



Western
Environment
Centre
wecnl.ca

Newsletter

Inside this issue...

- Plastic reduction tips
- E-bike share update
- Workshop news
- Social Enterprise
- And much more...

From the Editor's Desk

In August, I had the pleasure of attending a geology hike in Eastport through the Winterset Writers' Festival. The geologist, Dr. Art Dyke, told us all about how water and ice have shaped the earth's surface over millennia. Naturally, the question of anthropogenic climate change arose from the audience. Dr. Dyke noted that the awareness of climate change and its effects have long been known and accepted in the scientific community; this awareness has made its way into policy, depending on the government in power, and is slowly manifesting itself in the voter realm. Dr. Dyke also put into perspective the two-degree rise in global average temperature that climate change could cause: two degrees the other way would bring us into a state of glaciation. That is how monumentally important such a seemingly small rise in the overall global temperature can be.

For environmentalists and scientists hoping to see action on climate change, perhaps the biggest stumbling block has been the voter realm. Questions about climate change still do not weigh heavily in criteria for selecting a given political candidate. This absence is due in part to the abstract nature of the problem: for many of us, it is remote geographically because melting glaciers and rising sea levels often occur in areas that are far away. It is also a problem that is in part chronologically remote, in that there is a long time lag between cause and effect. We will not see the truly devastating effects of climate change for a few more decades, but by then it might be too late to do anything about it.

Perhaps two key principles can motivate the public to embrace the environmental ethic that we all need to survive. One is a sense of personal responsibility that we all have to others and to future generations. The second is a willingness to separate ourselves somewhat from our technologically driven surroundings and develop a deep connection and appreciation of the natural world. From that connection could emerge an awareness of our interdependence with the natural world, that our mutual survival is inextricably linked.

This newsletter contains articles that embody both principles. There is an update on the workshops that WEC has been holding and will continue to hold in the upcoming months. This issue also contains some tips on reducing the use of plastics in our daily lives, as a way of easing the plastic waste that pours into our oceans on a daily basis. Those tips are preceded by a review of a documentary on how plastics are marring the health and viability of the world's oceans. Likewise, read about WEC's ongoing workshops and how you can avoid wasting produce from your garden through the Humber Valley Fruit Rescue Program. These articles project the underlying theme of personal responsibility.

Nurturing an appreciation of the natural world begins in childhood and there is in this issue a recommendation for some suitable books for children that can instill this appreciation in them. We also have an update on the e-bike share. Finally, you will find interesting and provocative the article on social enterprise.

We hope that you enjoy reading this issue!

Edwin Bezzina

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We're on Facebook!



You can find us by searching
'WEC NL'

We're also on Twitter



(www.twitter.com/wecnl)

WEC welcomes comments and questions!

Feel free to write to the editor (info@wecnl.ca). We'd love to hear from you.



Cover Photo: Marigolds in Pasadena (courtesy Rebecca Shea)

WEC's Mandate

(this mandate includes some changes that were made recently)

The Western Environment Centre (WEC) is a charitable, non-profit, non-governmental organization. WEC is based in Corner Brook but we aim to serve the whole western Newfoundland region. In partnership with other community groups, businesses, and government agencies, our organization strives to:

- 1) Engage communities in environmental issues in a balanced, objective, and informed manner
- 2) Build capacity and involvement in projects related to environmental sustainability
- 3) Create a community of environmentally active citizens.

Project Focus Areas

WEC activities are focused in three main areas:

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Food Sustainability
<i>Community gardens and greenhouse</i>
<i>Food skills workshops</i>
<i>Humber Valley Fruit Rescue</i>
<i>Humber Heights Community Compost</i>
<i>School Garden/Greenhouse Partnership</i>
<i>Participation in the Wonderful Fine Market</i> | <ol style="list-style-type: none"> 2. Climate Change and Energy
<i>Electric BikeShare Rental Program</i>
<i>Collaboration with Climate Watch NL</i> 3. Public Policy Engagement
<i>Participation in government-led consultations</i>
<i>Engagement in public dialogue on current events/issues</i> |
|---|--|

