



Woolwich Healthy Communities

Woolwich Trails • Clean Waterways • Coordinating Committee
• Township of Woolwich Environmental Enhancement Committee

www.healthywoolwich.org

Winter/Spring Newsletter 2010

April is Your Big Chance - Give it a TRI!

Here is a quick quiz for you. If you walk to the local store instead of driving, who or what is healthier as a result?

- You
- Your environment
- Your community
- All of the above

The fact that you benefit from a little exercise is obvious. After all, we are supposed to be taking 10,000 steps a day for optimum fitness. It is also clear that your air is cleaner for every car trip that isn't made.

The fact that your community is healthier is, perhaps, less obvious. By walking, you get a chance to connect with your neighbours, even if it's just a cheery wave in passing or perhaps a chance to notice that Mrs. Taylor is having trouble getting her blue box out to the road. All the research shows that connected communities, where people know and care about each other, function better and people are happier. Buying at your local store also supports local businesses, improving the economic health of your town.

So when you walk, everybody wins! You get healthier in many different ways.



April will once again be **Healthy Communities Month** in Woolwich, organized by the Woolwich Healthy Communities groups who work to support all the different ways that our community can be healthier.

A host of activities are designed to promote not just the physical health of Woolwich, but the environmental and economic health as well. Yes, we really can do it all! Look inside for the variety of events and opportunities, from tree planting to eating local; there is something in it for you.

Start planning now for our big new event – the Woolwich triathlon. Don't worry, you don't have to be God's gift to athletics for this one. It's called **Try a Tri** and it has lots of room for all ages from 3 to 93, and most of the categories are non competitive. Get the whole family involved, and you can tell your friends that you are training for a triathlon. It will be fun — we guarantee it. Details are on page 8 where you can see how your community will benefit as well as you.

Join your community in April and see how many ways you can spread some health around.

Find Inside:

- ⇒ Details on Healthy Communities Month Events coming up in April
- ⇒ More information on the 1st Annual Triathlon
- ⇒ Updates from the Woolwich Trails Group, Clean Waterways and TWECC
- ⇒ Interesting research on what motivates people to buy locally
- ⇒ A delicious recipe
- ⇒and more!

HEALTHY COMMUNITIES CONTACTS

Coordinating Committee: *Inga Rinne 519-742-8750*
Clean Waterways: *Barbara Taylor 519-669-3961*
Trails Group: *Ann Roberts 519-669-6027 or 519 664-2613 x. 6027*
or woolwichtrails@yahoo.ca

Township of Woolwich Environmental Enhancement Committee (TWECC)
Mark Bauman 519-664-3318 mark@mennosmartin.com



Woolwich Healthy Communities Month Events Calendar

Last year, 2,300 people participated! Thanks to the 81 businesses, 20 not-for-profit groups who supported us and volunteers who contributed over 1,450 hours to make it happen!

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11. Breslau Trail Hike 2-4 pm See page 4	12 A Taste of Woolwich 5-8 pm See page 6	13	14	15	16	17. Green Living & Technology Fair 11 am-5 pm See page 3 Alternative Energy Tours 12-3:30 pm See page 3
18 “Try-a-Tri” Triathlon 1-4 pm See page 8	19	20	21	22 Woolwich School Hike Day	23	24 Community Clean-up Day 8:30 am-12 pm See page 5 Yellow Fish Painting with the Girl Guides Movie Night:Dirt! 7:30 pm See page 8
25 Canoe the Grand 2-4 pm See page 8 Bird Watching Hike 2-4 pm See page 4	26	27 Clean Waterways Tree Planting 10-11:30 am See page 7	28 Clean Waterways Tree Planting 9 am-3 pm See page 7	29	30 Clean Waterways Tree Planting 5-7 pm See page 7	1 TWEEC Tree Planting 8:30 am-12 pm See page 5

Volunteer Opportunities!

Whether you are a high school student looking for community service hours, a resident looking to get involved with your community, a family or a group, you can find many volunteer opportunities with Woolwich Healthy Communities and associated groups. Call for information.

Healthy Communities Month—Joy at (519)-664-3534 x 230.

