

Ecology & Action

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IN THIS ISSUE



Have You Heard of HalifACT?



Crossword: 50 Years of Gratitude



Mutual Aid and Community Care, More Important Than Ever

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Ecology Action Centre

Ecology & Action is published three times a year by the Ecology Action Centre (the EAC), a charitable organization (PM Registration # 40050204).

The EAC is a member-based environmental charity in Nova Scotia. We take leadership on critical environmental issues from biodiversity protection to climate change to environmental justice. We are grounded in community and a strong voice and watchdog for our environment. We work to catalyze change through policy advocacy, community development and building awareness. We take a holistic approach to the environment and our economy to create a just and sustainable society. Views expressed in *Ecology & Action* are those of the writers and do not necessarily represent the EAC or its supporters.

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Letter from the Centre

WE LOVE HEARING FROM YOU! EMAIL YOUR THOUGHTS TO MAGAZINE@ECOLOGYACTION.CA

The past two years have thrown a great deal at humanity. As we continue to adapt to the reality of COVID-19, calls to address the state of Earth's climate and biodiversity grow ever more urgent. The world around us is changing, often at what feels like breakneck speeds. Old systems and paradigms are shifting at a fundamental level, and a reckoning is coming for the antiquated power structures and injustices that have brought us to this point.

But what does it mean to be resilient in the face of this rapidly shifting future? This issue of *Ecology & Action* explores how communities and ecosystems across Mi'kma'ki/Nova Scotia are adapting and building capacity. We'll see how HalifACT, the HRM's climate action plan, aims to mitigate and adapt to an increasingly unstable climate. We'll discuss co-housing initiatives, mutual aid and other ways that we can bridge gaps in institutional support systems. We'll dive into examples of the positive change that can be harnessed when we come together as a community to stand up for ourselves and the Earth we call home.

If recent history has shown us anything, it's that our communities and our planet are resilient beyond measure. As we go forward into a future of constant change, we can learn from our past and build new ways of taking care of one another. We can build capacity and in doing so, build a better future together.

Want to know what it feels like to join 5,000 other voices for change?

Become a member of Ecology Action Centre today and find out!

How?

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Have You Heard of HalifACT?

A LOOK INTO HRM'S CLIMATE ACTION PLAN

by ANGELA CAPOBIANCO /// EAC Volunteer

What is HalifACT?

If you haven't heard of Halifax's new Climate Action Plan (HalifACT), don't worry; neither have 80 per cent of HRM residents. In simplest terms, HalifACT is Halifax's response to our unique concerns regarding climate change. The Plan is an all-inclusive project, working towards fighting climate change through a multi-levelled approach, addressing issues concerning the economy, infrastructure, and green space within the city. It's a robust plan that has been in the works since the Halifax Regional Council declared a climate emergency in January 2019. The declaration acknowledged the severe impacts climate change will have not just on the city's infrastructure, but also on the natural environments and people within the municipality's borders. The Plan also acknowledges our role in climate change, not only in causing this crisis but in resolving it. As Mayor Mike Savage is quoted in the foreword of the Plan:

“These changes are caused by human action and will only be reversed by human action. We are feeling the impacts already, and there is no longer any doubt that urgent change is needed. This Plan is a roadmap of Halifax's response to address the climate crisis, stimulate the economy, create new jobs, and build a more resilient and healthy future.”

TAKE ACTION

To get involved, reach out to your councillor, and tell them to fund climate action now! For a more hands-on approach, join one of EAC's volunteer action teams, like the Energy Action Team or Urban Development Advocacy Team; or connect with local climate leaders: Climate Emergency Unit, Halifax Climate Hub, or HCI3 (Halifax Climate Investment, Innovation and Impact Fund).

This all sounds promising, and it's a significant step forward in tackling the environmental issues we are facing today.

The Plan takes a two-tiered approach, with more pressing concerns brought to the forefront. This includes immediately lowering the city's carbon-footprint so that global warming is kept to the allotted increase of 1.5 degrees by 2030. The timelines for completing longer-term goals, such as establishing a 100 per cent renewable energy power grid, are extended to 2050.

The measures included in HalifACT are intended to combat and prepare for the extreme weather events that are predicted if we exceed 1.5-degrees of global temperature rise. The Plan explains that while we have already experienced some of these projected weather events within the past few years, we can expect "higher temperatures, more heatwaves, more rain and snow and an increasing number of more severe storms, flooding events and wildfires." It further explains that "extreme weather drives other climate hazards such as sea-level rise, decreased snowpack and unpredictable runoff, and increases in invasive species and vector-borne diseases".

Acting on Climate Together – How Does This Impact Residents?

