part of the service.



Butt Out! The Environmental Impacts of Smoking

While we all have heard of the health risks associated with smoking we rarely hear of the environmental impacts it can have.

In the past few years different organizations have been holding shore line clean ups and the item that is found the most is cigarette butts! According to cigarettelitter.org trillions of cigarette butts are littered each year!

The problem with butts is that many people do not see them as litter. Most people think that the filters on the end of the cigarette are cotton and therefore biodegradable. This is not the case. The filter is actually made up of plastics that make it very hard to break down.

In San Francisco they have considered putting a tax on cigarettes to help offset the cost to the city for cleaning them up.

When a cigarette is smoked the filter is used to screen out some of the harmful toxins. When butts get thrown on the ground these toxins can leech into the ground and into our water.



While litter is an issue it is not the most shocking when it come to cigarettes. In Malawi around 20% of deforestation is caused by tobacco production. Tobacco as a crop need more potassium to grow, because tobacco uses more potassium it leaves

the soil in poor condition for other crops. Tobacco is very sensitive so when it is being grown it requires the use of pesticides to ensure that it stays disease free.

Each year there is also 600 million trees destroyed for cigarette production. Some of the destroyed trees will be made into paper, modern cigarette manufactures use more than six kilometers of paper an hour!

We ask that next time you light up think not only about the health risks but also about the environmental impact.

Sources: <http://oas.samhsa.gov/2k3/cigs/cigs.htm>, http://www.treehugger.com/files/2007/02/smoking_environ.php