



SaskWatch

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How To Really Help Fight Global Warming

by Dylan Stansfield

Statistically speaking, many consumers consider sustainability when making purchases. A recent Morgan Stanley survey found that over half of respondents found ethical credentials somewhat or very important when selecting a retailer. Other findings indicate that younger consumers generally value sustainability more than older ones, and that consumers care more about environmental impact now than they did in 2010.

On a more tangible level, the sheer number of consumer items, from detergent to lightbulbs, clamouring for your environmentally-conscious dollar in the marketplace, indicates that businesses are responding to a consumer demand.

This is good news in that it seems consumers are (generally speaking) willing to take ownership for the effects their choices have on the environment ~ and how consumers choose to spend their money will affect how businesses choose to conduct themselves. However, this good news provides little comfort when one considers how little the average consumer contributes to global greenhouse gas emissions.

The 2017 Carbon Majors Report, released by CDP Worldwide, estimates that just 100 companies (mostly fossil fuel producers) account for over 70% of worldwide greenhouse gas emissions since 1988. Closer to home, Environment and Climate Change Canada



“100 companies ~ mostly fossil fuel producers ~ account for over 70% of worldwide greenhouse gas emissions”

reports that our country’s total greenhouse gas emissions have risen since 1990. While the interim has seen a burgeoning public interest in renewable energy sources, and the rise in environmentally conscious consumer products, it’s been offset by a 26% increase in emissions from Canada’s oil and gas sector.

The reality is that while it’s important for all of us to hold ourselves accountable for our own ecological footprint, it’s arguably more important to hold the world around us to the same standard. Don’t misunderstand; it’d be great if every Canadian consumer switched to energy-efficient lighting and brought their own bags to the supermarket. It just won’t make much difference in the greater scheme of things.

If you’re starting to feel disheartened ~ don’t worry. This

doesn’t mean there aren’t ways you can help fight global warming. You have a way to let your voice be heard ~ you just have to try a little harder. Vote with your money. Don’t buy from or invest in companies that aren’t committed to fighting climate change. If you’re not sure who those are, the 100 companies listed in the previously-mentioned Carbon Majors Report are a good place to start.

Vote with your ballot, too. Demand that your local politicians establish a clear and sustainable environmental platform, regardless of their political affiliation. Actually, go out on election day and vote for candidates who make the environment a priority (not voting at all helps nothing). This is a realistic and effective way to pressure the businesses and politicians in power to adapt to the realities of our beleaguered planet. *(continued pg 2)*

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From the Office ...

Fall is a season of transition. Summer ends, the days get colder and shorter, school begins, and the Consumer Association of Saskatchewan digs in after our Annual General Meeting to prepare for another year of projects and advocacy.

Coming up, we will be exhibiting at the Spotlight on Seniors trade show on October 3rd, 2017, at TCU Place in Saskatoon from 9am until 3pm. We'll have free issues of SaskWatch, consumer protection resources, and maybe even some treats for anyone stopping by for a chat. It's a fantastic event every year. We hope to see you then!

Fall is also going to see the end

stages of development on our Food Price Comparison Survey initiative, which hopes to compare store prices on basic grocery staples across grocery stores in Saskatoon. While we're still working out the finer points, we're happy to hear from any potential volunteers with ideas that could help us develop this project further. Our office is always just a phone call or email away!

While the sun may be putting in less time these days, we here at CASK are working away, same as ever. Check out our facebook page for the latest in Saskatchewan consumer news and don't forget to come see us at TCU place on October 3rd!
Dylan Stansfield

The Canadian Anti-Fraud Centre

The Canadian Anti-Fraud Centre (CAFC) is Canada's national anti-fraud call centre and fraud data repository. They field more than 300 calls each day from people reporting frauds and log data from more than 25,000 victims each year. The call takers are trained anti-fraud specialists who provide advice on the steps that victims should take to recover lost funds and to protect themselves in the future. They also play a crucial role in educating the public about specific fraudulent telemarketing

pitches and in collecting and disseminating victim evidence, statistics and documentation, all of which are made available to law enforcement agencies.

Check out CAFC's web for a list and description of common scams plus some tips on how to avoid being caught in one.

Reporting a fraud.

Start with your local police agency and then contact the CAFC toll free at: 1.888.495-8501 or go to their web: antifraudcentre.com.

continued ... **How to Really Help Fight Global Warming**

Businesses need customers and investors, politicians need votes. By all means, make an effort to buy green products and to consume less overall, but let these actions serve to remind you of an overall commitment to halting the ongoing damage we're doing to our planet. The most effective action you can take to help the planet is to pressure those in power to do the right thing.

