Growing Up Organic in Manitoba

By Julie Fine, Project coordinator of Growing Up Organic in Manitoba

How to increase availability of local organic food in Manitoba: Ingredients

- 1.5 cups of the Organic Food Council of Manitoba, a local chapter of Canadian Organic Growers(OFCM-COG)
- 750 ml of the raw energy of the dedicated Manitoba Growing Up Organic (GUO) staff and volunteers
- 1 kg of Growing Up Organic (GUO), a national project from COG
- Generous handfuls of local farmers committed to organic practise
- 2 Winnipeg distributors devoted to local food
- 25 large slices of committed child care centres and other facilities
- A sprinkle of Canadian Organic Growers (COG)

Preheat oven to 350 C. In a large bowl, gently add each ingredient. Mix vigorously until just right. Ladle into a ceramic pan and top with your spice of choice. Bake until ready. Set the table and begin while steaming hot!

In early 2007, COG launched the Growing Up Organic (GUO) initiative. This project increases the amount of local organically grown food in Canadian institutions, beginning with childcare centres. At present there are four COG chapters involved in the project, one of which is OFCM-COG.

Here in Manitoba, Growing Up Organic is in the first year of a five-year pilot project. We began making presentations to child care centres and other interested groups in January 2007, and now work with a number of child care facilities in Winnipeg to help link centres with sources for affordable local organic food. 3 GUO staff members and volunteers assist childcare facilities and other programs to connect them with local organic food sources. The team provides information sessions; educational materials; menu and recipe planning; and organizes a variety of tours for project participants.

GUO Manitoba has far exceeded the first year's expectations. Currently 5 child care centres, an art program, a school and a



Chef Mark Campbell and youth from Art City, photo courtesy of Julie Fine

family centre are committed to the project. They receive weekly organic food boxes from local distributor, Fresh Option Organic Delivery (F.O.O.D.). Local distributor, Eatit.ca also has plans to be involved in the GUO program this fall. The boxes include mostly fruits and vegetables, but also offer eggs, dairy products, and other dried goods. These facilities offer varying degrees of organic food to the children and adults they serve. Children's House Montessori in Winnipeg is one of the childcare centres beginning to offer organic food to children. Kathy Earle, mother

of three, with a young child just starting in the school, says, "I'm glad that Children's House provides organic food. We want our son to continue eating the kind of food that we serve at home".

GUO staff initiates outreach to institutions by asking them to complete a survey of interest. Then the staff make an inperson presentation about Growing Up Organic. Shortly after, interested facilities begin to receive weekly price lists and deliveries of organic food. The services provided by the GUO project are free. Centres pay for the organic food they order from the distributors, and can receive discounts and sales on seasonal items.

This past summer, GUO Manitoba hosted a farm tour for GUO participants at the Wiens Shared Farm near St. Adolphe. While munching on veggies, the group of 50 plus children, moms and staff of Taking Care Childcare and the Taking Charge! program toured the farm. A second summer tour featured a group of children and staff from Art City. This visit took place at York the Hotel. Chef Mark Campbell opened his kitchen to an inquisitive gaggle of kids, talked a bit about organic food and assisted the group in a sweet dessert making activity.

Gaining commitments from childcare centres

Upcoming fall activities for the GUO program in Manitoba include the launch of the OFCM website at the Harvest Moon Festival in Clearwater, Manitoba; a November 22nd Loco for Local! fundraising event at the Franco-Manitoban Cultural Center; a workshop presentation at the annual Special Area Group (SAG) conference for Early Childhood Education; the launch of a GUO calendar, and a number of presentations to interested centres. Visit http://www.organicfoodcouncil.org/growingup.php for more details.

The long-term goal of GUO Manitoba is to gain commitment to the program from more than 25 childcare centres by year five

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In Memorium: David Brophy

Manitoba Eco-Network staff and Board mourn the sudden passing last July of Dave Brophy, our Assistant Water Caucus Co-ordinator.

Dave had not been with us long, but was starting to establish a reputation as a hardworking, caring, and valued colleague. He was active in many community endeavours, including his local community garden, and the Natural Cycle Worker Co-op, and was known and loved as a founding member of the Friends of Grassy Narrows support group. He is and will be sorely missed by his family, friends and all who knew and worked with him.



October 16: World Food Day Events

World Food Day Breakfast and Golden Carrot Awards hosted by the Manitoba Food Charter. 7:30 to 9:30 am in the Legislative Building Rotunda. To RSVP email info@mbfoodcharter.ca.

Right to Food Conference and Lunch. Winnipeg Harvest, the Canadian Food Grains Bank and the Manitoba Food Charter invite you to the Right to Food Conference featuring the theme "Respect, Protect and Fulfill" 10 am to 2 pm

at Broadway Disciples Church (Broadway and Kennedy). To register call 1-800-731-2638.

Northern Harvest Forum and Dinner, October 16 and 17, St Joseph Hall, Thompson Manitoba. Workshops on food processing and preserving, chicken production, community gardening, fish, traditional foods, freezing, school nutrition and community participation. For more info: 1-800-731-2638.

Coming Soon:

Manitoba Eco-Network turns 25!

That's right—in 2008, Manitoba Eco-Network will celebrate its 25th anniversary. Hard to imagine that we've been around that long—linking ecology groups around the province and beyond, supporting all kinds of environmental actions.

We are planning to celebrate the quarter-century birthday with a Gala dinner and dance in February. All the details are still being determined but we do know that we'll feature an organic and local meal, and we

are going to invite everyone who has been associated with the Eco-Network as we've grown and matured. It will be a great opportunity to reflect on some of the history of the environmental movement in Manitoba and to reaffirm our commitment to a sustainable future, while enjoying a fun evening amongst friends.

Be sure to watch the next Eco-Journal for more information about this event, and for your invitation!

