

Building with Bales in Boissevain

by Paul Chorney

Do you remember the story of the three little pigs and the big bad wolf? Well, here's a version you may not have heard:

"After his straw house got blown away, the second pig wised up, and with the help of his brothers, made a house of bricks (straw bricks, that is). No matter how much the wolf huffed and puffed, and puffed and huffed, he couldn't blow that house down. Not only was that house solid, it was fire resistant, had tremendous insulation value, cost much less than the usual pig house contracted out, re-used local materials, was a joy to build and had a wonderful natural beauty".

David Neufeld and Magdalene Andres were making fairy tales come true this summer and fall as they, and a community of friends, build with straw bales on their quarter section of land outside of Boissevain. They have both been thinking about straw bale construction for several years, and with the approaching arrival of friends from Alabama (a family of five) for a six month stay, decided that this was the right time.

With the help of Ron Wiebe, who is co-ordinating the project, and who first came upon straw bale building in an article in *Mechanics Illustrated* magazine in 1994, David and Maggie chose a nineteen hundred square foot guest



Carol Radway photo

A "joy" to build.

house and garage which they can build for ten thousand dollars.

I had the pleasure of participating in their straw bale building bee on the September long weekend, and it was a joy. A community of friends and family from Boissevain, Morden and Winnipeg built together, shared meals and swapped stories. The wheat straw bales we used were fresh off the baling machine, and delivered by a neighbouring farmer (cost - fifty cents per bale).

Straw bale construction requires few tools or specialized skills. The material is very forgiving. When we came upon an out of shape bale, someone would jump on it to square it up. If two bales weren't completely tight together, we'd stuff some extra straw between them. When a wall seemed to be leaning, we'd push on it to straighten it out.

By the end of two days of work, we had constructed all the walls, and had the doors and windows framed in. The guest house was ready for the roofing phase. After giving the building some time to settle, David and Maggie are planning a plastering bee with everyone getting a chance to throw on a mix of cement, sand, lime and fibre mesh to seal and strengthen the building. It's an activity in which young and old can participate - kind of like icing a giant cake.

See **BALE** page 12



Carol Radway photo

A work in progress.

Volume 6, Number 4
September/October 1996
(date of issue: October 1996)

Eco-Journal

is published six times per year by the
Manitoba Eco-Network/Reseau Ecologique
du Manitoba Inc. at
2-70 Albert Street
Winnipeg, Manitoba R3B 1E7
(204)947-6511 or fax (204) 947-6514.
Email men@web.net.

Editor
Anne Lindsey

Contributors this issue:
Liz Carlyle, Paul Chorney, Celia Guilford,
Rupert Jannasch, Dave Kattenburg, Anne
Lindsey, Meghan Moon, Jennifer Polle
Laura Sealey, Rebecca Tiller, Jennifer
Tinkler
Layout
Jennifer Faubert

Manitoba Eco-Network Executive

Chair
Nick Carter - Manitoba Naturalists Society

Vice-Chair
Harry Mesman - MB Federation of Labour

Secretary
Glen Koroluk - Resource Conservation MB

Treasurer
Steve Rauh - Harvest Collective

Subscriptions to **Eco-Journal**
are available at a cost of \$20 or as part of a
supporting membership to the Manitoba Eco-
Network at a cost of \$25. Group membership
dues are \$40. Advertising rates are available
upon request.

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

Canada Publication Mail Sales Agreement
0530212. Postage paid at Winnipeg, MB

Produced with desktop publishing equipment
supplied by Canada Trust Friends of the
Environment Foundation and Investors Group.

Vegetarianism on the Rise

October is World Vegetarian Month, and Winnipeg's Vegetarian Association is celebrating big time, with a month packed with activities, information, and lots of good eating! (See our Calendar of Events). WVA President, Dennis Bayomi, is smiling lately (actually, he's usually smiling) as membership in the WVA continues to grow, and Winnipeg restaurants become ever more vegetarian-friendly. Mondragon Bookstore and Coffee House, recently opened on Albert Street, is the City's latest vegetarian eatery, with many vegan menu

selections, organic coffees and a smoke-free atmosphere, along with a well-stocked progressive book and magazine section. Delicious Vegetarian Restaurant, serving up excellent Chinese fare, on Pembina Highway, is another very popular vegetarian eating spot. WVA's most recent newsletter has info. on a new membership discount program at a number of Winnipeg businesses, as well as news about the start of two new subgroups: Veg Teens and Veg Parents. Extra copies are available at the Eco-Network office, or you can call WVA at 889-5789.

ECJ

Elm Alert!

Coalition to Save the Elms' Judy Werier reports an alarming increase in the number of (Dutch Elm) diseased trees removed by the City of Winnipeg this year. The usual number for a year is in the 2,200 range, which at about 2% of the total Elm tree population, is considered manageable by City Forestry officials. This year, however, the number is 3,200 - significantly higher. It's not known just what has caused the increase. There's some speculation that it could be a kind of "catch up", since numbers for the past couple of years have been low. Whatever the cause, Werier is concerned about rumours she has heard about a likely slash in the City's elm protection budget, noting that a reduction in culling of infected trees, and pruning of dead wood will lead to a literal explosion of the disease in Winnipeg. She also points out that the majority of the City's elms are on private property and that property owners must become more vigilant about tree care, especially pruning. Dead wood is "an open invitation to the Elm Bark Beetle" says Werier. As with the human species, a strong tree is less susceptible to infection and disease.

ECJ

The continuation of Sharon Ackerman's
"Sustainable Homes" article series
will appear in the next issue of the Eco-Journal.

1995-1996

Eco-Network Steering Committee

Lyle Barkman - Organic Producers Association of Manitoba
Dennis Bayomi - Winnipeg Vegetarian Association
Nick Carter - Manitoba Naturalists Society
Laverne Dalgleish - National Energy Conservation Association
Val Klassen - Concerned Citizens of Manitoba
Glen Koroluk - Resource Conservation Manitoba
Harry Mesman - Manitoba Federation of Labour
Karen Turner - Sierra Club, Agassiz Group
Steve Rauh - Harvest Collective
Harvey Williams - Time to Respect Earth's Ecosystems

1996 Eco-Network Environmental Awards

This year's MEN Awards were presented at our Fall Dinner, held in conjunction with the North American Forest Forum. Interestingly, this year's awards lean heavily towards the issue of forests, although this was not planned!

The recipients are as follows:

Harvey Williams, long-time member of (and hard worker in) many local groups, including the Manitoba Naturalists Society and Canadian Parks and Wilderness Society, currently President of Time to Respect Earth's Eco-systems (TREE), and well-known for his careful study of the various contracts governing forest land in Manitoba and its exploitation by the

forest industry.

Eva Pip, Professor of Biology at the University of Winnipeg, is the recipient of prestigious awards for her work relating to Freshwater and heavy metal contamination, but is one of the many excellent scientists in Manitoba who have remained committed to assisting the grassroots groups who bring issues of concern to public attention. The Winnipeg Water Protection Group and Concerned Citizens of Manitoba are but two of the groups to whom Eva has provided advice over the years.

