



New Copper Mine Threatens Woodland Caribou

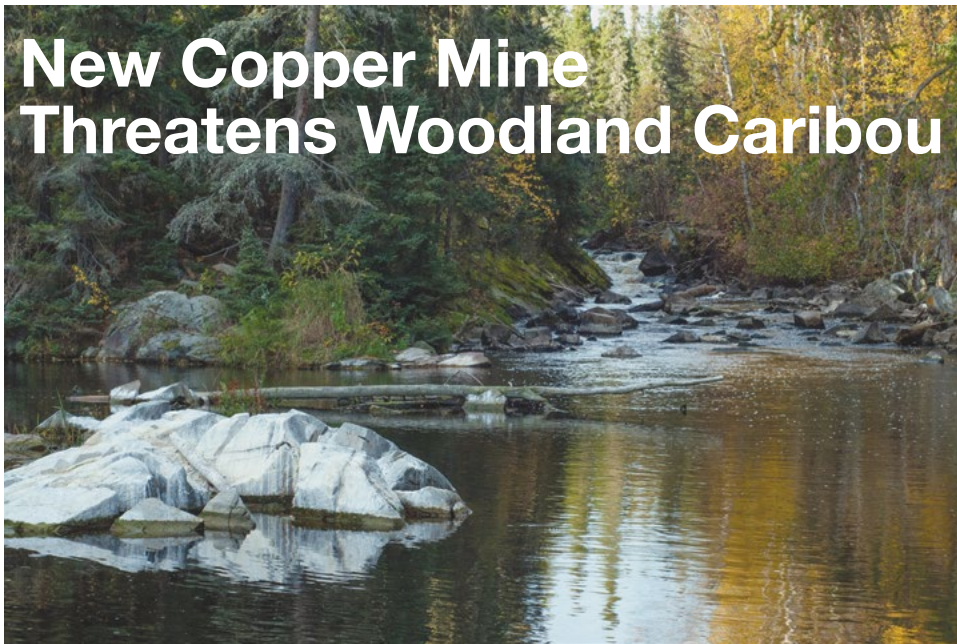


PHOTO: ERIC REDER

Grass River Provincial Park's beautiful setting and caribou ranges could suffer from mine development

By Eric Reder

MOST PLACES IN CANADA and around the world, parks are valued as natural areas set aside to provide vital habitat for wildlife and opportunities for people to connect with nature. When you think of a provincial park, the last thing you might imagine taking place there is a destructive industrial activity like mining.

It has been two decades since the Manitoba government allowed a new mine to open in a provincial park. Right now, however, Hudbay Minerals' Reed copper mine is under construction in Grass River Provincial Park, and the government's progress towards proper park protection has suffered a major setback.

Grass River Provincial Park, in northwest Manitoba near The Pas, was established to protect the Grass River and the woodland caribou that inhabit the surrounding lands. When it was designated, the borders of Grass River Park encompassed many mining claims and historical mine and logging operations. Since the 1980s, though, large portions of this park have been closed to logging activity to preserve woodland caribou – a species listed on both the federal and

provincial endangered species lists. Hudbay's new mine is being built in one of these areas where logging clearings are no longer allowed.

The Naosap and Reed caribou ranges both make their home where the new mine is being built. The Naosap caribou, according to the Manitoba government, is one of the most at-

“Something that is completely missing in the provincial environmental assessment of Hudbay's project is the cumulative impact of this development on woodland caribou.

risk in the province. According to the recently released federal woodland caribou recovery strategy, half of the habitat in the Naosap range has already been disturbed. Woodland caribou need vast sections of intact forest to survive. The scientists who wrote the federal strategy agreed that if a caribou range is going to survive, it will need a minimum of 65 per cent intact forest. The Manitoba government is so concerned about the Naosap range that they delayed releasing a pro-

Inside this Issue:

New Copper Mine Threatens Woodland Caribou.....	cover, 4
Letter from the Editor(s)	2
Manitoba's Colour-Changing Lake....	3
Artist Mentorship	5
Improving Access to Sustainable Food.....	6-7
Get Ready to Ride!	8
Local Fashion Designer Goes Green..	9
Eco-Events in Manitoba/Of Special Note	11

vincial strategy due to a massive fire that burned through the heart of the Naosap range in 2010.

Something that is completely missing in the provincial environmental assessment of Hudbay's project is the cumulative impact of this development – and other developments in the area – on woodland caribou. Just up the road from this new mine site is Tolko's new Dickstone South logging road, the contentious new logging development being built through a park that bans logging. Together, these two projects create a huge new barrier for caribou that travel to Reed Lake for calving, something they have been doing since monitoring started in the 1970s.

