



# How to Make Gardening Part of Your Long-Term Wellness Plan

By Jennifer McGregor

AS PEOPLE REALIZE THE IMPORTANCE OF improving and maintaining physical and mental health, it is commonplace to see gardens of all varieties around the country. People want organic produce, and they want to know exactly where it grows. They also want to spend more time in nature tending to their plants. Regardless of whether gardening already plays a role in your life or if you are new to gardening, you should know how to make it part of your long-term wellness plan.

## 1. Consider Gardening a Form of Exercise

Sometimes, we wish that everyday tasks equate to spending a few hours at the gym. Well, gardeners are in luck. Between hauling mulch and digging holds, you stretch and improve your physical health by being more active and building muscle. You also invigorate your senses and improve your overall well-being by actively gardening outdoors in the fresh air and sunshine.

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# Executive Director's Message

By *Duncan M. Stokes*

**IT'S BEEN A LONG WINTER...**...never put your trust in a rodent on February 2nd!

Our team has kept busy at conferences, workshops and making sure we seize the opportunities to get out and meet people who share our values, while meeting others who may want to learn more about who we are and what we do.

Thank you to so many people who stopped to say hello to us at the Banff Mountain Film Festival on February 3rd at the Centennial Concert Hall. Fantastic films and I met so many people. I look forward to next year.

National Battery Day was on Sunday February 18th. We spent a wonderful afternoon at Kildonan Shopping Place. Thank you to Kildonan Place who has pledged to donate \$2000 to us for collecting in excess of 25-hundred batteries. Hermanshu was a welcome presence. He donated a Sunday afternoon of his time to help out the Manitoba Eco-Network. And the team at Kildonan Place was fantastic! Patricia, Bianca and Rebecca even mugged for our camera and Corey was great helping us.

Green Drinks is back! After a hiatus that lasted several months, the February and March evenings have drawn enthusiastic and sociable people who have seemingly enjoyed what the evening has to offer. Mark it down! Green Drinks is the first Thursday of each month. And thank you to the King's Head Pub for hosting us Greenies each month.

Congratulations to all the people nominated for the Anne Lindsey Protecting our Earth Awards, affectionately known as the "Earthies". In addition to promoting positive environmental achievements, we celebrate them too! I was moved and inspired as I read through the nominations. What amazes me is no one undertakes this kind of work looking for recognition. They do it as a passion; they do it because they care about our communities. Seeing others inspired enough to nominate those driving this work is equally gratifying. That shows me their work has been noticed.

I would also like to apologize on behalf of the Manitoba Eco-Network for misspelling the name of the Fisher River Cree Nation on a media release that went out. We are sorry about the misspelling and thank you for your work.

Summer is on the way. We'll have lots to do and lots to say. Sign up for our newsletter, check us out online or look for our social media accounts to keep up with us. And have a great spring!



PHOTO: SUSAN LINDSAY



Candi and Duncan at the Banff Mountain Film Festival

PHOTO: MEN



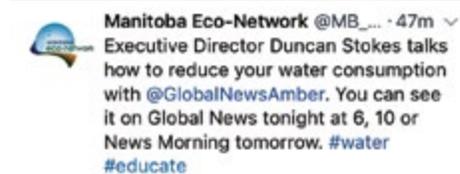
Hazel and Shig on National Battery Day

PHOTO: DUNCAN STOKES



Green Drinks

PHOTO: DUNCAN STOKES



## April

### 8 Birding Hour – Bird Mating

*Oak Hammock Marsh Interpretive Centre*  
Do all birds mate for life? Join us as we discover all the bird breeding strategies with our resident Naturalist, Paula Grief.

### 15 Point Douglas Hike

*NATURE MANITOBA*  
Please join Roger for a hike from Johnston Terminal through Point Douglas to Neechi Commons and back. It's possible the return hike may be a slightly different way.