Controversy concerning the Western Brook Pond Trail

Recent changes this past season to the Western Brook Pond Trail in Gros Morne National Park have generated much discussion and even complaint, particularly with regards to the construction of a gravel road. WEC does not have a formal position on the issue, but invites its readers to consult the statement made by the Canadian Parks and Wilderness Society and the information provided by Parks Canada:
<http://cpaws.org/news/cpaws-statement-on-changes-to-western-brook-pond-trail-and-infrastructures>
<https://www.pc.gc.ca/en/pn-np/nl/grosmorne/visit/infra/wbp>

How to become a WEC member (and how to encourage friends to become members)

Please fill out the membership form on the back page and then send it by post to our surface address or by scanned copy to our e-mail address (info@wecnl.ca). Becoming a member is a fabulous first step to becoming environmentally involved in your local community!

Board of Directors

Mikaela Wilson.....Chair
 Simon Jansen.....Vice-Chair
 Rebecca Shea.....Treasurer
 Brennan Lowery.....Secretary
 Edwin Bezzina.....Newsletter Coordinator
 Carl Durand Glen Keeling
 Roza Tchoukaleyska Kris Watton
Executive Director.....Katie Temple

Five great ways to get involved in WEC

1. Join one of the working committees
2. Join the Facebook group and invite others to do the same
3. Attend WEC events
4. Become a WEC volunteer
5. Participate in the WEC community garden

Welcome to our new Board Members!

Carl Durand has been living in Corner Brook since 2012 and became a board member with WEC in 2018. He is involved in several of WEC's projects working towards sustainable local food production and food security, waste reduction and decarbonisation.



Brennan Lowery is originally from New Orleans, Louisiana and is a recent newcomer to Newfoundland. An Interdisciplinary PhD student at Memorial University, Brennan is based at Grenfell Campus in the Environmental Policy Institute. He has lived in Corner Brook since Winter 2017 and has gotten involved in local initiatives related to entrepreneurship, composting, and social innovation. Brennan joined the WEC board in fall 2017 and hopes to work with WEC on projects such as strengthening partnerships with Grenfell Campus, downtown revitalization, and social enterprise.

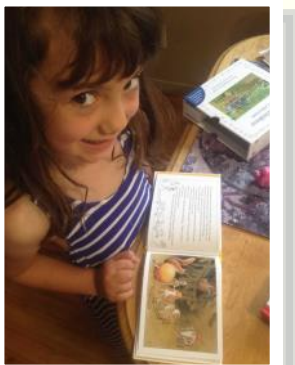


Roza Tchoukaleyska joined the WEC Board of Directors in January 2017 and brings with her experience in community engagement, urban planning policy and cultural studies. Roza grew up in Ontario and moved to Corner Brook in the summer of 2016. She holds a PhD in Geography from the University of Sheffield, UK, and teaches Environmental Studies at Grenfell Campus.

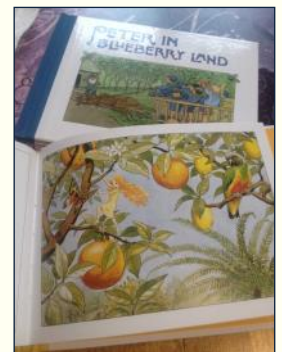


Environmental Books for Children!

The **Elsa Beskow gift collection** includes beautiful books by Elsa Beskow, known as one of "... Sweden's best-loved children's illustrator(s)." The books are nature fairy tales with beautiful illustrations that are magical. These fairy tales can inspire children to explore their natural surroundings and work to instill a sense of wonder in the natural world. WEC's budding environmentalist Carrie Galliot-Hoskins recommends these books because she loves the pictures of the fairies in the woods and the fact that the books are always about different stories in the wild. She really likes the characters in the books and the wonderful adventures that make for such engaging and worthwhile reading.



