



A New Name for Bishop Grandin?

On June 16, 2021, His Worship Mayor Bowman, the former mayor of Winnipeg, submitted a motion to rename Bishop Grandin Boulevard for consideration.

Prompted by the discovery of unmarked graves in Kamloops at the site of an Indian Residential School, and Bishop Vital-Justin Grandin's involvement in setting up such schools, the motion called for the renaming of the Boulevard. Furthermore, "the new name should come from the Indigenous community, for it to come from the City would be repeating the colonial practices of the past."

The Indigenous Relations Division was duly assigned to consult with representatives of the Indigenous community, and report back with recommendations. In the fall of 2021, the Indigenous Knowledge Naming Circle was convened and recommendations were drafted, ultimately resulting in a report being submitted to, and approved by, the City's Executive Policy Committee on March 13 of this year.

The report recommends new names for Bishop Grandin Boulevard (Abinoojii Mikanah), Bishop Grandin Trail (Awasisak Mēskanow) and Grandin Street (Taapweewin Way). The first two referring in Ojibwe and Cree respectively to children and the concept of a road or journey; the latter is the word for "Truth" in Michif, the traditional language of the Red River Métis.

Although no name was specifically recommended for Bishop Grandin Greenway Inc. – a private incorporated charitable organization – we publicly voiced our support for removing the name Bishop Grandin from city landmarks very early on and are happy to see the renaming process progressing. We appreciate the hard work that the Indigenous Relations Division undertook with The Circle, and will draw on that work as we move forward with our own name change in the coming months.

The legacy of Canada's Indian Residential School System is still weighing on us all. Please join us in encouraging our elected representatives to advance this small step towards reconciliation.

Thank you.



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www.bishopgrandingreenway.com



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Friends of Bishop Grandin Greenway



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Queen's Platinum Jubilee Award

We are proud to share that Michelle Meade, BGG Past President, was recently awarded Queen Elizabeth II's Platinum Jubilee Medal for public service.

Presented by the Lieutenant Governor of Manitoba, the Honourable Anita Neville, the award recognizes the contributions Michelle has made to our province including 22 years of dedication to the Greenway.

Michelle was a founding member of the Greenway and a two-time President. She continues to commit countless hours organizing improvements to Bittersweet Way and so many other things.

Congratulations, Michelle, on a well-deserved award!



Farewell Shirley Miles

The Greenway is on a search for a new Community Garden Coordinator. Our prior Coordinator, Shirley Miles, made a decision to leave the organization last fall due to changes in personal circumstances.

Shirley became involved with Bishop Grandin Greenway in 2019, and took over as the Garden Coordinator in 2020 while also joining the board as a Member-at-large. She was a gardener herself, a valuable contributor to the organization, and has helped with a transition during her departure.

The board of The Greenway thanks Shirley for her contributions over the past several years.

If you or somebody you know is interested in becoming the new Coordinator for our Eric Street gardens, please get in touch! Email bishopgrandingreenway@gmail.com.

What's Happening *in 2023*

Spring Clean-up — Saturday, May 13

Our popular spring clean-up is back! The annual event brings the community together to rejuvenate the Greenway after a long winter. Last year we collectively gathered about 130 bags of garbage!

Details will be shared closer to the date. Please check bishopgrandingreenway.com for updates.

Annual General Meeting — Tuesday, June 13

The Bishop Grandin Greenway Inc annual general meeting is open to the public, and will be held the evening of June 13 at 6:00 PM. Location details will be published on our website prior to the event

Tree Planting — Late September

We are planning another phase of planting for our food forest at Bittersweet Way! The planting will take place in late September on or about National Tree Day — a day to appreciate all the benefits that trees provide to our lives.



Trail Etiquette

The active transportation trail through Bishop Grandin Greenway was one of the first such trails built in Winnipeg, and is an important recreation and transportation resource for people of all abilities in south east Winnipeg.

Like all trails, it is meant to be shared. Please remember to be respectful of other users, including following these guidelines:

- If you're on a bicycle (or roller blades, etc.) and passing slower users from behind, make them aware that you're approaching by ringing a bell or shouting "on your left!" And slow down when passing.
- If you're walking in a group, stay on the right half of the trail allowing others to pass in either direction on your left.

Winter *Wonderland*

For the second winter in a row, the Greenway is sporting a cross-country ski trail between Dakota Street and St. Anne's Rd. The trail is an initiative of the Dakota Collegiate Physical Education program, working with the Cross Country Ski Association of Manitoba to complete the trail grooming.

