



# Opportunity & Change

Anne Lindsey sits down with Green Action Centre's Randall McQuaker to reflect on her time at MEN



An archival photo of Anne Lindsey — the executive director of the Manitoba Eco-Network for 23 years.

## Inside this Issue:

Opportunity & Change.....cover, 4  
 Executive Director's Letter .....2  
 Eco-Events in Manitoba .....3  
 The Real Costs of Hydro BiPole 3.....5  
 Green Home Building .....6-7  
 Protecting Our Earth Awards ..... 8  
 A Week in the Life of an Intern .....9  
 Summer Poems..... 10  
 New In the Library ..... 11  
 Intensive Wilderness Training ..... 12

Take, for example, the series of conferences on organic farming from 1999 through 2001 — a personal and professional priority for Anne — that MEN co-ordinated, which brought key stakeholders together and helped to prepare the ground for the growth of activism on local and sustainable food issues.

“These were some of the first meetings on organic farming in Manitoba. It has been great to see how other groups, including some new ones, have continued that work,” Anne says.

Then there was a memorable national conference organized by MEN in 1992 for the Canadian Environmental Network. It featured workshops connecting local people with conference participants from across the country — Gimli-based fishers with fishers from Atlantic Canada, local activists in forest protection and in health with people from other provinces. It was a time for exchanges, strategizing and shared ideas — exactly what an environmental network should be all about. U.S. activist David Brower was a keynote speaker.

“It was just wonderful for Manitoba to play host to this national conference,” Anne recalls. Important issues were discussed. It was a time of energy and growth. “It was inspiring.”

Connections with national colleagues have always been important to Anne. “I have been charged up by the opportunity on a yearly basis to connect with people from ENGOs from every part of Canada,” she says. Over the years, professional relationships with colleagues in other provinces have developed into personal friendships.

*continued on page 4 >>*

**LATE SUMMER SUN** pours through the windows of the EcoCentre in downtown Winnipeg. Anne Lindsey is trying hard to shift gears. In the midst of many urgent and competing priorities on a hectic day, she has been asked to contemplate the kind of “looking back” questions that are confounding at the best of times. A few moments snatched between phone calls is probably not the right time for this. When IS the right time for this?

As we speak, Anne is preparing to conclude her tenure as executive director of the Manitoba Eco-Network. It is not an easy transition from a position she has held for 23 years — the first ED in the Network's history.

On this September day, her successor has not yet been chosen. There is much to do to maintain the ongoing business of the 57-member organization. And yet more to do in tying up loose ends, updating files, writing notes and preparing

for the hand-off to a new chief executive.

It has been a time of building the Network — its membership, services and reputation. The progress is mirrored in moves to progressively better premises — first, from a dingy cubbyhole to a room with real, actual windows on James Avenue. Relocation later to offices on Albert Street shared with other environmental groups. Finally, the move to MEN's warm, bright and bustling space in the EcoCentre on the third floor of Mountain Equipment Co-op on Portage Avenue.

Highlights? How do you pick something from more than two decades of work? Is it a specific event? A new program or service launched? Advocacy undertaken? Or do the rewards reside more in helping to build the capacity of member groups, in establishing links, offering recognition, securing funding, and nurturing a movement? All of these, it turns out.

PHOTO: MANITOBA ECO-NETWORK ARCHIVES

is published five times per year by the Manitoba Eco-Network/  
Réseau Ecologique du Manitoba Inc. at  
3rd Floor, 303 Portage Avenue  
Winnipeg, Manitoba, R3B 2B4  
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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>

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Manitoba Eco-Network is affiliated with the Canadian Environmental 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 \$50. Associate membership dues are \$60.

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

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or 947-6511. The advertising deadline  
for the December 1 edition is Nov. 10, 2011.**



## Executive Director's Letter

**THIS IS IT.** My final "letter" as Executive Director of the Manitoba Eco-Network. I gave my resignation to the Board way back in June, but now it is becoming more real: the search for a new ED has concluded, I had my last board meeting last week, and my files are starting to look *somewhat* more orderly.

After 23 years, (including 2 layoffs due to lack of funds) I'd like to take this space to reflect a bit on the nature of employment in the environmental sector — especially since we are hearing a lot about "green jobs" of late.

It has always been an interesting challenge for me to answer the question on government forms, and when crossing the border, "What is your profession?"

I've really had to think about how to respond. Tree-hugger? Environmentalist? Somehow, those don't sound like jobs. Environmental Manager? Not quite. Professional s—t disturber? Too cheeky, I think.

So, just what have I and my colleagues in the ENGO sector been doing all these years? The long answer is raising awareness, promoting behaviour change, encouraging smarter practices and regulations, building capacity, helping people to connect with each other — all in the interest of reversing desecration of the earth, living more harmoniously within the planet's carrying capacity, and building towards a future in which everyone has what they need. Quite a mouthful at the border. And there would never be enough lines on a form.

Does that mean these aren't legitimate jobs? Some seem to think so. One often gets the feeling that "environmentalism" is a hobby, not a vocation. Something that we should be doing once the "real work" in the real world is done.