Sources: morganstanley.com, theguardian.com, ec.gc.ca, Carbon Majors Report

SeniorBusters Program

Seniors are targeted and victimized by fraud for many reasons: loneliness, lack of family support, age vulnerability and for health-related reasons such as Alzheimer's. They are particularly susceptible to fraud schemes because their generation tends to be more trusting and less likely to end conversations.

Fraudulent telemarketers direct 60 to 80 percent of their calls to senior citizens. They build relationships with them and gain their trust before victimizing them.

Ruined family lives, great financial losses and even suicides have resulted from this brutal crime against the elderly.

Staff at the Canadian Anti-Fraud Centre (CAFC) found that they had neither the time nor the resources to follow up with victimized seniors so the Centre decided



to enlist volunteer seniors to help.

SeniorBusters was officially launched in 1997 and has grown to a group of about 60 active volunteers. *SeniorBusters* volunteers

help prevent financial elder abuse, investment scams, telemarketing fraud and identity theft targeted toward seniors by educating seniors, providing emotional and moral support and ensuring that seniors have a place to turn if they need assistance.

They will contact family members, local police agencies, elder abuse committees, and other support agencies to provide seniors with the necessary tools to effectively fight this crime.

SeniorBusters is clearly a successful and effective long-term strategy in reducing the number of seniors victimized by fraud.

Anyone who has been the victim of telemarketing fraud or is currently being targeted, contact CAFC.

Phone: 1.888.495-8501

Email: info@antifraudcentre.ca

SeniorBusters was honoured to receive the RCMP Commissioner's Volunteer Award in recognition of their dedication of service and support for the Canadian Anti-Fraud Centre.

Margaret Atwood's *The Handmaid's Tale* Wins Big at the Emmys!



Canadian icon, Margaret Atwood, received a standing ovation as she closed out the 2017 Emmys with *The Handmaid's Tale* winning Outstanding Drama Series.

It was a significant night for Atwood, 77, with *The Handmaid's Tale* winning multiple awards across the show's seven nomina-

tions including Elisabeth Moss' Outstanding Lead Actress in a Drama Series, Outstanding Directing for a Drama Series, Outstanding Writing for a Drama Series, and Ann Dowd's Outstanding Supporting Actress in a Drama Series.

The Handmaid's Tale television drama series, based on Atwood's 1985 dystopian novel of the same name, tells the story of life in a totalitarian America that is facing environmental disasters and a plunging birthrate. The community of Gilead is ruled by a twisted fundamentalist regime that treats women as property of the state.

Moss stars as Offred, separated from her family and relegated to a Handmaid in the Commander's household, where she's forced into sexual servitude as a desperate attempt to repopulate the devastated world.

Atwood said: "Never believe it could never happen here... Nothing went into the book that people hadn't done at some point in time, at some place. In a way you can say the Handmaids have escaped. They're out there, and they're coming to you again in Season 2."

(sources: etcanada.com; deadline.com)

Hollywood Filmmaker Opening Organic Pea Plant in Saskatchewan

Hollywood Director and Oscar Winner, James Cameron, and his wife, Suzy Amis Cameron, are investing in an organic pea processing plant in Vanscoy, Saskatchewan and recently announced the formation of Verdient Foods Inc. Once fully operational, the 160,000 metric-ton facility will become the largest organic pea protein facility in North America. The Camerons have entered into a research contract with Saskatchewan Food Industry Development Centre to develop value-added organic food products that will be produced by Canadian and global companies using ingredients from Verdient Foods. They will also be working with the University of Saskatchewan and the Whitecap Dakota First Nation. In addition, Verdient Foods will work with Saskatchewan farmers in a mentorship program to help keep younger generations of Canadian farmers engaged in organic farming. Suzy added that it was the couple's mission to help the world eat healthy food grown by organic farmers. "Jim and I are thrilled to work with Saskatchewan experts at the Food Centre, the University of Saskatchewan, and the Whitecap Dakota First Nation, all of whom have long been supporters of the mission to bring healthy food to all," she said. James Cameron is a Canadian-born filmmaker behind the blockbuster movies *Titanic*, *Avatar*, *Terminator* and *Aliens*. Suzy Amis Cameron is an environmental advocate and former actor. (organicbiz.ca, cbc.ca)

Kitchen Faucets & Raw Meat.