### 29 Hike the Dike

*Oak Hammock Marsh Interpretive Centre*  
Oak Hammock Marsh is home to 32 km of trails. Join an interpreter for a guided hike of the rough and rugged outer trails in the lesser seen parts the marsh!

### 29 Cabin Yoga

*Fort Whyte Alive*  
Ash Bourgeois of Wild Path leads this unique experience combining nature, yoga and meditation. Designed for all levels to build a deeper connection with nature, create a space to relax, to calm the mind and practice self-care.

## May

### 5 Willow Basket Workshop

*Prairie Shore Botanicals*  
Basket-making is a very relaxing and grounding activity. Learn to identify and harvest the proper willows for making baskets. Then make your own beautiful and functional basket using several different weave patterns.

### 19-21 Free Fishing Weekend

*Fort Whyte Alive*  
Come try out fishing - it is on us! We will waive the fishing fee\* so that you and your buddies can have a great start to the summer fishing season.

## May 12 & July 7

### Laura's "You can eat that?!" Wild Edible Adventures

*Prairie Shore Botanicals*  
Get ready for a fun adventure in wild edible plant identification, harvesting and preparation! These one-day workshops will give you the confidence you need to incorporate a variety of common wild edibles into everyday meals. With Laura's guidance, you will prepare a full-course meal with a variety of wild edibles that you gathered, yourself.

## May 19-October 27

### Saint Norbert Farmers Market

8:00 am to 3:00 pm

## July 20-August 3

### 2-week Canoe Trip to Woodland Caribou Park

*NATURE MANITOBA*  
Join Jerry for a 2 week trip canoeing in Woodland Caribou park. Max of 6 paddlers. It is a loop trip starting and ending at Johnson L (see map). Major lakes on route: Johnson (start & end), Page, Indian House, Prairie, Gammon, Roustol, Glenn, Telescope, Embryo Should be about 4 layover days.

### 26 Lake Instructor Clinic

*Paddle Manitoba*  
This clinic is open to all Paddle Canada Lake (intro to advanced) instructors. The clinic will cover the current Paddle Canada curriculum and instruction philosophy while providing a forum for Manitoba Instructors to share their teaching experiences, lessons, and methods.

### 27 Storytelling by the Fire

*Fort Whyte Alive*  
Spend some time with one of FortWhyte's fabulous storytellers as they read stories around a fire. Marshmallows will be available for roasting, while supplies last.

## June

### 23 Family Foraging and Wilderness Skills Workshop

*Prairie Shore Botanicals*  
This workshop will be packed full of interactive activities as we explore the land and uncover the gifts provided by the plants around us. The entire family will have a blast searching for edible treasures, building fires, making rope, tea, shelters and more.

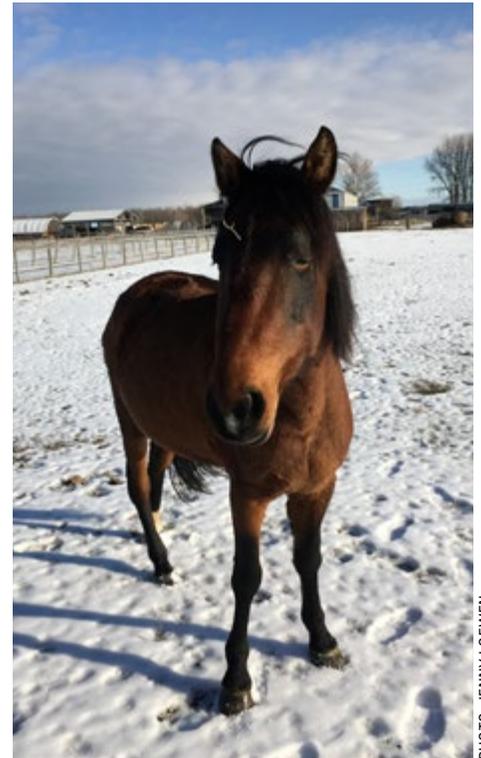


PHOTO: JENNY LOEWEN

Nothing says spring like baby farm animals! Read more about the new ponies at Aurora Farms on page 8.