Eco-Network Steering Committee, 2006-2007

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Dennis Cunningham, Member at Large
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Joseph Prymak, Consumers for Responsible Energy (CoRE)
Shavne Robinson, Concerned Residents of Winnipeg (CROW)

Seeking permanent protection of Ochiwasahow (Fisher Bay park reserve) First Nation Calls for a Park

By Ron Thiessen, Canadian Parks and Wilderness Committee (CPAWS) Manitoba

Just two hours north of Winnipeg, Fisher River Cree Nation (FRCN) is proposing a scenic wilderness park four times the size of Winnipeg (160,000ha). The goal is to permanently safeguard the area from all industrial developments that threaten the wilderness and culture of local Aboriginal communities. Part of their journey as a community is to protect nature and use the land for sustainable economic opportunities.

CPAWS commends FRCN for their vision to protect their lands and waters for future generations. We look forward to continuing our work with the government, local communities, and all Manitobans to honour FRCN's plan for Fisher Bay and its surrounding landscape.

CPAWS is partnering with FRCN to create the new park. We are helping with strategy, relations (government, industry, public, and media) as well as offering services such as publishing, mapping, research, and photography. Also, the Wilderness Committee (WC) is presently supporting the campaign by inspiring public action with education, publishing, mapping, and photography.

The Area

Located on the south-west basin of Lake Winnipeg, the Ochiwasahow (Fisher Bay) park reserve is First Nations traditional territory and home to wildlife such as bear, moose, fox, eagles, and a variety of songbirds. The picturesque area is blessed with treed shorelines, long sandy beaches, large islands covered with old-growth forests, reefs, and the waters of Fisher Bay.

Every shoreline provides glimpses of the thriving biological diversity that Fisher Bay offers. Fresh tracks dot the beach daily as wild animals pass in and out of the woods. Shorebirds and waterbirds wing by, traveling from nesting colonies to feeding grounds and back again. Deeper in the forest, bright patches of sunlight afford aspen and birch saplings a chance to grow. In the shade of the dense old-growth spruce and pine stands, the plant life is more subdued. Mushrooms and mosses reclaim fallen old trees, and young evergreens slowly reach towards the canopy.

New and Improved Boundaries (see map)

The park reserve is temporarily protected from industrial developments while the Manitoba government conducts community consultations, and seeks input from stakeholders and the public. Initially FRCN proposed a much larger protected area than the current legislated park reserve, however the provincial government decided upon its present size after subsequent discussions with industry, and without further dialogue with FRCN or any public input. As a result, FRCN and CPAWS decided to take another look at the boundaries.

The Centre for Indigenous Environmental Resources was commissioned by FRCN and CPAWS to produce an Ecological Significance Study of Fisher Bay and surrounding lands. As a result of analyzing the Study and identifying community interests of FRCN, new boundaries for the park reserve are being proposed based on the best mix of ecological and cultural considerations.

Why We Should Save It

The Ochiwasahow (Fisher Bay) park reserve is part of the Earth's most expansive forest, the wild boreal region. The boreal forest is the world's largest source of fresh water and is deemed the "northern lungs of the planet." As the planet's biggest land-based storehouse of carbon, it also plays an important role in

regulating global climate.

Considering 25% of the Earth's remaining intact forests are in Canada, we have a huge responsibility to ensure big wild places like the Fisher Bay region continue to flourish as an essential part of the Earth's life support system.

It's also critical to protect the boreal given that every Canadian relies on it for either a job, or food, or supplies. Local communities depend on the boreal for traditional activities and emerging sustainable economic opportunities. For centuries, Aboriginal people have utilized Fisher Bay's resources while maintaining its well-being through caring stewardship. FRCN is working hard to conserve the area for ancient pursuits such as hunting and fishing as well as developing its eco- and cultural tourism potential.



Map by Gov. of Manitoba

Public and Community Support

Manitoban's support for protecting the lands and waters of Fisher Bay is overwhelming. Over 6000 letters have been sent by citizens to Premier Doer encouraging government action to grant the FRCN's request for permanent protection of the area.

Many local communities are also on board. To date, Peguis First Nation, Jackhead First Nation, Arborg, Riverton, and the RM of Coldwell have formally supported Fisher River Cree Nation's protected area request.

Government Action Required

The FRCN, CPAWS, and WC are asking the Manitoba government to take immediate action to establish a new provincial park according to the specifications requested by FRCN. So far, we are delighted with their response.

At a recent press conference hosted by FRCN, CPAWS, and the Wilderness Committee, Conservation Minister Stan Struthers showed his enthusiasm for the proposed park when he stated, "I'm very much looking forward, through our provincial government, working toward the permanent protection of the Fisher Bay park reserve." Also, NDP Member of Parliament Bill Blaikie recently wrote a letter to Minister Struthers stating his support to expand and permanently protect the Fisher Bay park reserve.

Our government's action in making the Ochiwasahow (Fisher Bay) park a reality will be a huge step toward a healthy and sustainable future for Manitobans, Canadians, and the Earth. Please go to www.cpawsmb.org to conveniently let Premier Doer know how you feel about establishing the new park with ecologically and culturally sound boundaries as well as permanent protection from industrial developments.

What's Happening

Oct 11—Bike to the Future Forum From Imagination to Creation: The Future of Cycling in Winnipeg. 7-9:30 pm at the Bulman Centre, U of W. See article on p.11 for details.

Every Thurs through Sunday until Oct 21—Evening goose flights and lakeside dining at the Buffalo Stone Cafe, at Fort Whyte Alive. Dinner by reservation only, call 989-8370.

Oct 13—Henteleff Park Fall Planting & Guided Walk. Plant a native tree and join a guided walk on the nature trail. Bring your family, friends and a shovel. Enjoy coffee & doughnuts thanks to Tim Hortons. 10 am to 12 noon at Henteleff Park, 1980 St. Mary's Road. Rain or shine! For more information call 986-7233.

Oct 15—The Pembina Valley Spring Raptor Migration. Come hear Paul Goossen, Canadian Wildlife Service, describe Manitoba's premier raptor migration corridor and the spring migrant raptors'that pass through it. Manitoba Naturalists Society Indoor Program. 7:30 pm at the Pauline Boutal Theatre, Centre Culturel Franco-Manitobain, 340 Provencher Blvd. \$2 for MNS members, \$6 for non-members. Call 943-9029 to register.

Oct 15–21—Waste Reduction Week. To find out how you can participate, visit www.resourceconservation.mb.ca.

