



GRIZZLY HUNT BANNED IN B.C.

PHOTO: PRINCESS LODGES VIA FLICKR

With your support, we've campaigned for close to 15 years to end the legal slaughter of grizzly bears.

We published scientific studies on grizzly bear management, mobilized thousands of people to speak out against the trophy hunt and convinced B.C.'s auditor general to investigate the trophy hunt and other grizzly bear policies.

In December, the B.C. government banned grizzly bear hunting throughout the province, putting an end to the annual spring hunt.

A century ago, 35,000 grizzly bears lived in B.C. Others flourished from Alaska to Mexico to Manitoba.

Only 15,000 B.C. grizzly bears remain. Nine populations are on the verge of disappearing. In some areas, there are only a handful of bears.

Hunters once killed some 300 grizzlies in B.C. every year. Now hundreds will be spared. Their pelts, paws, heads and other body parts will no longer be displayed as trophies.



Band councillor Desmond Bull of Louis Bull Tribe is excited to bring solar energy to his community.

PHOTO: DAVID DODGE

CANADA'S CLEAN ENERGY REVOLUTION IS CHARGED UP

In the heart of Alberta, Louis Bull Tribe is harvesting sunshine to power its daycare. Together with Iron & Earth, Louis Bull helped train oil and gas workers with new skills for a cleaner, healthier, sustainable energy future.

This is just one of the stories celebrated by Charged Up, our community-led renewable energy project.

Researchers say that if people act now, renewable energy sources could power the whole world in 20 to 40 years.

With dropping costs, renewables are the best energy choice for the environment and economy. Canada's clean-tech sector is already the fastest-growing in our economy, generating well-paying jobs while fighting climate change.

With your help, Charged Up is building on that success. It's amplifying people power — people coming together in community to invest in a low-carbon economy — and leading Canada's clean energy revolution on three fronts:

- **Local:** Helping communities move to 100 per cent renewable energy.
- **Provincial:** Pushing for clean energy policies in Ontario, Alberta, Saskatchewan, British Columbia and Quebec.
- **National:** Getting Canada on-target to be 100 per cent fossil fuel free by 2050.

Read more energy success stories from across Canada and join the network at david Suzuki.org/chargedup.



Investment in roads increases cars, fuels urban sprawl and intensifies pressure on public and household finances.

MOVING ON SUSTAINABLE TRANSPORTATION

We recently looked at transportation in Quebec with Trajectoire Québec and found:

- Car transportation costs Quebecers \$43 billion per year
- Transportation is the second highest expense after housing, but more than food
- Government spends about \$7.6 billion per year on related costs — public health, road safety, environmental emergencies and traffic courts

- Automobile transportation costs each family of four \$6,900 per year in public spending on motor vehicles, even if they only walk, cycle or use public transportation
- Quebec's auto fleet is growing faster than its population

We're pushing for solutions throughout the country that serve people, not cars.

Stay up to date on our latest sustainable transportation work at davidsuzuki.org/sustainable-transportation.

HONOURING GRASSROOTS TRAILBLAZERS

Small actions can make a big difference. That's why our annual Le Prix Action recognizes community-level eco-projects in Quebec.

This year, 166 projects from the province competed. A jury made up of Foundation partners, green entrepreneurs and renowned environmentalists selected 10 finalists. More than 17,000 people voted online to pick the winners.

The \$4,000 grand prize scholarship, donated by the Desjardins Group, went to Cultiver l'espoir (Cultivating Hope). The group also won a springtime visit from David Suzuki. The team of eight young people planted root vegetables on land made available by the City of Montreal. Half of their 120-tonne harvest will go to food banks.



PHOTO: CULTIVER L'ESPOIR

Prix Action Grand Prize winners, Cultiver l'espoir.

With more than 4,300 votes, L'école du Grand-Pavois–de Sainte-Agnès in Rimouski won the \$1,000 audience award, also donated by Desjardins. Students covered school walls and lockers with a huge mural celebrating the St. Lawrence River.

CLOSER THAN EVER TO SECURING YOUR RIGHT TO A HEALTHY ENVIRONMENT

The Blue Dot community continues to shine a spotlight on Canada's need for environmental rights. And their efforts are paying off.

In February, more than 500 scientists released a petition calling on the federal government to implement a standing committee's recommendations to update the Canadian Environmental Protection Act and "strengthen Canada's cornerstone environmental law."

The next day, a letter appeared in *The Hill Times* from leading environmental law professors. Its headline: "Trudeau should enshrine in legislation every Canadian's right to a healthy environment."

Also in February, Blue Dot organizers held a one-day symposium in Ottawa, with politicians, leading academics and lawyers. They discussed practicalities of



formalizing the right to a healthy environment in federal law, including international experience demonstrating that this is not only feasible, but offers benefits.

This momentum is helping pressure government to include environmental rights in an updated Environmental Protection Act.

