

July 2009

**July Climate Action: Grow, Purchase & Preserve Local, Low-Carbon Food**  
There are a lot of GHG's hidden in fresh and frozen foods from far away!!!  
See attached markets, restaurants, websites, workshops, books & movies to become a "Locavore"

## Opportunities

**Livesmart BC:** whether you are on the road, at home, at work, or working in your community, [www.livesmartbc.ca](http://www.livesmartbc.ca) is a one stop climate action shop! Apply for rebates on home energy efficiency retrofits with eco ENERGY; trade in your old gas guzzler for cash with the Scrap-It Program, get your project on the map with the Climate Action Inventory; calculate your home's carbon footprint with the Lifestyle Carbon Calculator and get inspired by the stories of BC Community Heroes!

**Go Beyond Youth Action Gathering:** Last chance to join 50 BC high school and post-secondary students ages 14-30 at this 5th annual week long youth camp Aug 28-Sept. 3, Deas Island Park, Richmond BC. Develop your leadership skills, meet like-minded youth, have fun outside, enjoy great food and learn how to run the Sustainable High Schools Project or goBeyond program at your school. Register today! [www.sustainablehighschools.ca](http://www.sustainablehighschools.ca) Cost: \$250; bursaries available. Call Emily 250-361-8437 for more info.

**Green Job Fairs:** register for this event at UBC in Vancouver July 23<sup>rd</sup> to 27<sup>th</sup> <http://www.worldchangingcareers.com> and/ or help City of Victoria Youth Council organize a rockin summer event here to help YOUth find jobs that save the world! [www.cvyv.net](http://www.cvyv.net)

**Beautiful Destruction – Alberta Tar Sands Aerial Photographs:** See 6 storey high dump trucks in Louis Helbig's recent photo exhibit: [www.beautifuldestruction.ca](http://www.beautifuldestruction.ca), demonstrating that "The Alberta Tar Sands are a place of superlatives, a place of awesome beauty and destruction where exaggeration of scale and proportion seems almost impossible. It is Louis' hope that these images will encourage all Canadians to start talking and asking questions; engaging with the photos, each other and the issue of the Tar Sands."

**Kyoto Plus:** Want to see strong federal action on climate change? You are not alone! Starting July 3, Canadians of all ages have been joining rides and walks to support the new climate treaty to be negotiated in Denmark in December. Info: [www.kyotoplus.ca/pedal](http://www.kyotoplus.ca/pedal)  
Follow the journey of two of our own young climate leaders, Nadia and Martina Novak from Pender Island, as they bike and blog towards Ottawa from Victoria!! [www.rideforourbrightfuture.blogspot.com](http://www.rideforourbrightfuture.blogspot.com) Thanks to all who have supported them since July 3!

**Mr. Organic's Summer Camp** is a place where children can learn and enjoy, in a practical hands-on manner, how to grow health-friendly food; in the community for the community. International educator, public speaker and past certified organic commercial grower Dave has created a series of educational programs for students of all ages. Info: 655-9156 or [davefriend@friendlyorganics.ca](mailto:davefriend@friendlyorganics.ca)

**BC Transit Programs & Consultation:** your input is needed to design the best Victoria Regional Rapid Transit system: [www.bctransit.com/vrrt/community.cfm](http://www.bctransit.com/vrrt/community.cfm) Also, check out their bike & ride, U-Pass, Propass and Family Travel programs, where up to 4 kids 12 & under accompanied by an adult ride for free! [www.transitbc.com/corporate/transitplus/other\\_programs.cfm](http://www.transitbc.com/corporate/transitplus/other_programs.cfm)

**EcoNews:** Can't get enough climate friendly and green events? Check out the July/August edition [www.earthfuture.com/econews](http://www.earthfuture.com/econews)

*Want to sign up for this E-newsletter? Do you have a resource or opportunity to share? Do you need help?*  
Take the CRD Youth Climate Leadership Alliance SURVEY: [www.sureforms.net/emilymenzies.form](http://www.sureforms.net/emilymenzies.form)  
Contact me with requests and solutions at [Emily.Menzies@gov.bc.ca](mailto:Emily.Menzies@gov.bc.ca) or 250-361-8437

# Climate Friendly Food in the CRD

## Local Food & Farmer's Markets:

- Moss St. Market every Sat. 10-2pm [www.mossstreetmarket.com](http://www.mossstreetmarket.com)
- Mayfair Market every Wednesday 4-8pm: [mayfairmarket@shaw.ca](mailto:mayfairmarket@shaw.ca)
- FoodRoots Pocket Markets are held at 12 different times and locations every week: [www.foodroots.ca](http://www.foodroots.ca)
- Village Family Marketplace open 8am-8pm everyday! 920 Pandora St. [www.freshcoasttv.com](http://www.freshcoasttv.com)