Oct 16—World Food Day Events see pages 2 and 10, this issue.

Oct 17—Biofuels: A solution or PROBLEM? A moderated panel discussion with Dr David Levin Uof M, Shaun Loney, STEM, Ken Sigurdson, NFU, John Morris, MB Cooperator. Hosted by the Provincial Council of Women, Manitoba Eco-Network, University of Winnipeg, Consumer's Association of MB and the Council of Women of Winnipeg. Free event, 7 to 9 pm, Eckhardt Gramatte Hall, University of Winnipeg 515 Portage Avenue.

Oct 20—Wilderness Edibles: Edible plant ID workshop from 7 to 9 pm at Fort Whyte Alive. Free to members, \$4 suggested donation for non-members.

Oct 26—Native Orchid Conservation Inc. Annual Members' Night with guest speakers, displays, and orchid book and orchid pins for sale. Everyone is welcome to attend. 7:30 pm at the Manitoba Bowls Centre, 1212 Dakota Street in St. Vital. For info contact Peggy at 261-9179 (leave message) or send an email to bainardp@mts.net . Visit www.nativeorchid.org.

Oct 27—Winnipeg Humane Society Bow Wow Ball 2007 at the Fairmont Hotel Winnipeg. The event features 4 course gourmet dining, dancing to Ron Paley and his orchestra, silent auction, door prizes and raffles. Tickets are \$150 per person, patron tickets are \$175 per person and corporate tables of 10 are available for \$1450. To order, please call 982-3554 or email judyc@winnipeghumanesociety.mb.ca

Oct 29—/Toxic Trespass/—Film and Panel Discussion. This film investigates the connection between pervasive toxins in our environment and serious human health repercussions. Executive producer and principal research consultant for the film, Dorothy Goldin Rosenberg, MES, PhD, will discuss her work, along with local panelists following the screening. Presented by the Social Planning Council of Winnipeg Environment Committee. Free admission. 7—9:30 pm at Eckhardt-Grammatte Hall, 3rd Floor, Centennial Hall, University of Winnipeg.

Nov 1 & 2—Showcase and Forum on Plug-In Hybrid Vehicles. As part of the Plug-In Electric Vehicle Conference happening in Winnipeg, you can attend a transportation showcase and public forum event that features plug-in hybrid vehicles (PHEV) and other eco-friendly transportation options. Visit a variety of display exhibits, experience a plug-in hybrid vehicle ride and drive, attend forums where you can hear presentations and ask questions from leading experts, browse stu-

dent posters, visit alternative fuel vehicles on display and see how you can be part of the solution. 9:00am to 5:00pm at the Winnipeg Convention Centre. Donation to Winnipeg Harvest will be accepted.

Nov 2—Global Justice Film Festival and Panel. Screening of The Ecological Footprint (30 min), followed by a panel including JoEllen Parry, International Institute for Sustainable Development, Glen Koroluk, Beyond Factory Farming Coalition, and Mary Melnychuk, Resource Conservation Manitoba. 7:30 pm at the Bulman Centre, University of Winnipeg.

Nov 5—Global Warming, Climate Change, Weird Weather: The Is-

sues, Impacts and Opportunities with John Gray, Senior Scholar, University of Manitoba. Global warming and climate change have generated a great deal of hot air, debate, and confusion, sometimes generated to cloud the issues. This presentation will introduce the recent and mounting evidence of climate change, examine the environmental and social impacts, globally, nationally, and here in Manitoba. Manitoba Naturalists Society Indoor Program. 7:30 pm at the Pauline Boutal Theatre,

Centre Culturel Franco-Manitobain, 340 Provencher Blvd. \$2 for MNS members, \$6 for non-members. Call 943-9029 to register.

Nov 5-7—We Are All Upstream, a conference hosted by the Partners For the Saskatchewan River and Red River Basin Commission. At the Victoria Inn & Conference Centre, Winnipeg. For more info visit http://www.saskriverbasin.ca/Upstream/index.htm.

Nov 12—Canadian Centre for Policy Alternatives 10th Anniversary. "Research and Social Justice in a Sound-bite Society" with Stephen Lewis, Former Special Envoy on HIV/AIDS in Africa. Screening of the film "In Their Own Voices". Wine and cheese reception 6-7pm is \$100, program only at 7 pm is \$25. At the Pantages Theatre. Tickets available at any Assiniboine Credit Union, or contact CCPA at 927-3200 or ccpamb@policyalternatives.ca.

Nov 18—WaterWalker Canoe and Kayak Film Festival, Second Showing. For those who did not have a chance to see the first showing, we again present the year's top canoe and kayak films from around the globe. Join a group of female, whitewater kayaking doctors in Africa as they paddle local rivers and deliver medical services to their host communities. Sea kayak the misty shores of the Queen Charlotte Islands. Great snacks and specialty coffees available. Admission is \$10.00 at the door. Call Lori at 589-2783 for more information. 1-5 pm at Park Theatre, 698 Osborne St.

Nov 22—"Loco for Local" A FUNdraising Gala Event in Support of the Organic Food Council of Manitoba's "Growing Up Organic" project. 7 pm at the Franco-Manitoban Cultural Centre. Tickets are \$15. For more information, contact 772-4363 or e-mail guo-ofcm@cog.ca

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David Neufeld, Maggie Andres, Kholi, Ezra, Teyana, Jonah

Update from the EcoCentre

By Anne Lindsey

Things are humming around our office, as everyone returns from holidays and gets into fall mode. The GIS Centre in particular has been busy, with numerous staff and volunteers working on both the Manigotagan and Green Map projects. We've especially enjoyed welcoming Spence Neighbourhood Community Researchers, Dallas Courchene and Joel Casselman, who are working with Andrew Lindsay on the community mapping portion of the Green Map. Progress is also being made on the Manigotagan River interactive map, but technical issues with the Manitoba Parks Branch new map server software have held up the online version. All are hoping that they will be able to

iron out those difficulties soon so that the canoe map can be tested online.

Water Caucus work continues in the wake of the untimely death this summer of our colleague and friend, Dave Brophy. Dave had been establishing a good reputation for himself as the Water Caucus coordinator, working together with Glen Koroluk, and we miss him.

