

finding SOLUTIONS



David
Suzuki
Foundation

summer 2013
www.davidsuzuki.org

**THANKS TO YOU,
10,000 CANADIANS
ARE HAPPIER
AND HEALTHIER**



30 x 30 Challenge reconnects Canadians to nature

You. Outside. In nature.

Our challenge to Canadians was simple: spend 30 minutes a day outside for 30 days in May. Cultivate the kind of habit you'll never want to break—a nature habit.

This year, more than 10,000 Canadians signed on for the 30 x 30 Nature Challenge, adding regular doses of green to their workdays and weekends. The Foundation team kept everyone motivated throughout the month with tips and challenges, and participants reported back on their progress. We heard stories of impromptu picnics, outdoor walking meetings and neighbourhood gatherings. We watched people move family dinners outside, play Frisbee at lunch with coworkers and discover new green spaces in their communities.

But most heartening of all were the preliminary findings of our 30 x 30 Challenge surveys. On average, participants doubled the time they spend in nature, from 4.5 hours to 8.6 hours a week. And thanks to their new nature habits, participants are sleeping better, feeling calmer and experiencing increased vitality.

Findings like this are not new. Researchers have been telling us for years that time in nature makes us happier, healthier and less stressed. It increases creativity and problem-solving ability. It lowers risk of heart attacks and colon cancer. It even makes us nicer, more empathetic humans, with more meaningful relationships and increased community involvement.

And yet, humans have never been more disconnected from nature. These days, we spend on average 9.3 hours a day sitting indoors. Researchers have concluded that this unprecedented level of inactivity is causing 5.3 million deaths per year—a similar level to smoking.

Want to start your own nature habit? Find inspiration at davidsuzuki.org. And stay tuned—in September we'll be motivating families across the country to get outdoors as part of our Fall Family Challenge.

 Jode Roberts



Sustainable
Seafood Day

3



St. Lawrence Week

4



A Homegrown
National Park

5



Waste-free lunches

6

Legacy donor connects with nature through land, food and community

Meredith Bell is one of our valued legacy donors, having written the Foundation into her will. She has a long history of working with food cooperatives and community garden programs, as well as inspiring young people to be environmental stewards.

Meredith turned her love of gardening, harvesting and preserving food into a business; she now runs Ma Bell's Country Condiments, a vendor at three farmers' markets in Lunenburg County, N.S. She also serves as a director of the Farmers' Markets of Nova Scotia and is involved in the SlowFood Movement.

Tell us about your conscious choices to live and work in close connection to nature.

Sixteen years ago, my son and I moved to a four-acre property inland from Mahone Bay, along Nova Scotia's South Shore. I did this so we'd have access to woodlands, lakes, meadows and a huge palette on which to grow our food. I wanted us to be aware of changing seasons, wildlife and increasingly erratic climate patterns, as well as our own impact on the land.

The life approach I created for me and my son is based on three principles: take

care of the Earth, take care of all beings on Earth and share the surplus.

Why did you decide to leave a legacy gift to the Foundation?

I have been inspired by Dr. Suzuki and *The Nature of Things* for many years. Long before the word environmentalist entered my vocabulary, I had a great love of nature and understood human interdependence with it. I wanted to be part of the solution rather than the problem.

Organizations such as the Foundation remind us how we can individually and collaboratively make radical change in very basic ways with long-term effects. You provide realistic solutions for people of all ages and share inspiring stories.

What is your favourite way to connect with nature?

I have no one favourite way to connect with nature. I chose to live in a rural setting so my son and I could become part of our environment. We experience every season to the maximum, welcoming snow, sleet, torrential rain, hot summer days, colourful fall vistas and star-filled ebony skies. Our holidays involve canoeing, camping, catch-and-release fishing, bug identification, making



Legacy donor Meredith Bell

shelters, medicine walks and more. Now my "time off" is spent volunteering with the Blockhouse School Project, which is dedicated to sharing permaculture principles to help rebuild more resilient, economically strong rural communities.

What is the future you envision?

Youth are our future. They are on the cusp of some exciting possibilities, and their insatiable appetite to learn and share ideas via social media enables them to empower each other.

I envision a future guided by social and environmental responsibility, the power of community, permaculture principles, sustainable food systems and community-minded enterprises.



