

YOUR RESOURCE FOR GREEN LIVING
IN THE GREATER SUDBURY AREA

FIRST EDITION

GREEN ALTERNATIVES
GREEN RESOURCES
GREEN NETWORK
GREEN BUSINESS
GREEN RECREATION



Sudbury Basin Environmental
Networking Initiative

Programme de réseautage
environnemental du
bassin de Sudbury

131 Regent Street, Suite 4
Sudbury, Ontario P3C 4C1
Tel 705.674.1685
Fax 705.674.5732
sbeni_prebs@on.aibn.com
www.oen.ca

This project is funded by:



keen to be
green

Printed on 100% post-consumer
recycled paper with vegetable-based inks.
Please pass this guide on to a friend.



This we know; The Earth does not belong to humanity; people belong to the Earth, this we know. All things are connected. Whatever befalls the Earth befalls the people of the Earth. We do not weave the web of life, we are merely a part of it. Whatever we do to the web, we do to ourselves.

Chief Seattle, 1854

It's not always easy to live in an environmentally friendly manner and be 'green'.

This guide will showcase many options that we have here in our own community of Sudbury community. Inside you will find information on environmental groups, resources and businesses that are working hard to help keep our community green and healthy.

You too can live in an environmentally friendly manner by thinking globally and acting locally. Let this "green guide" steer you in the world of environmental alternatives for a healthier life. You can use this guide for shopping alternatives, as a reference guide to become involved with one of the many diverse local environmental groups, or to get more information on a variety of environmental topics.

Let this guide be your first step to helping our planet and greening our community. Listed here are many groups in the Greater Sudbury area that are working hard to bring you environmentally friendly products and services. Your choices are the key to a healthier community.

Keen to be Green provides many environmental alternatives. We want you to know about them! You are the key to a healthier community and we thank you for using this guide and taking steps towards green living in the Greater Sudbury area.

TABLE OF CONTENTS

One	Green Resources – Community and not-for-profit groups	2
Two	Government Groups and Advisory Panels for the City of Greater Sudbury	9
Three	Green Recreation	12
Four	Environmental Events and Initiatives	14
Five	Green Transportation	16
Six	Green Living Green Businesses	17
Seven	Reuse Centres	21
Eight	Online Environmental Resources	23

This guide is intended to be a document provided for information purposes and is not intended as advice. Sudbury Basin Environmental Networking Initiative does not endorse any particular company or organization listed. SBENI assumes no responsibility for the information given, nor for the services provided by the listed organizations and businesses.

AUSSI DISPONIBLE EN FRANÇAIS

1 GREEN RESOURCES – COMMUNITY AND NOT-FOR-PROFIT GROUPS

The following is a list of the environmental resource groups found within Greater Sudbury. These groups are community-based groups that are in the not-for-profit sector. All these groups are working very hard to help make Sudbury a healthy, greener community. Many of these groups have monthly meeting or special events and activities that you can take part in to help green the city.

ANIMALS & ENVIRONMENT

Animal Advocates
sudburyanimaladvocates@yahoo.ca
 Lara 671-9132

The Sudbury Animal Advocates serves to advocate for the protection of all animals from injustice and suffering. They do this through lobbying, direct action and public awareness. The SAA meets regularly at the public library to discuss upcoming activities and events.

Greater Sudbury Animal Shelter
www.gsshelter.ca
 673-3647
 Pick-up of stray and lost animals, tries to reunite lost pets and their owners, as well as provides adoption services. They provide education programs on responsible pet ownership.

Ontario Society for Prevention Cruelty to Animals (SPCA) Sudbury
<http://www.ospca.on.ca/>
ospca.sudbury@sympatico.ca
 566-9582

Dedicated to preventing abuse and cruelty to animals, and promoting the well being of animals in the Sudbury region. Programs include pet adoption.

Pet Save
www.petsave.ca
info@petsave.ca
 688-1094

A volunteer association that helps to find homes for cats and dogs that are abandoned by giving them a "new leash on life". Pet save has a no kill policy and is looking for volunteers to help with fundraisers such as a walk-a-thon as well as new foster parents for animals.

AIR, WATER AND LAND RESOURCES

Canadian Lakes Loon Survey
www.bsc-eoc.org
frogpond@cyberbeach.ca
 Marlies or Dieter 522-3085

The Canadian Lakes Loon Survey is a long-term, volunteer-based project that has been monitoring the breeding success of loons on lakes across Canada for 20 years. It has been using loons as indicators of lake health affected by increased human activity on lakes through shoreline development and monitoring the improvements in the water quality from acid rain. If you live by a lake, the CLLS is looking for more people to become volunteers for loon surveying on Sudbury lakes.

Clean Air Sudbury

www.greatersudbury.ca/cleanairsudbury
675-1151 ext. 5079

Clean Air Sudbury is a non-profit, community-based organization that is primarily focused on improving local air quality and also reducing greenhouse gas emissions in the Sudbury area. Programs include the "Trip reduction network" to help organizations reduce the amount of car trips made by a single person in a vehicle and promote carpooling and public transportation alternatives.

BE A KEENER:

An idling engine uses more fuel and produces more pollution than a moving vehicle. The best way to warm up an engine is to start up and drive right away. Ten seconds of idling uses more fuel than turning off and restarting your engine.

Cooperative Fresh Water Ecology Unit

<http://coopunit.laurentian.ca>
livingwithlakes@laurentian.ca
675-3861

CFEU's purpose is to understand the functioning of industrially damaged aquatic ecosystems. The CFEU provides research opportunities in the fields of restoration ecology, environmental science, and aquatic resource management. Programs include the Adopt-A-Lake program.

FAST FACT:

Canadians are the second highest per capita users of water in the world, averaging out at an astounding 335 litres per household per day!

Earth Dancers- Denise Vitali

www.geocities.com/earthdancers
earthdancers@hotmail.com
674-0190

Since 1990, Earth Dancers has raised nearly \$50,000 at annual benefit performances for the Friends of the Earth, World Wildlife Fund, Sudbury Vegetation Enhancement Technical Advisory Committee (VETAC) and other environmental causes. This year will be their 15th anniversary environmental benefit show.