Water Caucus, CCC website

A very successful one-day workshop on the impacts of climate change in the Red and Assiniboine River Basins was

held in June, and the proceedings from that event will be available soon. Readers are also invited to read and respond to the Prairie Citizens' Water Directive discussion document which can be found online at www.prairie.sierraclub.ca (or call (204) 947-6511 for a hard copy). This project to consider the sustainable management of water in the Prairies is being carried out by the Sierra Club of Western Canada, Bow Riverkeeper, the Saskatchewan Environmental Society and the Manitoba Eco-Network. Feedback will be provided to the Western Provinces Water Board and the provincial governments. And while you're at it, be sure to provide feedback to Manitoba Water Stewardship on their proposals to limit phosphorous contamination from cosmetic fertilizer use and household products. Public meetings on the topic have concluded but comments may still be made. Check Water Stewardship's website at www.gov.mb.ca/waterstewardship/fertilizer/ proposed_approaches_to reducing nutrients.pdf

Curt Hull and Susan Lindsay at Climate Change Connection are celebrating the launch of the new CCC website at www.climatechangeconnection.org Both have worked incred-

ibly hard to develop this new user-friendly site, chock full of information for Manitobans on the impacts of, and solutions to climate change. They are also doing a series of presentations at Winnipeg's Public Library branches over the course of the next several months. Dates and locations are posted on the website.

Organic Lawn Care, Youth networking forum

The Organic Lawn Care project has wrapped up another season of workshops and displays. Rachel Anne Kosatsky and Jenn Sparling worked 3 days a week on the project, with the other 2 days spent on maintenance work for Friends of Churchill

Parkway, as our Green Team funding was for a partnership between the two organizations. Some 290 people attended the workshops at the Winnipeg Public Library. We hope that the proposed new City bylaw on pesticides will lead to stepped-up educational efforts next year, which we'd like to be a part of. The vast majority of presenters at the public hearings held earlier this year, however, are also calling for a much stronger bylaw—one that actually restricts or bans the use of cosmetic pesticides. Research in other Canadian communities has shown that

education combined with a restrictive bylaw is the best way to reduce pesticide use.

Meanwhile, Liz Dykman and a team of interested people have been working on plans for a youth environmental networking forum, to be held at Crossways in Common on October 19th. This is a follow up to the youth-involvement-themed Member Forum held last March. We plan to reach the various on-campus environmental groups, as well as the senior high school aged activists, and bring them together in a day of learning from each other and from resource people about key issues, capacity-building and the benefits of networking. This first event is geared towards city students and youth owing to budgetary limitations. We hope that an eventual youth environmental network will engage young people province-wide.

Thanks are due to numerous folks

This past winter, Mountain Equipment Co-op's Winnipeg store chose the Eco-Network as the recipient of its Urban Sustainability Grant—funds that result from the donation of five cents by the store every time a customer declines a bag for their purchase. This grant amounted to \$1200 that is being gratefully used in our core programs.

Thanks also to all who sold or purchased Raffle tickets leading up to our draw in June. The happy winners are Tim Lutz (Mountain Equipment Co-op gear); Wayne McPherson (original framed tile artwork) and Willow Aster (Canadian Tire reel mower). Special thanks to the prize donors, MEC, Fleur McLauchlan and Canadian Tire Steinbach.

Finally, we thank the Park Theatre for their participation and support of our Eco-Tuesday film series—along with all those who attended the films. Look for another series—Eco-Wednesdays for a change of pace—this time on the themes of food and water, starting in January.



Members of the Harvest Moon Society receiving award from Lise Smith, MEN Steering Committee. See page 12 for full story.



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Slowing global warming The Idle Free Girls

By Anne Lindsey

"The Idle Free Girls". Could they be next year's headline act at the Winnipeg Folk Festival?

No, they are a group of Grade Six students at Stonewall Centennial School in Stonewall, Manitoba, committed to helping

the planet and slowing global warming. They are Eco-Journal's newest "Climate Champions".

Rachel, Destiny, Katelyn and Neely are on a mission to make Stonewall "idle free", and they'll talk to anyone who will listen about how important, and how easy this is. So far, their audiences have included such notables as the Town Council and the School Division trustees. The Chamber of Commerce is next on their agenda.

The girls have been successful

in getting the colourful "Healthy Communities Don't Idle" signs posted all over their community: at the rink, the soccer field, churches, the schools and Stonewall Quarry Park. They are also inspiring others to act: the high school environment group in Teulon is considering a similar campaign.

They were motivated to start their efforts after viewing An Inconvenient Truth last year in school, and engaging in discussions with their teacher, Kari Kinley. There's a debate about how suitable the film is for this age group, and indeed some of their



Rachel, Destiny, Katelyn and Neely receive awards from the Honourable Jim Rondeau and teacher Kari Kinley.

Grade 5 counterparts found it "boring". These girls however, were fired up and ready to go with some action of their own, probably due in no small part to the influence of Ms. Kinley who is committed to environmental education. They agree that

she has been very helpful and supportive to them in getting the project going. They also credit Climate Change Connection's Susan Lindsay for talking to them, and providing lots of useful information, along with brochures, stickers and signs.

Besides the broad goal of "helping the planet", the Idle Free Girls also aim to ensure that Stonewall does not become as polluted as larger centres. They've created their own display, which they use at commu-

nity events to reach out to the general public, and they believe their efforts are making a difference—not as many people are idling in Stonewall, they say, since they started the campaign. "Every bit counts" asserts Katelyn.

Kids can start their own campaigns

Asked what they would say to other kids, they answer (in unison—many of their answers are in unison) "get involved!" Kids can start their own campaigns, and can tell their parents to turn off the car. And what are they telling adults? Well, turn off the car to start with, but do more: car pool more on the way to work (many Stonewall residents commute to Winnipeg), consider hybrid cars, use your bike, walk!

The Idle Free Girls, and Kari Kinley, provide a great example of how citizens of any age can become involved in protecting the planet. See more pictures on Climate Change Connection's newly designed website at www.climatechangeconnection.org.

