



# Natural Play Park

By Jacob Buller

ECOLOGICAL VALUES ARE APPEARING EVERYWHERE in our communities. Today's suburban neighborhoods are receiving increasingly careful attention to the inclusion of nature and its elements. The design work of Nadi Design is a testament to the influence of Richard Louv's 'Last Child in the Woods' even in the sphere of urban architecture.

Kara McDougall is a Masters of Landscape Architecture with Nadi Design, the architecture firm that the City of Winnipeg hired to design the new Bridgwater Trails neighborhood in Winnipeg. She speaks briefly about why Nadi Designs made the decisions they did.

"The need for and inclusion of designed natural play parks has become a more relevant topic in today's society," say Kara. "With our expanding cities and children growing up in constructed urban and suburban environments, children have less access to 'natural' environments."

Citing Richard Louv, she says "Studies have shown with our technology-driven society, children are spending more time indoors with technology or are spending more time occupied with programmed activities than they spend outdoors engaging in free play." (Louv R. Last child in the woods: Saving our children from nature-deficit disorder. Chapel Hill, NC: Algonquin; 2005).

"We have learned from research that engaging with nature as a child has numerous health benefits including reduced stress, increased ability to focus and greater development of motor skills," she says. "But above this, the experience and freedom of playing in nature should be accessible to all children. Play in nature allows for joy."

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## Executive Director's Message

*By Duncan M. Stokes*

**SPRING MAY HAVE BEEN LATE THIS YEAR**, but it felt more like Summer on May 7th. Before I look forward to a Summer of wonderful experiences, I have a lot of thank yous for the team, both staff and volunteers, who have given their talents and energy to help the Manitoba Eco-Network.

Reel Green was a success that exceeded expectations. None of that would have been possible without the leadership of Erica Young. Her experience and institutional memory were enormous factors in a successful event. Thank you to Veronica Sharkey and Candi Bezte for their energy within our office, both of whom stepped outside their traditional roles in order to ensure success. Curt Hull, who I call 'Manitoba's Al Gore', demonstrated once again that his knowledge on films is astounding. Thank you to his colleague in the Climate Change Connection program Susan Lindsay for her grace at Reel Green and within our office. And thank you volunteers whose talents and energy help make the evening enjoyable for our guests. And to all the sponsors and donors of prizes or time, thank you!

The Manitoba Eco-Network is excited to introduce our Organic Lawn Care Coordinator for the 2018 season!

Michaelin Lower is a recent graduate from the Environmental Science faculty at the University of Winnipeg. She specializes in environmental policy and public environmental outreach and education. She has spent the last few summers working for Canadian Parks and Wilderness, speaking to people about woodland caribou protection, and with Manitoba Sustainable Development, in the Parks and Protected Spaces branch. She is eager to get back into public outreach and help people understand more about how and why organic lawn care can be right for them and their environment! From lawn transition techniques, to solutions for specific problems, to alternatives to the traditional lawn, Michaelin can help you find the best fit for your life and answer any questions you might have along the way. If you've got the knowledge but not the tools, she's also glad to help you navigate the lawn tool library here at the Eco-Network or give you tips on how to best use the tools you have at home! She is passionate about helping you achieve your goals and work towards a healthier ecosystem in whatever way you see fit. Stay tuned to the Eco-Network website and social media to hear about public presentations and events, or feel free to contact her at [organiclawn@mbeconetwork.org](mailto:organiclawn@mbeconetwork.org) for Organic Lawn Care tips and local bookings. She can't wait to hear from you!

And wasn't that playoff run by the Winnipeg jets something? I even heard those who were not day to day hockey fans say it was hard not to get excited for Winnipeg. We were excited True North Sports & Entertainment included us in their fabulous season. On March 25th, while playing the Nashville Predators, the Manitoba Eco-Network had tables on both the upper and lower bowl answering questions about the environment as part of the Jets Go Green celebrations. The offices on our floor even got into the 'Whiteout,' as our neighbours across the street made us proud in the post season. Thank you Jets!

And to you...thanks for reading and to your continued support. Hope you're having a wonderful summer. 🌱



PHOTO: VERONICA SHARKEY



Michaelin Lower, Organic  
Lawn Care Coordinator for  
the 2018 season

PHOTO: MICHAELIN LOWER



PHOTO: DUNCAN STOKES

## June

### 23 Indigenous Day Live at the Forks 11am-11pm

Indigenous Day Live is a celebration in honour of National Indigenous Day featuring a daytime festival, evening concert with live national broadcast and fireworks. The event is free and open to everyone! #ILD2018

### 24 Pain in the ASSiniboine

Cycle 32 km over river trails, single track, park roads and the Trans Canada Trail to Beaudry Park in Headingley, Manitoba. Then hop in your canoe or kayak and paddle the swift-moving Assiniboine to the finish line at Winnipeg's most popular landmark, The Forks. Racers compete as teams of two or solo.