It's very important to prepare food safely to help stop harmful bacteria from spreading and growing. Typically people wash their hands after handling raw meat, but they often touch their faucet to turn on the water and don't think about the bacteria that they leave there. If you're working with any raw meat, not only do you have to wash your hands, you have to thoroughly sanitize anything that meat comes in contact with. Otherwise, you'll risk contaminating everything else in your kitchen. When you touch raw meat, any bacteria lurking on the meat can stick to your skin. Then when you grab your knife, wipe your hands on the towel, or reach over and turn on your faucet, all of those surfaces will also become contaminated.

What is Spaghetti?

Spaghetti is a long, thin, cylindrical, solid pasta. Spaghetti is an Italian word that literally means "little twines." It is a very popular form (maybe the most popular form) of Italian pasta. "Pasta" is simply the Italian word for "paste" and refers to shaped dough made from semolina flour and water that is then cooked in a pot of boiling water. Spaghetti, then, is pasta that is shaped into long, thin, round strands that look kind of like little twines. Where was this delicious stuff invented? Invented in China, some say that Marco Polo brought the idea with him to Italy. However, others claim that spaghetti is from Ancient Greece. Tomato sauce is the most commonly used spaghetti dressing. The longest spaghetti strand of pasta was achieved by Lawson Inc. in Japan on October 20, 2010 ~ 12,388 feet and 5 inches long.

WD-40 Has Many Uses.

Bumper stickers have super sticky glue, so taking them off usually requires you peeling off some paint. But no longer ~ all you have to do is spray WD-40 on the sticker, wait until it soaks in, then peel it off. More than 60 years after its invention in 1953, WD-40, found in four out of five North American homes, has far more uses than just spraying it on squeaky hinges. It can remove super strong glue from your fingers, clean and soften paint brushes, get ink stains out of leather, remove tar from shoes, remove crayon from walls, carpet and wallpaper, remove tea stains from counter tops, and take ink out of carpets. It can also loosen burrs and thistles from dogs and horses, remove a ring stuck on your finger, and even keep pigeons off your window ledges (they hate the smell). Go online for many more uses.

Remove Rust with Coca Cola.

One of the best ways to get rust out of anything – your car, your bike, a metal bar, a suspension bridge – is to spray regular cola on it. This is due to the fact that cola has a lot of acid in it which is great for breaking down rust. All you need to do is spray it, wait, and wipe off the rusty part (in some cases a bit of elbow grease is required). It is a bit disconcerting, however, that we are putting this rust destroying acid into our bodies on a regular basis.

Seniors' Information Line:**1.888.823-2211**

The Saskatchewan Seniors Mechanism (SSM) is a non-profit, volunteer organization that acts as an umbrella to bring together Saskatchewan seniors' organizations to contribute to a better quality of life for our province's older adults. SSM operates a Seniors' Information Line (1.888.823-2211) to provide information and assistance on a variety of issues, including: financial abuse, mental and physical abuse, scams, health, recreation, fear of youths, and so forth. All calls are answered by people able to access information on the computer immediately (province wide) or refer individuals to the proper channels. This line has also become a stress line for individuals. Information is also available on their website at: www.skseniormechanism.ca/

Recycle Your Writing Instruments.

TerraCycle® and Staples Canada have partnered to provide a second life for used writing instruments. Any brand of pens and their caps, mechanical pencils, markers and their caps, highlighters and their caps, and permanent markers and their caps are accepted. You can drop them off at your nearest participating Staples. Once collected, the writing instruments are separated by material composition, then cleaned, shredded, and made into new recycled products. For every writing instrument dropped off at a participating Staples, 2 cents per item will be donated to Earth Day Canada. (terracycle.ca)

Cooking Vegetables.

A general rule of thumb when cooking vegetables is two fold: if the vegetables grow below ground (potatoes, carrots, turnips, etc.) put them in a pot of cool water and then bring it up to a boil. If the vegetables grow above ground, boil the water first, then drop in the vegetables.

i before e: except ...

i before e: except when your feisty foreign neighbour, Keith, leisurely receives eight counterfeit beige sleighs from caffeinated atheist weightlifters. Weird, eh!

FAST Signs of Stroke.

The Heart and Stroke Foundation's national campaign was initiated to help Canadians recognize the signs of stroke and act FAST. Recognizing the signs and acting quickly can mean the difference between life and death, or the difference between a great recovery and a less successful outcome. There are an estimated 62,000 strokes in Canada each year; that's one every nine minutes. FAST is an easy way to remember the major signs of stroke.

Face – is it drooping?

Arms – can you raise them?

Speech - is it slurred or jumbled?

Time – to call 911 right away. Unsure?

Call 911 anyway. Don't wait!

... Did You Know ...