ECO

Growing Up Organic

continued from page 1

of the project and to encourage larger institutions such as hospitals to come on board. Chair of OFCM and organic inspector, Janine Gibson says, "As we strive to reduce our ecological footprint for our children and grandchildren, it's important to remember that what we eat really matters. Helping childcare centres and institutions access local organic food can make a difference to their future". Coming up in the near future, GUO has plans for more tours, workshops, and an on-line posting that lists which Manitoba facilities offer organic food to children.

In 2007, we received partial funding from COG national, the Sustainable Development Innovations Fund with Manitoba Conservation, and Assiniboine Credit Union. A number of individuals, organizations and businesses also financially support the GUO initiative. We continue to raise funds to support our public outreach and programming for childcare centres. To make a donation to the program, please visit www.givemeaning.com/project/GrowingUpOrganic.

For more information about the Growing Up Organic in Manitoba, contact 204.772.4363 or e-mail guo-ofcm@cog.ca. You can find on-line information about the national project at http://www.cog.ca/guo.htm

Happy cooking!

ECO

Who's Your Organic Farmer?

If you have an interest in organic food and agriculture and are looking for resources and information, local sources of organically produced food, or markets for your products, look no further than the Organic Food Council of Manitoba's new website, www.organicfoodcouncil.org.

The Organic Food Council of Manitoba (OFCM-COG) is a local chapter of Canadian Organic Growers, whose aim is to provide information and networking resources and promote the growing and accessibility of organic food in the province. OFCM-COG has been active in the province since 2000, and COG has been developing organic networks nationally for 25 years. The website includes a calendar of events and an updated listing of producers, stores, restaurants and distributors offering organic food. It also includes resources for producers and consumers on topics such as the new organic certification regulations and issues surrounding local vs. 'Big Organic.' For more information or to contact OFCM-COG, email us at ofcm@cog.ca, or phone 204.779.8546.

Organic and Humane Hog Production in Manitoba Switching to Sustainable Methods

By Janine Gibson, Chair—Organic Food Council of Manitoba

The majority of hog production in Manitoba is export oriented, using large-scale industrial production models. A few pioneering families see the benefits of environmentally responsible, local production for local consumption, and are raising hogs more naturally for community sales. As 64% of Canadians believe organic food is better quality, and 40% of Canadians buy organic food¹, there exists a marketing opportunity to meet this need for quality and improve the environmental footprint of at least some of our pork production!

What is needed to turn an industrial barn site into a humane or organic facility? Haycrest Organics, run by Robyn Gudmunson and Eric Bjornson, are finding out in Poplarfield, Manitoba. They recently purchased a local farm from the corporation that had been running three confinement, industrial production barns on the site. The number of hours they spent in the barns dismantling the crates and cages deserves an award! And that is really just the tip of

the iceberg. Says Robyn, "We took truckload after truckload of used plastic artificial insemination cartridges to the dump. They were just throwing them behind the barns!" Robyn is passionate about quality care for her animals and the environment and is doing a community service through restoring this farm site.

Grid floors were covered with rubber matting and straw. The ability to move freely within the barns greatly improves hog health and reduces the stress on the animals. Age appropriate access to the outdoors is also part of the new management plan. A recent application to the National Farm Stewardship Program for more rubber matting was declined and Robyn doesn't know why. "We need someone knowledgeable about the available provincial and federal programs to help us with our applications, let alone give us advice on physically renovating the barns to meet humane and organic standards! We have almost totally eliminated wastewater production. That's better stewardship."2

Robyn describes how, despite the fact that they regularly sell out of their pork via their farm gate marketing, a 70 by 300-ft barn still sits empty awaiting renovations. "People love the quality of our meat products, and want connection to local farms. Instead of the 100 hogs a year we are raising we could be producing 400 hogs a year." Certified by the Winnipeg Humane

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Society Certification Program, Robyn is working towards becoming certified organic as well. Affordable, locally produced organic feed is the main issue.

That is also a barrier for Ian Smith of Natural Pork, Winnipeg Humane Society certified, just north of Winnipeg.³ Transition benefits to help develop local feed supplies are needed. Organic Certification cost coverage of up to 75% exists in Prince Edward Island while the USDA budgets to cover transition to organic

certification in 15 states. Ian calls for more custom and on-farm Canadian Food Inspection Agency (CFIA) approved slaughter facilities with capacity to include organic certification. Product prices need to include the additional labour of organic management.

On-farm compost production including consultation and aeration services such as those offered by Gerry Dube of B.D.M. Composting of La Broquerie, Manitoba⁴ are crucial to protect water quality and under utilized by Conserva-

tion Districts and Manitoba Agriculture and Food (MAFRI) offices.

Many farm families do all they can to preserve and protect water quality by establishing buffer zones for manure applications, ensuring drainage is appropriate, reducing or eliminating chemical inputs, and carefully selecting barn and composting windrow sites. With record low farm incomes, many operations can not afford to do these important environmental upgrades without income supports like payments for environmental services, humane & organic premiums, and marketing support.

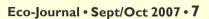
Bruce Daum of Krisandra Farms near Forrest, MB states, "Increased, long term support for developing new markets is crucial. Our provincial government needs to be aware of the costs borne by producers, for marketing outside of single desk selling structures. Producers interested in sustainability put in a lot of private investment with very little government support." Bruce continues "Governments need to educate the banks so they finance sustainable production models with compost facilities, rather than in ground slurry pits which require greater transportation costs. Taxation systems need to give economic advantages to farms providing environmental services."

Bruce sees the need for alternative market development from the farm level up, so farmers receive more than their cost of production; "Sustainable models can be developed to address environmental needs, the animals' behavioural needs, and peoples' desires for good taste and ethical animal treatment."

References

- 1 Canadian Consumer Profile: www.agric.gov.ab.ca/food/ organicprofile.html
- 2 www.organicfoodcouncil.org or www.cog.ca for standards links and production manuals
- 3 www.naturalpork.ca
- 4 www.bdmcompost.ca

See also www.organicfoodcouncil.org for the entire presentation on this topic given to the Clean Environment Commission.





Developing local organic feed supplies is needed to allow growth in organic livestock production.