Leave a legacy for the children of tomorrow

Build the David Suzuki Foundation into your estate planning. Consider a gift in your will to help ensure a healthy environment for generations to come. You can donate assets of all sorts, including real estate, publicly traded securities or whatever is left over after you have provided for your loved ones.

Please contact us at:

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A Sustainable Seafood Day for Canada

The David Suzuki Foundation is advocating for a nationwide Seafood Day. Recently, a motion was tabled in the House of Commons to make March 18 Canada's official National Sustainable Seafood Day.

This could be a turning point for Canada's seafood market.

"With an official date, Canadians can place it on their calendars and have it as top of mind," says Sophika Kostyniuk, public engagement specialist with the Foundation. "When a national day is recognized by the Canadian government, it adds special value."

Kostyniuk says people living on the coast tend to be more engaged in sustainable seafood issues than the rest of the country. "The national day would also help connect those who don't live near a coast with their oceans and fisheries," she says.

To introduce the motion and acknowledge our interdependence with the oceans and all the species they support, we joined our SeaChoice partners, the Four Seasons Hotel and Vancouver Aquarium's OceanWise program in May for a spectacular celebration. More than 500 special guests in Vancouver tasted unique and delicious sustainable seafood creations prepared by 12 top chefs.

"It was inspiring to bring together so many interested and engaged people after years of working to raise awareness on this critical issue," says Kostyniuk. "It shows we're all supporting each other."

But there's still a long way to go and that's why we're counting on you! Add your name to the petition to support the enactment of a National Sustainable Seafood Day in Canada at findonnelly.ca/seafoodpetition.

 Glauce Fleury



Chef Lee Humphries of Vancouver's C Restaurant prepares delicious sustainable seafood bites.

PHOTO: BARRY BRADY

Unmasking fraud and other tuna issues



Your can of tuna might look innocent, but dark secrets lurk inside. That's why we launched a campaign this spring to help Canadians make sustainable choices when it comes to buying tuna.

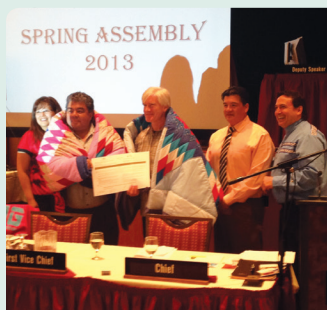
Launched on World Oceans Day, the campaign informed Canadians about four major issues surrounding tuna: the health risks of mercury, overfishing, fraud and lack of information about the fish on our plates. Widely disseminated comic book illustrations like the one at left brought the issues to life.

High levels of mercury, present in some tuna species, may cause health problems such as intellectual impairment. Species like bigeye tuna, while sustainable, should be eaten in small quantities due to concerns over mercury.

Bycatch is a major problem for tuna fisheries that use long-line and some purse seine fishing methods. Turtles, sharks, birds and ray populations are the victims of these non-selective fishing practices.

You can learn more about these issues at davidsuzuki.org/big-tuna-troubles. While you're there, sign our pledge to eat for healthy oceans: <http://action2.davidsuzuki.org/seafood-pledge>.

 Glauce Fleury



The Foundation joins forces with the Federation of Saskatchewan Indian Nations.

Foundation and First Nations join to protect nature

In its unique Aboriginal Peoples Policy, the David Suzuki Foundation recognizes that First Nations are important leaders and partners in the movement to create a just and sustainable Canada. In early June, we signed a Memorandum of Understanding with the

Federation of Saskatchewan Indian Nations, stating our mutual responsibility to protect nature. We look forward to working together to address our common interests.

Empowering teachers to take the classroom outside

More than 30 people gathered just north of Toronto on April 10 and 11 to take part in our first-ever teacher workshop. Delivered in partnership with Learning for a Sustainable Future, the workshop aimed to help teachers feel more comfortable using nature and their communities as a classroom. Despite soggy and icy weather, teachers spent two days outside, workshoping lessons from our Connecting with Nature educational guide and rekindling their own love of nature.

Wetlands matter to British Columbians

While wetlands provide billion of dollars of services to Lower Mainland residents every year, we've already lost more than 85 per cent. That's why this spring we asked British Columbians to pressure Metro Vancouver to meet its goal to protect all wetlands by 2021. Hundreds of people responded, raising their voices for wetlands.