The Grass River watershed has a rare provincial designation of “High Quality Water,” a

label Manitoba Conservation and Water Stewardship has given to only three watersheds. Hudbay's Reed Mine is within this watershed, and the environmental license proposal submitted by Hudbay states that it will use up to 166 million litres of water a year. Wastewater will be treated in a pond at the mine, and released when it meets the Tier 1 water standard, which is the base level regulated by the federal Metal Mine Effluent Regulations (MMER).

continued on page 4 >>

is published four times per year by the
Manitoba Eco-Network/
Réseau Ecologique du Manitoba Inc. at
3rd Floor, 303 Portage Avenue
Winnipeg, Manitoba, R3B 2B4
Phone: 204-947-6511 / Fax: 1-866-237-3130
info@mbeconetwork.org
www.mbeconetwork.org

Editor: Joel Trenaman and Sheldon Birnie
editor@mbeconetwork.org

CONTRIBUTORS:

Natalie Baird, Hillary Beattie, Dave Elmore,
Lea Grzenda, Kristina McMillan, Eric Reder,
Liz Shearer, Ron Thiessen

Design & Layout: Tracey Shillington O'Neil
www.simpliflivedesigns.ca

**MANITOBA ECO-NETWORK
STEERING COMMITTEE:**

Kisti Thomas, Member at Large, Chairperson
Alec Stuart, Planners Network MB, Treasurer
Kevin Freedman, Member at Large, Secretary
Carol Hitchon, Nature Manitoba
Jim Chapryk, Bike to the Future
Sylvie Hebert, Green Action Centre
Curt Belton, Member at Large
Alana Lajoie-O'Malley, University of Winnipeg
John Fjeldsted, Manitoba Environmental
Industries Association

Sean Petty, Sierra Club Prairie Chapter

Watch us on YouTube to learn about native
prairie plants, composting, Manitoba Hydro's
water saving kit, reel mower sharpening
and more. <http://www.youtube.com/user/ManitobaEcoNetwork>

Don't forget to 'like' Manitoba Eco-Network
on Facebook! <http://www.facebook.com/Manitoba.Eco.Network>

*EcoCentre groups gratefully acknowledge the
contributions of Mountain Equipment Co-op.*

Individual subscriptions to *Eco-Journal*
are available as part of a supporting
membership to the Manitoba Eco-Network at
a cost of \$30. Group membership dues are
\$40. Associate membership dues are \$100.

The opinions expressed by contributors
are their own and do not represent
the views of the Manitoba Eco-Network
or its member groups.

For advertising rates, please contact
info@mbeconetwork.org, or 947-6511.
The advertising deadline for the
October 1 edition is September 6, 2013.

Letter from the editor(s)

THIS MARKS MY LAST ISSUE AS EDITOR of *Eco-Journal*
after nearly five years. I've never worked longer on any other
professional project in my life, and I'm thankful for the
opportunity Anne Lindsey first provided me to carry on
the legacy of what has been an important publication—
now in its 23rd volume.

It has provided a tremendous vantage point from
which to learn about and participate in the environmental
community. I'm continually impressed by the tireless orga-
nizing, fundraising, activism, research and policy engage-
ment of Eco-Network member groups and other devoted
organizations, and inspired by many individuals of all ages
and interests who I've grown to admire as leaders.

I hope that Manitoba governments (and Manitobans)
don't lose sight of the value that the natural world possesses and gives to the residents of our province,
and that destructive, consumer society-driven development and its effects are not only limited but
closely monitored by intelligent legislation and devoted enforcement.

I expect that all of you will continue to care about these issues, and hold those with power to ac-
count. And I expect that you will continue to follow this publication as it benefits from new guidance
and energy. Thank you so much to all those who have volunteered their time and energy to make con-
tributions over the past five years — it is you who make *Eco-Journal* all that it is. Thanks for reading.

Over to you Sheldon...

- Joel Trenaman



HI FOLKS! My name is Sheldon Birnie, and I'm the incom-
ing editor of *Eco-Journal*. This is exciting for me, as I've
been a regular reader and occasional contributor to the
Journal over the past four years or so. With a degree in
environmental studies and a background in student and
freelance journalism, my goal is to maintain the standards
readers associate with the Journal, and to develop new and
exciting ways to connect with readers around Manitoba.

As editor, I look forward to hearing from readers.
What topics are you interested in reading about? And
what topics are you interested in writing about? As a
volunteer-based publication, we rely on input from our
readers, in the form of articles, photos, and artwork. As a
student hoping to pursue journalism as a career, I found *Eco-Journal* an invaluable place to gain experi-
ence, and to write about issues that were important to me as an environmentalist. I'm hoping as editor
I can help others develop and share their stories with our readers.

One thing I really love about the Journal is how it acts as a platform for discussion of environmental
issues that affect or interest Manitobans. Whether it's drawing attention to developments that might
harm our environment, or celebrating the beauty and diversity of the parks and ecosystems in our
province, *Eco-Journal* provides some space for discussion that is often lacking in the media. So if there's
something you think needs to be shared, or a story that needs to be heard, drop us a line and let's make
it happen!

- Sheldon Birnie



Manitoba's Colour-Changing Lake

Can we save our threatened jewel?

By Ron Thiessen

WHEN I WAS 11 YEARS OLD, chatting with my family at the dinner table after a scrumptious home-cooked meal, I realized for the first time how much I relied on my home for survival. It was the nest that kept our family warm and the space where we could learn and grow together. It was our place in the community that we worked with, received support from, and felt comfort in.

