



Earth Day

community

Awareness



Sharing some Earth Day activities, inspiration and more...

Let's be Earth Stewards and Be the Change! 😊

Join a local clean-up effort in your community or organize one! 😊

St Catharines - Pitch-In Day Spring Clean City Clean Up

Saturday, April 21, 9 am to noon Rain or shine

Join the Clean City Advisory Committee and community volunteers as they pick up litter during the Pitch-In Day Clean City Clean Up. Gloves and garbage bags provided; you provide the community spirit! Kits are also apparently available for pick up at the St. Catharines Aquatics Center and city hall. Help make St. Catharines a more beautiful place by volunteering to clean up one of the four designated sites! 😊 Learn more at www.stcatharines.ca/PitchInDay.

Sharing some inspiration 😊 -

Oren Lyons - Speaks on "Profit and Loss",

7 generation perspective and this time of cooperation.

<http://sacredland.org/oren-lyons-on-profit-and-loss/>

Indigenous worldviews, values and sacred places strengthen the Earth's cultural & biodiversity (traditional Indigenous lands currently hold 80% of the Earth's biodiversity).

Spotlight TEDx Talk: Why I Live a Zero Waste Life: <http://bit.ly/2F6nktw>

Youtube video: <https://youtu.be/pF72px2R3Hg>

Lauren Singer tells her inspiring personal story about why she decided to live a plastic free life, and eventually a zero waste life. She includes several tips on how the use of plastic can be eradicated.

In 2011, the University of Toronto joined other Canadian universities such as Ryerson, Ottawa, Concordia, Winnipeg, Queen's, and Trent as a *water bottle free* campus.

<https://ueat.utoronto.ca/why-ban-the-bottle/>

(Jan 2018) Iceland supermarket commits to go plastic free in five years.

www.greenpeace.org.uk/press-releases/iceland-supermarket-commits-go-plastic-free-five-years/

Let's Break Free from Plastic www.storyofstuff.org/blog/lets-break-free-from-plastic/

The quest of one man to contribute to End Plastic Pollution and his personal journey.

Read the story about Stiv Wilson and Let's Break Free From Plastic.

Some lighter-footprint services/providers 😊 –

- **GREEN NINJA** <https://www.greenninja.ca>

I just recently found 'Green Ninja'- a family run business, outside Hamilton, Ontario, whose motto is "Tread Lightly". I've purchased some of their cotton bulk bags to take with me to farmer's markets/ bulk/health food stores (help eliminate single use plastic bags). They offer many 'lighter living' solutions.

- **Lauren Singer's awesome "Package Free" shop** <https://packagefreeshop.com/>

(located in Brooklyn NY) – Even their packaging for shipping items is so mindful (recyclable/compostable, no plastic). At Package Free, we make reducing your waste and finding alternatives to single-use plastic products convenient and simple!



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Great earth-friendly solutions for 'on the go'/lunches, going to the market, etc.

Zero Waste Lunch kit ideas: <https://packagefreeshop.com/collections/food-to-go-1>

- TerraCycle - TerraCycle recycles all kinds of waste: <https://www.terracycle.ca/en-CA/>

HOW TO / DIY

Check out Lauren Singer's videos on Zero Waste alternatives/DIYs -

eg., how to make earth-friendly household cleaner, body lotion, deodorant, toothpaste + more! 😊

https://www.youtube.com/channel/UCgJw6tZNYjR_8zIFDsIPpww

Also learn more at "Trash is for Tossers" : <http://trashisfortossers.com/>

I love her hashtag #giveashit 😊

Be an Earth Steward

Commit to light footprint daily living choices.

- **Pledge to Carry your own Cup' 😊** (reusable non-plastic drinking container) for the next 30 days to help eliminate single-use disposable paper/plastic cups and plastic bottles. And then continue... I use a double-jacketed ss container for the last 8 yrs or so, that's great for cold or hot liquids!
- **Pledge to go #plasticless #plasticfree** - Commit to reducing and eliminating single-use plastics and plastics overall. For example, use a reusable drinking container and reusable shopping tote bags, reusable cloth veggie bags, etc., and help eliminate single use cups, lids/straws, plastic bottles & plastic bags.
- **Begin to walk the Earth** – Begin to walk and really see/feel the Earth, and share loving kindness & respect with the land, waters, trees, plants, birds & animals, all life. Feel the interconnectedness of all life, of which we are a part. Offer words/thoughts of: *"We love you, we thank you, we respect you."* (from the Anishinaabe Nibi/Water Song, shared during the Indigenous-led **Great Lakes Water Walk**). Enjoy walking meditations to cultivate a deeper connection to nature (please turn off cell phones :)

Read about my own explorations & daily commitments in: [Being An Earth Steward Blog](#).