Don't get me wrong — those folks doing environmental advocacy in their spare time are the heroes of this (and the rest of the social) movement. They are the ones eschewing the TV and the lure of consumerism to devote many hours volunteering for a better world. And I honour those who have figured out ways to live more lightly on the planet.

But I contend that there is absolutely a need for paid professionals in the environmental sector — not just the ones that work for large companies in the new environmental portfolios, though those green jobs are important too. The environment is neither a frivolity, nor an afterthought. It's the critical life support system for everything else. Society requires the independent people who can create and advocate for the infrastructure and innovations that everyone else needs in order to be better environmental citizens. I'm realizing this more than ever in the last few weeks listening to some of the candidates running in the provincial election, and seeing the decimation of longstanding critical science programs in the federal government.

Now is not the time to rest on our laurels — trusting that a new awareness about the environment will inevitably lead to better decision-making and better practices. In fact, quite the reverse seems to be true. "Business as usual" still looks like the easy way out — even though the long-term consequences will be (are in many ways, already) devastating.

Jobs in the environmental non-profit sector are a vital public service even as we struggle to pay our staff living wages, and where most people work in patched together part-time positions with minimal benefits.

The Eco-Network has always worked hard to provide meaningful jobs and we've been fortunate for the contributions of foundations, governments, and citizens who share our values and aspirations. As I leave, I hope those coming after me, including our new Executive Director, Kristine Koster, will be supported as I have been, and that there will continue to be the necessary resources to employ the kind of dedicated, creative and smart people with whom I've been very privileged to work these many years.

I guess that's my departing "rant" — and now I'm out of room. I must, however say a huge thank you to everyone who has given me the uncommon gift of being able to "work" on my passion. That list is too long for this column, but it includes my family, successive Boards, many staff and other colleagues across the country, Manitoba's environmental community, people in governments and foundations who believed in our work and the members and donors of the Eco-Network who have been so generous. Thank you one and all. It has been an honour to work with you.

Anne Lindsey  
*Executive Director, Manitoba Eco-Network*

## OCTOBER

### 6 Learn to Draw and Ride Horses

In a group environment, each student will receive 30 minutes on horseback and 30 minutes learning the basics of drawing and painting. All ages. \$80. [Aurorafarm.ca](http://Aurorafarm.ca), 204-261-6279.

### 6 Manitoba Eco-Network Water Caucus Meeting – Drainage Theme

Perry Stonehouse, Manager of Water Control Works & Drainage Licensing Section, Manitoba Water Stewardship, will give a presentation on drainage regulation and policy. This free event runs 3:30 to 5:30 p.m., and is open to the public. Contact Josh (204) 943-0318.

### 9 & 16 Goat-Milk Cheese Workshop

Start the morning off by learning how to milk a goat! Then we'll head into the kitchen to make feta, chevre, ricotta and mozzarella cheeses and yogurt. \$80. [Aurorafarm.ca](http://Aurorafarm.ca), 204-261-6279.

### 12-13 Vibrant Communities Symposium

The Vibrant Communities Symposium connects those working to create healthy sustainable communities from a social, economic, environmental and cultural perspective. Visit: [Healthincommon.ca](http://Healthincommon.ca).

### 13 Bread Making from Scratch

Who needs a bread machine? Learn how to make bread, cinnamon buns, pretzels and bagels. \$30. [Aurorafarm.ca](http://Aurorafarm.ca), 204-261-6279.

### 13 & 27 Goat Milk Soap Making

Learn how to make goat milk soap from scratch. \$40. [Aurorafarm.ca](http://Aurorafarm.ca), 204-261-6279.

### 16 Birds of the Tropics & Manitoba

Ever wonder what our migratory birds are up to while they are away for the winter? Wildlife biologist Ricardo Ibarra is from El Salvador and has spent over 20 years studying birds in the wild. He is eager to share this missing chapter for all our bird lovers. [www.fortwhyte.org/calendar](http://www.fortwhyte.org/calendar).

### 17 Film: *The Clean Bin Project*

To kick off National Waste Reduction Week in Canada, Crescent Fort Rouge United Church is hosting a screening of *The Clean Bin Project* at 7 p.m. A panel discussion with local waste-reduction experts will follow. \$5. [www.crescentfortrouge.ca](http://www.crescentfortrouge.ca).

### 19 Celebrating 25 years of Eco-Activism: A Tribute to Anne Lindsey

Anne Lindsey is retiring from Manitoba Eco-Network after more than two decades as the organization's Executive Director. Attend the tribute: 7:30 p.m. at the Park Theatre, 698 Osborne. Music by Dan Frechette, silent auction and cash bar. \$15 or pay what you can. Tickets: [info@mbeconetwork.org](mailto:info@mbeconetwork.org), or phone (204) 947-6511.

20 **Film: *The Economics of Happiness***, a remarkable documentary about the power of going local. 7 p.m. at Gas Station Theatre. Visit [www.ccednet-rdec.ca/en/gathering2011](http://www.ccednet-rdec.ca/en/gathering2011).

21 **The 2011 Manitoba CD/CED Gathering “Enough, For All, Forever”** at St. John's High School. Over 500 delegates, including community organizations, government, students and social entrepreneurs will come together to examine ways to reduce poverty and build stronger communities in Manitoba. Visit [www.ccednet-rdec.ca/en/gathering2011](http://www.ccednet-rdec.ca/en/gathering2011).

