

The Lichtlers  
Present...



THE THUNDER BAY



# Green Guide



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# INTRODUCTION

Welcome!

The Thunder Bay Green Guide was developed by Bob Jickling's Outdoor Ecological and Experiential Education class, 2006-2007, at Lakehead University's Faculty of Education. It was inspired by the Twin Cities Green Guide. [www.greenguide.org](http://www.greenguide.org) We felt it was important to promote practical green ways to live in Thunder Bay. This is by no means an exhaustive resource; however, it is our hope that it will inspire you, Thunder Bay residents and visitors, to take action in addition to what we have suggested here. This guide offers possibilities for all community members to get involved in any way you are able.



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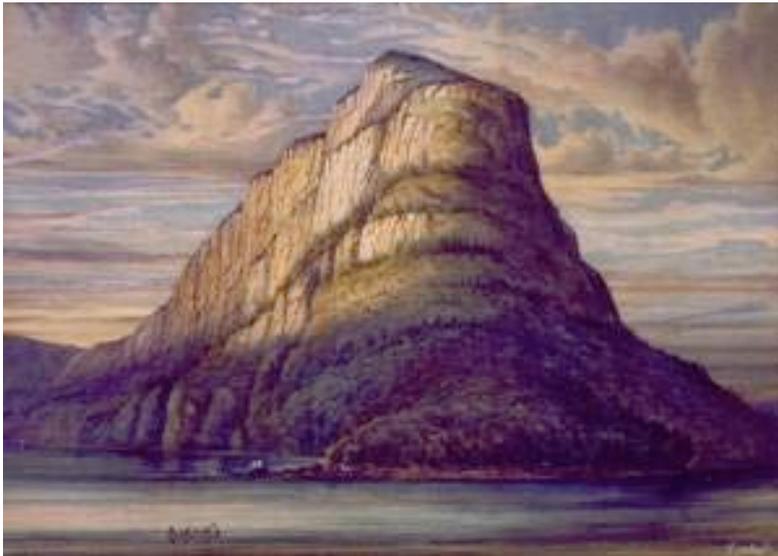
A. Ringham



# NATURAL HISTORY

## How did the Sleeping Giant Form?

- about 1.5 BILLION years ago a soft sedimentary rock called shale was laid down by shallow seas that existed in this area.
- this soft layer was then broken up and forced upward by some volcanic rock which was pushing its way through and cooling as a hard layer
- this hard layer was not uniform and so some of it was carved away over time through forces of erosion (weather, heat, rain)
- the landscape of this eroded shale and hard volcanic rock is marked by steep rock cliffs and rock fragments which accumulate at the bottom
- The Sleeping Giant is an example of diabase sills (hard volcanic rock and eroded shale)



Watercolour of Thunder Cape by William Armstrong (1822-1914), National Archives of Canada.

## Interesting Facts about Thunder Bay

- The rocks around Thunder Bay are approximately 600 million years old!
- Lake Superior waves can reach 31 feet and the lake is the grave of more than 325 ships.
- Lake Superior is the biggest freshwater lake in the world—if you're considering surface area (32,000 square miles or 82,000 km<sup>2</sup>). Lake Superior is the second largest freshwater lake in the world if you go by volume—Lake Baikal in Siberia is the biggest.
- In a one hundred year period, an average water molecule spends 98 years in the ocean, 20 months as ice, about two weeks in lakes and rivers, and less than a week in the atmosphere.
- Lake Superior contains 10% of the earth's surface freshwater.

"Those who have never seen Superior get an inadequate idea by hearing it spoken of as a lake. Superior is a sea. It breeds storms and rain and fog like a sea. It is cold, masterful, and dreaded." ~ Rev. George Grant, 1872

# NATURAL HISTORY



## Wild Welcome!

Thunder Bay is teeming with life that you can visit or welcome into your very own backyard. This section of the Green Guide is intended as an introduction to Natural History of this region. Get connected to the world around you by trying a couple activities listed in this section or learning some of the animals that live in your neighbourhood. Anyway you do it, excitement and wonder are soon to follow. Please enjoy!



## Flora and Fauna of Thunder Bay

Thunder Bay is fortunate to be situated in the wilds of Northern Ontario. Residents of this unique place often have encounters with the flora and fauna (plants and animals) of the region. On the following few pages are: a) some suggestions on how to come in contact with more wildlife; b) some of the common birds, reptiles, animals and trees in the region; c) some interesting information about Thunder Bay's ecozone.



## Thunder Bay's Boreal Forest Country

Thunder Bay is situated in a southerly band of boreal forest that is made up of conifer (evergreen) and hardwood (deciduous, leaf trees) trees. On the following few pages there is a list of common birds, reptiles, animals and plants found in this region. Thunder Bay is also located on the Canadian Shield (a large u-shaped mass of ancient rock stretching North from the Great Lakes to the arctic ocean) which is part of its stunning landscape of steep hills and valleys.

Did you know... An Ojibway legend identifies the Sleeping Giant as Nanabijou, the spirit of the Deep Sea Water, turned to stone when the secret location of a rich silver mine, now known as Silver Islet, was disclosed to white men.



# NATURAL HISTORY

## Wild Activities:

### 1. Bird TV

Set up a few bird feeders around your backyard and see who comes to visit! Be sure to place stickers on windows so your new birdie friends don't run into them. Experiment with different seed combinations to see which birds likes which.

### 2. Nature Investigations

A neat way to get down and dirty in the wild is to bring a magnifying glass or binoculars on a trip. Magnifying glasses are great to look at plants and snowflakes closely and binoculars can bring elusive birds and animals into full view.

### 3. Seasons of Change

If you live close to a park or a tree, a great way to tap into the wonder around you is to watch the seasons change in that one area. Visit the tree, plant or park once a week during the changes of seasons and observe how things transform right before your very eyes. Document what you see with watercolour, sketches or photography for a stunning art project.

### 4. Sense of Nature

Explore your different senses on a hike or walk through a park. In winter, listen to the different sounds of snow and wind. In spring, close your eyes and inhale the fragrances of renewal and growth. In the summer, feel warm breezes on your skin and watch the harvest moon rise in August. In the fall, pile up a bunch of leaves and jump into the soft crinkles.

## Boreal Forest Info

- Percent of land in Canada covered by boreal forest: 53%
- Percent of the world's boreal forests that lie within Canada's borders: 25%
- Percent of the world's unfrozen fresh water supply found in Canada's boreal forest: 80%
- Total number of birds breeding in the boreal region: up to 5 billion
- Number of tree species in the boreal region: approximately 20
- Number of species of fungi growing in boreal forests around the globe: 5,000



Did you know... There are over **85** species of mammals, **400** species of birds, **80** species of amphibians and reptiles, **160** species of fish, and **3,200** species of plants living in Ontario; most of them are found in the boreal forest.



# NATURAL HISTORY

## Where in the World?

The following two pages provide pictures of some of the common birds, animals, reptiles and trees and plants you can find around Thunder Bay. Here is a guide to when and where you are most likely to find these wonderful creatures and plants. Hint: as you are walking on a trail open your ears and close your mouth for a few minutes, most birds and animals can be found this way, follow their songs and movements to where they are hiding.

## Birds

The following is a list of birds and animals you will most likely find in the different seasons in Thunder Bay.

### Winter

- Blue Jay
- Gray Jay
- Black-capped Chickadee
- Boreal Chickadee
- Rose-breasted Grosbeak
- Pine Grosbeak
- Evening Grosbeak
- American Goldfinch
- Red-breasted Nuthatch
- Common Redpoll
- Cedar Waxwing

### Summer

- Belted Kingfisher
- Common Loon

### All Year Round

- European Starling
- Roughed Grouse
- Hairy Woodpecker
- Common Grackle
- Common Crow
- Raven
- Bald Eagle

## Reptiles and Animals

### Winter

Snowshoe Hare

### Summer

Northern Leopard Frog  
Spring Peepers  
Blue-spotted Salamander  
Yellow-spotted Salamander  
Painted Turtle

### All Year Round

Moose  
White-tailed Deer  
Gray Wolf  
Red Fox  
Raccoon  
Pine Martin

## Green Spaces in Thunder Bay

Situated in the great wild north, Thunder Bay is full with places to connect with nature. Check the recreation section for a few suggestions. For a more comprehensive list visit:

[www.borealforest.org/greenspaces/tbay.htm](http://www.borealforest.org/greenspaces/tbay.htm)

Did you know... The former Fort William section occupies flat alluvial land along the Kaministiquia River which has a river delta at its mouth of two large islands known as Mission Island and McKellar Island.



# Common Birds of Thunder Bay



Blue Jay



Gray Jay (Whiskey Jack)



Black-capped chickadee



Boreal chickadee



Rose-breasted Grosbeak



Pine Grosbeak



Evening Grosbeak



American Goldfinch



Red-breasted Nuthatch



Common Redpoll



Cedar Waxwings



European Starling



Belted Kingfisher



Roughed Grouse



Common Loon



Hairy Woodpecker



Common Grackle



Common Crow



Raven



Bald Eagle

# Common Reptiles of Thunder Bay Region



Northern Leopard Frog



Spring Peeper



Blue spotted Salamander



Yellow Spotted Salamander



Painted Turtle



Moose



White Tailed Deer



Gray Wolf



Red Fox



Snowshoe Hare



Raccoon



Pine Martin



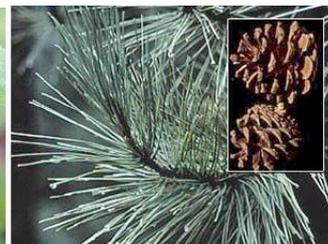
Red-Osier Dogwood



Balsam Fir



Paper Birch



Red Pine



Trembling Aspen



Woodland Strawberry



Sweet Coltsfoot



Purple Vetch



Star Flower



Canada Mayflower

# Trees and Plants of Thunder Bay Region

# RECREATION

## **What does recreation have to do with being “green” you ask.**

Well, a lot actually. Take a minute and think about what recreational activities are common in Northern Ontario...are they green? Northern Ontario has a very dichotomous range of high-polluting (non-green) activities, however, the vast landscape and outdoor opportunities provide Northern Ontarians with an extensive array of activities that are “more” green than others.

Thunder Bay and the surrounding area offer a plethora of recreational opportunities for all age groups and abilities. This section of the Thunder Bay Green Guide lists recreational activities which have been selected for their “Green Factor”. Not all recreational pursuits are low impact, therefore it’s important to consider the environmental impacts of your leisure endeavors and decide whether or not your pastimes are actually eco-friendly. That being said, it’s hard to come by activities that are purely green, and consequently we just want you to think about how you can remain active, but make greener choices.

We are not suggesting that you quit all the recreational activities that you partake in, we just want to raise awareness to activities that we consider to have a greater green factor than others. For example, ripping up the trails on an all-terrain vehicle (ATV) is extremely exciting and fun; we want you to consider possibly using the trails in a greener fashion. ATVing not only pollutes the air (burning fossil fuels) but it also greatly degrades the earth and ecosystems that inhabit the trails. A possible change in recreation would be to bike those trails. One would not produce the harmful emissions, they would reduce the impact on the landscape and they would be moving at a slower pace and would have more of a chance to take-in the landscape they are traversing! Just because your recreational activities are not green, does not mean you should stop them, we just want you to think about other activities that you could partake in that would have similar experiences, but are greener! Keep active!

The next few pages are a comprehensive (but by no means complete) list of activities in the Thunder Bay area that we consider to have a better than average green factor. We have attached contact information to help you research and discover activities that interest you! Have fun with it, try something new, explore a new area of the north or continue on with your favourite green activities but in a location you did not know existed!

Did you know...Canada’s Physical Activity Guide recommends at least 30 minutes of physical activity daily!



# RECREATION

We have listed numerous centers and recreational activities. We have clumped them together according to the activity that they offer. However, some centers offer more than one activity, so explore the websites because you just do not know what exciting activities you could find...and they could be just around the corner from your house!

## **X-COUNTRY SKIING:**

*Lakehead Region Conservation:* The Cascades, Wishart and Hazelwood Lake Conservation Areas offer a variety of groomed cross-country ski trails for all ages and abilities. (807) 344-5857

[www.lakeheadca.com/consarea.htm](http://www.lakeheadca.com/consarea.htm)

*Centennial Park:* (807) 625-2113

[www.thunderbay.ca/index.cfm?fuse=html&pg=1922](http://www.thunderbay.ca/index.cfm?fuse=html&pg=1922)

*Kakabeka Falls Provincial Park:*

[www.ontarioparks.com](http://www.ontarioparks.com)

*Kamview Nordic Centre:* (807) 475-7081

[www.nordictrails-tb.on.ca/kamview.htm](http://www.nordictrails-tb.on.ca/kamview.htm)

*Lappe Nordic Ski Centre:* (807) 767-2423

[www.lappenordic.ca/](http://www.lappenordic.ca/)

*Mink Mountain:*

[www.superiornorth.com/](http://www.superiornorth.com/)

*Sleeping Giant Provincial Park:*

[www.ontarioparks.com](http://www.ontarioparks.com)

\*\*\* **SNOWSHOERS**...this is for you! Many of the centers of sites listed above also offer snowshoeing. Check out their websites, and find yourself a trail! But remember, please stay off the groomed classic cross-country skiing tracks...the skiers don't like when their tracks get all mucked up!

## **DOGSLEDDING:**

Mush, On By, Gee, Ha or Whoa. If those words interest you at all, or are familiar to you, you need to get back on the sled and hit the trails with the dogs! You will have an experience to remember and gain an appreciation of the power and teamwork that sled dogs possess.

*Norwest Sled Dog Adventures:*

[www.sleddog.on.ca](http://www.sleddog.on.ca)

(807) 964-2070

Did you know...You do not need a trail to enjoy snowshoeing, off trail snowshoeing provides its own unique adventures! Just don't get lost!



# RECREATION

## ICE + ROCK CLIMBING

Ice axes, crampons, harnesses, ropes and wicked frozen waterfalls and cliffs. Does that appeal to you? Ice climbing could be an activity you might want to try!

**Alpine Club of Canada:**

[www.alpineclubofcanada.ca](http://www.alpineclubofcanada.ca)

[www.acctbay.ca](http://www.acctbay.ca)

Event \*\*\*

Nipigon Ice Fest!

[www.nipigonicefest.com](http://www.nipigonicefest.com)



## KICKSLEDDING:

Have you ever heard of this before? Why not give it a try. A kicksled is a European invention and looks very similar to a dogsled (and can and is used for that purpose on occasion). The kicksled has been coined as the winter alternative to a bicycle. Start the trend in Thunder Bay!