- 100 MILLION plastic bottles are thrown away every day.
- San Francisco has become the first city to ban the sale of plastic bottles.
- It's estimated that every year over 80 BILLION disposable bamboo chopsticks are thrown away.
- BAN the POD. Every coffee you make with a pod will last forever. Make your coffee for real. 13 BILLION pods per year pollute the planet.
- It pays to support local business. If each of us spent \$100 a year more on local businesses instead of chain stores, it would put an extra \$3 million a year into our economy and create thousands more jobs every year.
- Rub vaseline on your car's rubber door seals to keep them from freezing over in winter.
- Wrap a wet paper towel around your beverage and put it in the freezer. In about 15 minutes it will be almost completely ice cold.
- One cup of Bisquick can be substituted by mixing together one cup of flour, 1½ teaspoons of baking powder, ½ teaspoon of salt, and 1 tablespoon of oil or melted butter.
- There are about 4,000 known varieties of potatoes and 5,000 varieties of sweet potatoes grown worldwide in colours that range from white to orange to purple.

The SARCAN Story

SARCAN Recycling provides environmental protection, employment creation and economic development through a province-wide network for recycling beverage containers, paint and electronics. SARCAN was founded in 1988 and initially set up to only recycle beverage containers, then expanded to include end-of-life electronics and paint.

When customers take their beverage containers in for recycling, they receive the refund of the deposit they initially paid at time of purchase. Electronics and paint, however, don't have deposits attached to them, so there's no refund given.

April 1st of this year marked an increase to some of the deposit refund amounts. Tetra/juice boxes and larger plastic and aluminum containers now have up to a \$0.25 cent deposit. Another change is that milk containers are now considered part of the deposit refund program and treated just like other beverage containers in the carton/plastic categories.

To learn more about the ins and outs of recycling at SARCAN, go to: www.sarcana.ca.

Did You Know ...

- SARCAN has 72 recycling centres throughout Saskatchewan, two processing plants, and one administrative office in Saskatoon.
- SARCAN's system for recycling is one of the most efficient and effective in North America, making them a champion of environmental protection.
- SARCAN employs people of all abilities, has a network that employs over 600 staff, and is one of Canada's largest affirmative action employers.
- All materials received by SARCAN are recycled responsibly within North America; nothing is ever shipped overseas or sent to landfills.
- The energy saving from just aluminum cans recycled at SARCAN each year is enough to power every house in the City of Moose Jaw!



Epsom Salt

Epsom salt has been around for centuries and most often used to help relieve joint and muscle pain. Other uses include: curing headaches, itch relief, removing splinters, decreasing swelling, making a foot and face scrub, cleaning your bathroom, and even fertilizing your plants.

Epsom salt (magnesium sulphate) was discovered in 1680 near Epsom, England. It is a natural occurring mineral and a rich source of magnesium and sulphates. A lack of magnesium ~ which helps regulate more than 300 enzymes in the body ~ can contribute to high blood pressure, hyperactivity, heart problems and other health issues, doctors warn. Sulphate is essential for many biological processes, helping to flush toxins from your body and helping form proteins in joints and brain tissue. Many people are magnesi-

um deficient and doctors say it stems largely from the increasing prevalence of processed foods in our diets.

Using Epsom Salt.

Relaxing & Sedating Bath. Soaking in a tub of hot water with a few cups of Epsom salt draws out toxins, reduces swelling, relaxes muscle, and increases your body's levels of magnesium and sulphates (sedatives for the nervous system).



Foot Scrub: Prepare a mixture of olive oil, Epsom salt, and Castile soap. Use a few times a week.

Face Scrub: Add a bit of Epsom salt to your face cream and apply massaging your face with circular motions. Wash it off with warm water.

Clean Your Bathroom: Prepare equal parts of Epsom salt and liquid soap. Use it to clean every part of your bathroom.

Greener Grass: Add 2 tablespoons to 1 gallon of water. Spread on your lawn with a garden sprayer.

Fertilize Your Plants: Add 1 teaspoon per gallon of water, spray on your plants every 1-2 weeks and watch your plants grow greener with higher yields and more bloom.

Netflix Scam on Email

The Better Business Bureau (BBB) says Internet thieves are targeting Netflix subscribers with a new round of phishing scams.

Phishing is the activity of defrauding online account holders of financial information by posing as a legitimate company. It has become a major aspect of criminal activity in recent years with millions of unsuspecting citizens being bilked out of their money.

BBB says the criminals are targeting Netflix users into downloading malicious software that is dis-



guised as “Netflix support software.”

To avoid this scam and others like it: don’t let anyone log into your computer remotely, don’t

send pictures of your ID or credit cards over the Internet, and do not click on any links in these emails.

