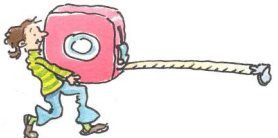




A project of the Eden Mills Millpond Conservation Association Inc.

Newsletter # 27 – December 1, 2009



Don't forget to watch for the friendly 2009 survey volunteers!

FRESH, the movie! A reFRESHing follow-up!

Brian Skerret was instrumental in bringing the movie FRESH to Eden Mills – Anyone who attended will want to start poetic and profitable farming in their backyard today!! or to find out more about how to access sustainable sources of food. He sends the following message.

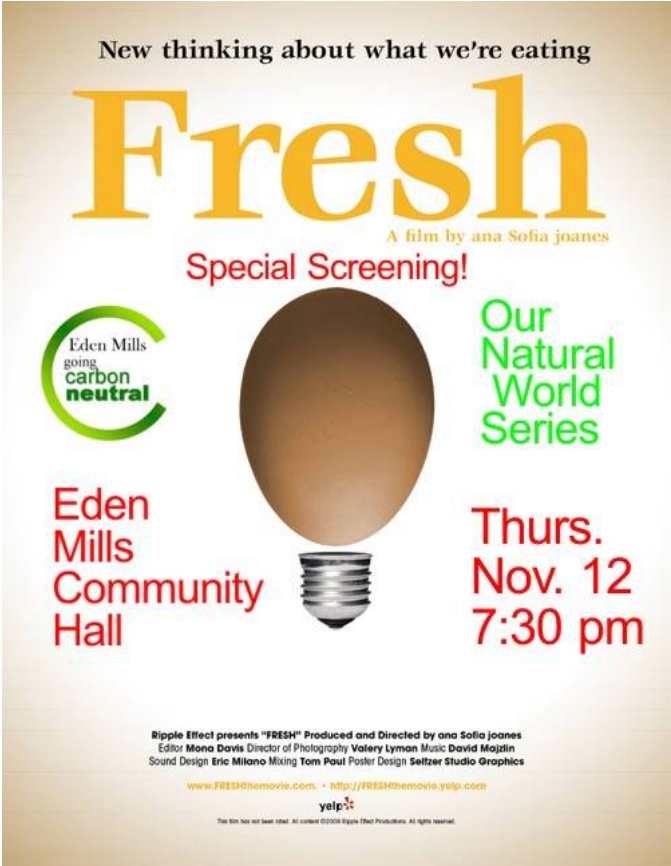
On Nov. 12th, nearly 50 Eden Millers and area residents came to watch the screening of the movie “FRESH”. They liked it, but it was disturbing. Most said that they went away feeling both concerned and ready to take some action toward finding ways to eat healthier and to secure our food system. Guelph restaurateur Bob Desautels, owner of the Woolwich Arms and Borealis restaurants, spoke to the group about his commitment to buying local beer, produce and meat. He spoke with passion about his work and indicated that his wish to serve local foods went beyond good business and into how we must live in sustainable ways. The DVD, “FRESH”, will be available to us locally as the Going Carbon Neutral group builds its own library of DVDs and books related to climate change and environmental sustainability. Stay Tuned!

Other recommended DVDs are “**Food, Inc.**”, which is a terrific companion piece to **FRESH**, “**King Corn**” which is available at Thomas video, “**Beef, Inc.**”, a Canadian NFB production, and the most disturbing of all, “**Monsanto**”, also at Thomas video.

Below you will find a list of suggestions from the movie’s producer and director, Ana Sofia Joanes, with one addition from your local Going Carbon Neutral group.

Ana Sofia Joane’s 10 FRESH Solutions

1. Drink plenty of water, but avoid bottled water when you can. It pollutes the environment and is often bottled from tap water. Plastic is harmful to your health and to the environment. Buy a reusable water bottle and invest in a good water filter!



2. **Avoid GMOs** (Genetically Modified Organisms)! When buying processed food (anything packaged) **buy organic to avoid GMOs** (Since almost all the soy, corn, and canola in the US is genetically modified, over 70% of all processed food contain GMOs from by-products of these grains.)
3. **Buy local products** when possible, otherwise, buy organic and fair-trade products. You will support your local economy and small farmers, reduce your exposure to harmful pesticides, improve the taste and quality of your food, and protect the environment from fertilizer and pesticide run-offs. Shop at your local farmers market, **join a CSA** (Community Supported Agriculture) and get weekly deliveries of the season's harvest, and by buy from local grocers and co-ops committed to stocking local foods.
4. **Support restaurants and food vendors that buy locally produced food.** When at a restaurant, ask (nicely!) your waiter where the meat and fish comes from. Eventually, as more and more customers ask the same question, they'll get the message!
5. **Volunteer** and/or financially support an organization dedicated to promoting a sustainable food system. And **stay informed** by joining the mailing list of the advocacy groups you trust.
6. **Get involved in your community!** Influence what your child eats by engaging the school board, effect city policies by learning about zoning and attending city council meetings, learn about the federal policies that affect your food choice and let your congress person know what you think.
7. **Visit a farm**, grow a garden, volunteer in your community garden, teach a child how to garden. **GET DIRTY! Have fun!**
8. **SHARE your passion!** Talk to your friends and family about why our food choice matters. And organize a **FRESH** screening! (ALSO Check out **Food, Inc.** which is available at your video store.)
9. **TEACH by example.** Your children learn from you - teach them the value of buying local and buying healthy. Our earth, health and ecology are hurting NOW because of the industrial food system, but if we don't take action and start the healing process, the effects are going to be catastrophic and perhaps irreversible for our children.
10. **COOK!** Our culture has forgotten the joys of cooking. Not only is it better for you and saves money, but it's an invaluable skill to pass on to your children.

And one from EMGCN: Talk to your elected representatives and tell them what you want changed. It's not a time to be passive. It's a time to speak up.



YOUR NEW ROOF CAN BENEFIT THE EDEN MILLS COMMUNITY HALL!!

As you know, the Eden Mills Community Hall has a new aluminum roof installed by Interlock! If you are looking into purchasing a new roof – and are thinking of aluminum – Interlock has offered to donate \$500 to the Community Hall with each additional purchase referred by the Hall. The house does not have to be in Eden Mills.

You can contact Interlock at www.interlockroofing.com . The contact is John Reeves: 1-888- 999-6902. Their office is at 230 Admiral Boulevard, Mississauga, ON, L5T 2N6.