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
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.

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.

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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

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.

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.
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
gode@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
wwchad@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.
FAS T F ACT
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.

Food and Environmental Resources

If you ate today, remember to thank the farmers!

Community Shared Agriculture - Wanup
amethystrevisted@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 Vegetarian Society (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 CO\(_2\) emitted during transportation i.e. fruit from Niagara Falls is 516 km or 124 kg of CO\(_2\) compared to from New Zealand 14,300 km this means that 3432 kg CO\(_2\).

The Sudbury–Manitoulin Food Security Network
[communities.mysudbury.ca/sites/foodsecurity/default.aspx](http://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 & Marketing Inc. (NOAFEM)
[www.norontagrifood.org](http://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](http://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.

**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.

Computers for Schools Ontario (CFSO)
[www.computerforschoolsontario.com](http://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 diverted 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.
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.

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 Froebisher 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
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

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
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.

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
climb@laurentian.ca
The Expedition Club
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.canoeclub.sudbury.on.ca
sudburycanoeclub@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
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
wwchad@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 that 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: bymep@scdsb.edu.on.ca
Ecole secondaire Macdonald Cartier—Marc Aubin
Email: aubinnm@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
LaSalle Secondary—David Wiwchar
Email: wiwchad@rainbowschools.ca

Green Transportation
Climate change is producing more natural disasters and fluctuations in weather. Reducing single passenger vehicle trips also reduces greenhouse 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.mrgas ltd.ca/stationlistings.htm
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 P0M 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  
environenergy@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  
thedorpetersons@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.
560-6700
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.

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.

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.

Planet Earth Organic Landscaping
Ersin Abdulllah
669-8275
planetearthorganiclexscaping@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.
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

**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 reusable 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?

**Grama’s 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**

**Pete’s Rentall**
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.
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.sierrclub.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
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 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

Siegfried Gurshe, MH

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