Carrie Galliot-Hoskins and Jessica Galliot



photos courtesy Jessica Galliot

Electric Bike Share Update

The Corner Brook E-BikeShare program came back in full swing for the 2018 season! Have you seen our e-bikes around yet? You may find them in unexpected places this year!

This year, the e-bikes have been spread out throughout Western Newfoundland. Two have been available to rent at The Galliot House B&B in Woody Point (call [709] 453-2212) and two at Cycle Solutions on West Street in Corner Brook ([709] 634-7100). We also have opened a third new location this year! Out East Adventures in Norris Point has e-bikes, and they're excited to be partnering with WEC this season to coincide with their other great outdoor activities, which include day hikes and overnight hikes in the beautiful Gros Morne National Park.



As in previous years, rental fees are \$20 for 24 hours or just \$80 for a whole week. For future reference, the season opens in mid-May and remains so until around mid-September (e-bikes at Cycle Solutions are still available). Remember, to rent an e-bike you must be 16 years or older, must possess a valid driver's license, and must pay rental fees in advance with a valid credit card. New this year is the option to reserve in advance! Do you need an e-bike or two for a vacation or visiting relatives and want to make sure you can guarantee their availability? Just e-mail WEC at info@wecnl.ca and let them know how many e-bikes that you need, when you

need them, and which of the three locations you would like to pick them up. If there are e-bikes available for your requested dates, you'll be asked to pay your full rental fee in advance, and you can then go pick up the e-bikes with no worries about sold out e-bikes!

Thanks for your continued support of the E-BikeShare program and a big thank-you to the organizations that have sponsored the project over the years!

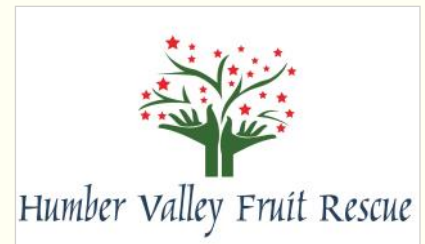
Mikaela Wilson



Natasha Pennell showcasing one of the e-bikes at The Galliot House B & B

The Humber Valley Fruit Rescue Project is now well into its second season. This year, volunteers also have been available to pick any surplus vegetables homeowners may find themselves unable to harvest themselves. The program will work the same as it did last season: 1/3 of the harvest goes to the volunteer pickers, 1/3 back to the homeowner, and 1/3 will go to a local organization or sold by WEC at The Wonderful Fine Market. If you are interested in volunteering as a picker or you are a homeowner with an abundance of fruit who would like to contribute, you can contact the project at hvfruittrescue@gmail.com or on our Facebook page, "Humber Valley Fruit Rescue." And, if you see a neighbor with fruit that they are unable or unwilling to pick, grab an info door hanger and help spread the word.

Rebecca Shea



WEC Workshops Update

The Western Environment Centre has had a very active few months, particularly with our annual food skills workshop series. Since February, we have run 12 different workshops on the following topics: sourdough bread-baking, making sauerkraut, no-till gardening, wild edible plants, container gardening, backyard beekeeping, organic pest management, and getting started in the garden.

So far we have reached over 200 participants with our workshops, including two workshops that each had over 50 people in attendance! In February, our sauerkraut workshop was held at the pop-up Wonderful Fine Market during Winter Carnival, and we plan to hold a number of other fermentation workshops in the fall at the Market (the season runs from September to December at the Legion on West Street). Back by popular demand, we also held two sourdough bread workshops in February, and again we'll bring these back in the fall as the weather cools.

In April and May, we began organizing organic gardening workshops on a number of topics. Michael Burzynski and Anne Marceau, expert gardeners in Rocky Harbour, provided a fascinating and comprehensive overview of how to manage pests naturally. We also continued our focus on environmentally responsible gardening methods by holding a well-attended no-till gardening session at The Greenhouse & Garden Store. It was facilitated by Hans-Steffen Lindner, an experienced gardener in Hughes' Brook who has been a no-till convert for the past 3-4 years.