Non-Essential Pesticides: Progress Lacking

By Ian Greaves and Sandra Madray

On September 10, 2007, the City of Winnipeg officially released its much anticipated report from the Ad-Hoc Committee on Non-Essential Pesticide Use. To many, the report was a disappointment.

In May 2007, the public was invited to make presentations at City Hall on the non-essential use of pesticides. The majority of presenters were in favour of a total ban and wanted a bylaw in place to stop the usage of these chemicals for cosmetic purposes. However, a small number of presenters, mostly individuals with interests in the lawn care business, felt that such a ban was not in the best interest of their industry or the public. However, they did recognize that the products they use have the potential to do harm to public health if not used as specified. And what about the environment? Surprisingly, no private citizen came forward to present their views on the merits of not having a ban.

Subsequent to the public presentations, the Committee made its recommendations to Council. These recommendations are the initial set of initiatives for the city, as it attempts to implement a bylaw to address the non-essential use of pesticides from both an environmental and public health perspective. For many years, concerned non-governmental organizations and citizens in the City of Winnipeg have been requesting a ban on the use of pesticides for cosmetic purposes on lawns and turf.

At present, at least 127 Canadian municipalities limit or restrict the use of herbicides and pesticides for cosmetic purposes. In Halifax, and Toronto, it is now illegal to use these chemicals. Quebec has initiated a province-wide ban for the cosmetic use of pesticides and herbicides. There is now a growing momentum as other municipalities consider similar bylaws.

The new rules proposed for Winnipeg are very weak with many pitfalls, and, as a result, cannot adequately protect the health of its citizens and the environment.

The proposed recommendations:

1) Require the use of signage by commercial applicators to notify citizens of pesticide use.

The City of Winnipeg posts signs before and after an application of pesticides. However, the small signs that are used by the lawn care companies are considered more as advertisements for the companies that apply these toxic chemicals. People can easily miss them and they do. Homeowners will still apply pesticides in a manner that they have always done, with some not reading the directions, some applying too much, and most importantly, there will be no requirement by the City of Winnipeg to post signage.

2) Allow individuals who object to pesticide use the opportunity to request a buffer zone around their property.

People can apply for a buffer zone, in and around their home. Although this sounds reasonable, it is not a practical solution. Pesticides sprayed on lawns do not stay put, when there is even a slight breeze—they travel. This is known as pesticide drift. For vulnerable populations, including children, pregnant women, and the chemically sensitive, this could be very hazardous to their health.

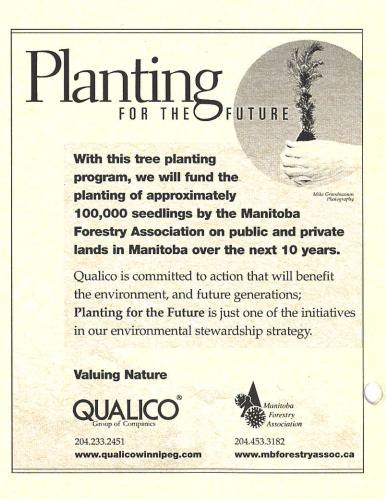
3) The Ad-Hoc Committee recommends that Council direct the Administration to prepare a draft by-law and implementation plan for the bylaw, and develop an implementation plan for a public education campaign, including associated costs.

If this city is serious about this ban, then there needs to be a lot more than just education. To quote from the Executive Summary of a study released in February 2004, titled "The Impact of By-Laws and Public Education Programs on Reducing the Cosmetic / Non-Essential, Residential Use of Pesticides: A Best Practices Review (jointly prepared by The Canadian Centre for Pollution Prevention and Cullbridge Marketing and Communications): "Only those communities that passed a by- law and supported it with education or made a community agreement were successful in reducing the use of pesticides by a high degree (51-90%). Education and outreach programs alone, while more popular than by-laws, are far less effective. We could find none that have achieved more than a low reduction (10-24%) in pesticide use to date."

4) The Ad-Hoc Committee recommends that Council, once the by-law is adopted, direct the administration to review the by-law after two years and make recommendations for consideration of future enhancements.

A review period of two years is too long; one year is appropriate. The City of Winnipeg should stop pondering and act. They need to be more proactive about public health and the environment. There is an immediate need to start the process of banning these chemicals now!

To read the Ad-Hoc Committee on Non-Essential Pesticide Use report, go to: http://www.winnipeg.ca/CLKDMIS/ViewDoc.asp?DocId = 7497&InitUrl



Status Report: Protected Areas in Manitoba

By Gaile Whelan Enns, Director, Manitoba Wildlands

Manitobans always indicate they want more of our lands and waters protected from development. National surveys for environmental organizations over the last 10–15 years show citizens here value our forest regions, our remaining natural grassed lands, and our waterways. We also want to see our government act on commitments to complete networks of protected areas across our

province's regions. So what is happening? What is the status of protected areas delivery?

We have seen a flurry of government announcements recently, some of them well in advance of action to protect lands. One standard essential for government, the media, and environmental organizations to uphold requires: announcement and acknowledgement when an action is actually done, and can be verified. That standard has been in place in Manitoba for fifteen years. Currently it is at risk.



Poplar River is still waiting.

Turn the Clock Back

In 1989 Manitoba's parks branch wrote a national overview report about protected areas across Canada. This report concluded that Manitoba had the least lands protected from development of any province or territory. Only Riding Mountain national park and a few ecological reserves qualified as protected. Parks established in the 50s, 60s, and 70s were not protected from industrial activity.

Manitoba led Canada for proportion of lands protected between 1990 and 2000 with 5.5 million ha protected. Actions included review of wildlife management areas across the province with upgraded regulation and protection for 132,000 ha; the Wapusk national park on Hudson Bay; and new park reserves nominated by First Nations.

Protection Standard

Protected areas standards are embedded in Manitoba public policy through legislation, regulation, and national reporting. Various acts are used to designate protected areas in Manitoba. It is essential to note that parks in Manitoba are not necessarily protected areas. To date Manitoba has no specific regulation or standards for protected waterways. Manitoba Conservation's web site currently confirms that "At a minimum, protected areas prohibit, through legal means, logging, mining (including aggregate extraction), and oil, petroleum, natural gas or hydroelectric development."