"Often in the winter, kids will come to school in the dark and it will often be dark by the time they get home, so being outside and getting some Vitamin D and sunshine is only possible during the day in their PE classes" says Ryan Hudson, Dakota Athletic Director, adding that the ski trail is just one of several ways that the Greenway benefits Dakota Collegiate students. "We ski, snowshoe, and use our set of fat bikes in the winter on the Greenway, and it is great for promoting 'Land-Based Learning' through our Phys Ed classes".

"We are extremely fortunate at Dakota to have access to the Greenway"

In addition, the natural environment of the greenspace is a big benefit for the mental health of their students, Ryan told The Greenway in an email.

Certainly the conditions this year were more conducive to building and enjoying a ski trail than the cold, windy and snowy winter of 2021/22. Innovative uses of the Greenway like this are what the founders of Bishop Grandin Greenway had in mind when they coined their motto "By the community, for the community."

Partnering with groups like local schools and being open and accessible for all to enjoy is what The Greenway is about.



Bishop Grandin Greenway is located on Treaty 1 Territory and the ancestral lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples; and on the National Homeland of the Red River Métis.

We are grateful to the First Nations of Treaty One for sharing this amazing land and enabling us to gather and enjoy all it has to offer.



Eco-Anxiety:

Managing Environmental Stress on the Greenway

Climate change is not some distant future for the prairie provinces. From the summer droughts of 2021 to the spring flooding of 2022, the province has already witnessed a range of extreme weather, so it's only natural to be worried about what's to come. Stress about environmental change is so common that there's actually a word for it: *eco-anxiety*.

What is eco-anxiety?

Eco-anxiety is distress caused by someone's fear of environmental change, whether that's a changing climate, species extinction, or the effect of harmful pollutants. While eco-anxiety is a normal response to these changes, over time it can have a negative impact on mental health.

What can we do about it?

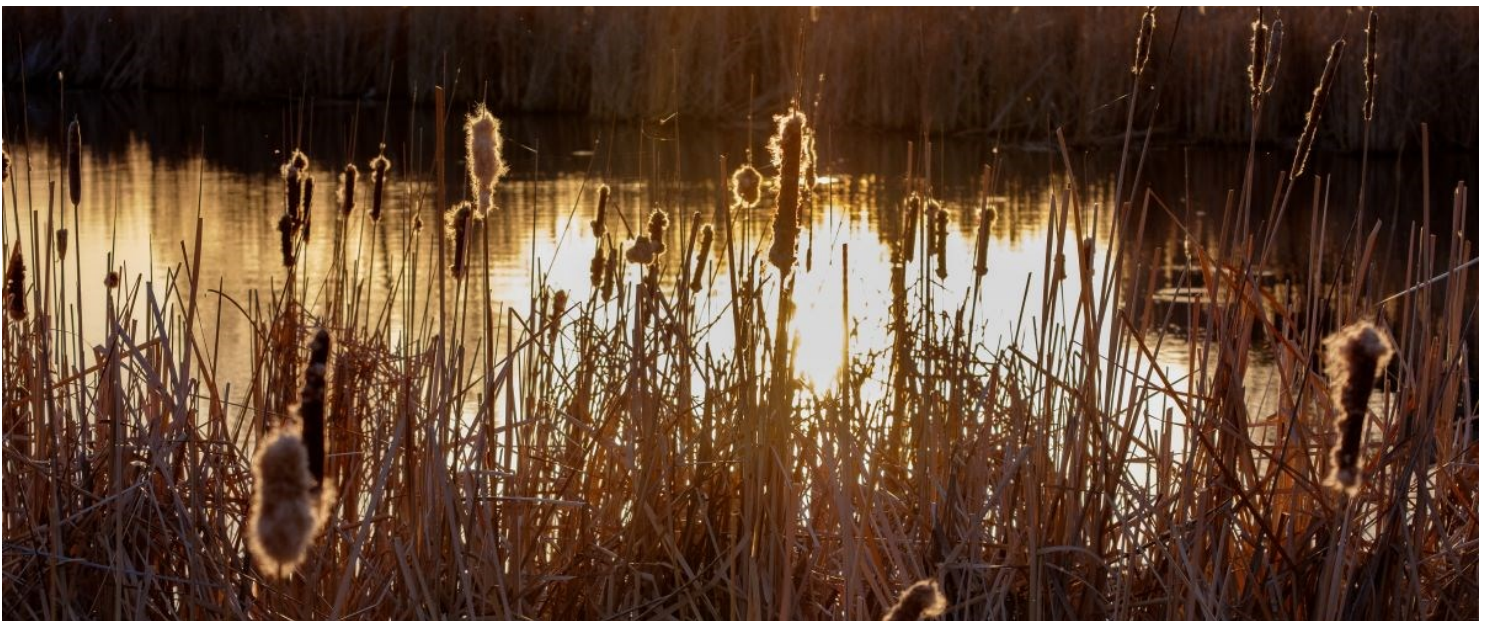
If you are feeling anxious, one of the best ways to cope can be to spend time outside. Outdoor activities can help build a better relationship with the environment. It can balance out the doom and gloom we hear on the news and on social media platforms. This effect can be traced back to E. O. Wilson's biophilia hypothesis. It suggests that we have an innate connection to nature, and when we spend time outdoors, we feed this connection and improve our well-being. Re-connecting with nature on the Greenway can benefit your mental and spiritual health, reducing eco-anxiety and stress. In many cases, though, it is also worthwhile to speak to a licensed therapist or another mental health professional.