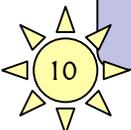
*Nor-West Outdoor Centre* (807) 475-8346

[www.cqo2000.com/noc](http://www.cqo2000.com/noc)

*Chaltrek & Ostrom Outdoors* (807) 577-8848

[www.chaltrek.com](http://www.chaltrek.com)

Did you know...The kicksled has been coined the winter bicycle!



# RECREATION

## PARKS + GREEN SPACES

*Thunder Bay Green Space*

[www.borealforest.org/greenspaces/tbay.htm](http://www.borealforest.org/greenspaces/tbay.htm)

*Mt. McKay:* [www.fwfn.ca](http://www.fwfn.ca)

*Cascades Conservation Area:*

[www.lakeheadca.com](http://www.lakeheadca.com)

## PROVINCIAL PARKS:

The north is littered with Provincial Parks. Don't be caught with the notion that these parks are for summer use only. Enjoy these treasures in all the seasons! Follow the Ontario Parks website to plan and navigate your next getaway! Paddle, hike, bike...use your imagination and create a unique trip of your own.

- Kakabeka Falls Provincial Park
- Ouimet Canyon Provincial Park
- Pigeon River Provincial Park
- Quetico Provincial Park
- Sleeping Giant Provincial Park
- Wabakimi Provincial Park

[www.ontarioparks.ca](http://www.ontarioparks.ca)

## GEOCACHING

That looks like a strange word eh. Now that the name has your attention, give it a try. Geocaching is an outdoor recreation activity that uses Global Positioning Systems (GPS) to find hidden caches. These caches are small, waterproof containers that can include anything. The goal is to use the coordinates given to find the cache in the backcountry.

[www.geocaching.com](http://www.geocaching.com)

[www.geocachingontario.com/](http://www.geocachingontario.com/)

[www.brillig.com/geocaching/ontario.shtml](http://www.brillig.com/geocaching/ontario.shtml)

## SAILING:

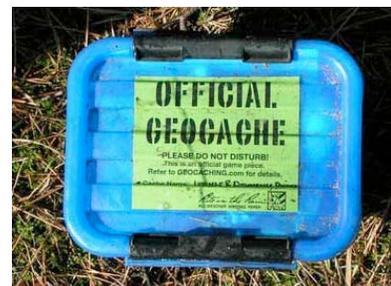
[www.sailsuperior.com](http://www.sailsuperior.com)

## PADDLING:

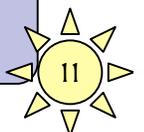
*Kayaking:* [www.kayakthunderbay.com/](http://www.kayakthunderbay.com/)

*WildWaters Canoe + Kayak Shop:*

[www.wabakimi.com/kayakshop.html](http://www.wabakimi.com/kayakshop.html)



Did you know...It is actually possible to surf on Lake Superior, near Thunder Bay! Just dress warmly, and make sure you take a friend along with you for safety.



# RECREATION

## USED SPORTS EQUIPMENT:

*Play It Again Sports:*  
[www.playitagainsports.com/franchise/franchise.asp?ID=1461](http://www.playitagainsports.com/franchise/franchise.asp?ID=1461)

*Kijiji Online Classifieds:*  
[thunderbay.kijiji.ca/f-buy-and-sell-sports-bikes-W0QQCatIdZ111e](http://thunderbay.kijiji.ca/f-buy-and-sell-sports-bikes-W0QQCatIdZ111e)

## EVENTS

*Sibley Ski Tour:* [www.sibleyskitour.ca/](http://www.sibleyskitour.ca/)

*Thunder Bay Kite Festival 2007*  
12:00-4:00pm, Location TBA, Free Admission  
- kite relay races  
- paper airplane making + tossing competition  
- Awards for “best homemade kite”, “most unusual kite” and “crowd favourite kite”  
[www.thunderbay.ca/index.cfm?fuse=html&pg=3233](http://www.thunderbay.ca/index.cfm?fuse=html&pg=3233)

*Thunder Bay Dragon Boat Race Festival: July 20-21, 2007*  
[www.thunderbaydragonboat.com/links.html](http://www.thunderbaydragonboat.com/links.html)

## MORE WEBSITES THAT MAY INTEREST YOU!

[www.nob.on.ca/aroundtheNorth/01-31-07-Catching.asp](http://www.nob.on.ca/aroundtheNorth/01-31-07-Catching.asp)  
[www.thegreenguide.org/](http://www.thegreenguide.org/)  
[www.thunderbay.ca/index.cfm?fuse=html&pg=1424](http://www.thunderbay.ca/index.cfm?fuse=html&pg=1424)  
[www.thunderbayhealth.ca/play/default.htm](http://www.thunderbayhealth.ca/play/default.htm)  
[www.foundlocally.com/ThunderBay/Entertainment/index.htm](http://www.foundlocally.com/ThunderBay/Entertainment/index.htm)  
[www.nordictrails-tb.on.ca/](http://www.nordictrails-tb.on.ca/)  
[www.tbha.ca](http://www.tbha.ca)  
[www.trails.com/tcatalog\\_trail.asp?trailid=XUL002-007](http://www.trails.com/tcatalog_trail.asp?trailid=XUL002-007)  
[www.tbaycc.ca/](http://www.tbaycc.ca/)  
[www.kayakthunderbay.com](http://www.kayakthunderbay.com)  
[www.thunderbaytourism.com](http://www.thunderbaytourism.com)

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Please remember, this list is not comprehensive. Just because it is not listed does not mean it does not exist, or that it means it is not GREEN. Give greener recreation a try, we will all benefit!

Did you know...Thunder Bay is regarded as the “sunniest” city in Ontario!



# ALTERNATIVE TRANSPORTATION

## *Why not take a bike?*

The advantages of bicycle commuting are numerous, ranging from personal well-being to the general health of the entire community (and, since every contribution helps, no matter how minuscule, biking contributes to the planet's health, too). If you don't believe me, perhaps this extended list of cycling's benefits will shift your perspective:

- No greenhouse gas emissions, which, in this era of climate change, should be all of the incentive one needs.
- Significantly reduced costs compared to driving; no more expensive gas, and no more paying for parking.
- Incredible personal health benefits, both physical and mental.
- Over short distances, biking is often more time efficient than driving through traffic. Even over a longer distance, when car travel would save some time, just breathe deep and remember that you're getting both your travel *and* workout time while cycling. It's hard to feel in shape when you're perched in the front seat of your Grand-Am with muffin crumbs covering your chest.
- Biking is fun!

Perhaps this last point needs to be reiterated...biking is fun! There is no better way to start your day than to get outside in the fresh air, feel the wind as you glide over smooth pavement, smile and wave at other fellow bikers or pedestrians, etc.



If you are still not sold on the whole idea, I bet some inspirational cycling-related quotations are all you need...Enjoy:

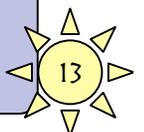
“The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart.”  
~Iris Murdoch

“When I see an adult on a bicycle, I do not despair for the future of the human race.”  
~H.G. Wells

“Melancholy is incompatible with bicycling.”  
~James E. Starrs



Did you know...The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle.



# ALTERNATIVE TRANSPORTATION

It's hard to imagine any distinguished writers becoming so enamored with a half-ton pickup. In fact, Wells also wrote that 'cycle tracks will abound in Utopia,' which is a nice image, but for now we'll have to make do with what Thunder Bay has to offer. Unfortunately there is a definite lack of convenient bike paths in the city itself, making commuting slightly inhospitable. Still, there are many wonderful routes available to the recreational cyclist, covering a large area in and around the city. An excellent place to find some new and exciting biking routes is on the Thunder Bay Cycling Club website, under the Tourist Information section.

## **Recreational Bike Routes in Thunder Bay:**

[www.tbaycc.ca/tourist.htm](http://www.tbaycc.ca/tourist.htm)

## **Cycling Concerns**

### **1. It's too cold/snowy/icy to bike to work.**

Good point. In this city there are going to be times when taking the bike out is just not appealing, or not safe. Still, there are at least 7-8 months of great, bike-friendly weather here in Thunder Bay every year. So go ahead and take the bus, or, if need be, drive during the winter, and bike in those seasons that allow you to. Don't feel guilty about ditching your bike... just imagine the implications if huge numbers of Canadians began to drive their cars only four months a year. Al Gore would certainly approve.

### **2. There are potholes all over the place.**

Umm, that's another very valid point. Certain roads are simply nasty for cars, let alone bikes. As a first step, try to avoid damaged major roadways like Memorial Ave. and Oliver Road, instead opting for parallel streets that have less wear and tear (e.g. Fort William Road is slightly more hospitable than Memorial). As a further step, write to your municipal and provincial representatives and demand safer streets for cyclists.

#### **Thunder Bay City Hall:**

[www.thunderbay.ca/index.cfm?fuse=html&pg=88](http://www.thunderbay.ca/index.cfm?fuse=html&pg=88)

#### **Ontario Listing of MPPs:**

[olaap.ontla.on.ca/mpp/dalIndex.do?locale=en](http://olaap.ontla.on.ca/mpp/dalIndex.do?locale=en)

Or, get in touch with the local roads department to alert them of any serious potholes or dangerous areas:

<b>Transportation and Works</b>	(807) 684-2195
After Hours	(807) 684-3117
Traffic Engineering	(807) 684-2265

Did you know... The longest tandem bicycle ever made was actually for thirty-five. It is almost 67 feet long and weighs about as much as a Volkswagen.



# ALTERNATIVE TRANSPORTATION

**3. Cycling is dangerous.** Not really, as long as you obey some safety guidelines and stay alert on the roads. It is also important to respect local/provincial laws regarding cycling.

A good online resource for bicycle laws and safety equipment is aptly entitled *Ontario Bicycle Laws*: [www.bicyclesource.com/body/safety/laws/ontario-laws.shtml](http://www.bicyclesource.com/body/safety/laws/ontario-laws.shtml)

Some equipment all cyclists should/must have is:

- A properly fitting helmet
- Front and rear lights if riding near dawn or dusk, or on overcast days
- Reflective tape on wheels, front and back of bike, and, if possible, on your own clothing.
- A bell or horn
- Water, to prevent dehydration.



**4. My bike is in poor repair, and I don't want to spend excessive amounts of money to fix it.**

No one wants to spend a lot of money fixing random bike problems, so luckily there are tonnes of resources online regarding do-it-yourself bike repair. This one is quite helpful and relatively thorough:

***Bicycle Repair, Maintenance, and Much More:***  
[www.bikewebsite.com](http://www.bikewebsite.com)

**HINT:** Here are the two best (and rather easy) bike maintenance tips;

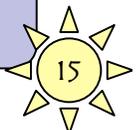
- 1) Keep yer tires full o' air
- 2) Oil all the joints on the bike regularly, particularly after rain and/or snow.

**Attention Drivers:** If you need to drive, you can still participate in making Thunder Bay a more pedestrian-friendly town. Practice the art of *courteous driving* wherever you go... this means *always* yielding the right of way to pedestrians at intersections, reducing speed in residential neighbourhoods and in dense commercial areas (e.g downtown Fort William), and resisting the urge to idle your car for 20 minutes outside of the grocery store, filling the surrounding air with noxious fumes that any passing pedestrians will be forced to inhale. Also, drivers should plan their trips in advance, so that one driving trip can accomplish many errands, and items or services required within walking distance are not included.

One final excellent tip on how to keep bike riding the most affordable means of transportation is to check in on local police auctions of recovered bikes.

**Thunder Bay Police Service - General Inquiries**

(807) 684-1200



# ALTERNATIVE TRANSPORTATION

Make sure that you're being safe when you walk... observe all local traffic laws, respect the pedestrian crossing lights (no matter how long that orange hand stares you in the face), and try to wear reflective gear when out at night.



## Recreational Options

Walking around this city should not be a purely practical event. Walking can be an enjoyable activity, in and of itself. For information on some excellent walking routes around the city, which combine the pleasure of walking with a historical tour of the city, check out this website.

### ***Thunder Bay Historical Walks:***

[www.thunderbay.ca/index.cfm?fuse=html&pg=776](http://www.thunderbay.ca/index.cfm?fuse=html&pg=776)

## ***Don't Wanna Bike? Why Not Walk?***

Another healthy and simple mode of transportation is using the feet that thousands of years of evolution gave ya. Going out on a walk makes a lot of sense a lot of the time. Even on cold winter days, a brisk walk can rejuvenate your spirits and keep you feeling active during the months when it's easy to start feeling slothful. Need more encouragement?.....in list format?.... well, here you go....

## **Top Six Reasons to Walk in Thunder Bay**

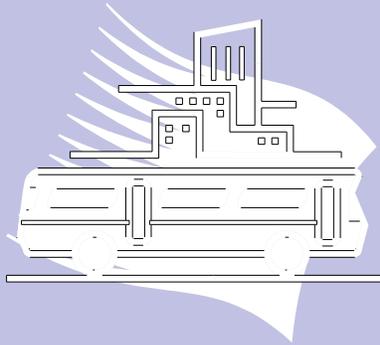
- 1) Allows us to see the world at a slower pace, connecting with the community around us.
- 2) Prevents pollution when people choose a nice relaxing stroll over a noisy car ride. It is every responsible citizen's duty to reduce their personal greenhouse gas emissions in this time of climate change.
- 3) Strengthens the local economies of downtown Port Arthur and Fort William when many people are walking, window-shopping, and interacting in denser areas.
- 4) Helps us to stay in shape.
- 5) Gives the opportunity to pick-up litter around our own neighbourhoods... when one person begins a small greening project like a casual litter-picking stroll, chances are other community members will recognize that effort and may help out in turn.
- 6) STUDENT SPECIAL: Walking home from the bar instead of getting a cab offers one the unique opportunity to view the spectacular northern lights in the middle of the night. Very few students at other universities and colleges in Ontario will ever have that option, so don't miss out!

Did you know... Crossing signals at intersections in Germany feature a man with a hat, and in Mexico City, the man's feet move.

# OTHER TRANSPORTATION

We've acknowledged that, despite the innumerable benefits of bicycling and walking, there are times when you simply have to rely on something with a motor to get you from point A to point B. This could happen during one of the coldest months of winter or in order to travel outside the city.

However, just because we've okayed the use of the combustion engine from time to time does not mean that you are now void of all environmental responsibility! There are many ways that you can significantly reduce the quantity of fossil fuels used on each excursion. To start, use public transportation:



## City Buses

The city of Thunder Bay has 13 bus routes to take you all over town. Most buses run very regularly, swinging by your stop every 15 minutes during the day and every 40 minutes in the evening. One ride will cost you \$2.25. However, you can buy a 20-ride pass for \$30 (meaning that each ride only costs \$1.50) and it never expires! A monthly pass costs \$65, which will save you money only if you take the bus more than 43 times a month.

