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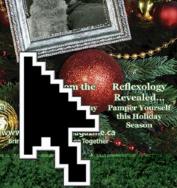
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Summer 2020

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From the Publisher

We don't often do a themed issue because we like to have a variety of articles that cater to everyone in the family. However, when it comes to important topics such as bullying (Spring 2020) and the environment, we feel it's important to dedicate the entire magazine to it. So, in this issue, all feature articles and majority of the columns will be talking about the environment.

It's really important that as humans, we are aware of our influence on the environment because we're connected. What we do impacts the environment, and the environment in turn impacts us. Our actions as individuals, and as a collective whole are not to be taken lightly. Awareness is a good first step. Our first feature article looks at climate change. Some people are not able to grasp the concepts of climate change and global warming, so this feature breaks it down for you. Our second feature looks at what we can do to reduce our carbon footprint, and provides specific ways in which we can make changes in our everyday lives. Our third feature discusses the topic of environmental health and how the environment we live in affects our physical and mental well-being, and the overall quality of our health. Finally, our last feature looks at the problem of food waste in our society (as it has negative impacts on the environment) and highlights how one company has found a sustainable solution to combat the problem while also helping Durham residents.

I hope this environmental issue opens your eyes to the issues affecting our planet today, and I hope that it encourages you to make a positive difference in your life to help our planet.

Enjoy reading our Summer 2020 issue. Feel free to share your thoughts on it with us. You can connect with us through our website www.thelocalbizmagazine.ca and Facebook page.

Antoine Elhashem Publisher



From the Editor

It could be June, July, or August when you are reading my letter, but it's mid-April right now when I am writing it. Besides what month it is, I have lost track of what the date is, and what day of the week it is. If I hadn't set a weekly reminder about my upcoming editorial deadline, I likely would have missed that too.

It's been over 4 weeks since social distancing measures have been in place because of the COVID-19 pandemic. While working from home, I've also been homeschooling my older son while simultaneously potty training my twins. To say things have been hectic is an understatement. What's interesting to note however, is that I've adapted to this new "normal." I think the majority of us have. After perhaps some (okay, a lot of) complaining, we have accepted that we need to just stay at home as much as possible in order to decrease the spread of the virus.

This means, that for the past month or so, there have been a lot less people, cars, trains, airplanes around. The positive impact this has had on the environment is remarkable, yet not surprising. We had no choice but to decrease our carbon footprint—the pandemic didn't give us a choice.

For how long will it last though? At this point in time, it's hard to say how long these social distancing measures will be in place. We also don't know what life will be like when things return back to "normal" again; when society starts back up and running. Will we just go back to how things used to be? Will the positive environmental impact glimpsed during this pandemic be forever lost? Only time will tell.

We had actually decided on doing an environmental themed issue long before the pandemic. But in a way, the timing is fitting, don't you think?

I hope you enjoy reading this issue of The Local Biz Magazine. Feel free to send me your feedback on it. If you would like to pitch a story, or write for us, you can reach me at editor@thelocalbizmagazine.ca.

Wendy Chiavalon Editor-in-Chief



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Climate Change and What It Means for You!

In the past few years, our summers have been warmer and wetter. Our winters have ranged in coldness and forecasted far less snow than usual. These changes have been somewhat subtle, and difficult to even notice for some. Being told that these changes imply a much broader scope of extreme and dangerous weather may be a concept very few people are able to grasp.

There are many people who do not want to believe in climate change and what that means for us as humans on earth. But science has proven time and time again that climate change is a reality we must learn to face, and something we must learn to tolerantly educate the public on.

What is Climate Change?

Climate change is essentially defined as the effects that human inhabitants have had on the earth. Scientists have discovered that human activity has been warming the earth since the dawn of the Industrial Revolution, which emits fossil fuels such as coal, oil and gas into the atmosphere. The earth's atmosphere is a part of a system that keeps the temperature of the planet regulated. When these fossil fuels are emitted, carbon dioxide results, building up inside the atmosphere. This is called the greenhouse effect. The greenhouse effect takes energy from the sun and raises the temperature of the earth. This temperature rise is what people are referring to when they say climate change or global warming. Global warming refers specifically to this aspect of climate change, although used interchangeably, is only one element of the large scope of climate change issues.

by Sam Burton

There are also other important greenhouse gases that are emitted to the atmosphere that contribute to climate change issues. Those gases are methane, which is mainly produced by natural gas and livestock. Nitrous oxide comes from nitrogen-based fertilizers and hydrofluorocarbons, which mainly emit from air conditioning, foam blowing, aerosols, fire protection and solvents. All of these gases naturally occur on Earth and within the atmosphere, but it is when they are unnaturally overproduced and emitted into the air that they become trapped within that atmosphere and cause climate change.

The Global Effect of Climate Change

There is a wide range of impact that climate change has already had on the world as a whole. They are felt economically, environmentally, and socially. All of these factors are interconnected, so when one is affected, all become interlaced. Many of these changes are projected into decades and centuries from now, but changes that were forecasted decades ago are already occurring. Scientists believed that a loss of sea ice would occur, accelerated sea level rise and longer heatwaves, and plant and animal ranges would need to expand due to their changing ecosystem—all effects that are currently happening.

Here are some more specific examples of how climate change has already affected our world:

In Forests

Many forests have become affected by climate change through a number of factors. First, it is important to understand that forests are vital to our Earth because they soak up carbon dioxide—this greenhouse gas is the main one responsible for global warming. But large areas of forests are being destroyed in areas such as North Sumatra, Indonesia, which not only reduces the level of carbon dioxide absorption but also destroys the wildlife living within it. This disrupts the delicate balance of the ecosystem as well as the communities who rely on them. The bush fires in Australia and in the Amazon last year are horrendous examples of how dryer temperatures and lessening rainfall have a negative impact on the forests of our Earth.

In Oceans

The rising temperatures of the earth are having an incredibly detrimental impact on oceans. Oceans are known as 'carbon sinks', which essentially means that as trees and forests, they are able to absorb giant amounts of carbon dioxide before it reaches the upper atmosphere. Because of the higher-than-normal temperatures of the ocean, their carbon dioxide concentration is thus increasing, making it harder to absorb a sufficient amount before it hits the atmosphere. Many species have been impacted by the decline of coral reefs, with a temperature of 1 degree Celsius virtually destroying them. It is projected that once temperatures reach 2 degrees, virtually all coral reefs will be lost—thus effecting the various species and human beings who rely on fish as a food source.

Animal Life

Virtually all animal life all over the world in every known ecosystem has already been impacted by the presence of climate change. Tigers, African elephants, orangutans, polar bears, snow leopards and Asian rhinos are the main species that have already been deemed endangered due to poaching and climate change. Ice is melting for the polar bears, which makes it difficult for them to find prey and thus eat for the day, which also affects penguins. Orangutans in Borneo, who are already at risk because of deforestation and illegal hunting, are projected to be affected by food shortages due to unusual rainfall. African elephants are affected by the same facts as the orangutans—too much rain, or too little.

In Antarctica and the Arctic

Climate change has become overly amplified in the polar regions because the earth's north and south areas are vital for the regulation of our climate. The temperature in the Arctic has increased by 5 degrees Celsius over the past 100 years. Researchers project that there will be virtually zero summer sea ice cover left in the next few decades. Parts of the Antarctic Peninsula are among the fastest-warming areas on Earth, with even the smallest of ice melting likely to have a huge effect on the entire sea level. The Antarctic ice sheet is the largest mass of ice on the earth and accounts for 90% of all freshwater on its surface. It is incredibly important to pay attention to the development of climate change in this area, as it acts as a predictor to what awaits the rest of the world—that is, should we continue not to act.

How is Durham Region Effected?

Climate change was declared a state of emergency in January of 2020, voted by the Regional Council in Durham Region. After it was voted in, an action plan was created called *The Durham Community Climate Adaptation Plan* (DCCAP). This details the region's plan to prepare each community for the effects of climate change and extreme weather. Risks were identified by over 60 industry experts who developed this plan, which is freely available on durham.ca.

Durham Region is affected by climate change because it is surrounded by natural features, such as, an abundance of ravines, wetlands, Lake Simcoe to Lake Ontario, Oak Ridges Morraine and Durham Regional Forest. As previously mentioned, these environments possess a number of wildlife whose lives would be affected by excessive rainfall, the lack of it, and the temperature. A loss of a certain kind of species disrupts the ecosystem and the chain that maintains the climate of the world as a whole, starting one community at a time.

What is Durham Region Doing?

As previously mentioned, Durham Region is making a mass effort to contribute to environmental sustainability. The following section will summarize some sections of the DCCAP:

Growing Resilience, the Durham Region Agriculture Sector Climate Adaptation

Farms cover 47% of Durham Region, with more than 1,300 farms. The agricultural community is experiencing the impacts of climate change, which includes heat-related issues that influence health risks of livestock and farmworkers, risks to certain varieties of crops and yields, flooding and stormwater management, invasive species and pests, and damage to infrastructure and structures. There are also issues pertaining to electrical outages and emergency alerting.