As a result of the dire future we can expect if the city remains stagnant, this Plan is significant, especially in its thoroughness and careful consideration of the impacts on Halifax residents. There are four significant impacts HRM residents can expect with the implementation of the HalifACT Plan:

- The first major change will be a change in the job market: the transition to sustainability will create new job opportunities and open up more spaces in existing industries. The Plan is expected to generate approximately 170,000 person years of employment between 2020 and 2050. This is an average of 5,500 annually, a significant increase to the projected status quo job prospects.
- Residents can also expect to see changes in buildings, whether through new buildings going up or through retrofitting old buildings to adhere to new sustainable regulations. This is a key aspect of the plan. Since 2016, buildings accounted for 70 per cent of all energy used in Halifax. New builds and retrofits aimed at increasing energy-efficient will help to bring this number down. Enhancing building performance will also extend into making buildings more resilient to extreme weather, such as flooding and heat. Those projected to be at most risk of the effects of climate change are anticipated to be prioritized in the city's infrastructure and retrofit plan.
- Halifax residents will also see a transition in the city's power grid, through to 2050. Plans are in the works to transition the current energy sector to one that is 100 per cent renewable. Besides the obvious benefits of lowering our carbon footprint through renewable energy, residents can also expect fewer power outages as the city moves towards reliable energy storage.
- There is also a push towards naturalization – “an ecological approach to landscape management that enhances biodiversity and improves ecosystem health and resilience in an urban environment”, as explained in the HalifACT Plan. Naturalization is expected to lower maintenance requirements and costs in the city and provide much more natural green space for residents within the city and native wildlife. Naturalization has already taken shape in some parks within the municipality. Some of the benefits are improved biodiversity, as well as improved air quality, reduced urban heat effects, mitigated storm run-off, and an ecosystem's ability to cope with extreme weather.

Angela Capobianco is a teaching assistant at Dalhousie University and the University of King's College. She moonlights as a contributing writer with *The New Twenties*.

Taking Personal Action

HalifACT acknowledges that the city can't reach its goals by itself and, as a result, has provided Halifax residents with ways to get involved in reducing their carbon footprint and supporting their community in fighting climate change. Some of these ways include:

- Reaching out to Efficiency Nova Scotia to transition appliances to more energy-efficient ones.
- Washing clothes in cold water, hang-drying clothes, and unplugging electronics when not in use.
- Taking up a green-commute by switching to electric vehicles, walking, cycling, taking public transit, or carpooling.
- Buying local and investing in more climate-friendly meals, such as purchasing foods in season or participating in a community garden.
- Using voting power to inform candidates that addressing climate change is important to local voters.

Carbon, Carbon Everywhere

If you haven't noticed by now, much of the HalifACT climate plan focuses on lowering carbon emissions. The bulk of the Plan is focused on reducing the city's carbon footprint. This is a good step for the city, especially in light of the city's short-term plans to create a carbon budget and its long-term goal of establishing a net-zero carbon municipal service. However, there is a sense that this over-focus on carbon-based strategies misses out on other key pathways to address climate change.

One aspect that seems to be missing in the city's focus on emissions reduction and climate mitigation is climate adaptation. Averting the worst effects of climate change should be a goal of the Plan, it is clear however that we will not be able to do this entirely. We are already experiencing the effects of climate change here in Halifax, and so any comprehensive plan must include adaptation. The Plan makes references to climate adaptation in the discussion of retrofitting, however, this doesn't do enough to combat the projected weather the city can expect.

Climate adaptation requires a more robust shift in our social, institutional, and structural processes. For example, it might well require building sea walls within the city to counter rising sea levels, especially against storm surges, or creating green roofs to moderate urban heat effects. It could even extend to reforestation within the municipality to encourage strong ecosystems. These are larger projects aimed at accepting that our future includes climate change and that adaptation is necessary.

The city may not yet be at a point to adequately address these issues. However, we can expect an update to the Plan by 2030, when the first tier of the HalifACT Plan is implemented. Then we will get a better sense of what our future will look like. HalifACT is a good starting point for the city in confronting the problems associated with climate change. Carbon-reduction is a significant step, but the plan could be further diversified to include plans of adaptation for our projected climate.

Treehouse Village:

NOVA SCOTIA'S FIRST COHOUSING COMMUNITY

by **BECCA GRADY** /// EAC Volunteer

The goals of a new housing development in Bridgewater, Nova Scotia are threefold: to live lightly on the land, to create a supportive community, and to provide residents with a well-designed and durable place to call home. Throughout the lengthy process from idea to design to construction, members, architects, and engineers returned to these touchpoints when it came time to make decisions.