Learning about foraging safely in the wilderness



Jessica Galllott leads a workshop on container gardening

In early June we held a backyard beekeeping presentation at the Corner Brook Public Library given by Eric Leonard, the western representative from the NL Beekeeping Association. Almost 60 people showed up to hear Eric speak about his own experiences raising bees and learn the basics on how to get started, including equipment needed and local rules and regulations.

Later in June, we held a container gardening workshop led by facilitator Jessica Galllott. This also was held at the library and we had over 50 participants who each went home with a pot of soil, some seedlings, and some useful tips on how to grow vegetables and herbs successfully in any type of container, from fish boxes to raised beds.

In July and August we were relatively quiet, with just one workshop at the end of July. On Tuesday, July 24th, Eric Leonard did a second backyard beekeeping presentation at Pasadena Place. We think that there are probably just as many folks in Pasadena who are excited about bees as there are in Corner Brook!

Later on in September, we plan to run a second wild edible plant hike. The first hike in mid-June was quite successful, and we plan to run another as different plants become available for wild harvesting.
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WEC Workshops Update *(continued from the previous page)*

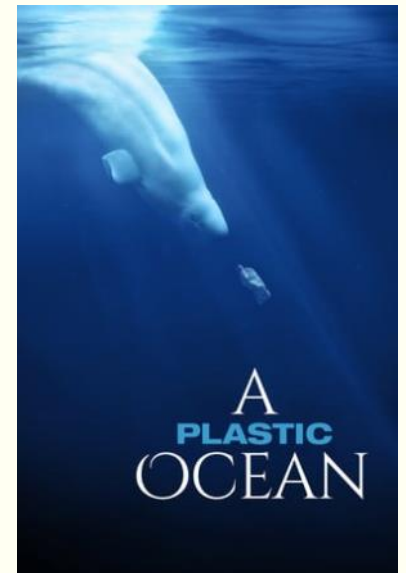
Support for our workshops this year comes from the Western Regional Wellness Coalition, the City of Corner Brook, and the TD Friends of the Environment Foundation. A big thanks to all our facilitators and supporters, including Hans-Steffen Lindner, Eric Leonard, Jessica Galliot, Michael Burzynski, Anne Marceau, The Greenhouse & Garden Store (run by Kim Thistle and Sean Dolter), the Wonderful Fine Market, the Corner Brook Public Library, and Grenfell Campus, Memorial University of Newfoundland.

Katie Temple

Film Review: *A Plastic Ocean* (2016; produced by Jo Ruxton and Adam Leipzig for Plastics Oceans International; narrated by Craig Leeson).

Since the introduction of plastic materials into mainstream society following World War II, our use of plastic has increased dramatically in virtually every aspect of life. As our plastic consumption has risen, so have the unintended consequences of the disposal of this non-decomposable material. The last decade has seen an increase in public awareness about our use of plastic. We have begun to see measures to curb plastic use, such as recent bans of plastic bags and straws - measures that are being implemented around the world. Given that plastic waste has become a mainstream topic of conversation, it is very timely for a documentary devoted solely to the topic.

The documentary, *A Plastic Ocean*, begins off the coast of Sri Lanka and follows narrator Craig Leeson on his quest to film the elusive blue whale. During their underwater filming of blue whales, Leeson and his team stumble upon a large area of ocean surface covered in a film of plastic, oil, and other debris. This juxtaposition of plastic waste in the otherwise pristine ocean begins the film's roughly ninety-minute look at the state of plastic pollution across the globe.



earth used 300 pounds of single-use plastics per year on average! The magnitude of such statistics is visually reinforced with Leeson's visits to areas of plastic disposal where he is dwarfed by mountains of plastic waste.

