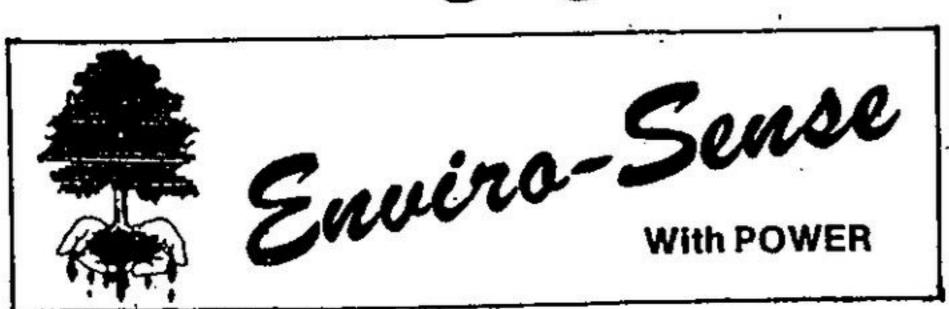
## Habit changing difficult



## By BARBARA HALSALL

Don't Be Discouraged Changing habits can be difficult but don't give up, it can be done.

Take a little thing like bringing my own bags to the store. I have wanted to reuse plastic bags for some time but it has been surprising to me to see just how long it has taken to change. I wuld be at the check out counter and suddenly realize that my grocery bags were at home.

The next stage was when I carried plastic bags in the car trunk. remembered to get them into the store sometimes but more often than nought the bags were left in the trunk. They also got dirty in the trunk. I even bought some of the Loblaws string bags before Christmas and left them at home. I am finally now into a better habit. I keep my bags on the clothes hook in the back of my car. My New Year's resolution is to go back to the car any time that the bags are forgotten, no matter how late I am. If I left my money in the car, I would have to go back for it and now this is a "have to" thing. Lo and behold, it is working. When the bags are emptied they go right back into the car.

That takes care of grocery shopping. For other items I have my P.O.W.E.R. canvas bag.

These are on sale at Elizabeth's Fashions or are available at P.O.W.E.R. meetings for \$7.

Store pay you three cents for each bag that you reuse. If plastic bags wear out you can take them to A and P where there is a special container for bags. They are then sent for recycling into new bags.

Another little problem to be solved is how to reduce the garbage produced in gift giving. This week there is a birthday at my While we have had presents wrapped in the comic strips I really wanted something that looked better. This week I am going to decorate a large box which will be the permanent birthday box for all family birthdays from now until it falls apart. Think of the wrapping paper and boxes that would otherwise be wasted.

I would like to ask readers who have come up with creative ideas on how to reduce waste or protect the environment to share those ideas with us. We shouldn't all have to reinvent the wheel.

Write a short note to Enviro-Sense c/o The Herald.

Let's share ideas and keep trying to change our habits. We can make a difference!

Next P.O.W.E.R. General Meeting is Wednesday, January 23rd, 8 p.m. at Limehouse School.



New P.O.W.E.R. executive

The citizens group Protect Our Water and Environmental Resources (P.O.W.E.R.) begins 1991 with a newly elected board of directors and a change in officers. Pictured above is the new executive. Back row: (left to right) Ken McGregor (Vice President), Fraser Robin, Doug Young, Linda Noble, David Noble. Middle row: Ruth French (Past President). Francine McGregor, Chris

Rumley. Seated: Marjorie Kirkwood (Treasurer), Barbara Halsall (President), Donna Robin (Secretary). Absent for photo: Nigel Pettipher and John Minns. POWER's next General Meeting is Wednesday, January 23rd, 8 p.m., Limehouse School. All are welcome to attend, (Photo submit-

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## Focus on Forests

Focus on Forests, MNR's forestry education program, works - just ask John Crozier.

"You never look at a tree the same again," said Crozier, a teacher with the Wentworth County Board of Education. "I gained new respect for trees that I feel I can pass on to my students," he said at a Focus on Forests program workshop.

Launched last November by the ministry, Focus on Forests is hands-on learning program designed and written by teachers, with input from government and industry forestry expets - a co-operative effort which has earned the program accolades. The projects shows students in primary/junior and intermediate/senior grades that forests provide not only wood products, but also wildlife habitat, environmental benefits, a livelihood for communities and recreational opportunities.

Before school started this fall, 30 Wentworth County teachers attended a Focus on Forests workshop in Hamilton. They learned how to use activities,

songs and presentations to bring forestry and environmental awareness into their classrooms.

"Science is the way to teach kids to think," commented Jackie Aird, a first-grade teacher.

"I love five and six-year-olds. They're little scientists. They love to touch bugs and investigate. They don't really have any idea that forests can disappear, but this is the time to teach

Toni Frisby, MNR's forest education co-ordinator, says 2,000 teachers already are using the program.

"We're interested in making the program available to all teachers in the province and we're also targeting groups such as the Boy Scouts and Girl Guides," Frisby said.

Modelled after MNR's highly successful Project WILD, which educates students about animals and their habitat, Focus on Forests depends on teacher support to succeed.

Program leaders - who are ministry staff, resource specialists, or selected teachers undergo three days of intensive training at centres across Ontario to get an understanding of the program. The leaders then conduct the six-hour workshops that teachers must take before they can receive the workbooks for their classrooms.

The peer-teaching approach gives groups a chance to try out activities before taking them into the classroom. Two manuals one each for the primary/junior and intermediate/senior grades outline activities that expand students' awareness of forest management and the role trees play in providing wood products, jobs, wildlife habitat, recreational opportunities and healthy air and water.

Educators interested in attending a Focus on Forests workshop should contact their local MNR district office or call Toni Frisby at (705) 945-6725, or write her at MNR's Forest Resources Group, 258 Queen Street East, Sault Ste. Marie, Ontario P6A 5N5.

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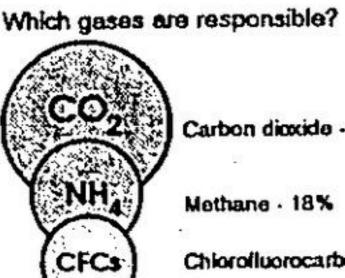
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