

NEWS LETTER

SeLow / WACE UP Eco-trip 2015

Québec (QC)

After a lovely goodbye bonfire party with friends and the rush to empty and clean our house for the renters, we hit the road towards Montreal to celebrate the start of our five month journey with some good beloved friends, Gab & Allison.

Ontario (OR)

Falls, lakes, rivers, valleys... Indeed, no lack of water in Ontario. Yet, First Nations without clean drinking water all over the Trans Canadian highway. A cultural and natural ones-in-a-lifetime 2000 km experience!

Manitoba (MT)

Flat landscapes, grass, fields, cows, and 1 horizon... That's how the prairies look like!

Saskatchewan (SK)

Hitten by extremely high temperatures and wood fires, smoke was visible all over SK. Hard to visit any park in the area, so we took the time to relax and write this news letter.



Food Ethos Farm

After a long drive to the middle of nowhere, we arrived at the organic Food Ethos Farm in Melite (MT), where Ashley Cote and Curtis Brown transformed there parents' farm into an organic example for the region. NO sprays, no chemicals, no animal mishandling, but an integrated eco-agricultural system. Great discussions on how to optimize the energy, nutrient, and water management at the farm scale. However, it was immediately clear to us that organic farming today still has serious drawbacks. If you choose to use no chemicals and to produce healthy food





Special thanks

Showers:

YMCA sports, North Bay, OR

Overnight stays:

- Gab & Allison, Joliette, QC
- Patricia & family, North Bay, OR
- Still water Campground, St Sault Marie, OR
- Wieter & Isabeau, Winnipeg, MT
- Ashley & Curtis, Food Ethos Farm, Melite, MT
- Sherwood Campground, Regina, SK
- Prairie Oasis Campground, Moose Jaw, SK

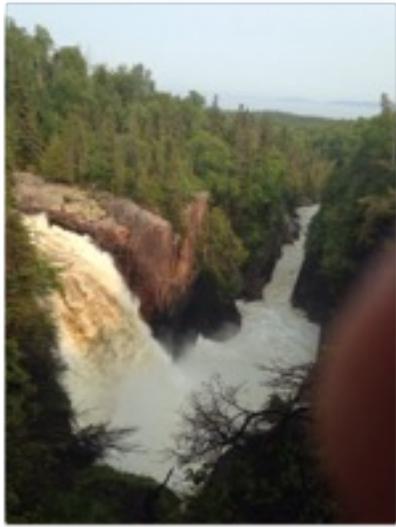
(which we all should opt for), you have to deal with the enormous growth of herbs and weeds. We proposed to help a couple of days in the garden in order to provide some support and respect for what Ashley and Curtis are doing each day: picking strawberries, harvesting crops, weeding, markets, and more. Organic farming is a real hard job, not only because people usually still choose for the most cheapest food instead of the most healthy, but also because of governmental bottlenecks hindering the development of sustainable food production. This is why we as people can and should make the difference! Why spend so many money on unnecessary provisions, such as alcohol, toys, electronic gadgets, etc. instead of spending a couple of bucks per week more to eat healthy food, avoid diseases, and support the environment? It's time to change our habits and support young farmers as Ashley and Curtis who work hard on a future for our grandchildren.

Visit Winnipeg and the University of Manitoba

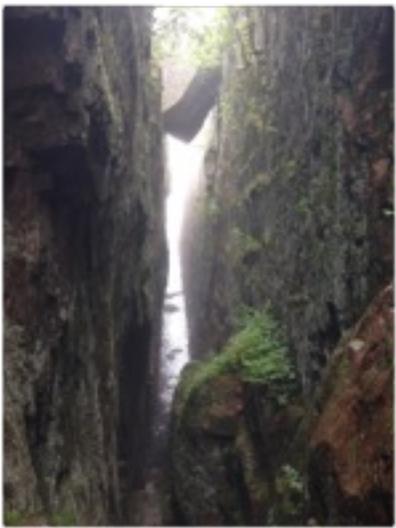


Must see top 3

Aguasaban Falls, OR



Lake Superior Provincial Park, OR



Lower Fort Garry, MT



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Not possible to cross Manitoba without a visit to our good environmental friends, Wieter & Isabeau. Because of their hospitality we were able to discover the real beauty of Winnipeg City: a rare mix of First Nations and Canadians, nature, history and peaceful silent roads you don't see often in large cities. Since Winnipeg is located in the center of Canada, we could feel its economic importance too. The perfect spot in fact to reunite Belgian souls, with a good BBQ in the evening, meanwhile chatting about 'KoekeRoend', with the accent on OE. We were also lucky to have a professional guided tour at the university of Manitoba by Wieter, especially the arctic research facilities were quite impressive. Thanks, mates!



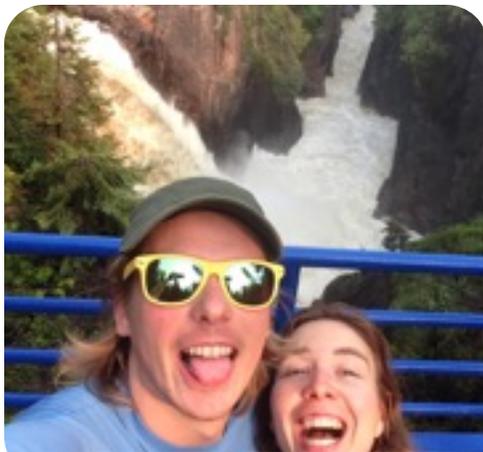
BTW, did you know that Neil Young grew up in Winnipeg? Check out his hit "Prairie Town" from 1992 with Randy Brachman: <https://www.youtube.com/watch?v=iVgjD8wdNzo> He talks about "Portage and Main", referring to the important downtown intersection of Winnipeg.

Organic community: The Twelve Tribes

Imagine all the people without money, living, laughing, and working together, disconnected from society, no stress, self sufficient in an organic natural way. That's how the twelve tribes live!



Whatever works need to be done, whatever opportunity comes your way, whatever you have to share... This is the time, not tomorrow!



Cheers,

Céline & Louis (hitting to Alberta, BC, and Alaska)