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Along the way, Leeson is joined by adventure free diver, Tanya Streeter, as they each explore individual stories from different locations across the world. Much of the film consists of small anecdotes from researchers studying plastics and from people who live in areas directly affected by plastic waste. Interspersed among the anecdotes are many sobering statistics about our habits surrounding plastic. For example, in the year the film was produced (2016), it was discovered that every man, woman, and child on

Film Review: *A Plastic Ocean* (continued from the previous page)

A Plastic Ocean uses breathtaking nature cinematography to highlight how our addiction to plastic has had real consequences on our ecosystems and the animals that inhabit them. The human side of the plastic waste story was largely told through visits to affected communities in Fiji, Hong Kong, the Philippines, and Tuvalu. However, towards the end of the documentary, the duo turns their attention to the West, and the personal health hazards of chemicals included within the plastic products we use every day in the Global North. This side of plastic would likely resonate better with those living in the West who don't see as much of the plastic waste first hand with our organized waste management systems. By looking at plastic from several viewpoints, the film emphasises that all humanity has contributed to the problem of plastic pollution, and that all humanity bears the responsibility to rectify it.



“Plastic is wonderful because it is durable, and plastic is terrible because it is durable.”

As the film progresses, one can become a bit disheartened as the scale of the problem becomes more and more visible.. I credit the documentary for ending on a few positive notes, including many of the new technologies that may help us deal with plastic waste, such as the heat-generating method of pyrogenesis and pyrolysis (thermal decomposition of the plastic waste). The film also highlights some success stories from individuals and nations alike and accentuates the importance that we all have in changing our own plastic consumption habits.

Overall, the film offers a sobering view about the state of plastic waste in the oceans and around the world, but avoids being totally pessimistic by injecting optimism that small changes and new technologies can make a difference. I recommend that everyone, regardless of one's personal convictions, watch this documentary. Plastic waste is truly everyone's problem, and awareness of the problem is going to be the first step towards a solution. *A Plastic Ocean* is available on Netflix Canada, and I highly suggest you watch it with some home-popped popcorn and your favorite drink; just hold the straw.

Carl Durand

(photos by John Johnson for Plastic Oceans Organization)

Plastic Reduction Tips

Here are some tips on how to reduce the amount of plastic you consume:

Baby		
Baby food	Look for baby food in glass jars rather than plastic containers. Alternatively, use a blender to create your own baby food, and save money and plastic packaging in the process.	
Diapers	Both adult and baby diapers contain large amounts of plastic. Alternatives include re-usable cloth diapers and biodegradable disposable diapers.	
Milk	Breastfeed your babies. Breastfeeding is 100% plastic-free.	

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Plastic Reduction Tips *(continued from the previous page)*

Drink		
	Coffee and tea	<p>Stop buying to-go coffee/tea with plastic lids. Bring a reusable thermos, or get your hot drink in a ceramic mug and sit down and enjoy it!</p> <p>If you brew coffee at home, plastic-free options include drip coffee with a paper filter or a French press. If you own a Keurig or Tassimo, use re-fillable or compostable pods.</p> <p>Use a wooden stir stick or a reusable spoon instead of a plastic stir stick.</p>
	Straws	<p>#saynotothestraw</p> <p>If you must use a straw, such as in the case of certain disabilities, use a compostable paper straw or reusable metal straw.</p>
	Water and pop	<p>Don't buy drinks in plastic bottles. Bring some from home, using your own reusable bottle made out of a material such as stainless steel.</p>
Food		
	Eating out	<p>For your take-out, ask for compostable cutlery and for food containers made of cardboard instead of styrofoam.</p> <p>For items like sauces and coleslaw, suggest reusable alternatives to plastic sauce cups.. Why not recommend to your favourite take-out restaurant that they switch to biodegradable or reusable containers?</p>
	General Tips	<p>Make your own meals and bake your own bread and sweets. This avoids the packaging involved in pre-packaged meals and baked goods.</p> <p>Buy in larger quantities for items where plastic is unavoidable like yogurt or margarine, which reduces the overall amount of plastic.</p> <p>Whenever there is an option, choose items wrapped in paper, glass, or metal. Buying from bulk-food stores is another option if you bring your own containers.</p>
	Leftovers	<p>Stop using plastic wrap to cover leftovers. Re-usable glass containers work great. At a minimum, try using a non-plastic food wrap, such as wax paper or beeswax cloth.</p>
	Meat	<p>Buy your meat from a farmer who uses butcher's paper instead of styrofoam and plastic wrap.</p> <p>Likewise, for hunters, select a butcher who uses butcher's paper.</p>
	Vegetables and fruits	<p>When buying fruits and veggies in the store, choose items that are less packaged, or bring reusable produce bags.</p> <p>Grow your own food. Have a garden or participate in a community garden. Farmers' markets also typically sell produce with far less plastic.</p>