My neighbourhood was my venue for “showing off” my rock collection. A legion of stones gathered from beach trips, parks, and museum shops that rattled rhythmically in their homemade brown corduroy bag wherever I carried it. My most prized possession was a polished baby blue gemstone. I cherished it so much that I placed it in the middle of its own special wood box that I lined with cotton balls so that it wouldn't get scratched, cracked, or broken; so it would be safe forever. Many of us feel this same sense of protection for Manitoba's spectacular Little Limestone Lake.

The first time I visited Little Limestone Lake, both its fragility and hue reminded me of my treasured gemstone. Just as my rock was protected by the box and our home provided for our family, Little Limestone Lake's safety depends on its cradle of trees, limestone, and incoming waters from the surrounding lands that feed it.

The Lake – “Earth's biggest and best”

Little Limestone Lake is located approximately 450 km north of Winnipeg, along the highway to Thompson, Manitoba. Contrary to its name, the lake is far from petite. It's approximately 15km long and averages around 4km in width. Experts celebrate its grandeur as the biggest and most dramatically colour-changing marl lake in the world! Marl is created when calcite, a constituent of limestone, rises from the lake bottom as the weather warms, which changes the lake to a robin's egg blue colour.

The Park – A great step!

In the summer of 2011, representatives from the Mosakahiken Cree Nation, CPAWS, the Manitoba government, and Nature Manitoba visited Little Limestone Lake to announce the Caribbean-blue waters and the lands within 100 meters of its shores, plus a slightly larger area on its south end, as Manitoba's 85th provincial park. A Memorandum of Understanding was signed on site by the Manitoba government and Mosakahiken Cree Nation that includes a commitment to explore enlarging the new Little Limestone Lake Provincial Park to add areas deemed critical to the lake's ecological

well being. For CPAWS and our partners at the Mosakahiken Cree Nation, this was a day to celebrate after many years working together to secure protection for the lake. We were also clear that there was more work ahead of us to make sure Manitoba's prized marl lake stays healthy forever.

The Challenge - More protection needed!

The Memorandum was signed for good reason, as Little Limestone Lake Provincial Park's existing boundaries are simply not adequate to safeguard our unique treasure. An analysis by Dr. Derek Ford, an authority on marl lakes, indicates to us that more of the surrounding lands require protection (see map).

The challenge is that part of the wilderness area that needs to stay natural is presently bound with mining claims. Dr. Ford recommends that mining within the “play-it-safe boundary” could pollute the lake and negatively affect its ecological balance. This could be devastating to the lake's health, colour-changing ability, and its status as the best marl lake on the planet.

Making it Happen - Manitobans speak up about protecting our “unique beauty”

CPAWS is continuing our efforts in partnership with Mosakahiken Cree Nation to make sure the small percentage of mining claims in the region are removed or altered as required so the park's boundaries can be expanded to fully protect Little Limestone Lake. This accomplishment will ensure that our unique and picturesque wonder remains intact forever. The good news is that you can personally help inspire the Manitoba government to embrace this opportunity to save our outstanding lake while we still have the chance.

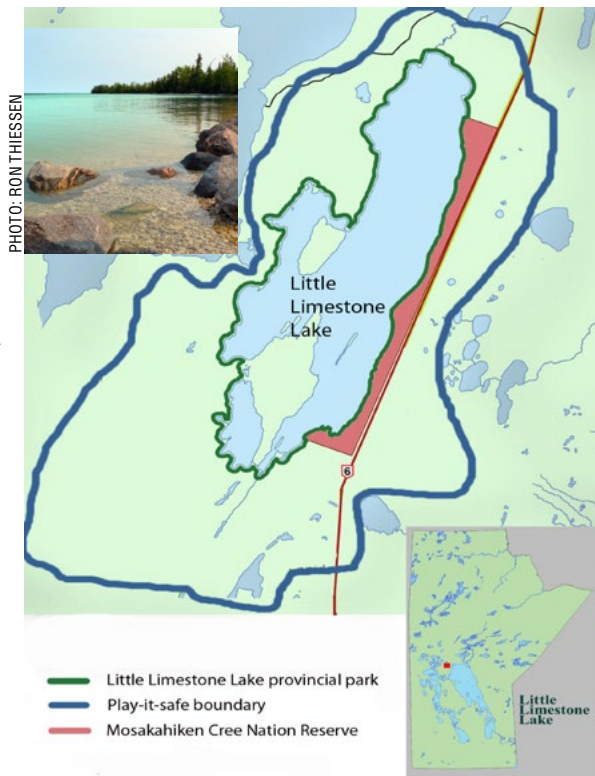
I recently gave my baby blue gemstone to my daughter to remind her of our excursions to Little Limestone Lake and what we

can do to keep it healthy and blue for wildlife and for future generations of people to explore and enjoy.

How You Can Help!