Dan Soprovich is a Wildlife Biologist and former Department of Natural Resources employee, who risked, and eventually lost, his job by speaking

out about the ecological dangers inherent in plans by Louisiana-Pacific to clearcut large areas of aspen forest in Western Manitoba. Dan is currently working on a comprehensive proposal to study the impact of clearcutting on the habitat of cavity-nesting birds.

The Matthias Colomb Cree Nation is being recognized for its efforts to gain protection for their treaty land entitlement area in North West Manitoba. The band blockaded the rail lines into the area which was allocated to Repap for clearcutting. The band is still fighting the issue in the courts.

Congratulations to all the award winners!

ECJ

VOX POPULI

In July, the Council of the RM of Lac du Bonnet voted to support changing the Crown Land Lease governing AECL's Underground Research Lab in order to allow nuclear waste to be placed in the underground facility. The Council was responding to a proposal by the Pinawa Support Group to develop a "Demonstration Vault" for the long-term storage of nuclear waste.

Council's vote drew the ire and outrage of many residents of the area. Concerned Citizens of Manitoba's George Ylonen, who farms his grandfather's homestead less than a mile from the URL, set about at once to organize a petition drive. His goal was to show Council that they did not have their constituents' support for their resolution. And the plan succeeded. In just two short months, the committee in Lac du Bonnet managed to obtain well over 2,000

Council considered the petition at their August 6 meeting, and the original resolution was rescinded. Concerned Citizens was delighted with the victory, though it came as no surprise to the group that so many people opposed the proposal.

George Ylonen gives most of the credit for the signature collection to his wife, Louise, who spent many hours travelling round the RM and talking with residents. The group is now circulating another petition, this time for all Manitobans who oppose nuclear waste disposal in this province. For more info, call 452-2352.

ECJ

Special thanks are due to Jennifer Faubert, who once again volunteered her skills and services in the layout of this issue.

signatures of property owners and permanent residents in the area, a clear majority of registered voters (and a larger number than voted in the last municipal elections).

WATCH TV!

The replay video for the Public Forum of the North American Forest Forum featuring Mando Harlow, Robert Kennedy, G. D. Ted Moser, and Yolohi Koruda. The Wednesday, Oct. 16, 8pm-9pm. Sunday, Oct. 20, 9am-10am. Video: 1-800-368-1234

TALL GRASS PRAIRIE BREAD Co. and Deli Inc.

A neighborhood bakery specializing in breads, cinnamon buns, muffins, cakes, tortes, and pies. All made with organically grown Prairie grains ground right at the bakery.

859 Westminister Ave. Winnipeg
783-5097

FUNDRAISING??

Keep 100% of all funds raised through collecting reusable floral containers.



- no selling of any product required
- environment benefits

A & C Recycling
& Outfitters
255-3874

Wednesday, Oct. 9. Coalition to Save the Elms. Hands-on demonstration of tree pruning. 7pm 2799 Roblin Blvd. (west entrance, Assiniboine Park). Call 832-7188 for info.

Saturday, Oct. 12 and Oct. 19. Fort Whyte Centre. Sunrise Goose Flights. (arrive 1/2 hour before sunrise) Muffins, juice and coffee included with admission. Call 989-8355 for info.

(Or, if sunrise is too early for you, check out the Sunset Goose Flights, Wednesday through Sunday till October 27, 1/2 hour before sunset)

Wednesday, Oct. 16. Harvest Collective, Fall Cooking Classes begin: a series of 6 classes in vegan cooking with a macrobiotic focus. Instructor is Elizabeth Krahn. Wednesdays 6:30 to 9:30, pre-registration necessary with deposit of \$30 (balance payable at class). Call Harvest on Corydon at 475-1459 for info.

Thursday, Oct. 17. Winnipeg Vegetarian Assoc. "The Ethical Basis of Vegetarianism" Speaker: Prof. Arthur Schafer. 7:30pm. Location TBA. Call 889-5789 for info.

Saturday, Oct. 19. Manitoba Wildlife Rehabilitation Organization. Volunteer Orientation Session, 10am to noon. Glenlea Research Station, call 883-2122 to reserve space. (A further day-long session for all new volunteers is required: Nov. 2 9am - 5pm).

Monday, Oct. 21. Manitoba Naturalists Society. Indoor Program: "Fescue Prairie" presented by Jamie Slowgan. Franco-Manitoban Cultural Centre, 7:30pm. (Indoor program every second Monday evening). Call the Society for details, 943-9029.

Wednesday, Oct. 23. Coalition to Save the Elms. Workshop on Winter Tree Preparation. 7pm. 2799 Roblin Blvd. Call 832-7188 for info.

Wednesday, Oct. 23. Winnipeg Vegetarian Assoc. Video Night: "Diet for a New America", Centennial Library Auditorium. 7:30pm.

Friday, Oct. 25, and subsequent 4th Fridays, CHO!CES, Cafe de Todos Coffee House, an evening of politics and culture. Call Shirley at 944-9408.

Sunday, Oct. 27. Winnipeg Vegetarian Assoc. Vegan Pot-Luck Dinner, Robert A. Steen Comm. Centre, 980 Palmerston, 5:30pm. Admission: One dish per adult plus \$1 for adult members, \$2 for adult non-members, children free.

Monday, Nov. 4, MNS Indoor Program: "Restoration of the Yellowstone Ecosystem" with Doug Dance, Franco-Manitoban Cultural Centre. 7:30pm. 943-9029.

Sunday, November 10. Building Peace Through Play. 9th Annual Peaceful Play Festival. 11:00am to 4:00pm, Robert A. Steen Comm. Centre, 980 Palmerston Ave. Exciting children's

entertainment and activities, sales and displays of nonviolent, creative toys and books. Call 775-8178 for info.

Monday, November 18. MNS Indoor Program: "Circumpolar Culture and Environment" with Jill Oakes and Rick Riewe. Franco-Manitoban Cultural Centre. 7:30pm. 943-9029.

Friday, Nov. 22 and Sat. Nov. 23, CHO!CES. Conference on the North American Free Trade Agreement, St. Stephens Broadway Church, Call Shirley at 944-9408 for information.

Note: the Winnipeg Public Hearings on AECL's Concept for Disposal of Nuclear Fuel Waste, previously scheduled for late September, have been postponed till late January, see next Eco-Journal for details.

ECJ

BUSINESS FOR SALE

Ongoing & viable environmental business, suitable for part-time operation. Interesting & easy for an experienced composter. Must be committed to customer service. Good price for the right person.



VERMICOMPOSTING PRODUCTS

Call Lydia Giles - 772-1200

MARKUS BUCHART

Barrister & Solicitor

GENERAL LAW PRACTICE
with preferred area
ENVIRONMENTAL LAW

735 Wolseley Avenue, Winnipeg, Manitoba, R3G 1C4 Telephone: 772-9869

CANARIES AND CHEMICALS

Wrestling with Environmental Illness

by Jennifer Polle

Imagine this: your life is going pretty well. You're young and doing things you love--going to school, working, travelling. What could go wrong, right? But then one of life's little curve balls hits and next thing you know, you're making some disturbing observations: Your lymph glands start aching with a persistence and intensity that at first annoys and then frightens you. Do you have cancer or this just a really nasty flu bug? Two months later, your energy has nose-dived so severely that your life as you knew it ceases to exist. Climbing the stairs takes monumental physical effort. Preparing meals for yourself leaves you at times too exhausted without resting first. You start to experience a myriad of other unexplainable symptoms from red, burning rashes, gastrointestinal problems and dizziness to heart palpitations, a deep, hacking cough and shortness of breath.