## JULY 31 & AUGUST 28

### Wild Edibles

*Fort Whyte Alive*

This beginners foraging workshop will teach you some useful tips and tricks for identifying, harvesting and preparing wild foods. Join FortWhyte Interpreter Barret Miller on a guided walk through beautiful FortWhyte Alive and discover the possibilities wild food can add to your adventures!

## 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. Email: [raven981@mts.net](mailto:raven981@mts.net) for details.

## JULY 6 - SEPTEMBER 28

### River Heights Farmers' Market

This market runs EVERY

Friday from 12:00 - 5:00 PM.

It is located at 1370 Grosvenor Avenue in the parking lot of Corydon Community Centre

## June - September

### Gardenton Heritage Tours

Catch the tall grass prairie fever as former Manitoba Tall Grass Prairie Preserve Botanist, Laura Reeves, shares her passion for this endangered ecosystem with a walk around the Prairie Shore Trail (1 mile, easy terrain). Email [info@psbotanicals.com](mailto:info@psbotanicals.com) to book.

## June 1 - August 31

Fitness in the Park returns for another active, outdoor season. Everyone is invited to take in a free fitness class every

Monday-Friday, 12:00pm-12:45pm.

**Monday:** Yoga at Millennium Library Park and Zumba at Memorial Park

**Tuesday:** Pilates at Memorial Park and Bootcamp at Upper Fort Garry

**Wednesday:** Yoga at Memorial Park and Zumba at Millennium Library Park

**Thursday:** Pilates at Millennium Library Park and Bootcamp at Upper Fort Garry

**Friday:** Yoga at Millennium Library Park and Zumba at Memorial Park

## June 18 - 24

### Bike Week Winnipeg

Save the Date! Visit the Bike Week Winnipeg website to learn more about their amazing events and activities for you and your family! [www.bikeweekwinnipeg.com](http://www.bikeweekwinnipeg.com)

## JULY 14 - SEPTEMBER 29

### 2018 Red River Farmers' Market

9am to 2pm on Saturdays.

FREE parking and FREE admission.

3977 Portage Ave, Winnipeg, MB  
R3K 2E8, Canada.

## AUGUST

### Movies on Memorial

Movies start at sundown (approximately 9 pm).

This August, watch your favourite 2000's movies under the stars for free at Memorial Park every Tuesday!

**August 7** – Shrek

**August 14** – Mean Girls

**August 21** – School of Rock

**August 28** – Miss Congeniality

**freshstories**

**We want your  
FRESH stories!**

What does your sustainable lifestyle look like?

Are you or a group you know taking action for the environment?

Have you come up with a brilliant solution for positive change?

**Climate Change Connection  
is looking for inspiring stories  
about everyday people  
fighting climate change.**

Send us your stories at  
[rebecca@climatemb.ca](mailto:rebecca@climatemb.ca)

or read up on other  
exciting ideas at  
[climatechangeconnection.org](http://climatechangeconnection.org)





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## Making Your Garden cont'd...

“Providing children in new subdivisions with natural play spaces often fills a void. In the case of the Bridgwater Trails, at Nadi we were dealing with a cleared subdivision site with no natural green spaces to preserve. The subdivision site also had another white elephant, a closed landfill. What can be seen as a negative asset to a new development, the City of Winnipeg, the Consultants (including us as Design Consultant) and the Developer took this white elephant and turned it into a neighbourhood feature. We took the vision of a naturalized landfill site and turned the area into a natural prairie community park. This was the chosen location for the natural play space. Providing children in the community with a natural play space, nestled in a prairie meadow landscape, the playground provides striking views out to the naturalized landfill while allowing children to play on non-descript wooden elements among the prairie landscape.

**At the end of the day, your feet  
should be dirty, your hair messy  
and your eyes sparkling.**  
- Shanti Devi

“We intentionally mixed our idea of a natural play space with a bit of ‘manmade’, to play off the fact that this site was a landfill. We designed a hill surfaced in recycled rubber with slides embedded in it. The hill looks out to the closed landfill while providing a smaller hill that children can climb, mimicking the landfill. The hill is also purple, and stands out as a non-natural feature, contrasting with the natural wood and the nearby prairie plantings. We chose purple rubber to highlight the purple flowers that will bloom in late spring within the play space’s prairie planting. The purple hill will offer children a memory trigger of the experience of the purple flowers throughout the rest of the year.

“It is important for today’s communities to be designed to include natural play spaces-- not just for all the proven positive health benefits natural play spaces provide to children--but they should also be included just for the sheer enjoyment of children. Natural play spaces provide opportunities for a child to be more creative in their play. Their imagination can be wilder without being influenced by strong thematic elements often found in more traditional playgrounds.