### 22 Naturescape: Vermicomposting

Learn the basics of vermicomposting (composting with worms) with Marilyn from Red Wiggler Haven. Vermicomposting is a great way to reduce your impact on the environment while creating an excellent fertilizer for your plants. [www.fortwhyte.org/calendar](http://www.fortwhyte.org/calendar).

### 22-23 The Green Lifestyle & Natural Living Show

The first of its kind in Winnipeg, this show at the Winnipeg Convention Centre is a celebration of all things green. It's about living a natural, healthy, eco-friendly life in Winnipeg. Visit [Winnipeggreenshow.com](http://Winnipeggreenshow.com).

### 23 Beyond the Boreal – A Trip to the Arctic

This family friendly video journey begins at FortWhyte and takes us by point of view of a snowmobile up to Hudson Bay. Along the way, amazing adaptations of hearty plants and majestic animals will be discovered. [www.fortwhyte.org/calendar](http://www.fortwhyte.org/calendar).

### 23 & 30 Natural Health Products

Learn how to make your own natural shampoo and conditioner, toothpaste, lip balm, moisturizer, facials and shaving cream. \$80. [Aurorafarm.ca](http://Aurorafarm.ca), 204-261-6279.

### 29 A Place at the Table: The Contribution of Christians to the Public Discourse on the Environment

This workshop will include presentations on the commitment of Christians to the integrity of creation, and discussions on tools for engaging the public domain and practical approaches for addressing moral/ethical issues. Register by October 14 with Sandra, 204-779-6446 or [sandrarnm@mymts.net](mailto:sandrarnm@mymts.net).

## NOVEMBER

### 4-5 Global Justice Film Festival

Set for the Winnipeg Art Gallery and the University of Winnipeg, Friday night feature is Inuit Observations of Climate Change. More info can be found at [Mciic.ca](http://Mciic.ca).

### 16-18 “Planning for Extremes” – Partners For the Saskatchewan River Basin Annual Conference

This event will bring researchers, natural resource managers, policy makers and local stakeholders together to heighten awareness and share information on planning for extremes in the Saskatchewan River Basin. Visit [www.saskriverbasin.ca](http://www.saskriverbasin.ca).

### 23 We Day

16,000 youth, educators and friends will inspire and celebrate the youth movement for global change at the MTS Centre. Visit [www.weday.com/event/winnipeg](http://www.weday.com/event/winnipeg).

Please email your event notices to [info@mbeconetwork.org](mailto:info@mbeconetwork.org).



## Anne Leaves cont'd...

Being able to put a finger on emerging issues and to identify practical steps to move them forward is a knack that Anne has displayed more than once. In addition to food and farming, the list of such issues includes climate change, water and pesticides, among others.

John Sinclair, a former chair of the MEN steering committee, quickly came to appreciate Anne's ready grasp of issues. "She garnered the respect of fellow ENGOs — never an easy task — as well as scientists, politicians and others she worked with," he says. Proof of that was the number of committees, consultations and working groups she was invited to be part of.

Liz Dykman, an Eco-Network employee for four years, agrees. She was continually impressed with Anne's "unflagging passion for environmental issues." She notes in particular Anne's "immense enthusiasm for involving youth and mentoring budding activists."

Adds John Sinclair, "I think of Anne as being totally committed to the movement, without being over the top, like some others on the national scene. That's why I think her message often resonates so much."

On the eve of her departure, Anne sees continuing challenges for environmentalists. She would encourage more attention to the development of environmental policy. ENGOs need research and policy to back pressure for the kinds of systemic changes that are needed to enable and support sustainability. And MEN groups, preoccupied as they understandably are with specific issues and campaigns, also have to keep a bigger picture in mind.

Outside the movement, she is troubled by the "disconnect between what people say they want and what they actually do" when it comes to the environment. What is lacking is "ecological literacy" so that people can appreciate the environmental consequences of their everyday decisions and make choices that reflect their professed commitment to sustainability.

Enough of this for now. Further reflection will have to wait. It is back to a desk piled with files and a relentlessly demanding e-mail inbox. The sunshine will be gone soon enough this day. Not so the best wishes and gratitude of the Manitoba Eco-Network's extended family, nor the warm appreciation of her peers for work well done. 🌱

*MEN welcomes Executive Director Kristine Koster. She will be at MEN during October, and starting full-time with us on November 2. Look for more information about Kristine in the December 1 issue of EcoJournal.*



# Celebrating 25 years of eco-activism: a tribute to Anne Lindsey



Live entertainment  
MC: Vicki Burns

Wednesday, October 19th, 7:30 pm  
Park Theatre, 698 Osborne Street

\$15 or pay what you can: a Manitoba Eco-Network Fundraiser  
Tickets: [info@mbeconetwork.org](mailto:info@mbeconetwork.org) or 947-6511  
Silent auction / Cash bar

# The Real Costs of Hydro BiPole 3

By Susanne McCrea, Executive Director, The Boreal Forest Network



PHOTO: LISA WALDNER

IN 2006, we elected a provincial government who vowed to protect one of the last remaining intact boreal wilderness areas in the world, on the east side of Lake Winnipeg, by routing the BiPole 3 transmission line down the already developed west side of the lake.

