



## SUMMER IS THE MOST IMPORTANT TIME TO KEEP DUST DOWN

Now that doors and windows are open and you're coming and going from outdoors, make sure to keep dust down in your home and yard to prevent exposure to lead. Here are some great lawn care tips that can help make a difference!

### TIPS FOR GREENING YOUR LAWN

Now is the season to Green your Lawn! This keeps your lawn healthy so it can survive a hot dry summer. Better ground cover helps keep dust down and reduces lead exposure.

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#### WATER & MOW WHEN IT'S COOL OUT

Mow your lawn during the coolest part of the day – it's not just nicer for you, it's better for your lawn. Water in the early morning or late evening – this is good for your lawn and conserves water.

#### SET YOUR MOWER BLADE HIGH

Cut your grass longer by setting your mower blade high. Set the height of the mower wheel at least 1-2 settings above the middle position. Keeping the grass longer protects the roots from the extreme heat of the summer sun.

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#### DON'T WATER TOO MUCH

Beware of overwatering! Your lawn only needs about **1 to 1.5 inches** of water a week; it needs to get a bit thirsty to make deep roots. As a rule of thumb, water once a week for an hour or twice a week for 30 minutes. For best results, you can measure the water and then set your hose on a water timer. Put a small container (e.g. cat food tin) or rain gauge in the middle of the lawn and note the time it takes to fill 1-1.5 inches. Then set your timer (approx. \$20 at the hardware store).

*More lawn care tips on Page 4*

**DID YOU KNOW?** Our Program offers free yard and garden soil sampling to residents of Trail and Rivervale. Pop by the Community Program Office to get on the list for testing: **1319 Bay Avenue, Trail, BC, or call (250) 368-3256 for more information.**



## IMPROVING AIR QUALITY AT TECK TRAIL OPERATIONS

Teck Trail Operations has been hard at work with air quality improvement projects. The focus has been on reducing fugitive dust emissions, which provides the greatest opportunity to continue reducing the level of metals in the community's air.

The program is showing results: in 2017, we achieved the lowest ever annual average for lead in community air and met the THEC 2018 Air Quality goals a year early.

Key to this achievement was the \$40 million Smelter Recycle Building which encloses mixing and storage of process feed materials and greatly reduces dust from been blown offsite. There has also been a concerted focus on reducing dust escaping from buildings, improving road washing and sweeping, and covering storage piles onsite.

The next major project in the Fugitive Dust Reduction Program is completion of a wind fence around the perimeter of the Roaster Feed pad (pictured). The fence is 10 meters high, 250 meters long and will cost \$1.9 million. The fence will reduce dust from being blown out of the area where concentrates are mixed; this will help reduce metals in the community's air.



## MEET GORD DEROSA, COMMUNITY MEMBER ON THE THEC

Gord DeRosa needs no introduction: he has been dedicated to health and environmental issues in Trail for over 30 years and is the longest standing member of the Trail Area Health & Environment Committee.

In 1987, Gord was asked by Mayor Marc Marcolin to head up the first City of Trail collaborative committee to address the effects of lead in the community. That group oversaw the first children's lead testing clinic in 1989 and created the partnership between the community, industry and government that has been Trail's model for improving health and the environment ever since.

Gord wasn't the only community member to make a difference. Over the years, dozens of dedicated volunteers have played an active role. In 1989, twelve local mothers were critically instrumental in getting parents to bring their children to the first community-wide clinic testing children's lead levels. The 1989 clinic participation rate was outstanding and it still is today; most years we have about 75% participation in the children's lead clinic.

Gord says: "Our health and environment program has been successful all these years thanks to many community volunteers. We can't thank them enough. I got involved at the beginning thanks to Mayor Marc Marcolin. Marc had a vision for how Trail could be a leader in health and environment for an industrial community. That was the start: today, we've seen record improvements and we're not stopping! I'd like to see more community members get involved; they are the backbone!"



**"It's all about healthy and prosperous families"**



## RECIPE FOR A HAPPY HEALTHY SUMMER

Summer is a great time to enjoy a cool drink. Children need to eat healthy foods – three meals and 2-3 snacks spaced throughout each day. This green smoothie is high in Vitamin C, iron, and calcium, nutrients that help protect children from absorbing lead.

### Green Smoothie

**Ingredients:** 3/4 cup of 100% orange juice + 2 cups of raw spinach leaves + 1 frozen banana or 1/2 a frozen banana & 1/2 cup frozen mango + a 1/2 cup yogurt.

**Directions:** Place ingredients in blender and blend on high until fully mixed together. You can freeze leftovers in a popsicle mold. Another summer treat!

Please let us know how you like this recipe or if you invent your own tasty variation. Contact us at [programs@thep.ca](mailto:programs@thep.ca) with your feedback.



## FAMILY ACTION NETWORK STARTS EXCITING NEW PROJECT

The Family Action Network is pleased to announce the launch of a new project to improve developmental outcomes for pre-school aged children across our region. The two-year project is funded by the Vancouver Foundation and Columbia Basin Trust, and is a partnership with UBC's Human Early Learning Partnership.



The project starts in July by letting parents of toddlers know the importance of checking children's developmental milestones when they are around 16 to 20 months of age. The project also offers more opportunities for families to get the developmental check-ups.

"Eighteen months is a great time to check children's development." Says FAN Executive Director Christy Anderson "By this time, many children are walking and talking and able to demonstrate a wide range of skills including fine motor and problem-solving abilities."

By checking children's development at this stage, parents can get immediate feedback about their children, discuss any concerns, celebrate their children's growth and, if needed, get referrals to community supports to help their children thrive fully.

Through the partnership with UBC's Human Early Learning Partnership, local families will be invited to participate in the Toddler Development Instrument, which gives a detailed look at the factors influencing a child's development at 18 months. All families participating in developmental check-ups with their children will be offered an honorarium.

**For more information about the project please contact Christy Anderson at 1-855-368-3707 or visit [www.familyactionnetwork.ca](http://www.familyactionnetwork.ca)**



# THIS SUMMER VISIT US AT THE FAMILY ZONE

at the Trail Market on the Esplanade  
Wednesdays, July 11 & August 8  
from 4 to 8pm.



## MORE TIPS FOR A HEALTHY LAWN

**4 Sharpen your Mower Blade** - Get your mower blade sharpened or do it yourself. A dull mower blade can tear grass and increase risk for lawn diseases.

**5 Aerate your Lawn** - With a pitchfork or handheld spike aerator, poke small holes in your lawn 2 to 4 inches deep and spaced about 6 inches apart to allow air, water and nutrients to reach the soil beneath the grass. This promotes strong growth, good drainage, healthy roots and less compacted soil. You could get a lawn care specialist to do it for you. Water your lawn afterwards. This should be done at least once a year.

**6 Seed Bare Areas** - Improve your lawn by replacing dying grass and filling in bare spots. Sprinkle seeds over the bare patch and cover with 1/2" of soil or compost. You might want to mark off the area to keep people and pets out. Water for a short time each day to keep the seeds moist until the new growth is well established (up to a month). Seeding is best done in spring or fall to give the seeds a month of cool weather.

### QUESTION:

What does it mean when my grass turns brown in the hottest part of summer?

### ANSWER:

Some lawn grasses, such as fescue and bluegrass, can cope with a hot dry summer. They go dormant - turn brown and look dead - as a stress response. To help your lawn survive a long hot summer, follow the Greening Your Lawn Tips. This gives your lawn a healthy, deep root system. As much as you can, keep off the lawn when it's dry and brown. With healthy roots, your lawn will bounce back when cooler weather comes!