BE A KEENER

When boiling a pot of water, putting a lid on it reduces cooking time and energy use. Also, match the pot size to burner size to avoid energy waste. If you are only boiling small amount of water for a drink such as tea or cup of soup, use microwave to heat instead of electric burner.

Grassroots Economic Opportunity Development and Evaluation (GEODE)

www.geodesudbury.org
geode@on.aibn.com
670-8920

As a Community Economic Development organization GEODE is committed to examining and developing programs which consider the environmental and social impact of economic development. GEODE offers two programs which fit in with environmental sustainability. The Stepping Stone program helps entrepreneurs start or expand a small business. The Rideshare program organizes rides for children who need transportation to medical and recreational appointments. Bus tickets are provided and/or volunteer drivers transport parents and children as necessary.

Habitat for Humanity Sudbury District

www.habitatforhumanity.org
restore.sudbury@personainternet.com
669-0624

A community-based project that is focused on building affordable housing for low-income families. Habitat for Humanity Sudbury has been around since 1996 and has built two homes in Sudbury and is building a third next spring.

Junction Creek

www.junctioncreek.com
info@junctioncreek.com
Carrie 675-8743

Junction Creek's mission is to rehabilitate Junction Creek into a natural asset of the community that will support a healthy ecosystem. Since 1998, Junction Creek has been leading garbage cleanup days throughout the year whereby all members of the community can come and help volunteer to clean up the creek and participate in the Adopt-a-Creek program.

Light up the World- Sudbury

www.lutw.org/project_CostaRica.html
David Wiwchar- Lasalle Secondary
wiwchad@rainbowschools.ca
Since 2003, David has participated in the Light up the World project providing solar panels and energy efficient LED lights to rural farmers in Costa Rica that would otherwise not have access to affordable and renewable energy. More than 200 people will receive this system. March break of 2006, 17 students from Rainbow Schools are going to Costa Rica to deliver the systems.

Minnow Lake Restoration Group

www.minnowlake.ca
johnl@financialdecisions.ca
John Lindsay 525-7526

This group's primary purpose has been the improvement of water quality in Minnow Lake. They have been involved with environmental grassroots initiatives for over 20 years now. Efforts are also directed at improving the area surrounding the lake and the creation of park land and recreational facilities. Programs include 1st Annual Tour de Sudbury bicycle ride in July of 2005 and Minnow Lake days.

Myth and Mirrors Community Arts

www.mythsandmirrors.ca
Laurie McGauley 674-0282
Brings people together to find meaning and purpose in our experiences through reflection, dialogue and collective creation. Some of their artistic environmental projects include sculptures from recycled items as well as murals to raise awareness about Junction Creek.

Nickel District Conservation Authority (NDCA)

www.nickeldistrict.ca
674-5249
The NDCA is a community based environmental agency that oversees flood control, hazard land management, environmental planning and provides environmental education programs to increase public awareness and concerns for the environment. A range of educational programs is offered at Lake Laurentian Conservation Area for all teachers and students. Lake Laurentian Conservation Area has 950 hectares and is a place that gives everyone a chance to experience a scenic natural area.

FAST FACT

Barrels of crude oil produced each day in Canada: 2.22 million, or 6,300 oil tanker trucks. Tonnes of coal produced in 2001: 70 million, or 1.6 million rail cars.

Rainbow Routes

www.rainbowroutes.com
rainbowroutes@greatersudbury.ca
Debra McIntosh 674-4455 ext. 4603
Rainbow ROUTES Association, a not-for-profit organization, is committed to the development, management, use and preservation of the Trans Canada Trail for the City of Greater Sudbury. Today, Rainbow ROUTES is the lead advocate in developing the Trans Canada Trail in Sudbury. Programs include the annual Turkey Trot run/walk in Sudbury.

BE A KEENER

For improved safety, have reflectors on your bicycle, and have lights on your bike at night and wear an approved bicycle helmet.

Source Water Protection Program (NDCA)

jennifer.salo@city.greatersudbury.on.ca
The NDCA is responsible for promoting and coordinating source water protection planning--the process by which a community protects drinking water at the source before it gets to treatment. Protecting our sources ensures that there is enough clean water for our current and future uses.

Sudbury Naturalists

frogpond@cyberbeach.net
Marlies or Dieter 522-3185
Sudbury Naturalists have been learning about and exploring nature in Sudbury for over 25 years. The Sudbury Naturalists' purpose is to learn about, enjoy and work to protect nature. Being a member of the Sudbury Naturalists allows you to enjoy wonderful lectures with guest speakers on all sorts of topics in the natural environment and the chance to join nature field trips. Free lectures are the second Tuesday of the month starting October 2005 and are held at Marymount Academy.

Wild At Heart Wildlife Refuge Centre

www.northernontario.org/wilatheart
WAH@vianet.ca
Alison Muckle 692-4446
Wild at Heart is a wildlife refuge centre, established over 20 years ago in affiliation with the Walden Animal Hospital. The centre provides emergency care, surgical intervention, ongoing treatment and rehabilitation for numerous local wildlife species. The focus of the centre is to provide the opportunity for the reintroduction of injured or orphaned animals back into their natural habitat. This organization relies on volunteers and donations to help support the work of saving the lives of fellow wild creatures.

FAST FACT

In Canada, according to the Committee on the Status of Endangered Species in Canada (COSEWIC), more than 450 wild animal and plant species are considered "at risk." Over 40 percent of these species are in Ontario, which represents 167 species.

FOOD AND ENVIRONMENTAL RESOURCES

If you ate today, remember to thank the farmers!

Community Shared Agriculture -Wanup

amethystrevisited@yahoo.ca
Amy Hallman 522-1536
Community Shared Agriculture (CSA) is an approach to growing and purchasing food products in which the farmer and consumer are working cooperatively. In a CSA, the farmer grows food for a predetermined group of consumers. The consumer pays the farmer up front for the season to help pay with up front costs such as tools, seeds and labour. This way the farmer gains a guaranteed market; the consumer gains high quality, fresh food, as it becomes available and is able to connect with the farmer that produced the food.