Opposition leader Hugh McFadyen began his campaign to reverse this decision months before the October 4, 2011 election was called. His only stated objection to the west side route for the transmission line is that it will cost more.

While it is true, in simple terms, that the monetary cost is higher, the costs to the environment, culture and community economics would be incalculable and the hard costs are a different story.

Months ago the PCs sent out a mailer designed to look like a hydro bill, featuring the unauthorized use of the Manitoba Hydro logo, that said the average Manitoba family would see an increase of over \$11,000 on their hydro bill if the BiPole goes down the west side.

McFadyen stood by these numbers.

“No matter how desperate the NDP gets going into committee meetings or elections, no matter how much they want to resort to their ‘Crocus’ calculator, it doesn’t change the fact that every family pays \$11,748 more,” he told the *Winnipeg Free Press* in May.

I was witness to a discussion between Mr. McFadyen, Manitoba Hydro and officials from

the Manitoba government on May 30, 2011 at the meeting of the Standing Committee on Crown Corporations.

Minister of Labour Jennifer Howard challenged Mr. McFadyen on his math and looked to Manitoba Hydro president Bob Brennan to confirm her statement that the numbers were not accurate and the use of the hydro logo was unauthorized. He confirmed both assertions.

The following is quoted from the meeting transcripts:

## Mr. Brennan

“...So I went through my own calculation and I seemed to get quite a bit a different number. I took the distance in length ... I took the difference in length between the two routes and I took the total transmission cost, found out the cost per kilometre which works out to really quite an expensive amount, I think it was \$940,000 a kilometre, and applied that to the incremental length and got a number of \$428 million.

I did not include, which Mr. McFadyen was talking about, just the increased losses that would occur; I excluded that. But that wouldn’t be – it wouldn’t double this number, for sure; it’d be less than that. So then I took the number of households from the escalated – up to 2017 and that number is less than our current number of customers.

So I used that number and took the incremental cost per household for the difference in the two

lines. That number came out to \$821 per household, and then I said, well, that is over the life of the line, so I divided that by 60 and so the annual cost would then be \$13.68.”

Mr. Brennan went on to say that this number should really be divided by three, since households use only a third of the total amount of power in our system, but he didn’t go that far in his calculations.

The east side forest spans 82,000 square kilometres across the Manitoba and Ontario borders. These northern forests have been called the lungs of the earth for their role in mitigating the effects of climate change by absorbing carbon and releasing oxygen. They are home to 200-plus varieties of migrating songbirds and are one of the last remaining stands large enough to support the struggling woodland caribou.

They are also home to four Manitoba and one Ontario First Nations who have chosen to stand together in proposing an UNESCO World Heritage Site designation as a way of profiling their lands for culturally appropriate economic development through eco-tourism. They will see nothing but a few short-term construction jobs from a hydro line and they can’t tap into the power, which is for export.

Let us not sell them out over less than \$13.68 a year. 🌿

For more on this subject see: [www.borealforestnetwork.com](http://www.borealforestnetwork.com) and [www.heartoftheboreal.ca](http://www.heartoftheboreal.ca).



# Green Home Building

An R-2000 rating reduces energy usage and costs

By Dave Elmore, Green Action Centre, Bev Sawchuk & Marie Sereneo, Manitoba Eco-Network

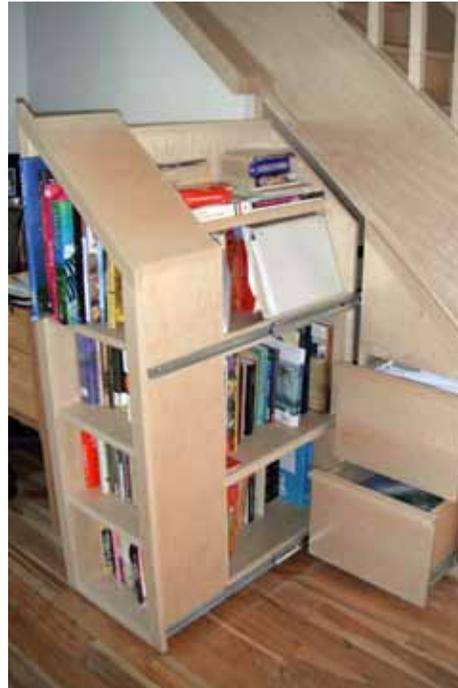
**WALKING THROUGH** Winnipeg's Minto neighborhood, a lush vegetable garden and wood-etched nymphs on the front door hint at other surprises that Evan Proven's house has to offer. "I think my home is the ultimate contrast from the neighbourhood in technology and building practices." Words that ring true in the airy dwelling, as Proven describes the unique features of his beautiful R-2000 home.

Administered by National Resources Canada since the 1980s, the R-2000 program endorses higher building standards for energy efficiency, air quality, air tightness and environmental responsibility. It recognizes that a house functions as a system, where components work together to be efficient.