## Local Food & Restaurant Directories:

- [www.getlocalbc.org](http://www.getlocalbc.org)
  - [www.eatbc.com](http://www.eatbc.com)
  - [www.100milediet.org](http://www.100milediet.org)
  - [www.localfooddirectory.ca](http://www.localfooddirectory.ca)
- Solstice Café:* [www.solsticecafe.ca](http://www.solsticecafe.ca)  
*Rebar:* [www.rebarmodernfood.com](http://www.rebarmodernfood.com)  
*Il Terrazzo:* [www.ilterrazzo.com](http://www.ilterrazzo.com)  
*Barb's Place:* [www.barbsplace.ca](http://www.barbsplace.ca)  
*Vista 18:* [www.vista18.com](http://www.vista18.com)  
*Café Brio:* [www.cafe-brio.com](http://www.cafe-brio.com)
- Café Bliss:* [www.cafebliss.ca](http://www.cafebliss.ca)  
*Spinnakers Restaurant*  
[www.spinnakers.com](http://www.spinnakers.com)  
*Canoe Brewpub & Restaurant:*  
[www.canoebrewpub.com](http://www.canoebrewpub.com)

## Community Projects & Shared Gardens:

- City Farmer lists gardens with plots individuals can use/rent : [www.cityfarmer.org/vanccomgard83.html](http://www.cityfarmer.org/vanccomgard83.html)
- Lifecycles Project Society Programs:
  - Sharing Backyards Program: [www.sharingbackyards.com](http://www.sharingbackyards.com)
  - Fruit Tree Project: [http://lifecyclesproject.ca/initiatives/fruit\\_tree](http://lifecyclesproject.ca/initiatives/fruit_tree)
- Capital Families Association WestShore Food Security Initiative [www.capfamilies.org/food](http://www.capfamilies.org/food)
- Islands Organic Producers Association: [www.iopa.ca](http://www.iopa.ca) Slow Food Vancouver Island: [www.slowisland.ca](http://www.slowisland.ca)

## Learning Opportunities:

- **Compost Education Center** offers workshops, compost kits, e-newsletter etc: <http://compost.bc.ca>
- **Lifecycles** "Home Grown Gardens" offers mentorship: [http://lifecyclesproject.ca/initiatives/home\\_grown](http://lifecyclesproject.ca/initiatives/home_grown)
- **Victoria Immigrant and Refugee Center** offers resources for all generations of newcomers to Victoria such as a field trip to Haliburton Organic Farm: [www.vircs.bc.ca](http://www.vircs.bc.ca) or Gagan Leeka 250.361.9433 ext. 217
- **Society for Organic Urban Land Care (SOUL)** offers workshops, school programs and certification for organic gardeners: [www.organiclandcare.org](http://www.organiclandcare.org) or [info@organiclandcare.org](mailto:info@organiclandcare.org)

## Garden Work Parties:

- **UVIC Campus Community:** Volunteers wanted for the following summer work party dates: Sat. Aug 1, 12-3pm & Sun, Aug.30, 12-3pm. All members of the public welcome <http://web.uvic.ca/~ccgarden/>
- **Reynolds Secondary School:** Always looking for helping maintain their courtyard garden over the summer. Contact Heather Coey for weekly work party details: [hcoey@shaw.ca](mailto:hcoey@shaw.ca)
- **SOUL Organic Garden Tour** Sat. July 25th 10-4pm. Tickets sold at the Compost Education Centre or at Dig This: \$20 (10 for members). Volunteer to help prepare for this fun and interactive tour of Edible, Flower and Permaculture Gardens in and around the Fernwood and Oak Bay: [www.organiclandcare.org](http://www.organiclandcare.org)
- WestShore Centre garden every Wednesday 12-3:30pm

**Movies/TV:** Fast Food Nation; The Future of Food; [www.thematrix.com](http://www.thematrix.com); [www.100mile.foodtv.ca](http://www.100mile.foodtv.ca)

**Books:** Animal, Vegetable, Miracle by Barbara Kingsolver; Fast Food Nation; The 100 Mile Diet (Plenty)

Have more resources that should be added to this list? Please send them to [Emily.Menzies@gov.bc.ca](mailto:Emily.Menzies@gov.bc.ca)