“A child’s adventure in the play space can be different each time they visit. On one day they may imagine they are in a desert landscape, on another they may be on the moon or they are rangers in the Wild West. Whatever they imagine will change their experience of the site. By providing natural play spaces in a neighborhood that children can touch, they can spend more time experiencing nature in their everyday life. Beyond the green lawns of suburban landscape, we hope within the naturalized prairie play space, children will be able to see butterflies, birds and all kinds of strange and beautiful insects enjoying the shared environment.

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The unintended consequences of community design informed by ecological values has yielded natural play spaces in ecovillages for decades. The entire farm at Northern Sun Farm, an off-grid community south of Steinbach is play space. Could it be that the ecovillage model is light years ahead of metropolitan development? 🌱

*Jacob Buller is site director for Manitoba Ecovillages, a website connecting and introducing people to ecovillages.*



PHOTO: NORTHERN SUN FARM



PHOTO: NORTHERN SUN FARM

# Trade Liberalization

By Glen Koroluk

**WHAT WAS ONCE AN INITIATIVE** of the previous federal government's legislative and regulatory mandate, the reduction of "red tape" is alive and well within the new federal regime.

Spearheaded by the Minister of Finance, Bill Morneau in early 2016, the Advisory Council on Economic Growth was tasked to,

*"develop advice on concrete policy actions to help create the conditions for strong and sustained long-term economic growth in Canada."*

Now two years into their mandate and nearing completion of its task with the release of three main reports, the impetus for Canada's economic growth is identified with policy actions that include attracting more foreign direct investment, expanding trade, improving workforce skills, driving more innovation and positioning Canada as a global trading hub.

By taking a sectoral approach, the advisory council identifies eight key areas where growth can be "unleashed," and by using the agriculture and agrifood sector as a blueprint for the other sectors to follow, the push is to identify obstacles to growth including the streamlining of inefficient and unpredictable regulatory processes,

*"Slow regulatory processes and overly burdensome regulations increase costs for entrepreneurs and businesses (often unnecessarily), and hinder their pursuit of new initiatives. We need to streamline inefficient and unpredictable regulatory processes."*

The overall goal is to increase agriculture and agrifood exports by \$31 billion over the next 10 years to make Canada the 4th largest exporter of agrifood products in the world and 2nd largest exporter of agriculture products. Canada's agriculture and agrifood exports, now pegged at \$58 billion in 2017, ranks as the nation's third largest exporting sector behind energy products and motor vehicles/parts. To support this agenda, the new five-year Canadian Agricultural Partnership was recently signed with provinces.

*"The **Canadian Agricultural Partnership** reinforces the Government of Canada's strong agenda for agriculture. These*



PHOTO: KRYSTINA PILKOVA

*initiatives will focus on priorities such as growing trade and expanding markets, innovation and sustainable growth of the sector, and supporting diversity and a dynamic, evolving sector. These investments will help ensure Canada's agricultural sector remains a leader in job creation and innovation, and will help achieve our objective of expanding agricultural exports to \$75 billion by 2025."*

Lawrence MacAulay, Minister, Agriculture and Agri-Food Canada, February 13, 2018

Enabling this massive expanse in trade, bilateral agreements such as the CETA (Comprehensive Economic and Trade Agreement with Europe), NAFTA (North American Free Trade Agreement) and CPTPP (Comprehensive and Progressive Agreement for Trans-Pacific Partnership) have been negotiated without any pub-

lic civil society input or engagement. The most recent agreement, the CPTPP is to be ratified by Parliament early this summer. The eleven countries that are party to the CPTPP form one of the largest trading areas in the world, accounting for nearly 13.5% of global GDP.

The benefits for Canada will be preferential market access to partner countries such as Japan, Australia and New Zealand who will reduce and eliminate tariffs on certain products. The largest gains for Canada will be the pork and beef sectors. Other advantages identified for Manitoba include frozen french fries, and genetically modified crops, canola and soybean, now Manitoba's largest and third largest crops grown by acreage. In terms of foreign export value, food and oilseeds are already Manitoba's largest commodities, nearing \$3.5 billion in 2016.

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# Beyond the Blue Box

By Tracy Hucul, Executive Director, Green Action Centre

**WE HAVE BECOME QUITE GOOD** at filling up our blue box. We rest a little easier knowing we're doing the right thing. But do you ever wonder where that plastic in your blue box goes?

We tend to not think about this, but in fact most of our disposable plastic doesn't get recycled. It ends up in a landfill, or worse; it ends up in our oceans, streams and rivers. The disposable plastic we use today will continue to exist long after you and I - and our children - are gone. It's true; plastic breaks down into tiny pieces, but it never really goes away.

Every minute, the equivalent of one garbage truck full of plastic goes into the ocean. Globally, we consume over 563 billion single use plastic bottles every year. It's harming our water, our wildlife and our health. Birds are eating it, fish are eating it, and now we're drinking and eating it too.