You become increasingly frustrated and scared as doctors agree that something seems very wrong, but they can't pinpoint the source of your problems. But then you start to notice a pattern. Your spells of feeling spaced-out and unable to think clearly, correspond with being around artificial fragrances or in new buildings. When you get yourself out of that situation, the brain fog lifts. You observe that your rashes appear or worsen quite predictably about 24 hours after such exposures. The day after the rashes start, the shortness of breath sets in and your lungs are so irritated, Your cough so deep and rattling, you sound like a chain-smoker. And then you think what wasn't possible happens--the profound exhaustion you've been experiencing gets worse.

As your sensitivity to chemicals starts to snowball, you find yourself reacting with these and other strange and often debilitating symptoms to low-level amounts of an increasing number of extremely common chemicals. The list ranges from cigarette smoke, new carpet, and fresh paint, to air fresheners, household cleaners and newsprint. You react to virtually every artificially fragranced personal care product not just on yourself, but on everyone around you. Your social engagements are now determined not by whom you'd like to see, but by who will comply with your severe restrictions. Your body seems to have turned on you--you wonder if this will ever end, if you'll ever enjoy a normal life again. Pretty hard scenario to imagine or, perhaps, even believe, isn't it? I would have thought so too, until five years ago, at age 21, it happened to me.

What is Multiple Chemical Sensitivity?

Multiple Chemical Sensitivity (MCS),

Environmental Illness (EI) or Chemical Hypersensitivity Syndrome are all terms used to describe what is thought to be an immune system disorder characterized by physical reactions to small amounts of common chemicals. The severity of reactions vary, depending on the individual. For some, they are mildly aggravating and uncomfortable and for others, they are totally disabling, leaving such individuals unable to work. In our 'chemically-dependant' society, the toxins that trigger the symptoms are next to impossible to avoid. The emergence of systemic immunologic disorders like MCS corresponds with the dramatically increased level of pollution, both indoors and outdoors, since World War II.

Who gets Multiple Chemical Sensitivity?

MCS has drastically altered the lives of people of all races, gender, age and socio-economic status. For some, chemical injury resulting in the onset of MCS occurs rapidly after a major chemical exposure, as in an industrial accident. But, for many, MCS develops gradually, in response to chronic exposure to everyday pollutants. Many with MCS have become ill while working in a 'sick' or 'tight' building or after moving into a new or renovated home. Toxic emissions from cleaners, photocopiers, new building products, new carpets and paint, etc., combined with poor ventilation

See GOVT page 11

Search the Green Lane for Environmental Information!



<http://www.mb.doe.ca>

- Weather
- Climate
- Ozone Depletion
- Wildlife
- Air Quality
- Flood Damage
- Habitat Protection
- Legislation/Policies
- Science & Research
- Water Legislation
- Water Monitoring
- Action 21
- Pollution Prevention
- Publications/Brochures
- Environmental Protection
- Environmental Assessment



Environment
Canada

Environnement
Canada

Canada

Problem Pesticides Manitoba

by Celia Guilford

Problem Pesticides Manitoba is the name of a group of rural Manitobans who have been affected in some way by careless agricultural spraying. We include organic farmers, a beekeeper, people with asthma and other health problems and people with small acreages who want to maintain health and safety for their families and wildlife in the heart of agricultural country.

It started after Brenda Bourgeois, who lives on a three acre property in the heart of agricultural country, was aerially sprayed with Furadan along with her young daughter in 1994. They got sick but were unable to find out what they had been sprayed with until

Our longer term goal is to work on issues such as changing regulations and supporting research on alternatives to harmful pesticides.

12 days later....too late to provide government agencies with any kind of "proof". Brenda experienced a frustrating bureaucratic run-around throughout the summer of 1994 as she tried to seek information and receive compensation. In 1995, through rural newspapers, she requested input from others concerned about spraying and received about 20 replies.

In early 1996, members of the Organic Producers Association of Manitoba (OPAM) decided to contact Brenda and call a meeting of concerned citizens. Celia Guilford of Clearwater was particularly concerned about a ground drift incident in 1995. Barbara Shewchuk of Lowe Farm had seen her 77 year old organic farming father suffer serious symptoms from exposure to some as yet unknown environmental pollutant.

Between 15 to 20 people have attended most meetings, so far. Members worked with representatives of Manitoba Agriculture, Environment Canada, Agriculture Canada, and Transport Canada, resulting in the achievement of our first, short term goal, which was to develop, in concert

with regulators, a protocol to allow all citizens to complain effectively and efficiently after an incident; and to use the publication of this protocol, among other actions, to encourage commercial and farmer applicators to act more responsibly in the first place.

Our longer term goal is to work on issues such as changing regulations and supporting research on alternatives to harmful pesticides.

One of the largest issues we are currently dealing with is the federal one-year registration of Pre Harvest Round Up for aerial application. In 1992, Agriculture Canada's Food Protection and Inspection Branch, Pesticides Directorate reported in its Discussion Document E92-02 that "the consensus of provincial government personnel (on the aerial application of Roundup) was that the risk of damage to non-target vegetation caused by drift from aerial application was too great to allow registration of this use". Roundup can severely injure or kill trees, but the damage may not show up until spring. The Globe and Mail reported on Saturday, Sept. 14 that one Municipality in Manitoba has lost about 13 kilometres of trees due to drift of Round Up spray. The regulations include a 100 metre buffer zone and wind restrictions. This temporary registration has been approved in all the prairie provinces.

If you believe Round Up is being applied illegally or see drift, call the applicator and owner immediately to have it stopped. Carefully record the details and location of any suspected misapplication. Report them to the appropriate authority listed below (call your local ag rep if not in Manitoba), and to Problem Pesticides Manitoba. We are collecting a file of spray misapplication stories to document our side of spray issues. We would be happy to hear from anyone in any prairie province with these concerns. Please include a stamped self addressed envelope so that we can reply to you. Contact Problem Pesticides Manitoba, Box 1813, Carman, R0G 0J0. Call Brenda Bourgeois @ 1-204-828-3422 for info.

PESTICIDE CONCERNS AND COMPLAINTS

Have you been affected by misuse of farm pesticides? If you have been affected, it is important to know how to register your complaint. Take photos, plant samples, note date, time, and wind speed (available from Environment Canada 1-900-451-4141). If a person has been sprayed, remove contaminated clothing, seal in a plastic bag for the laboratory analysis, shower, and get to a hospital immediately.

Always call the spray applicator. In addition, your concerns should be registered (by phone and in writing) with one or more of the following agencies:

COMPLAINTS ABOUT:

(Flying hazard (eg. too low, disrupting animals, flying over residences etc.), Bill Hanson, Transport Canada 983-6984.

