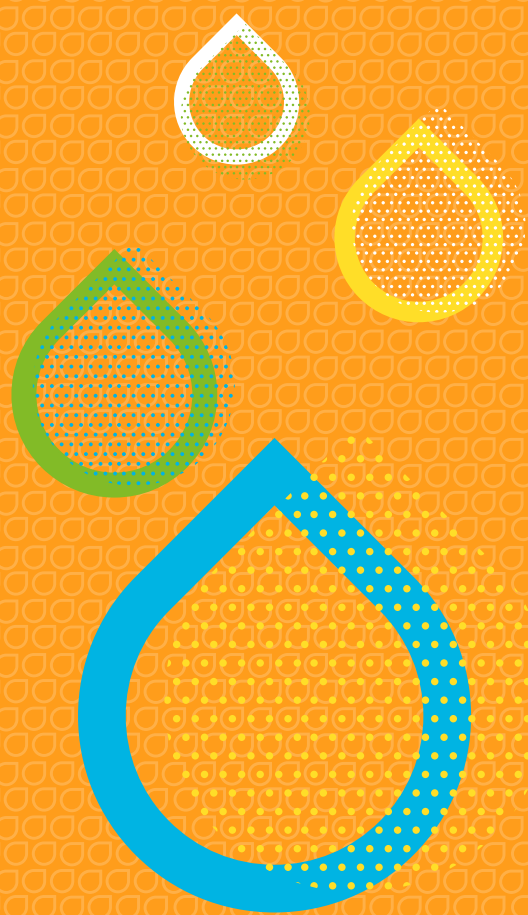


DO WHAT MATTERS

{ Lake Friendly Practices + Actions at the Cottage }



The South Basin Mayors and Reeves (SBMR), leaders from 9 communities in the south basin of Lake Winnipeg, recognized a need for action by all, to protect the health of Lake Winnipeg. In 2009 they, in cooperation with Manitoba Conservation and Water Stewardship, initiated the Lake Friendly Program to build community awareness of the serious issue of deteriorating water quality in Manitoba, Canada and throughout the world. The Lake Friendly Program is a call to action, it encourages cooperation from all sectors and provides clear, coordinated and immediate steps we can all take to do what matters in protecting and preserving our precious fresh water resources.

THE MEMBERS OF THE LAKE FRIENDLY WORKING GROUP ARE:

Rick Gamble, Mayor Village of Dunnottar, Chair, South Basin Mayors and Reeves

Colleen Sklar, Executive Director, Lake Friendly Project

Henry David (Hank) Venema, International Institute for Sustainable Development

Dimple Roy, International Institute for Sustainable Development

Mike Scatliff, Scatliff, Miller, and Murray

Doug Chorney, Keystone Agricultural Producers

Alanna Gray, Keystone Agricultural Producers

Donna Dagg, Manitoba Liquor and Lotteries

Shane Robins, Manitoba Conservation Districts Association

Armand Belanger, East Interlake Conservation District

Colleen Andreychuk, Manitoba Conservation and Water Stewardship

Marla Riekman, Manitoba Agriculture, Food and Rural Initiatives

Sue Barkman, Manitoba Chambers of Commerce

Christine Hutlet, North Basin Manager, Red River Basin Commission

Grant Nordman, Chair, Partnership of the Manitoba Capital Region

This 'Manitoba First' approach engaged the working group, key stakeholders and experts who graciously volunteered their time and expertise, providing the best solutions we have, based on what we know today. We cannot list them all, but we thank them for their contributions.

THE LAKE FRIENDLY PRACTICES FOR COTTAGES ARE ENDORSED BY:

International Institute for Sustainable Development (IISD), Manitoba Conservation Districts Association, Lake Winnipeg Foundation, the Province of Manitoba and Green Manitoba



WHY WE MUST ACT NOW:

Water is our most precious resource. One of the greatest problems facing lakes, rivers and streams today is excess nutrients (primarily phosphorus) entering our waters. These nutrients cause an overgrowth of algae, that is choking our waters, destroying habitat, fouling beaches and can be toxic to humans and animals. If this continues, our waters will not be able to recover.

There are two ways to deal with this problem:

1) reduce the amount of nutrients entering our waterways and 2) recover the nutrients at the shorelines.

We must do both and we must act quickly.

Lake Friendly Practices are actions that will reduce the amount of nutrients entering our waterways. These practices, and projects underway to recover nutrients at the shoreline and on the land, will help restore the health of lakes.