<< continued from page 1

## Making Your Garden cont'd...

In fact, gardening improves your physical health in several ways:

- Increases flexibility
- Exposes you to vitamin D from natural sunlight
- Reduces risk of heart attack by 27% as you age
- Lowers blood pressure when you actively garden at least 30 minutes three times per week
- Improves balance
- Increases endurance and stamina

The Centers for Disease Control and Prevention (CDC) consider gardening to be on par with moderate cardiovascular exercise, which means 30-45 minutes of gardening burns 150-300 calories. Be sure to weed, dig, hoe, rake, and plant each day to maximize the physical benefits of gardening.

### 2. Work in the Garden When You Need to Manage Stress

There are healthy and unhealthy ways of coping with stress, and gardening is one of the healthiest ways to manage it. Researchers know that digging in the soil while gardening puts you in contact with the beneficial bacteria *Mycobacterium vaccae*, which stabilize the mood and promote better sleep. Exposure to this beneficial bacteria also boosts your immune system and optimizes your overall health.

Gardening also is a stress reliever because it empowers you to walk away from work, the chaos of your day, and other events that increase your stress level. Gardening enables you to relax in nature and focus on repetitive tasks that relax you. You will exert yourself physically, lower blood pressure, and reduce your stress tending to your garden. Another way gardening reduces stress is by giving you the time and space to become immersed in nature and get a boost of endorphins as a result.

### 3. Reap the Fruits of Your Labor with Fresh, Healthy Food

When you grow an edible garden, you control the fertilizers, pesticides, and insecticides that contact your food. When you avoid using toxic substances in your garden, you rest more easily knowing that your food is free of harmful chemicals. And, you have nearly unlimited access to fresh produce that retains its nutritional value because it has not been frozen or shipped across the country to a store. With increased access to fresh, healthy food, you improve your diet and find yourself eating more fruits and



PHOTO: PIXABAY\_SPONCHIA

“ Gardening enables you to relax in nature and focus on repetitive tasks that relax you. You will exert yourself physically, lower blood pressure, and reduce your stress tending to your garden.



PHOTO: PIXABAY\_BARSKEFRANCK

vegetables. You may just lose a little weight, too.

If you are not fortunate enough to live in a temperate climate, you can continue to reap the fruits of your labor by building a solar greenhouse for your edible garden. It's important to follow the best practices for doing so to ensure that your plants will thrive. First, orient your solar greenhouse slightly to the east so that your plants will get the early morning sun and not the later day light that overheats greenhouses. Next, use a material that allows at least 70% of the natural sunlight through so

your plants can flourish. If you live in a colder climate, insulate your greenhouse to improve its thermal performance. Then, install a ventilation area to keep the greenhouse cool. Finally, experiment to get your soil, irrigation, and thermal mass just right to create the ideal space for your plants.

You will improve your physical and mental health if you spend more time gardening. When you tend to your garden, you benefit by increasing your activity level and lowering stress levels while growing fresh, healthy foods. 🌱

# Convenient Access to Public Transit in Winnipeg

## A New Report

By Sumeep Bath

HERE AT THE INTERNATIONAL INSTITUTE for Sustainable Development (IISD) we have just released the first comprehensive review of Winnipeggers' convenient access to public transit that has ever been published.

We found that just over half of Winnipeggers (53 per cent) have convenient access to public transit. Moreover, 32.76 per cent of our city's residents have inconvenient access to transit, with 22.36 per cent potentially having to wait 15–30 minutes for a bus, while 10.4 per cent possibly have to wait for longer than 30 minutes.

Traditionally, access to public transit has meant looking only at spatial measures—for example, how far away a bus stop is from your house or place of work. This new study gives a much more comprehensive picture, as it also includes a temporal measure. It refers to how long you may need to wait at a bus stop before a bus arrives, how many buses come each hour and how long your trip on the bus will be. This is what we term convenient access.