Wetlands offer flood protection, a great value in preparing for events like the floods Alberta recently experienced.



Sending a message to the prime minister

Canada's Commissioner of the Environment and Sustainable Development released a report this

spring and the results were clear: the federal government is not doing enough to protect our environment. Thousands of you signed postcards asking the prime minister to listen to the report because, like most Canadians, you believe that nature is essential for our survival. The cards were delivered to the prime minister's office in July.



PHOTO: JÉRÉMY BOUCHEZ

St. Lawrence Week connects Québécois to their lifeblood

The mighty St. Lawrence River, stretching from the Great Lakes to the Gulf, flows through the veins of those who live along its shore—literally, and in our history and culture. Almost half the population of its coastal communities depend on the river for drinking water. It's supported the socio-cultural activities of millions for millennia. It's also a unique ecosystem, home to over 27,000 species of plants and animals—more biologically diverse than the Caribbean!

As people increasingly spend most of their time indoors, in artificially lit buildings surrounded by walls, plugged into electronics, it's easy to forget we're all interconnected with our ecosystems. But thanks to the Leadership Grants from the RBC Blue Water Project, the Foundation is reconnecting coastal citizens to their living river.

This summer, with the help of more than 20 organizations across Quebec, the Foundation launched the first St. Lawrence Week to get people outside, on and around the river, reminding them of all it provides, educating them about the threats to its health and mobilizing them to protect it.

Marking the end of the week with a splash was the Foundation's Big River BBQ community event held in downtown Montreal, where sustainable seafood from the St. Lawrence River was prepared by some of the city's top chefs and shared with passers-by.

The Foundation also launched its annual Blue Actions Challenge, providing simple tips and solutions to help citizens embrace healthy lifestyle choices at home while reducing their impact on the St. Lawrence River, Quebec's crown jewel.

 Manon Dubois Crêteau



Thanks to you, we're growing community forests

It's not often that you get the chance to grow a community forest from scratch, one sapling at a time. But that is exactly what we did in Brampton, Ontario, this spring.

Imagine a patch of green, the length of a soccer field and narrower than a two-lane highway, rampant with garlic mustard and

greedy knotweed. Imagine this patch of green next to highrise apartments and a concrete sports complex, in noxious proximity to strip malls and two major highways.

This is where the David Suzuki Foundation, in partnership with Credit Valley Conservation with generous support from RONA, gathered nearly 75 multigenerational volunteers to reforest a community.


"These events are about community-building, health, wellness and most important of all, personal connection," says Kiruthiha Kulendiren, senior science and policy adviser. "It's about greening

communities in a way that makes their inhabitants smile and breathe easy."

Despite multiple regional and local festivals and a threat of thunderstorms, volunteers, local residents and community groups came out to plant over 200 native trees, creating a new forest for the community of Ray Lawson Valley. One family, newly arrived in Canada, said this was their first experience of planting trees without having to watch out for poisonous snakes. A group of local residents who belonged to an international reforestation group from India felt the event connected them to a much bigger family of environmentalists.

Planting trees, according to Kulendiren, is "an ancient act of connection with the environment that defines us all." It's also an opportunity to make friends, build relationships and find belonging, connection and value. And it doesn't stop once the trees are in the ground. "They left a legacy for generations through conscious stewardship, a reminder of how deeply interconnected and dependent we all are on our environment."

This planting event was just one of 19 we have scheduled for the Credit Valley Watershed this year.

 Glauce Fleury and Kiruthiha Kulendiren

Creating Canada's first Homegrown National Park

Thanks to your support of the David Suzuki Foundation's Homegrown National Park Project, something extraordinary is growing in Toronto's West End. Front yards are turning into veggie gardens. Flowers are blooming in alleyways and potholes. Unloved patches of dirt around schoolyards and parking lots are transforming into butterfly-friendly gardens.

Inspired by the ideas of authors Richard Louv and Douglas Tallamy, the Homegrown project aims to connect residents to nature in their neighbourhoods and inject some much-needed colour into the city's grey palette along the Garrison Creek corridor, where a lost river has flowed through a Victorian sewer beneath the city since the 1880s.