To let the government know how you feel about expanding Little Limestone Lake Provincial Park to include the play-it-safe area that will protect it forever go to www.cpawsmb.org/actions

Ron Thiessen is the Executive Director of the Canadian Parks and Wilderness Society – Manitoba Chapter.



Based on scientific study and analysis, CPAWS and Mosakahiken Cree Nation are encouraging the Manitoba government to play-it-safe by expanding Little Limestone Lake's park boundaries.



<< continued from page 1

New Copper Mine cont'd...

The toxicity test is one of the tests required under the MMER guidelines. For the toxicity test, a bunch of rainbow trout are held in the water for 96 hours. If *only half the fish are dead* by the end of those four days, the water can be pumped back out into our provincial park, where it will eventually make its way to the Grass River. Would you allow your child to eat a fish from a lake or river where tests show 35 per cent of rainbow trout would die from the toxicity? That doesn't sound like "high quality" water management to me.

That Hudbay's new mine is already being built illustrates how the Environmental Licensing process is failing in Manitoba. In January of this year, the Manitoba government began a 30-day public comment period for this new mine. Unfortunately, with no public input whatsoever, the government had already issued the construction permits for the mine, and the site is cleared, buildings built, and the mine shaft already started. This is allowed through the construction of an Advanced Exploration Project, which the government permits without any public notice.

In Manitoba, there are 13 provincial parks with mining activity in them, including popular southern parks like Whiteshell and Nopiming. There are



PHOTO: ERIC REDER

A discarded ore sample box.

more than 750 individual mining claims inside provincial parks. Some of the claims date back over 90 years, but a majority of the claims have been recently staked. Way back in 1930, the Canadian government banned mining activity in parks as it established the world's first national park system.

The Manitoba government has recognized the need to protect these areas and eliminate the antiquated legislation that creates industrial parks instead of nature parks. After intensive pressure from the public, Manitoba banned some logging in provincial parks in 2009 (although not nearly as much as was advertised). This year the government announced they were banning peat mining in parks, when they stopped Sun Gro's Hecla / Grindstone Provincial Park strip mine proposal. But much work remains to be done.

There is one critical step that will demonstrate the government's commitment to protecting provincial parks, and to giving Manitobans the protected areas that other jurisdictions around the world possess – and that's a ban on new mining claims in parks. Until this is accomplished, Manitoba's parks will be at risk of destructive development.

As for Hudbay's Reed Mine abomination, it is not too late for the Manitoba government to deny the environmental license and acknowledge the long-term disruption this project will wreak on water, nature and woodland caribou in Grass River Provincial Park. 🌱

Eric Reder has spent a lifetime in the bush in Manitoba's provincial parks. He is the Campaign Director in the Wilderness Committee's Manitoba Field Office. For more information on mining in parks, please read the Educational Report "Ban Mining in Manitoba Parks!" which can be found on the Wilderness Committee website, WildernessCommittee.org/Manitoba.

*It's bigger than
just banking*

When you choose Assiniboine Credit Union, you'll find it's bigger than just banking. Not only will you benefit from local decision making, you'll also contribute to a better local community because your money stays here in Manitoba.

At ACU, you'll find expert advice and customized products and services that support small business, co-operatives and non-profits like the Manitoba Eco-Network.

Why do we care so much? Because we're local too.

Call today.
204.958.8588
1.877.958.8588

assiniboine.mb.ca

Assiniboine
CREDIT UNION
Good things happen here.

When you need more



www.Room to Grow.info

**Straw Bale Guesthouse / Wilderness Skills Courses
In the Turtle Mountains with your hosts David & Maggie.
204.534.2303 roomtogrowdm@gmail.com**

Artist Mentorship

EcoEklectica event a success

By Natalie Baird

THIS YEAR, the Manitoba Environmental Youth Network (MEYN) funded four youth mentorship projects, including the Environmental Art Mentorship. The mentorship worked with five youth to network and collaborate with local artists, environmental practitioners and students. The products of this collaboration were creative resources and art pieces that encourage sustainable activities or promote dialogue about environmental degradation.

The primary product of the program was a series of posters promoting positive environmental behaviours under the slogan “It’s not just romantic, it’s sustainable!” Each youth tackled two positive behaviours and created an image and write-up for

both. With help from the MEYN, the program received a grant from Eco-Action (Environmental Canada) that has allowed the program to publish and distribute 80 copies to schools, businesses and organizations throughout Winnipeg.

In collaboration with Ecological People in Action (University of Winnipeg), MEYN hosted the EcoEklectica fundraiser on April 26. The event brought together local film, culinary talent, musicians, businesses and artists. EcoEklectica raised \$750 to continue the MEYN mentorship

program. The evening was also the opening of a weeklong art show, where the Environmental Art Mentorship installation project and poster series were showcased. This fundraiser and art show was a community celebration of the incredible work, as well as a way to involve the larger public in the youth program and it’s messages. 🌱

Clockwise from below:

Art, music, food, video and prizes brought together a great turnout.

Left to right: Georgia DeFehr, Emma Gehrs-Whyte, Natalie Baird (mentor), Sarah Thiessen, Jade DeFehr.