Our use of plastic has skyrocketed due to its convenience, but that convenience comes at great cost. If we continue on the path we're on, by 2050, just over 30 years, there will be more plastic than fish in the ocean.

We need to act now. We need to decide to refuse and avoid disposable plastic.

The good news is that our use of plastic is simply a habit, and fortunately, our habits and attitudes can change.

Most of us learned about the 3 Rs: Reduce, Reuse and Recycle. Green Action Centre started out as the Recycling Council of Manitoba over 30 years ago, before recycling was the norm. However, we know that due to an insatiable reliance on plastic, recycling is not enough any more. We need a different approach. We need to turn our efforts to the top of the waste reduction hierarchy, and focus on prevention. To break free from plastic and the devastation it's inflicting on our planet, we must concentrate our efforts as individuals on prevention, and look to recycling as our last resort when we can't refuse, reduce or reuse something.

Green Action Centre is ready for this challenge. We've turned our attention to the growing plastic pollution problem and will work with students, shoppers and businesses to reduce their use of disposable plastic. We're starting with single use plastics like straws, cutlery, bottles and bags - the kind of plastic we use once and throw away. The kind of



“When we decide to slow down just a little and consider our actions before we take them, something miraculous happens. We start to feel empowered. We see that we have some control in this world. We realize we can make a difference. We also notice that as our small actions accumulate, they start to have a big impact.”

plastic we can most easily avoid or replace with more sustainable products.

Shifting individual mindsets to reduce and refuse plastic products, is not some outlandish, unattainable dream; it's entirely possible. Sure, we have busy, on the go lifestyles with too much work and too many things to do. This constant rush through each day and desire for convenience has led to a plastic frenzy. However, we can easily reverse this by simply making an effort to be mindful. We must think about the impact of the plastic we use daily, whether we actually need it or not, and whether there is a better alternative.

Every disposable plastic bag you take, plastic bottle of water you drink, straw that ends up in your drink, or plastic cutlery that is packed up with your take out lunch, is simply a routine. It is your habit as well as the habit of the business, or person, giving it to you.

When we decide to slow down just a little and consider our actions before we take them, something miraculous happens. We start to feel empowered. We see that we have some control in this world. We realize we can make a difference. We also notice that as our small actions accumulate, they start to have a big impact. Other people notice and start to change too. This domino effect impacts how businesses operate, as well as the kind of restrictions government have, leading to stricter policies and legislation.

Thanks to Plastic Free July, which began in 2011 in Australia, governments, businesses and media have stepped into the ring and plastic bans and restrictions are on the rise. The movement has engaged non-profits and citizens across the globe, educating people about the seriousness of our plastic problem and mobilizing people to act. Countries like France, Germany

and Belize have stepped up, and Britain has just announced their ban on plastic straws.

Montreal is the first major Canadian city to announce a plastic bag ban. In Manitoba, Norway House, Thompson and The Pas have single use plastic bag restrictions, with Winnipeg experiencing traction on the plastic bag debate too. Students from West Kildonan Collegiate's Sustainable Living Academy recently started an online campaign to #banthebag in Winnipeg. They're lobbying the City of Winnipeg and their petition already has over 5 000 signatures. These kinds of efforts are critical as they draw attention to our reliance on disposable plastic, help encourage individuals to act, and send a signal to government that people care and want change.

During the time it took you to read this article an alarming 4 more garbage trucks full of plastic went into the ocean. Yes, plastic is convenient - but it never goes away. As a society, we no longer have the luxury of acting slowly on this issue; we need a big impact now. You can start by being more mindful. For a week or even just a day, try looking at the disposable plastic around you and what you use regularly. You can't break a habit if you're unaware you have it.

If you've been thinking that someone should do something to fix our plastic problem, remind yourself that you are somebody, and you can do something. Ultimately, government needs to develop a comprehensive strategy that includes implementing restrictions, requiring businesses to come up with more sustainable alternatives, and ensuring they pay the true cost of the waste they generate. This will happen a lot faster when you decide to act and take your own plastic free journey.



PHOTO: KATE TER HAAR



PHOTO: GREEN ACTION CENTRE



PHOTO: GREEN ACTION CENTRE

## Here are some simple things you can do to act now:

**Don't buy or drink bottled water** - Whenever possible, refuse it. If you don't already have one, get a reusable bottle you really like (preferably glass or stainless steel) and carry it with you. Make sure it's full when you get on the bus, your bike, or into your car, and remember to refill it whenever you can. Bring it to meetings, shopping, on trips, and basically everywhere you go. If you forget it and need a drink, don't beat yourself up when you buy that single use water bottle. Just try and remember for next time!