This section of the climate change plan is called the *Durham Region Agriculture Sector Climate Adaptation Strategy*. This will help Durham's agricultural community by identifying risks, and presents programs to help communities learn how to adapt to issues as they arise.



Managing Urban Heat Islands

There has been an abrupt change from rural to urban living that was observed from 2011 to 2017. About 81% of Canada's population lives in urban areas. These areas are full of diverse individuals and industries that are recreational, social, and economically fruitful. The *Keeping Our Cool Report* describes Urban Heat Islands as the higher temperature difference between urban areas and rural areas. It refers to surface temperatures, air temperatures, or the combination of both.

There are several ways that are suggested to help out the Urban Heat Islands issue:

- Planting Trees and Urban Greening: Increased vegetation will provide cooling through providing shade, and makes efforts to conserve natural areas.
- "Cool" roofs and "green" roofs: Cool roofs are built with materials that absorb less of the sun's energy but radiate it out into the atmosphere. This has been observed to have reduced temperatures in top floors of buildings.

- **Reflective Surfaces:** Light-coloured surface materials for roads, sidewalks, and other ones for infrastructure are used to reflect rather than absorb the heat coming from the sun.
- Energy Efficiency: Increasing the efficiency in the energy use of cars, appliances, and other equipment will help reduce waste heat that contribute to heating urban areas.
- Heat Alert and Protection Planning: Having a plan of action ready will help people have access to cooling areas before warnings are sent out, which will help the reduction of heat in the urban areas in general.

Durham's Future Climate

The Durham Region Future Climate Study is the most important sector of the DCCAP. It attempts to project what the climate will be between the years 2040 and 2049. Within this study, these future years are compared to the years 2000 to 2009.

A summary of the predictions state that between the year 2040 and 2049, we will have:

- Much warmer air temperatures
- Higher humidity
- More extreme weather events
- Less wind
- Less snow and more rain in winter
- High winds and heavy rain

Being Flood Ready

There is a section about tips to prevent basement flood that is sometimes caused by ageing infrastructure and lack of preventative maintenance:

- Take on some simple projects outside your basement windows and have them sealed up
- Pay attention to mould growth
- Pay attention to extreme weather changes and possibilities of flooding on your local weather station

Emergency Preparedness

The emergency preparedness plan details four simple steps that can be followed in the event that extreme weather or an environmental emergency occurs. They are summarized as:

- 1. Having a Plan: You may be told to stay inside or to evacuate due to an emergency, so it would be safe to have a plan. You can do this by writing down a step by step plan, including extra steps that may need to be taken for children, seniors, and/or those with disabilities. Make sure everyone knows where to find an emergency kit should it be needed. You can download the *Durham Region Emergency Master Plan* and/or the *Durham Nuclear Emergency Response Plan* on the durham. ca website.
- 2. Knowing the Risks: Being aware of the risks during an emergency will help you act more accurately during one. Different risks mean you need to be prepared in different ways. The prioritized list of risks are as follows: flooding, nuclear emergencies, power outages, severe storms, and transportation emergencies. Visit the Durham website for more detailed tips.
- 3. Making a Kit: It is suggested that you create a number of kits that pertain to certain emergencies, such as a car kit, a first-aid kit, kits for persons with disabilities or special needs, a pet kit, and kits that have to do with evacuating and ones that have to do with staying at home.
- 4. Staying in Touch: Pay attention to certain news outlets that will inform you of extreme weather changes and emergencies. Various apps on your phone can help you with this, including, the Durham Region Website, Durham run pages on Twitter and Facebook. You can subscribe to get emergency alerts directly to your email.

Any and all efforts that are made to help our environment matter, and will undoubtedly make a difference. Everyone being mindful will amount to giant changes, one step at a time.



Sam Burton is a writer in the GTA with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Pickering, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings. Her photography portfolio can be found on instragram @typhoidandswans.



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"All I need is the air that I breathe". It's been a long time since the British rock band, The Hollies belted out that lyric in their 1974 smash hit. Today, it's a gentle reminder of the importance of caring for our environment and more broadly, the planet as a whole.

"The Earth's resources we've been taking for granted are not infinite and we've witnessed pollution taking the lives of humans as well as animals. Although we are fully conscious of the serious threat caused by global warming, we still fail to realize our lifestyles are part of the problem," stresses Sofia Lockhart in a 2019 article entitled *How to Minimize Your Carbon Footprint and Pollute Our Planet Less*, which appears in *Biofriendly Planet* magazine.

As Livia Albeck-Ripka of *The New York Times* explains in a 2019 feature, *How to Reduce Your Carbon Footprint*, "A carbon footprint is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service. It includes carbon dioxide – the gas most commonly emitted by humans – and others, including methane, nitrous oxide, and fluorinated gases, which trap heat in the atmosphere, causing global warming. Usually, the bulk of an individual's carbon footprint will come from transportation, housing and food." With regard to the environment, as the COVID-19 pandemic ravages the world, everything's slowed down; nature's taken over and the Earth's been given a rare opportunity to recharge. In Venice, Italy, the picturesque, but typically murky canals are clearer with fish visible in the water. And the air is noticeably cleaner throughout countries that enacted stringent measures, such as Italy, China and India.

Additionally, in April, *RFI*, a French news and current affairs radio station reported, "The Biggest drop in carbon dioxide emissions since WWII, but little impact on climate change." It quotes Rob Jackson, a professor of Earth system science at Stanford University in California who chairs the Global Carbon Project. He says carbon output could fall by more than 5% this year – the first dip since a 1.4% reduction after the 2008 financial crisis.

But Lars Peter Riishojgaard, from the infrastructure department of the World Meteorological Organization (WMO), a United Nations agency based in Geneva, Switzerland cautions, "While in the short term, carbon dioxide emissions would go down as cars stay put and aircraft remain on the ground, we expect the impact will be fairly short-lived."

He proceeds to mention that at some point, the pandemic will end and life as we knew it will resume, such as with people returning to work. As a result, carbon dioxide emissions will begin to increase, perhaps to the same level, although that remains to be determined.



As Canadians grow increasingly aware of the detrimental effects of climate change, many of us are interested in exploring what steps we can take to reduce our carbon footprint. And since we're all adjusting to life during a pandemic, the time for introspection is here. With life at a virtual standstill for many of us, we have an opportunity to reflect on our lifestyle and what (if any) changes we can implement for improvement. In order to propel you on a path toward cleaner and greener living, here's how you can reduce your carbon footprint:

Travel and Transportation

In August 2019, then 16-year old Swedish environmental activist Greta Thunberg crossed the Atlantic Ocean on a zero-emissions sailboat to attend a conference on global warming in New York. By doing so, she made a statement about alternate ways to voyage.

And while braving the rough seas might not be the most feasible option, air travel takes up the largest portion of your carbon footprint, so if you really do have to fly, choosing economy class is advised. This way, you'll be sharing carbon emissions among fellow passengers, so it's far more environmentally friendly in comparison to business and first class. Non-stop flights are ideal, because takeoffs and landings burn more fuel and in turn, produce more emissions.

An average car produces approximately five tons of carbon dioxide every year, so by driving less, you can significantly minimize your carbon footprint. There are many ways you can achieve this, whether by taking public transportation; using cabs/rideshare services; biking; walking; or a combination of the above. That's exactly what Toronto-based Giulio Muratori does. The photographer and pasta maker who has his own line of organic ancient grains pasta has driven his fair share of cars over the years, but gave away his last clunker in 2005. "Over time, I began to examine all aspects of my life and it was important for me to live as clean and green as possible. Mostly, I use public transit, or I bike. I'll also rent a car if I need one."

If you truly do need a car, consider purchasing a hybrid or electric vehicle. That's just what entrepreneurs Ryan and Asma Shollert did. In 2017, they moved to Toronto's waterfront and were keen to take their health-focused lifestyles to the next level, so they stopped buying bottled water and chemical-based cleaners and purchased a Japanese water ionizer, which further propelled them into eco-friendly practices.

Doing their part to reduce the negative impact of their carbon footprint suddenly became their passion, so the next natural step was to purchase an electric vehicle when they were ready for a new car.

In February, the couple, ordered a 2020 Tesla Model 3 Dual motor, which they picked up in March. Since then, they've been cruising along happily. "It feels amazing to be able to shift our lifestyle so that we can better care for the environment and preserve its beauty. Our daily decisions have a great impact on the health of our planet and it's our responsibility as human beings to prioritize this aspect during our short stay here on Earth," they share.

At Home

Conserving energy can make for greener living wherever you turn. Going from incandescent light bulbs to LEDs, (which cost more) are a bright idea, because they last up to 25 times longer and use four times less energy. On the flip side, incandescent bulbs burn 80% of their energy as heat and they contain mercury.

