



# The Daily Gleaner

May 29, 2010

## Canadian Environment Week

It is hard to imagine that Canadians have been celebrating Canadian Environment Week for 39 years. Taking place each year during the first week of June and coinciding with World Environment Day on June 5, Canadian Environment Week is a time for grassroots action to help preserve, protect, and restore our environment. And in our city, a variety of interesting activities for every age are taking place to mark this very important event.

Kicking off Environment Week is the Annual Plant Sale put on by the Fredericton Botanic Garden Association, taking place at the Boyce Farmers' Market on Sunday May 30 from noon to 4pm. The Association is happy to say that due to the incredible spring we have experienced, the selection of plants, trees, shrubs, tomatoes, peppers and herbs is of very high quality. And this year several other organizations have been invited to take part in the event. Of note, the Master Gardeners and Compost Fredericton will have displays and representatives on hand to answer questions. Green Matters will have a display, as well the Canadian Parks and Wilderness Society (CPAWS), Nature Trust, the Community Garden Association and the Lions Club. Apart from being beautiful to look at, gardens are a way to keep important ecological contributors, such as birds, bees, butterflies and other insects prospering in our environment.

Tuesday, June 1<sup>st</sup> will mark the official launch of Freddy's Commuter Challenge. Intended as an extension of the national Commuter Challenge, the Freddy Commuter Challenge has been specifically created to coincide with the summer closure of the Princess Margaret Bridge. Unlike the national Commuter Challenge that takes place each June for one week, Freddy's Commuter Challenge will run all summer long. The goal is to create a fun way to beat the street congestion this summer by encouraging Frederictonians to walk, bike, carpool or take public transit rather than using their cars for commutes to work, school, daycare, etc. Participants will be able to track their progress online and qualify for some great prizes. Come out to City Hall on Tuesday for the official launch where volunteers from the Canadian Lung Association and Katimivik will be on hand to sign you up!

Once again, the Fredericton Public Library is offering a range of creative, interactive and educational ways for families to celebrate Environment Week. On Wednesday, June 2 the Library will be holding an Eco-Art Workshop at 2:30pm for children ages 7-12 years, and a Nature Tales Storytime at 6:30pm designed with the whole family in mind; then on Thursday, June 3, be at the Library for 10:30am for 'It's Easy Being Green' Storytime for children ages 6 and under. Being a green guru is a big job, so bring your family out to the library to learn how you can be a recycling superhero and create your own GREEN crafts!

Also taking place on Wednesday, June 2 is a lunchtime talk with the City Forester, Don Murray. Coinciding with national Clean Air Day, this event will be held in Wilmot Park near the Stepping Stone Centre. Don will speak from 12noon to 1pm about the benefits of trees, tree pruning and species selection. This is the first in a series of upcoming talks Don will be giving throughout the summer.

If you are staying in town next weekend be sure to mark World Environment Day and International Trails Day in your calendar on Saturday, June 5 and celebrate the day with any one of or all of the following activities. Visit the Green Matters booth at the Boyce Farmers' Market, where you will be able to find out more about Green Shops in our community; sign up for the Freddy Commuter Challenge; and take away a spruce seedling (while supplies last). And later that day you can join River Trails Bike Rentals & Tours for a free bike tour. Beginning at the Lighthouse on the Green at 1pm, weather permitting, the group will travel to historic Marysville. Bikes and helmets are available to use free of charge for this special event, but feel free to bring your own. Also, spaces are limited, so arrive early!

Finally, when you are walking throughout the downtown this week, keep your eyes open for businesses participating in the **Go Green Window Decorating Contest** celebrating Canadian Environment Week in their own creative way!

These are the many events coming up next week to celebrate Canadian Environment Week in our city, however, it is important to remember that it is our everyday habits that make the greatest impact. If you feel there is more you should or could be doing to reduce your impact on the environment perhaps you can use this year's environment week to make a change in your everyday habits. Big or small, every change helps. We all can make a difference by taking simple steps in our daily lives to protect and preserve the life support systems we rely on everyday. Here are some ideas to get you started:

- Have a yard sale.
- Organize a book or clothing swap with your friends.
- Master electronic filing, banking and bill payments to reduce your printed materials.
- Start using natural and homemade cleaners and landscape products.
- Buy local – 'tis the growing season!
- Start composting – it's easier than you think – trust me!

There is no better time to embrace life on earth! For more information on Canadian Environment Week you can visit: [www.ec.gc.ca/sce-cew/](http://www.ec.gc.ca/sce-cew/).

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