* Your local Manitoba Ag Rep if you need assistance in determining or verifying drift. If plants are damaged, take samples to your Ag Rep.

* Farmer applicator, call Shannon Van Welleghem, Ag Canada, 983-8662. Commercial applicator, call Rhonda Kurtz, MB Ag, 945-7706.

* If the incident occurred on public property, such as a golf course, park, school or water, call Ken Plews, MB Environment, 956-7067.

* Shelterbelt Damage, call Lyle Alspach, PFRA Tree Nursery, Box 940, Indian Head, Sk, S0G 2K0, (306) 695-2284 (fax -2568).

In all cases, please register your complaint with Problem Pesticides Manitoba, Box 1813, Carman, R0G 0J0. Call Brenda Bourgeois @ 1-204-828-3422 for more information. We are a citizens' advocacy and support group and we want to help you. (Include a SASE.)

ECJ

AG CANADA SCIENTIST FINDS UNSUSPECTED CROP RESIDUES

by Rupert Jannasch

Pesticide residues and assumptions about their safety have long been at the core of debates over food quality. Now, it seems, the quantity of pesticide residues present in agricultural foods may have been severely underestimated. There is even reason to question whether scientists ever knew how to properly find and measure them.

Contemporary tests for pesticide residues use organic solvents to dissolve and extract chemicals found on a food product. The extracted chemicals are then identified and analyzed for quantity and quality using elaborate laboratory techniques.

Despite there being internationally accepted methods, researchers like Dr. Shahamut Kahn with the Centre for Land Biological Resources Research at Agriculture Canada, have never been quite able to account for all the pesticides they knew were applied to a particular crop. It was as if by some twist of nature these chemical substances had vanished. Apparently, those responsible for regulating food safety decided what we did not know would not hurt us.

Over the years, says Kahn, "scientists have grown increasingly uncomfortable with the notion that these pesticides had simply packed their bags and disappeared, leaving no forwarding address. They speculated that some

pesticide residues actually remained unextracted, or bound to treated crops and foods in routine organic solvent tests". Furthermore, it was increasingly suspected that these residues might be present in substantial amounts.

Kahn decided to trace the whereabouts of these missing agents by tagging pesticides with a radioactive isotope that could be detected when the corn kernels were later analyzed for residues.

What he and his colleagues found was that from 10 to 93 percent of pesticide residues had been going undetected using the old solvent method.

"The problem was", says Kahn, "there was no technique to test the nature of the bound radioactivity, either where it was from or whether it was emitted from a parent compound or a breakdown product." Without being able to identify the specific source of the radioactivity, it was impossible to convince regulatory bodies that the spectre of unexpectedly high bound pesticide levels deserved more careful scrutiny.

UNSEEN RESIDUES

Recently, however, Kahn and his colleagues have developed two new techniques - High Temperature Distillation, and Supercritical Fluid Extraction - for extracting previously bound residues.

Further tests showed that certain bound chemicals previously considered harmless because they were not detected were metabolized by rats, "We detected most of the radioactivity in urine, indicating that bound residues are released in the animals' digestion system", Kahn says.

"Thus, bound residues of this pesticide in stored grain contribute to the total amount of pesticide ingested," Kahn adds, "and (they) may have some toxicological potential".

"Some evidence of this was observed by the slight growth reduction compared to the control rats. We also demonstrated small placental transfer for the pesticide from pregnant mothers to fetuses from rats fed with stored wheat material containing bound malathion residues."

Kahn is concerned that the high residue levels may undermine the current practice of basing human tolerance levels for pesticides on the average consumption of the population at large. To arrive at an average, authorities make the assumption that all humans weigh 70 kg. But children aged one to five, says Kahn, ingest an estimated three and one half times as many grain products per body weight as adult women aged 22-30. Under this scenario, most toxicological studies on the health effects of a particular chemical based on the average human intake would be meaningless.



Our Pledge...

The Manitoba Telephone System is committed to conducting its business in a manner which reflects consideration for the environment and supports the principles of sustainable development.



See INDUSTRY page 15

SIMPLE ABUNDANCE

Ingredients grown organically or picked in the wild

**Wild Fruit Jams,
Jellies
& Syrups**

**Fine Herb
Vinegars**



Ph. (204) 425-3627
Fax (204) 425-3241
BOX 45, GARDENTON
MANITOBA R0A 0M0

Available at Harvest Collective, Tall Grass Prairie Bread & Neechi Foods

Credit Circle Program

TRADE SHOW '96

In support of the participants of the Credit Circle Program of Seed Wpg. Inc.

**You are invited to attend a
Product and Service Showcase and Sale**

On Saturday, October 26, 1996
at 400 Logan Avenue
between the hours of 9:30 a.m. and 5:00 p.m.

There will be over 20 businesses participating with great gift ideas, door prizes, as well as free coffee and dainties. Your support and encouragement is appreciated by our members as they work toward financial independence in their businesses. All participants are women who own their own micro businesses and belong to a peer lending circle.

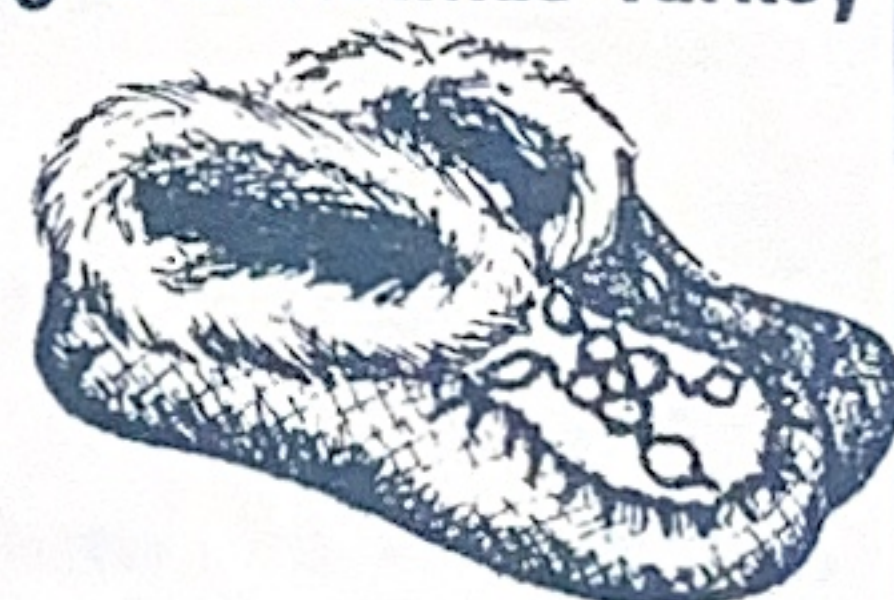


Neechi Foods
COMMUNITY STORE

325 DUFFERIN AVE. (BETWEEN SALTER & MAIN)
SUN 12-5 MON-SAT 10-6 • PH. 586-5597 FAX 589-4862

- ◆ Hand-crafted Moccasins
- ◆ Beautifully illustrated, Aboriginal children's books
- ◆ Community development & child development books

- ◆ Kagiwiosa Manomin Wild Rice
- ◆ Fresh frozen Wild Blueberries
- ◆ Oven-fresh Bannock
- ◆ Thanksgiving & Christmas Turkey Specials
- ◆ Gift certificates



This page
courtesy of

**ASSINIBOINE
CREDIT UNION**

**"Community
Partnerships"**

Community Development 958-8756

Rural Outreach Project gets underway with Swan River Workshop

by Meaghan Moon and Dave Kattenburg

Early this year, Manitoba Hydro agreed to provide funding for a pilot of the Eco-Network's proposed Rural Outreach Project - a project which aims to get more rural groups involved in the eo-networking process. MEN is working together with Meaghan Moon and Dave Kattenburg of the Community Animation Project, a joint Health Canada/Environment Canada initiative based in Brandon, to implement this initiative. The first of a series of Community Workshops in Southern Manitoba was held in Swan River, on the topic of Forest Research. Here is a report from the workshop.