The Young Pixels, one of four musical acts of the evening.



PHOTOS: LIZ SHEARER

Manitoban Students Walk to School for Clean Air

By Lea Grzenda

ON JUNE 5, students grabbed their bikes, skateboards and runners to mark this year’s national Clean Air Day. Manitoban schools celebrated clean air and good health in conjunction with the Commuter Challenge and Environment Week by hosting a variety of Walk to School events!

Approximately 70 schools representing over 16,000 students throughout the province challenged their students to bike, scooter, wheel, skate, or walk to school on Clean Air Day for the chance to win some great prizes and make a difference for the environment.

“Walking, cycling, scootering and skating are great kid-powered forms of active transportation,” noted Randall McQuaker, executive director of Green Action Centre. “What a great way to help children get fit, travel to school, and have fun at the same time.” The students, staff, and parents of École Robert H. Smith School celebrated Clean Air Day by walking to school.

Clean Air Day is a national celebration of environmentally friendly activities that promote clean air and healthy living across Canada. It takes place annually on the Wednesday of Environment Week and is part of the Manitoba Commuter Challenge events.

Clean Air Day and Commuter Challenge events are organized by Green Action Centre, a non-profit, non-governmental hub for greener living based in Winnipeg. Prizes for the participants this year came from various donors, including Olympia Cycle and Ski, MPI, Healthy Schools in Motion and many more. 🌱

Lea Grzenda is the Events Coordinator for the Active and Safe Routes to School Program.

Improving Access to Sustainable Food

Community Food Centre model comes to Winnipeg

By Kristina McMillan

MANITOBA HAS CULTIVATED a strong food movement over the past decade, illustrated by an increasing interest in local food, revival of farmers' markets and community supported agriculture, urban chickens and organic home vegetable gardening. This food revolution is built upon supporting what we know to be best environmental practices: local, sustainable and organic. The movement has championed a "vote with your fork" mentality, as supported by Michael Pollan, amongst others, and has strengthened the ties between urban residents and rural producers. However, this consumer-led food revolution in Manitoba has left out a major part of our community: low-income people.

The local sustainable food movement is going strong and has created real and hard-won changes in our local food system. When change results solely from purchasing power, through buying or not buying certain foods, low-income people simply can't participate. As Tim Lang, a long-time ecological food policy advocate with City University in London, explains, "The problem is that democratic access to health-enhancing diets is mediated by price structures, income, class, location [and] culture, which all warp the fabled level playing field."

If we believe foods that are fresh, healthy, produced and procured in a sustainable manner are best for all of us and for the environment, then the next step is working on a way that everyone can access them. It is an issue of justice. This concept is not new: 16 years ago the Brundtland Commission stressed that sustainability must include social justice and equity, not just environmental protection.

According to author Graham Riches, North America's first food bank was founded in 1967 in Arizona. During the recession of the 1980s, food banks spread to almost every Canadian city and town as a short-term solution to what was perceived as a short-term problem. Neither the problem, nor the food bank solution, has been short-term, and today food insecurity continues to rise in our province. Winnipeg Harvest reported in 2013 that for the past two years Manitoba has been the province with the high-



NorWest community food programming will be expanded for Inkster residents.

est food bank usage per capita, with their organization providing emergency food assistance to 64,000 people per month. The consequences of food insecurity are wide reaching, ranging from loss of dignity to physical illness. It is well documented that chronic health conditions like diabetes, high blood pressure and heart disease are more common among food-insecure households. Food insecurity has not been a short-term issue because the root of the problem is poverty. Poverty is a much larger issue than can be resolved by food charity alone.

It appears that our conversations about food issues have been split into two distinct threads. The first focuses on hunger, food drives and food banking, the second on the need for more local sustainable food that in reality is most often destined for the tables of those who can afford it. There is a major disconnect between these two ways of considering food issues. Community Food Centres Canada is proposing a new tool for the complex social, environmental, economic and cultural food issues facing communities across Canada.

Community Food Centres (CFCs) are an entirely new breed of operation. They roll food

insecurity, health, environment and social isolation together as interconnected issues, and engage with them collectively. Centres are welcoming spaces where people come together to grow, cook, share and advocate for good food. They provide people with access to high-quality food in a dignified setting that doesn't compromise self-worth. Community members learn cooking and gardening skills, and kids get their hands dirty in the garden and kitchen in ways that expand their taste buds and help them make healthier food choices. Others find their voices on the issues that matter to them, and all find friends and support.

"Almost always, food insecurity is caused by lack of economic resources. Therefore, public policies that reduce poverty are the best means of reducing food insecurity," wrote Dennis Raphael and Juha Mikkonen in their 2010 report *Social Determinants of Health: The Canadian Facts*. CFCs offer a venue through which community members and the local food movement can speak to some of the social policy changes that are required to mitigate food insecurity and inject equality into our food system. Community Food Centres Canada President and CEO



PHOTOS: NORWEST CO-OP COMMUNITY HEALTH

The kitchen at the Stratford, ON Community Food Centre.

