



Wish List for Outdoor Projects in Brentwood Heights

By Polly Lee Knowlton Cockett

Call for Input on Grants and Website! The Friends of Dr. E.W. Coffin Society will soon be submitting a grant application via Dr. Coffin School's Environment Committee for further enhancements of the Centennial Natureground, Millennium Playground, and adjacent areas in Brentwood Heights. These areas are all publicly accessible and on joint use City and School Board properties.

In that these projects have succeeded in part because of such strong community input and collaboration, we would like to ask you again for any ideas, comments, or concerns you have regarding the area.

As well, we will be updating the website which supports these and other school and community based projects. Do you have any ideas for what you would like to see on www.natureground.org? We want your voice included:

- Are there ideas or concerns you have that could be incorporated into the grant request?
- Would you like to participate in developing the application and/or join the committee?
- What would you like to see on our Natureground.org website as it is updated?

Whispering Signs in Every Classroom! We'd love to see posters of Whispering Signs made available to all local school children. Would you or your business like to sponsor a class set of posters? A charitable tax receipt for \$150/class (or other negotiated amount) can be arranged through the Calgary Board of Education.

Your directed donation will ensure every student in a classroom will receive a copy of the high quality, double sided, colorful posters featuring images of every Whispering Sign. You are more than welcome to sponsor classrooms at any school. Posters are also available to the public for a minimum donation of \$5 each. All proceeds go to the Friends of Dr. E.W. Coffin Society in support of environmental education projects.

Please visit www.natureground.org to see what the posters look like (see sidebar on website) or for more information about Whispering Signs and other outdoor environmental education projects in Brentwood Heights. We hope you will also visit the signs and sites in person, too!

We look forward to your input, and to incorporating your voice in these neighborhood projects!



An Urban Guide to Winter Cycling

Courtesy Climate Change Central

As Jeff Grutz attaches his panniers and clips on his helmet, he says his bicycle is the best purchase he's ever made besides his home. Grutz, the Outdoor Recreation Coordinator for the City of Calgary, has been commuting to work year-round by way of his bicycle for 17 years.

Grutz is enthusiastic about riding to work because he enjoys the exercise, finds it easier to run errands on his way home, likes that it is faster than public transit and it helps reduce his environmental impact. Indeed, commuting by bike is a highly effective way to reduce your greenhouse gas emissions. According to the Environmental Protection Agency, driving a car is typically a person's most polluting daily activity. But most people can hardly bear the short journey from the front door to the car on a chilly winter's day, let alone riding a bicycle all the way to work.

Not so for Grutz who has ridden in temperatures as low as minus 40 degrees Celsius. Grutz finds so long as he dresses properly and keeps moving he can avoid frostbite and offers these tips to dealing with the chilly, icy and snowy conditions of winter cycling:

- Choose alternate routes like residential roads as they are often easier to contend with, less congested and faster.
- Dress in layers and gear that is appropriate for cycling. This includes a helmet. Pack your work clothes and change at the office.
- Equip your bike with studded tires and both low and high power lights. The low power lights allow cars to see you and the high power lights allow you to see where you're going.
- Carry a few spare tools: a small hex key set, self-sticking tube patches, a small adjustable wrench, and a portable tire pump.

More information on winter cycling can be found at www.icebike.org.