You can pick up a handy pocket copy of your regular bus route right on the bus itself, or at any of the bus terminals.

“Get up in the morning,  
get on the bus.

Get up in the morning  
like the rest of us.

Places to go, important  
people to meet.

Better not get up or you  
might lose your seat.”

*Bus Rider*  
The Guess Who

For more information, for the online version of the bus route maps and schedules, or to find out where to purchase a bus pass, check out:  
[www.thunderbay.ca/index.cfm?fuse=html&pg=732](http://www.thunderbay.ca/index.cfm?fuse=html&pg=732)

# OTHER TRANSPORTATION

## The benefits of riding the bus are plentiful:

- Reduced burning of fossil fuels, which means fewer greenhouse gas emissions (in fact, the driver of a compact car may consume four times as much energy as a passenger of a bus filled at 50% capacity<sup>1</sup>)
- More time to read and get other things done
- Less of the stress associated with sitting behind the wheel in traffic
- An opportunity to interact with other people in the community

## Fun tips for riding TBay transit:

- Standing at your bus stop but not sure how long you'll have to wait? Dial 684-3744 and key in the 4-digit number on your bus stop sign to find out when the next bus comes!
- Have a friend along who doesn't have any change? Simply ask the bus driver to punch your 20-ride pass card twice.

## Intercity/Long-Distance Travel

Air travel has a much larger impact than traveling on firm ground, due to the large number of greenhouse gas emissions. For example, using the calculation tool referenced below, a return flight from Thunder Bay to Toronto produces the same amount of carbon emissions as you would generate for all purposes (including heating, cooking, lighting and local transport) in about two and a half months. To calculate the impact of your own flight, visit the website:

[www.chooseclimate.org/flying/mapcalc.html](http://www.chooseclimate.org/flying/mapcalc.html)

The most environmentally friendly way to travel between cities is by bus. According to Hydro-Quebec<sup>1</sup>, each passenger on a domestic flight consumes between 3,000 and 5,000 kJ/km, compared to just 567 kJ/km on a diesel bus. A mid-size car with a fuel consumption of 8 litres/100 km and one passenger consumes 2,800 kJ/km, which isn't much better than flying. The only way to make driving anywhere near comparable to the bus is to load three passengers into a compact car (6 litres/100 km). In this case, each passenger would be consuming about 800 kJ/km.

So hop on a Greyhound! The bus will take you just about anywhere in Canada there are roads, normally at a considerably cheaper cost than flying.

### Bus Depot

815 Fort William Road  
807-345-2194

Bus schedules: [www.greyhound.ca](http://www.greyhound.ca)

Just say no to airplanes!



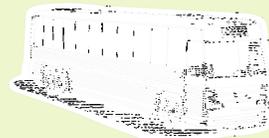
# OTHER TRANSPORTATION

## Ways to entertain yourself on a long bus trip:

- A good book and an MP3 player
- I Spy
- Do as Simon & Garfunkel suggest in the song *America*:  
“Laughing on the bus,  
Playing games with the faces,  
She said the man in the gabardine suit was a spy.  
I said be careful his bowtie is really a camera.”  
(i.e. people watch!)
- Talk to strangers. A great memory from the Greyhound comes from an 18-hour ride sitting next to a grandmother from Georgia, who told stories for the entire trip about her experiences working on Saturday Night Live for 30 years.
- Sit in the front seat and look out the window. Canada has some spectacular scenery and, lucky for us commuters, if not so lucky for the land, our highways take us right past some beautiful sights. Looking out the window also helps us to get to know our country better.
- Bring along your laptop and get some work done, or watch a movie.
- Sleep

## Greyhound tips:

- Buy your bus ticket at least two weeks in advance and save lots of money (for example, the price of a one-way ticket to Ottawa reduces by \$45)
- If you're a student, you get good discounts on standard fare tickets (although it's still much cheaper to buy 14 days in advance)
- Greyhound also runs a courier express service that is significantly cheaper than most other couriers for sending packages between cities



## Ways to reduce motor vehicle usage:

- Live close to where you work.
- If you must drive to the grocery store, pick up staples from your local corner store in the interim to reduce the frequency of grocery shopping excursions.
- Car pool whenever possible!
- Get a big backpack and walk to the laundromat.

Did you know...Greyhound Canada serves nearly 1,100 locations in Canada alone.

# OTHER TRANSPORTATION

## **More on car sharing**

Just because there isn't a car sharing organization in our city yet doesn't mean that you can't start up your own. There are businesses set up that can give you the help you need to start your own car sharing network. For some helpful guidance, check out:

[www.carsharing.net/](http://www.carsharing.net/).

Finally, there isn't any reason why you need to go through an organization to share a car. Find some friends with similar vehicle usage needs to your own and buy a car together! Of course, you'll have to work out such details as how to get the car and keys to each other and how to make a fair schedule. But once that's in place, you'll have regular access to a vehicle with only a fraction of the purchase and maintenance costs.

## **Alternatives to Vehicle Ownership:**

What with walking, biking, public transportation, and many ways to reduce your motor-vehicle usage, hopefully you are asking yourself if you even need to own a car. If you would like to lose the burden of car ownership but know of a few times a month or year that you would absolutely need access to a vehicle, there are still ways to be auto-free:

### **Rent or borrow a car when you need one.**

Rental expenses can seem a little steep, but don't forget that you completely eliminate the maintenance and insurance costs associated with vehicle ownership. Because let's face it, your car never breaks down at a *convenient* time, and it always costs a whole lot more than you think it should to repair.

For a fairly thorough list of places to rent a vehicle in Thunder Bay, check out:

[www.thunderbaynet.com/carrental.html](http://www.thunderbaynet.com/carrental.html) and [www.foundlocally.com/ThunderBay/Trans/Trans-RentalCarsListing.htm](http://www.foundlocally.com/ThunderBay/Trans/Trans-RentalCarsListing.htm)

### **Car share.**

Car sharing is a great solution for people who live in a city and only need access to a car a few times a month. It's a way to have access to a car when you need it, without the hassles and cost associated with ownership. There are many car sharing organizations established across Canada, but unfortunately none have made their way to Thunder Bay yet. This could change at any time though, so keep your eye on the website:

[www.carsharing.ca/](http://www.carsharing.ca/). This site also has lots of great information about how car sharing organizations work.

**"If you live in a city, you don't need to own a car."**

William Clay Ford Jr.,  
CEO, Ford Motor



# OTHER TRANSPORTATION

## **If You Must Own a Car...**

As a vehicle owner, there are still many ways to be environmentally responsible. The most important thing is to try to use your car as little as possible by employing the preceding tips on alternative and public transportation. But there are kinds of cars that you can buy and types of fuels you can use that will reduce greenhouse gas emissions significantly for those times that you do have to drive somewhere.

## **Hybrid Cars**

A hybrid is any vehicle that is equipped with a small fuel-efficient combustion engine and a battery-powered electric motor. The battery recharges automatically as you drive. There are many advantages to owning a hybrid car, such as:

- It's better for the environment because it consumes less fossil fuels per kilometre
- Lower monthly cost of gas
- Less time spent filling up at the gas station

Although hybrid vehicles are more expensive to purchase than their traditional cousins, the extra money spent can be reclaimed over time in reduced fuel costs. The savings vary with the type and price of the car, and the amount and type of driving you do. For example, hybrids actually work much better in stop and go traffic than on a highway.

## **Where to get a hybrid car in Thunder Bay:**

Just visit your local Toyota, Honda, Nissan, or GM dealerships. You can look them up in the yellow pages or online. If there aren't any hybrids available on the lot, they should be able to order one for you.

## **Hybrids currently available on the market:**

- Toyota Prius
- Honda Accord Hybrid
- Honda Civic Hybrid
- Lexus GS 450h
- Nissan Altima Hybrid
- Toyota Camry Hybrid
- Saturn Aura Hybrid
- Honda Insight

Before purchasing any car it's really important to do some research in order to find out which one will work best for your specific situation, and hybrids are no exception. Some good places to start:

[autos.msn.com/research/category/hybrid.aspx](http://autos.msn.com/research/category/hybrid.aspx)

Great information on the hybrid technology, and information on all the different models.

[www.fueleconomy.gov/feg/hybrid\\_sbs\\_cars.shtml](http://www.fueleconomy.gov/feg/hybrid_sbs_cars.shtml)

This American government website rates the Toyota Prius as the most fuel efficient of all the hybrids, and contains an in-depth comparison chart.

Did you know... In 2004, SUV drivers spent about \$1,225 on fuel, while passenger car drivers spent only \$976. Hybrid car drivers spent between \$350 and \$450.



# OTHER TRANSPORTATION

## Ways to reduce motor-vehicle impact<sup>2</sup>:

- Own a compact car, never an SUV.
- Eliminate idling. Canadian motorists idle their vehicles on average five to 10 minutes per day. Idling a vehicle for 10 minutes a day uses an average of 100 litres of gas a year.
- Reduce your highway cruising speed. In most vehicles, increasing your cruising speed from 100 km/h to 120 km/h will increase your fuel consumption by about 20%.
- Get regular maintenance. A poorly maintained vehicle can increase fuel consumption by up to 50%. For example, a clogged air filter alone can increase fuel consumption by 10%.



- Have regular tire pressure checks. Each tire that is under-inflated by 2 psi causes a one percent increase in fuel consumption.

## Hybrid Mileage Tips:

- Drive slowly (the aerodynamic drag increases dramatically the faster you drive)
- Maintain a constant speed (speeding up and slowing down uses energy)
- Avoid abrupt stops (the electric motor takes some energy from the car as it slows down, so it can recover more energy if you give the motor more time to slow the vehicle)

## Fuel Efficient Cars

If a hybrid car is simply out of your price range, there are other options. Engine technology is continually improving, and there are some non-hybrid options these days that are almost as fuel efficient as their hybrid cousins. For example, the Toyota Yaris was rated first in its category for fuel efficiency in the 2006 EnerGuide Awards. For all the other winners, check out Natural Resources Canada's website:

[oee.nrcan.gc.ca/transportation/personal/pdfs/most-efficient-vehicles-2006.pdf](http://oee.nrcan.gc.ca/transportation/personal/pdfs/most-efficient-vehicles-2006.pdf)

## Ethanol

Ethanol can be produced domestically from corn or other crops, as well as from cellulosic biomass such as wood or paper wastes and grasses<sup>3</sup>. Ethanol contains oxygen which results in more complete combustion, thereby reducing emissions. According to the federal government, ethanol from grain has about 40% fewer greenhouse gas emissions than gasoline, even taking into account all factors from its production and use. An E10 blend is an ethanol-blend gasoline in which 10% of the gasoline has been replaced with ethanol. This would result in a 4% reduction of greenhouse gas emissions relative to standard gas.

## Find ethanol-blend gas at:

Mohawk station, 500 Arthur St. W  
(corner of Arthur and James)

# THE ARTS

## Visual Arts – Galleries

Thunder Bay's vibrant art scene can be found in a variety of public and private domains.

Restaurants, bars, malls and private houses showcase local arts and crafts. Next time you are having a bite at the Madhouse, a drink at Lot 66 or a coffee at Calico's take a look around you, these establishments may be hanging Thunder Bay's finest on their walls! If you are interested in checking out some of the public gallery exhibits, here are a few to get you started.

### Definitely Superior

Defiantly Superior is a nonprofit centre for arts founded in 1988, operated by artists for artists. The centre was founded in 1988 and offers a bridge between commercial and public galleries. The centre offers workshops, lectures, film and video screening, performance, music and literary events.

(807) 344-3814

[my.tbaytel.net/defsup/index.html](http://my.tbaytel.net/defsup/index.html)



Adam Bowhey

## Lakehead Visual Art Gallery

Located along the harbor of Marina Park, this gallery features local artwork. Admission is free.

(807) 766-8466

## Thunder Bay Art Gallery

A must see in Thunder Bay! The Thunder Bay art gallery is the largest in the region, and one of the only galleries in Canada to hold a permanent collection of First Nation's art. The gallery has three separate spaces, showcasing a variety of work at once, each exhibition running approximately six weeks long. This gallery is more than just a pretty face, offering a variety of educational programming, art classes and workshops.

(807) 577-6477

[www.theag.ca](http://www.theag.ca)

One of the first conditions of happiness is the link between man and nature.

- Leo Tolstoy, *In Happiness*



# THE ARTS

## Supplies:

### Creating

725-B Victoria Avenue  
(888)-468-0322

### Dats Scrapbooking

513 High St S  
(807) 344-7702

### Painted Turtle

204 Red River Road  
(807) 344-4636

### Online:

Curry's Artists' Materials  
[www.currys.com](http://www.currys.com)

Art Supplies Direct  
[www.artsuppliesdirect.ca](http://www.artsuppliesdirect.ca)



Luke Nicol

### Ahnisabae Art Gallery

Experience a cultural exhibition of local and regional First Nation's artwork, featuring a permanent collection of the late renowned aboriginal artist, Roy Thomas. Admission is free.  
(807) 577-2656

[www.ahnisabae-art.com](http://www.ahnisabae-art.com)

### The Brodie Street Art Gallery

Resident and in-studio artist Peter Humeniuk showcases his passion for art and the spirit of the North through his watercolor paintings. Frequent exhibitions and demonstrations. Admission is free.

(807) 622-7573

### Milescreek Gallery

(807) 473-5451

Local artisans and antiques. Kakabeka Falls.

### Country Seed Planters

(807) 683-8690

Local artisans and collectibles.

### Crafters' Corner

(807) 623-3722

Over 40 local artisans featured.

### The Glass Lady

(807) 344-4277

### Kleewyck Stained Glass

(807) 622-6636

## Loosen Up and Do the Doodle!

Give sketching and drawing a chance with a non-dominant drawing exercise intended to loosen you up and free you from the anxieties of first time drawing. Use your non-dominant hand to capture the essence or gesture of your subject or landscape. Once you are fired up and ready to go, pass your pencil to your dominant hand and let loose with reckless abandon. This exercise is a lot of fun, and great practice too!

# THE ARTS

## Museums

### Thunder Bay Museum

This museum bridges Northwestern Ontario's past with its present through artifacts, documents, monuments, lectures and publications. The museum offers programming to reach all ages and interests.

(807) 623-0801

[www.thunderbaymuseum.com](http://www.thunderbaymuseum.com)

### Fort William Historical Park

Allow Fort William and your imagination to take you back to a place that existed hundreds of years ago to witness the fur trade first hand, at the North West Company of Fort William. Voted one of Canada's top ten attractions the Fort offers year round excitement bringing the past back to life in every season! The Fort is a living history program where costumed actors react the past. Visitors are invited to participate or just kick back and enjoy the show!