Nick Saul states, “They can be a location for fusing the growing middle class interest in food (the “vote with the forkers”) with the food struggles of low-income communities. And we need to make sure that low-income people, whose lives are so negatively affected by the current food system, have a say in this new more equitable and sustainable one we want to forge. We don’t want a system where the rich get local and organic and the poor get diabetes.”

A new CFC is under construction in north-west Winnipeg. The NorWest Co-op Community Food Centre will be part of NorWest Co-op Community Health’s wide range of existing health and social services, and is being developed in partnership with Community Food Centres Canada. NorWest is Manitoba’s only health cooperative and has served the Inkster community in north-west Winnipeg since 1972, taking a multi-service, holistic, team approach to health care. Other CFCs currently under development include ones in Dartmouth, Nova Scotia, and Toronto’s Regent Park. These three new operations join existing Ontario centres in Stratford and Perth, and the original CFC called The Stop, which is located in Toronto’s Davenport West neighbourhood.



NorWest’s Tyndall Ave. site will be the home of Winnipeg’s first Community Food Centre.

CFCs offer multidimensional programming in an integrated space in three key areas: food access, food skills and education, and engagement. Program features include drop-in meals, community kitchens and gardens, healthy cooking demonstrations, a bake oven, markets, peer advocacy for referrals and support, and a community action training program. Community Food Centres Canada works with its partner sites to create stable, sustainable centres, providing assistance with program planning, fundraising, evaluation and communications.

Immense gains have been made in the local sustainable food movement in our province, and slowly but surely some of these ideas are inching towards the mainstream. This movement is changing our food system, and low-income people have a key role to play in the change. A Community Food Centre is a key entry point to engage with healthy food access, and provides a vehicle to take this fight into the public realm to advocate for a more just and sustainable food system for all members of our community. 🌱

Kristina McMillan is the director of the NorWest Co-op Community Food Centre.



Get Ready to Ride!

Some easy tips to get you out on the road

By Dave Elmore

GETTING YOUR BIKE READY to start riding again does not take a lot of time or effort, provided your bike is not in need of major repair. Here are a few keys to getting it ready...

1. Check the brakes. Your brakes are the most important safety item on your bike and one that you want to work well.

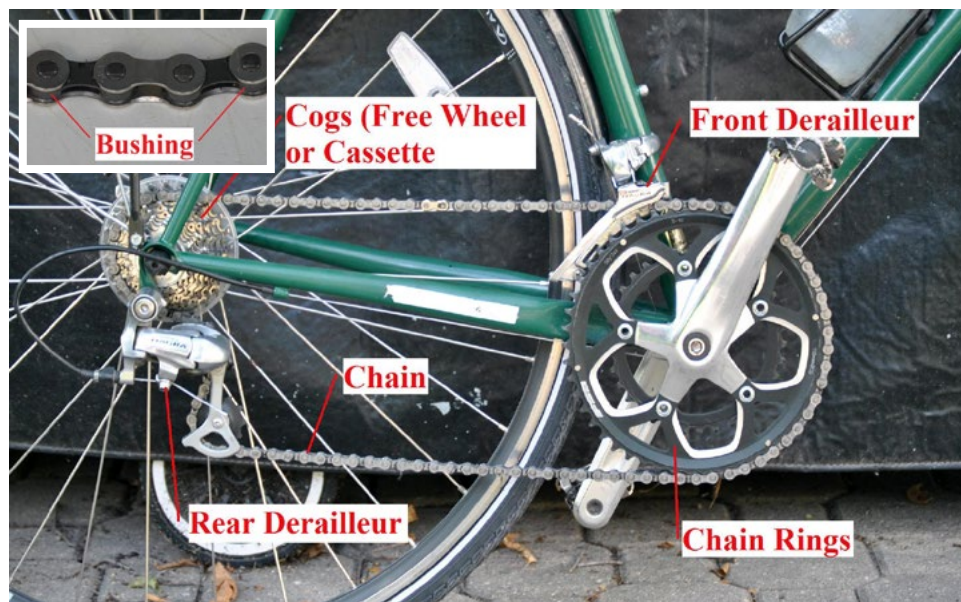
- Make sure that when you pull the brake handle that it does not pull all the way back to the handle bars. There should be at least a finger's width between the brake and the bars.
- Make sure that the brake pads are not worn out. If the grooves in the pads that indicate wear are just about gone, then it's time to replace them.
- Make sure that the pads are contacting the wheel rim evenly and squarely.
- Try the brakes and make sure they spring back from the rim evenly on both sides. If they don't, your bike will be harder to peddle.

2. Check the bars. Lift the front wheel off the ground and turn the handlebars. Does the headset turn smoothly and easily? Engage the front brake, and rock the bike back and forth. Is there any looseness or play in the steering? Hold the front wheel between your legs and try to twist the bars. Are they tight?

3. Check the tire pressure. Press down on the tire with your thumb. Are the tires firm? Check the sidewall of the tire for the recommended pressure. Pump up your tires and check them with a tire gauge. If you are riding primarily on paved streets, you want the pressure at the maximum allowable for your tires.