This spring the Foundation recruited 21 Neighbourhood Park Rangers. This enthusiastic team of volunteers is leading by example, hatching projects and spreading the word about the many benefits of adding nature to neighbourhoods. These projects are bringing residents, businesses and institutions together to plant native trees, shrubs and flowers and grow gardens in and on yards, balconies, roofs, streets and alleyways.

While these interventions are adding green to the urban fabric, the project is about more than just beautifying the city, or even making space for the birds, bees and butterflies. It aims to change the way people connect with nature and the city. After a month of



Homegrown National Park Rangers plant Toronto's first canoe garden at Fort York.

the project, it's inspiring to see the Rangers—and the hundreds of residents they've brought on board—engaging with their neighbourhoods, with each other, and even with the city's history, in ways they never have before.

Find out more about the Homegrown National Park Project at www.davidsuzuki.org/homegrown.

 Jode Roberts

funding solutions

Running to protect the great outdoors

Before signing up for the Scotiabank half-marathon in Vancouver this past June, volunteer Valery Ross had never run more than 10 kilometres. Yet as captain for Team Suzuki, she wanted to set an example, so she signed up to run the half-marathon—an enormous challenge.

Raising money was also a challenge, but Valery set her goal at \$500. She thought this was a huge amount, so was delighted and surprised when she raised it within a few days. She quickly doubled, then tripled and finally, quadrupled her goal, raising more than \$2,100.

Valery was joined by 30 other members of Team Suzuki who ran and walked their ways across the finish line of the Vancouver Scotiabank half-marathon and 5k this June. Together, these supporters raised almost \$13,000 from 225 supporters.

Many thanks to everyone who participated, cheered and made donations in support of the team.

🌿 Jasmine Yen



The David Suzuki Foundation team celebrates after running the Scotiabank half-marathon and 5K in Vancouver.

green living



Head back to school with a tasty, waste-free lunch!

Join the Back to School Brigade and pack waste-free lunches

August is back-to-school season! I know you're looking to make the greenest choices for your family this year, so we've assembled a Back to School Brigade of knowledgeable eco-parent bloggers on the Queen of Green blog for a month of inspiration. We'll talk eco-school supplies, outdoor leaning, detoxifying your kid's classroom and, of course, waste-free lunches.

A typical child generates about 30 kilograms of discarded school lunch packaging each year. That equals 8,000 kilograms of food waste for an average elementary school every year. Yuck!

Making healthy, kid-approved, waste-free lunches is simple and



affordable! An upfront investment in a waste-free lunch box and stainless steel water bottle will save you the cost of plastic wrap and containers, bags, juice boxes and other packing aids throughout the year. Most families actually save money making the switch!

Of course, success means getting the kids on board. If reading this invokes a sense of panic about a full-scale rebellion in support of squishy fruit-shaped snacks and packaged cheese strings, you're not alone.

The Queen of Green Back to School Brigade has your back, with a month of fun school lunch ideas the kids won't be able to resist!

🌿 Tovah Paglaro

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A publication of the David Suzuki Foundation, a registered Canadian charity working to protect the diversity of nature and our quality of life, now and for the future.

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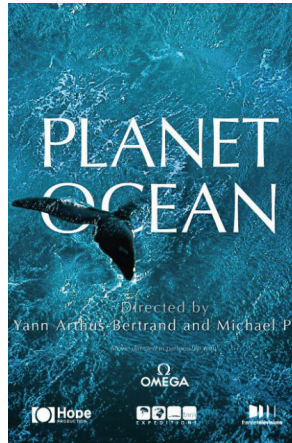
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US: 94-3204049

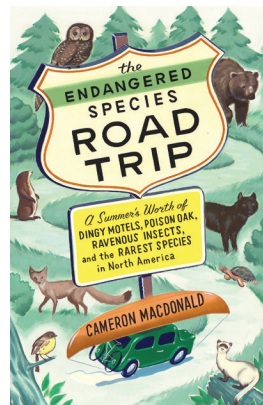


Planet Ocean

A documentary by Yann Arthus-Bertrand and Michael Pitiot

This documentary premiered last year at the Rio+20 UN Conference on Sustainable Development with the goal of bringing ocean issues into global environmental discussions. With visually stunning aerial photography and underwater cinematography from around the world, it impresses upon us just how much we depend on the oceans. We feel the power of the seas as our planet's primary climate, ecological and economic driver. The film opens new windows into how we view the ocean, from its role as the source for raw materials driving the global economy to the vast scale of international ocean trade. It ends by highlighting the urgency of taking action to protect the ocean.