**Stop using disposable shopping bags** - We really don't need them. If you're only buying a couple of things you probably don't need a bag at all. That's right, you can walk out with your items right in your hands. If you do need a bag, there are many fabulous re-usable bags to do the trick, from nylon bags that roll up so tiny they fit in your purse or pocket, to ones with flat bottoms specifically for groceries. Keep them with you and by the door or in your vehicle if you drive.

**Skip the straw** - As soon as you order a drink say "no straw please." If an establishment says they don't use straws, thank them for it. Let this become your new mantra every time you order a beverage, and those around you will start saying it too. You'll get bonus points for inspiring others to act! If you truly like sucking your drink out of a straw, get reusable metal or glass straws (they make great gifts too).

**Take out your cutlery** - When you're on the run and grabbing food to go, say no to disposable cutlery and packaging whenever you can. Bring your own reusable cutlery set with you; some sets even come with chopsticks! Try to slow down and eat in too, it has a double impact of improved health for you and the environment.

**Educate yourself** - Pay attention to the plastic packaging on the things you buy and try to select items with the least amount of plastic. Use your purchasing power to show industry you want more sustainable products and less packaging. Buying eggs? Go for the cardboard over plastic cartons. Soap? Bars are better than liquid soap in plastic bottles. Avoid coffee pods - they are an environmental nightmare. Buying things in bulk is better too - as long as you'll use it.

If you're ready to challenge yourself further in your sustainability quest, look for the Green Living Pocket Guide on Green Action Centre's website! It will help you make more sustainable choices at home, in the store and on the road. <http://greenactioncentre.ca/green-your-routine/your-green-living-pocket-guide/>





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## Trade Liberalization cont'd...

Manitoba was quick to respond to this challenge posed by the Federal government by passing Bill 24, the Red Tape Reduction and Government Efficiency Act in the fall of 2017. The requirement for new and expanding hog ILOs (Intensive Livestock Operations) to construct environmentally sound waste manure treatment technologies for Manitoba's burgeoning hog industry was repealed, thereby lifting the voluntarily imposed moratorium. Further streamlining, included changes to the Livestock Manure and Mortalities Management Regulation (LMMMR), took effect January 1, 2018.

Sustainable Development Minister Rochelle Squires announced days before Christmas the changes were approved and implemented to provide clarity and to modernize the regulation.

*"Our government recognizes the important balance of maintaining strict environmental oversight while supporting sustainable growth in the livestock industry,"*

Briefly, the changes to LMMMR gives more discretionary powers behind closed doors to the regulator to vary environmental requirements to respond to industry needs in case of emergencies; removes the maximum in-season threshold levels for nitrate in soils that have been applied with manure; removes the prescription to require water analysis data for livestock watering sources; increases manure storage capacity of liquid slurry systems to 750 days, thereby increasing air emissions; and removes the review clause to determine the effectiveness of the phosphorus limits, which currently allows for the over-application of manure phosphorus onto land.

And to ensure local communities do not reject ILO proposals within their municipality, recent amendments to the Planning Act to create predictability for the industry, are proposed through Bill 19.

According to rural activist and former municipal councillor, Ruth Pryzner,

*"Bill 19 will silence the public. It will allow municipal leaders to get rid of conditional use hearings and Provincial Technical Reviews for factory hog barns. If local politicians take this route, the Province will have the only and final say on where hog factories can be built. The Government of Manitoba is and has been both a*

*promoter and regulator of the hog industry. Bill 19 is the latest move to promote and de-regulate hog industry expansion."*

The expansion of the livestock and commercial potato industries and increases in growing additional genetically engineered crops will mean the following for this region of the continent:

- A land use shift to more intensive cropland at the expense of pasture, grasslands and other unimproved lands, releasing more carbon into the atmosphere, and decreasing biodiversity.
- An increase of methane, nitrous oxide, hydrogen sulfide and ammonia emissions.
- Increase use of herbicides, insecticides and fungicides and an increase in glyphosate resistant weeds.
- Increase use of tiling to drain cropland, especially commercial potatoes.
- Increase water use through irrigation, especially commercial potatoes.
- Increase use of chemical fertilizers.
- Increase of nutrients (nitrogen and phosphorus) and other pollutants entering surface water bodies.
- Increase of nitrates and other pollutants entering groundwater sources.

The fallacy that Canada needs to feed the world because of hunger and a growing population through the use of genetically engineered crops and more protein, through industrial animal production systems, is just that, a fallacy.

The FAO points out that,

*Globally, there is enough cropland to feed 9 billion in 2050 if the 40 percent of all crops produced today for feeding animals were used directly for human consumption, while available grasslands were more efficiently used as the basis for livestock feed.*

Research from European scientists also indicates that if global food wastage can be halved, there would be enough food for approximately 1 billion extra people. The drive to use productive land to increase biofuels to burn in combustion engine vehicles will also need to be re-evaluated.