(807) 473-2344

[www.fwhp.ca](http://www.fwhp.ca)

### Hymers Museum

Celebrate Thunder Bay's colorful past through the collection held at the Hymers Museum. Mining, logging, farming, church and schooling displays capture the lifestyles of our early settler.

(807)577-4787

### Thunder Bay Military Museum

A collection honoring the historical efforts of the Navy, Army and Air Force.

(807) 343-5175

## Green Art Tips

- Use water and vegetables based alternatives when using paints and pastels
  - Dispose of hazardous chemicals carefully – check your local waste management division to find out how
  - Avoid frequent use of paint thinners and solvents by using more brushes and cleaning them less often.
  - Choose non-toxic products
  - Avoid aerosol sprays
  - Avoid dry dusty or powdered supplies
- If you must use these products such as pastels, clean up any dust that settles afterwards with a wet cloth or vacuum, this will prevent these hazardous chemicals from becoming airborne

## Northwestern Ontario Sports Hall of Fame and Museum

Our legendary athletes are showcased with pride here at the Sports Hall of Fame. Celebrating the athletic heritage of Northwestern Ontario, this museum showcases athletic artifacts, photographs and memorabilia.



# THE ARTS

## Don't miss a beat...

Thunder Bay's music scene is alive and well. Venues and stages across the city offer intimate and concert performances of local and international musicians any day of the week. For more information check the 'What to Do' column in the Entertainment section of *The Chronicle Journal*, or the community bulletin boards in restaurants, coffeehouses and bars across the city. Thunder Bay's own radio stations promote local musicians and shows, listen live to LU Radio at 102.7 to stay connected!



Adam Bowhey



Adam Bowhey

## Performing Arts - Theatre and Music

### Magnus Theatre

Magnus theatre stages classic and international productions with a strong commitment to promoting Canadian plays.

### Thunder Bay Symphony Orchestra

The TBSO is nationally recognized for their masterful performances and concerts across the Canada. The TBSO is professional orchestra and performs regularly at a variety of local venues including the Community Auditorium, Italian Cultural Centre, Thunder Bay Art Gallery and more!

(807) 345-4331

[www.tbso.ca](http://www.tbso.ca)

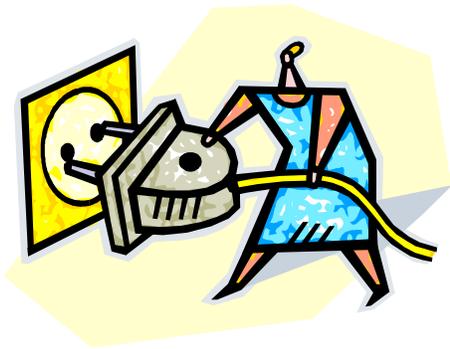
### Thunder Bay Community Auditorium

The community auditorium here is Thunder Bay showcases a variety of performing arts including live music, Broadway and family shows.

(807) 684-4444

[www.tbca.com](http://www.tbca.com)

Looking for inspiration? Peruse the recreation section for some great trails that will inspire even the shyest creative spirit!



# HOME

**I've heard about renewable energy, but what, *exactly*, is it, and how does it work?**

I've got some very basic answers for you, more for the benefit of those who have no idea how these things work than for those of you who are technically and scientifically oriented.

**Solar power:** Visible light can be changed directly into electricity through the technology of the photovoltaic cell, which is made of silicon (one of the earth's most common materials). Two thin layers of silicon with different electrical properties are placed close together, and between them are wires for electrons to travel across. As the sun hits the cell, the electrons spring to action and start to circulate, generating electricity. This, of course, happens on a tiny scale, which means that you need several of these cells attached together (a photovoltaic array) to generate power for anything larger than a calculator. A battery is also involved in this set-up to save power for nighttime or a rainy, sunless day.

*Maier Hardware (866) 345-1492 and Frank's Alternate Energy (807) 964-2050 or [www.sunwindwater.com/whoweare.htm](http://www.sunwindwater.com/whoweare.htm) are certified dealers of solar power products in the Thunder Bay area.*

## **Renewable and Alternative Energy**

Renewable energy is all around us. It's in the sun that warms us and makes our gardens grow, it's in the water we swim and play in, in the trees that shelter us and the wind that makes their leaves rustle. Unlike other energy sources we use – coal, oil, propane, nuclear power – these *renewable* sources can be replenished naturally and in a short amount of time. You can use them a little at a time (drying your clothes on the clothesline instead of in the dryer, for example) or you can take your home or cabin right off the grid and run it off any one or a combination of sun/wind/water/biomass power (and never worry about downed power lines again).

Did you know a new grass crop called switchgrass is being grown and burned with coal in steam generators to produce power?



# HOME

That's right, folks. Renewable energy is the way to go. Not only will it make your heart light with the knowledge that you are treading gently on our planet, but it will keep your bank account beefier, too.

**Did you know** that idle electronics – TVs, VCRs, DVD and CD players, cordless phones, microwaves – use energy even when switched off to keep display docks lit and memory chips and remote controls working? In the United States, these energy “vampires” use five percent of domestic energy and cost consumers more than three *billion* dollars annually.

**Wind power:** Wind is really just another form of solar power. The sun beats down on the earth and heats the air on its surface in the process. As the air heats up, it rises, leaving space for cooler air to rush in and balance out the atmosphere. This wind functions to turn the blades on windmills (strategically located in areas where wind is consistent and at least 13 km/h), which convert wind into electricity as the blades activate turbines which activate a generator with their motion.

*Again, you can contact Frank's Alternate Energy (see above) or Canadian Tire (Canadian Tire Advance Green Smart Energy Solutions at [www.advancegreen.ca](http://www.advancegreen.ca)) for information about windmill models and systems that will work here in Thunder Bay.*

**Biomass energy:** This is the energy stored in non-fossil organic materials. When you burn wood, vegetable oil, peat, dung, etc., gases are released in the breakdown of fuels. Some of these are more renewable than others. Biogas (swamp or landfill gas) and alcohol (ethanol and methanol, usually) are also examples of biomass energy: they can be burned to generate heat/light/power.

*You can buy woodburning stoves or furnaces at the following locations: Bob's Woodburners and Fireplaces, Ltd. (807) 345-3453, G & A Outdoor Wood Furnaces (807) 935-2236, H&H Importers and Sales, Inc. (807) 939-1152, Innotech Developments International (807) 475-3004, LCR Estates Ltd (807) 935-2667, Prestige Home Comfort (807) 346-4353 and Thunder Bay Fireplaces (807) 345-2817.*

Decomposing cow manure produces methane, which can be turned into energy (with the help of a turbine and a machine called a “digester”)

# HOME

**Water power:** Falling water is a powerful thing and, for now, still a constant in our wet Canadian world. At a hydroelectric dam, water is allowed to fall through giant pipes that house water-driven turbines. These turbines are connected to generators which make electricity as they cycle, and this can be transported hundreds or thousands of kilometers away. This can also be done on a very small scale with a water wheel (a micro-hydro turbine), often used in mountainous areas where the gravity-fed, rerouted path of a little bit of water from a stream is sufficient to power all kinds of equipment with just one turbine.

If you are interested in more information about how you can use these things to power your home, or if you are interested in alternative building/living strategies (like straw bale constructions, sustainable design, etc.), the Superior Renewable Energy Cooperative (SREC) was locally developed in 2003 to promote these very things in Thunder Bay. They have an annual Renewable Energy House tour that will take you to people's ecofriendly homes and business as well as having a library of resources for building/living information [www.srecwind.ca](http://www.srecwind.ca).

## Did you know that:

- Before there was electricity, biogas was drawn from the underground sewers in London and used to burn the "gaslights" that illuminated the streets.
- 61% of Canada's electricity comes from the water.
- energy of falling The largest wind turbine in the world, located in Hawaii, stands twenty stories tall and has blades the length of a football field
- Enough sunlight falls on the earth's surface every hour to meet the world energy demand for one year?

Some useful energy websites:

[www.re-energy.ca](http://www.re-energy.ca)  
[home.clara.net/darvill/altenerg/solar.htm](http://home.clara.net/darvill/altenerg/solar.htm)  
[www.powerhousekids.com](http://www.powerhousekids.com)  
[www.advancegreen.ca](http://www.advancegreen.ca)  
[www.solarenergy.org](http://www.solarenergy.org)  
[www.energyhog.org](http://www.energyhog.org)  
[www.thunderbay.ca](http://www.thunderbay.ca)  
[www.ecoenergy-ecoenergie.gc.ca](http://www.ecoenergy-ecoenergie.gc.ca)



Did you know... In 200 B.C., people in China and the Middle East used windmills to pump water and grind grain?

# HOME

## Tips on ways to save energy, water and money:

- Turn off **everything** not in use
- Turn down your thermostat
- Take short showers instead of baths
- Only heat and cool the rooms you use – leave the doors to the rest of them closed.
- Use fans instead of air conditioning
- Change your light bulbs: use compact fluorescent bulbs instead of regular ones.
- Put plastic sheeting on your windows
- Don't let the taps run while you brush your teeth
- Only use the dishwasher or washing machine with a full load
- If it's yellow, let it mellow...
- Buy a rain barrel for your back yard so the rain can water your garden or wash your car

## How to Lighten the Load

Can't afford to build a windmill? No solar panels in sight? Never fear: there are all kinds of steps you can take to use less electricity and water in your home.

Start by doing an eco-audit on yourself and figuring out your ecological footprint looks like. Eco-superior's "Kill-a-Watt" campaign is also an option: you can sign out a power-meter from their 212 May St. location [www.ecosuperior.com](http://www.ecosuperior.com) and, for the low cost of a \$20 *refundable deposit*, you have a week to plug your appliances into it to see how efficient they really are.

The EnerGuide Appliance Directory (2005) is available online at the website for the Office of Energy Efficiency ([oee.nrcan.gc.ca](http://oee.nrcan.gc.ca)). If you find that you've got an energy beast of a stove, make sure the next one you purchase has the Energy Star symbol. Appliances that have been approved for this rating use less energy and less water than regular ones; for the most part, they exceed the minimum energy efficiency standard set by the Government of Canada by twenty percent.



See [www.ecosuperior.com](http://www.ecosuperior.com) for information about subsidized rain barrels for those living in the city limits of Thunder Bay.

# HOME

## The One Tonne Challenge

How many of you *haven't* seen *An Inconvenient Truth*? So you know how important it is for us to actively participate in cutting down carbon dioxide emissions. As of right now, the average Canadian produces five tonnes of greenhouse gas annually. If we can each take steps to lower that to one or less, we'll do wonders for our environment and maybe spare ourselves tropical Thunder Bay winters (among other things). Here are some easy steps you can take to do your part:

- Turn off the lights when you leave a room
- Carpool, bike or walk
- Eat meat-free meals every other day (less energy is required to produce fruit and vegetable crops than meaty ones)
- Wash clothes in cold water
- Switch to more energy efficient light bulbs
- Reduce, reuse, recycle

See [www.seedsfoundation.ca](http://www.seedsfoundation.ca), [www.eartheasy.com](http://www.eartheasy.com) or [www.onelesstonne.ca](http://www.onelesstonne.ca) for more information. [www.climatechange.gc.ca](http://www.climatechange.gc.ca) has an online greenhouse gas emissions calculator that can help you figure out what kind of damage you are (or are not) doing.

## Recycling

Thunder Bay has curbside recycling collection service operated by ReCool. You should receive a schedule by mail if you are new to an area, but can also get one from the town website [www.thunderbay.ca](http://www.thunderbay.ca). Available on this site is a list of what can and cannot be recycled. If, by chance, you miss the pick up or if you live outside of municipal collection boundaries, you can bring your recycling yourself to one of the following three locations:

- Mounddale Avenue at Walsh St. (across from Westgate)
- Front St. between MacIntyre and Van Horne
- John Street Landfill, John Street Road (turn right immediately after you come through the gates, before crossing the scales)

Other local recycling services, depending on what you're trying to get rid of, include ReCool (807) 577-0411, [www.recool.ca](http://www.recool.ca), Enviro West (807) 939-1717, Harbour Metals (807) 577-0873, Lakehead Scrap Metal (807) 623-4559 and Dutchak Recycling (807) 623-3979.

Did you know...the average Canadian produces 5 tonnes of greenhouse gas annually?



# HOME

It is also entirely possible to recycle your clothes and household goods. Contact the Canadian Diabetes Association Clothesline Program (800) 505 5525 or (807) 345-3232 for free pick-up of elements of your wardrobe that no longer work for you or your family. Value Village (807) 345-3232 and the Salvation Army (807) 767-7768 are both located at 915 Memorial Avenue and will take clothing as well as some furniture and other household items. There is a second Salvation Army at 870 Red River Road (807) 343-0411. Call and inquire if you are unsure about what you'd like to donate, or invite all of your friends over for a potluck and clothing exchange and redistribute clothing that way.

## Toilet Possibilities

Forty percent of household water use comes from flushing the toilet. If the throne in your bathroom is a throwback to the seventies, pale pink or mint green (white ones, too!), you may be eligible for the Toilet Rebate Program

[www.ecosuperior.com/water\\_toilet.html](http://www.ecosuperior.com/water_toilet.html). Prior to 1985, every flush of the toilet guzzled 18-22 litres of water. Post 1985, this improved to about thirteen litres per flush, but it is now possible to get toilets with ultra-low water use, using only six litres per flush. The incentive behind this program is to equip dated facilities with more eco-friendly options, so take advantage of funding to improve your bathroom.

Other options include a dual-flush toilet, which allows you to decide the volume of water necessary for each flush or, depending on your location, living situation and commitment to making your footprint smaller, a composting toilet. Technology for these has come a long way, and they are no longer just for cabins or remote locations. They generate compost from all kinds of human waste and can decrease water use in a household by sixty percent. Check out [www.compostingtoilet.org](http://www.compostingtoilet.org) for many toilet-related sites and specifics about how one might work for you.



The Habitat for Humanity ReStore on Squier Street will take used building and home improvement supplies and limited furniture/furnishings (like tables, cabinets, light fixtures, toilets, drawers, sinks, etc.). They offer a pick-up service but it is also possible to drop off items yourself. Call and check with them to make sure they need what you have (807) 346-4884.

# DO-IT-YOURSELF

It can be very difficult these days to be green without spending more money. However, in this consumptive and expert-based society, we tend to spend a lot of money on things that with a little extra effort, we can do ourselves. DIY connects us to the products of our lifestyle. With this awareness it is possible to feel more responsible for our actions and conscientious of the necessity (or driving desire) for each action. This may lead to a lessened consumption rate and almost always saves on money.