A certified R-2000 builder, Evan Proven has been involved in home construction alongside his dad, Randy, and cousin, Donald, for many years, working to fine tune a house as a system to further minimize energy use. It's a holistic approach than views a home as an ecosystem. Proven's ultimate goal is to work towards a "net zero house," one that can operate independently from the energy grid. It appears that he's on the right track, given his home's impressive Energuide rating of 86. Under the government program, a home's energy efficiency level is rated on a scale of 0 to 100; a rating of 80 or higher is considered excellent, and represents a super-efficient house that will cost less to heat.

"I said to my dad that it didn't make sense to build these amazing houses for other people, and not live in one," mused Proven. This led him to purchase a 600 sq. ft. un-insulated home built in 1907, deconstruct it for salvageable materials, and construct an R-2000 home in its place. The new 1,620 sq. ft., two-storey residence boasts insulation values of an astonishing R100 in the attic, with an R54 floor and R42 walls. Proven modified wall construction details to maximize insulation and eliminate areas that traditionally cannot be well insulated. Another simple improvement was the installation of switched electrical outlets to eliminate energy use from "phantom power" associated with audio/visual equipment.

The dwelling also exceeds performance standards for air tightness. This standard is physically tested using a "blower door test," which measures the amount of leakage through doors, windows and walls. Proven took particular care



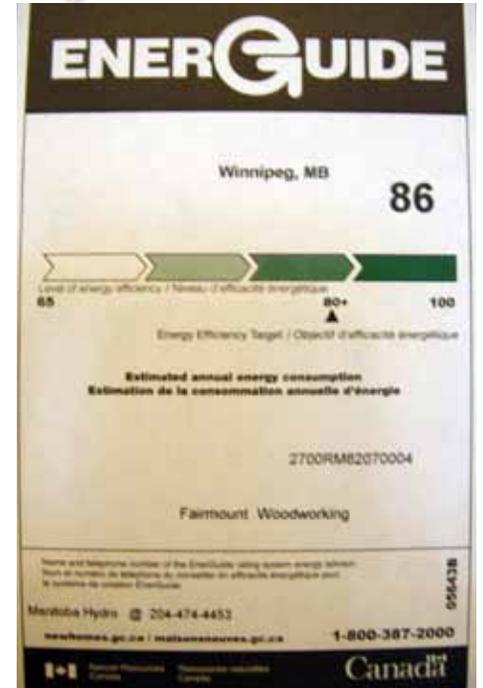
in ensuring these areas were continuously sealed, resulting in only 0.57 air exchanges per hour, well below the R-2000 standard of 1.5 and a vast improvement over the 7 to 10 air exchanges found in the average older home.

A unique system stores and uses unneeded heat generated from his solar collection system. After requirements for the hot-water system have been met, a separate system redirects heat to a piped collector under the home's crawl space. This stored up heat is used to feed a radiator system that Proven and his dad designed into the Heat Recovery Ventilator system to temper incoming fresh air during the colder months. Proven continues to monitor the system and hopes that it can be used in the fu-



ture to provide additional interior heating, further reducing his reliance on outside energy.

This home was not only built to be energy efficient, but also sustainable. Rather than simply demolishing the original house, it was carefully taken down, piece by piece, to extract usable salvage material for use in constructing the new home and a garage. As Proven's attitude is "why buy something, when you can build it better yourself," the exterior doors and frames were custom built on site along with cabinets and a solid wood staircase. The home's metal roof, an unconventional choice for a residential structure, will last a lifetime and helps to reflect light back to the solar panels.



PHOTOS: EVAN PROVEN AND MARIE SERENE



Clockwise from far bottom left:

Builder Evan Proven and his partner Lainie Rosner in their dining room.

Proven incorporated space-saving storage features such as this bookcase which slides out from underneath a staircase.

Evan Proven deconstructed a small 1907 home (inset), and built a new 1,600 sq. ft. home (foreground) to R-2000 standards.

A blower door test measured the amount of air leakage through doors, windows and walls.

The home achieved an EnerGuide rating of 86 out of 100. Higher than 80 is considered excellent.

The utility room.

Many of the home's R-2000 features are not clearly visible. A certification sticker in the utility room is the only indicator to an untrained eye, though instant visual gratification is hardly what is important, a sentiment that Proven affirms. "We have to change the way we look at tangible value, by looking beyond visible aesthetics and current home décor to long-term sustainability." The R-2000 certification is the mark of a well built home, equating to comfort, peace of mind and financial savings. The bonus? A house with significant green features and efficiency can command a purchase price as much as 30% more than a traditional home.

High-quality sustainable material and an open floor plan provide a large, bright living space. Designed for the best possible airflow, the layout and large south-facing windows help with both lighting and heating the main living areas. A clever use of space is demonstrated when Proven's partner, Lainie Rosner, pulls open inconspicuous drawers and a spacious bookshelf from under the staircase. A biology teacher, Lainie explains that their home has given her a new perspective on the meaning of sustainability, especially in light of their ultra-low utility bills.

While some may question building a technologically advanced home in an old neighbour-

hood, Evan believes that building in established areas is more sustainable than expanding further away from the city core. It provides an opportunity for high-end sustainable homes to be built on lots in established neighbourhoods with mature trees, without the high price tag of construction on a bare lot at the city's periphery. It's a greener approach with a nod towards reducing suburbanism; new residential developments typically require roads, electricity, plumbing and streetlights to be brought to the home.