Greenspaces can also give us reasons to celebrate. Our Greenway, and others like it, have lots of features that protect us from environmental change. For starters, plants can moderate high temperatures by absorbing heat on hot days. Asphalt and concrete, on the other hand, reflect this heat and let it bounce back into the atmosphere creating what's known as an "urban heat island effect." Plants therefore keep cities cooler and more comfortable during heat waves (with the added bonus of lower air conditioning costs!)

The greenway also offers active transportation routes. They can be a great alternative to driving a car, because less gas means fewer emissions and less money spent on fuel.

If you're cycling along the trail, you can also give a quick thanks to its ponds and prairie soils. Together, they help absorb the runoff of heavy rainfall, meaning less stress on the city's drainage system. This will become especially helpful as climate change brings more and more extreme weather to Winnipeg.

Spending time in urban greenspaces and reflecting on their benefits can help to reduce eco-anxiety. Stress about environmental change is common. Managing it can be a challenge. If you are looking to reduce your eco-anxiety, try spending time on the Greenway or in another local greenspace. And remember, supporting and protecting these spaces can benefit your local environment in a changing climate.





Bishop Grandin Greenway

“By the community, for the community”

MISSION STATEMENT

To create, enhance and conserve an accessible network of nature areas and public pathways that link and support both human and wildlife communities along Bishop Grandin Blvd.

ABOUT BISHOP GRANDIN GREENWAY:

Bishop Grandin Greenway Inc., (BGGI) is a not-for-profit registered charity addressing the community need for history, health and wellness. The organization consists of community volunteers who are spearheading the Greenway development. Many organizations are supporting the project through expertise, guidance and financial support - Manitoba Hydro, the City of Winnipeg, the Province of Manitoba, and Rotary to name a few.

Monthly Meetings - Open to the Public

Contact bishopgrandingreenway@gmail.com for the times and locations of upcoming meetings.

NEWSLETTER CONTRIBUTORS

Derick Young — all except:

Andrea Sutherland: “Eco-Anxiety: Managing Environmental Stress on the Greenway”

PHOTOS:

Page 1: Derick Young

Page 2: Supplied | Derick Young

Page 3: Supplied by Dakota Collegiate

Page 4: Mark Boreskie

2021-2022 Volunteer Board of Directors

Derick Young	President
Michelle Meade	Past President
Michael Moyes	Vice President
Andrea Sutherland	Secretary
Brian Born	Treasurer
Nicole Grabowsky	Community Relations
Jacqueline Marques	Director
Stephane Lacroix-Pouliot	Director
Shirley Miles	Director

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MEMBERSHIP & SUPPORT

Annual Membership \$20.00 (renewable March 31)

Cheques payable to: Bishop Grandin Greenway Inc.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

Your cash and in-kind contributions help improve Bishop Grandin Greenway each year! The Greenway not only preserves green space along Bishop Grandin Boulevard, but also enables each of us to enjoy the beauty, nature and wildlife along the corridor. Help us create Bishop Grandin Greenway with a gift that reflects your commitment to preserving this important piece of green space. All contributions of \$20.00 or more will receive a tax receipt. For more information on opportunities to donate or get involved, visit www.BishopGrandinGreenway.com

VOLUNTEER OPPORTUNITIES

Volunteers are the heart of Bishop Grandin Greenway. Countless people and organizations offer their time, expertise and assistance towards many of the Greenway projects. There are a number of ways in which you can get involved.

circle areas of interest

- **Food Forest Project**
- **Environment: Tree Planting, Restoration, Conservation**
- **Promotion: Fundraising & Community Outreach**
- **History: Research, Education**
- **Special Events: Trails Day, Spring Cleanup**
- **Public Relations: Promotion & Communications**
- **Governance: Board of Directors, Project Management**