



A project of the Eden Mills Millpond Conservation Association Inc.

**Newsletter # 21  
September 15, 2009**

**Free Public Workshop**  
**OUR FOOD!**  
**Community Supported Agriculture**

**Saturday, October 3  
10 am – 12 noon  
Eden Mills Community Hall**

Come to this workshop, the first of several presentations on the vital subject of food. Food production and distribution are tightly intertwined with carbon emissions.

Learn how you can support our local farmers and economy, live more healthily and lower those carbon emissions. Learn about the rising trend of *Community Supported Agriculture (CSA)*.

**Bryan Dyck of Whole Circle Farms (Rockwood)** will be sharing the benefits (and potential issues) of belonging to a CSA farm.

Learn more about it:

- What is “Community Supported Agriculture”?
- The Importance of local, organic food
- Realities of small scale farming
- How CSA’s factor in to healthy communities
- The evolution of our food sources
- Where to find the right CSA for you



If you care about what you and your family are eating, and your own impact on carbon emissions through food purchasing, you should not miss this presentation.

For more information, please contact Tom Bowes at 856-2349 or [bowes@incourage.com](mailto:bowes@incourage.com).

*By the way, why not drop in at the Market on the Green in Rockwood before the workshop. October is the last market there in 2009 – It opens at 8 am, so you have lots of time to pick up fresh baking, homemade jams and local produce.*

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## *Important Upcoming Events!*

### **Food, Inc.**

### **A New Documentary on “Big Food” Coming to Guelph’s Bookshelf**

This new documentary, considered to be essential viewing for anyone who eats food, will be at the Bookshelf in Guelph. September 25 – October 1; October 17 - 22

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### **Conservation Workshop #2 with Don Eaton**

**Saturday, November 7 – 10 am to 12 noon – Eden Mills Community Hall**

Anyone who attended the Home Energy Conservation Workshop last year will remember Don Eaton, former Executive Director of the Elora Centre for Environmental Excellence. The whole audience was hooked on what he was saying, and there wasn’t anywhere near enough time for all the questions.

Don has agreed to return on November 7. You will hear more about the workshop as the time comes nearer, but we hope that he will be able to delve deeper into the practical details of some aspects of reducing emissions from homes, along with increasing savings!

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### **Youth Group**

The Eden Mills Youth Group is open to any high school age youth. **New members are welcome.** There is no registration fee. Activities are determined by the group and have included canoeing, cook-outs, camping, manhunt, initiative and group games, environmental current events, movies and community service. We usually meet twice a month on a weeknight and once a month on a week end.

**Future Wednesday meeting dates are September 16, 30 and October 14.**

For further information please contact Robin or Kit Bresnahan at 856-1188 or [emmpca@sentex.net](mailto:emmpca@sentex.net).

**7-9 pm at the Community Hall**

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### ***Special Green PS!***

*You may remember that Libby and Glenn Little had proposed that schools build “green classrooms.” Well, the first one has been built in Orangeville. Read all about it! – Rockwood Centennial is also on the list to have a green portable in the next few years!*  
<http://www.orangevillebanner.com/lifestyle/article/75629>