



Salmon Chums News

JANUARY, 2012

Dogs 4 Salmon

There are few things as joyful as walking your canine companion in a beautiful environment, whether it be a grassy field, a forest, or along the banks of a stream or river.

Unfortunately, all the fun your dog may be having chasing a stick near or on a riverbank may be deadly for salmon. Adult salmon can be disturbed from spawning, and/or the eggs they deposit in the gravel can be torn up and washed away. The threat is most severe when water levels are low, making escape harder for the salmon.

But there is good news!

Your dog can actually act on behalf of salmon, with your help. When you walk your dog alongside a stream or river, you can be the eyes and ears for the salmon. Look out for:

- Cement trucks, carpet cleaners, or dry cleaners dumping any suspicious waste

- Any water colour or smell that doesn't seem normal or healthy
- Anyone harming salmon, whether through poaching or using unauthorized stream flow diversions

If you see anything that is of concern, call the Fisheries and Oceans Canada 'Observe, Record, Report' hotline phone number - 1-800-465-4336 or 604-666-3500.



And help your dog be good to salmon:

- Poop and scoop! Clean up after them in natural areas
- Keep them from chasing birds and wildlife

- Learn which areas to avoid walking your dog based on the presence of salmon spawning, hatching, or salmon fry being too young to avoid danger
- Don't allow your dog to create streamside erosion or stir up mud in the stream-sediment in the water can harm salmon and cover clean gravel., making it unusable for spawning
- Learn about the seasonal use of the stream by fish, and when there are eggs in the gravel during certain times of the year:

Chum: October to May

Coho: October to February , once the eggs hatch, the salmon stay in the creek for one year before they migrate to the ocean

Cutthroat and Steelhead: Up to May

Many trout and other species reside in streams year-round

Male Pregnancy?



Laundry Detergents are some of the harshest household products. Many contain estrogen mimicking chemicals, that can block the action of male hormones, altering how

male animals develop. Such chemicals were to blame for a 2004 outbreak of egg-bearing male fish in the Potomac River. These chemicals are not good for humans either. When you snuggle into your nice warm freshly-washed comforter tonight, remember, our skin is our largest organ, and it is highly permeable.

You can make your own eco-

friendly laundry detergent out of items that can be found at the grocery store.

Ingredients:

- 1 litre boiling water
- 2 cups grated soap bar
- 2 cups borax
- 2 cups washing soda
- 7 litres warm water

Instructions: Shake before using. Add 1/4 cup to each load of laundry.

Home tips for Healthy Salmon...

- Attend an environmental event in your community. For an events listing visit www.leps.bc.ca
- Set your fridge at 4° C and your freezer at -18° C
- Share a story, recipe or eco living tip
- Pull weeds or use a natural weed killer instead of chemical herbicides
- Hang your clothes rather than using a dryer
- Keep a jug of water in the fridge for drinking
- After washing dishes, use the dirty water in the sink to water plants or your lawn
- Clean your dryer's lint filter after every use
- Don't use the heat dry option on your dishwasher
- Wear your clothes until they're actually dirty before washing them
- Use a rag or dish towel rather than paper towel
- Sweep the driveway rather than pressure washing
- Attend a stewardship group meeting as a new member
- Inflate the tires on your vehicle to the proper pressure
- Remove invasive plants in your yard
- Purchase locally available, seasonal veggies
- Use your reusable coffee mug or water bottle each day
- Spread compost rather than chemical fertilizer on your lawn
- Start or join a car pool
- Ride your bike to run errands or get to work
- Install a low flow fixture on a faucet or shower
- Volunteer at an environmental event
- Wash your car on the lawn or gravel
- Use greener alternatives to commercial cleaning products
- Pull weeds or use a natural weed killer instead of chemical herbicides
- Talk to a friend, family member or neighbour about any item on the list
- Become a vegetarian at least one day per week
- Go Golden! Don't water your lawn during the summer
- Grow your own organic fruit and/or vegetables
- Install a low flow fixture
- Install or use a rain barrel
- Learn what the symbols mean on packaging
- Purchase items that are refurbished online or from a second hand store
- Reduce the amount of waste you produce per week by one garbage bag full
- Reuse single sided paper before recycling it
- Remove invasive plants from your yard
- Run the dishwasher/washing machine ONLY when full
- Turn off lights/TV/computer when finished using

Tissue S'not Very Eco Friendly



How much water can your tissue hold? Try 2.2 litres. That's how much water it takes to manufacture a single facial tissue. Tissues also require energy inputs and are usually made from virgin wood, perhaps from one of Canada's old growth forests. It takes about 5 seconds to give your nose a good blow, and then your tissue is spent, and all those resources are on their way to the landfill. What a waste!

Cotton hankies, on the other hand, use more water and energy to manufacture, but they can be washed and used an average of 520 times. That results in environmental savings that are nothing to snort at. Hankies can be purchased new or used, or fashioned from worn-out clothes. So dry your eyes, your tissue troubles are over!