Market Square

"Come for the freshness, stay for the fun"
www.downtownsudbury.com
sudmetro@downtownsudbury.com
674-5115
Market Square is home to the Sudbury Downtown Farmers' Market from early May to the end of October. You can purchase homemade & home-grown products such as fruit, vegetables, jams, honey, maple syrup, ethnic foods, fresh baked good and breads, smoked fish and meat. Market Square hosts a variety of special events, and also provides a community facility at an affordable rate to help promote small businesses and not-for-profit groups. Market Square is here to help promote healthy, local eating habits.

Northern Organic Research Development Corporation (NORDC)

www.nordc.ca
ccaron@vianet.on.ca
Chris Caron 855-8884
NORDC will focus on building organizational capacity as well as a pilot(s) to develop the organic agricultural industry in Northern Ontario. NORDC's mandate is to carry out research, educational and promotional activities directed at increasing the knowledge and understanding of organic agriculture to both farmers and consumers in Northern Ontario.

Northern Vegetarian Society (NVS)

ivu.org/nvs
nvs@ivu.org
Pat Laplante 692-9322
The Northern Vegetarian Society's purpose is to help the people of the Sudbury Region adopt and maintain a healthy vegetarian lifestyle. We define vegetarianism as the practice of not eating meat, poultry or fish or their by-products, with or without the use of eggs or dairy products. The group organizes various activities throughout the year, such as vegetarian pot lucks, intro to vegetarian cooking classes, discounts for members in certain stores and a lending library located at SBENI office at 131 Regent Street.

The Foodshed Project

www.foodshedproject.ca
Email: foodshedproject@bellnet.ca
Doreen Ojala 523-2467
The Foodshed Project promotes a sustainable food system that ensures the quality of our air, land and water resources, as well as local reinvestment within the

food system. They support projects such as community gardens, food preservation workshops, and children's environmental projects. They distribute the Climate Friendly Food Planner.

FAST FACT

A food mile is a way to measure the distance food travels from the "farm to your fork." Buying local helps to reduce CO₂ emitted during transportation i.e. fruit from Niagara Falls is 516 km or 124 kg of CO₂ compared to from New Zealand 14, 300 km this means that 3432 kg CO₂.

The Sudbury–Manitoulin Food Security Network
communities.mysudbury.ca/sites/foodsecurity/default.aspx
523-2567

The Sudbury-Manitoulin Food Security Network is a broad-based coalition of social, economic, health and environmental groups that focus on issues that relate to developing greater food security in the Sudbury and Manitoulin Districts. The current focus of the network is to create a Community Food Security Report Card to support the implementation of the Greater Sudbury Food Charter.

FAST FACT

Cotton uses about twenty-three percent of the world's insecticides and more than ten percent of the world's pesticides.

Northern Ontario Agri-Food Education and Marketing Inc. (NOAFEM)
www.norontagrifood.org
noront.agrifood@sympatico.ca
Pat Marcotte 694-4396

Northern Ontario Agri-Food Education & Marketing Inc. is a non-profit organization; since 1981, they have been dedicated to increasing consumers' awareness of the Ontario agri-food industry, highlighting northern and local production. Programs include agriculture in the classroom (Agri-Days), producer training workshops and seminars at conferences. In the summer time, they host a display booth at the Sudbury Farmers' Market where you can find current information and sometimes speak with volunteers.

FAST FACT

The idea of organic gardening is to work in harmony with nature, to use natural methods and replenish the soil and excludes the use of chemical fertilizers.

BE A KEENER

Use natural pest control alternatives for ants by blocking entry holes. Sprinkle dried mint, chili powder, or borax and icing sugar where they enter.

WASTE AND RECYCLING

Northern Computer Recycling Depot (NCRD)
www.nisa.on.ca
ncrd@nisa.on.ca
675-9193 ext. 8266

The computer-recycling depot is a program that runs out of the Northern Initiative for Social Action. NCRD is a program which aims to provide meaningful and socially valued work/training opportunities for consumers of mental health services. We receive, repair and clean donated computers, then donate them back to

individuals and organizations within our community. We provide a safe environment for consumer/survivors to build skills and confidence. If you would like to donate a computer instead of it going to landfill please contact NCRD.

Computers for Schools Ontario (CFSO)
www.computerforschoolsontario.com
marc.gascon@borealc.on.ca
Marc Gascon 521-6037

A national program that takes back computers and refurbishes them for schools and other non-profit organizations. Sudbury is the distribution centre for all of Northern Ontario. CFSO requires computer donations of Pentium II or better and printers.

FAST FACT

Sudbury Distribution Centre at College Boréal has refurbished 15,104 computers and recycled 11,200 computer pieces since 2001. This represents 429 metric tonnes deviated from local landfills.

Heartbeat of the Earth

heartbeatoftheearth@hotmail.com
Melanie Laquerre 897-3374
An environmental community group in Val Caron, that organizes garbage clean-up events in addition to environmental benefit concerts.

FAST FACT

Electronic waste is made up of computer equipment, phones, VCRs, televisions, stereos and small appliances. This type of waste is accumulating in Canadian landfills rapidly—more than 140 000 tonnes of electronic waste. That's equivalent to the weight of about 28 000 adult African elephants or enough uncrushed electronic waste to fill up the Toronto Skydome every 15 years.

2 GOVERNMENT GROUPS AND ADVISORY PANELS FOR THE CITY OF GREATER SUDBURY

Earth Care Sudbury

www.greatersudbury.ca
Barb.McDougall@city.greatersudbury.on.ca
Barb McDougall-Murdoch
671-2489 ext. 4650

Earth Care Sudbury is a collaboration of over 100 community partners working together to implement the Earth Care Sudbury Local Action Plan – a plan that will make the City of Greater Sudbury cleaner, greener, healthier and more sustainable. The plan outlines initiatives and priorities that have been identified by the community and the Earth Care Sudbury partners. Current programs include the Community One Tonne Challenge, an Anti-Idling Campaign, and a number of Strategic Energy Initiatives.

Lake Water Quality Program

www.greatersudbury.lakewaterquality
Lana McKinnon
671-2489 ext. 4604

The Lake Water Quality program is designated to monitor lake water quality within the City of Greater Sudbury as well as support local lake stewardship groups. Programs include the Shoreline Home Visit Program.

FAST FACT

By protecting our water, soil, and air we ensure a safe environment for food production and consumption for our children and future generations.