Remembering to turn the lights off whenever you leave a room is always good, too. When shopping for appliances, look for the 'Energy Star' label, which is a great way to be assured of a product's energy efficiency. And when using electronic appliances, remember to unplug them once you're done using them.

As for laptops, they're definitely a more energy efficient solution in comparison to desktops, since they require less energy to operate and charge. Keeping your water heater at a reasonable temperature and reducing hot water usage with the installation of a low-flow showerhead can also be helpful. As for air conditioning on those sweltering hot summer days, try to only turn it on as a last resort. Another alternative is to plug in a fan, since it uses far less electricity.

Businesses

In order to conserve energy, ensuring your computer or laptop is set to enter a power-saving mode after a period of inactivity is always a good idea. Remembering to unplug your gadgets and turning your computer to 'sleep' is also helpful.

As for computer equipment, ink cartridges and mobile phones, properly recycling them is important. Increasingly, paperless correspondence is becoming the norm, so receiving newsletters via e-mail and sharing documents online is recommended to eliminate waste. As for printing, ask yourself if it's absolutely necessary. If it is, consider going double-sided.

Where possible, open those blinds; not only does natural lighting improve productivity and well-being, but it also reduces the need for artificial lighting. And of course, turn off the lights when you're not using them.

Just don't forget the coffee! If you're in charge of buying office appliances, such as a new coffee maker, choose an energy-efficient one and use the sleep mode when appropriate.

Food

As we strive to eat balanced and nutritious meals, developing an appetite for awareness on the widespread issue of food waste is also important, although not so palatable. According to a 2019 report, entitled *The Avoidable Crisis of Food Waste* by *Second Harvest Food Rescue and Value Chain Management International*, a public and industry voice in the area of food waste reduction, "Food that ends up in landfill creates methane gas which is 25 times more damaging to the environment than carbon dioxide."

On an annual basis, food waste in Canada creates approximately 56.6 million tonnes of carbon-dioxide equivalent emissions. Additionally, an alarming 58% of the food produced in Canada is lost or wasted.

The Avoidable Crisis of Food Waste proceeds to emphasize, "The United Nations Intergovernmental Panel on Climate Change report states that significant action needs to be taken to avoid global warming above 1.5 degrees Celsius by 2030. Tackling food loss and waste must be considered an urgent priority by all levels of government, industry and individuals."

Being mindful of how much we're buying and making healthier choices can make a difference. With our lives being drastically altered due to COVID-19, in an April letter penned to members – (full disclosure; I'm one) – of the Toronto Vegetarian Association (TVA) by Thomas Appleyard, President and Denyse Mehta, Executive Director, they note, "This pandemic was caused by a coronavirus of animal origin which shifted to a human host and has spread rapidly as there is no natural human immunity. There is more and more evidence to demonstrate that the path that the TVA is on to extend the spread of a plant-based lifestyle yields benefits that improve the lives of human and non-human animals."

As you reflect on lifestyle changes, reducing or even eliminating your consumption of dairy and meat; especially beef and lamb, will help to lower the greenhouse gas emissions that are emitted by their production and processing, in addition to the methane created when livestock belch.

Clothing

With the advent of 'fast-fashion', which has been known to utilize cheap and toxic textile dyes, trendy and inexpensive items are ubiquitous. But once they go out of style and are tossed, they produce methane as they decompose in landfills. As a result, purchasing recycled or vintage clothing is highly encouraged. Another idea to consider is purchasing garments of quality and versatility, which have a 'timeless' feel. Proper care for them can add to their longevity.

And when it comes to doing laundry, eco-friendly detergents that are biodegradable, phosphate-free and made from plant and vegetable-based ingredients, (rather than petroleum-based ones) are a good idea, as are concentrated detergents that have reduced packaging. And of course, if time and weather permit, hang your clothes out to dry, if at all possible. Also, if you have your clothes dry cleaned, ensure eco-friendly processes are used.

With regard to apparel manufacturing, the following offers a glimpse of what initiatives a few companies have embarked on in order to promote environmental responsibility.

Leave Nothing But Footprints (LNBF): The Canadian clothing company designs stylish and comfortable pieces using earthfriendly fibres, such as organic bamboo, organic cotton and tencel. They also use non-toxic Oeko-Tex 100 certified dyes that are free of heavy metals and allergens.

Levi Strauss & Co.: The legendary brand is battling the fashion industry's waste with a line of jeans made from recycled water bottles, in addition to launching partnerships with other ecofriendly clothing brands.

Nike: The popular brand has strengthened its connections with environmentally friendly suppliers throughout the world and has a line of sustainable products made from recycled materials.

As we reflect on how we can reduce our carbon footprint, we can all make a positive contribution to the Earth and effect the much needed change we need.

As the longstanding Canadian environmental activist David Suzuki implores us to ponder, "Can we relearn what humanity has known since our very beginnings — that we live in a complex web of relationships in which our very survival and well-being depend upon clean air, water and soil, sunlight (photosynthesis) and the diversity of species of plants and animals that we share this planet with?"

Ayah Victoria McKhail is a Toronto-based freelancer with a postgraduate degree in journalism from Ryerson University. She enjoys writing on a variety of subjects and her work has appeared in numerous publications, such as *The Globe and Mail, the Literary Review of Canada* and *NOW*.



Usually, our Summer Events calendar is filled with event listings. Unfortunately, this year, due to the COVID-19 pandemic, many events have either been postponed or cancelled altogether. Below, is a listing of events originally planned for the months of July and August in Durham Region. While we are optimistic that things may be back to "normal" by summer, and that these events do continue as planned, we suggest you contact the event organizer directly to determine the status of the event.

In the event that social distancing is still being advised, here is a wonderful link that suggests ways you can keep yourself entertained. This listing includes museum tours, virtual tours, animal fun, educational resources and more! Visit www.braininjurycanada.ca/ideas-social-distancing/

July 2, 2020

Concerts in the Park Enjoy a variety of live music each week (Thursdays) from the McLaughlin Bandshell in Memorial Park. Oshawa 905-436-3311

July 4, 2020

Durham Carifest

Durham Carifest is an annual family friendly event showcasing Caribbean Culture in the Durham Region, through arts and culture. It features a free Kids zone. Live performances, Caribbean Cuisine, Vendor Market place and more. Aiax

www.durhamcarifest.com 289-892-6686

July 18, 2020

Museum Minecraft

Back by popular demand! Unplug for the day and join a live version of the computer game. Teams will Mine for resources throughout the Museum's Historic Village and craft items to get through our game levels. To finish all levels of the game may take over 3 hours, so bring your lunch and spend the day! Last admission time is 3:00 pm for participating in Minecraft activities. Please note: no computers are used in our live version of the game and running shoes are recommended! Special Admission fees apply.

Pickering www.pickering.ca 905-683-8401

August 20 to August 29, 2020

Haunted Ghost Walk

Take a guided tour of the historic village at night and hear stories from the past that still haunt people today. Learn about paranormal investigations that have found evidence of spirits and ghosts, and hear stories of past tragedies that actually took place in Pickering's past. Pickering www.pickering.ca

905-683-8401

August 28, 2020

Kars on King

This classic event is a great way to start a weekend full of beautiful cars. Free to the public, come downtown to see hundreds of classic cars from across North America. No Registration Required. Open to all makes 1989 and older. Enjoy exciting live entertainment and don't forget to check out the corresponding "Touch-a-Truck" family event at the Tribute Communities Centre. There is something for everyone, so mark your calendar now. Oshawa

www.downtownoshawa.ca 905-576-7606

For events that may have been added after the publication date and other ideas to plan your perfect day in Durham Region, visit www.durhamtourism.ca.

Never forget your garbage day again!The "Durham Region Waste" App has everything you need to know to make curbside waste collection easy. It is available on both Apple and Android - download it today!Image: Description of the problem in the p	My Collection Schedule C NEXT COLLECTION Tuesday, Jul 28 Items being collected:	
 Personalized collection schedule Report missed collections Set weekly pick-up reminders and service alerts View detailed sorting information with Know Before You Throw Book special collection appointments Get notified of special collection events And much more! Best of all, there's no tiresome in-app advertising with this Durham Region app. 	 I Green Bin > Garbage > Yard Waste > TUESDAY, AUG 4 ■ Blue Box > 	
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Our Health and the Environment: The Eternal Link

by Sam Burton

Human beings have been responsible for taking over the environment since settlers began travelling all over the globe. Since then, we have become a part of it, and it has become a part of us. It is nearly impossible not to interact with the environment, whether we are walking on a hiking trail, or are taking the bus to work. These interactions will affect the quality of life for ourselves and those around us, how many of those years are healthy, and health disparities between every population.

What is Environmental Health?

Environmental health looks at all the different ways the world around us can impact our physical and mental health. *Verywell Health* describes it as the, "public health field that monitors and addresses the physical, chemical, and biological factors that we might not have direct control over, but that can impact our health anyway." For example, living in a city with lots of pollution, the materials our homes are built with, and the foods we have access to are all things that can affect our quality of health. While these are domestic examples that may seem simple initially, they connect us to more global issues nationally, and eventually, internationally all over the world.

