

# Lake Love



## PLEDGES

Choose a pledge (or two... or more!) to be your official Lake Love Pledge. You can use one of the pledges below or make up your own.

Find a creative way to make your pledge - make a poster with all of your ideas, write your pledge on a special rock (we macramed ours to hang from backpacks or in our bedrooms) - or come up with your own awesome idea!

### LOVE WEEDS

Learn about the weeds in your yard - some you can eat or even use to help with cuts, scrapes, or stings! Be sure to have a 100% positive ID before eating any plants. Or, instead of harmful weed-killer, try making your own vinegar & salt based spray.

### TAKE ACTION

Volunteer with or donate to Lake Winnipeg Foundation so they can do important research and work to help Lake Winnipeg. You can 1) directly donate 2) help with an event or 3) participate in an event - like a Walk for Water!

### MARSH LOVE

Learn about wetlands and their vital role in cleaning the lake! Find out how you can help protect Manitoba's marshes - and therefore, also protect the lake.

### COMPOST

Instead of tossing your food scraps into the landfill, compost them into rich fertilizer for your plants. Then, ditch the chemical fertilizers that leach into the water table -and Lake Winnipeg!

### GO NATURAL

Make the switch to phosphate-free household and personal-care products! They increase algae production, which uses up oxygen in the lake when the algae decomposes. This negatively impacts the whole lake ecosystem.

### LEARN MORE

Keep learning about lake ecosystems, eutrophication, zebra muscles, and how YOU can help heal Lake Winnipeg. Read articles in the newspaper or online, watch films, and have conversations with others.

### BOAT BUDDY

Tell others about Zebra Muscles. Reduce your powerboat's speed when close to shore so you don't make a wake. Don't pump bilge or dump your grey water into the lake. Minimize use of boat engine cleansers - they contain highly toxic chemicals. Avoid boat paint that contains tributyltin - it works by releasing toxins into the water. ([lakewinnipegresearch.org](http://lakewinnipegresearch.org))

### ADULTS - THE POOP SCOOP!

Adults - make sure you have a septic system at your home or cottage - and if you do have one, ensure it is not leaking, to avoid adding nutrients and pathogens to the water table, and our lake! ([lakewinnipegresearch.org](http://lakewinnipegresearch.org)). Composting toilets are also a great option.