Woolwich Clean Waterways Group—Barb Taylor at 519-669-3961

Woolwich Trails Group—Ann at 519-669-6027 or 519 664-2613 x 6027 or email aroberts@woolwich.ca

Green Living & Technology Fair

Green Living on a Budget

Saturday, April 17, 11 am – 5 pm

St. Jacobs Arena, 29 Parkside Dr., St. Jacobs



Find out more about:

- Simple ways to reduce your energy and water use
- Grants for home and business energy efficiency renovations
- Home insulation technology
- Solar water heating
- Geothermal heating and cooling systems
- Green cars and car sharing
- Environmentally friendly landscaping
- And much more....

Free Admission

**Buy Green Products
here, too!**

Recycle your old bike!

**Donate it at the Fair to support
The Working Centre**



**Bring your residential e-waste
to the Fair for free of charge
recycling courtesy of Greentec!**



(see www.healthywoolwich.org for acceptable items)

Alternative Energy Tours

Saturday, April 17, 12:00 – 3:30 pm

St. Jacobs Arena, 29 Parkside Dr.

1. Solar, Geothermal & Strawbale Homes

- Ask questions of the home owners and installers of solar, geothermal, and strawbale homes in Woolwich!
- Tour Paul Parker's solar powered home at 112 Grandview Drive, Conestogo.
- Visit Paul Psutka's geothermal and strawbale home at 10 Chalmers, Winterbourne.
- Shuttle bus leaves approximately every 45 minutes, 12-2:30 pm, from the arena.

2. REEP House for Sustainable Living

- Take the YMCA's Veggie bus to visit REEP's 90% energy efficient demonstration century home.
- Super-insulation, R-7 windows, solar panels, geo-thermal, and more!
- Use the payback calculator to choose your best options.
- Bus tentatively scheduled to depart from the arena at 12 & 2pm.

**Shuttle buses leave from St. Jacobs
Arena. \$2 donations
for tours welcome.
Space Limited.**



REEP Energy Saving Renovation Workshops

FREE!

Do you want to increase the value of your home and cut your heating bills by up to 50%? Learn about cost savings, proper technique, and reducing your carbon footprint with Glenn Schmidt, former home builder and REEP energy advisor (first 4 workshops) and Graham Whiting, green architect and REEP House designer (last 2 workshops).

Workshop Topics:

- Mar. 17: Introduction to home energy efficiency, energy evaluations and electrical savings
- Mar. 24: Attic, main walls, windows and doors
- Mar. 31: Basement renovations and air leakage
- Apr. 7: Appropriate ventilation and furnace upgrades

Plus New Topics:

- Apr. 14: Insulating and preserving heritage homes
- Apr. 21: Solar, green technology for homes and green renovation materials

Time: Wednesdays, 7:00pm to 9:00pm

Location: Grand River Stanley Park Community
Library, 175 Indian Road, Kitchener

To register, please call the host library at
519-896-1736

Learn about the Residential Energy Efficiency Project
(REEP) at www.reepwaterlooregion.ca

The Woolwich Trails Group

2010 Hike Schedule

Contact Paul Miller at 519-664-3643 to confirm meeting times and locations.

Look for the sign saying "Hike Today" at the meeting location. Maps with meeting locations are posted at www.healthywoolwich.org.

SATURDAY, MARCH 20, 2 PM

2 hour hike on Lions Lake Trail at Floradale

Note: 2010 marks the 30th anniversary of the Lions Lake Trail.

Enjoy a very early spring walk through the sugar bush on the Lions Lake Trail around the Woolwich Reservoir. Please dress for possible wet, cool, weather. Meet in the parking lot at Floradale Public School, located at 35 Florapine Road.

SUNDAY, APRIL 11, 2 PM

2 hour hike on the newest trails in Breslau

Join Sheri and Lisa to discover the two newest trails in Breslau: The Hopewell Trail and the Riverland Trail. Please dress for possible wet, rainy weather. Meet Sheri and Lisa at Breslau Public School, 58 Joseph Street (at the corner of Joseph Street and Dolman Street).

SUNDAY, APRIL 25, 2 PM

2 hour birding hike on the Health Valley/Trans Canada Trail, St. Jacobs

Join Mark Bauman for birding and hiking. Meet at the kiosk at the trail entrance behind the fire station in St. Jacobs. Take King Street North to Albert Street. Turn right or east on Albert St. and continue to the kiosk at the back of the parking lot.