Learning to do things yourself is not only eye-opening, but also empowering. We often feel powerless and insufficient in areas beyond our daily habits or career. While some things are better left to someone with years of experience, there are many small steps that can be taken to challenge ourselves and increase our own level of experience in new areas.

This section is a starters' guide to DIY. There are a million + opportunities to DIY and only a tiny portion are listed here. This section provides you with some actual instructions, resources for DIY and other ideas worth exploring.



## Appliances

Believe it or not there is an appliance repair guy who offers online help! It costs \$5 but it could potentially save you a lot of money if it turns out you are able to repair your appliances yourself. Visit the following link for more information and access to this certified auto repair dude:

[www.doit101.com/Appliance/repairguy.html](http://www.doit101.com/Appliance/repairguy.html)

**FREE APPLIANCES?** You heard me. Our beautiful earth does a great job of providing the functions of various appliances for free! Here are some examples:

- Hang your clothes outside to dry and let the sun and wind do all the work
- Dehydrate herbs by placing herbs between two sheets of paper towel
- A solar cooker can be an outdoor oven used to cook, bake, and dehydrate!
- Never forget the freezing power of a good Thunder Bay winter!

# DO-IT-YOURSELF

## Bicycles

Bikes are a great way to get around town in Thunder Bay. There are a lot of privately owned shops and services in both Port Arthur and Fort William and it is a lot easier to bike around than to keep trying to find a parking spot. However, bicycles get sick sometimes too and you need to know how to mend 'er up! See the section on transportation for some of these tips.

## Cooking

Anishnawbe Mushkiki (807) 343-4843 offers weekly or bi-weekly community kitchens. There is also a specific community kitchen for aboriginal youth (aged 12-17).

There are also various cooking websites, including campfire cookbooks! For examples, Campfire Cookbook by Grace Anderson  
[home.earthlink.net/~bnsganderson](http://home.earthlink.net/~bnsganderson)

## Automotive

Sometimes your car needs to see the doctor (or mechanic) and sometimes there are home remedies that you can provide. Unfortunately, it is not always easy to know the difference, and there usually are not too many unbiased people that we can ask.

First things first, it is essential to feel CAPABLE. This means getting to know your car, learning how to perform some basic tasks, and believing that you too can be an auto-savvy car owner. Here are some resources for making these things happen:

Owner's Manual – if you've read it once, read it again! There is a lot of information that allows you to understand the importance of repairing certain occurrences (e.g. strange sounds, leaks, and flashing lights). Often, the advice will be to take your car into the dealership for repair. This is not always necessary.

Chilton Manuals – these manuals are model and year specific and offer step-by-step instructions for making manageable repairs. These Manuals can be found at your local Canadian Tire. Other potentially useful books are Kelly Blue Book and Auto Repairs for Dummies.



Zenda's Homemade Soap [www.greensense.com/ZENDA.htm](http://www.greensense.com/ZENDA.htm)

# DO-IT-YOURSELF

## Personal Products

It is important to know what you are putting into the environment and of course this includes what you are putting on your own body! There are many recipes out there for:

- Soap
- Shampoo (for oily or dry hair)
- Conditioner
- Moisturizer
- Hairspray and hair gel
- Aromatherapeutic bath oils
- Facials

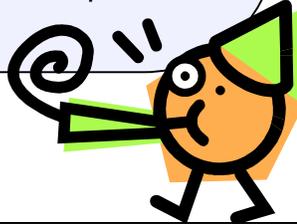
The list goes on and on! The important thing to consider is the actual ingredients when making these products. Just because you are making it yourself, doesn't mean that it is not harmful to you or the environment. You are not advised to use an ingredient that you are unfamiliar with. However, you are encouraged to avoid animal products (such as lard) and instead use non-toxic, and vegetable-based ingredients when possible.

## Household Product Recipes

Many household products contain harmful chemicals, and those that do not can be quite costly. The following recipes allow you to make effective products yourself and this way, you know exactly what is in them.

**Glass Cleaner** – 1 part vinegar, 2 or 3 parts water. Use in an old spray bottle.

**Drain De-clogger** – Try pouring boiling water down the drain. Or suck it up and get your fingers in there! Haha.



## MORE IDEAS!

- Pre-arranged do-it-yourself kits are fun and usually save you money! (E.g. desks, bikes, baskets...)
- Throw a garage sale or put up community postings to provide local community members with affordable used options.
- Teach others how to empower themselves with a DIY skill! Offer a workshop!
- Throw a community DIY sharing session.
- Learn from each other!

## Self Defense

Learning self-defense can be a very empowering investment. The Leading Edge Gym offers a women's self-defense course for \$20.  
(807) 476-0389 [www.lifewater.ca](http://www.lifewater.ca)



# DO-IT-YOURSELF

## Stick'n Scrap Notebooks

Instructions:

- Cut scrap paper into smaller pieces (no waste if you cut in halves or quarters)
- (Optional) cut one piece of cardboard a little bit bigger than your scrap paper. This is used as your backing
- (Optional) cut one piece of thicker paper same size as backing. This is your front cover
- Break stick to be roughly the size of your notebook's width (must reach beyond where you want your holes to be)
- Using a single hole punch, make two holes through all of the material 2-4 cm from each side edge and 2-3 cm from the top edge
- Stick a pencil or pen through one set of holes, to make a clear passage.
- Pinch one end of an elastic and feed it through the hole, from the back of the notebook.

## Political Action

There are many ways that you can initiate and contribute to political action on your own. Here are some examples:

Write a letter to a company commenting on their attention (or lack thereof) to environmental issues and policies

Start a petition asking your local MP to express the need for a certain environmental or social policy

Take old or used t-shirts and give them a political statement. You can use fabric markers or a DIY silkscreen

[nomediakings.org/doityourself/howto\\_silkscreen\\_posters\\_and\\_shirts.html](http://nomediakings.org/doityourself/howto_silkscreen_posters_and_shirts.html)

Make your own political stickers out of sticker paper and permanent markers

Make your own political bumper stickers

[www.thebumperbanner.com/diy.php](http://www.thebumperbanner.com/diy.php)

Stay informed! "The Thunderbay IMC is a non-commercial, democratic collective of Thunder Bay area independent media makers, and serves as the local organizing unit of the global Indymedia network." [thunderbay.indymedia.org](http://thunderbay.indymedia.org)

- Put one end of your stick through
- Pull elastic tight and feed the other end through the second hole (you may need to line up the holes with a pencil again)
- Wrap elastic around other end of stick
- The elastic should be fairly tight. To tighten elastic, wrap the loops of the elastic around each end of the stick. Repeat until elastic is tight and holds onto the stick firmly.
- Decorate your cover!!! Crayons, markers, glue leaves on.... be creative!

Did you know... Home Hardware often has DIY workshops that will help you learn domestic self-sufficiency! Check out the one near you for postings.

# DO-IT-YOURSELF

## Heritage Crafts

If you have any extra money, consider learning to make your own heritage crafts at Fort William. Lake Superior Visits offers 3 day programs where you can learn to make your own drum, birch bark basket, and a tin lantern. For more information visit [www.superiorvisits.com](http://www.superiorvisits.com)

There is often a variety of workshops taking place at Fort William and it is worth checking out periodically. Check the historical park website: [www.fwhp.ca/artisanworkshops.html](http://www.fwhp.ca/artisanworkshops.html) or phone (807) 473-2344

## Women's Products

It is always worth checking the Lakehead University services. There are many student-run organizations that are looking to teach others to become more self-sufficient. Often they are free to students! For example,

Cloth Pad Workshop  
Location: Gender Issues Centre, Lakehead University



## Great Websites to Help You Do-It-Yourself!!!

[www.doit101.com](http://www.doit101.com)  
[www.doityourself.com](http://www.doityourself.com)  
[www.greensense.com](http://www.greensense.com)  
[www.thegreenguide.org](http://www.thegreenguide.org)

## Books to check-out

*The Twin Cities Green Guide* (2001)

*Do It Yourself!* By Paul Fargis

*Do-It-Yourself*

*Workshop* by John McGowan

## Children's DIY Books

*Cooking Without Heat*

by Jan Morrow ;  
illustrated by Lynn Breeze.

*Making things without needles* by Jan Morrow;  
illustrated by Lynn Breeze.

Did you know... you can make just about anything your heart desires... get creative and do a search on the internet!



# GARDENING

Gardening is relaxing, inspiring, and rejuvenating, but it also provides opportunities for good exercise, exploring the great outdoors and getting to know your neighbours. Depending on your age, interest and ability there are a lot of different gardening types to choose from – fruit and vegetable gardens, flower gardens or planters, window boxes, and indoor herb gardens.



## Basics

Before getting into gardening there are some basic things to consider, such as the soil you have to work with and what plants are hardy enough to survive in Thunder Bay's climate. To identify a plant's ability to survive in a particular region, Canada has been classified into various plant hardiness zones, and Thunder Bay is actually situated on the boundary between two of these zones –3a to the south and 2b to the north. So, when purchasing plants make sure they are suitable to either of these zones.

The ideal soil consists of 50% solids and 50% porous spaces. You can improve the texture and nutrients in your soil by adding a variety of organics, such as peat, mulch, manure, or compost, and using a bit of elbow grease. If you find yourself wanting to start all over in your garden consider 'lasagna gardening' – a layering method where old growth is choked out using newspapers and cardboard and new plant beds are constructed using peat, compost, and mulch. Detailed instructions are available from the Thunder Bay District Master Gardeners [www.tbmastergardeners.homestead.com](http://www.tbmastergardeners.homestead.com).



Did you know 30 minutes of gardening each day can improve your physical fitness and that it also has psychological benefits?

# GARDENING

## Backyard Habitats

Would you like to attract animals such as butterflies and birds to your backyard, so you and your family can watch them and perhaps learn more about them? The Canadian Wildlife Federation [www.cwf-fcf.org](http://www.cwf-fcf.org) has been encouraging Canadians to welcome wildlife into their backyards for years. They sell a garden planner, called 'Creating Habitat for Wildlife', for \$9 including shipping and handling. Moreover, the CWF offers a free certification program for any yard that demonstrates the following three criteria:

- meeting the four needs of wildlife (food, water, shelter, and space);
- avoiding the use of chemical pesticides (both insecticides and herbicides); and
- using regionally native plants (those that have grown wild in the area for centuries).



## Indoor Gardening

If you are living in an apartment or do not have the time or energy for gardening on a big scale, why not plant some herbs, tomatoes, or flowers in pots or boxes that you can easily move from an indoor location to an outdoor balcony or just from window to window? Given Thunder Bay's relatively short growing season, this type of gardening may just be a necessity for some. Generally speaking, the only limit for growing plants indoors is the amount of available light.



Luke Nicol

Did you know Thunder Bay residents can buy a composter for \$20 and rain barrels for \$35 at EcoSuperior?

# GARDENING

## Compost

Seeing how important good soil and nutrients are for growing plants, you are probably wondering if you can make your own black gold by composting. Even though Thunder Bay is situated in a cooler climate composting is possible. The information readily available on the internet, such as the fact sheet from Environment Canada

[www.ns.ec.gc.ca/udo/paydirt.html](http://www.ns.ec.gc.ca/udo/paydirt.html), still applies with one major difference; it will take longer for your organics to compost.

Household composters are available to Thunder Bay residents at a reduced rate from EcoSuperior [www.ecosuperior.com](http://www.ecosuperior.com). If you would rather build your own composter there are several plans available on the Composting Council of Canada website [www.compost.org](http://www.compost.org).



If you don't have space for a big composting bin, or you live on your own and don't generate enough organic wastes, consider vermicomposting – indoor composting using worms. Detailed information about getting started and maintaining a vermicomposter are available from the Thunder Bay Vermicomposting Network [www.tbyn.lakeheadu.ca](http://www.tbyn.lakeheadu.ca), which will also supply the necessary redworms or red wigglers for free to local residents.

Did you know the Thunder Bay Vermicomposting Network supplies free red wigglers to local residents?

# GARDENING

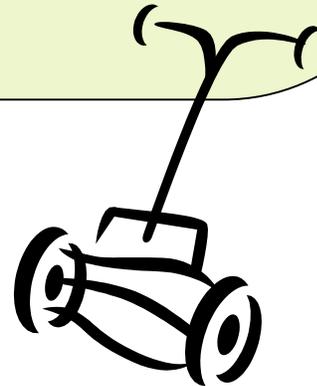
## Yard and Lawn Care

Chances are, if you live in a subdivision in Thunder Bay your front and backyard are predominantly covered with grass. There are some time saving tricks to keeping that turf green and lush, which do not necessarily involve help from a professional landscaping company or chemical supplier.

Consider adding a rain barrel to your yard to collect soft, chlorine-free water from your eaves for watering your plants. EcoSuperior sells screen-covered plastic barrels to Thunder Bay residents for \$35. In 2002, EcoSuperior also published an 18-page guide to maintaining pesticide-free and chemical fertilizer-free lawns and gardens.

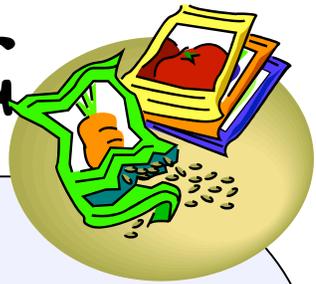
At present Thunder Bay does not have any by-laws restricting the use of pesticides, however, more people are reducing or eliminating their use of pesticides and chemical fertilizers of their own accord for the safety of their children and pets. Visit the Toronto Environmental Alliance's website [www.torontoenvironment.org/healthylawn/](http://www.torontoenvironment.org/healthylawn/) to learn more about getting your lawn off chemicals. The same website also hosts a suggested lawn maintenance calendar, which includes mulching grass clippings, raising and sharpening the blade on your lawn mower, aerating and top seeding your lawn, and watering less frequently to allow roots to grow deeper thereby strengthening the grass.

Are you tired of mowing your lawn? Perhaps you want to switch to a manual mower, but have too much grass to make the switch efficiently. If you are ready to replace all or some of your lawn with an alternative groundcover, the Toronto Environmental Alliance has a fact sheet with several native species to choose from for Ontario.



Did you know a lawn mower produces more pollution than a car? Consider trading in your gas mower for an electric or a push reel mower.

# GARDENING



## Native Plants

Have you ever considered going wild? What would your neighbours think? Chances are they might be envious of your yard and how it seems to take care of itself, requiring less water and weeding. Native plants are also the best choice for a wildlife-friendly garden for several reasons:

- Native plants are adapted to local conditions, so they will thrive without pesticides and fertilizers.
- They are better suited to meet the needs of wildlife, e.g. nutrition, shelter,
- Some wildlife species are entirely dependent on certain native plants.