None of this would have been possible without you.
Thank you!

TURNING UP THE PRESSURE FOR SAFE WATER

"Water is life. We all have the right to safe water for drinking, cooking and bathing. Reconciliation means many things, but access to clean water is an absolute requisite." DAVID SUZUKI

The federal government promised to end all long-term drinking water advisories in First Nations communities by 2021.

Yet thousands of people in First Nations communities across Canada continue to live without access to clean drinking water, some for decades.

The Foundation's recent report, *Reconciling Promises and Reality: Clean Drinking Water for First Nations*, finds government failing on eight of 14 indicators. It also features stories of communities taking leadership to resolve their drinking water crises that could inspire others.

It's a complex problem.

As of October 31, 2017, there were 147 drinking water advisories affecting First Nations communities on public systems. During the past two years, the government has lifted 32 advisories, but added 22 new ones.

Our recommendations to government include:

- Investing in First Nations-led approaches to resolving drinking water advisories
- Speeding up system upgrades, including funding for operations and maintenance
- Developing legislation and regulations with First Nations as equal partners

Tell decision-makers you believe everyone in Canada should have access to clean drinking water at davidssuzuki.org/clean-water-for-all.

IT'S TIME TO BAN NEONICS!

Neonicotinoid pesticides (“neonics”) harm honeybees and many other species, including aquatic insects at the base of the food chain, earthworms and common birds. They are a major, worldwide threat to biodiversity and ecosystems.

In November 2016, Canada’s Pest Management Regulatory Agency proposed to phase out most uses of one of the three main neonics, imidacloprid. A final decision is due at the end of 2018.

Last December, the PMRA completed assessments of risks to pollinators from two other neonics, clothianidin and thiamethoxam. It proposed ending or restricting some spray applications. But it would allow continued widespread use of seed treatments.

Neonics are most often used as seed treatments. In Ontario alone, more than one million hectares were planted with neonic-treated corn and soy seed in 2017, despite provincial restrictions to reduce neonic use.

A plan to protect pollinators must address neonic seed treatments and sprays.



With your help, we’re pushing back. We made it easy for supporters to comment on the PMRA proposal. *Thank you to the more than 50,000 Foundation supporters who submitted comments in favour of this proposal!*

And because the PMRA is a Health Canada agency, we’re also helping people write Health Minister Ginette Petitpas Taylor.

More than 100,000 people have joined environmental and health groups asking Canada to ban neonics. You can, too, at action2.davidsuzuki.org/neonics.



STANDING UP FOR SALISH SEA ORCAS

Salish Sea orcas (a.k.a. southern resident killer whales) need urgent help.

The pod is at its lowest population in more than three decades. No calves born since 2015 have survived.

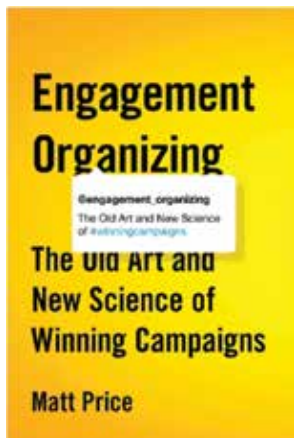
With other conservation groups, we’re calling for an emergency order to save them. Under the Species at Risk Act, an emergency order would require government to take immediate action, such as:

- Protecting more critical habitat
- Restricting chinook salmon fishing (their main food source)
- Creating feeding refuges
- Imposing speed limits and noise reduction for vessels in foraging areas

Emergency orders helped stop declines of western chorus frogs and rebuilt greater sage grouse populations.

Clear, effective action can make a real difference.

Learn more at facebook.com/SalishSeaOrcas.



Engagement Organizing

Matt Price / UBC PRESS

Some organizations and political parties find the idea of delegating control of a campaign to supporters frightening. In *Engagement Organizing*, Matt Price argues it's not only desirable but essential for remaining relevant. Through extensive research and interviews, Price offers insight into how engagement can be done effectively. Drawing on more than two decades of campaigning experience and examples from political, labour and non-profit spheres, Price explores how organizing has evolved over time, and identifies current best practices that are delivering wins. It's an essential guide for all campaigners.



MONARCH UPDATE

News for monarch butterflies isn't great, but with your help, we're standing up for the threatened species and taking action to protect them.

The eastern population had a great summer. Monarchs returned to Southern Ontario in huge numbers, welcomed by milkweed and wildflowers. But unusually warm fall weather affected their migration to Mexico.

Western monarch populations, which overwinter in Southern California, remain at 95 per cent below their numbers from 20 years ago.

Finding Solutions

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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NATURE: THE ULTIMATE WELLNESS SPA



There's a cream, pill or spa treatment marketed for every imaginable affliction — even self-care. But long before consumerism, humans depended on nature to live well. It's everywhere and it's free!