SUNDAY, MAY 16, 2 PM

2 hour hike on the Grand Valley Trail from Rosendale to Victoria St.

Enjoy the spring wildflowers! Meet Alf on Hopewell Creek Road just east of Sawmill Road (at Rosendale Corners, between Breslau & Bloomingdale). Trail rating: natural path on varying topography, suitable for intermediate hikers. A car shuttle will be arranged.

SATURDAY, JUNE 19, 9:30 AM

Bike ride on the Kissing Bridge Trailway/Trans Canada Trail, Elmira

Join Brad Fisher of Green Valley Bicycle Tours for a bike ride on the Kissing Bridge Trailway. Brad will provide cyclists with two options for this ride: a 20 km ride with a turn-around point as the half-way mark and a longer 30 km ride for those looking for a greater challenge. Please meet in the Observer parking lot at 20 Arthur Street, Elmira (where the trail crosses Arthur Street).

SUNDAY, SEPTEMBER 19, 2 PM

Hike on the Grand Valley Trail, Snyder's Flats

Join Alf for a two hour hike on the Grand Valley Trail at Snyder's Flats near Bloomingdale. Meet in the parking lot of the Bloomingdale Community Centre at 103 Snyder's Flats Road. No dogs or baby buggies please.

MONDAY, OCTOBER 17, 2 PM

2 hour hike at Schneiders Woods

Enjoy the fall colours at Schneiders Woods! Meet Joy at the trail access point at the corner of Wideman Road and the Wilmot Line, i.e. Wilmot/Waterloo boundary, one concession south-west of Erbsville. Trail rating: challenging due to steep hills. No baby buggies or dogs please.



Woolwich Trails Group Highlights of 2009

- Hikes were held in June, September and November. Additional hikes included a birding hike and a hike to explore the two new trails in Breslau as part of Healthy Communities Month in April.
- Trail distance markers were posted on the Kissing Bridge Trailway and Lions Lake Trail at Floradale.
- Existing trails were upgraded and a new trail was constructed at Victoria Glen in Elmira.
- The Trails Guidebook continues to be a best seller in Waterloo Region.

Trail Activities Planned for 2010

- Continue trail maintenance.
- Organize Sunday hikes.
- Organize Township school hike day.

As a Woolwich Trails Group member, you are entitled to special discounts from the following stores. To obtain special discounts, identify yourself when visiting one of these stores by showing your Woolwich Trails Group membership card.

Discount!

Schelter Stationary.....Elmira
Mike Forgrave, Certified Pedorthist..... Kitchener
Runner's ChoiceKitchener

Discount!

For WTG membership information, please visit www.healthywoolwich.org

TWEEC

Township of Woolwich Environmental Enhancement Committee

Helping to Green-up Woolwich Township

The Township of Woolwich Environmental Enhancement Committee (TWEEC) invites Woolwich residents to get involved by rolling up their sleeves to plant trees, clean-up litter or participate in other green activities.

Community Clean-up Day!

Help pick up litter on our trails, parks and greenspaces.

Saturday, April 24

8:30 am until noon

Please contact Ann about locations if you would like to help out.

519 669-6027 or 519 664-2613 x 6027

aroberts@woolwich.ca

This is an excellent opportunity to involve your children and for high school students to earn volunteer hours required for graduation.



TWEEC Tree Planting

Saturday, May 1

8:30 until noon

Please contact Ann
519 669-6027 or 519 664-2613 x 6027
or aroberts@woolwich.ca
if you would like to help out!

Committee members appointed for the 2006-2010 term:

Councilor Mark Bauman (chairman)
Susan Bryant
Janet Cox
Graham Gladwell
Shannon Holton
Dennis Martin
Al Murray
Inga Rinne
Art Woods (alternate Steve Racey)
Ann Roberts (staff support)

For more info, visit
www.healthywoolwich.org

TWEEC Activities since 2004

- Planted more than 800 trees in Elmira
- Hosted a pesticide alternative workshop
- Planted 40 trees at a new park in St. Jacobs
- Organized 5 community clean-up days
- Prepared an environmental enhancement plan
- Planted more than 200 trees at two roadside tree planting projects
- Hosted three native plant sales
- Initiated the Yellow Fish Road program in Woolwich
- Partnered with GRCA to plant 80 trees at Snyder's Flats near Bloomingdale
- Supported the green house project at EDSS
- Supported the Region's bale wrap recycling program
- Initiated a tree nursery in Elmira
- Supported school naturalization projects in Breslau and Elmira
- Rescued plants at the Walmart development site

Your thoughts and ideas are important to us!
The committee continues to look for ideas for environmental enhancement projects for Woolwich.
Contact Mark Bauman at 519 664-3318 or mark@mennosmartin.com with project ideas or for more information.