The global scope of environmental health includes the prevention and controlling of diseases and viruses as well as injury and disabilities that may be related to the way people interact with the environment. There are many ways that these effects can be detailed, but *The Healthy People 2020 Environmental Health Objectives* report narrowed it down to the following six themes:

1. Outdoor Air Quality

There are a number of diseases that can be linked to the poor air quality of a given environment. Cancer is the top deadliest of diseases, as well as long-term damage to respiratory and cardiovascular systems that are effected gradually over time. Pollution has been a problem ever since the industrial revolution in North America. Although progress has been made in reducing unhealthy air emissions, the statistics are still not positive—127 million people in American cities in the US lived in areas where the air quality exceeded healthy standards.

2. Surface and Ground Water Quality

The quality of water is important for obvious reasons—we consume water every day, and a person simply cannot live without it. When this water becomes contaminated, a number of people are going to be affected. Illness can range from mild to severe depending upon what agent caused the infection. This also, of course, applies to recreational waters, with public swimming pools, lakes, and rivers falling under this category. Getting a hazardous chemical on your skin or ingesting it can have negative consequences that range from minor to severe. For all of these reasons it is vital to observe water quality on a consistent basis.

3. Toxic Substances and Hazardous Wastes

The effects of toxic substances and hazardous wastes on our health is not completely understood as research continues to progress on the issue. *PegEx*, a hazardous waste expert company, places hazardous waste into four categories:

- · Ignitability: Something that is flammable
- · Corrosivity: Something that can rust or decompose
- · Reactivity: Something explosive
- Toxicity: Something poisonous

Many of these substances and materials are used to help in the advancement and production within many industries. Certain metals and plastics can hurt us as humans and lead to serious medical issues. The most recent example of this was when the water in Flint, Michigan became contaminated with lead, which can lead to long term health issues, and even brain damage.

4. Homes and Communities

People spend the majority of their time at home, at work, or at school, which exposes them to a multitude of environmental issues. Some examples of issues within these common environments are indoor air pollution, inadequate heating and sanitation, structural problems, electrical and fire hazards, and lead-based paint hazards. It is still difficult to completely comprehend the effects that each of these issues has on a single individual, as more research needs to be conducted. It is the goal of this initiative to maintain a safe environment so people can function happily within the areas that they most often reside in.

5. Infrastructure and Surveillance

It is going to depend upon the strictness of the laws relating to the exposure of environmental hazards in relation to how health issues can be avoided. Health departments, both local and global, need to communicate in order to have consistent measures in place. Surveillance systems and education are important resources that will help people learn to respond properly to the possibility of improper exposure.

Surveillance can involve either directly looking for a health concern or by asking professionals about them. An example of this is the active testing and observing of mosquitos for the Zika virus.

6. Global Environmental Health

All of these issues listed will eventually affect the world globally if they are not dealt with at a domestic level. Disease spread for example, can be reduced greatly by improving water quality and ensuring proper sanitation use, as this is one of the top global challenges today. Climate change is an approaching issue that is going to affect the entire world both environmental and on a humanistic level. Therefore, it is important to look at all issues from every corner and create an integrative response.

Why is Environmental Health Important?

As previously mentioned, it is virtually impossible not to interact with your environment. Even if you are staying inside for the majority of your time, there are still ways in which the air can



become polluted, water can become contaminated, which in turn can cause respiratory and cardiovascular problems over time. It is absolutely vital to become educated in the matters of environmental health because it is not only our lives and the lives of those we love who will be effected in quality and quantity of years lived, but also others whose health is at a vulnerable stage, and those with a lower socioeconomic status.

Factors that affect the environment are expansive and diverse. Some can be narrowed down into the following categories:

- Exposure to hazardous substances in the air, water, soil, and food
- Natural and technological disasters
- Climate change
- Occupational hazards
- The built environment (relating to indoor issues and structures)

Simply put, the health of the environment is directly connected to our own physical and mental health. Caring about the environment means we care about ourselves, and when we care about ourselves, we care about the environment. The behaviour is cyclic.

Emerging Issues and COVID-19

We have all seen the human toll the presence of the stunning pandemic COVID-19 has taken. What came with it though was a reality many of us were not willing to face—the mistreatment of nature acting as the catalyst, and the abrupt absence of humans breathing life back into her.

Pollution fell dramatically all over the world as people were instructed to stay inside. Emissions in China fell 25% at the start of the year as people were instructed to go out less, and fell by at least 50% in New York. Fish began re-emerging in Venice, while satellite images over northern Italy have shown emissions of nitrogen dioxide fading away.

This is not to state that the loss of human life is worth the dramatic environmental change, but to ask individuals to look at it as a sign that our behaviour has been lacklustre at best. The spread of COVID-19 showed us that there is an eternal link between us and the environment.

Environmental health, in general, is a constantly evolving field. Other issues in the field beyond COVID-19 are as follows:

1. Climate Change

Climate change is something that affects various aspects of the environment including sea level, patterns of infectious diseases, air quality, and the severity of many natural disasters like floods, droughts, and heavy storms. The projections at this point are still unknown, as more research needs to be done.

2. Disaster Preparedness

The level of preparedness for each city is going to depend upon their government. The impact of natural disasters, as well as ones of human origin, includes planning for human health needs and how that will impact the public, such as water and roadways.

3. Nanotechnology

Nanotechnology is a combination of science, technology, and medicine that is about the control of matter on the atomic and molecular scale. The act of this includes the making of products that use parts that are this tiny, such as electronic medical devices and sensors. The impact of nanotechnology in reference to environmental health may offer improvements to a few factors:

- Disease prevention, detection and treatment
- Electronics
- Clean energy
- Manufacturing
- Environmental risk assessment

Although it can offer many benefits, it is uncertain how nanotechnology can have a negative effect on environmental health as well.

4. The Built Environment

Features of the built environment has been researched to impact human health. This means that it influences behaviours, physical activity patterns, social networks and access to resources.

5. Exposure to Unknown Hazards

Hundreds of new chemicals are introduced into North America each year. All of these chemicals, of course, will offer new challenges and effects that need to be studied and understood.

6. Blood Lead Levels

Blood lead levels are an issue in over 4 million houses over North America. Nearly half a million US children from the age of 1 to 5 have blood lead levels at or above what is over the proper amount that is deemed by the CDC, which is at 5 micrograms per decilitre. Dangerous blood levels can affect a child's cognitive function, although it can often occur without any signs or symptoms initially. *Healthy People 2020* is committed to eliminating lead exposure to children, recognizing the fact that socio-economic factors affect who is exposed and who is not.

What Can You Do Now?

A lot of the issues referenced in this article discuss the factors and effects that need time to be studied and observed. Unfortunately, it is only when negative events occur that their factors can be studied. But there are still actions that can be taken in a more immediate way that will affect environmental health. Here are four simple ways that you can begin reducing the negative effect human beings have on the environment:

- 1. Use Reusable Bags: One of the top uses of plastic is through the use of plastic grocery bags. We tend to throw them out after use, where they end up in landfills or other improper areas in the environment. It takes approximately 10-20 years for one of these bags to completely decompose—animals are also able to swallow them and choke.
- 2. Save Electricity: Our energy use affects the environment in ways that are difficult to comprehend. Try using energy-efficient light bulbs that will last longer, and will also save you money. Make an effort to turn off electronic devices that you are not using, try lowering your heating and air conditioning as well.
- 3. Save Water: Water is wasted more often than we realize. We leave the faucet running when we brush our teeth, we leave the water running too long before we actually hop in the shower, and we overly use water when washing dishes. Paying attention to these habits and changing them will also help you financially in the long term.
- 4. Print as Little As Necessary: Printers are used commonly during school time, creating flyers, creating birthday cards, and even sometimes sending letters. Using a great amount of paper is not good for the environment because of littering and difficulty decomposing, so try to do your part by switching to email, suggesting to a teacher or professor to submit term papers electronically, or try to print on both sides of a page if you truly need to print something out.

Sam Burton is a writer in the GTA with a focus on creative fiction but with an affinity for local and broader investigative journalism. Currently residing in Pickering, her striving goal in writing is to create a genuine connection with readers, whether it be through real-world events or those crafted from her own musings. Her photography portfolio can be found on instragram, typhoidandswans.



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A SUSTAINABLE SOLUTION TO COMBATTING FOOD WASTE

by Ayah Victoria McKhail

As COVID-19 swept through Canada and stark scenes of empty supermarket shelves and barelythere produce came into focus, Canadians have had an opportunity to reflect on food usage and perhaps to some extent, the widespread issue of wasting.

In a panic buying frenzy, many customers were seen with shopping carts overflowing with goods, as they quickly scooped up far more than they needed, which likely went to waste.