Again the Canadian Wildlife Federation offers information about gardening with native species and what nurseries might sell native plants or seeds [www.wildaboutgardening.org](http://www.wildaboutgardening.org). Unfortunately, at present no nurseries for northern Ontario are on the list, however, if enough people inquire about native species the local suppliers will surely oblige.

If you wish to learn more about native plant species consider visiting the 'Central Natural Environment Garden' on Central Avenue near the Thunder Bay police station. The garden is maintained by volunteers and includes an interpretive garden for residents to learn more. As well, if you are unsure what trees, shrubs or herbaceous plants might be native to the Thunder Bay region, there is a 12-page chart available from EcoSuperior, which also provides useful gardening information on each species. Furthermore, EcoSuperior offers organic herb and vegetable, as well as ground cover, flower and grass seeds for sale at their store.

Go for Green [www.goforgreen.ca/gardening/fact\\_sheets.htm](http://www.goforgreen.ca/gardening/fact_sheets.htm) is another interesting resource, including ten gardening fact sheets about native plants for various ecosystems, water conservation, companion planting and more.

If you are interested in plants with a bit of history attend a heritage seed exchanges or sales. Events are listed by Seeds of Diversity [www.seeds.ca](http://www.seeds.ca), which also offers publications, a membership seed exchange directory and a heritage plant database.

Did you know Thunder Bay has hosted heritage seed exchanges or sales in the past?

# FOOD

*"Every other animal is within walking, flying or swimming distance of its food. The average pound of North American food travels over 2,000 km. That does not make sense."*

~ Environment Hamilton EatLocal! Project



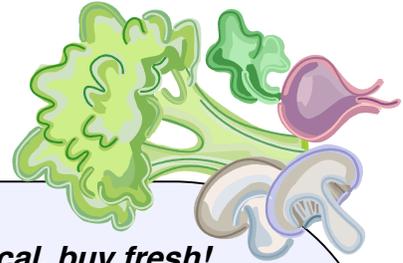
## Did you know...

That up to "70% of all the packaged food on the shelves contains genetically engineered ingredients in the form of corn and soybean" and that "most of the coffee and chocolate that is available to us is produced by slave labor. In the case of chocolate, up to 40% of the chocolate we eat may be tainted by slavery. The use of child slaves is commonplace, particularly in the Ivory Coast, the world's largest producer of cocoa beans for chocolate products".  
~ Minnesota Green Guide

Food is essential for life. Over time the quality of our food has diminished. Large supermarkets offer a wide variety of foods, however much of what happens to food in the growing or raising practice is not necessarily disclosed to the consumer. Most of us have heard of terms like genetic engineering, chemical pesticides, additives, preservatives, etc., and are currently aware that food has changed from being wholesome, to being void of nutrients, contaminated or altered in some way. As a result, greater awareness of locally produced, fairly traded, preservative-free or organic food and goods has increased. There has never been a more important time than now to be proactive in choosing our foods and maintaining a local food system that is secure and functional.

Did you know that as much as 70% of all packaged food contains genetically engineered ingredients?

# FOOD



***Here are just a few good reasons to eat local, buy local, buy fresh!***

***1. Taste the difference.***

At farmer's markets, most local produce has been picked within a day or two, so it comes to you ripe, fresh, flavourful and packed with nutrients, unlike supermarket food that may have been picked weeks or months before, processed and packaged. Local foods are tastier because they remain longer on the vine, in the soil, on the branches and are not exposed to the abuse of shipping or industrial harvesting.

***2. Know what you're eating.***

What pesticides were used? Is that corn genetically modified? Was that chicken free range or did it grow up in a box? Get these answers from your local farmer.

***3. Meet your neighbours and create memories.***

Local eating is social. Go to the market with a friend. Spend time together, browse and check out the new vendors, products, etc. Have a fair-trade coffee or sample some good eats.

***4. Get in touch with the seasons.***

Eating locally means eating seasonally. You'll remember that cherries are the taste of summer, and squash soup the taste of winter. It makes more sense than eating flavourless cherries in winter, coming from the other side of the world. Some foods keep well in cold storage, (apples, pears, potatoes, cabbage, onion, garlic) and some farmers grow cucumbers, tomatoes, and greens in greenhouses through the winter.

***5. Discover new flavours.***

Ever tried kohlrabi, garlic scapes, or Saskatoon berries?? Farmers markets offer a variety of foods you may have never even heard of! Try something new!!

***6. Save the world.***

Locally-sourced meals mean fewer "food miles", less burning of fossil fuels for transport, which affects global climate, pollution levels, resources, and so on, and uses less packing which means less garbage in the landfill....

[www.100milediet.org](http://www.100milediet.org).

***7. Support small farms and give back to the local economy.***

Buying from local farms helps build strong local markets; plus you know what's in your food. Shop locally and help keep money in the local economy, create jobs and support farmers.

Did you know a regional diet can consume as much as 17 times less oil and gas than a typical diet based on food shipped across country?

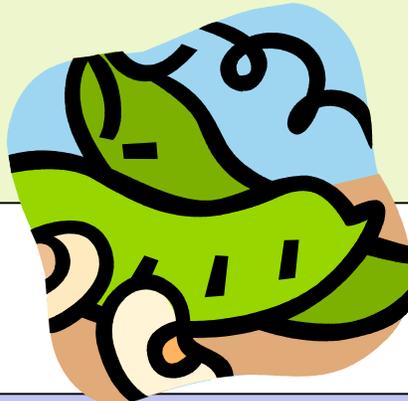


# FOOD

## Ways to Address Food Security in Thunder Bay

Apart from going to your local farmers market or area farm, consider a few of the following options to create and maintain a solid, working, food security system.

- **Buy a Good Food Box.** In Thunder Bay the Good Food Box, which provides a box of fresh fruits and vegetables is available once a month from \$12 (single) to \$24 (family). Call the Good Food Box: (807) 345-7819 or visit the website at [www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/GoodFoodBox.htm](http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/GoodFoodBox.htm)
- **Cook from scratch whenever possible.** If you don't know how, take a class on the basics through a community kitchen or public health nutrition class. Your grocery money will stretch a lot further. In Thunder Bay there are community kitchens that run cooking programs, providing low-cost meals for families, once or twice a month. Contact the Thunder Bay Food Action Network for details and location of a kitchen near you at (807) 625-5965 or the Thunder Bay District Health Unit at (807) 636-9626.
- **Save your seeds!** Thunder Bay is home to the 'The 2B Seed Savers Group', a small group of gardeners in the Northern climatic zones of 2B, are interested in saving seeds, especially heritage seeds and their stories from this area. They host 'Seedy Saturday' events that bring people together to exchange seeds and growing information. **Contact** them by e-mail at: [2bseedsavers@yahoo.com](mailto:2bseedsavers@yahoo.com). Or for more information visit [www.seeds.ca](http://www.seeds.ca), an organization and registry of seed savers who aim to preserve the genetic identity and diversity of heritage and open pollinated plants.



Did you know you can learn to cook from scratch at a community kitchen?

# FOOD



## More Ways to Address Food Security in Thunder Bay

- **Volunteer.** Connect with community organizations (church or community centres) to offer cooking classes. Volunteer to take low-income families to local farms to harvest crops that would otherwise be plowed under with the

### ***Gleaning project***

[www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/Gleaning.htm](http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/Gleaning.htm)

Donate your time at one of the Food Banks throughout Thunder Bay

[www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/FoodAccess.htm](http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/FoodAccess.htm).

A complete listing of food programs and food banks is available at:

[www.tbdhu.com/NR/rdonlyres/C2B5D2D2-B57D-4811-](http://www.tbdhu.com/NR/rdonlyres/C2B5D2D2-B57D-4811-B8D491DEB69971D2/0/N137WheretoGetFoodInThunderBay2006.pdf)

[B8D491DEB69971D2/0/N137WheretoGetFoodInThunderBay2006.pdf](http://www.tbdhu.com/NR/rdonlyres/C2B5D2D2-B57D-4811-B8D491DEB69971D2/0/N137WheretoGetFoodInThunderBay2006.pdf)

- **Freeze or preserve foods when they are available in season.** It might not be fresh from the tree, but there's nothing like warm peach cobbler (made from frozen local fruit) when the snow is blowing outside. Plus the nutrient value is still maintained!

- **Plant-a-row Grow-a-Row.** The grow-a-row program invites all gardeners to grow an extra row of vegetables and donate the harvest to the local food bank. Visit [www.tbdhu.com/NR/rdonlyres/B5F03914-1E22-407D-B6B8-EE978E5D9A08/0/N148PlantarowGrowarow.pdf](http://www.tbdhu.com/NR/rdonlyres/B5F03914-1E22-407D-B6B8-EE978E5D9A08/0/N148PlantarowGrowarow.pdf) for your Grow-A-Row Pamphlet.

- **Money talks.** Tell the produce manager at your neighbourhood grocery store you'll continue to shop there if the store stocks local produce.

- **Speak Up!** Talk to your local city councilor about food security issues, or having a community garden in your neighbourhood.



Did you know low income families can catch a bus to some local farms to pick their own fresh produce – for free?

# FOOD

Below is a comprehensive list of farmers markets, farms, local food producers, and providers of organic and fairly-traded goods available in Thunder Bay. Check out what's available in your community and get to know your local food system! And enjoy!

## Farmers Markets in Thunder Bay

### The Thunder Bay Country Market

#### About the Market

The Thunder Bay Country Market was established in 1997 by 14 like-minded partners. Now the Market is the largest producer-based market in Northwestern Ontario with over 70 seasonal, local vendors that grow, make and bake for you. You'll find jewelry, crafts, personal care products, cheese, meats, fish, honey, ethnic foods, preserves and condiments. Come to see and taste the difference!

**Hours:** Open every Saturday, 8 am to 1pm, from mid-February to December. Location: The market is located at the CLE, Dove Building, just off Memorial Avenue at the corner of May St. & Northern Ave. (next to SilverCity Movie Theatre) in Thunder Bay.

**Administered by:** Thunder Bay Country Market Not-For-Profit Corporation

**For more information contact:**  
(807) 939-1099 or (807) 622-1406



## Thunder Bay Farmers Markets

Another Farmers Market operates at various locations throughout the City of Thunder Bay, usually from Tuesday to Saturday, (indoor/outdoor), from May to December, including:

- **Victoriaville**
- **Wilson St. Park**
- **Northwood Plaza**
- **Lakehead Labour Centre**
- **Westminster Church**

#### Time of Operation

For a copy of the precise schedule, call Farmers Markets Ontario at (800) 387-3276.

**Open:** May to December, (July & August at Marina Park)

Contact the Vendors Association and the City of Thunder Bay.

**Phone:** (807) 964-2042

Visit the Country Market website at [www.thunderbaycountrymarket.com](http://www.thunderbaycountrymarket.com) for the list of vendors, contact information and profiles.

# FOOD



## Farms and Pick Your Own

### Thunder Oak Cheese Farm “Ontario’s Only Gouda Cheese Farm”

This creamy Dutch cheese has long been a favourite and has been made at the Thunder Oak Cheese Farm since 1995. *Thunder Oak Gouda is a natural product made with fresh milk from the farm's own Holstein cows with **no preservatives or colouring added**.* The farm store offers Gouda in any quantity - large or small, and in eight different flavours. Come and see how cheese is made! A family fun experience!!!

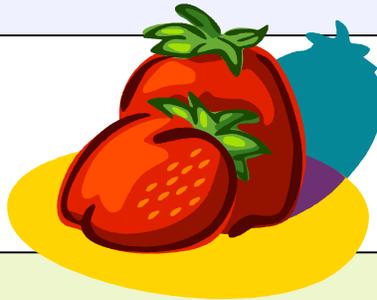
Store Hours: Monday to Saturday, 9 am to 5 pm

**Phone:** (807) 628-0175 or (866) 273-3329

**Website:** [www.cheesefarm.ca](http://www.cheesefarm.ca)

**E-mail:** [info@cheesefarm.ca](mailto:info@cheesefarm.ca)

**Directions:** Follow Highway 61 south past the Thunder Bay airport for 20 km. Turn right on Boundary Drive. The cheese farm is 2 km on your left.



## Belluz Farms

Fresh picked and pick-your-own **strawberries** (late June to late July), **raspberries** (mid July & August), **Saskatoon & gooseberries** (early July & August), **peas** (mid July & August), **sweet corn** (August & September), **pumpkins & squash** (September & October), **yellow & green beans**, **cucumbers & melons** (August), and **peppers** (late August).

Their **Harvest Café** features freshly baked cookies, pies, cakes and muffins, strawberry shortcake in the summer and pumpkin soup, pie, and apple cider in the fall. Spring and fall **school tours** are available. Lots of fun family activities in the fall. Growing since 1946.

**Contact:** Don, Claire, Kevin, Jodi & Lily Belluz

**Address:** RR6 - 75 Candy Mountain Drive, Thunder Bay, Ontario P7C 5N5

**Phone:** (807) 475-5181 (farm) or (866) 200-1011 (greenhouse ph/fax)

**E-mail:** [info@belluzfarms.on.ca](mailto:info@belluzfarms.on.ca)

Did you know Thunder Oak Cheese Farm is Ontario’s only Gouda cheese farm?

# FOOD



## **Gammondale Farms**

Open year-round the farm offers a variety of seasonal activities from old fashion sleigh rides to pumpkin festivals and corn mazes, out in the Slate River Valley and provides an excellent venue for school groups and tours, office parties, family reunions, church outings and conference socials.

**Website:** [www.gammondalefarm.com](http://www.gammondalefarm.com)

**Contact:** Gerry & Sue Gammond

**Address:** RR#3, 426 McCluskey Drive, Thunder Bay, Ontario P7C 4V2

**Directions:** Take Hwy 61 south, about 15 km from the airport, turn right onto McCluskey Drive. Then follow the Gammondale signs straight ahead for 4 km. Gammondale Farm is on the right-hand side.

## **Mountain Fresh Farm**

**Directions:** Candy Mountain Drive (Thunder Bay)

**Phone:** (807) 475-9575 call ahead to see what's available

## **Green Valley Gardens**

Strawberries and honey.