The report also breaks down the convenient access to public transit by neighbourhood. It found that the majority of people who have con-

venient access to public transit live downtown, in Point Douglas, River Heights, or along the Southwest Transitway Rapid Transit Corridor.

Of the 14.3 per cent of Winnipeggers who have no convenient access to transit, most live primarily on the periphery of the city.

This report is crucial to inform constructive conversation about public transit in this city, we need to know how convenient public transit is for Winnipeggers. Only then can we begin to improve our city's transit system so that it offers citizens convenient alternatives to driving their own vehicles.

Measuring convenient access to public transit now allows cities to assess the impacts of service changes and policies in the future. This is a pertinent issue in Winnipeg given the recent conversations around public transit, including provincial funding cuts to Winnipeg Transit operating costs, proposed service cuts to 22 routes and increases in transit fares.

Although the service cuts and service reductions to 22 routes are no longer on the table, by being able to measure convenient access to public transit we can gauge the potential impacts these cuts would have had by removing the 22 routes from the analysis. If all 22 routes were to be completely eliminated, 5.6 per cent of Winnipeggers would lose convenient access to transit. This means that, of those 36,845 Winnipeggers currently riding buses by choice, some may opt for a more convenient option in the midst of their changing situation. A further 5.54 per cent would have lost all access to public transit, meaning they could no longer walk to a bus stop within 500 metres.

This report is called *Measuring Winnipeggers' Convenient Access to Public Transit*, and can be found here: <http://www.iisd.org/library/measuring-winnipeggers-convenient-access-public-transit>. We have also launched a complementary interactive map that allows users to locate their block within the city and learn how convenient their access to public transit is.

This report is part of a larger body of research that IISD is conducting, contained in its SDG Indicators Portal that measures progress on the Sustainable Development Goals for 13 cities across the country, including Winnipeg. 🌱





# Manitoba's Carbon Tax:

## A Real Opportunity, but not a Magic Bullet

By Curt Hull

**EVER SINCE THE FEDERAL GOVERNMENT** announced the *Pan-Canadian Framework on Clean Growth and Climate Change*, people have been talking about carbon pricing. The Liberal government says it is essential to get Canada to meet our commitments to the Paris Climate Accord and prevent the worst that climate change has in store. Others say it will kill the economy without doing anything to stem climate change. Who is right? Is a carbon tax necessary? Is it worthwhile? If we bring in new revenue from a carbon tax, how should the revenue be spent?

**The solution** - Ultimately, the most important solution to climate change is to stop burning fossil fuels. There are other non-combustion aspects, but that is another topic. There are basically two ways to make this happen:

- **Limit access to fossil fuels** - Governments have limited the public's access to fossil fuels in the past. During World War II, the public accepted gas rationing to support the war effort. Would the public accept that today? What do you think?
- **Make fossil fuels cost more than the renewable alternatives** (e.g. solar, wind, biomass, geothermal, hydro-electricity)

Renewables are getting cheaper but it's not enough. The market alone will not make them cheap enough fast enough.

Because of the atmosphere's "carbon budget" we already have way more discovered fossil fuel reserves than we will be able to burn. If we want to have an 80% change of keeping warming below the 2°C threshold of "dangerous climate change," we can burn no more than about 25% of the current fossil fuel reserves. We need other mechanisms to make the fossil fuel price higher and to provide revenue for solutions - hence carbon pricing.

**Carbon costs** - First of all, we need to realize that we have always been paying for carbon pollution, but those costs have been invisible. Ever since we started burning coal and gasoline at the beginning of the industrial revolution, we have paid for finding, extracting, refining, and distributing fossil fuels - but not for burning them.