There were several objectives for this workshop. The first was to publicize and promote a tree cavity habitat study put forward by Dan Soprovich, a Swan River-based wildlife biologist. CAP is facilitating the submission of a request for support for this study to the Montreal-based North American Fund for Environmental Co-operation (NAFEC). It was one of 30 (of 450) proposals to receive a go-ahead from NAFEC for full submission by November 15. The second objective of the workshop was to develop a prioritized list of other research, monitoring or public awareness activities that could or should be carried out in accordance with section 12 (i) of Louisiana-Pacific Canada's forest management licence, issued to L.P. last May 27.

Invitations to the workshop were sent to a wide variety of forest stakeholders in the Swan River community and region. Manitoba Environment, Manitoba Natural Resources and Louisiana-Pacific Canada Ltd (L.P) were invited to send representatives. Twenty-four people attended, most from the Swan River region. The session was facilitated by Mark Burch and Cindy Hansen, two professional Brandon-based facilitators. Following a brief introduction, Dan Soprovich gave a ten-minute presentation of his proposed tree cavity study. A plenary session then took place in which participants brainstormed broad community concerns that might be translated into other research, monitoring and public education projects.

Facilitators classified these concerns thematically. Identified themes were "political/economic issues", "ecology", "education/public awareness" and "health". Small groups were formed to address each theme, and to identify specific research, monitoring and awareness projects that might be undertaken.

The following are just some of the many projects that participants suggested might be useful to their community.

- A First Nations study on the effects of Louisiana-Pacific on kakenah (all).
- A First Nations oral history project (involving young people) focusing on wildlife, their migration patterns and traditional land uses, and on impacts of industrial forestry.
- A baseline survey and on-going monitoring of biota in

the Swan River region, especially rare and medicinal plants and animals (in particular, non-game species).

- Selection of locations for Dan's study on the basis of rare or endangered plants found there (botanical inventory).
- Research on sustainable yield (local annual cut) and growth-in-yield, to reconcile widely varying estimates.
- A study on the effectiveness of riparian zone protection, with specific reference to biodiversity and water quality.
- A study to determine old-growth requirements for pine marten.
- Research on economic options for small forestry operations and resource enterprises.
- Assessment of the contribution of small companies (forest operators, guiders and outfitters) to regional employment and economic development, and monitoring of the impact of industrial forestry on their viability.
- Traditional land-use mapping study (involving young people).
- Air quality testing in Swan River valley (eg. VOC's, acid rain), and study of respiratory health impacts (incidence of asthma in First Nations communities).

See RESEARCH page 14



HOME OF INSTANT PRINTING

74 Princess Street
Winnipeg, MB R3B 1K2
(Corner of Princess and McDermot)

COMMERCIAL QUICK PRINTERS

- offset printing • publications • carbonless forms •
- letterhead • flyers • brochures • business cards •
- booklets • 4-colour process printing • postcards • manuals •
- envelopes • catalogues • programs • labels • newsletters •
- tags • cerloxing • collating • folding • stitching • drilling •
- perforating • numbering • booklet making • direct mail •
- quick printing • color laser copying •
- social tickets • fax service • laminating •
- invitations • memo pads • high speed copying •
- layout and design • desktop publishing •



942-5225

Fax 956-5595

Community Gardening

Growing Food and Friendship in the City

by Anne Lindsey

- A diverse group of people working towards a common goal;

- Reclaiming vacant land and clearing tall brush transforms a scary pathway and changes the feel of the area;

- The creation of a park-like "commons" has "greened" the neighbourhood;

- Youth in the community have land to grow plants, to meet other people, and an option for summer holiday time;

- The cycle of growth is powerful to witness; a (re)connection to the land can be uplifting and spiritual;

- The pleasure and care people take in community gardening reduces stresses of city life;

- healthy, natural food is the harvest for gardeners;

- community gardens illustrate methods of organic gardening and returning nutrients to the soil through composting;

- Gardens act as a symbol for growth and positive change, and show the comfort we feel in our neighbourhood;

- The beauty of the gardens is open to all".

Seven people gathered in the Eco-Network/RCM Library in early September nodded in agreement as Sarah Koch-Schulte read out this list of 10 roles of community gardening which she and Marcus Wolfe, co-coordinators of the Village Community Gardens, had developed.

Jen Peters, of RCM's Compost Education Project, together with Sarah and Markus, had convened the meeting of co-ordinators and participants in Winnipeg gardens to discuss the idea of starting a Community Garden Association to provide mutual support, advocacy and pooled resources amongst the various Community Garden groups in Winnipeg.

The idea has been percolating in the minds of various people for some time. Community Gardening is on the upsurge all over North America, and Winnipeg is no exception to this trend. Latest count indicates at least 9

community gardens of various sizes and types exist in the City itself, with a variety of others in outlying areas including Brandon and Kenora.

Winnipeg's gardens are extremely diverse. For example, the Riverview Garden Society covers a large riverside area and was established over a long history which began with producing all the food for Winnipeg's Municipal Hospitals. Today, the 100 good-sized plots are rented out to local families mainly producing food for their own use. St. Matthews-Maryland Community Ministry, on the other hand, ran two plots this year in the Maryland Street area - the majority of which was planted, tended and harvested communally! Like the Maryland gardens, the West Broadway Community Garden, started some years ago by Earth Corps' Jim Smith and Terry Madden, has a more specific community development mandate: the empowerment of local people coming together in a community activity, while producing healthy food, and making the neighbourhood safer and more beautiful.

Each garden has its own specific needs, talents and resources. Some, like Riverview, are well-established and pretty much run

themselves on volunteer input. Other, notably "younger" gardens, in areas facing profound social and economic stress, have encountered problems with organizational burnout, or lack of timely access to necessary tools. Scattered throughout the groups are people with long experience in gardening, preserving food, and community organizing, mixed in with folk who are completely new to the whole scene.