Land Reclamation Program

www.greatersudbury.ca
landreclamation@greatersudbury.ca
Tina McCaffrey
671-2489 ext. 4605

For over 25 years, this program has replanted over 8 million tree seedlings and has helped to rehabilitate over 3,300 hectares of land and watersheds through continued liming and tree planting efforts. Programs includes working with schools and/or community groups that are interested in volunteering to plant trees or reclaim land.

FAST FACT

In 2004, Sudbury sent 1,718 tonnes of aluminium to be recycled, 613.75 tonnes of steel and 1,718 tonnes of glass to be trucked to St.Louis, Hamilton and Guelph.

BE A KEENER

Make sure to properly rinse containers to ensure they will be recycled and not thrown out for the blue box program. Buy a composter (\$42.80) at the recycling depot on Frobisher Road and reduce your waste.

Ontario Ministry of the Environment- Northern Region

<http://www.ene.gov.on.ca/>
Sudbury District Office
199 Larch St. Suite 1101
Sudbury ON P3E 5P9
Toll free from area codes 705/807: 1-800-890-8516
Tel: (705) 564-3237
Fax: (705) 564-4180

The Ministry of the Environment is responsible for protecting clean and safe air, land and water to ensure healthy communities, ecological protection and sustainable development for present and future generations of Ontarians.

Pollution Hotline 1-866-MOE-TIPS
Spills or Emergencies 1-800-268-6060
Public Information Centre 1-800-565-4923

FAST FACT

Energy equivalent saved for every tonne of recycled paper is 1,440 litres of oil.

Sudbury & District Health Unit Environmental Health Division

www.sdhu.com
1300 Paris Street
Sudbury, ON P3E 3A3
(705)522-9200
1-866-522-9200
fax: (705)-677-9607
www.sdhu.com

Toxic Taxi

560-9019
1853 Frobisher Road (off of Falconbridge)
Is a program offered by the City of Sudbury that will pick up your household hazardous waste for FREE if you cannot drop it off at the depot. All you need to do is call and make an appointment.

FAST FACT

The Average Canadian Household creates 20-40 litres of Household Hazardous Waste (HHW) each year. Hazardous wastes are substances that can be found at home or at work. They are products that are corrosive, flammable, reactive and toxic.

EXAMPLES OF HAZARDOUS WASTE:

Antifreeze
Batteries (small or large)
Chlorine Bleach
Herbicides/insecticides
Old propane tanks
Old medicine
Thinners
Fluorescent light tubes
Compact florescent light bulbs
Expired medication

FAST FACT

1 litre of motor oil can contaminate 200 million litres of water.

FAST FACT

Sudbury Toxic Taxi can do anywhere between 20-30 pick ups of Household Hazardous Waste in one day.

Waste Division City of Sudbury

www.greatersudbury.ca
673-BLUE(2583)

Has numerous programs to help citizens reduce their waste and contribute to reuse and recycling and help make Sudbury greener. You can organize a few friends and participate in some of these programs: Adopt-a-Bin Program, Adopt-a-Spot, Adopt a Road. Contests such as Clean Sweep Blitz, Perfect Blue Box recycling. Sudbury Clean-up Blitz are ways to clean your community and possibly win some prizes!

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” – Mary Mead

ADVISORY PANELS FOR THE CITY OF GREATER SUDBURY

Advisory Panels for the City of Greater Sudbury are made up of community volunteers, experts and councillors--
www.greatersudbury.ca

Bicycle Advisory Panel (BAP)
Jeff Pafford 983-5705 ext. 240
Advisory panel to the City to help implement a safe and attractive bicycle transit system that links communities across the City of Greater Sudbury.

FAST FACT
A bicycle is legally allowed to operate on roads in Ontario under the Ministry of Transportation. Slower moving vehicles should stay close to the right of the road.

Citizens' Advisory Panel on Agriculture (CAPA)
Promote the retention of land for agricultural purposes and to recognize and promote agriculture as an important means of expanding economic base.

Greater Sudbury Lake Improvement Advisory Panel (GSLIAP)
www.greatersudbury.ca/lakewaterquality
Lana McKinnon
671-2489 ext. 4604

The GSLIAP is a panel that is made up of community volunteers, water quality experts and councillors, who provide advice on matters relating to water quality and lake stewardship for the City of Greater Sudbury.

VETAC Vegetation Enhancement Technical Advisory Committee
www.greatersudbury.ca
Peter Beckett 675-1151 ext.2259
VETAC has been the volunteer advisory group to the City's Land Reclamation Program for over 30 years regarding the re-greening efforts. The group meets monthly and is working towards increasing environmental awareness of the restoration and re-vegetation of the City of Greater Sudbury.

FAST FACT
The fossil fuel energy saved from recycling one aluminum beverage can is enough to run a television for 3 hours.

Lake Ramsey Advisory Panel (LRAP)
Advisory panel to the city regarding the stewardship of Lake Ramsey.
Provides technical advice and community leadership.

3 GREEN RECREATION

There are many opportunities here in Sudbury to reconnect with nature in an "out-of doors" setting. You don't need to drive far to enjoy the natural spaces in our northern environment. Right here in your own backyard there are many opportunities to participate in a variety of events that are non-motorized, fun and help reduce our ecological footprint on the earth while having fun and learning new outdoor leadership skills. There are also many provincial parks surrounding Sudbury that offer many outdoor recreation and camping opportunities.

Environmentally Friendly Golf Course
6th Avenue Golf Course (Lively)
www.sixavenuegolf.com
A golf course that is a member of the Audubon Society and practices efficient watering and minimal use of chemicals and pesticides.

Girl Guides Canada- Sudbury District
2107 Lasalle Blvd
675-7777
sudburyguidestore@on.aibn.com
One of founding principles of guiding is to value the natural environment. Part of being a Girl Guide is learning leadership, life skills, and outdoor skills as well as environmental responsibility. Girl Guides offers a wide variety of adventure programs for women and girls of all ages. There are 35 units in the Greater Sudbury area. New volunteers are always welcome. Girl Guides Store (Open Tuesday 11-5pm, Thursday 1-6pm) Accepts donations for crafts and has many books on making nature crafts.