I suggest Manitoba prioritize meeting our essential needs ourselves and without fossil fuels. Every dollar of carbon revenue that is not returned to protect financially vulnerable Manitobans must be spent on building our self-reliance and local resilience.

Meanwhile, there have been hidden costs that we have all been paying:

- **Subsidies** - We have been subsidizing the fossil fuel companies. We give them tax breaks and, in some cases, actual grants.
- **Environmental costs** - There are mounting direct environmental costs. These are costs related to the activities of the fossil fuel companies - things like oil spills and pipeline explosions and destruction of forests and habitats.
- **Climate change costs** - The costs related to climate change are only felt some time after the fuels are burned and their GHGs have their effect on the atmosphere - floods, droughts, severe weather. Because GHG persist in the atmosphere, these impacts are building over time and the costs are mounting.

**Pricing carbon** - Ideally, putting a price on carbon pollution means that everyone - every business, every human activity that generates greenhouse gases (GHG) - pays a fee. The fee would be proportionate to the amount of GHG that an activity puts into the atmosphere. The price is usually expressed in dollars per tonne of GHG. Every \$10 per tonne adds about 2.24 cents to each litre of gasoline at the pump. The money goes to the government. The government is supposed to use these funds to help move us away from our dependence on the GHG sources.

**Not enough** - The federal government is compelling all provinces to put a price on carbon pollution from combustion. They are mandating \$10 per tonne this year (2018), rising by \$10 per tonne each year until we reach \$50



PHOTO: FLICKR - TRAFFICMEDIA



PHOTO: FLICKR - DÉVÉ



PHOTO: FLICKR - THE REAL KAM/75

in 2022. Many people say this will not bring on the behaviour changes we need. They're correct.

The Manitoba government's *Climate and Green Plan* says that the federal carbon pricing scheme would reduce cumulative GHG emissions by 990 ktCO<sub>2</sub>e over the five years between 2018 and 2022 or about 198 ktCO<sub>2</sub>e per year on average. This is only about 1% of Manitoba's annual emissions. The Manitoba government projects that its plan will produce more than twice the reductions of the federal carbon tax, but still - no magic bullet.

The *Climate and Green Plan* proposes a \$25 per tonne carbon tax which will add about 6 cents to the price of a litre of gasoline. This will have little negative effect on the Manitoba economy but should bring over \$250 million to the government per year. The Climate and Green Plan doesn't really give a clear indica-

tion as to how the revenue will be spent. What are "Manitoban priorities"?

I suggest Manitoba prioritize **meeting our essential needs ourselves and without fossil fuels**. Every dollar of carbon revenue that is not returned to protect financially vulnerable Manitobans must be spent on building our self-reliance and local resilience.

We need to invest our energy, creativity, and financial and policy resources toward building a reality where we:

- Grow ALL of the food we eat without fossil fuel for fertilizers or tractors
- Heat and cool ALL of our homes and buildings without natural gas
- Transport ALL goods and people without gasoline or diesel

The world is on a collision course with dangerous climate change. The impacts are poten-

tially massive, non-linear, and unpredictable. The economy is much more fragile than we realize. The most fast-acting impact and immediate risk from climate change is financial instability and potential economic collapse.

Every minute we spend unable to meet those essential needs - ourselves and without fossil fuels - is a minute lived on borrowed time. 🌱



# Join Us!

## For the Great Manitoba Shoreline Cleanup

By Candi Bezte

**PARTNER WITH US for The Great Manitoba Shoreline Cleanup** – coming to a shoreline (ditch, creek, river, lake, storm sewer or school-yard) near you this June! We want to organize the biggest shoreline clean-up this province has ever seen and we need YOUR help to do it! We'll be the hub and provide instructions for this special clean up / citizen science event, that will be run under the auspices of the Great Canadian Shoreline Cleanup. We'll take care of the details and the reporting.

Not only will we “tidy the place up a bit” and reduce water pollution, but we'll document just how much trash we prevented from getting into our waterways and be able to see just what kind of things we should be watching out for here in beautiful Manitoba.