As one of the world's richest nations, it is sombering news that the Commissioner of the Environment and Sustainable Development released recent audits depicting Canada's lack of global responsibility and commitment.

As a signatory to the UN Convention on Biological Diversity, the audit found that Canada did not provide the national leadership and coordination of actions necessary to meet Canada's 2020 biodiversity commitments and that Canada has not done enough to prepare to implement the UN 2030 Agenda for Sustainable Development.

In a separate audit and with collaborating provincial bodies, a number of common shortcomings were identified across governments which are hindering Canada's overall efforts to address and adapt to climate change. 🌱

## Resources and Further Readings:

### Canada's Advisory Council on Economic Growth

<https://www.budget.gc.ca/aceg-ccce/home-accueil-en.html>

**Canadian Agricultural Partnership** [https://www.canada.ca/en/agriculture-agri-food/news/2018/02/canadian\\_agriculturalpartnershipbuildingastrongagricultureandagr.html](https://www.canada.ca/en/agriculture-agri-food/news/2018/02/canadian_agriculturalpartnershipbuildingastrongagricultureandagr.html)

### Comprehensive and Progressive Agreement for Trans-Pacific Partnership

<https://international.gc.ca/trade-commerce/trade-agreements-accords-commerciaux/agr-acc/cptpp-ptpgp/index.aspx?lang=eng>

### Manitoba Agriculture Markets & Statistics

<http://www.gov.mb.ca/agriculture/market-prices-and-statistics/index.html>

**Annual Report of the Province of Manitoba filed to the US Securities and Exchange Commission** <https://www.gov.mb.ca/finance/publications/pubs/mb18k2016.pdf>

**2018 Spring Reports of the Commissioner for Environment & Sustainable Development, Office of the Auditor General Canada**

[http://www.oag-bvg.gc.ca/internet/English/parl\\_cesd\\_201804\\_e\\_42985.html](http://www.oag-bvg.gc.ca/internet/English/parl_cesd_201804_e_42985.html)

### Food and Agriculture Organization of the United Nations – Sustainability Pathways

<http://www.fao.org/nr/sustainability/sustainability-and-livestock>

### Canadian Biotechnology Action Network – Publications & Fact Sheets

<https://cban.ca/publications/>

**The Council of Canadians – Trade Agreements** <https://canadians.org/trade>



# 500 Days of Eco-Friendly Summer

We may be exaggerating that day count

By Carl Dizon

## Manitoba Environmental Youth Network

**AH, SUMMER.** You've been waiting for this, and you certainly deserve it. No more sleepless nights, no more procrastinating, and no more winter fire-drills. You are free to do as you (legally) please. But before you start thinking about all the stuff you can do during the summer, think for a moment: what can I do during the summer that can give me enjoyment and help the environment at the same time? If you think that sounds oddly specific and completely in line with the theme of this whole journal, then you're right! Without further ado, here are some tips for keeping it green in a red, hot summer.

## Volunteer

This seems like the most obvious way to help out the environment. With all that free time, why not use it to help out some eco-friendly organizations near you? Groups such as FortWhyte Alive, Wilderness Committee, and our very own Manitoba Eco-Network offer volunteer positions for those interested in playing a more active role in environmental efforts. Heck, even Greenpeace has a local chapter in Winnipeg. And who's to say you'll volunteer alone? Volunteering with these groups will allow you to meet all sorts of people. You could even force your friends to join you!

## Go Local Go!

It's a given that people love food. Food isn't just an object you stuff in your mouth, it's a state of mind. At the same time, though, that burger you're eating might not have been made with the environment in mind. Try something new this summer. Try eating local! Eating locally grown food has tons of environmental benefits that go well with our constant hunger. It promotes the consumption of food that has used up much less gas in transportation as opposed to average fresh food, which is usually delivered thousands of miles to our grocery stores and consumes a ton of gas. It helps that local organic food is low-key a e s t h e t i c, if you're into that sort of thing.

## Let's Get Thrifty

Never has the saying "One man's junk is another man's treasure" been truer than it is this moment. Thrift stores are becoming trendier

and trendier with each passing day. They're basically a treasure chest filled with good finds at even better prices. Perfect for the average student who's probably near broke! What many thrift store shoppers don't know, however, is that they're actually reducing their environmental footprint while shopping. By buying and donating at thrift stores, you can help reduce the amount of textile waste that goes into landfill. Like eating local food, buying at thrift stores also helps to reduce transportation pollution. This adds to the fact that most clothes sold by major brands here in Canada are imported from other parts of the world. Clothes don't just magically show up in retail stores, for your information.

## Drink up. Again. And Again. And Again.

In case you didn't know, summer is hot. What better way to temporarily counter the scorching heat than to drink some water? Be careful though. Make sure you're using a reusable water bottle while you're at it. The plastic bottles that we normally drink up and throw away accounts for millions of waste in the oceans today. It doesn't help that less than 50% of plastic bottles are actually recycled and that it takes hundreds of years for plastic material to biodegrade. With a reusable water bottle, we can reduce the amount of that plastic and quench our thirst repeatedly!