A Lake Winnipeg bioeconomy approach—an economy built on renewable resources that focuses on nutrient capture and recycling—can create opportunities for new industries and jobs in rural and urban Manitoba and bring revenue into the province that can improve our quality of life.

Saving Lake Winnipeg is a huge challenge.

It will take time and commitment by many to achieve.

But we must take action now.

IN FIVE YEARS:

Lake Winnipeg's water quality is improving.

Manitobans have a whole new way of thinking about how we manage our resources and how we view the environment. We have a new relationship with water.

Being Lake Friendly is an essential part of who we are as Manitobans. Everyone knows what is being done to save the lake and what they are being asked to do. We are doing this together.

We have made serious long term investments toward solutions that improve the state of the lake while growing our economy, improving our quality of life and developing solutions for the world.

WHO ARE WE?

We are the Lake Friendly Working Group—a collaboration of people whose hearts, minds, careers and livelihoods have been focused on defining the challenges and developing solutions for our struggling waters.

We came together to define a solution approach, with practical actions that all Manitobans can take to improve the health of our waters.

This 'Manitoba First' approach engaged key stakeholders and experts who graciously volunteered their time and expertise, providing the best solutions we have, based on what we know today.

WE BELIEVE:

The best approach is to focus on our own actions, working toward solutions.

We need to start from where we are today. We don't have all the answers, but we can use the best solutions we have, based on what we know, now. This approach will call us to continuously improve what we do and how we do it across all sectors.

Collaboration and collective effort is the only way this can occur. It is the responsibility of each and every Manitoban to do what they can to support Lake Winnipeg, our great lake, and all of our waters for ourselves and future generations.

Before we can ask our neighbors for support, we need a 'Manitoba First' plan of action. Manitobans must be leaders in this effort.

We believe this community can be an example for the world.

We believe this is achievable.

Here is what we're asking of you...



AT THE COTTAGE

Reduce nutrients and other harmful substances from entering the drain.

Keep track of Household Hazardous Waste Days at the Landfill Site and dispose of batteries, paint, fuel and other related items accordingly.

ON YOUR PROPERTY

Make sure only rain and snow melt drains to the waterways.

Ensure all wastewater management systems—septic systems (tank and disposal field) and/or holding tanks installations and maintenance—comply with *The Provincial Parks Act*, *The Environment Act* and associated regulations.

Consider installing a holding tank rather than septic system to store wastewater at your cottage.

Use an alternative to a standard flush toilet such as a composting toilet.

Maintain a buffer zone of trees and natural vegetation along the shore to minimize erosion and assimilate nutrients before they reach the lake. Keep land clearing to a minimum. Revegetate bare areas with native trees and plants to minimize erosion to the lake.

IN COTTAGE COUNTRY

Reduce the potential for nutrients and other harmful substances from entering waterways.

When boating, never discharge black or grey water overboard. Be cautious when refueling and remember to fill portable tanks on shore.



Bathe on land, far away from the shore - adding suds directly to the water, even if the soaps are biodegradable, can kill off wildlife species and create algae blooms.

Become familiar with potential invasive species and report findings to [Manitoba Conservation and Water Stewardship](#).

Become a member or develop a Lake Association or Cottage Association and participate in the development of a lake management plan to manage water quality issues.

Encourage partnerships between concerned citizens, lake users, resource managers, municipalities and other special interest groups.

Develop messages for recreational users to increase the awareness of Lake Friendly issues to support the protection of all waterways.

Keep informed about global water issues by visiting [lakefriendly.ca](#) and [unwater.org](#)



IN YOUR HOME

What goes down the drain in our cities and towns ends up in Lake Winnipeg.

Bring chemicals to a hazardous waste management depot for proper disposal.

Do not dispose of pharmaceuticals down the drain. Bring them back to the pharmacy for proper disposal.

Avoid using your garburator, to reduce the load of nutrients going to the sewage treatment facilities.

Compost vegetable waste instead of sending it to a landfill.

IN YOUR YARD

Make sure only rain and snow melt go down street drains and/or into catchment areas.

Recycle used oil and antifreeze by taking them to service stations and bring other chemicals to a hazardous waste management depot.

Compost yard waste and leave grass clippings on the lawn.

Clean gutters and street drains to prevent leaves and other debris from entering the drain. Compost these materials.