Manitoba Wildlands releases a protected areas grade each year, based on criteria used by WWF Canada, and Nature

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Canada. The grade reports on new protected areas, new partner-ships (for private or urban lands, for instance), whether protection standards and technical methods are being upheld, etc. Manitoba is about one third done establishing protected areas networks in our regions. Manitoba Wildlands also releases a statistical audit of government's protected areas steps. The audit and grade

are based on public actions, government regulations, and data. Both tools are posted on our web site. Both will be released later this fall.

Election 2007

Manitoba's geographic location means our province will have greater than median climate change impacts. Protected areas, especially with north-south corridors for flora and fauna are urgently needed. Our Election 2007 survey of political parties included climate change and protected areas

issues. All parties' answers underline that protected areas establishment is a non partisan issue, and, as the Premier has indicated at announcements, about benefits for all Manitobans.

During the election, Gary Doer, leader of the NDP and Premier of Manitoba, made renewed commitments for protected areas, especially in our boreal regions and for lands nominated by First Nations. He also endorsed again the east side World Heritage Site (WHS) undertaking, and committed to permanent protection for Poplar River First Nations' traditional territory, anchoring the WHS. Protected lands, lands plans, and an overall management system must be in place for UNESCO to endorse this WHS.

There are outstanding, significant requests from Manitoba First Nations for protected lands. Two have been on the books since 1999, and renewed again formally this year. Poplar River's permanent protection is not yet in place. An early 2006 government commitment was to establish one new significant protected area per year. At that rate Manitoba may finish its protected areas networks in about 30 years.

Recent Announcements

- Little Limestone Lake, with a narrow shoreline, was announced June 2007. The regulation that is part of the steps-for all other protected areas in Manitoba, protection from mining activity, has not been done.
- Paint Lake Park (East Paint Lake park reserve, protected since 1997) was announced as being doubled in size. Now none of it is protected.
- A change in land use and upgrade for a portion of Nopoming was announced, but Mines Act regulation has not been done, so it is not protected.
- Renewal of several park reserves was announced early in 2007, including expansion of one. Regulations for all but the expanded park reserve are posted.
- Whitemouth Falls provincial park expansion was announced. The Mines Act regulation is outstanding, so this great grey owl habitat is not yet protected.

There is time for Manitoba's government to clean up its protected areas regulations, and confirm its protection standards before this year's Protected Areas Grade. Our government needs to announce protected areas when they are actually done!

World Food Day Events Golden Carrot Awards

By Kreesta Doucette, Coordinator, Manitoba Food Charter

Golden Carrot nominee Annie Janzen amidst urban

riches. Photo by Chris and Tanya Hoover.

Manitoba's 2007 World Food Day will feature a diversity of events from October 15–17, ranging from conferences on northern food production, Right to Food, an interfaith service, and

the announcement of Manitoba community food champions.

On October 16 from 7:30–9:30 am, the Manitoba Food Charter is holding a Golden Carrot Awards breakfast to recognize Manitoba's Own Community Food Champions. The event will take place at the Manitoba Legislature as part of a series of events marking World Food Day. Northern nominees will be announced in Thompson at the World Food Day dinner of the Northern Harvest Forum, focussing on north-

ern food production. If you are interested in attending please contact the Food Charter early, as seating is limited.

The Manitoba Food Charter's Golden Carrot Awards will honour Manitoba individuals or groups who are working towards a more just and sustainable food system for all Manitobans. Six award categories include Rural, Northern and Urban Community Food Champions, and Media, Business, and Education. The annual awards were launched to shine the spotlight on community members working towards good food practices in Manitoba. Watch the next issue of EcoJournal for more information on nominees, and winners!

Nominees include:

Rural Category: Boundary Creek Farms, Ian Smith, Wiens Shared Farm, Joy Lorette, Manitoba Organic Milk Co-op, Turtle Mountain Community Development Committee (Agriculture).

Northern: Gerald Kemp, Michele Trudeau, Leaf Rapids Sherridon Community Council and Mayor Nick Benyck

Urban: Brian Fowell, Annie Janzen, Audrey Logan, Meranda

Merlin, Maureen Morrish, Cori Reimer, Organic Planet Workers' Co-op, Pineridge Hollow, Prairie Fire Food Group

Education: 100 Mile Manitoba, Ensemble Chez Soi, Mary Jane Eason, Wian Prinsloo, Vincent Massey Collegiate

Media: Laura Rance, Lorraine Stevenson, Lindsey Wiebe

Business: Larry MacIntosh (Peak of the Market), Fresh Option Organic Delivery, Bread and Circuses, Tall Grass Prairie Bakery

Since 1979, World Food Day has been mandated by the United Nations' Food and Agriculture Organization (FAO). The aim of the day is to heighten public awareness of the world food problem and strengthen solidarity in the struggle against hunger, malnutrition and poverty.

Other World Food day events in Winnipeg include an

interfaith service, and a conference on the human right to food. The Interfaith service will be celebrated at Broadway Disciples United Church, Broadway and Kennedy Street, at 6 pm, Monday, October 15. The church is wheelchairaccessible. People of all faiths are invited to the service.

The World Food Day conference will run from 10 am to 2 pm at Broadway Disciples United Church immediately after the Golden Carrot Awards breakfast. The focus is on the human

right to food and the need to respect, protect and fulfil that right, and will include people telling their stories about having to deal with hunger and poverty issues, and brainstorming on viable action plans. A modest lunch will be served of soup that is made locally from locally-grown ingredients. All are invited to participate and child care is available upon request.

World Food Day in Winnipeg is being organized by a committee with representatives from the Canadian Foodgrains Bank, the Manitoba Food Charter and Winnipeg Harvest and all events are free of charge.

For more information

- Interfaith Service, Canadian Foodgrains Bank: 944-1993
- Golden Carrot Awards Breakfast, Manitoba Food Charter: 943-0822
- World Food Day Conference, Winnipeg Harvest: 982-3663
- Thompson Northern Harvest Forum, (204) 778-5781.

ECO

Good things happen here.



