



Inspiring Albertans one simple act at a time

September 2013

Car-free Day September 22

Motor vehicles are an integral part of our Canadian lifestyles. They help us get to work, or in some cases do our work, as well as travel, visit friends or family, and get our groceries.



However, vehicle emissions contribute to a variety of environmental issues such as damage to plants, soil and water, and sometimes interference with animal reproduction. Vehicle emissions can also pose a problem to human health, by contributing to respiratory or cardiovascular issues.

Many urban dwellers couldn't imagine life without at least four wheels parked in the driveway. Yet there are a number of citizens who choose to get around without owning a car. With a little tweaking and the odd attitude adjustment, you might find a car-free or car-light lifestyle that will suit you.

Give car-free a try. Commit to the one simple act of a day without a car. Lots of resources [here](#) if you wish to organize an event.

Why bother?

According to research, single-occupant car use impacts everyone's quality of life in the city. Here are just a couple of reasons to beat the habit:

- **reduce greenhouse gas emissions** (transportation is the number one cause of greenhouse gas emissions and respiratory diseases are linked, even *caused* by smog)
- **reduce noise** (road vehicles create ambient noise, and in cities can be high enough noise level to make people aggressive as well as cause sleeping, hearing and cardiovascular disorders)

Great Canadian Shoreline Clean-up

September 21-29

We don't have to live on the ocean to have a shoreline. Alberta has ponds, marshes, lakes, streams, rivers, and creeks with shorelines. Help preserve our fragile aquatic ecosystems by taking part in the Great Canadian Shoreline Cleanup. More information here on the [national event](#).

More Food for Thought

[Caring for Shoreline Properties](#): Changing the Way We look at Owning Lakefront Property in Alberta

Background Information on [Lakes and Wetlands](#)

Commit to [One Simple Act at the Lake](#)

[Diagram](#) of Legislation Affecting Water Bodies

It's A Fact

Shorelines are important. Shorelines also have biological features that provide for both terrestrial and aquatic habitat. This area is home to many fish and terrestrial animals that raise young, hide and feed there. Prior to undertaking shoreline modifications, Albertans should understand the requirements under the Alberta *Water Act*. Shoreline modifications under the Water Act can be found [here](#), *Facts at Your Fingertips*.

Post a picture of you [cleaning up a shoreline](#) on our facebook page, www.facebook.com/onesimpleactalberta

www.onesimpleact.alberta.ca

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