Laurentian University Clubs:
The Bouldering Club
Introduction to rock climbing club
climb@laurentian.ca
The Expedition Club
Offers a variety of outdoor expeditions
luexpedition@laurentian.ca
The Kayak Club
Introduction to Kayaking lessons
522-2137
Sustainable Earth Club
Dedicated to helping the world become sustainable through environmental awareness. This is a group for anyone who wants to support environmental initiatives at Laurentian University and in Sudbury at large.
sustainable@laurentian.ca

Laurentian Nordic Ski Club
www.laurentiannordic.com/
info@laurentiannordic.com
560-1068

Onaping Falls Nordic Ski Club
www.onapingfallsnordics.com/
info@onapingfallsnordics.com

Partners in Eco-Adventure Tourism (PEAT)
www.peat.on.ca
info@peat.on.ca
PEAT is a co-operative of eco-tourism adventure travel companies that works together to bring you, your friends and family the best in wilderness travel, eco-lodges and educational opportunities in Sudbury and Northeastern Ontario.

FAST FACT

The International Ecotourism Society defines ecotourism as “responsible travel to natural areas that conserves the environment and improves the well-being of local people.” www.ecotourism.org

Scouts Canada Sudbury

www.scouts.ca
northernontario@scouts.ca
116 Durham Street
sudburyshop@scouts.ca
524-8540

A program for people between the ages of 5-26. The outdoors is an essential part to the Scouting programs. Excursions include hiking, camping, tree planting and other seasonal sports to help encourage a healthy and active lifestyle. Sudbury Scout Shop offers a variety of camping equipment and gear.

Sudbury Biathlon Club

lively@personainternet.com
692-0967

Sudbury Canoe Club

www.canoecub.sudbury.on.ca
sudburycanoecub@on.aibn.com
673-6032

Sudbury Cycling Club

www.sudburycc.ca
Chris Pritchard 692-0904

Walden Cross Country Ski Club

waldenxc.tripod.com

Sudbury Rocks Running Club

www.sudburyrocks.ca
560-0424

Sudbury Horticulturalist Society

[groups.msn.com/
SudburyHorticulturalSociety](http://groups.msn.com/SudburyHorticulturalSociety)
lhugli@hotmail.com
524-0670

SHS is dedicated to the beautification of the Sudbury area. Members benefit from newsletters, meeting with speakers, workshops, annual garden trips and the plant sale at the Garden Festival held at the Market. The Plant-a-Row Grow-a-Row program is where gardeners plant an extra row to grow fresh produces and donate them to the local foodbank.
Visit: www.growarow.org

Sudbury Rowing Club

www.sudburyrowingclub.ca
kathy.lessard@sympatico.ca
522-8117

Sudbury Ultimate Club

Ultimate Frisbee Winter Tournament
March 4 and 5th 2006
www.snowplate.com
Snowplate@gmail.com
675-2359

Spirit of the World Drumming

stewarj@rinabow.edu.on.ca
Jeff Stewart 671-6290
Spirit of the World Drumming has a drum circle and for the price of the membership you get three workshops that teach you a variety of drum styles including West African, Brazilian and Cuban. The sessions are for fun, healing and education. Instruments are provided at the workshops if you do not have your own drum.

4 ENVIRONMENTAL EVENTS AND INITIATIVES

There are a variety of different environmental events and happenings in Sudbury. For children as well as the general public.

1st Annual Children's Water Festival

www.cwec.ca/eng/Festivals/Calendar.asp
For students in Grade 3 in English & French
September 26,27 & September 28,29, 2005.
Hosted by the Sudbury District Health Unit, Nickel District Conservation Authority and Science North.

'Cover Your Assets' Workshop

Pat 694-4396
A one day workshop hosted by Northern Ontario Agrifood Education and Marketing Inc. dealing with liabilities of not-for-profits in Ontario. April 22, 2006.

Light Up Costa Rica

wiwchad@rainbowschools.ca
Hunger Strike for Light will be an all night event at Lasalle beginning after school on the 27th of October. Funds will be used to purchase solar lighting systems through "Light up the world."

Organic Farming Conference – NORDC

Chris Caron 855-8884
December 2nd & 3rd in Sudbury. Theme is "The New Farm" and will include various speakers on organic food production. Conference is open to the public.

Envirothon

www.ontarioenvirothon.on.ca
Chantal – valade@sciencenorth.ca
Environmental Olympics for high-school students in both French and English school boards all across Ontario but is hosted by Science North. It is a hands-on competition whereby students learn about forestry, aquatics, soils and wildlife and is put on by the Ontario Forestry Association.
English competition – April 26, 2006
French competition – April 28, 2006
Provincial competition – May 10-13, 2006

National Cell Phone Collection Program—through "Pitch IN Canada Campaign"

Greater Sudbury Public Libraries has a Cell phone Collection Program that is part of a National campaign for "Pitch-IN Canada." They accept old, new, broken or working cell phones. Cell phones are refurbished or remanufactured to "as new" condition and this is used as a fundraiser for the community group. \$1.00 is received for every cell phone handset reused.

Lo-Ellen Highschool Environmental Conference

Terry Pagan 522-8178
pagant@rainbowschools.ca
High school environmental club organizes an environmental conference for other high school students.

Organics Competition

Susanne Harvey 524-5377
sharvey@personainternet.com
1st Annual Organic Lawn Competition for people interested in natural lawn care alternatives. Past event was July 2005.

Roots and Shoots

Franco Mariotti 522-3701
www.sciencenorth.on.ca/rootsandshoots
7th Annual Roots and Shoots conference for students from grades 4-12 in both French and English October 18 and 19, 2006.

Sudbury Soil Study

1-866-315-0228
www.sudburysoilsstudy.com
The Sudbury Soils Study is a three year, \$5 million human health and ecological risk assessment examining potential impacts of metals in soil to human health and the natural environment in Sudbury. The public is invited to participate in the process by attending public meetings.

Ugliest School Yard Competition

Wayne Hugli 693-2476
whugli@mysudbury.ca
Hosted by Vegetation Enhancement Technical Advisory Committee.
A competition for schools to win a school yard makeover. Last year's competition was held on June 17, 2005 and 21 schools participated.

Environmental Clubs in Schools

Many schools are involved with greening their activities and infrastructure through energy audits, clean up days, re-greening school yard and fundraising activities. The following is a short list of high schools have a "green club" where students do a

variety of environmental activities within their school and in the community. Why not start an environmental club in your community or school?