For those contemplating new home construction or renovations, Proven suggests contacting a certified R-2000 builder, or obtaining a Manitoba Hydro Power Smart home evaluation. Building a sustainable home in Manitoba's climate is clearly possible; it begins by changing the way we think and assign value. To learn more, contact Evan Proven Construction at [evanproven@gmail.com](mailto:evanproven@gmail.com). 🌱



# Annual Protecting Our Earth Awards

Nominations are open for Manitoba Eco-Network's annual awards presentation, to be held in February 2012 at the Reel Green Film Festival. These awards, originally called the Manitoba Eco-Network Environmental Awards, have been presented to worthy Manitobans since 1990. We invite all Manitobans to consider submitting the names of environmental groups and individuals who have made significant contributions to the protection and awareness of Manitoba's environment.

This is a wonderful opportunity to recognize the important achievements of peers and colleagues. The nomination period will close on December 16, 2011, and a committee of our Board of Directors will make the final selections.

The nomination form, along with names of past winners, can be found at:

**[mbeconetwork.org/environment\\_awards](http://mbeconetwork.org/environment_awards)**

## Calling member groups, citizens, writers and visual artists!

Consider contributing to the Eco-Journal — we're striving to be Manitoba's premier environmental issues publication.

We're looking for articles, interviews, book, magazine and movie reviews, research, photographs, art — you can select a subject from a long list of ideas, suggest your own, or ask for an assignment (particularly for the photographers/artists among you). Standard articles and reviews are 300-600 words in length.

The next two submission deadlines are November 10th and January 6th. Contact Editor Joel Trenaman for more information:

**[editor@mbeconetwork.org](mailto:editor@mbeconetwork.org)**.

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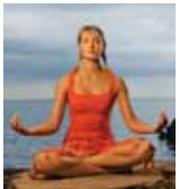
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Competitive rental rate, with a discount for non-profit organizations. A lease term of 2-3 years is preferred.

To view the premises, contact Beverley Sawchuk, coordinator, Manitoba Eco-Network, by phone (204) 947-6511 or email [info@mbeconetwork.org](mailto:info@mbeconetwork.org).

## EcoCentre Office Space for Lease

Manitoba Eco-Network is seeking a suitable sub-tenant for 150 sq. ft. of office space within the EcoCentre, located on the 3rd floor of Mountain Equipment Co-op (303 Portage Avenue, Winnipeg).

These environmentally friendly premises include a window, convenient bus access, employee shower, in-house composting and access to the rooftop patio. A boardroom, kitchen and photocopier are shared with other tenants of the EcoCentre.

For more information, visit [www.eco-centre.ca](http://www.eco-centre.ca).

# A Week in the Life of an Intern

## Eye-opening experiences at the Eco-Network

By Marie Sereneo

**HELLO!** This summer I was an intern at the Manitoba Eco-Network. It is actually a unique organization to work for based on the fact that I am not only learning about the Network, but also about all the organizations that are affiliated with us! The people here and what they do are truly inspiring me towards what I can do for the environment now, as well as in the future. With that said, I hope you enjoy this slight glimpse into my week!

**Monday:** Only the second week into the internship and I am already in charge of coordinator duties! After climbing the three flights of stairs (phew!) to the 3rd floor of the MEC building, I arrive to an empty office, as our flexible hours have most of the staff starting at 10 a.m. and beyond. Reading off the list I wrote the week before, I turn on the main computer before I unlock the elevator, patio and the file cabinet. After that, I am at my desk for most of the morning updating our website with news articles, answering the phone, reading emails, and phoning potential volunteers for their interviews. Before I know it, it's lunch!

In the afternoon, I spend most of the day working on vertical files. To elaborate, these are stacks of old articles, acts, and papers that are taking entirely too much space in our office. My job is to find these same (or better) resources online in order to recycle the hard copies and save space. Yes, it becomes a tedious job, but there is something satisfying about being able to whittle down a huge file into a single list of resources. (On a side note, it's really amazing what you can find online!) This is my side project usually reserved for Fridays and spare time; and thus my Monday afternoon was filled.

**Tuesday:** This morning begins with my daily duties. I do want to point out that our computer system is rather slow, and thus it takes me longer to perform these tasks than what I am used to. However, this is all by-and-by, and after I ask Anne (the executive director) if there are any tasks around the office that I could help out with. She sets me up reviewing films for our upcoming film festival, and I end up watching Land of Destiny, a documentary about a petrochemical town where workers are being hit by various cancers. It is a different movie than what I would normally choose, though it definitely pulled at my emotions. After, I attend a meeting concerning Anne's farewell, because she is leaving MEN after 23 years.

**Wednesday:** Today I spend most of my morning creating templates for pin buttons that we use as a fundraiser. It's a fun task finding the pictures, but having to format the circles took a long time. At noon, I get a much-needed break because we are planting tomatoes!