Anyone can join. This event will run for the entire first week of June (4th -10th). That way your group can pitch in whenever it suits them – weekday, evening, or weekend; and you don't HAVE to go if the weather's really bad ;)

Please put The Great Manitoba Shoreline Cleanup on your calendar, spread the word, and contact us here at the Manitoba Eco-Network Water Program to take part. Together, we can do amazing things!

For more information, contact Candi Bezte: [water@mbeconetwork.org](mailto:water@mbeconetwork.org) and (204)947-6511. 🌿



PHOTO: PEARSON COLLEGE MARINE SCIENCE



## New Ponies at Aurora Farm!

By Louise May

**MEET THE LAC LA CROIX** or Ojibway ponies who are now residing at Aurora Farm. They are part of a rare breed of only approximately 200 remaining in North America. These ponies once wandered primarily in the forests of North West Ontario, living in harmony and partnership with the Ojibway people of this area. A group of us at Aurora Farm got together when we found out that 25 of them were up for auction last October at Grunthal - what is often known as a meat market auction. We and others recognized not only the diversity and potential for extinction of this rare breed but also their cultural importance. We have begun the slow process of connecting with them - up until now they hadn't had much contact with humans.

Our group began with the intention of rescuing these horses and rehoming them but we have since decided to make a collective commitment to become part of the larger community working toward preserving this breed. We



PHOTO: JENNY LOEWEN

are thrilled that one of them has since tested positive for pregnancy and is due in May!

Now that the ponies are beginning to be accepting of humans and our connections are firming up, we have started to reach out to our friends in Aboriginal communities and like-minded groups/individuals. We believe that these ponies can create opportunities to make real progress in the name of reconciliation. We

are caretakers of these precious animals, as we are with all of our fur and feathered friends, indeed of this land. It is our responsibility to learn how to share it while protecting it. Fierce work indeed, we all know.

Aurora Farm is open to the public Saturdays and Sundays from 11am-4pm. We are located at 4265 Waverley Street, just south of the Perimeter Hwy in St. Norbert. [www.aurorafarm.ca](http://www.aurorafarm.ca) 🌿



# Making Children Count

## A Call to Action to Increase Active School Travel in Manitoba

By Green Action Centre

**DID YOU WALK TO SCHOOL** when you were young? The older you are, the more likely the answer to this question will be yes. How many students do you think currently walk or bike to school in Manitoba? You may be surprised that it's only one third of children, as stated in Green Action Centre's recent report published with the Heart and Stroke Foundation of Canada last year.

The Active and Safe Routes to School (ASRTS) program at Green Action Centre has been working with schools, divisions, and families for over a decade to encourage more students to walk and bike to school as a way to live a healthier and eco-friendlier life.

From 2015-2017, ASRTS led a province wide study to better understand how children travel to school. Over two years, 305 schools across Manitoba conducted classroom surveys using the innovative tool BikeWalkRoll, for one week, three times a year. A school's BikeWalkRoll score is based on the proportion of students that chose active travel. The final report includes key results, a summary of health challenges faced by youth, and suggested actions to improve active school travel rates.

**The key result:** Manitoba's BikeWalkRoll score is only 37. That means approximately two out of three children in Manitoba are not walking or cycling to school.

Walking and cycling rates have been on the decline in Canada, as part of a decades-long global trend towards more sedentary lifestyles and increased dependence on automobile transportation.