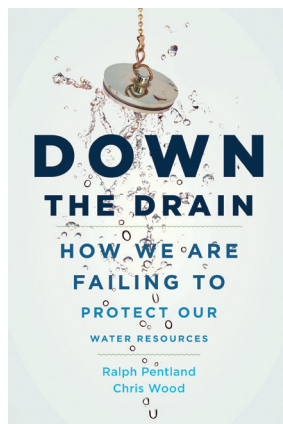
The documentary is being widely distributed in 2013 and free screenings are available for non-profits and schools.



The Endangered Species Road Trip

Cameron MacDonald / Greystone Books

In this hilarious yet educational personal narrative, a Vancouver teacher realizes he has never actually encountered most of the endangered species he lectures about. With his reluctant family in tow, he sets off on an epic road trip to find a long list of species, from the spotted owl to the Florida panther. Touted as a cross between David Suzuki and David Sedaris, MacDonald keeps readers laughing while inspiring them to stand up for endangered species across the continent.



Down the Drain

Ralph Pentland and Chris Wood / Greystone Books

Every year in Canada, contaminated drinking water causes an estimated 90,000 cases of illness and 90 deaths. In their new book, award-winning journalist Chris Wood and Canadian water policy expert Ralph Pentland have compiled decades of research and stories into a comprehensive look at how governments have failed to protect our nation's water resources. The authors compare the management practices in Canada to those in the other countries, and propose a new charter that will hold governments accountable for protecting this precious resource.

Why are you radically Canadian?

Although I do not have the means to do much on my own, I hope that combined with the contributions of others we might be able to affect real change, and preservation of the environment. – Tracey, British Columbia

Tracey is one of almost 1,100 supporters who joined the Foundation during our Radically Canadian monthly donor drive in

June. We are thrilled and humbled by the generosity and commitment of our community to work toward a shared vision of a sustainable future for our country.

Read more about the campaign online at davidsuzuki.org/donate/get-radically-canadian-with-us.



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Nature is good for mind, body and soul



David Suzuki and Foundation staff and volunteers in Vancouver kick off the 30 x 30 Challenge with a beach picnic.

When I was growing up, we didn't have smartphones, video games or home computers, and my early years were marked by exile. My family's possessions were taken from us and we were sent to an internment camp in B.C.'s Slocan Valley just because our ancestors came from Japan. Throughout it all, I was able to find joy in nature. My father would take me hiking, camping and fishing, and we explored the Slocan's spectacular wilderness. Later, when we moved to Ontario, a swamp became my sanctuary, and I would often return home soaking wet, with jars of insects and tadpoles.

As a father and grandfather, I have made it a priority to share my love of nature with my kids and grandkids—taking them to the beach to explore the rocks and tide pools, going on annual cherry-picking excursions to the Okanagan and getting out on the water. I'm happy to say it's paid off in many ways.

Research confirms that getting outside has numerous benefits. It can reduce stress, boost immunity, improve energy and mood, facilitate better concentration and contribute to physical fitness. And it's fun!

Getting your kids to appreciate and connect with nature is the best gift you can give

them—and the planet. Harvard ecologist E. O. Wilson refers to the innate kinship humans share with other living beings as “biophilia.” It's necessary, he argues, if we are to protect the biosphere that keeps us alive. After all, people work harder to care for that which they love and see as important.

The David Suzuki Foundation recently completed its 30 x 30 Nature Challenge, and the results confirm nature is the best prescription for healthy living on a healthy planet. We asked people to spend half an hour in nature for 30 days in May. We should spend at least that much time outside every day!



PHOTO: USFWS PACIFIC

Become an Ocean Keeper

Canada can boast the longest coastline in the world. But when it comes to protecting it, we have little to brag about. Less than one per cent of our marine environment has conservation status. In contrast, Australia recently announced plans to protect 40 per cent of its oceans. Even the United States protects 20 times more of its oceans than Canada.

Fortunately, thousands of Canadians have rallied together under our Ocean Keepers banner to safeguard coastal waters. Help us get our bragging rights back: become an Ocean Keeper today at www.oceankeepers.ca.