All the gardens, however, seem to share the common thread of excitement that accompanies the process of growing food - the never-fading amazement that these tiny seeds will sprout forth and produce abundance -

See NURTURING page 15

877 WESTMINSTER AVE. 772-4359
HARVEST COLLECTIVE



LIVE IN THE PRESENT
THINK OF THE FUTURE
THINK ORGANIC
HARVEST ON CORYDON
(FORMERLY SUNFLOWER)
664 CORYDON AVE. 475-1459

Government Refuses to Recognize MCS

From page 5

create extremely dangerous situations.

Two Winnipeg Free Press articles have recently highlighted the lives of three Manitobans, one teacher and two students, who developed MCS from unhealthy indoor air in their schools.

So, who gets MCS? Potentially anyone, it seems.

Social Impact of MCS

The social ramifications of MCS are severe. People with this disease are often cut off from resources that the average North American takes for granted: shopping malls, grocery stores, movie theatres, churches, synagogues, etc. As a result of the haze of pollutants in these sorts of places, individuals with severe chemical sensitivities are often forced to live isolated lives. Therefore, in order to ease the isolation, it is crucial that their family and friends refrain from wearing perfumes, aftershaves, or fragranced soaps, deodorants, hairsprays, etc. that might cause immediate or delayed reactions. Communication on this issue is of great importance.

If MCS sufferers can make their homes as free of toxins as possible, spending time in such an environment affords their bodies the change to heal and build up resistance. Unfortunately, finding 'safe' housing for someone chemically hypersensitive is no easy matter. Often people are forced to move several times and/or spend a great deal of money on 'safe' renovations before having access to a living space that at least does not make their condition worse. In response to Canadians' growing need, CMHC (Canada Mortgage and Housing Corporation) in Ottawa has pioneered the Bar Haven Housing Project, a grouping of safe accommodations built especially for those with severe chemical sensitivities. At present, there is nothing comparable in Manitoba.

Is There Hope?

This fall, in Nova Scotia, the first fully government-funded MCS clinic in North America is moving to a new, larger facility in Fall River. This clinic was spearheaded by Gerald Ross, M.D.

and is directed by Roy Fox, M.D., both of whom were felled by MCS, themselves. Unfortunately, this clinic is only open to Nova Scotians and, even at that, has a two year waiting list.

In May of this year, the Toronto Women's College Hospital opened an Environmental Illness Research Centre.

In London, England, 12,000 MCS patients have been treated at the government-funded Breakspear Hospital run by Dr. Jean Munro.

In Dallas, Texas, Dr. William J. Rea, a cardio-vascular and thoracic surgeon, runs the Environmental Health Centre, which has treated 30,000 patients from all over the world. It is to this clinic that the Ontario government recently funded 17 year-old Andeana Zenha, to the estimated tune of \$100,000, after her father brought her plight to public attention through a hunger strike.

In Manitoba, when doctors refer their MCS patients to be treated in Dallas, the only Environmental Illness clinic with sterilized residences for out-of-town patients, they are told by Health Minister Jim McCrae that MCS is not a recognized illness. McCrae's critics say that the government's refusal to recognize this environmentally-induced illness has less to do with lack of belief in it's existence and more to do with lack of government funds. Our Toxic Times editor, Cynthia Wilson, asserts that there is a massive vested interest in maintaining that MCS is not a legitimate physical illness:

"In 1991, The Chemical Manufacturer's Association stated, 'There is no doubt these patients are ill -- and deserving of compensation, understanding and expert medical care. [However], the primary impact on society would be the huge cost

See CANARIES page 13

* Think Global * Buy Local *



Tess Body Care Inc.

"Your one stop shop for *Aromatherapy* products"

- Over 90 pure essential oils and blends in stock
- Available in three sizes of amber, drop-cap bottles
- Massage grade carrier oils
- Refill service for essential/carrier oils
- Empty mixing bottles, blending vials, and supplies
- Rare and precious oils available on special order
- Bulk orders available
- Aromatherapy work-shops by appointment

Two locations to serve you:

2nd Floor, Johnson Terminal
The Forks
942-5800

Brandon Shoppers Mall
Brandon, Manitoba
1-204-727-1345

Proudly Manitoba Owned & Operated

The Alternative Personal Care Shop

☯ **Keeping Care of You & Mother Nature** ☯

MEN Youth Caucus in the Works

by Elizabeth Carlyle

For the fourth year running, youth in Manitoba are holding a Youth Activist Workshop (YAW), geared toward building and sharing skills among young people so that they have the tools to make progressive changes in their lives, communities, and beyond.

Specifically, YAW '96, held in Winnipeg from September 13 -15, 1996, focused on the social, ecological, and first nations aspects of forestry issues in the province.

In the past, no actual campaigns have been generated by the workshops, but this year the central objectives are to raise awareness, learn skills, and organize a forestry campaign.

This year, YAW is co-organized by the new Manitoba Eco Network Youth Caucus, along with YAW founding group the University of Winnipeg Stu-

dents Acting For the Environment (UWSAFE).

According to the YAW organizing group, the new "real, live" campaign approach of YAW '96 is part of an effort to revive youth environmental groups in the province and to provide support and resources for their work.

This move towards focused action is also reflected in the birth of the MEN Youth Caucus, part of a national effort to refresh and create continuity in the environmental/social justice movements.

After YAW '96, the Youth Caucus plans to begin organizing a high school and youth group Environmental Education Tour in Winnipeg, and possibly rural and Northern Manitoba (depending on funding).

On November 1, 1996, there will be

an inaugural meeting for the Youth Caucus, to decide on things like a mission statement, name, objectives, resources, and two-year plan. All youth are invited.

Non-youth who feel they can offer the Youth Caucus support, resources, or other assistance should contact the MEN.

To be part of the Youth Caucus' first organizing meeting on November 1, 1996 or to help with the YAW '96 follow-up campaign on forestry issues, please call the Eco Network or Liz at 772-2077.

Stay tuned to future Eco Journals for further information.

ECJ

Eco-Journal unwelcome at nuclear conference

by Anne Lindsey

Question: When is a magazine not a magazine?

Answer: When the magazine is Eco-Journal, and it is applying for media accreditation at the Canadian Nuclear Society Conference! According to Larry Shewchuk, media spokesperson for Atomic Energy of Canada, Ltd, Eco-Journal doesn't cut it as a "legitimate publication", and therefore would not gain access to the International Conference on Radioactive Waste Disposal, held last month in Winnipeg, unless of course, we were prepared to pay the \$600 registration fee! The same fate was in store for Canadian Dimension, a 33-year old bastion of independent publishing in this country. The reason given for CD's exclusion seems to be that it published an article on nuclear waste disposal which Shewchuk claimed was "factually inaccurate" (perhaps opinion-ally inaccurate would have been closer to the truth). We suspect that the real reason for the shut out was that the Journal and CD were represented by two people known in their "other lives" to be active members of Concerned Citizens of Manitoba, a local group opposing AECL's waste disposal plans. The CNS seemed to feel that as such, we were tainted, and could not possibly be real journalists.

So, in spite of the conference's loud proclamations that the industry's biggest job now is to convince the public that its waste disposal plans are o.k., that same industry still seems bent on limiting legitimate discourse about it in (some portions of) the legitimate media. Sigh...