St-Charles College—Mr. Burns
Email: byrnep@scdsb.edu.on.ca
Ecole secondaire Macdonald Cartier—
Marc Aubin
Email: aubinm@gno.edu.on.ca
Sudbury Secondary—Fiona Lawrence
Email: lawrenf@rainbowschools.ca
Lo-Ellen high school—Terry Pagan or
Joanne Boudreau
Email: pagant@rainbowschools.ca
boudrj@rainbowschools.ca
LaSalle Secondary—David Wiwchar
Email: wiwchad@rainbowschools.ca

5 GREEN TRANSPORTATION

Climate change is producing more natural disasters and fluctuations in weather. Reducing single passenger vehicle trips also reduces green house gas emissions. Using the bus, carpooling, cycling and walking to work also reduces local air pollution and is good for an active and healthy lifestyle. Try using alternative modes of transportation at least once a week to and from work, school or recreational activity. Another way to reduce our dependence on fossil fuels is by using alternative fuels such as biodiesel and ethanol gas.

Carpooling Websites

Helpful hints and opportunities to create your own carpool in your area.
www.autotaxi.com
www.carpool.ca
www.carpooltool.com
www.carsharing.net
www.carsharing.ca
www.autoshare.ca

PUBLIC TRANSPORTATION OPTIONS

City of Greater Sudbury Public Transit

675-3333
www.greatersudbury.on.ca/transit
Bus services and pricing information for City of Greater Sudbury.

Greyhound Bus

www.greyhound.ca
854 Notre Dame Ave.
524-9900

Ontario Northland Train

www.ontc.on.ca
1-800-265-2356

Ontario Northland Bus Service

www.webusit.com
854 Notre Dame Ave.
524-9900

Via Passenger Train

www.via.ca
1-888-842-7245
2070 Lasalle Blvd. – Sudbury Junction
233 Elgin St. – Sudbury

FAST FACT

Biodiesel is non-toxic, biodegradable and produced from renewable resources such as used vegetable oil, canola oil, soy based oil and produces virtually no CO2 in comparison to fossil fuels.

More information on alternative fuels

www.greenfuels.org/
www.biodieselcanadainc.com/
www.aboutbiodiesel.com
www.theinfoexchange.org/energy.htm
www.veggievan.org

GAS STATIONS WITH ALTERNATIVE FUELS

MacEwens has an ethanol blended gas option (North Bay, Sturgeon Falls). For other locations visit:
www.macewenpetrol.com/cnr.asp

Mr. Gas also offers ethanol blended gas
www.mrgasltd.ca/stationlistings.htm

6 GREEN LIVING GREEN BUSINESSES

The following is a list of small businesses that offer a variety of different environmental products that are good for you, your health and the environment. Every day we buy different products that range from the food that we eat, clothing that we wear to even the products we use for cleaning our homes. All of our choices affect our environment and by buying 'green' products you too can help lessen our ecological impact on our environment and help keep our community healthy and green by becoming a green citizen in our day to day life. Think globally and act locally.

HEALTH FOOD STORES

Durham Natural Foods

1191 Montrose St.
durhamnatural.com
566-3820

Since 1978 they have been carrying a full line of organic food products and body care products including soaps, vitamins and minerals.

Paris Natural Food Store

1500 Paris Street
522-8891

Carries a complete line of natural food, vitamins, minerals, homeopathic, naturopathic supplements and cosmetics

Healthy Living Store

(Rainbow Centre Downtown)
40 Elm St. Unit 121
1-866-764-7744
669-1895

An all around healthy living store that sells many different environmental products including detergents, soaps, foods and natural beauty care products.

The Wellness Shoppe

2037 Long Lake Road Unit A10
522-2339

wellness.shoppe@bellnet.ca

Carries a lot of products that are chemical and fragrance free, biodegradable. Also has a recycling program whereby you can bring back empty bottles purchased at the store.

Walden Natural Foods and Country Market

702 Regional Road 55, Lively
692-0486

Since 1992 has been selling organic products, organic chicken and dairy items and breads and promotes healthy eating and lifestyle.

FAST FACT

Spider plants and aloe vera plants absorb many toxins. The more plants the better. Baking soda in open containers absorbs negative odours in the house and fridge.

ALTERNATIVE ENERGIES

Custom Bio-Gas Inc

Warren Maskell
www.bea-biogas.com
1351 Highway 144
Chemsford POM 1L0
855-0539
warren@cyberbeach.net

Looking to set up a pilot biogas project in Northern Ontario that uses municipal, industrial and agricultural waste to create electricity and heat sources.

Enviro Energy

Jean Marc Pitre
665-3589

enviroenergy@sympatico.ca

Provider of renewable energy options for solar systems that are off the grid for residential and commercial facilities.

Pro-Sol Energy Systems

Andre (Andy) Giroux
1277 Kingsway
Sudbury, P3B 2E9
560-3387

andyg@prosolenergy.com

Since 1999 has been providing alternative energy systems using propane and solar for energy needs for RV's and cottages in the Sudbury area. Also provides free consultation for people.

Repower Wind Corp.

Theo Peters
2939 Belisle Drive
Val Caron P3N 1B3
Phone 897-2215 cell: 562-7343
theodorpeters@gmx.net

Looking to set up a wind turbine manufacturing plant and help build up the wind industry in Canada.

Solargen III

Kurt Johnson
839 Lorne Street Sudbury P3C 4R6
673-5775

For the past 18 years has been a renewable energy supplier selling a complete balance of solar systems, small wind generators and selling LED (Light Emitting Diodes) lights.

Sunshine Energy

Don Taylor
702 Regional Road 55, Lively
1-877-733-2718

Since 1994 has been in sales, service and installation of solar energy equipment & supplies.

ALTERNATIVE GREEN BUILDING

Canspec Inspection Services Inc.

Fraser Rees
688-8433
fraser@canspecinspection.com
www.canspecinspection.com

2107 LaSalle suite 306
Sudbury P3A 2A3

Conducts energy assessments for residential homes. There are also grants through the Energuide Home Inspection program to homeowners who implement the energy saving measures as a result of the energy assessment.

Gagnon Renewable Resources Inc.

