

What's New

Reviews of new products & services
for healthy, sustainable living

Building With Vision - Optimizing & Finding Alternatives to Wood

Part resource guide, part photo essay, this well designed book by Dan Imhoff (Watershed Media, Box 707, Boonville CA 95415) features both great photos and excellent resource material about strategies for building your home without using wood, or at least using certified timber harvested from responsibly managed forests. Intended for anyone — architect, builder, do-it-yourselfer — in the early planning stage of residential construction, the book presents a variety of ecological building solutions, from recycled materials, rammed earth, steam-cured concrete, cob and various types of agricultural fibreboard to adobe and straw-clay. Its purpose is mostly to inspire, rather than to provide comprehensive information about any one alternative. Fortunately, there is a good bibliography for those wanting more detail.



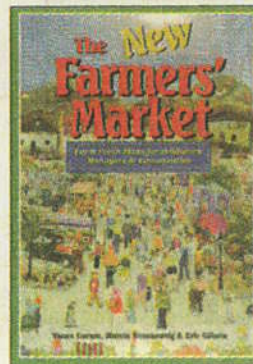
Keep Squirrels Away From Your Bird Feeder

Squirrel Proof Wild Bird Seed is a safe, environmentally friendly and effective way to prevent squirrels from eating from your bird feeder. It is based on the fact that squirrels and other mammals taste the hot sensation of chili peppers, while birds do not. Using seed

coated with capsaicin oleoresin, this spicy formulation soon teaches squirrels and other mammals to look elsewhere for food. The idea originated with cancer researchers at the National Institute of Health, and a portion of revenue from each sale goes to them to continue cancer research. Contact www.squirrelproof.ca or look for it at pet, hardware, birding and chain stores.

The New Farmers' Market – Farm-Fresh Ideas for Producers, Managers and Communities

Farmers, consumers, city planners and ecology-conscious citizens are all sold on the concept of farmers' markets. They help both start-up and established farmers succeed, transform cities by turning empty parking lots into vibrant social and economic centres, and change the way people eat and live. This excellent new book by Vance Corum, Marcie Rosenzweig and Eric Gibson (New World Publishing, 1-11543 Quartz Dr., Auburn CA 95602) is a guide for farmers, market planners and managers. It provides a wealth of advice from three pioneers in establishing markets, on topics like how to decide what to grow and sell, how to display your produce, how to set prices, how to manage and promote the market (including legal information), and how to get community support for a market.



Small Business Thinks Warm

Leave it to a Canadian to think warm! Ottawa-area resident Marta Wood has created a new line of functional fleece accessories that provide simple, pain-reducing solutions to cold temperature problems for people with disabilities, respiratory, circulatory or joint-related illnesses.

The home-based entrepreneur is marketing bedsocks, a leg warmer, a wrist warmer, slippers, a head band and face mask under the trademark Woodhoodz Suitabilities.

Wood's new business began — like all successful enterprises — out of personal need. She designed and made her first face mask because her baby got a touch of frostbite on her cheek. Worrying about the safety hazards of scarves and loops wrapped around children's necks, she designed face protection for her that is so unique Wood filed a patent application on it.

One thing led to another and she was approached by someone with severe environmental illnesses who asked her to make them something that would help them breathe easier in the cold. It became the FacEssential Mask™. During the Ice Storm of 98 her feet froze, so she designed the Outbacks™, which, in addition to keeping feet warm, are ideal for people with limited dexterity and mobility because the velcro back opens fully and closes on either side.

Woodhoodz Suitabilities products have attracted the interest of organizations like the Canadian Paraplegic Association, the Lung Association, the Asthma Society, the Active Living Alliance, the Arthritis Society and the Diabetes Association. They are currently being test marketed by Shopper's Home Health Care, a division of Shoppers Drug Mart and are available in selected stores. They are also available directly from Woodhoodz Suitabilities at (613) 838-2330 or woodhoodz@suitabilities.com.