**Directions:** East on Highway 17/11 to Pearl to Road #5 South (Pass Lake)

**Phone:** (807) 977-1090 please call ahead

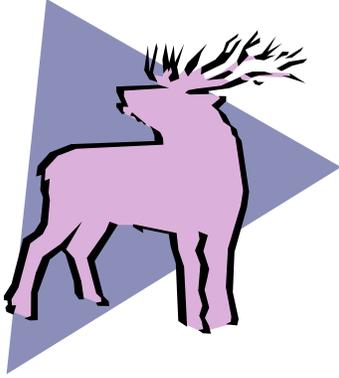
## **The Gleaning Project**

The Thunder Bay District Health Unit hosts a Gleaning Project in which Belluz Farms participates whenever possible. A bus load of adults, children, friends and families take a beautiful country drive to the farm to harvest any surplus crops we may have. The food is then brought back to homes that might not otherwise have the opportunity to enjoy fresh, local produce. It's a great way for local residents to get out of the city and participate in a farm setting!



Did you know Gammondale Farms provides tours for school groups?

# FOOD



## ELK

### Rainy River Elk Company

Bill Darby and Deb Cornell raise Canadian Elk naturally in the Rainy River Area. They participate in the Thunder Bay Country Market *the first Saturday of each month*. They offer Elk summer sausage and Elk jerky. Other items available as freezer packs include: sirloin tip roasts, rump roasts, tenderloins, ribeye steaks, striploins, sirloin steaks, kabobs, ground Elk, Elk burger patties, stew meat, Elk Bratwurst and more. Bulk purchases are also available and can be delivered to the TBCM on request. Cured and smoked meats can be mailed.

**Phone:** (807) 486-3409

## Local Food Producers of Thunder Bay & area:

### HONEY, JAMS, SYRUPS

#### Paradis Apiaries

Bees, natural wildflower honey, homemade jams, jellies and syrups

**Phone:** (807) 473-8202

#### Green Valley Gardens

Producers of delicious honey in the Pass Lake area. Certified organic by OC/PRO Canada and available at the Thunder Bay Country Market.

**Contact:** Nicole Wojtalik

**Phone:** (807) 977-1090

**E-mail:** [greenvalleygardens@sympatico.ca](mailto:greenvalleygardens@sympatico.ca)

#### Boreal Birch Syrup

Boreal Birch Syrup is one of only a handful of birch syrup producers in Canada, committed to creating great tasting syrup while using the boreal forest in a sustainable way. Available at the Thunder Bay Country Market.

**Contact:** Dave Challen

**Phone:** (807) 768-7958

**E-mail:** [borealbirchsyrup@hotmail.com](mailto:borealbirchsyrup@hotmail.com)

## FISH

### The Fish Shop

Liisa Karkkainen is carrying on the Finnish tradition of smoking, salting and pickling fish from Lake Superior. She also has fresh local fish available in season. Smoked whitefish is the specialty of the shop and is incredible. Visit The Fish Shop on Highway 11/17 at Crystal Beach or look forward to seeing Liisa as a vendor at the Thunder Bay Country Market.

**Phone:** (807) 983-2214

Did you know birch syrup is a sweet, sustainable product of the boreal forest?



# FOOD



## **FREE-RANGE CHICKENS, TURKEYS & EGGS**

Small scale producers of free-range chicken eggs, chicken, and turkeys.

**Contact:** Janis and Brian Cox

**Phone:** (807) 939-2386

## **BEEF**

Raising cattle for 30 years in the Thunder Bay area; Charolais and Charolais-Angus crosses that are grass fed then local grain finished.

**Contact:** Bruce and Valve Forrest

**Phone:** (807) 473-9609

## **ORGANIC GREENS, MEATS & EGGS**

### **J&J's Funny Farm**

Pork, eggs (including green Arucana eggs), garden produce

**Phone:** (807) 577-7193

### **Mile Hill Farms**

Mile Hill Farms is an organic and specialty products farm selling organic greens and culinary herbs, rabbit meat, beef, and farm fresh eggs. They sell from the farm gate, and at the Country Market most Saturday mornings. Mile Hill Farms is located in Gillies, outside of Thunder Bay. Their market gardens and fields are certified organic through OCPP Canada and their animals eat organic hay and green feed, although they are not certified organic at this time. All of the meat is inspected, and processed according to Canadian regulations. Volunteers are welcome.

**E-mail:** [milehillfarms@tbaytel.net](mailto:milehillfarms@tbaytel.net)

**Phone:** (807) 939-7514

## **NATURAL HERBAL MEDICINE**

Renate Nitsche is the owner of "Nature's Choice Medicinal Herbs". She grows and wildcrafts medicinal herbs, which are then made into teas, salves, lotions and oils. She also grows organic vegetables, sells her herbal products, as well as home-baked goods using mainly organic ingredients and her own home-grown vegetables at the local Country Market.

**Contact:** Renate Nitsche

**Phone:** (807) 577-2310



Did you know... shopping at your local market helps the local economy?

# FOOD



## **BAKED GOODS**

### **Both Hands Bread**

Bread from organic flours baked in a wood-fired brick oven.

**Phone:** (807) 473-4599

## **SHEEP & LAMB**

### **Blue Moon Ranch**

Although no longer raising beef, Marianne and Greg now sell lamb. Hopefully they will soon be making sheep's milk cheese. Chicken eggs are also available.

**Phone:** (807) 622-7169

### **Thunder Bay Meat Processing**

Locally produced government inspected meats. Custom slaughter, cut and wrap including game.

**Phone:** (807) 628-0175

## **FRESH PRODUCE**

### **DeBruin's Greenhouses**

Hydroponic greenhouses featuring tomatoes, herbs, greens and bedding plants. May to November.

**Website:**

[www.debruinsgreenhouses.com](http://www.debruinsgreenhouses.com)

**Phone:** (807) 475-7545

## **ORGANIC (O), FAIR TRADE (FT) COFFEE & TEA SHOPS**

### **The Great Northwest Coffee Company Inc.**

Roasters of the World's Finest Organic, Estate & Fair Trade Coffees.

**Website:**

[www.abeautifuldifference.com/webdoc5.html](http://www.abeautifuldifference.com/webdoc5.html)

**Phone:** (807) 344-5764 or (888) 309-8333

### **Calico's Coffee Shop (FT, O-Brewed Caffeinated, Decaf and by-the-pound)**

316 Bay Street, Thunder Bay, ON

**Phone:** (807) 766-9087

### **Grinders Coffee Lounge**

205 Algoma Street South, Thunder Bay, ON

**Phone:** (807) 344-5577

### **Lakehead University**

#### **The Study Coffee House (FT, O)**

University Centre, above the bookstore

#### **Education Student Lounge (FT, O)**

Bora Laskin Education Building, 2nd Floor

955 Oliver Road, Thunder Bay, ON

**Phone:** (807) 343-8110

### **Bean Me Up Café (FT, O-Brewed)**

#### **Canada Games Complex**

420 Winnipeg Ave., Thunder Bay ON

**Phone:** (807) 684-3311

Did you know when you bring your own cup, some coffee shops will give you a discount?

# FOOD

## **The Seattle Coffee House (FT, O-Brewed, and by the pound)**

1100B Memorial Ave. - **Phone:** (807) 622-3003

588 West Arthur St. - **Phone:** (807) 577-3355

820 Red River Rd. - **Phone:** (807) 767-4004

190 N. Cumberland St. - **Phone:** (807) 768-7007

## **Steeper's**

122 North May St. and 89 North Cumberland St.

Colleen and Jason, the Tea People, are passionate and knowledgeable about their product. Join them for a cup or purchase tea for home enjoyment.

**Website:** [www.steeperstea.com](http://www.steeperstea.com)

**Phone:** (807) 476-0698

**E-mail:** [steepers@tbaytel.net](mailto:steepers@tbaytel.net)

## **Cronos Café (FT, O-Brewed and sometimes by the pound)**

433 S. Syndicate Ave.

**Phone:** (807) 622-9700

## **Starbucks Café (in Chapters Bookstore) (FT,O)**

797 Memorial Ave.

**Phone:** (807) 346-9545



## **Superior SlowFood Movement**

### **An Overview of the Slow Food Movement**

Founded by Carlo Petrini in Italy in 1986, Slow Food is an international association that promotes food and wine culture, but also defends food and agricultural biodiversity worldwide. Currently there are approximately 83,000 members worldwide. They host forums, exhibitions and tastings that promote those individuals who seek to grow, raise, catch, create, distribute and promote food in ways that respect the environment, defend human dignity and protect the health of consumers.

For information on Superior SlowFood, visit [www.slowfoodsuperior.ca](http://www.slowfoodsuperior.ca).

The Superior SlowFood website also provides recipes and tips to learn more about good quality meats.

Did you know... that eating seasonally and locally is possible throughout the whole year?



# FOOD

## ~ Thunder Bay Harvest Calendar ~

Not all produce may be available as indicated due to availability and weather.

May	June	July	August	September
<ul style="list-style-type: none"> <li>· Cucumbers</li> <li>· Greenhouse Tomatoes</li> <li>· Herbs</li> <li>· Lettuce</li> <li>· Onions</li> <li>· Rhubarb</li> <li>· Salad Greens May</li> <li>· Cucumbers</li> <li>· Greenhouse Tomatoes</li> <li>· Herbs</li> <li>· Lettuce</li> <li>· Onions</li> <li>· Rhubarb</li> <li>· Salad Greens</li> </ul>	<ul style="list-style-type: none"> <li>· Beets</li> <li>· Carrots</li> <li>· Herbs</li> <li>· Onions</li> <li>· Peas</li> <li>· Rhubarb</li> <li>· Salad Greens</li> <li>· Spinach</li> <li>· Strawberries</li> <li>· Swiss Chard June</li> <li>· Beets</li> <li>· Carrots</li> <li>· Herbs</li> <li>· Onions</li> <li>· Peas</li> <li>· Rhubarb</li> <li>· Salad Greens</li> <li>· Spinach</li> <li>· Strawberries</li> <li>· Swiss Chard</li> </ul>	<ul style="list-style-type: none"> <li>· Beans</li> <li>· Beets</li> <li>· Blueberries</li> <li>· Broad Beans</li> <li>· Carrots</li> <li>· Cucumbers</li> <li>· Herbs</li> <li>· Kohlrabi</li> <li>· Lettuce</li> <li>· Leeks</li> <li>· Potatoes</li> <li>· Peas</li> <li>· Raspberries</li> <li>· Strawberries</li> <li>· Swiss Chard</li> <li>· Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>· Beans</li> <li>· Beets</li> <li>· Broad Beans</li> <li>· Broccoli</li> <li>· Cabbage</li> <li>· Carrots</li> <li>· Cauliflower</li> <li>· Cucumbers</li> <li>· Garlic</li> <li>· Herbs</li> <li>· Kale</li> <li>· Kohlrabi</li> <li>· Leeks</li> <li>· Lettuce</li> <li>· Onions</li> <li>· Parsnips</li> <li>· Potatoes</li> <li>· Peas</li> <li>· Peppers</li> <li>· Rutabagas</li> <li>· Squash</li> <li>· Sweet Corn</li> <li>· Tomatoes</li> <li>· Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>· Apples</li> <li>· Beets</li> <li>· Broccoli</li> <li>· Brussels Sprouts</li> <li>· Cabbage</li> <li>· Carrots</li> <li>· Cauliflower</li> <li>· Celery</li> <li>· Corn</li> <li>· Cucumbers</li> <li>· Garlic</li> <li>· Gourds</li> <li>· Herbs</li> <li>· Kale</li> <li>· Kohlrabi</li> <li>· Leeks</li> <li>· Lettuce</li> <li>· Onions</li> <li>· Parsnips</li> <li>· Peppers</li> <li>· Potatoes</li> <li>· Pumpkins</li> <li>· Rutabagas</li> <li>· Salad Greens</li> <li>· Summer Squash</li> <li>· Sweet Corn</li> <li>· Tomatoes</li> <li>· Winter Squash</li> <li>· Zucchini</li> </ul>

# FAMILY

## Family Fun in Thunder Bay

Thunder Bay offers residents a chance to explore the various activities and organizations offered in an urban centre. Thunder Bay's unique location offers endless possibilities of exploring some of Northern Ontario's most beautiful landscapes and trails. We have compiled a list of different activities and services for people interested in exploring what this city has to offer with an emphasis on both community and "green" living activities.

## Activities for the Whole Family In the City

**Cycling:** Cycling is a great way to stay fit and have fun. Whether you are enjoying summer vacation from school or taking advantage of one of the many cycling trails in and around Thunder Bay, cycling is a great activity to enjoy by on your own or with friends and family. A bicycle is also a great gift idea. Each year the Thunder Bay Police have an auction for unclaimed bicycles at the Balmoral Street Police Station. This auction is usually held in June and September of each year. Cycling is a great recreational activity and it's an environmentally friendly form of transportation as well. For more information, please contact (807) 684-1200. Please visit the Thunder Bay Cycling Club's website for a complete list of bike routes in the city at [www.tbaycc.ca/tourist.htm](http://www.tbaycc.ca/tourist.htm)

**The Thunder Bay Museum:** The Thunder Bay Museum is an excellent place to learn about the natural and cultural history of Thunder Bay and Northwestern Ontario. There are a number of interesting displays and exhibits that are constantly changing. It is a great place to spend a rainy weekend afternoon with the family. The museum has a full time educational director who coordinates activities for kids on PD days, so if want a great way for your child to spend a PD day, contact the museum at (807) 623-0801, to find out what programs are being offered, or visit their website at [www.thunderbaymuseum.com/index.htm](http://www.thunderbaymuseum.com/index.htm).

Every October the Museum looks for volunteers to help put on the 'Haunted Halls', which is a haunted house that uses the Museum and its artifacts to create an extra creepy experience. Volunteers take part in creating the sets which provides them an opportunity to apply and show their artistic abilities and local actors of all ages can get involved in a community project where they can showcase their talents.

Did you know that the Thunder Bay Museum used to be a jail?



# FAMILY

## Reading

Reading is a pastime for all ages and can be enjoyed both inside and out. Thunder Bay's Public Libraries offer a number of programs and services from storytelling for kids to introducing seniors to the internet. The library offers a number of programs centred on the community and hosts citizens meetings on various subjects including the environment. For example, on February 7<sup>th</sup> 2007 the Waverly Library had a meeting titled *Citizens Concerned about Pesticides*. To see what meetings or programs are coming up, visit the Thunder Bay Public Library's website for a calendar of events at [www.tbpl.thunder-bay.on.ca](http://www.tbpl.thunder-bay.on.ca)

**The Thunder Bay Art Gallery:** The Thunder Bay Art Gallery offers a number of various programs for children of all ages. They offer a March break art program where kids can explore their various artistic talents. One program offered over the break is titled *Art for the Outdoors* and emphasizes the use of materials found in the environment to create art for both indoor and outdoor settings. On Sunday April 22 from 1pm-4pm the Gallery will be hosting a family fun drop in day where admission is only \$1.00 a person and the theme is Earth Day. For more information about any of the Gallery's exhibits or programs please contact (807) 577-6427 or visit their website at [tbag.ca/aboutus.htm](http://tbag.ca/aboutus.htm)

**The Boys and Girls Club:** "Boys and Girls Clubs of Thunder Bay is a non-profit agency which provides recreational, educational, social and environmental programs to children and youth 4-18." The club offers a number of programs including a nutritional breakfast program which runs all year round and is available to all members. The club also offers after school programs for kids in junior kindergarten to grade 8. For more information about membership and programs please call the club at (807) 623-0354. You can also visit their website at [www.tbayboysandgirlsclub.org](http://www.tbayboysandgirlsclub.org)

Did you know the library is a great place to find out about community activities?