RR # 2
Gore Bay, Ontario P0P 1H0
705-282-2909

Gagnon Renewable Resources Inc. is a Canadian company focused on providing innovative and eco-friendly solutions to all forms of waste management. They have proven technologies for the aquacultural, agricultural, industrial and municipal sectors.

BE A KEENER

Use compact fluorescent lights (CFLs) which use 75 percent less electricity than standard light bulbs. They cost more to buy initially, but save you money by reducing energy used.

Green Building Consultant and Structural Engineer

Aaron Dent, Halsall
674-8520 ext.25
adent@halsall.com

As a LEED (a worldwide green building certification system) Professional, Aaron is able to consult on residential green building projects as well as large commercial projects. He has worked as a sustainable design consultant on 3 LEED buildings, and has provided structural design for a straw bale house in Wanup.

Straw bale house construction

Pierre and Susanne Leffler
698-9068
Pierre@playlearnthink.com
Building a straw bale home in Greater Sudbury in Wanup and are interested in working with others who would like to try a hand at straw bale building in Sudbury.

Taylor Made Home

522-2736
Sudbury's most energy efficient home builder. The only active R2000 builder in Northern Ontario. Builders of the Sudbury Envirohome, an award winning house with ultra low energy consumption and which provides a healthy indoor environment. Envirohome is at 808 Arnold Street in Sudbury.

FAST FACT

Chemicals in a home come from sources such as commercial cleaning products, garden chemicals and supplies such as paints, solvents and can be in personal care products like nail polish or harsh cleaners.

GREEN PRODUCTS

La Boulangerie Du Village

Bob Wyant
104 Durham Street
Makes a variety of pastries, breads in an artisan manner versus industrial baking. Uses organic flour and other products whenever possible.

Bazura Bags

Melissa Belan
www.bazurabags.ca
869-1748
mandelyn_skittlez@hotmail.com
Bazura Bags are bags that are made from recycled juice packs from the Philippines. The bags are made from material that is non-biodegradable and would end up in the landfill.

Body Shop

Claire Seguin
New Sudbury Centre, 1349 LaSalle Blvd.
560-4473
A value-driven, global retailer of naturally-inspired skin and body care products. They have a long history of campaigning on social and environmental issues.

Hemp Home Fashions

524-3412
404 Westmount Ave. G93
Sudbury P3A 5Z1
sherrilbenoit@yahoo.ca
Markets products made from hemp such as face cloths, towels, and hemp twist & tuck towels for hair. These products are manufactured in Sudbury.

Home Depot

1500 Marcus Drive
Sells composters 11 cubic foot \$44.97 (Seasonal), programmable thermostats help reduce your energy bill (\$10-\$300), compact fluorescent light bulbs, low flow shower head, low flow toilets, composting toilets (special order), tankless water heaters. Home depot offers free energy efficiency workshops to the public.

Island Ink Jet

New Sudbury Shopping Centre
560-1384
newsudburycentre@islandinkjet.com
Refills ink cartridges and refurbishes laser toners. Those that do not work are sent to head office to be recycled.

Ink Well Sudbury

Downtown Rainbow Centre
40 Elm Street
675-6700
inkwellsudbury@bellnet.ca
Your complete on-site inkjet and toner refilling centre that uses environmentally friendly, non-toxic ink to refill cartridges. Better for the environment and saves you money. Open to all businesses and to the general public.

Josephine's Vegetables

www.dinosaur1.homestead.com/Contact_Us.html
3316 St. Laurent St. (on Valley View Rd)
Greater Sudbury
705-897-6302
jrainville@sprint.ca
No herbicide since 1982! They grow peas, lettuce, green onions, tomatoes, cucumbers and much more... They also offer recipe suggestions.

Already picked or pick your own. Open May 1 till Sept. 8, 8 am till 8 pm, 7 days. After September 8th call or email.

Planet Earth Organic Landscaping

Ersin Abdullah
669-8275
planetearthorganiclandscaping@yahoo.ca
Provides organic gardening services and organic lawn care advice to Sudbury residents.

Power Assisted Bikes

www.powerassistedbikes.com
powerassistedbikes@bellnet.ca
669-1419
Has a variety of styles of power-assisted bicycles to help you get around town. With no cost for gas, insurance, licence plates and a little more power to get up those hills... all you need is your helmet!

Village International Sudbury

139 Durham St.
524-2999
A not-for-profit store that offers Fair-trade coffee and crafts from developing nations around the world.

7 REUSE CENTRES

Every day items end up in landfills in Canada. We need to start reusing items before they are recycled. One option is to reuse building materials as well as clothing that is second hand. There are many opportunities to find what you are looking for without having to pay the high environmental cost and price for new. Remember someone's trash could possibly be your new treasure. Items that are broken such as bicycles and appliances can be fixed and made as good as new. Instead of buying a certain item like a BBQ for that special event, why not rent. There are also many rental options in Greater Sudbury.

FAST FACT

Landfills in North America are filling up so quickly that they are closing at a rate of about 1 per day.

Bell World Store
New Sudbury 560-6660
Brady Square-671-3181
Accepts old cell phones and donates them to a women's shelter

BE A KEENER

Instead of throwing out items that you no longer need, have a garage sale, donate them to a local group or drop them off at a reuse centre.

Bicycle Doctor
522-2368

Is your bicycle working? Bike doctor makes housecalls. Rapid repairs. Pick up and delivery available.

Canadian Diabetes Association–Clothesline
524-8700

1639 Lasalle Blvd
Sudbury, P3A 1Z8
Will pick up used clothing, shoes or toys. There are many drop-off boxes in the Sudbury area where you can donate your items. All proceeds from selling these items go to research and programs for the Diabetes Association. For drop box locations or to arrange a free pick up please call.

Freecycle

Give away reuseable items for free in Sudbury
www.freecycle.org

BE A KEENER

Think carefully before you buy—do you really need it? Can you borrow or share or rent it? Can you repair items instead of throwing them out?

Gramas' Corner
1769 Regent Street
522-0304

gramascorner@bellnet.ca
Sells second hand ladies, children and maternity clothing on consignment.