If it’s a scam, it will most likely have an unusual URL. It will likely contain a common name but be accompanied by jumbled letters or numbers.

Also, look up the real Netflix customer service number and, if it’s a scam, you’ll see that it doesn’t match the scammers’ number.

(Alton Daily news.com,
huffingtonpost.ca)

Library Services for the Print Disabled

It is estimated that approximately 93% of all published material is unavailable to individuals who have a perceptual disability. Perceptual disabilities (commonly known as *print disabilities*) include three broad categories of people who require accessible formats:

Learning Disability: An impairment relating to comprehension

Physical Disability: The inability to hold or manipulate a book

Visual Disability: Severe or total impairment of sight or the inability to focus or move one’s eyes

Saskatchewan Public Libraries are committed to ensuring equitable access to library resources for all residents. Through the National Network for Equitable Library Service (NNELS) and the Centre for Equitable Library Access (CELA), Saskatchewan libraries are able to offer a broad choice of formats including: audio cds, print braille, e-braille, described movies/videos, DAISY discs and downloadable DAISY files, MP3s, PDFs and more.



NNELS is a repository of content owned and sustained by Canadian public libraries, working with international partners, libraries, readers, and publishers (particularly Canadian ones) to make copies of books in accessible formats available to readers in Canada who have print disabilities. www.nnels.ca.

CELA provides Canadians with print disabilities, and the libraries that support them, access to materials in a broad range of reading materials in the accessible format of their choice. They provide their own library of physical items for all ages, to print-disabled patrons of member libraries. You can have these items delivered to your

home, but some are also made available for ordering through their catalogue. www.celalibrary.ca.

Numbers from Statistics Canada suggests that about 10% of Canadians have a print disability which limits people’s ability to read in traditional print format.

While readers and librarians are frequently dismayed by the stark contrast between the abundance of technology and the shortage of accessible content, they are also excited about what changing technology means for access to books.

Currently only about seven percent of published materials are available in formats accessible to people with print disabilities, but with NNELS and CELA, librarians and readers have instant access to thousands of books and the ability to request whatever they cannot find in accessible formats.

For questions or to register, contact your local Branch Librarian. Once registered you’ll have access to NNELS and CELA materials for the print disabled.

Don't Sleep With A Charging Phone

We all know it's not a healthy habit to stay glued to your cell phone at bedtime. But there's another downside besides disrupted sleep cycles. Many of us charge our phones overnight, which causes the battery or charger to heat up and that heat is a fire hazard.

The New Hampshire Fire Department posted a PSA on Facebook this month about the dangers of sleeping with a charging device. If you have a child or teen in your home that likes to snuggle up with their phone or tablet at night, it's time to nip that in the bud.

In the announcement, pictures of scorch marks on bedding demonstrate the very real danger of leaving your phone in bed to charge. Doing so can generate so much heat that it can ignite a fire!

The fire department wrote: *"Research has revealed that 53% of children/teens charge their phone or tablet either on their bed or under their pillow. This can be extremely dangerous. The heat generated cannot dissipate and the charger will become hotter and hotter. The likely result is that the pillow/bed will catch fire. This places the child/teen, as well as everyone else in the home, in great danger."*

In addition to batteries over-



<http://www.myfoxny.com/>

heating on flammable surfaces, there's another fire hazard. The charger itself can catch on fire. Chargers that show signs of fraying, or those that are incompatible with a device, have an increased chance to go up in flames. Those cheap aftermarket chargers, bought online, are even more likely to cause battery overheating, electrocutions, burns or fires. Be sure that the wattage is compatible with your device before purchasing; otherwise, and buy one from a reputable source.

Fire departments around the globe are sharing this photo along with a message about fire safety to

promote awareness among kids and adults. They warn: Don't leave a charging device on soft surfaces like a sofa or bed. Keep your device on a hard surface while charging. Don't use it while it's charging. Replace accessories or other parts that have wear because they can spark and cause a fire.

Because we have so many more electronic devices in our bedrooms these days, taking extra precautions to prevent fires is necessary.

Reprinted from: www.heraldchronicle.com. Sources: Electrical Safety First,

Membership / Subscription

- I'd like a one-year CASK membership (includes a one-year subscription to *SaskWatch*) \$ 25.00
 - I'd like to make a donation of \$ _____ \$ _____
- Total enclosed: \$ _____

Make cheques payable to Consumer Association of Saskatchewan
Send to: #306, 220 3rd Ave. S., Saskatoon, Sask. S7K 1M1

Name: _____
Address: _____

Making a donation will help us continue to advocate for fairness in the marketplace and improve the quality of life for consumers

Expiry date at top of address label