Why Do People Buy Locally-Produced Food?

By Ellen Desjardins, nutritionist, geographer, and local foodie

There's a clear trend happening: every year, more people in our Region are buying food directly from local farmers and processors. Demand is rising steadily, and new businesses are springing up to match. There is an increase in the number of farms, stores, and CSAs (community shared agriculture) selling to the public. Market vendors, restaurants, caterers and retail stores that sell local food are mushrooming too. The more opportunities there are, the more people are interested. The members of Bailey's Local Foods, for example, tripled in number over the first two years of operation.

Where is this interest suddenly coming from? I have gleaned some answers from my research with uptown Waterloo residents last summer, and also simply by listening to neighbours, friends and colleagues.

The major reason is a growing awareness about where our food comes from. People are genuinely shocked to learn how much we are dependent upon imported food and how far that food travels from all over the world. They are learning that many of our local farms are in jeopardy because the same foods they produce, such as apples, tomatoes or strawberries, are being shipped in from other countries, for cheaper prices. An astonishing number of people are telling me, "I buy local because I want to support our local farmers. I ask where the garlic comes from, and if it's China, I won't buy it".

Trust is a big factor. Once people form relationships with farmers, market stall vendors or storekeepers who sell local food, they learn more and start asking, "Who else sells local food?" They find out they can buy local cheese and dairy products, and that locally-processed grains are available too. New parents are often concerned that their children should eat healthy from an early age, and they take them to the farms and markets for that

reason. "I don't want my kids getting used to packaged food that comes from who-knows-where", said one young mom.

The price differences are sometimes a deterrent for people, but when they meet the farmers and think about the labour involved in producing their food, it makes them more willing to pay more. Often people then ask, "Why is fast food or imported food so cheap?"

Foodlink has played a major role in educating people through their newsletters, map, and website (www.foodlink.ca). Connecting city folk to the countryside has been a huge accomplishment for them. People are wanting to buy fresh produce locally.

Taste is another reason for buying local food. Legendary stampedes occur at markets and farm stores when the local corn is ready in the summer. Many people will go to certain urban food stores if they know Floralane greenhouse tomatoes are for sale there. "The taste is incomparable," they say. Folks who have grown up in the Region say they clearly remember the taste of local berries, farm-fresh milk (with the cream on top) and free-range chickens as they were years ago. They feel that local food is more flavourful than mass-produced foods, and they make their way to the farm to buy foods they are nostalgic for.

Some people think the "100-mile diet" is just another fad. The large turnout for the 100-mile challenge this past summer, however, and the number of people who continue to eat seasonally as much as possible all year round is testimony that this is not a fad: we are at the cusp of a population-wide trend that will change our eating, farming and rural-urban connections forever.



A Taste of Woolwich *Local Food Within Your Reach*

Monday, April 12, 5-8 pm
Calvary United Church,
48 Hawksville Rd., St. Jacobs



Discover why people are buying locally at our annual food festivity — expanded by popular demand!

- * Purchase and learn from local farmers
- * Relish tasty samples from local chefs and restaurants
- * Enjoy savoury cooking demonstrations
- * Take part in fun kids' activities

Drop in to hear:

- 5:30 p.m. Helpful Hints for Preserving Foods, Edna and Melinda from Country Flavour
- 6:00 p.m. The Inside Story of Healthy Local Food, Kevin and Ann Snyder, Kevin Stemmler
- 6:30 p.m. The Basics of Preserving Foods at Home, Nancy and Jessie Gingrich
- 7:00 p.m. Why People Buy Locally Produced Food, Ellen Desjardins and Nina Bailey

Bonnie's Winter Vegetable Soup

Are you missing your vegetables? Try this recipe!