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Plastic Reduction Tips *(continued from the previous page)*

Health		
	Dental Care	Choose toothbrushes made out of non-plastic materials, such as wood or bamboo, and use biodegradable dental floss.
	Eye Care	Select non-plastic glasses frames such as metal or wood. For contact lens wearers, choose monthly contact lenses instead of dailies, or talk to your optometrist about the possibility of refractive surgery such as LASIK or PRK.
	Menstruation	#plasticfreeperiod Both sanitary pads and tampons contain plastic in the packaging and the products themselves. Plastic-free alternatives include reusable sanitary pads, menstrual cups, period panties, menstrual sponges, and eco tampons.
	Smoking	Cigarettes filters and the packaging surrounding cigarette boxes are both made of plastic. Your best option is to quit smoking; and it's better for your health and wallet. If you are considering quitting, talk to your doctor.
Home		
	Air Fresheners	Instead of using plastic air fresheners, use candles, incense sticks, or essential oils.
	Cleaning	Many household cleaning products come in plastic bottles and can be replaced by baking soda, which is sold in a cardboard box.
	Clothes	Choose clothes made of natural fibers, i.e. cotton, wool, hemp, and linen, versus synthetic materials such as polyester, fleece, and nylon.
	Laundry and dishwasher	Buy powdered detergent sold in cardboard boxes instead of liquid or pods in plastic containers. Alternatively, for laundry try using soap nuts.
	Packaging	When packaging parcels, use biodegradable packaging such as cardboard, paper, or popped popcorn instead of plastic bubble wrap or packing peanuts.
	Plastic Bags	Bring your own reusable cloth bags when shopping. Paper bags make a good alternative, too.

Start the conversation! When you see a business, individual, or organization using unnecessary plastic, speak up. Consumer behaviour and preferences make a difference; so you can make a difference, too!

Carl Durand

Kudos to the Western Regional Waste Management Board and the City of Corner Brook for the new recycling program!



Helping WEC as you recycle

Here is a creative way to donate to WEC financially. WEC has an account at Scotia Recycling on 55 Maple Valley Rd (709-634-2025). When dropping off your recyclables, donate by telling the people at the desk that you wish to give the proceeds to the Western Environment Centre. Visit the Scotia Recycling website:



<http://scotiarecyclinggroup.com/services-by-location>. For information on recycling on Corner Brook, visit <http://www.cornerbrook.com/default.asp?mn=1.24.100> or phone their recycling line at (709) 637-1630.

Social Enterprise for Sustainability in Western Newfoundland

Non-profit organizations across Canada and around the world are torn by the need to achieve their mandates while ensuring their financial sustainability. The second goal often leads organizations to spend their limited time and resources chasing grants and can even dilute an organization's mission when grants related to its core objectives are unavailable. Over the past two decades, social enterprise has become an increasingly common way for non-profit organizations--including environmental and sustainability-focused groups --to carry out their mission while developing new revenue streams that reduce grant dependence. Social enterprises can be anywhere on a spectrum ranging from a fully for-profit company with a social mission (think Tom's Footware, which donates a pair of shoes to those in need for every pair a customer buys), to not-for-profit endeavours with a revenue-generating arm that sells a product or service and re-invests the proceeds in its programming.