“What can I do during the summer that can give me enjoyment and help the environment at the same time?”

## Mobilize Yourself

Hear us out for a bit. Sure, summer is supposed to be a fun time, but who's to say that organizing eco-friendly events yourself isn't a fun experience? These events can range from small cleanups near the beach with your friends to neighbourhood-wide initiatives that you can start yourself. The process need not be a boring and stressful one if you're the one planning it. The desired process is in your hands alone, and we're inclined to say that you'd want to have fun doing it. Organizing events that help the environment, whether it be cleanups, bike runs, or planting, is a great way to mobilize those around you to achieve a common goal. The good thing is that you don't have to be alone while you're organizing! The steering committee is here to help. We can provide advice for your events, support you through the process, and even provide some materials to assist you! When in doubt, call the steering committee.



# Submerge/Emerge

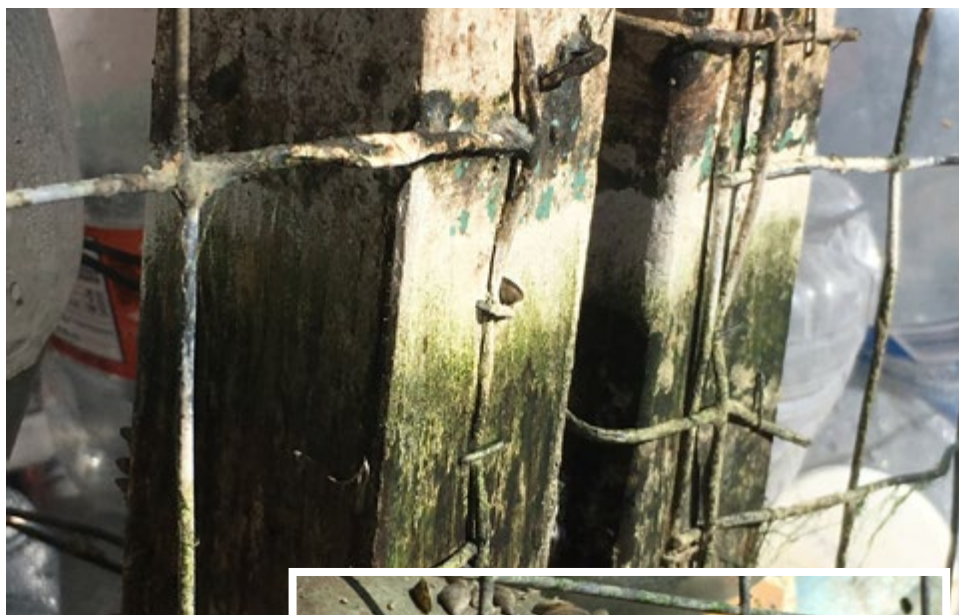
A Water stewardship art experiment

By James Culleton

A GROUP OF ARTISTS, DESIGNERS, WRITERS and musicians have put together an interesting art experiment to highlight the ecological state of Lake Winnipeg and the plight of Manitoba's waterways.

Submerge/Emerge is a group exhibition of work that sees creatives from several disciplines submerging art, writing, and objects in Lake Winnipeg for a period of 3 months. The work is slated to submerge at the beginning of June at several locations in Lake Winnipeg. The work will emerge from the Lake in September 2018 and will become a touring art exhibit throughout the province.

The group hopes that the final display becomes a lift off point for discussions about two serious problems, blue-green algae and zebra mussels, in Manitoba's waterways, specifically Lake Winnipeg. The exhibition will tour and offer schools and communities near important waterways a way to begin a dialogue about water stewardship and what to do about it.



The idea spring boarded from a Viking Ship made of recycled materials that was floated in Lake Winnipeg last year in partnership with Gimli High School. When the ship was pulled out of the harbour after three months in Lake Winnipeg, it was covered in algae and zebra mussels which gave the group the idea to do the same thing with their art.



The group working on Submerge/Emerge include Kathy Levandoski, Leif Norman, Chris Pancoe, Michael Koch-Schulte, Melanie Wesley, Melanie Rocan, Shaun Morin, Jaxon Haldane, Leonard Taylor, Beatrice Mosionier, Keri Latimer, Curtis Wiebe, Arlea Ashcroft and Denis Wood

## Steering Youth Towards Sustainability

By Marianna Pozdirca

### THE MB ENVIRONMENTAL YOUTH

Network's 2018 Steering Committee is ready to help build a capable, knowledgeable, and connected youth community. Our goal is to raise awareness of the various environmental issues and solutions in Manitoba. We are excited to connect with you, offer all the help we can, provide support, inspire



PHOTOS: CLÉCHE KOKOLO

innovation, and widen the opportunities that promote action and community amongst environmentally-minded youth in our province. We are often told that youth will play an integral role in overcoming environmental challenges and nourishing sustainability in the future. In our opinion, the future is now!