4. Check your tires. If the tread on your tires is almost gone or the sidewalls are cracking, it may be time to replace them. While you're at it, check your quick releases or wheel nuts to ensure that they are tight. Give each wheel a spin to make sure that it rolls straight and true. If the wheel is out of true or has broken spokes, it's time to get it repaired.

5. Check the drivetrain. The drive train of your bike is all those components that "drive" it forward. These are often the most overlooked



PHOTOS: GREEN ACTION CENTRE



Use a lubricant (not a solvent) sparingly on the individual links of your chain.

and misunderstood part of a bike. A poorly maintained drive train can significantly increase wear on the more expensive components of your bike.

- Clean your chain and lubricate it using lubricant specifically designed for a bike. WD-40 is not a lubricant, it's a solvent. And don't use it or any solvent to clean the chain or any other drive component of your bike. Use the lubricant sparingly and just drop it on the individual links. Too much lubricant will only attract more dirt.
- If you are cleaning the chain, you might as well clean up the chain rings, rear cogs, and idler wheels (those two small wheels on your rear derailleur) at the same time. Use a stiff brush and a tooth brush (to get those hard to reach spots).

- Now that everything is clean you can check the shifting. If it is not shifting smoothly you need to make some adjustments. If you are not familiar with derailleurs, get some help.

6. Check that you have what you need.

Before you jump on your bike, do you have a spare tube or patching kit in case of a flat? Check your patching kit. Is everything there, and has the glue dried out? Lastly, make sure you have those tire levers and any other tools that you usually carry.

For more detail on the items above please visit <http://greenactioncentre.ca/2013/getting-your-bike-ready-for-spring/>. If you need help with your bike there are lots of options available:

- **For free:** Do it yourself! There are lots of online resources like <http://bicycletutor.com/> or <http://sheldonbrown.com/>.
- **For a small donation:** Get some advice or help from your community bike shops. For more information check out the WRENCH.
- Take your bike to your local bike shop.

Be safe, and have a great season of cycling! 🚴

Dave Elmore is a certified Canadian Cycling Association Can-Bike program instructor, and the Director of Safety and Education, Bike to the Future.

Local Fashion Designer Goes Green

An interview with Lennard Taylor

By Hillary Beattie



PHOTO: HILLARY BEATTIE

Lennard Taylor hopes to bring sustainable principles to fashion design.

FASHION CAN BE socially and environmentally responsible. For local fashion designer Lennard Taylor, fashion and clothing aren't disposable. Recently, he donated proceeds from his fashion show to Climate Change Connection.

CAN YOU TELL ME A BIT ABOUT LENNARD TAYLOR DESIGN STUDIO INCORPORATED AND WHAT IT IS YOU DO?

A: I make denim jeans, leather holsters and dresses, dress shirts, jackets – all sorts of different things. I'm a fashion label, for lack of better terms.

WHY DID YOU START THE LABEL? WHAT WAS THE INSPIRATION BEHIND IT?

A: I came back from Europe and I couldn't find anything I wanted to wear. I was always looking at clothing and saying, "I like this, but I don't like this aspect," or "I want this from my clothing," and I could never find it. I now realize that that was my design eye saying, "Okay, I like the design of this, but if we take it and change it just a little bit, it will be a much better piece in my eyes."

CAN YOU TELL ME ABOUT THE WAYS THAT YOUR BUSINESS IS ENVIRONMENTALLY FRIENDLY?

A: We try and use sustainable products. Right now, it's hard because I am just a small business, but eventually when I get up there, I'd like to [make] everything in a sustainable way. If something isn't sustainable, I'd like to offset it by having a tree-planting party or supporting organizations that are green or doing things to better our community – something that can offset the carbon footprint of a business.

YOU MENTIONED THAT YOU WANTED TO REPAIR CLOTHING AS WELL, IF IT CAME BACK TO YOU, RATHER THAN THROWING IT OUT?

A: Yeah. I feel very strongly about clothing that has character. If someone has a pair of Lennard Taylor jeans and they rip them, I don't want them to have to throw them out and add to the garbage pile in our world. I would like to repair those jeans, and make them new.

SO YOU WOULD LIKE LENNARD TAYLOR TO REPRESENT SUSTAINABLE CLOTHING?

A: One thing that I really want the Lennard Taylor brand to be known for is being green – for influencing people in a different way. The more people that

recognize that we have to take care of this planet and the more knowledge and awareness that we can create, the easier that future generations' lives will be.

As a human being, you're connected directly to the Earth. If there is no Earth, there is no you. If there are no trees, there is no air, which again: there is no you. There is absolutely no separation; we are all connected. The more awareness that we can get, with people realizing that what they do affects everyone else, the better off our planet will be. 🌱

To find out more about Lennard Taylor Design Studio Inc., check out lennardtaylor.com.