### What does this mean?

- High traffic congestion is directly linked to poor air quality and increased greenhouse gases around schools
- Vehicle collisions are the 2nd leading cause of injury death in Manitoban children
- Only 9% of Canadian children aged 5-17 get the 60 minutes of heart-pumping activity they need each day
- Almost 29% of Manitoba children are obese or at risk of obesity
- Manitoba has one of the highest rates of type 2 diabetes in children in the world



PHOTOS: LEIF NORMAN



### Benefits of Active School Travel

- Reduces traffic congestion, air pollution, and greenhouse gas emissions
- Results in fewer injuries when paired with appropriate infrastructure
- Increases physical activity throughout the entire day
- Increases readiness to learn and can lead to higher grades in school
- Enhances neighbourhood safety, social connectivity, and sense of community

### Call to Action

#### Parents

- Organize a Walking School Bus or Bike Train in your school community.
- Talk to school administration about prioritizing active school travel.
- Ask your local councillor and MLA to support active transportation policy and infrastructure.

- Flex your schedule to include walking or biking your child to school, or park and walk part way.

#### Schools & Divisions

- Organize and support walking and cycling programs, with the necessary infrastructure (bike racks/cages).
- Participate in International Walk to School Month, Bike to School Month, and Clean Air Day.
- Develop School Travel Plans that address barriers to active transportation, led by a Divisional Active Transportation Coordinator.
- Implement active transportation policies, including anti-idling policies which encourage drivers and school bus drivers to curb fuel consumption.

With a clearer picture of how Manitoban children are getting to school it's evident that we've got a lot of work to do to reverse this driving trend. This requires a collective effort by schools, divisions, families, and decision makers to get children back to walking and cycling to school. Get in touch with Green Action Centre's ASRTS program to find out how you can help.

You can download and print a copy of the Making Children Count report at [www.greenactioncentre.ca/MakingChildrenCount/](http://www.greenactioncentre.ca/MakingChildrenCount/). 🌱



# Old Grace Builds Homes for People and Threatened Birds

By Randa Stewart

**OLD GRACE HOUSING CO-OPERATIVE** (OGHC) is not only establishing an environmentally sustainable housing co-op for people, but at the request of Manitoba Wildlife & Fisheries, the co-op is also re-establishing a Chimney Swift nesting and roosting site that disappeared when the original Grace Hospital building was demolished.

The Chimney Swift (*Chaetura pelagic*) is a provincially and nationally designated threatened bird species that breeds in southern Manitoba. A small, swallow-like bird, the Swift spends summers in North America, before departing for South America (particularly Peru, Ecuador, Brazil and Colombia) in August. In Manitoba, Swifts nest in various southern urban centres, including Souris, Melita and Winnipeg, though they are also found as far north as The Pas.

Chimney Swifts spend much of their lives

on the wing, eating up to 1,000 insects daily, caught in flight. Historically, these birds nested and roosted in hollow trees, but the clearing of old-growth forests throughout most of North America did away with much of their natural habitat. In response, Swifts adapted and began nesting in small masonry chimneys, and roosting communally in large chimneys and smokestacks. When migrating, they often gather at dusk and enter chimneys as a group. You can view a video shot at a local school: <https://youtu.be/AX5LlsjvzY>.

## Numbers decline as habitat is lost

Chimney Swift numbers have been declining in Canada for the past 50 years. In 2007, nesting Swift populations had declined to critically low numbers, prompting the Committee on the Status of Endangered Wildlife in Canada to list the Chimney Swift

as a threatened species. Among the factors leading to the decline are the reductions in Swift-friendly chimneys, as older heating systems are replaced and existing chimneys are fitted with metal liners and capped.

The large chimney at the original Grace Hospital building was a well-used nesting spot for the Chimney Swift, with frequent sightings by Manitoba Wildlife and Fisheries Branch staff. When the Manitoba government decided to take down the building, the original plan was to leave the chimney in place. However, due to safety concerns, and in keeping with an exemption under Manitoba's Endangered Species and Ecosystems Act, the chimney was removed in September 2014.

In 2015, a 12-metre tall wooden chimney was put in place to serve as a temporary habitat for Chimney Swifts. This chimney, which was decorated by the students of Laura Secord School, was relocated to a permanent home at the Assiniboine Park Zoo in 2016.