A vision for future of cycling in Winnipeg Second Annual Bike to the Future Forum

By Jackie Avent, Bike to the Future

Summer 2006's intense focus on cycling in Winnipeg led to the inception of Bike to the Future—a voluntary, inclusive group of concerned cyclists working to make cycling in Winnipeg a safe, enjoyable, accessible and convenient transportation choice year-round. Over the last year, Bike to the Future

(BTTF) has been working diligently towards the vision of a city where cycling is embraced as the preferred mode of transportation, where cycling is integrated into urban design and planning, and where Winnipeg is recognized as a leader in cycling infrastructure and programs.

This year, on Thursday, October 11, 2007, at 7pm at the Bulman Students' Centre in the University of Winnipeg, Bike to the Future will be holding its second annual forum towards a future for Winnipeg as a great cycling city.

Last year's forum entitled "Where do we go from here? The State of Cycling in Winnipeg" sparked discussion about the blatantly dismal conditions for cyclists in Winnipeg. A report highlighting the forum findings was delivered (by bike of course!) to City Hall and the Legislature and the evolution of Bike to the Future

as an organization began in earnest. Since then, the landscape of cycling in Winnipeg has begun to change.

This year's forum will highlight some accomplishments from over the last year, but will also be a venue for cyclists to share concerns, ideas, and dreams about cycling in Winni-

peg. "We see the annual forum as a way to hear from Winnipeg cyclists, to find out what they want" says Kevin Miller, Bike to the Future Co-Chair. "We need their feedback to help us develop goals and objectives for the coming year. They're our pulse."

The Forum will incorporate speakers, videos, information tables and discussion groups. Again, as with last year, the findings will be compiled into a report and delivered to community decision makers. The report delivery will happen by bike on Thursday, November 15th, 2007. The report will be released at City Hall at Noon and will then be cycled to the Provincial Legislature. All cyclists are

welcome to participate!

Any questions about the Fall Forum or report delivery can be directed to biketothefuture@gmail.com.



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Have an idea for an environmental project?

Contact us at:

Avez-vous une idée pour un projet environnemental dans votre communauté?

Contactez-nous au :

1-800-567-1570 www.ec.gc.ca/ecoaction



Environment Canada Environnement Canada Canad'ä

Bike to the Future needs YOU to help keep our wheels turning!

Win a \$165 prize package from Mountain Equipment Coop.

In order to increase our lobbying voice and our ability to achieve the goals of the many cycling advocacy needs in Winnipeg, Bike to the Future is introducing our 2007 Membership Drive!

As an advocacy-based organization, our voice is only as strong as our membership.

Running from now until the Bike to the Future Forum and AGM on Thursday October 11 at the U of Winnipeg Bulman Students' Centre, any new member will be entered to win a \$165 prize package donated by Mountain Equipment Coop. Any member who recruits a new member will also be entered to win* (put your name on the membership form you give your friend).

Membership forms are available on our website at www.biketothefuture.org/members.php, MEC, or from the Eco-Centre (3rd Floor, MEC Building). All memberships sold at the Fall Forum on October 11 will also be eligible to win.

The MEC prize package includes: World Tour panniers, Fitzer multi-tool, Planet Bike combo light set, Air Zond horn, Pro Patch kit, MEC rear rack, MEC Bio-Cycle cleaner, MEC chain cleaner tool, and MEC wet lube.

Please send questions to biketothefuture@gmail.com.

2007 MEN Environmental Award Winners

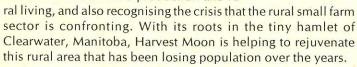
By Anne Lindsey

Congratulations to the following winners of Manitoba EcoNetwork's 2007 Environmental Awards:

Harvest Moon Society—Group Category

Where else can you listen to wonderful folk and contemporary music, eat delicious locally grown and home prepared food,

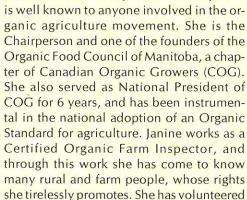
attend informative workshops on current issues, camp under the stars and feel like a genuine part of bringing together rural and urban people? It's the Harvest Moon Festival of course—an annual event at Clearwater, Manitoba, now in its sixth year and regularly attracting hundreds of participants. The Festival is just one project of the Harvest Moon Society, this year's winner of the Group category of the Manitoba Eco-Network's Environmental Awards. This society is all about celebrating and learning about sustainable food production and ru- Janine Gibson and friend, off the grid.



The Society utilizes the closed local elementary school as a learning centre, where it hosts workshops and classes for a variety of groups year round, including the local 4H club and the Youth Activist Retreat. It also acts as a community partner in university and community college courses, and a number of research projects under the direction of Dr. Stephane McLachlan at the University of Manitoba's Faculty of Environment. Check out the Society's lovely website at www.harvestmoonsociety.or for a taste of these projects and the 2007 festival line up. Make plans to attend next year!

Janine Gibson—Individual Winner

This year's Individual award winner is Janine Gibson. Janine



with HogWatch Manitoba, as well as other community groups working on women's and peace and disarmament issues, and through writing and speaking continues to advocate for and educate about the humane treatment of animals on Manitoba farms, food security, and the importance of high quality locally produced foods. She has also been active with the Pansy Groundwater Committee and served as co-Chair of the Manitoba Eco-Network's Water Caucus.

Janine makes her home on an off the grid solar and wind pow ered organic farm—the Northern Sun Collective—near Steinbach, Manitoba.



The Manitoba Eco-Network 3-303 Portage Avenue, Winnipeg, MB R3B 2B4 Sign me up as a member of the Manitoba Eco-Netwo Enclosed is a cheque for: \$30 Supporting member (individuals) \$50 Group membership \$60 Other organizations (businesses, govern corporations that do not otherwise qual	issues and is open to any individual.
[Charitable tax receipts available] Total Amount enclosed	your public education activities. Proceedings of the colonial state of the colonial sta
I'm interested in volunteering for the Eco-Network. Pl Name(s)	ease call me!
Telephone # ()	Group (if applicable) E-Mail
Mailing address	Postal Code

furthering of environmental quality, protecting the environment or environmental education.