Winnipeg

Jenny Gerbasi
City Councillor

Fort Rouge -
East Fort Garry Ward

204-986-5878
jgerbasi@winnipeg.ca
www.jennygerbasi.ca

Working with you for a Greener Future



Gord Mackintosh

MLA for St. Johns
204-582-1550
GordMackintosh.ca



James Allum

MLA for Fort
Garry-Riverview
204-475-2270
JamesAllum.ca



Nancy Allan

MLA for St. Vital
204-237-8771
NancyAllan.ca



Ron Lemieux

MLA for Dawson Trail
204-878-4644
Ron-Lemieux.ca



Rob Altemeyer

MLA for Wolseley
204-775-8575
RobAltemeyer.ca



Kevin Chief

MLA for Point Douglas
204-421-9126
KevinChief.ca

eco events in Manitoba

For more environmental event listings see our website calendar at www.mbeconetwork.org.

JUNE

Until June 19 **Organic Lawn Care Workshops**

Free workshops on the practices and principles of organic lawn care, as well as reel mower sharpening clinics. Workshops are held from 7-8 p.m. in libraries throughout Winnipeg. Visit www.mbeconetwork.org/projects/organic-lawn-care for more information and to register.

14-16 Wilderness Skills Intensive with Laura Reeves and Dwayne Logan at Room To Grow near Turtle Mountain. To register, contact David at 204-534-2303 or roomtogrowdm@gmail.com, or visit www.roomtogrow.info.

June 18 - October 10 Wolseley Farmers' Market has an expanded variety of vendors for 2013, selling local organic produce, handmade artisanal products, delicious prepared foods and baked goods. There are buskers providing musical entertainment and free workshops. The market is child- and animal-friendly with lots of space to lounge in while enjoying the sociable atmosphere. RA Steen C.C. 980 Palmerston Ave. Tuesdays & Thursdays, 4:00 - 7:30 p.m.

21 Bike to Work Day

An annual celebration to promote the bicycle as everyday transportation. Visit a pit stop for prizes, snacks and refreshments on your way to work. Other events leading up to and on the 21st. Register and learn more at biketoworkdaywinnipeg.org.

JULY

1 Oak Hammock Marsh Canada Day Celebration

Celebrate Canada Day at the marsh. Bring the family for an exciting day of outdoor fun, face painting, and crafts. Cupcakes will be served at 2 p.m. Horse-drawn wagon rides from 12 to 3:30 p.m. oakhammockmarsh.ca

5 Green Drinks

Sticking around for the summer this year. An informal monthly get-together of individuals working for the environment, be that in government, consulting, nonprofit, or in your spare time. 4:30 p.m. 'til whenever at King's Head Pub. RSVP on Facebook and invite friends and colleagues. Organized by Manitoba Eco-Network.

10 - 14 Winnipeg Folk Festival

Celebrate the 40th year of Winnipeg's Folk Fest with great music and great people. winnipegfolkfestival.ca

AUGUST

29 Twilight Run

Use your headlight to lead the way through the forests and trails of Fort-Whyte Alive during this late night 5km or 10km run! Join us after this fun run for some smokies and smores by the fire. Learn more and register at fortwhyte.org/twilightrun.

9 Green Drinks

Second Friday of August due to the first Friday being a long weekend. Normally the first Friday of every month. 4:30 p.m. 'til whenever at King's Head Pub. RSVP on Facebook and invite friends and colleagues. Organized by Manitoba Eco-Network.

For more events, visit
mbeconetwork.org/resources/events

Please email your event notices to
info@mbeconetwork.org.

OF SPECIAL NOTE

The MB Eco-Network's Reel Green Celebration and Anne Lindsey Protecting Our Earth Awards will take place on October 11th at the Radisson Hotel Downtown. If you have a campaign or service you want to promote, contact the Eco-Network for sponsorship opportunities.

Please consider becoming a monthly donor. Automatic monthly donations provide the Eco-Network with steady, predictable income. Sign up at mbeconetwork.org or call 204.947.6511 for more information.

**WE DELIVER
YOU PACK & MOVE
WE PICK UP**

FROGBOX™
FROM ONE PAD TO ANOTHER

**We'll make your next move
easy, convenient and green.**

Visit [f/FROGBOXWinnipeg](https://www.facebook.com/FROGBOXWinnipeg)
for **40% off your next move**
& win over \$1000 in prizes!



1-877-FROGBOX

FROGBOX.com/winnipeg

Preparing for your Summer Vacation?



Measure your tire pressure for proper inflation.
Enjoy a safer ride & help the environment.

Increase Fuel Efficiency
Extend Tire Life & Improve Safety



TIRE STEWARDSHIP
Manitoba

To recycle or find products made from tires in Manitoba call
1.204.661.3242 or visit www.tirestewardshipmb.ca



Complimentary copy
Please consider subscribing at
204-947-6511 or
www.mbeconetwork.org

Canada PM 40010075 Postage paid at Winnipeg, MB. Return
undeliverable Canadian addresses to: **Manitoba Eco-Network**,
3rd Floor-303 Portage Ave., Winnipeg, MB R3B 2B4