# FAMILY

**Used books** whether you are looking to purchase a new book or get rid of an old one, used bookstores can be a great place to find hidden treasures at great prices. Friends of the Library Used Bookstore is located in Victoriaville Shopping Centre and is always looking for new donations of books to recycle to a new audience. Books start at \$.50 and all proceeds go to the Thunder Bay Public Library. For more information about how to donate or purchase a book please call (807) 623-2409 or visit their website at [www.tbpl.ca/internal.asp?id=235&cid=244](http://www.tbpl.ca/internal.asp?id=235&cid=244)

## **Recycle Old Crayons**

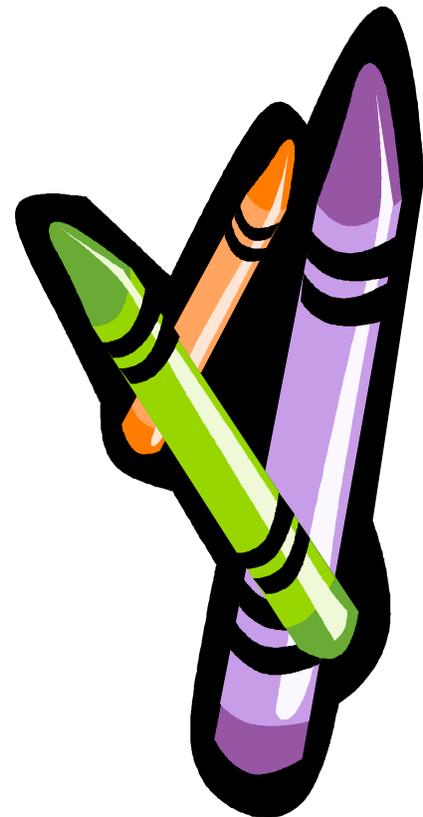
If you have kids then you probably have crayons somewhere in your house. Why not try a neat activity that recycles old crayons that are too small to use into new crayons and new colours.

1. All you have to do is peel the paper off of the crayon and place the crayons into a saucepan over the stove.
2. Melt the same colours together or mix them up to create new ones.
3. Once the wax has melted you will need to place cookie cutters on a flat surface, for example a baking sheet and pour the melted wax into the mold.
4. Let cool in the fridge or outside.
5. Now you're ready to name your new crayon colour and start colouring!

For more information please contact [www.kidsdomain.com/craft/crayon.html](http://www.kidsdomain.com/craft/crayon.html)

## **The City of Thunder Bay - Community Programs Directory- THE KEY**

The city of Thunder Bay offers a number of programs and services for people of all ages. For more information please visit the City of Thunder Bay website at [www.thunderbay.ca/docs/thekey/799.pdf](http://www.thunderbay.ca/docs/thekey/799.pdf)



Did you know that a great way to get books is to borrow from your friends?

# FAMILY

## Picnics

Why not spend the day outside! Picnics are a great excuse to spend the day outside eating great food (but don't forget to use your reusable containers and cutlery). Your day can be filled with lots of fun activities or perhaps a nice relaxing day lying on a blanket under a tree. One of the most beautiful times of year to go on a picnic is in the fall when all the trees are starting to change colour. For a list of provincial parks within Northwestern Ontario please visit [www.ontarioparks.com](http://www.ontarioparks.com)

## Activities for the Whole Family in the Great Outdoors

**Walking & Hiking Trails:** The City of Thunder Bay offers many walking and hiking trails and parks that people can enjoy, both in the city and just outside. Walking and hiking are both excellent ways to get fit and stay in shape and offers kids a chance to explore the many different areas of the city. Try a walking tour of downtown Port Arthur or Fort William. Get to know your neighbourhood and the community members within it. Often times we discover so much more about an area when we take the time to walk around.

Hiking trails are abundant in this area of Canada. The Thunder Bay Conservation Authority offer environmentally based children's programs and activities throughout the year, from the annual children's water festival to tree planting events. There are also many areas that provide great family friendly recreational activities like swimming, fishing, camping, snow-shoeing and cross-country skiing. Thunder Bay offers a variety of outdoor activities for the whole family to enjoy! Visit [www.lakeheadca.com/consarea.htm](http://www.lakeheadca.com/consarea.htm) for a complete list of conservation areas and activities.

## Bird Watching

Bird watching is a pastime that anyone can enjoy. To get started, visit a used bookstore to get a book of birds that are indigenous to the area and season. Being able to identify birds while you are walking along a trail or perhaps just down the street allows you to feel more connected to nature. Why not make a game of it and see how many different birds you can identify on a trail. For more information please visit the Ontario Birding Home Page at [www.web-nat.com/bic/ont/index.html](http://www.web-nat.com/bic/ont/index.html)

Did you know... there are 95 city maintained outdoor skating rinks... free of charge!



# FAMILY

## Snow Art

Anyone who lives in Northwestern Ontario knows all about living with snow. Why not explore the different possibilities snow has to offer? Snow art can be a great way for people to gather in a park or even in your backyard to create art out of the cold white substance. The possibilities are endless. Don't forget the hot chocolate!

## Good Food Made Easy

Whether you are purchasing food for an entire family or just yourself it can be difficult to purchase affordable healthy food when on a budget. However, Thunder Bay offers residence a healthy and environmentally friendly alternative with the Good Food Box. The price for a family box is \$24.00 and an individual box is \$12.00. The box contains fresh seasonal produce grown locally. This means that not only is it a cheaper alternative to purchasing at a grocery store but that you are helping local growers and minimizing the amount of pollution generated from transporting the food to you. To find out more about this program please contact (807) 345-7819 or (807) 625-8816 or visit the Lakehead Social Planning Council's website for more information at [lspc.ca/content.asp?pg=lspc-goodfoodbox](http://lspc.ca/content.asp?pg=lspc-goodfoodbox)

## Visit A Farm

Both Belluz and Gammondale Farms offer seasonal family fun activities! Gammondale farms is open year round, while Belluz is closed during the winter. For a complete list of seasonal activities from corn mazes and pumpkins festivals to sleigh rides and berry picking, please visit

[www.gammondalefarm.com](http://www.gammondalefarm.com)  
and [www.belluzfarms.on.ca](http://www.belluzfarms.on.ca).

Don't forget the Thunder Oak Cheese farm, where kids can learn about how cheese is made. Visit [www.cheesefarm.ca](http://www.cheesefarm.ca)



Did you know that snow art is a fun and creative winter activity?

# FAMILY

## Volunteer Positions

Whether you are a high school student looking to complete your volunteer hours or are just looking to be active in the community, volunteering is an excellent way to get involved. Here are some ideas to help you get started on your search for a volunteer position that is right for you.

### The Thunder Bay Art Gallery

[tbag.ca/voluntrs.htm](http://tbag.ca/voluntrs.htm)

### The Thunder Bay Museum

[www.thunderbaymuseum.com](http://www.thunderbaymuseum.com)

### Friends of the Library Used Bookstore

[www.tbpl.ca/internal.asp?id=235&cid=244](http://www.tbpl.ca/internal.asp?id=235&cid=244)

### The Thunder Bay Good Food Box Program

[lspc.ca/content.asp?pg=lspc-goodfoodbox](http://lspc.ca/content.asp?pg=lspc-goodfoodbox)

### The Boys and Girls Club

[www.tbayboysandgirlsclub.org](http://www.tbayboysandgirlsclub.org)



Did you know that volunteering is a great way to meet new people?

# GOVERNMENT

**Citizen Action!** As a citizen of Thunder Bay, there are definitely opportunities to get involved in projects which aim to make our city a better place! From mucking around in swamps counting frogs, to picking up a pen and writing a letter about something you care about...there are many simple opportunities to jump in and show the earth you care!



## Get Dirty!

Here's your chance to help researchers monitor biodiversity and local ecosystem health! Check out the following websites for more information about citizen participation biomonitoring programs:

Ice Watch:

[www.naturewatch.ca/english/icewatch](http://www.naturewatch.ca/english/icewatch)

Frog Watch:

[www.naturewatch.ca/english/frogwatch/on/intro.html](http://www.naturewatch.ca/english/frogwatch/on/intro.html)

Plant Watch:

[www.naturewatch.ca/english/plantwatch](http://www.naturewatch.ca/english/plantwatch)

Worm Watch:

[www.naturewatch.ca/english/wormwatch](http://www.naturewatch.ca/english/wormwatch)

Severe Weather Watchers:

[www.msc-smc.ec.gc.ca/severe\\_weather](http://www.msc-smc.ec.gc.ca/severe_weather)

**Other Citizen Science Opportunities:**

[www.ec.gc.ca/science/sandenov99/relate6\\_e.html](http://www.ec.gc.ca/science/sandenov99/relate6_e.html)

## Get Funded!

As members of the community of Thunder Bay, you're eligible for government grants which can help you make a difference in the community. Check out these websites for information on how to apply for funding to implement your project!

### Environmental Damages Fund

GLSF provides technical and financial support to projects (up to one-third of the total cost) that implement remedial actions to complete the clean up and restoration in three key priority areas: fish and wildlife habitat rehabilitation and stewardship; contaminated sediment assessment and remediation; and innovative approaches to improve municipal wastewater effluent quality.

[www.ec.gc.ca/edf-fde/default.asp?lang=En&n=C5BAD261-1](http://www.ec.gc.ca/edf-fde/default.asp?lang=En&n=C5BAD261-1)

### Great Lakes Sustainability Fund:

[sustainabilityfund.gc.ca/Home-WS8EF2CCF9-11\\_En.htm](http://sustainabilityfund.gc.ca/Home-WS8EF2CCF9-11_En.htm)

**Environment Canada's Eco Action Program:** [www.ec.gc.ca/ecoaction](http://www.ec.gc.ca/ecoaction)



# GOVERNMENT

## Federal Representative:

### Thunder Bay -- Superior North, Ontario

COMUZZI, Joseph R.

(Liberal)

Parliamentary

#### Address

*House of Commons*

*Ottawa, Ontario*

*K1A 0A6*

**Tel:** (613) 996-4792

**Fax:** (613) 996-9785

**E-Mail:**

[Comuzzi.J@parl.gc.ca](mailto:Comuzzi.J@parl.gc.ca)

#### Constituency Address

*4-215 Van Norman St.*

*Thunder Bay, Ontario*

*P7A 4B6*

**Tel:** (807) 345-4305

**Fax:** (807) 345-4752

**E-Mail:**

[comuzj1@parl.gc.ca](mailto:comuzj1@parl.gc.ca)

## Municipal government:

Thunder Bay City Hall  
500 Donald Street East

P.O. Box 800

Thunder Bay, Ontario

P7C 5K4

**Tel:** (807) 625-2110

## Write Letters!

How to write a letter to a politician:

[www.literacy.ca/govrel/write.htm](http://www.literacy.ca/govrel/write.htm)

Tips for writing letters to the editor:

Try to link your letter to the date and title of a story previously appearing in the paper.

Deal with one topic and have one major message.

Put the main point at the beginning and progressively less important details towards the end.

Be brief (350 words max) and specific.

Use a straightforward, factual approach - not sarcasm.

Include your name, address and day phone number - staff may call if they're interested.

Try to submit within 48 hours (for dailies) of the article you're responding to.

Get your mother (or anyone who cares about your reputation) to check the letter.

(source: [www.davidsuzuki.org/Take Action](http://www.davidsuzuki.org/Take_Action))

Places to send your ideas/thoughts/concerns:

### Member of Provincial Parliament

MICHAEL GRAVELLE, MPP

OLP Room 369

Main Legislative Building

Queen's Park

Toronto, Ontario M7A 1A4

Tel: (416) 325-1559

Fax: (416) 325-1564

[mgravelle.mpp@liberal.ola.org](mailto:mgravelle.mpp@liberal.ola.org)

Constituency Office:

215 Van Norman Street, Suite 101

Thunder Bay, Ontario P7A 4B6

Tel: (807) 345-3647

(888) 516-5555

Fax: (807) 345-2922

[mgravelle.mpp.co@liberal.ola.org](mailto:mgravelle.mpp.co@liberal.ola.org)

Did you know...a typed or handwritten action letter carries the most weight with any recipient?



# GOVERNMENT

## Other Ways to Get Involved!

Check out these great resources to find out how you can make a difference and become involved in changing our world for the better!

David Suzuki's Nature Challenge:  
[www.davidsuzuki.org/NatureChallenge](http://www.davidsuzuki.org/NatureChallenge)

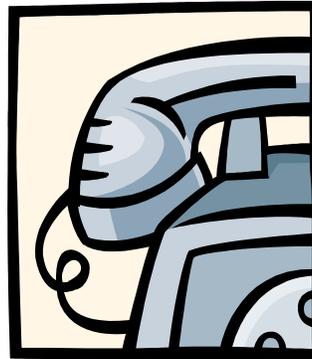
Little Things You Can Do to Help the Environment:  
[www.everydayactivist.com](http://www.everydayactivist.com)

## Newspapers:

The Globe and Mail:  
[letters@GlobeAndMail.ca](mailto:letters@GlobeAndMail.ca)

National Post:  
[letters@nationalpost.com](mailto:letters@nationalpost.com)

Thunder Bay Chronicle  
Journal: submit online at  
[www.tricubemedia.net/tbayemail/letters.php](http://www.tricubemedia.net/tbayemail/letters.php)



## References:

- 1 [www.hydroquebec.com/sustainable-development/documentation/pdf/transport\\_en\\_2006.pdf](http://www.hydroquebec.com/sustainable-development/documentation/pdf/transport_en_2006.pdf)
- 2 [www.onelesstone.ca/sourcescalcs.pdf](http://www.onelesstone.ca/sourcescalcs.pdf)
- 3 [www.tc.gc.ca/programs/environment/atvvpqm/tec03.htm#ethanol](http://www.tc.gc.ca/programs/environment/atvvpqm/tec03.htm#ethanol)

Did you know...the Sierra Club's "The Green Life" blog provides regular news and lifestyle tips focused on greening our world?