GO OUTSIDE AND BREATHE

Deep breathing lowers stress, relieves aches, helps ease chronic pain, strengthens abdominal and intestinal muscles, improves sleep and reduces fear and anxiety.

Find a quiet place. Look around. Take in the colour of the sky, the smell of the air, the way the temperature feels on your skin. Scan your body. Do you have physical or emotional pain? Direct your deep, inhaled breath to those places. When you exhale, release your shoulders. If it feels good, let out a sigh.

GET ATTUNED WITH NATURAL CYCLES

Practice “moon bathing” outside at night.

In my Indigenous culture, the new moon is an excellent time for self-reflection and self-care. Identify your well-being needs and make a plan to set them in action. The full moon is a time for self-expression. Journal, exercise, meditate, make art and connect with others.

WALK BAREFOOT

A review of studies using electroencephalograms to measure electrical activity in the brain and published in the *Journal of Environmental and Public Health* shows that walking barefoot transfers electrons, improving chronic stress, quieting the mind and promoting relaxation.

It moderates heart rate, benefits skin conductivity, improves glucose regulation and boosts immunity.

You can try this anywhere not cemented over — a grassy field, a park trail, beach sand.

SUBMERGE YOURSELF

Water is a gentle, powerful healer. Hot water is good for stress relief. Studies show that cold water bathing assists in fat loss, boosts muscle recovery and increases energy and circulation.

The landscape holds everything we need — food, water, shelter and well-being. Making self-care a priority may feel like indulgence, but it's the highest form of service. When we are most grounded and healthy, we can give our best selves.

IT'S TIME TO SHOW NATURE SOME LOVE

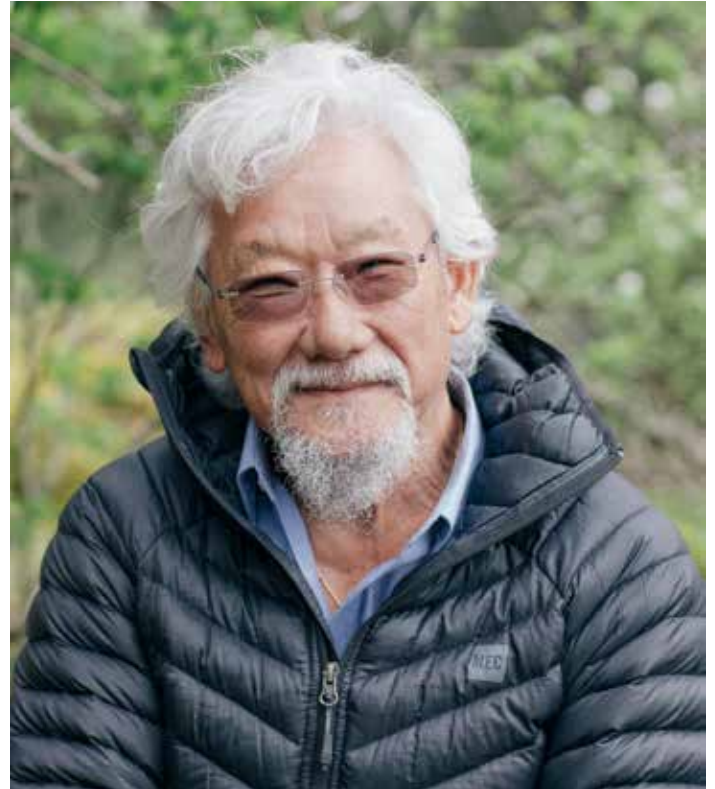
I love camping, but mosquito and blackfly bites cause me to puff up. People ask, “Why don’t you geneticists design a way to eliminate them?”

Most of us love seeing butterflies, but not other insects. We make war on them with increasingly powerful insecticides, many of which damage animal nervous systems. Insects can spread disease, sting, bite or attack gardens. But they’re vital feed for a wide array of animals — bats, mice, birds and frogs. And terrestrial ecosystems would collapse without insect pollinators.

We demonize other life forms we consider nuisances. We named orcas “killer whales” and were terrified of them, knowing nothing about their intelligence or lifestyle. We label wolves “vermin” and try to eradicate them because they pose a threat to cattle.

We call plants we see as valueless “weeds,” with little regard to their ecological roles. After a B.C. old-growth forest is cut, alders are the first to grow back. They live decades, and as nitrogen fixers, fertilize the soil for longer-lived trees that follow. But they were considered “waste” until we developed ways to make them into paper.

We must face the true cause of ecological degradation: us. Nature has survived major shifts in the biosphere,



from climate changes to pole reversals, a sun that is 30 per cent warmer than billions of years ago, movement of geological plates, atmospheric oxygenation and more.

Humans have acquired the power to alter Earth’s properties on a massive scale. We need to recognize how little we know about nature and how utterly dependent we are on everything around us.



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ART: CRYSTAL SMITH