Newfoundland and Labrador is home to many social enterprises, such as Lester's Farm in St. John's, St. Anthony Basin Resources Inc., and Bonavista Living. Recently, the provincial government committed to stimulating social enterprise development through its Social Enterprise Action Plan. The Plan, released in May 2018, defines social enterprises in the following way:

Social enterprises use innovative business models to contribute to the economy by advancing social, community economic, cultural, and/or environmental needs. Operating in sectors such as tourism, construction, the arts, culture, fisheries, homecare and social housing; social enterprises successfully operate in all regions of the province helping to create employment, reduce poverty, and develop entrepreneurial skills.*

The Western Environment Centre has undertaken many activities on the social enterprise spectrum over the years. From offering workshops (donations encouraged) to selling fresh produce and crêpes at the Wonderful Fine Market, WEC has been no stranger to using innovative revenue-generation methods to sustain itself while advancing its mission of community engagement and education for environmental sustainability.

Yet this is just the tip of the iceberg. There are many opportunities for social enterprise in western Newfoundland with an environmental focus. Waste products from natural resource sectors such as forestry and fisheries could lead to innovative new products and big reductions in environmental impacts. Real estate developers can make a commitment to the revitalization of downtown Corner Brook by prioritizing in-fill development and mixed use. Food entrepreneurs can help fulfill the goal of doubling our provincial food production by increasing agricultural production and local products in a sustainable manner. This last priority is shared by WEC, which focuses on food sustainability as one of its three pillars. WEC is actively exploring social enterprise models and ideas; WEC also supports the development of sustainability-related social enterprises in kindred spirits with local partners such as the Navigate Entrepreneurship Centre at the Grenfell Campus (MUN) and the DIY Society. We are excited to see a social enterprise ecosystem developing in the western region and look forward to playing an important role in it while continuing to promote environmental awareness and action in our communities.

Brennan Lowery, Katie Temple, and Choyon Kumar Saha

*News Release by the NL Department of Tourism, Culture, Industry and Innovation, May 30, 2018. Link: <http://www.releases.gov.nl.ca/releases/2018/tcii/0530n03.aspx>

Mountain Bike Trail-Building in Corner Brook

An issue which has perplexed me for some time, as both an avid cyclist and environmentalist, is the issue of informal mountain bike trail-building in and around Corner Brook. As a mountain biker, and a concerned citizen of the west coast, I want to see mountain-biking grow here in a positive way. Research has documented the positive impacts mountain bike development and associated tourism can have on an area (the connection to nature, health and wellness, economic boosts, and so on), and there are success stories of rural communities using mountain-biking to kick-start run-down economies as near as New Brunswick. Some of the environmental impacts that come along with any trail, and especially those notorious with informally constructed bike trails, can be disconcerting.



A trail under construction

Stakeholders in Corner Brook (Cycle Solutions and the West Coast Cycling Association) have succeeded in bringing formalized sustainable trail development here: the Ginger Route, the Curry Climb, and Curry Loop are all formally built, sustainable trails that are part of a trail masterplan put together by the International Mountain Bike Association in 2012. These trails have worked very well.

However, informal trails are those which are built outside this framework, but with general public backing and acceptance. Many trails are built like this in this area and this approach raises environmental concerns. My research over the last year finds that these trail-builders tend to focus on largely visible impacts (specifically, landscape scarring via the removal of vegetation), and can be ignorant of other significant impacts including biophysical impacts of trails soil erosion, water pooling, and impacts on species. Despite this, mountain bikers do have great environmental values, and balancing the right for people to access and enjoy nature with sustainable environmental development leads to happier, healthier communities. But there should be better access to information on such impacts. If informal trail-building continues to grow in popularity along with the mountain bike scene, we might start to run into some serious environmental degradation.

I fear this breakdown is what we are currently on track to experiencing in Corner Brook. There is insufficient communication between those who want grassroots informal trail building and those stakeholders pushing for formalized development. Most informal trail-building here is done without consultation or guidance, and there is basically no communication between stakeholders, bikers, builders, and planners.

Fortunately, my research also indicates that bikers and biking/trail building advocates are willing to work towards more inclusive and communicative approaches. Academically speaking, the solution is dubbed adaptive co-management, which is defined by the devolution of management power to the stakeholders involved. Essentially, sharing management authority with advocates, cyclists, and concerned parties, including them in the process, and increasing communication is a big step in the right direction. In turn, we make trail-building more sustainable for those who just want to go build their own trail, and we can manage these trails and our environment more resiliently in the process.