More Earth Day 2018 Information - # End Plastic Pollution

plasticless # lessplastic # plasticfree #giveashit 😊

- **Currently only about 10% of plastics get recycled.** About 90% of the plastic produced to-date has not been recycled, creating a massive plastic waste and pollution problem on Earth.
- **By 2050, it is estimated that there will be more plastic in the world's oceans than fish** (by weight). *We have the responsibility to protect the oceans and all life for future generations.*
- **Most plastic used is for single-use items** (eg., plastic bottles, cups, packaging, etc).



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- **An estimated > 60 billion paper cups in North America end up in landfills every year because they can't be recycled easily. While many people think paper coffee cups are recyclable, most facilities do not accept them because of their inner plastic lining.** This includes cups sold by all major coffee chains, (eg., Starbucks, Tim Hortons, McDonalds). Most disposable paper cups contain a thin layer of plastic (or wax) tightly attached to the cup, which makes composting and recycling extremely rare. Note - this lining is used to keep the drink warm and prevents the cardboard from becoming soggy. The dark lids also cannot be recycled in most local/municipal programs. Ultimately even if the cup could be made recyclable it would require a lot of energy to manage and reclaim this material. **Consider using a reusable drinking container today ☺ such as [Klean Kanteen](#) drinking bottles.**
- **The David Suzuki Foundation estimates more than 1 million birds and marine animals die each year from the plastic in the ocean.**
- **Plastic pollution is now recognized as a hazard to health.** Plastics break down and chemicals from plastics have been shown to be harmful to human & environmental health, with correlations to risk of chromosomal and reproductive system abnormalities, impaired brain and neurological functions, cancer, cardiovascular system damage, adult-onset diabetes, early puberty, obesity and other adverse impacts.
- **What about plastics that end up in the ocean? They aren't just floating around harmlessly. We've created massive islands of plastic in the oceans – for example, about 900 kilometres off the coast of California is a massive island of plastic about 30 metres deep and larger than Quebec, called *the Great Pacific garbage patch*, floating and ever-expanding.** Plastic when exposed to sunlight begins to break down, and these smaller pieces are eaten by marine animals and enter the food chain. These small pieces contain chemicals which are toxic to the animals that consume the plastic, and affect every animal which consumes them afterwards, including humans.

What are some solutions?

- ❖ Check out **Earth Day Network's [CALCULATE YOUR PLASTIC CONSUMPTION](#)**
Plastic pollution impacts the Earth's and our well-being (one and the same). We have all contributed to this problem – often unknowingly – and we must work to reduce and ultimately to End Plastic Pollution. Use this calculator to learn more about how many plastic items you consume every year.
www.earthday.org/plastic-calculator/
 - ❖ **Also, download Earth Day Network's [Plastic Pollution Plan and Tracker](#)**
 - And informative [Plastic Pollution Primer and Action Toolkit](#).
 - And learn more about the 5Rs - Reduce, Refuse, Reuse, Recycle, Remove** and create a **Personal Plastic Reduction Plan** to -
 - 1. Reduce your consumption of plastics.**
 - 2. Properly recycle the plastic you use.**
 - 3. Remove plastic that is already in the environment.**
- [Pledge to go #plasticless #plasticfree ☺](#)**



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❖ Join Greenpeace Canada's Take the Pledge for a Plastic Free Future -

www.greenpeace.org/canada/en/campaigns/ocean/Plastic-pollution/

Canada is a major producer of plastic waste, generating around 3 million tonnes of plastic waste a year, with only 10-12 per cent being recycled.

You can help by signing our plastic pledge, and following a refuse, reduce and reuse lifestyle by:

- avoiding single-use plastic items
- asking the stores and businesses you frequent, and producers of products you use, to provide alternative distribution models and stop offering single use plastics
- buying long-life, repairable products and refusing short-life throw-away things
- buying less and enjoying more!

Let go of ideas of perfection and simply begin wherever you are! ☺

We can simplify our lives and choose lighter footprint options every day, to live more gently on Mother Earth.

Join me in being an Earth Steward and let every day be 'Earth Day!' ☺

Love, Irena Bliss

Aloha 'Āina, Mālama 'Āina

(Hawaiian cultural values: love the land, take care of the land).

