

# University of Saskatchewan Students' Union

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## **MEDIA RELEASE**

**Monday, October 20, 2008**

**Number of Pages: 1**

### **USSU Kicks off Green Yourself Week at U of S Campus**

They say it's not easy being green.

Green Yourself Week, organized by the University of Saskatchewan Students' Union (USSU) is aimed at helping students become better informed about what they can do to be more environmentally friendly.

In cooperation with the U of S Office of Sustainability, Green Yourself Week will feature a number of workshops and speakers, including noted environmentalists Severn Suzuki and Brendan Brazier.

"I'm incredibly pleased with the variety of events and the participation of amazing environmental leaders like Ms. Suzuki and Mr. Brazier," said Shannon Dyck, USSU V.P. Student Issues.

Green Yourself Week begins on October 20, and concludes on October 24.

In addition to the speaking presentations, Green Yourself Week will feature a debate over the future of nuclear energy in Saskatchewan, as well as a variety of films and free giveaways to attendees.

"Green Yourself Week is a great way to learn what you can do in your day-to-day life to decrease your ecological footprint" said Dyck. "When it comes to living sustainably, many people ask what they can do to help the environment. So we've designed Green Yourself Week to provide people with answers on how to take positive and substantive action."

Dyck said that era of discussion about the environment is over, and a new era of action is beginning.

"Now is the time for people to start to solving problems as opposed to just talking about problems," said Dyck. "Everyone has the ability to change their life. The question is, are we *willing* to fundamentally change the way we live in order to make the necessary changes?"

All events are open to the public and free of charge.

**For more information about Green Yourself Week, please contact:**

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