- 2 tsp. vegetable oil
- 2 cups diced peeled potatoes
- 1/2 cup each of chopped onion, carrot, celery
- 2 cups vegetable stock
- 1 cup shredded cabbage
- 1 tsp. dried basil
- 1 bay leaf
- 1 can (19 oz) tomatoes chopped
- 1/2 cup frozen peas
- 1/4 cup chopped fresh parsley
- 1/4 tsp. each of salt and pepper
- 1/3 cup freshly grated parmesan cheese



1. In a heavy saucepan, heat oil over medium heat; cook potatoes, onion, carrot and celery, stirring occasionally, for 5 minutes or until onions are softened.
2. Add stock, cabbage, basil and bay leaf; bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until veggies are tender.
3. Stir in tomatoes, peas, parsley and their juices, salt and pepper; heat until steaming. Discard bay leaf. Ladle into bowls. Sprinkle with cheese.

Use the veggies listed as a guide, but add others or make substitutions as you like. Makes 4 servings

Per Serving:

190 calories	8 g. protein
8 g. fat	28 g. carbohydrate
high source of fiber	good source of calcium

Clean Waterways

Bolender Park News:

Do you remember Project Christmas Tree?

Some of you Clean Waterways folk will recall "Project Christmas Tree" at Bolender Park in the early 90s. At the time, the bank of the creek on the east side of the creek, north of the foot bridge, was eroding. The erosion was impacting a maple along the bank. So was born Project Christmas tree to reduce erosion and save the tree.

Volunteers pounded t-bar posts into the creek bed. Discarded Christmas trees were then stuffed between the posts and the bank to protect the bank from further erosion. It worked very well.....for about 15 years. All that remained last spring, however, were the stakes.....about 40! For safety reasons, the stakes were removed last fall. The other big accomplishment in the park was the creation of a buffer area on both sides of the creek. This was established by simply mowing further away from the creek.

So now what? What can be done to stop further erosion of the east bank?

Over the last year or so, various groups and individuals have been chatting about the future of the creek in Bolender. As a result a plan has been developed for the bank stabilization work. You are invited to come and learn more about this new project and how you can participate in improving our creek.

Thursday, March 11, 7 pm
24 Church St. Elmira

For more information, please contact: Ann Roberts, Woolwich Township,
519-669-6027



Clean Waterways Tree Planting

Help protect Woolwich's creeks and rivers.

Tuesday, April 27
10:00 am -11:30 am

Wednesday, April 28
9:00 am-3:00 pm

Friday, April 30
5:00-7:00 pm

851 Sandy Hill Road, Floradale
Contact Barb at 519-669-3961

1st Annual "Try A Tri"



Swim ... 10 laps or
10 minutes



Run / Walk ... 10 laps (4.5 km)
Modified times / distances for children



Bike ... 3 laps (10 km)
or 30 minutes

Sunday April 18th, 1 pm Woolwich Memorial Centre

Funds raised will go to support Woolwich Healthy Communities & the Woolwich Memorial Centre Capital Fund

Adult Divisions: Competitive or Non Competitive - \$20, 3 Person Relay - \$20

Youth Divisions (14 and under): FREE! *Sponsored by the St. Jacobs Optimist*

Age	Swim	Bike	Run	To Register
11 – 14	6 lengths	6.6 km	2.4 km	Online: at www.woolwich.ca/register
7 – 10	2 lengths	3.3 km	1.2 km	In person: Woolwich Memorial Centre,
6 & under	1 length (leisure pool)	½ loop (around arena floor)	⅓ loop	24 Snyder Ave. S., Elmira, Ontario 519-669-1647 ext. 7001

Movie Night: Dirt!

Sat. April 24 at 7:30pm

Trinity United Church

21 Arthur St. N., Elmira

Free!

Watch the family-friendly movie, *Dirt*. "Floods, drought, climate change, even war are all directly related to the way we are treating dirt." Join us for refreshments and discussion after the movie.



Canoe The Grand

Sun. April 25

2-4pm

Enjoy the Conestogo and Grand Rivers on this canoe or kayak ride from St. Jacobs to Kaufmans Flats. Bring your own canoes/kayaks and safety equipment.

Contact Clint at 519-664-2661 or clintrohr@auracom.ca by April 21 to register.