There is no better time than this summer to get in touch with us. Let us know your vision for a greener Manitoba! Ask questions! Get involved with the youth network's projects and events! Tell us how we can support your ideas! You can do so by connecting with us on Facebook @mbecoyouth, Instagram @mbecoyouth, email [youth@mbconetwork.org](mailto:youth@mbconetwork.org), or by visiting <http://www.mbconetwork.org/youth/>. We want to hear from you! Sustainability cannot be achieved without inclusivity and connectivity, and we all have a role to play in that.

Most excitingly, we'd like to bring to everyone's attention that the Steering Committee will be holding the annual Green Space conference in the fall. Stay tuned for dates, themes, location, and more details! We look forward to a great year!





# Bike Week Adds Ciclovía to its Line-up

By Dave Elmore

**THE MANITOBA ECO-NETWORK** Bike Week 2018 will run from Monday, June 18th to Sunday, June 24th and marks 11 years of celebrating the bicycle. From the very first Bike to Work Day in 2008, our event has evolved into not only a full week of bike-related activities but also a more inclusive event for everyone that rides a bike. Regardless of whether you ride for transportation, recreation, fitness, sport, or just for the sheer fun of riding a bike, Bike Week has something for everyone.

This year, Bike Week will add Winnipeg's 9th annual Ciclovía to its programming. This exciting event, which has long been a part of ManyFest, is a perfect fit for Bike Week because at its core is about activity and in particular, bicycles. Ciclovía is a Spanish term that means "cycleway," and it has its roots in Bogotá, Colombia where it began in 1974. It has grown into a huge event that takes place every Sunday with over 100 kilometers of car-free streets. People bike, run, skate, or use any other form of self-propelled transportation to get out and enjoy the city.

On Sunday, June 24th, from 11 am to 5 pm we invite all Winnipeggers to jump on their bike, grab their rollerblades, skateboard, walk or whatever active form of transportation is your passion, and head down to Winnipeg's favourite meeting place, the Forks, for Ciclovía 2018. We'll have live entertainment and lots of great activities for the whole family including bike tunes ups, demonstrations, workshops, group rides, fitness classes, face painting, and artisan market and much more. It all takes place in and around The Forks Market Plaza and Canopy area. Come down and enjoy the fun and help us make Bike Week's first Ciclovía the best Ciclovía yet.

While Ciclovía in Winnipeg doesn't match Bogotá's (not yet anyway), it will be an opportunity to promote some great cycling routes. Because so many roads lead to The Forks, it is an ideal setting for our wrap up event of Bike Week 2018. Ciclovía will feature some event day street or lane closures tied to existing Sun-



PHOTO: VEITHM



PHOTO: VEITHM

day street closures on Wellington, Wolseley and Scotia Street as well a route from North East Pioneers Greenway to The Forks. We also want to encourage people from all over the city to ride to the Forks using a variety of existing bicycle infrastructure as well as comfortable on-street routes. Check out our website, [bikeweekwinnipeg.com](http://bikeweekwinnipeg.com), for more information on the various routes to the Forks and the great activities planned for Ciclovía 2018.

Another exciting change for Bike Week 2018 is that our other major event, Bike to Work Day, has moved to the Monday, June 18th, and combined with Ciclovía on the Sunday will bookend our week of activities. Bike to Work Day will always feature Pit-Stops all across the city, our Ride and Go Seek challenge and the annual group ride from Assiniboine Park with Mayor Brian Bowman. We will also host our all day

pit-stop at the Forks for those who can't make the early morning pit-stops. Visit [bikeweekwinnipeg.com](http://bikeweekwinnipeg.com) for more information on Bike to Work Day and for a map where you can quickly find the many pit stops located along your route. Thanks to the wonderful and enthusiastic local sponsors and community organizations that host these pit-stops you can find a variety of refreshments, swag and even some bike mechanics along the way to assist with minor repairs. If you haven't tried commuting

to work or maybe haven't done it for a few years, set your calendar for Bike to Work Day and give it a shot. There is no better day to ride to work than when there are pit stops cheering you on all along your route.

Now that we have told you all about the bookends, what is in the middle? A week of fun and exciting bike-related workshops, clinics, group rides, leisure and cultural events aimed at engaging all Winnipeggers that ride bikes, regardless of where, when or why. There are also opportunities to try out bike yoga, an outdoor spin class, a Moveable Feast visiting five different restaurants and several options for getting some assistance with getting your bike running it's best. Check out the events page at <https://www.bikeweekwinnipeg.com/about/events-schedule/> for details on all of the events planned for this year's Bike Week. 🌱

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