

Happy New Years friends! I hope you had an amazing break full of smiles and fun! I also hope you are all ready to get back to your worms they definitely missed you! Just as a reminder here are some ways we can guarantee our Red Wiggler friends are happy and healthy!

Don't add water into your worm bin unnecessarily.

Unless a large portion of the bin is dry don't add water. Worms like having their environments damp, like a wrung out sponge.

Remember to "fluff" their bedding every week.

This will make the bedding all nice and airy which helps them breath. This also makes it easier for them to get to the food you leave them and eat it.

Make sure your worm bin is in an area where its not too cold and not too warm.

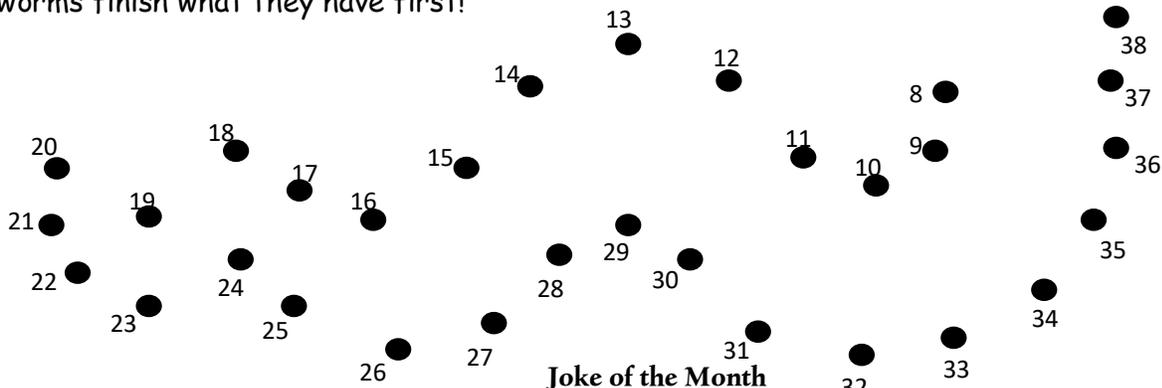
Just like all of us, our wiggly friends don't like being too hot or cold so avoid placing the bin in direct sunlight, over a vent, or near an air conditioning unit.

Try to limit the amount of acidic foods you add to your bin.

Adding acids will lower the pH of your bin which can cause problems for the worms. We want to keep the pH as neutral as

Make sure to only feed the worms the food that they like and don't over feed them.

Red wigglers aren't very picky when it comes to food and by now you should be figuring out what foods your worms do and do not like. Some food, like bread and meat, will attract unwanted pests or make your bin smell really bad so do your best to avoid those. If a week has passed and you go to feed your worms and you see a lot of food left don't add more food, let your worms finish what they have first!



Joke of the Month

What is a glow worms favourite Disney song?

Let it Glow

FUN FACT!

Did you know when it gets cold out a worms body temperature starts to slow and they become sluggish. So they will make burrows, sometimes 6 feet deep, underground and make a pocket of air around themselves. To make sure they stay warm the worms will fashion a nice toasty blanket out of mucus and wrap themselves in it, much like we do in bed, and hibernate until the soil temperature rises to where they like it again, which is between 15°C and 26°C!



Connect the dots to reveal a friend!

Send any questions, art or inquiries to:

The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6

Ph: 250-561-7327 or email: thewormlady@reaps.org

REAPS READER



Have you helped the environment today?

With New Years comes New Years resolutions. Lots of people are wanting to better themselves but this year lets also make some resolutions to better our home and planet too. When thinking of green resolutions we have to keep in mind that your goal has to be reasonable for you, just doing your best and being mindful of not only what you waste but your consumption as well helps a lot!

Here are few ideas and tips to make this new year green.

Important Dates to Remember

Jan 1: New Years Day

Jan 1: Go Green Resolutions

Jan: Braille Literacy Month

1. Move through one room of your house at a time, like your kitchen or bathroom. Its a lot easier to start with one room over your whole house. Focus on reducing waste, DIYing some things, reducing your plastic, and reducing the amount of unnecessary items you have in that room.

2. Shop local. Whether you are shopping for groceries or personal items look for any local business, farmers markets, etc. Buying from local businesses not only supports the community directly it also reduces emissions from shipping as these businesses grow their own produce or make their own products.

3. Start buying second hand more often. Buying new is nice but can be expensive. Going to places like thrift shops or garage sales for second hand items before purchasing new. This not only allows us to purchase products for less money but it also prevents these items from going into landfills.

4. Start Composting! A good goal to have is to start a compost heap. Composting is a great way to reduce the amount of waste you send to the landfill as you take lots of your food waste and compost it!

5. Learning about the environment is very important. If you set up your resolution to be researching about what is happening environmentally on this earth it also helps. Being mindful and educated about what you can do to help better our planet is just as important!

Did you Know:

January is Braille Literacy month! If you don't know braille is to a blind or visually impaired person what print is to a sighted person. I'm sure you have all come in contact with braille at some point in your lives whether it was in an elevator, on a sign, or restaurant menus.

Braille is a very cool language, all letter and numbers are comprised of a different combination of 6 raised dots that the visually impaired or blind read with their fingers!



BRILLE Alphabet

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	
.	,	?	!	'	-	CAPITAL	#	0
1	2	3	4	5	6	7	8	9

© CanStockPhoto.com - csp15841291

Save the planet

G B G W E J S J S B Q H R H U D E E V B W E C G
 V R V N D A N G E R L N P F G T C N J E R W H N
 C B S K F W X N I V N N A R X C A A A J C E F I
 Y H M V I M O F K C I V Z T X F E E T G U G W L
 T L O A X P Z F L U E V M Q U E P U H O G N W C
 X S K B Y G M W G P X C L D I R N Y D V T A N Y
 Z O E K Y Q T N U K M M A O P T E O Y Z R H F C
 X D O O L F E U J Z A K O P T C E T O R P C H E
 G E H H N P X D J I D Q J U I C R Y O G K E T R
 U L S A V E T H E P L A N E T Y G K I F J T R B
 M C B D P J H T N E M N O R I V N E A Y T A A M
 U Y K N P E A Q Z I K D I D E Q G C A S Z M F E
 N C N F Q M H H H I D R O U G H T A D J Y I F T
 O E R X I R N O I T A T S E R O F E D U U L I S
 I R G L I V M R M E N A C I R R U H K O M C C Y
 T S C P Q K B B E N D J N Y X S X G N V S M J S
 U K U G S V F W K P B G Q P R E S E R V E Y A O
 L G U U T S V O L U W P H Y T S X Q K S U F M C
 L O H H O C M E T U L L O P H B X K D Q R L T E
 O J F O R K U E N D A N G E R E D S P E C I E S
 P O C G M G R E E N H O U S E E F F E C T V B E
 Y B Y C G E E L B A N I A T S U S C S O D L P U
 U T N R N O I T A C I F I T R E S E D E M T M E
 G L B Z Y J A G N I M R A W L A B O L G V F B B

greenpeace	wwf	deforestation	desertification
protect	ecosystem	penguin	sustainable
nature	save the planet	danger	preserve
storm	pollution	pollute	recycling
hurricane	factory	smoke	ice cap
greenhouse effect	endangered species	traffic jam	flood
drought	climate change	climate	global warming
environment	recycle		

In partnership with RFFFG and Science World's Scientist and Innovators in the School (SIS) program, REAPS school programs are supported by the RFFFG and the province of British Columbia