According to a 2019 report, entitled *The Avoidable Crisis of Food Waste* by *Second Harvest Food Rescue and Value Chain Management International*, "Food that ends up in landfill creates methane gas which is 25 times more damaging to the environment than carbon dioxide."

Startling as well is that on an annual basis, food waste in Canada creates approximately 56.6 million tonnes of carbon-dioxide equivalent emissions. Additionally, an alarming 58% of the food produced in Canada is lost or wasted.

Reiterating the pressing importance of this issue, *The Avoidable Crisis of Food Waste* proceeds to emphasize, "The United Nations Intergovernmental Panel on Climate Change report states that

significant action needs to be taken to avoid global warming above 1.5 degrees Celsius by 2030. Tackling food loss and waste must be considered an urgent priority by all levels of government, industry and individuals."

Prior to the restrictions in place due to COVID-19, locally, a fresh approach to transforming 'food waste' into nutrition had been flourishing at monthly pop-up markets in Durham Region, where perfectly delicious 'imperfect' produce from local farmers and the Ontario Food Terminal was made available for \$1 per pound, as opposed to the \$37 you'd typically pay at the supermarket.

Introduced by *Square Roots*, a social enterprise, which germinated at St. Mary's University in Halifax, N.S., the innovative concept is now growing in Ontario. It first took root in Mississauga before sprouting up in Durham Region. Last October, it began to blossom in Ajax and in December, it started to bud in Oshawa, where it was operating on a trial basis. (Details on an upcoming plan will be made available in the future). Currently, plans are in the works for expansion into North York and Brampton. Yet as a result of the restrictions in place, *Square Roots* has adapted to the current environment it finds itself in by supplying food banks.

"The produce we offer is passed over by supermarkets and restaurants, but it's salvageable and maintains its nutritional value," explains Ming Smith, Procurement and Social Responsibility manager for *Square Roots*. She and her colleagues work tirelessly to gain access to excellent produce, which might be oddly-shaped, or blemished in order to make it accessible to a wide range of people at an affordable price.

And it's a welcome initiative in Durham Region. According to a needs assessment, which was done by *Square Roots*, at-risk

communities, such as families affected by poverty, seniors and newcomers, can benefit from reaping access to fresh and healthy produce at an affordable price.

This is because food insecurity, which is defined as 'inadequate or insecure access to food because of financial constraint' according to Valerie Tarasuk, a professor of nutritional sciences at the *University of Toronto* – remains a major issue in Canada. In a 2019 report by *The Vanier Institute of the Family*, it states, "Many Canadians – including children and youth – continue to experience food insecurity." Research from UNICEF Canada is also cited: "In 2018, 1 in 4 children and youth under 18 (23%) say they go to bed or school hungry at least sometimes because there is not enough food at home."

Often, people facing food insecurity encounter a grim reality, where they have to make difficult decisions, such as whether to choose food over everything from housing to utilities, medical care, education and transportation.

This reality can have a detrimental effect on an individual's overall health and well-being, so decisive steps are a vital necessity and *Square Roots* is playing a critical role in effecting change, easing hardship and protecting the environment.

Operating with a progressive approach, *Square Roots* also provides fresh produce to community members in need, with no questions asked. As Karthika Jeyamohan, Community Manager, Ajax, emphasizes, treating people with dignity is a guiding principle. "I've really come to learn a lot about the stigma of shame and embarrassment individuals and families face with not having enough food to eat and having to ask for help. Although we like to promote diverting food from landfills and avoiding waste, it's the feeding communities' aspect of the program I'm so passionate about."

As mentioned on *Square Roots'* website, in Canada alone, \$31 billion dollars of food end up in landfills and composters every year, so *Square Roots* has made redirecting food that would otherwise go to waste into the hands of those who would benefit from it the most.

Additionally, *Square Roots* attracts people who care about sustainability, so they also shop at the pop-up markets. In turn, not only is *Square Roots* contributing to stronger and healthier communities, but they're also promoting community spirit and fostering a sense of cohesion among the diverse people who call Durham Region home.

Square Roots also values community partnerships and seeks to cultivate them. Working alongside Sarah Wintle, Community Events Coordinator, City of Oshawa, providing there are no COVID-19-related restrictions in place, they'll be introducing fresh produce at 'Market Squared', which will take place outside City Hall, (50 Centre Street South, in the North Parkette) every Friday beginning on July 10 and ending on August 28. Square Roots has also been pilot testing a pop-up market at the University of Toronto's Mississauga campus and is eager to establish one at a post-secondary institution in Durham Region in order to meet the needs of the burgeoning student body there.

According to Donna Robertson, Owner and Founder of *Evolution Support Services*, which works with people with special needs and seniors and *Mosaic Creative* (the Oshawa store which was hosting Square Roots), bridging gaps in services is important. Other programs in Canada aimed at combatting food waste, promoting environmental sustainability and access to affordable produce:

Spud:

It operates in parts of British Columbia and Alberta. According to their website, "When we waste food, we waste resources." The ramifications are 1.4 trillion litres of water, which are wasted on food production. This results in unnecessary 'food waste' that's sent to landfills, which generates greenhouse gases, in addition to the emissions that are produced throughout the growing process. These troubling realities call into question our notion of what's considered 'perfect' produce, which is centred on our expectations around size, colour and a lack of scars or blemishes. Unfortunately, this results in farmers nixing misshapen produce at the outset; supermarkets discarding produce that gets scarred or bruised; and consumers getting the idea that 'imperfect' means 'unusable'. Spud combats this problem by carrying imperfect produce and selling it to the consumer at a cheaper price.

Second Life:

A Montreal, Quebec-based company, which prides itself on offering 'ugly' produce, stresses that throwing out 'imperfect' produce has detrimental effects on the environment, so they divert food from landfills and transform them into deliveries of fresh produce, which promote a sustainable lifestyle. Since their inception in 2016, they've saved 1,570,099 pounds of 'ugly' produce; 2,025 tons of greenhouse gases from being emitted; and 309,688,416 of water from being wasted.

Reflecting on the March 7 pop-up, she enthuses, "Everything went super well; we had a lineup outside the door and we moved just under 600 lbs. of produce in less than two hours. People loved

Square Roots' innovative concept is definitely gaining traction and its visionary approach complements other community-based programs already in place, such as *Feed the Need* in Durham and *End Hunger* Durham. As Jeyamohan affirms, "Food is life and everyone deserves access to fresh fruits and vegetables."

having access to an affordable produce selection."

Ayah Victoria McKhail is a Toronto-based freelancer with a postgraduate degree in journalism from Ryerson University. She enjoys writing on a variety of subjects and her work has appeared in numerous publications, such as *The Globe and Mail, the Literary Review of Canada* and *NOW*.

by Stephanie Herrera

AT THE BOX OFFICE



We would like to acknowledge all the people in the Entertainment Business who have kept us company during the COVID-19 outbreak. To all creatives out there, thank you for being there for us!

Judy and Punch is set in 17th Century England, amidst witch hunts and troubadours. Mia Wasikowska plays Judy, a puppeteer with such a gift that her marionette show, along with her husband Punch, becomes a huge success. Tragedy befalls the small family, due to Punch's thirst for fame and whiskey, and Judy's life turns from entertaining to revenge. A Sundance selection and beautifully shot, this unique twist on the classic "Punch and Judy" story promises to be memorable. The show streams June 5.

Christopher Nolan, the mind behind movies such as *Inception, The Dark Knight*, and *Memento*, will be releasing his latest action film called *Tenet* on July 17. In the original storytelling form that Nolan is famous for, we are introduced to an action-packed adventure immersed in international espionage, time travel, and rebirth. A team is attempting to prevent World War Three as they maneuver in a dynamic time line. Names attached to this project include Robert Pattinson, Kenneth Branagh, Michael Caine, and Martin Donovan.

Infinite focuses on Evan Michaels (Mark Wahlberg) who discovers that his hallucinations are memories from past lives. With vivid visions of places he's never been, and the gift of skills he's never learned, Evan begins to self-medicate and falls into a depression until he meets a group that call themselves the "Infinites." This group teaches him that only a few people are born with the ability to retain the memories from their past lives and they work to unlock the secrets of his, in order to save humanity from one of their own. The battle starts on August 7.

Fatima is based on the true story of three children, in a small town in Italy, who claimed to be visited by the Virgin Mary. Set in 1917 and starring some heavy hitters like Harvey Keitel, this is a beautifully shot film under the direction of cinematographer Marco Pontecorvo. The sighting, by the children, leads to church interference and a pilgrimage by devotees amidst the horror of World War I. The children, the families, and ultimately everyone they touch, learns that "Faith begins at the edges of understanding." The story unfolds on August 14.

Almost 20 years after the last installment, comes the widely anticipated *Bill and Ted Face the Music*. Keanu Reeves and Alex Winter reprise their roles as Ted Theodore Logan and Bill S. Preston Esq. Now middle-aged fathers, they find themselves on another adventure after a visitor from the future beckons them to write the song that will bring harmony to the universe. This most excellent adventure commences on August 21.