The MEC building has a green roof, and some staff acquired tomato plants to grow for Winnipeg Harvest. Thus, most of the afternoon is spent mixing soil and compost to use for planting the tomato plants into pots. This could almost be considered the easy part, because our next task was to water things. Since we do not have a hose, we had to make several trips from the kitchen to the patio hauling jugs of water. However, no matter how many trips we made, the soil (and presumably the plants) was as dry as ever! Eventually, we decided that the plants could wait for following days to satiate their thirst.

**Thursday:** Remember those templates I was working on yesterday? I spent a bit more time making the images before handing the printed copies to a volunteer to cut with the circle maker. After, I made buttons! All my hard work and attention to detail paid off as the buttons all came out uniform and centered. I definitely enjoyed the satisfying "thud" that signified a finished button, and the diversity was endless, as bears, penguins,

birds and even Dr. Seuss buttons were cranked out! I believe that this button project was definitely my favourite one yet. If anyone is interested, they are on sale for \$1.00 each at the Manitoba Eco-Network.

**Friday:** The end of the week. I spend it quietly "converting" vertical files again, in conjunction with a relatively quiet and empty office. The day is also punctuated with anecdotes from Anne, who tells me hilarious stories about her first few jobs. Surprisingly, I do not feel the same kind of exhausted relief that I usually feel during a school week of essays, tests, and extra-curricular activities. It's a different kind of atmosphere here at Manitoba Eco-Network, and I am enjoying it. Working here has definitely opened my eyes to less publicized issues in the community. I look forward to see what the rest of the summer brings!

*Marie Sereneo completed an internship at MEN sponsored by The Winnipeg Foundation through their Summer Internship Program.*

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**Phone: 204-947-6511**  
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# A Book of Summer Poems for All That Can Read

By: Madeline Schwartz

## The Trees Around You and Me

The trees in the forest tower over me  
and they are beautiful.

The green leaves flutter on the branches,  
Bark looks rough

but is smooth as silk underneath my hand.

As I step

the dead oak and dry pine needles crackle underneath me  
like a firework bursting from its container.

The season changes,

So does the trees.

The trees turn yellow and orange,

They fall,

Creating a wondrous pattern along the forest floor.

As the last leaves fall,

You can almost see the trees shiver,

No more warmth,

Simply trunks, branches, and twigs.

They are waiting,

Waiting for the new buds to come

And shower them with glory.

## Summer's Day

Breathe in deep,

close your eyes,

and feel such a freshness as the wind passes over you  
like a cool blanket.

Smelling as fresh as evergreen trees.

You try to feel for it,

but it merely slips through your fingers like water  
and yet,

you still feel as if you felt it,

that wind that makes you smile.

How it moves

is a mystery,

but it has a warm welcome on a warm summer's day.

The wind that moves through you like a breath of fresh air,

That one you've been waiting for in that stuffy room.

It's clearer then clear

you never get to see it,

no one does.

Breathe in deep,

and feel the wind rush past you.

*About Madeline Schwartz, in her words:*

*I love reading. I'm totally an outdoors type of person. I wrote these poems cause I knew I was good at them and it was for a school project. I love to have fun. I'm 13-years old. Had lots of fun writing these poems. Enjoy summer, which led to writing seven poems about summer. Made these poems so that anyone can read them (from kids old enough to read to elderly folks). Love my family — even my annoying younger sister. Am proud to be a published poet and hope everyone enjoys my writing.*



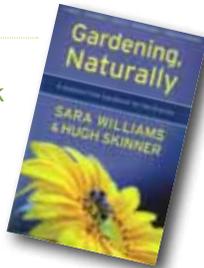
## New In the Library

All of the materials in the Alice Chambers Memorial Library may be loaned out free of charge. There is no-charge postal delivery outside Winnipeg. Please contact Wynne Haaksma, Resource Assistant, at 947-6511 for more information. [www.mbeconetwork.org/library.php](http://www.mbeconetwork.org/library.php)

### New Books:

#### Gardening, Naturally: A chemical-free handbook for the Prairies

By Sara Williams & Hugh Skinner  
Coteau Books, 2011



Two horticultural experts, from Saskatchewan and Manitoba respectively, have created a well-organized and colourful guidebook to help you make the most of your prairie garden. The book begins with basics for improving your garden without chemicals, followed by sections on controlling weeds, insects and diseases. In five sections specializing in lawns, vegetables, flowers, trees and shrubs, and fruits, you will find diagnostic charts, detailed information and tips for preventing and solving many potential problems. This book is easy to use, filled with helpful photos and is a great resource for those who want a beautiful and productive chemical-free garden.

#### The Young Activist's Guide to Building a Green Movement & Changing the World

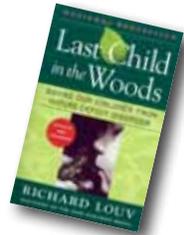
By Sharon J. Smith,  
Earth Island Institute  
Ten Speed Press, 2011



This book provides practical instruction and advice on how to tackle larger environmental issues that will shape the future of our society. Directed at youth, but inspirational for anyone that wants to get involved and change the world, this book draws on the experiences of young environmental leaders who have received the Earth Island Institute's Brower Youth Awards. You will be inspired by their stories as you learn about a wide range of topics from starting a group to gaining financial support to dealing with media, politicians and corporations.

#### Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder

By Richard Louv  
Algonquin Books of Chapel Hill, 2008



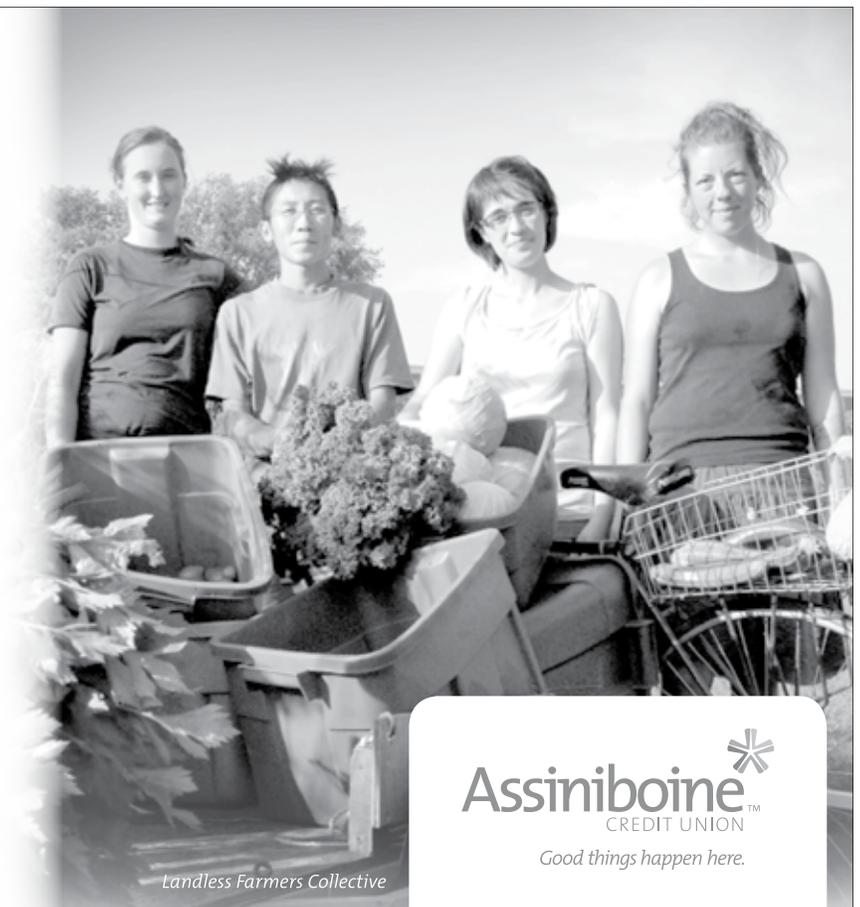
"Within the space of a few decades, the way children understand and experience nature has changed radically." This is the basis for the author's exploration of how children of the past two to three generations experience nature and how a lack of connection with nature affects their health. Studies have shown a link between this disconnection and the rise in such problems as attention disorders and obesity. The author asserts that although children know more about ecological issues today, they don't directly experience nature and that exposure to nature is essential to mental, physical and spiritual health. The book ends with a field guide, including 100 suggested actions to take. As the author states, "no one among us wants to be a member of the last generation to pass on to our children the joy of playing outside in nature."

# Urban Harvest

Dedication, heart and some seed funding from Assiniboine Credit Union. That's what it took to launch a successful urban farming business. The **Landless Farmers Collective** grows over 50 varieties of vegetables, herbs and edible flowers, which are delivered to local customers for a healthy addition to the local economy.

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# The Skills to Survive

Intensive wilderness survival training starts with sensory awareness

By Joel Trenaman

**BEAUTIFULLY SITUATED** on 160 acres (65 hectares) near Boissevain, MB, Room to Grow is both a homestead for the family of David Neufeld and Maggie Andres, and a business. It features a straw bale guesthouse, a greenhouse specializing in medicinal and culinary herbs and organic-standard bedding plants, and educational programming. From June 10-12, Room to Grow hosted a course – Wilderness Skills Intensive 2011.

The course has become an annual event, but instructors Dwayne Logan and Laura Reeves also share their skills year-round. Reeves is a botanist who also presents a workshop on wild edibles, and Logan is an organic farmer who has recently presented at events like Harvest Moon Festival and showed off his farm on MAFRI's Open Farm Day.

Logan and Reeves used their knowledge, training and most importantly, serious experience in the bush to teach about 20 participants the basics of knife use, shelter construction, water collection, direction finding, sensory awareness, fire building, primitive hunting and trapping, tracking, creating cordage, stone tool-making, and identifying edible plants. However, the title included "intensive" for a reason: the weekend was about *doing*, not just watching. Making fire, creating tools, eating plants, we did it all. The most striking experience was trusting only one's underused senses to "fox walk" through the forest to find the source of a drumbeat – blindfolded, barefoot, at dusk. 🌿

Clockwise from bottom left:

Participant strikes stone on stone to make a knife edge.

Shelter is the number one priority in an emergency. It all starts with a frame.

Instructor Laura Reeves demonstrates a homemade bow.

Chickweed: one of many edible plants found everywhere around us.





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