ECJ

Bale Building

From page 1

Although straw bale housing goes back a century to the development of the steam powered baling machine, the technology has undergone a resurgence in the last ten years or so. Builders in California, New Mexico, B.C., Quebec and Nova Scotia, as well as France and Russia are sharing information and refining techniques.

With its inherent sustainability, its economy and its communal approach to creating a dwelling, straw bale construction has tremendous potential for the future.

Contacts/Resources

- David Neufeld and Maggie Andres (204) 534-2303

- Ron Wiebe (204) 534-3253

- Internet: <http://www.cfn.cs.dal.ca/~aa983/strawhouse.html>

- Sustainable Works magazine - Site 10, C-5, RR 1, Winlaw, B.C. V0G 2J0

- Out On Bale (un)Ltd. 1037 E. Linden St. Tucson, AZ 85719, USA

- The Straw Bale House by Steen, Steen and Bainbridge, available at local bookstores, or through the library.

ECJ

Canaries and Coal Mines

From page 11

associated with the legitimization of environmental illness.” (Chemical Injury vs. Cigarette Science”, *Our Toxic Times*, 1996). Whatever the politics involved, at present, most Manitobans with MCS are left out in the cold. At an average price-tag of \$10,000-\$60,000, treatment in Dallas is off-limits to most of our province's sufferers.

Canaries and Coal Mines

An analogy often used to describe the significance of MCS for our society is that of a canary in a coal mine. In days gone by, miners used to take a canary down into the mine with them, since canaries were known to be more sensitive to toxic fumes than humans. When the mine began to fill with poisonous gases, the bird would fall off of its perch, warning the miners that they would be the next to succumb, if they stayed. Some would say that people felled by MCS are society's canaries. They are the first to fall prey to our increasingly polluted environments. Perhaps, it is time to pay more attention to the canaries' warning!

ADDITIONAL READING:

Ashford, Nicholas A. and Miller, Claudia S. *Chemical*

Exposures: Low Levels and High Stakes.

Bower, John. *The Healthy House: How to Buy One, How to Cure a 'Sick' One, How to Build One.*

Canada Mortgage and Housing Corporation. *Housing for the Environmentally Hypersensitive (Survey and Examples of Clean Air Housing in Canada).*

Dadd, Debra Lynn. *The Non-Toxic Home and Office.*

Millar, Heather and Millar, Myrna. *The Toxic Labyrinth: A Family's Successful Battle Against Environmental Illness.*

Rea, William J., M.D. *Chemical Sensitivity Vols. 1-4.*

Rogers, Sherry, M.D. *Tired or Toxic: A Blueprint for Health.*

ECJ

Pan Am Games Goes "Green"

by: Pan Am Research

Laura Sealy, Rebecca Tiller, Jennifer Tinkler

The Pan American Games will take place in the summer of 1999 from July 24 - August 8. This will be the largest sporting event ever staged in Canada and the most televised Pan Am Games in history.

The Pan Am Games Society is committed to environmental excellence and economic efficiency, and has adopted an environmental policy and guidelines.

The environmental planning which is currently underway includes:

- * Waste minimization and pollution prevention
- * Green procurement
- * Water and energy conservation
- * Creating a sustainable legacy
- * Looking for opportunities for environmental initiatives and industries
- * Landscaping and greening

The Environment Committee Members of the Games is involved with all areas of operations and planning. During the summer of 1996, business students were funded by Manitoba Education and Training to develop the Games environmental manual, to provide environmental information to all committees. Landscape architecture students were also retained to conduct site inventories of the natural habitat of six Games venues; and to prepare preliminary landscaping

See Greening page 14

Now Open!

Mondragón
Bookstore & Coffee House

Specializing in:

- Vegetarian & Vegan Food
- Ecology
- Indigenous Issues
- Radical Politics
- Human Rights
- Animal Liberation
- Gay & Lesbian
- Alternative Fiction
- Children's Books
- Posters & Gift Items
- Organic Bridgehead Coffees
- Cappuccino & Herbal Teas
- Smoke Free Atmosphere

946-5241

Open: Mon - Wed 10 am - 8 pm
Thurs - Sat 10 am - Midnight

We do Special Orders...

91 Albert Street
(in Winnipeg's Exchange District)

Research Proposals now being circulated

From page 9

-Integration and dissemination of current and emerging knowledge (both scientific and community-based).

- Organization of student excursions and exchanges.

- Development of multimedia education and awareness materials (CD-ROM, quarterly report, WWW homepage).

- Organization of province-wide research assistant program for students interested in working on tree cavity study.

- Organization of annual high school symposia on forest/environmental issues.

- Design of model for predicting and identifying heritage resources in forested areas, and for mitigating impacts of industrial forestry.

Community resources for carrying out the above studies were identified. These include expertise in the areas of monitoring, surveying and data collection, scientific/technical analysis, and in the use of computer and audiovisual/multimedia equipment. Other community members are prepared to offer their transportation and guiding services.

The research proposals listed above are now being circulated to workshop participants and other forest stakeholders who were unable to attend on September 7. They will be revised and extended accordingly, for

circulation in final form in the beginning of October. This community agenda for forest research, monitoring and public awareness will be submitted to Louisiana-Pacific Canada, Ltd. which is initiating its own consultation meetings this fall, and to Manitoba Environment, which will issue a final decision regarding forest research and monitoring that must take place in accordance with section 12 (i) of L.P.'s forest management licence.

This community agenda will also be communicated to NAFEC as an addendum to the application for financial support for the tree cavity research study put forward by Dan Soprovich. The application is due by November 15. The agenda will demonstrate to NAFEC that Dan's cavity habitat research project reflects community concerns and fits within a broader community context.

After the Swan River workshop, a meeting took place of those groups and individuals interested in providing support and advice to the tree cavity study. The Mixedwood Forest Research and Advisory Committee - as they have decided to call themselves - will help refine and implement other research projects emerging from this community brainstorming session, and promote the establishment of links between the various research projects that are undertaken.

ECJ

Greening the Games

From page 13

and naturalization plans. This work will be updated each summer until 1999.

The Games intends to minimize waste by following the 3 Rs of reduce, reuse and recycle. The Games will introduce a recycling and composting program. Recycling will be located at each of the Games venues and the Athletes' Village. During the Games' two-week period it is estimated that a significant amount of garbage will be produced. It is the Games' intention to minimize the amount of garbage filling Manitoba's landfills through the implementation of this recycling program.

The Environmental Manual encourages the Games to reduce its waste by buying in bulk and minimizing packaging. The Environment Committee continues to encourage the Games to reuse products and purchase reusable products.

The Pan Am Games is currently donating all excess food from its volunteer and fundraising activities to Winnipeg Harvest's **Meal Share Program**. These donations will continue up to, and including, the Games. It is the Games' wish that all local hotels and restaurants join in the program as well.

The Games is expecting record numbers of visitors to our city and province. The City's seven major hotels are now completely booked. The concern of the Games is to transport these visitors, and local residents, in a manner which will minimize the amount of air pollution emitted

into the atmosphere. The Environment Committee has investigated alternative fuels and zero-emission vehicles to help combat the air pollution problem.