Stephanie as a multi-award-winning actor, writer, director, producer, voice talent, and comedian. She is a published author, co-host of "Eileen and Steph: Everything's Fine" podcast, and is the founder of the Not-for-profit "Durham Improv Collective Inc." Her years of experience in the corporate and entertainment industries has given her an edge as an insurance broker, where she specializes in Business and Entertainment insurance.





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by Tara Richardson

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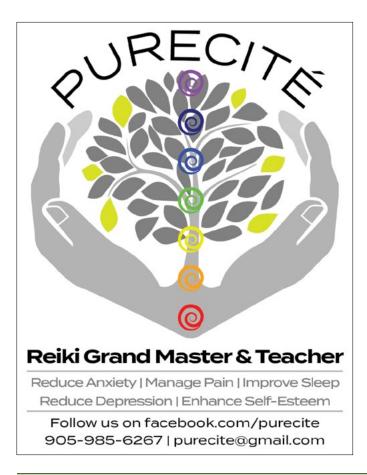


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Soul Searching



I have a confession to make. I'm not an environmental enthusiast. Not out of choice, rather ignorance. I consume more media about mental health and wellbeing than anything else. So, when I was asked to write a column about being ecofriendly, I panicked a wee bit and waited until the last minute to write it. It's not that I don't WANT to be eco-friendlier, but it could mean making a lot of changes to my daily life which is unsettling. If you're reading this and in the same boat I'm in, I'm telling you that it's OKAY not to know everything about the environment.

While scouring the internet for ways to help the environment, I discovered various websites and articles that talked about how being eco-friendly can promote a more positive selfimage. Of course, me being the queen of wellbeing, dove into the research associated with this and realized that self-image improves because the individual feels like a kind, good person, and like they're connected to something bigger than themselves.

It can be overwhelming to start your eco-friendly journey. But remember that you've already started. You recycle weekly. If you didn't know what goes in which bin you quickly learned by what was left behind. I think educating myself on being environmentally responsible made me a bit anxious thinking that I must suddenly change my entire lifestyle. The truth is, while mother nature would LOVE everyone to be on the same page, you can make changes slowly.

Here are some small changes you can make TODAY (That even I can do!):

- Switch to reusable straws. This is even easier considering most fast food chains and restaurants have made the switch already.
- Use reusable bags instead of plastic bags.
- Meal plan and buy only the amount of food you need for the week. How many times do we go grocery shopping with great intentions of making three new recipes this week and then realize this was entirely unrealistic...and are now left with food that will spoil before we can use it. I get it- this happens! And, one easy solution is that often a friend and neighbour will be more than happy to incorporate it into dinner tonight.
- Pay more attention to the packaging of food and other household items. Consider buying things that can be recycled. Also, when wrapping gifts, try using brown wrapping paper as many types of the fancy, glittery wrapping paper are reinforced with plastic and cannot be recycled.

What's one thing you can implement this week to be ecofriendlier?

Tara is a wellness blogger for The Local Biz Magazine who hopes to publish her memoir on finding hope and meaning while living with a mental illness.

by Bianca Schaefer

Get Fit: Inside & Out

Fitness Fashion Ideas You can Feel Good About, While Caring for the Planet

Love your athletic wear? Yeah, me too...

until I discovered the startling impact that "fashion consumption" has on the environment! Because guess what? It takes 2,720 liters of water to make just one T-shirt. That's as much as we drink in a 3-year period! Admittedly, I've got more than my fair share of shirts and more!

According to Fashion Revolution.com, 80 billion items of clothing are delivered out of factories annually worldwide. In the USA alone, about 11 million tonnes of clothing winds up in landfills. The sad thing is, about 95% of that could have been recycled or upcycled.

So, what does this have to do with fitness? Actually, a lot! The global sports apparel market generated around 181 billion U.S. dollars in revenue in 2019 – an increase of more than 7 billion in 2018! (Statistica.com). All this to say, we need to re-think how we buy, wear, and dispose of fashion.

If you must buy, here are a couple of suggestions that might help your conscience, if you're starting to feel a little bit guilty like I do:

Support Eco-Friendly Brands that are transparent about fair trade and ethical labor practices, natural and recycled fabrics, as well as conscious production and elimination of waste. Some brands are, Althleta, Girlfriend Collective, Teeki, Alternative Apparel and Tentree (Canadian). Find tons more on google!

Buy Second-hand. Now before you grimace and say, "ewww", I'm not suggesting you buy second-hand swimwear or the like. But consider this. A lot of second-hand wear is actually "previously unworn", meaning, new! Check out sites like Poshmark and Thredup that offer both new and second-hand items.

Re-use, recycle, donate. The North Face clothing company has an incentive program called Clothes the Loop where it encourages people to drop off their unwanted clothing and footwear (of any brand and in any condition!) which are either re-purposed for reuse or recycled into raw materials. Patagonia also accepts used Patagonia clothing through their Worn Wear Program, where they re-use or repair used clothing, and sell it again. Of course, there are numerous charities like Goodwill, Value Village that do the same. Or consider donating items to a local church or homeless shelter in your area.

Trade or give away. Want to spice up your wardrobe, save money and have fun doing it? Why not host a "trade" party. Invite a group of friends over and ask each to bring unwanted items. You can be specific with what they should bring, i.e.: tops, or bags, or be open to anything. Then spice up your party with music, snacks, beverages, and good cheer!

Finally, you could just **wear what you already have**. Gasp! I know. Most of us can agree, that we probably have more than we need already. So why clog up more closet space? Let's do ourselves a favour and keep our closets, homes, and planet tidy and uncluttered!

Bianca Schaefer is a 360 Holistic Health Coach who inspires a global community to take charge of their health through nourishing their body, mind and soul with delicious foods, an active lifestyle and a mindset that believes anything is possible. Find out more about Bianca Schaefer on her personal website, Bianca Schaefer.









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"The earth is what we all have in common" Wendell Berry

Hello readers! Another eventful school year has brought us to an end as we await summer vacation. During March break, I saw this post on Instagram showcasing the river canals in Venice and how much cleaner they had gotten since the country had been on lockdown. I thought it was amazing how taking people away for a small amount of time really did wonders for our environment. It also reminded me of the importance of being eco-conscience while outside. If we take time to do little things, like pick up trash or raise awareness a lot could be done to ensure a sustainable future. For this article, I wanted to talk about some of the initiatives people have taken towards fighting climate change and helping the environment.

One of the significant events of this year includes the climate strikes that took place all over the world. Greta Thunberg, an inspiring teenager led these strikes, inviting students to march outside city halls and government buildings in order to protest for a proper climate action plan. We often hear a lot of promises from politicians and officials but very little actually gets done. It wasn't until these strikes that people started realizing that climate change was a real thing. Greta Thunberg is one of the widely known youth advocates for climate change, however, she is not the only one. Many other youth activists such as Jamie Margolin and Xiye Bastida have made significant impacts in creating a sustainable future as well as they have done a good job of bringing indigenous rights into the conversation.

It is nice to have a school club that focusses on issues regarding the environment. My school actually has a multipurpose club that deals with issues such as environmental awareness, equity, and peace. For earth week we planned announcements that highlighted different environmental statistics and planned clean up sessions where we would go and pick up trash around our school neighborhood. The nice thing about these clubs is that they're a really great way to spend time with your peers while actually making a difference. I also find that they're a great place to discuss concerns you may have around the school. So if your school doesn't have a club like this you might actually consider talking to a teacher about starting one.

From what I've noticed, young people have been the ones most aware of climate change and the protection of our planet. However, within the past year, we have gotten more and more people to understand what is at risk. One of the things I think a lot of people fail to recognize is that climate change does not have just one outcome; climate change affects all aspects of life. A poor environment leads to health issues which leads to social and economic issues. As youth, it really is up to us to make sure this issue is dealt with. It is after all our future that is at risk and we must persevere until we have secured it.

Sarah Malik is a Grade 12 student. She loves to read, write, and go on walks with her family and friends. Her dream is to one day travel the world.

by Josie Myers

Family Matters



There are many simple changes we can make as families to reduce our carbon footprint on the earth. Not only will these changes benefit the earth, but they are also great learning opportunities for our children. By teaching our kids about reducing our carbon footprint, we are encouraging them to be respectful of the earth and all its inhabitants.

Buy Second-Hand Clothing

Many of the clothes you buy from big box stores or boutiques are designed with the current fashion trend in mind. This means that when an item goes out of style it's no longer worn and tossed away, potentially resulting in a lot of waste. Buying second-hand clothing avoids this waste and can also help you save money as a family. Kids grow so quickly that you could be buying new clothes for them every season. Next time your child grows out of their clothes, think of your local second-hand shop first.

Plant a Garden

Planting a garden is a great way to reduce your carbon footprint because plants absorb carbon dioxide. It's also fun for kids (and adults) to see seeds sprouting and then changing and getting bigger every day. When you grow your own food, you also have total control over how it's grown. Gardening is easy and fun, and with all the options available for container gardening, it's something you can do even if you live in an apartment.