Minimize rainwater runoff from your yard. Collect it in rain barrels and use it to water your garden. Do not overwater your lawn and garden.

If you use fertilizer:

Use the Right Source of fertilizer at the Right Rate, the Right Time and the Right Place:

Right Source: Buy a fertilizer recommended for your lawn or garden.

Right Rate: Know the size of your lawn and only buy what you need. Apply at the application rate as recommended on the label. Use a good quality fertilizer spreader.

Right Time: Apply in the correct season. Spring and Fall are the best times to fertilize. Don't apply if heavy rain is expected. Don't apply on frozen ground.



Right Place: Sweep on to the lawn any fertilizer that might land on hard surfaces such as sidewalks and driveways. Never apply fertilizer near ponds, streams, rivers or lakes.

Do not dispose of leftover fertilizer. If you are left with extra fertilizer at the end of the season you can **store it, use it, or share it.**
fertilizercanada.ca

Use permeable materials such as wood decking, bricks, interlocking stones and gravel for parking pads and sidewalks to allow water to percolate into the ground and not run off to stormwater catchment areas.

Select plants that have low requirements for water, nutrients and are pest resistant, include native species.

OUTDOORS

Create buffer strips and preserve existing trees, plants and shrubs around all waterways (creeks, ponds, rivers, streams and retention ponds).

Wash your car at a car wash that recycles water and uses nutrient-free washing products.

Clean up after your pets.

RURAL HOMES

Maintain your wastewater management system. If you have a septic system, ensure it is functioning properly at all times.

- > Inspect and have the tank pumped out regularly.
- > Keep records of pumping and maintenance.
- > Use caution in disposing materials down the drain.
- > Keep heavy equipment and vehicles off your system and drain field.

Don't cover your drain field with impermeable surfaces. Prevent holding tank overflow by understanding your storage capacity and usage.

Never pump holding tanks or any waste water including grey water into drains or ditches. This can make it's way to our lakes, rivers and streams.

Keep informed about global water issues by visiting lakefriendly.ca and unwater.org



EVERYWHERE

TREAT WATER AS IF WE HAD TO DRINK IT.

Don't be wasteful with water.

Never put used oil or other chemicals down storm drains or in drainage ditches. Bring chemicals to a hazardous waste management depot for proper disposal.

Reduce nutrients (fertilizers, etc.) and other harmful substances from entering the drain.

USE YOUR CONSUMER POWER FOR GOOD.

Purchase goods made by manufacturers that have taken steps to reduce their impacts on the environment and minimize pollution to our waterways:

Buy cleaning products which have either a **Green Seal**, **EcoLogo** or **UL Environment** certification mark.

Buy paper and wood products that come from responsibly managed forests such as **Forest Stewardship Council® (FSC®)** certified products.

Buy **Electronic Product Environmental Assessment (EPEAT)** certified electronic equipment. EPEAT certified computers are manufactured with less hazardous material like lead and mercury.

Support businesses that sponsor and promote Lake Friendly initiatives.

SPEAK YOUR MIND. GET INVOLVED.

Promote and support Lake Friendly actions and events.

Get community groups involved.

Support initiatives that help protect our waterways.

Spread the word about ways in which we can all help protect our waterways.

Let your elected representatives and local officials know that you support and encourage policies and processes that protect our waterways.

Take part in municipal planning meetings to make sure developers and planners consider alternatives to drainage conventional ways to manage runoff.

Support proposals that contain adequate consideration and design detail to collect, convey, manage and treat overland runoff and drainage.

Keep informed about global water issues by visiting lakefriendly.ca and unwater.org



JOIN US BECOME PART OF THE SOLUTION...

Lake Winnipeg will only be saved if we all do our part. It is time for us to develop a whole new relationship with our water.

The Lake can't be saved by governments, by businesses, by agriculture, by changing our personal habits, or through science alone. It can be saved by doing ALL these things TOGETHER, in a Manitoba-first solution-focused approach.

We are the stewards of an incredible and precious collection of natural resources that is the envy of the world. It is our privilege and our responsibility to save the lake today and protect it for tomorrow.