Green procurement refers to purchasing products that are environmentally preferred and are the least harmful to the environment. The Environment Committee is encouraging the Games to purchase products which have been previously used; are reusable, and/or contain post-consumer recycled content; or are manufactured using environmentally responsible processes. Renting rather than purchasing new items is suggested for items which will not be used after the Games. The Games is also interested in donating left-over paraphernalia to various local organizations and charities.

The Pan Am Games' organizers will be constructing a new field house on the Fort Garry campus of the University of Manitoba, as well as upgrades and renovations to existing facilities. Water and energy conservation practices will be utilized in all new construction and building renovations. Pan Am has recruited the expertise of Manitoba Hydro's **Power Smart** program, the City of Winnipeg's **Slow the Flow** program, Manitoba Environment **Municipal Water Use Efficiency Initiative**, **"Ride Above it All"** Winnipeg Transit, and other conservation practices and expertise.

The Pan Am Games is dedicated to creating a sustainable legacy for the City and the Province of Manitoba. It is hoped that volunteers will participate in the planting of

See SPANISH page 15

Industry quiet on residue info.

From page 7

Kahn points out that his lab is not the only one studying the problem. In 1982, the International Atomic Energy Agency and the U.N.'s Food and Agriculture Organization began studying the matter. What started as a standard 5-year study was extended to ten years after the gravity of the problem came to light.

In the one and a half years Kahn has worked for these organizations he says the issue has become one of international concern. That being so, why did it take until the 1990s to make this discovery? Is it enough to say that the chemical industry was simply doing the best it could?

NEWS NOT NEW

It turns out Dr. Kahn was not the first to isolate bound pesticide residues. On a recent visit to the labs of the German chemical giant, BASF, Kahn found that the firm had perfected the same techniques he had developed many years earlier. "Of course", says

Kahn, "industry doesn't want to release this data, so the work does not get published."

In the U.S., says Kahn, the Environmental Protection Agency and the Federal Department of Agriculture are quite aware of the problem, and the regulatory bodies are considering ways of overhauling their regulatory protocol. "I wish our Canadian colleagues in the regulatory bodies would follow this up." He adds that the magnitude of the problem is so huge that those in charge really don't know how to proceed.

Most scientists agree that Supercritical Fluid Extraction is the proven state-of-the-art technology which will set the pace in regulating food safety. But will the ability to see more or less lead to stricter controls over possible contaminants?

Kahn's optimism notwithstanding, increased vigilance in the U.S. over pesticide residues may not come soon. A dispute is raging among legislators

in Washington over the so-called Delaney Clause that decrees zero risk from pesticide residues in food. The clause, recently upheld in the courts, has been a bugbear of the food processing industry and to some extent farmers. Senator Bob Dole (R. Kan.) introduced a bill which would replace the Delaney Clause with a negligible risk standard, meaning that if pesticide residues were considered insignificant and of little or no risk to human health, they would be allowed.

While quick passage of the Dole proposal is not guaranteed, it does indicate the strong possibility that controls over pesticide and food additive residues are as likely to be relaxed as they are to be strengthened. It is easy not to see anything when you enter a dark barn with your eyes closed.

*Reprinted with permission from
Sustainable Farming
Summer 1996 edition*

ECJ

Nurturing a different kind of growth

From page 10

there's something primal and basic about growing food, and it's even more rewarding to do it with a community of people.

At the St. Matthews site, the garden provided the catalyst for "nurturing a different kind of growth" as Fiona Muldrew (one of the co-ordinators of the project) put it in her report - that of empowerment of the many children who visited and worked in the garden. Likewise, the Village Garden attracted youth known locally as "squeegee kids" who found in the gardens a previously unknown way to make meaningful contributions.

A Community Garden Association will aim to build on the strengths and resources which have developed and become evident throughout the gardens (not least of which is human interest and eagerness), while working to address the various needs that present themselves, such as financial requirements in some cases, or

knowledge and information about gardening in others.

Our meeting covered the work we needed to do - agreement that an association would be useful, and some discussion of applying for funds to help set it up. Some wonderful resources were passed around, including books, and articles downloaded from the Internet, describing community gardens all over North America and the various models which they have evolved to operate successfully, but most of the evening was spent in a lively exchange of information, anecdotes, stories and

advice. (Just what can you do with crab grass, anyway?), and poems like this one by Wendell Berry (found on the Internet by Sarah):

*Sowing the seed,
my hand is one with the earth.
Wanting the seed to grow,
my mind is one with the light.
Hoeing the crop,
my hands are one with the rain.
Having cared for the plants,
my mind is one with the air.
Hungry and trusting,
my mind is one with the earth,
Eating the fruit,
my body is one with earth.*

ECJ

From page 14

LEARN SPANISH!

trees and other "greening" activities. Building and upgrading enhance our sports facilities for future use after the games. Anyone wishing to volunteer with the Games will undergo a training session covering environmental and operational issues. As well, there will be an opportunity for volunteers to learn Spanish! For anyone interested in volunteering or becoming part of the Environmental Committee, please contact: Andrea Downey-Franchuk, Communications Representative, Environment Committee Phone: 478-1954 Fax: 453-8505

ECJ

When the public expression of environmental concern starts to look like this:

sustainable

DEVELOPMENT...

...it's more important than ever to speak out for the basics which sustain all life: clean water, clean air and an uncontaminated earth.

That's why grassroots groups like the Manitoba Eco-Network and publications like Eco-Journal need your ongoing support.

Please consider becoming a **Sustaining Donor**...your automatic monthly contribution through our Pre-Authorized Chequing Program (PAC) will help to ensure that Eco-Journal can continue publishing, and that we can maintain vital services like our Environmental Resources Centre and Volunteer Effectiveness Program.

Join the 25 Eco-Network members already on PAC - and remember, your PAC contributions are tax deductible!

By my signature I authorize my bank to deduct \$_____ on the first day of each month and send it to the Manitoba Eco-Network.
Attached is a voided sample of my cheque.
Name(Ms/Mr) _____
Address _____
Postal Code _____
Phone _____
Date _____
Signature _____
Authorization may be revoked on written notice to the Manitoba Eco-Network.

Charitable Registration # 0874305-21.

The Manitoba Eco-Network, 2-70 Albert Street
Winnipeg, MB R3B 1E7

Sign me up as a member of the Manitoba Eco-Network

Enclosed is a cheque for:

- ☐ \$25 Supporting member (individuals)
☐ \$40 Group membership
☐ \$50 Other organizations (businesses, government departments and corporations that do not otherwise qualify for group membership)

I'm also enclosing a donation of _____ to help with your public education activities.

[Charitable tax receipts available for amounts over the cost of membership]

Total Amount enclosed _____

I'm interested in volunteering for the Eco-Network. Please call me! ☐

Name(s) _____
Group (if applicable) _____ Telephone # () _____
Mailing address _____ Postal Code _____
Area(s) of interest _____ Volunteer skills _____

Group members are entitled to nominate representatives for a position on the Eco-Network Steering Committee. Group membership is open to any non-governmental, non-profit group which has as one of its objectives the enhancing or furthering of environmental quality, protecting the environment or environmental education.