Bike or Walk

Emissions from vehicles are one of the largest contributors to greenhouse gases, so the more you can walk or bike instead of driving your vehicle, the better. Biking and walking are also great for your health and fun activities to do as a family!

Eat Local

Trying to eat foods that are grown in your local area as much as possible helps eliminate harmful emissions that occur when foods are shipped from elsewhere. Eating local foods is also a great way to support your local economy and ensure food safety. Some food processing plants are major polluters, so eating local also discourages this type of activity.

Conserve Water

There are many ways to conserve water as a family. Some examples include taking shorter showers, turning off the tap while brushing your teeth, filling the sink with water to wash your face instead of letting the water run, and using rain barrels to water your garden instead of watering from a hose.

Reducing your carbon footprint as a family can be easy and fun, espeially when you discover that there are plenty of options that contribute to sustainable living.

With a master's degree in education and a background in Reiki, Josie Myers is an expert teacher and healer at her private practice Josie Myers - Opening and Balancing Life Force Energy. Josie helps moms find peace by supporting and guiding them to make the most of their motherhood journey. Josie lives in Ontario, Canada with her husband and son and her two cats.

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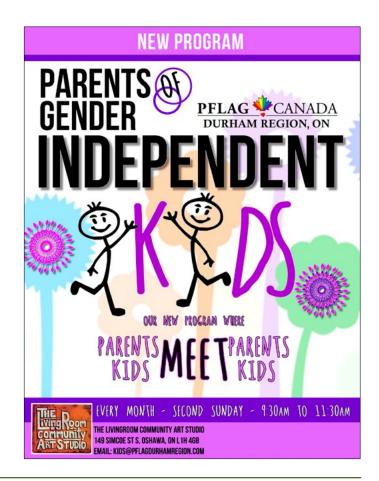


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by Wendy Lee





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A Forkful of Healthy

Tangerine Sticky Ribs



You'll love the flavor combination of these bone-tender Asian style, Tangerine Sticky Ribs! They are a great way to spice up your weeknight dinners and can be made at home faster than going out for take-out!

Asian style cooking comes down to understanding a few basic techniques and having the right ingredients on hand. It's not difficult, and although a wok will help make your culinary adventure a little easier, it isn't necessary..

INGREDIENTS

- 3 pounds rack baby back pork ribs
- 1/2 tsp star anise 2 tangerines, or oranges coarsely
- chopped
- 1 cup tangerine juice, or orange juice
- 1 cup orange blossom honey
- 1/4 cup hoisin sauce
- 1/4 cup toasted sesame oil
- 1 clove large garlic coarsely chopped 1 tbsp tangerine zest, or orange zest
- t tosp tangerine zest, or orange
- 1 tsp fresh ginger peeled
- 1 tsp Chinese five-spice powder
- 1 tbsp of your favorite chili pepper sauce 2 tbsp chopped tangerine, or orange peel
- for garnish

1 tbsp chopped parsley, or cilantro for garnish

DIRECTIONS

- 1. Rinse ribs under cold water and pat dry with a paper towel. Place ribs in a baking dish, sprinkle with star anise, and set aside.
- 2. In a blender, combine remaining ingredients and process until mixture is fairly smooth. Pour over ribs, cover tightly with foil, and refrigerate overnight.
- 3. Preheat oven to 300 degrees. Remove ribs from refrigerator and bring to room temperature, about 30 minutes. Place covered dish in oven and cook for 2 1/2 hours.
- 4. Remove ribs from oven. Remove foil and set aside. Baste ribs with sauce and return to oven, uncovered. Cook another 30 minutes.
- 5. Remove ribs from oven and tent with reserved foil. Allow to rest 15 minutes. Transfer rack to a cutting board and cut between bones. Serve with a sprinkle of tangerine peel and garnish.

Carbs: 29g

Protein: 27g

Fat: 25g

Wendy is a food blogger, food photographer, writer, lifestyle strategist, self-taught chef and lover of animals. While living in Paris, she mastered the art of a perfect crepe and French cuisine, and also discovered the world of fabulous wines and champagne! Her passion to find healthy alternatives to popular dishes stems from her desire to live a fit and healthy lifestyle while still enjoying food!



FINANCE & REAL ESTATE INSIGHTS



10 Easy Eco-Friendly Home Tips That Save You Money

A person's home is often their biggest investment and also their biggest expense. There are many easy changes you can implement to make your home eco-friendlier and put some money back in your pocket.

- 1. Switch to Led light bulbs –Energy efficient LED light bulbs can save you energy and dollars in the long run.
- 2. Run your dishwasher and do your laundry at night, or weekends/holidays, you will be charged the lowest electricity rate.
- 3. Clean your fridge coils By taking a long skinny brush to gently wipe away any loose lint and dust from the coils under your fridge, your fridge will need to use less energy to stay cold.
- Use cold water when washing your clothes You can save money and energy by washing your clothes in cold water. Hot water uses more energy and actually helps stains set in.
- 5. Use less paper towel and more rags By cutting up an old t-shirt, you're recycling an old favourite that can be reused numerous times instead of relying on the one-use wonder of the paper towel.
- Use Power Bars Utilize Power bars by flipping them off when not in use. Tv's, coffee makers and phone chargers all act as energy suckers, leaching energy even when not in use.
- 7. Fix any drippy taps or toilets that run Fixing any drippy taps and toilets that run occasionally are big money and energy savers in the long run.
- Turn down your water heater A standard setting for a water heater is 140 F. That's really hot! Try turning it down a notch to 120 F which is not scalding but likely your ideal shower temperature.
- 9. Time Setting your thermostat Set your thermostat to drop in temperature when you're not home in the winter and to go up in the summer, so your furnace and air conditioner aren't running full blast all day everyday when no one is at home.

These small changes utilize the principle of aggregate marginal gains. Small aggregate marginal gains over time create big wins for the environment and your wallet.

Nicole Forrester is a local Durham & GTA Real Estate Broker with over 17+ years of experience in the financial industry. Trained on Bay Street as an Investment Executive & Professional Financial Planner for one of Canada's largest financial institutions, she has extensive experience negotiating large financial transactions. Nicole's goal is to be a blessing to every person she meets and recognizes that every trade in Real Estate is not just a house... it's a Home. For more information, search Nicole Forrester Real Estate Broker on Social Media.

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by Sue-Ann Bavlnka

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Dear Sue-Ann:

Everyone keeps telling me to practice "mindfulness", and honestly, I don't know what that really means. Can you explain it please?

Signed: Confused

A: You hear the term mindfulness bandied about everywhere lately. Practitioners, medical doctors, psychiatrists, counsellors and people in the media are talking about mindfulness a lot. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in order to invoke peace and calm within the body, mind and spirit.

Mindfulness also involves acceptance, which means we need to pay attention to our thoughts and feelings without judging them. Without believing for an instance that there is a right way or a wrong way to think or feel in any given moment. When we practise mindfulness, our thoughts tune into what we are sensing in the present moment rather than rehashing the past or imagining the future. If you think about it, a primary chunk of stress in the mind that eventually reflects on the body is based on anxiety over thoughts of what might happen. We delude ourselves into thinking we can control our outcome if we obsess and dwell on it. As far as rehashing the past, there is not a person alive that will not do that at some point, and we all learn quickly that you cannot change the past.

Using the mindfulness technique is a very effective way to bring your focus back into the present moment and hit the pause button. By focusing only on the moment, one thing at a time - thoughts, feelings, bodily sensations and surroundings. Begin by taking 3 deep breaths and release them slowly and just allow your mind to meander throughout your body.

With summer returning, I encourage sitting outside and beginning the practice. I guarantee you will feel the difference the first time you do it. The affirmation I am suggesting you work with this week is, with each purposeful breath that I take I am present in the moment, I am aware of my feelings, I can easily acknowledge and move through my sensations in my body, I am one with my body mind and spirit.

Sue-Ann is a mother of 3 and resides in the Oshawa area. She chooses to utilize her undeniable psychic ability to assist you in resolving all of life's issues. Host and Community Producer of Divine Lane on Rogers Cable 10, Tuesdays at 9 pm. You can find out more and forward your submissions to Sue-Ann at sue-ann@divinelane.com.





by Malachi Brown



But... However

Over the years of coaching individuals, one of the most common words I hear is "but".

One of my favorite questions to ask is, if time and money were not an issue, what would you be doing? The question, which on the surface seems pretty straightforward can be difficult for most to answer. One reason is because it's not a question most people spend time thinking about. They are busy living a life they never intended, or stuck in their current circumstances, or living a life that someone else wanted for them.

Once they are allowed to sit and really think of what a life of possibility could look like, their sense of excitement in their bodies and on their faces is remarkable. In the majority of cases, what they would be doing is radically different from what they are currently doing. What shows up is what is closely aligned to their true passion and purpose. The initial excitement however, quickly fades when I start discussing a plan to make this passion a reality.