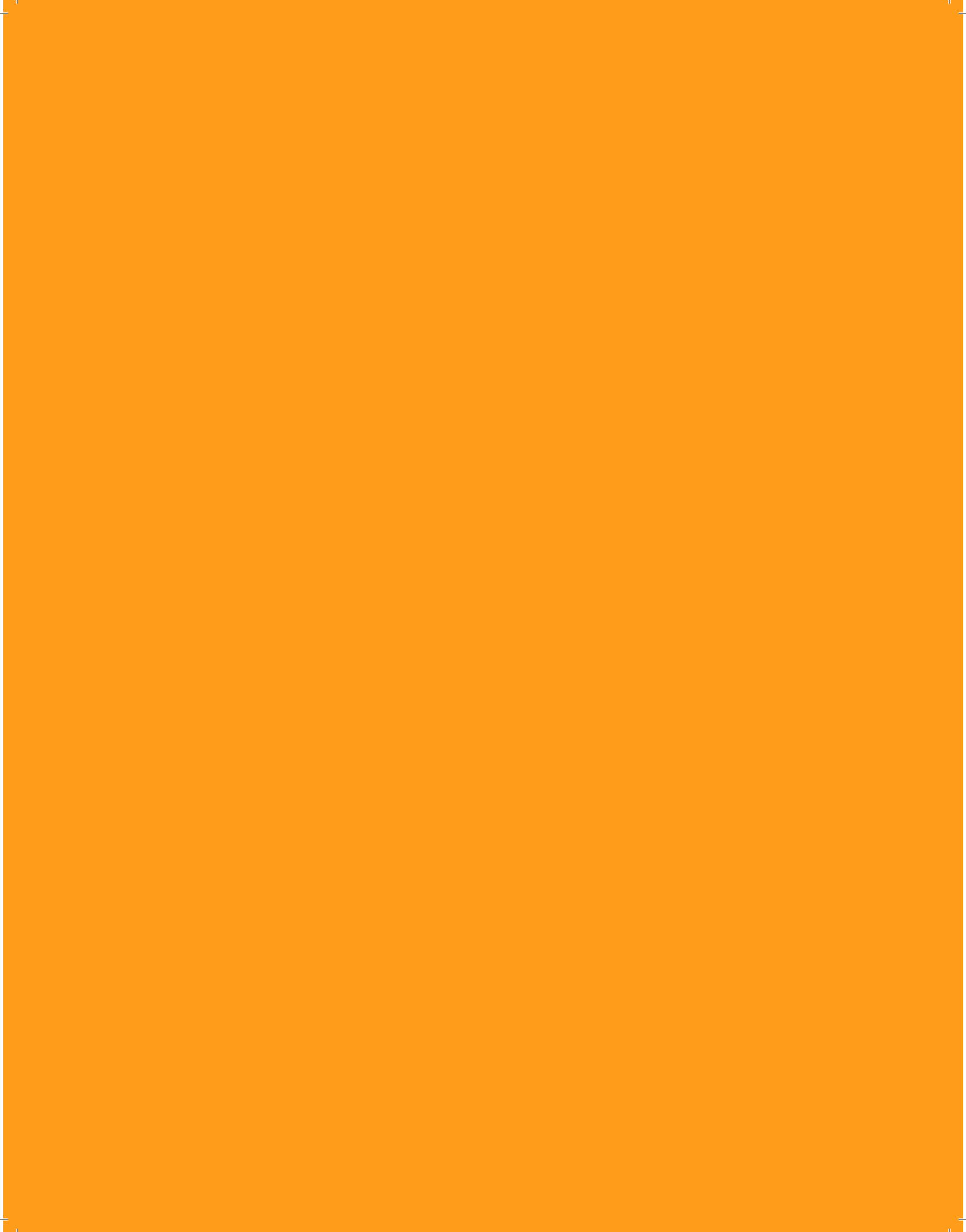
All levels of government, leaders in the business community, the science community, the agriculture industry and other jurisdictions beyond Manitoba are working on innovative solutions to protect our waters. In the coming months and years you will hear much more about the projects that are underway.

That's why now, more than ever, our everyday actions will make an impact. If we get this right, we will save our lake and be a model for communities around the world.

Join us today in protecting and preserving our fresh water resources.

Visit lakefriendly.ca for information on being Lake Friendly and to find out what is happening in:

- > Homes
- > Farms
- > Cottages
- > Schools
- > Businesses
- > Municipalities



THE LAKE FRIENDLY PRACTICES
ARE PROUDLY SUPPORTED BY:

*South Basin Mayors and Reeves, the Province of Manitoba
and Environment Canada*



Environment
Canada



1749 Portage Avenue
Winnipeg, MB R3J 0E6
204-505-0303

www.lakefriendly.ca