Habitat for Humanity Restore
www.habitat.ca
450 Notre Dame Scott Murray-Store manager
restore@personainternet.com
669-0624

Sells used building materials which reduces items being sent to landfills. This store generates revenue for building new Habitat for Humanity homes in the Greater Sudbury Area.

Jarrett Value Centre
760 Notre Dame Ave
525-5100

Receives community donations of goods. Available home pick up or drop locations.

Phase Two Clothing
747 Notre Dame
524-0949

Canadian business selling quality recycled clothing.

Play it Again Sports
900 Lasalle Blvd
566-1236

We carry a full line of new and used sports equipment, and you may also trade-in your used equipment to increase your discount on the purchase of products in our store.

Salvation Army Thrift Store
634 Notre Dame
525-2433

Accepts furniture items bed frames, dressers, mirrors, night stands, couches, pots and pans, dishes, kids toys and clothing- ensure all items are in good working condition.

Value Village
525-2339
799 Notre Dame
Accepts second hand clothing, books, giftware, and household goods.

BE A KEENER

Donate your used books to libraries, community centres or retirement homes for others to enjoy. Instead of buying a new book, why not try borrowing one from the library.

RENTAL OPTIONS

Bete's Rental
673-7383

315 Lorne St.
Rents a variety of items from barbeques to fine china.

Rent-n-Party
560-1366
www.rentnparty.com
842 Notre Dame Ave.
Event rentals for special occasions.

8

ONLINE ENVIRONMENTAL RESOURCES

ONTARIO ENVIRONMENTAL WEBSITES

Clean North- Sault- Ste- Marie
www.cleannorth.org

Composting Council of Canada
www.compost.org

Environmental Issues in Northern Ontario
www.northernontario.org/Environment/1_Environment.htm

Green Ontario
www.greenontario.org

Northwatch- North Bay
www.web.net/~nwatch/

Ontario Environment Network- North Bay
www.oen.ca

Ontario Healthy Communities Coalition- Sudbury
www.healthycommunities.on.ca/

Ontario Straw Bale Building Coalition
www.strawbalebuilding.ca/

Ontario Sustainable Energy Association
www.ontario-sea.org/

Recycling Council of Ontario
www.rco.on.ca

Sudbury Basin Environmental Networking Initiative
www.mysudbury.ca/Communities/Index/Directory.htm?TaxonomyId=1737

CANADIAN ENVIRONMENTAL WEBSITES

Canadian Alternatives Journal
www.alternativesjournal.ca

Canadian Grassroots Store
www.grassrootsstore.com

David Suzuki Foundation
www.davidsuzuki.com

Earth Day Canada
www.earthday.ca

Ecological Footprint
www.ecofoot.org/

Environment Canada's Green Lane
www.ec.gc.ca

Facilitator Environmental Stewardship
www.greenshift.ca

Government of Canada
www.Onetonnechallenge.gc.ca

Greenpeace Canada
www.greenpeace.ca

Online Environmental Magazine
www.life.ca

Online Reuse Centre
www.2good2toss.com

Pembina Institute
www.pembina.org

Planetfriendly Environmental Website
www.planetfriendly.net

Pollution Probe
www.pollutionprobe.org

Sierra Club of Canada
www.sierraclub.ca

Sierra Legal Defence Fund
www.sierralegal.org

World Wildlife Fund
www.wwf.ca

OTHER USEFUL WEBSITES

Meatrix Online Video
www.themeatrix.com

Store Wars Online Video
www.storewars.org/flash

NOTES

KEEN TO BE GREEN SUBMISSION GUIDELINES

The Keen to be Green guide is not an exhaustive list and welcomes submissions for a future edition.

If you know of a green organization, club or business to add to this guide, please contact us at:

Sudbury Basin Environmental Networking Initiative/
Programme de réseautage environnemental du bassin de Sudbury
Mail 131 Regent Street, Suite 4 Tel 705.674.1685
Sudbury, Ontario P3C 4C1
Email sbeni_prebs@on.aibn.com Fax 705.674.5732

SUBMISSION FORM

Organization _____
Contact name _____
Address _____

Telephone number _____
Fax number _____
Email address _____
Website address _____
Description _____

YOUR INFO

Name _____
Telephone _____
Email _____

THANKS FOR TAKING THE NEXT STEP TO BECOMING A GREEN CITIZEN!

Please note While we appreciate your recommendations SBENI/PREBS reserves the right to refuse any submission. Inclusion is not guaranteed.

WHAT IS THE SUDBURY BASIN ENVIRONMENTAL NETWORKING INITIATIVE?

The Sudbury Basin Environmental Networking Initiative (SBENI) is a research project. Since September 2004, SBENI has been doing research on the environmental groups, projects and initiatives in the Sudbury Basin, and looking at networking opportunities among environmentally concerned groups which could help sustain environmental activity in the area over the longer term.

“Keen to be Green” is the result of talking with different groups throughout the research stage in the Sudbury area. This guide is intended for use by the community at large. We have the power to become more involved with environmental issues through participation in groups, and by becoming more informed about environmental concerns. We also make environmental decisions each day, when we choose which products we buy and how much we consume. We can reduce our consumption, reuse products rather than throwing them out, and choose to use more environmentally friendly products and services that don't harm our health, other animals' health, or our environment.

There are many ways in which people can become involved in environmental activities in our community, and in which groups can become more effective by working with one another. This guide is to provide information so that citizens of Greater Sudbury can become “eco-citizens” in our every day lives. Everyday we make many choices from the food that we buy,



clothing we buy, mode of transportation we use to get around to the products we use for cleaning our house. All of our choices affect our environment and by becoming an eco-citizen you too can help lessen our ecological impact on our environment and help keep our community healthy and green!

REFERENCES

Ecosource Mississauga
Green Guide 2004
www.ecosource.ca

Encyclopedia of Natural Healing:
A Practical Self-Help Guide, 2nd Edition.
Siegfried Gurshe, MH

CREDITS

Graphic design
Terra Designs www.terradesigns.ca

Printing
Crocodile Press Inc. www.crocodilepress.ca
100% Post consumer recycled paper,
Rolland Enviro Edition.

Editors
Phillip Penna, Doreen Ojala,
Monique Beaudoin, Brennain Lloyd

Research
Nathalie Gara-Boivin
SBENI-PREBS Coordinator
Heather Miklovich
Volunteer Assistant