## OGHC habitat anticipated

In an agreement with the Manitoba government, Old Grace Housing Co-operative committed to constructing a new Chimney Swift habitat on the co-op site. The habitat is 12 metres tall, and constructed of concrete block, with fibre cement lap siding blending with the rest of the building. Following construction, Wildlife and Fisheries Branch staff and volunteer observers with the Manitoba Chimney Swift Initiative will monitor the site for Chimney Swift activity. The Manitoba Chimney Swift Initiative co-ordinates a provincial campaign to educate Manitobans about the Chimney Swift and further its protection. The co-op has launched a fundraising campaign to cover the cost of the \$29,000 habitat. 🌱

*Old Grace Housing Co-operative is in the final stages of construction and all 60 suites will be occupied by the spring of 2018.*

“Historically, these birds nested and roosted in hollow trees, but the clearing of old-growth forests throughout most of North America did away with much of their natural habitat. In response, Swifts adapted and began nesting in small masonry chimneys, and roosting communally in large chimneys and smokestacks.





# Reel Green 2018

By Erica Young

**THE MANITOBA ECO-NETWORK** celebrated its 8th annual Reel Green Fundraising event on March 21 at The Metropolitan Entertainment Centre. We began the evening with an inspiring line-up of environmental short films. Then Brooklands School Principal Rex Ferguson-Baird gave an update on their school garden, which came to be in a depaving project in partnership with the Eco-Network and was featured in a film at Reel Green 2017. He described the ongoing connections to food and nature this garden has brought to the neighbourhood and invited everyone to give generously to the Eco-Network so that we can continue supporting positive environmental action in Manitoba.

After an intermission of mingling with friends old and new, entering tickets to win some fantastic raffle prizes, and dressing up as beekeepers in our “Bee’s Knees” photo booth, we were inspired by the stories of five nominees for The Anne Lindsey Protecting Our Earth Award:

- **TURTLE LODGE**, who have brought Indigenous knowledge into the national conversation on climate change;
- **CAROLINE CHARTRAND** who has protected more than 24 plant varieties from extinction, focusing on heirloom vegetables grown by the Red River Metis;
- **JUSTIN LECOQC** who has founded an eco-village and trained young people to stand up for wilderness protection;
- **THE MEECHIM PROJECT** who have brought the gardens back to Garden Hill Manitoba with a farm and market that promotes healthy eating and creates jobs; and
- **CHIEF DAVID CRETE** who worked to protect the Fisher River Cree Nation traditional territory and helped establish Fisher Bay Provincial Park.



PHOTO: ASHA NELSON



PHOTO: ASHA NELSON



PHOTO: BRE WOLIGOSKI

Turtle Lodge accepted the 2018 Earthie Award

Congratulations to **TURTLE LODGE** for taking home the 2018 award! We were honoured by traditional singer Cody Courchene from Turtle Lodge who opened and closed our evening with a traditional drum song.

Thanks to our Preservationist Sponsor, Assiniboine Credit Union, our Conservationist Sponsor Falcon Trails Resort and our Nature Lover Sponsors Prairie Architects Inc., The University of Winnipeg and the departments of Environmental Studies & Sciences and Geography at The University of Winnipeg and our grand prize donor VIA Rail. We appreciate all of the attendees, prize donors, volunteers, filmmakers, our videographer Will Jones and the Met staff who together made the evening possible.

See you at Reel Green 2019!





Being environmentally responsible  
isn't just one way of doing business.  
*It's the only way.*

As a member of the Global Alliance for Banking on Values, we're committed to the triple bottom line of *People, Planet* and *Prosperity*. It's at the heart of how we do business.

To us, it's not just some program that we run, or a department in our company. It's the attitude we take when we serve our members and work with our community partners as we actively use financial services for the benefit of people and the environment.

Acting in the best interest of the environment is an important part of being a socially responsible co-operative. **If healthy and prosperous eco-systems, communities and economies are important to you, then join us.**

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