Thus, the goal is one where mountain bike stakeholders, bikers, and academics are all in agreement that the situation would benefit from better planning and management. Perhaps planners and managers take could engage in the issue more. The mayor recently stated in a Facebook post that after discussions at the local bike shop, he agrees that Corner Brook has great potential to become a premiere mountain-biking destination. It would be great if we could do this right from the start, and include more people when we plan for this great future. Why can we not aim for adaptive co-management, which has been proven to work so effectively?

Andrew King, B.A. Environmental Studies (email: ark543@grenfell.mun.ca)

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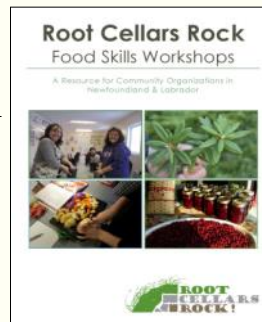
Have you always been conscious of your carbon footprint or concerned about the way industry is impacting the environment around us? Explore and expand your career opportunities with a masters of environmental policy. Find yourself in a class of your own at Grenfell Campus. findyourcorner.ca

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The Food Skills Workshop Kit!

The workshop kit is a free resource created by [Food First NL](http://www.foodfirstnl.ca) designed to support community groups across the province with hosting hands-on workshops building local food skills and preserving traditional food knowledge. Topics include: container gardening; composting; edible wild plants; seed saving; preparing local vegetables; using culinary herbs; canning; and root cellars. Download the workshops for free and start using them in your community today:

<http://www.foodfirstnl.ca/our-resources/food-skills-workshops>



The St. Lawrence Coalition

From their mission statement: The St. Lawrence Coalition was created to persuade government bodies to issue a moratorium on oil and gas exploration and exploitation in the Gulf of St. Lawrence as soon as possible. The St. Lawrence Coalition aims at bringing the gulf communities together, which share the same concerns and appreciate the natural resources of the Gulf of St. Lawrence. Our coalition is inter-provincial as five provinces are involved: Prince Edward Island, New Brunswick, Nova Scotia, Québec, and Newfoundland and Labrador.

website: <http://www.coalitionsaintlaurent.ca/en/coalition>

Contact Sylvain Archambault e-mail: s.arch@me.com ; phone: (514) 903-3524 cell (581) 995-4350

ST-LAWRENCE
COALITION
SAINT-LAURENT



OIL AND GAS
FOR A
MORATORIUM
IN THE GULF



Western
Environment
Centre
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Annual Membership Form

Type of Membership: New Renewal Lapsed

Annual membership fee: \$10.00

Name: _____

Address: _____

Phone number (with area code): (____) _____

E-mail address: _____

Would you like to be added to our e-mail list? Yes No

What environmental issues interest you the most?

Wildlife Energy Urban Planning

Food Climate Change Transportation

Other: _____

Would you be willing to help out with WEC events? _____

Would you be interested in sitting on any of the following WEC committees or working groups:

BikeShare Community Compost Market

Newsletter Community Garden

Are you interested in becoming a Board Member? Yes No

How did you hear about WEC? _____

Do you have any additional information for WEC?

To learn more about WEC, visit www.wecnl.ca or join us on Facebook or Twitter.

Benefits of Membership

- Receive updates on WEC events and activities
- Receive our newsletter
- Free entry to workshops
- Become part of a growing organization that is committed to protecting the environment in Western Newfoundland and elsewhere

Office Use Only

Date: _____

Origin (e.g. walk-in):

Payment method:

Cash Cheque

Memberships are valid for 1 year (Jan – Dec).

Please return form & payment to:

The Western Environment Centre,
50 Main Street (2nd floor)

Corner Brook, NL, A2H 1C4

E: info@wecnl.ca

T: (709) 640-1734

WEC will protect your private information. We never share or sell our membership lists.