As we discuss what would have to change, fear starts to creep it, and then the infamous word - **but.**

This is usually followed with a list of things that would prevent them having the life they really desire. **But** I have to do this. **But** I would upset these people. **But** I don't have the education. On and on the list goes. Left with the list of what they believe to be very justifiable, the dream quickly dies, and settling continues.

I have noticed though, over the years, the individuals who answer the obstacles starting with the word "however", tend to make changes to their current situations and get the outcome and life they want. Here is my current list of reasons why I can't, **however** I'm willing to do the work necessary and make the changes that will move me to where I want to be. They are not willing to wait for some day in the future, when they retire, or their finances change, or their kids finish school etc. (I am not advocating recklessness with your life; I'm talking about a plan that is thought out and then executed along with your coach.)

One of the positive outcomes of this world changing virus is it's given us time to pause, and then push the reset button. Institutions changing, job uncertainty, shortages, lockdowns, worldwide fear and panic became real. Things we never thought could happen, happened.

How can you use this time to push the reset button in your lives? How can you do what you truly want to do?

We are more resilient and resourceful than we give ourselves credit for. We have found ways to survive. We should become clearer about what we want and not want. No more but... **however**.

Malachi Brown, life coach, applies his passion in helping others unlock their full potential, enabling them to live the abundant lives they were created to have.

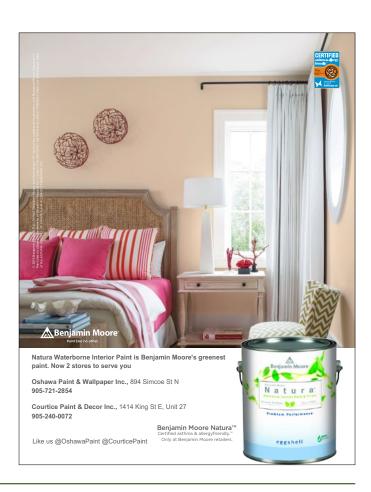
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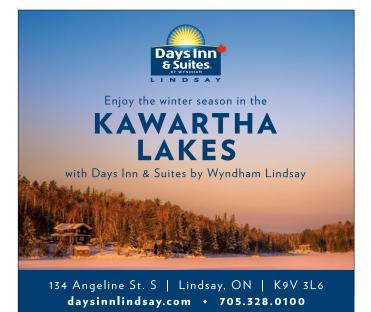


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The Golden Years



I remember when I was young, how I liked the sound of bees on a quiet summer day. I still do. There is something

so peaceful about the gentle humming of bees as they flit from flower to flower.

In Ontario, there are 400 different kinds of bees that are native to our province and more are still being discovered. One that isn't native to Ontario is the honey bee, which was introduced from Europe about four hundred years ago to pollinate flowers. Five other types of bees in Ontario are Bumble Bees, Carpenter Bees, Leaf-cutter Bees, Mining Bees and Sweat Bees (they land on your arms on hot summer days and drink your sweat).

If you like honey, bees are important. But producing honey isn't the most important thing bees do. They also pollinate our plants. This is especially important, because one-third of human food comes from plants that depend on animal pollinators – the bees do a lot of this work.

To give bees a chance to pollinate our plants, we need to attract them to our gardens (which don't need to be manicured). They are also happy with planters on an apartment balcony. We should avoid pesticides in our gardens. We can provide water for bees by filling a dish with shallow water and large rocks. Some bees make use of mulch that we leave in the garden.

We should also find plants that bloom starting in spring, later to be replaced by plants that bloom in summer and then in the fall. Planting a variety of perennials that bloom at different times can feed the bees all season. Annuals that bloom in summer are also a good option. Bees don't like marigolds, tulips, day lilies, impatiens and carnations. For the fall, a good choice is chrysanthemums. Keep in mind, a lot of the plants that attract bees also attract butterflies and even hummingbirds, which will make for a flurry of activity in your garden!

Bees like colour. Plant clumps of one colour together; it makes it easier to spot them. Plants on the blue and yellow ends of the spectrum attract bees. Bees don't like red because it appears as black to them.

I came across an article last year that said if we want to help bees, to plant flowering herbs. Many herbs can be grown from seeds, which would make for a fun activity you can do with your grandkids. In order for herbs to be of use to bees though, they have to flower. Unfortunately, some herbs lose their flavour after they flower. I have a chive plant that for the past ten years, I have moved inside in the winter and outside in the spring. The bees enjoy it a lot!

If you are interested in learning more about bees, and how you can attract them to your garden, *Buzz About Bees* (www.buzzaboutbees.net) is a great resource with lots of information.

Linda Calder is a retired teacher. She likes to write and enjoys spending time with her family. She also enjoys going on cruises, taking pictures and scrapbooking.

Summer Horoscope

JUNE 2020 to AUGUST 2020

Aries (March 21 - April 20)

Time to put your ongoing activities on the back burner and put everything on pause - a mental pause. You must evaluate where your mental energy is being spent. Too much is wasted on worry which you mistakenly believe is productive. Hopefully you will have re-evaluated your mental expenditures and made some budgetary adjustments. Only then will you feel truly productive.

Taurus (April 21 – May 21)

Even in the most civilized societies, there is savagery and barbarism. In your recent free time and from the comfort of your living room, you've watched a story based on true events of the rarest circumstance. Do not make light of the plight of these brave lives lived to deliver this to you. Now go live your life with this broadened perspective.

Gemini (May 22 – June 21) An old crush that never became more comes to mind. This causes you to think back and consider why events transpired as they did (or didn't)? Were you not brave enough to have chosen to act differently? Maya Angelou says, "When you know better, you do better." Are you better yet?

Cancer (June 22 – July 22) Do you feel particularly exhausted lately? All you want to do is hibernate until this feeling passes. If you can, just let yourself do so, as you probably need it. It would be unwise to consider yourself unproductive for doing so. In fact, on the contrary, there is sometimes great value and productivity resulting from rest and inactivity. It is said (in very ancient texts) that even God rested on the 7th day.

Leo (July 23 – August 22)

You are faced with a situation to trust one of two individuals. Only one of them is trustworthy. There is much evidence to consider. You must choose correctly. Here is some wisdom to assist you. The mind operates based on principles of duality, logic, fact and data, but not truth. Therefore, it cannot tell the difference between fact and fiction if both are presented logically. The heart operates on a principle of unity and truth, the whole truth and nothing but the truth. Use your tools appropriately.

Virgo (August 23 – September 23) Someone needs peace and calm. Fear and worry have entered their mind and they are unable to release themselves from it. If you choose to crawl into that person's dark place with them you must be confident you can pull both of you out. Otherwise, you must keep your vibes high and leave it to them to find a way to entrain to you.



Libra (September 24 – October 23) You never thought you'd be presented with this dilemma. However, you now must choose between love and money. Weigh your options carefully and try to imagine your future paths in each direction. No one is judging you. This is a matter of reckoning with the survival instinct within us all. Only you know what you can live with - and live without. Each choice has its own reward and its own sacrifice, pleasures and pains. To not decide is to decide. Don't give your power away.

Scorpio (October 24 - November 22) You are having trouble managing your emotions surrounding an issue of great importance regarding your future and the future of those you love. You must navigate this situation with caution, wisdom and calm or many will turn away from you. Cooler heads prevail.

Sagittarius (November 23 - December 21) An old friend makes a cameo appearance back into your life. This friend represents a specific time that reflects an old aspect of your personality. You are no longer the person you were when you travelled in their circles. You must manage this dissonance as it will be jarring. Not to worry. Sometimes life reverts us to an old chapter to show us we've grown.

Capricorn (December 22 – January 19 Something has taken place in an arena of your life that has made you feel left out or forgotten. This is hurtful but you must not react. Instead, wait the situation out. It will turn out to your benefit in the long run and you'll be thankful not to have been included.

Aquarius (January 20 – February 19) A manipulator is taking advantage of your good nature. You know and feel it but you allow it and are confused. Do you feel indebted or afraid to hurt this person? Have they presented themselves as a victim? All manipulation is emotional manipulation. If you feel confused, that's a sign that your emotions are being toyed with. No more games. Cut it off like a gangrenous limb.

Pisces (February 20 - March 20) You are presented with a daunting task and must find an approach to ease the magnitude of it. You must break it down into components arranged in a logical order and methodically proceed through each. Before you know it, the task will be completed without too much suffering or discomfort. Time for a martini.

Written by Julie Antoinette. Julie is a Sociology and Psychology graduate. In her free time, she is a crochet adventurer and musical muse. In this horoscope, she relays intuitive messages of guidance from the collective astrological archetypes. As above, so below.

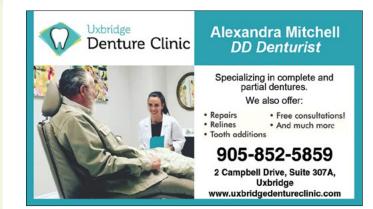
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