In August 2021, construction crews broke ground on Treehouse Village Ecohousing, the first cohousing community development in Atlantic Canada. Treehouse's fifteen-acre site abuts the Centennial Trail, a rail trail that loops through Bridgewater. Designed by RHAD Architects, a Dartmouth based firm, in conjunction with Caddis Collaborative, a Colorado based firm specializing in sustainable design and cohousing communities, the development will be comprised of 30 individual units, a common house, a workshop, gardens, and shared outdoor space. Buildings will be clustered together on five acres of the property to keep the remaining ten acres of forest intact.

A cohousing community is a group of people coming together to create and maintain a neighborhood. The design and layout of these communities vary and can be found in cities and rural areas alike. Cohousing developments prioritize intergenerational community as well as shared spaces and amenities, but each resident, or family, also has their own private home in the development. The idea of cohousing communities came out of Denmark and was brought to North America in 1988 by architects Kathryn McCamant and Charles Durrett. Today there are 19 established cohousing communities in Canada, and over 175 in the United States. In Denmark, their popularity has also increased, with 10 per cent of new housing developments in the country now required to be cohousing projects.

After learning that there were no cohousing communities in Nova Scotia, Cate and Leon de Vreede decided to create their own cohousing community in Bridgewater, a town they already lived in and loved. Future residents have come to Treehouse in different ways. Member Susan Jermy says that she had an interest in cohousing and living on the East Coast. When she read about Treehouse online, the project prompted her to make the move from Ontario. It was the project's Passive House design and sustainability goals that brought Dartmouth resident Emma Savage to an information session about the project. Treehouse was Emma's first exposure to cohousing communities and she was immediately drawn in by the opportunities the lifestyle could offer her and her family.

Susan and Emma went on to become explorer members to learn more about Treehouse and to meet the other residents, before investing in the project as equity members. They attended meetings and workshops, initially in person and later virtually, as members are currently spread across eight time zones, from British Columbia to England. Treehouse uses a non-hierarchical, participatory, and consent-based decision-making process called Sociocracy that is common among cohousing communities.

In 2019, Treehouse members organized a series of design workshops with both members and architects. Each workshop focused on a different aspect of the project. The first was to create a site plan, determining what activities were important to people, such as a common house, gardens, parking, homes, and play spaces. One workshop focused on the common house, and another on the individual homes. The architects, RHAD and Caddis, took all of this information and came back with the schematic designs to present to members.



Images courtesy of Treehouse Village



The Community Workshop under construction, using a FastSlab foundation and QuadLock insulated concrete form walls

Treehouse is the largest multi-unit residential passive house development in Nova Scotia. All of the units will be built to the rigorous energy efficiency standards of Passive House Institute US (a higher standard than international passive house requirements) with high insulation values, clean energy requirements, and good air flow. To meet these standards, and keep within its budget of \$12 million, a number of changes have been made over the course of the project. Windows were upgraded to prevent heat loss. A proposed gable roof was swapped for shed style, done to minimize the area from which heat could escape the building, provide more room for solar panel installation, as well as save on cost and materials. Initially individual units were housed in six buildings, but this was revised to four, so that there was a smaller total envelope area for the project, resulting in fewer construction materials as well as a smaller footprint on the site. When the cost of timber soared, the timber frame construction was changed to insulated concrete form, which offers increased soundproofing between units. More recently, the project has shifted from conventional flooring to polished concrete.

In addition to energy efficiency, the community aspects of cohousing will enable other forms of sustainable living. The 5,000 square foot common house features guest rooms, communal kitchen and dining, laundry, gym, playroom, a library, and office space. With these shared amenities, residents can opt for smaller individual homes. Residents will be able to share tools in the workshop, minimizing the number of items individual households need to own, while encouraging skill sharing and repairs. The large group will make farm share and bulk food purchasing easier to coordinate. There will be electric vehicles charging stations, and residents are even discussing a car share.

TAKE ACTION
To learn more about Treehouse Village Ecohousing or to book a virtual viewing, visit treehousevillage.ca

With 83 per cent of the units presold, Treehouse is on target to reach completion by the end of 2022. It's a rolling build, which allows many different trades to be at the site working on various elements of the project, like grading, pouring foundations, and putting in utilities. Founding member Cate says that there has been a lot of interest in the project from local tradespeople, who are eager to work on such a large passive house project. At the end of the building phase, Treehouse will take on the legal structure of a condominium, as most Canadian cohousing community projects do. And when all of the residents move in together next year, they will already be on a first name basis with their neighbours.

Treehouse's goal is not only to inspire more than just a cohousing community, but also to promote more energy efficient building in Nova Scotia. Cate hopes that funders and governments will also see the benefits and help to support more affordable home* options for future cohousing projects.

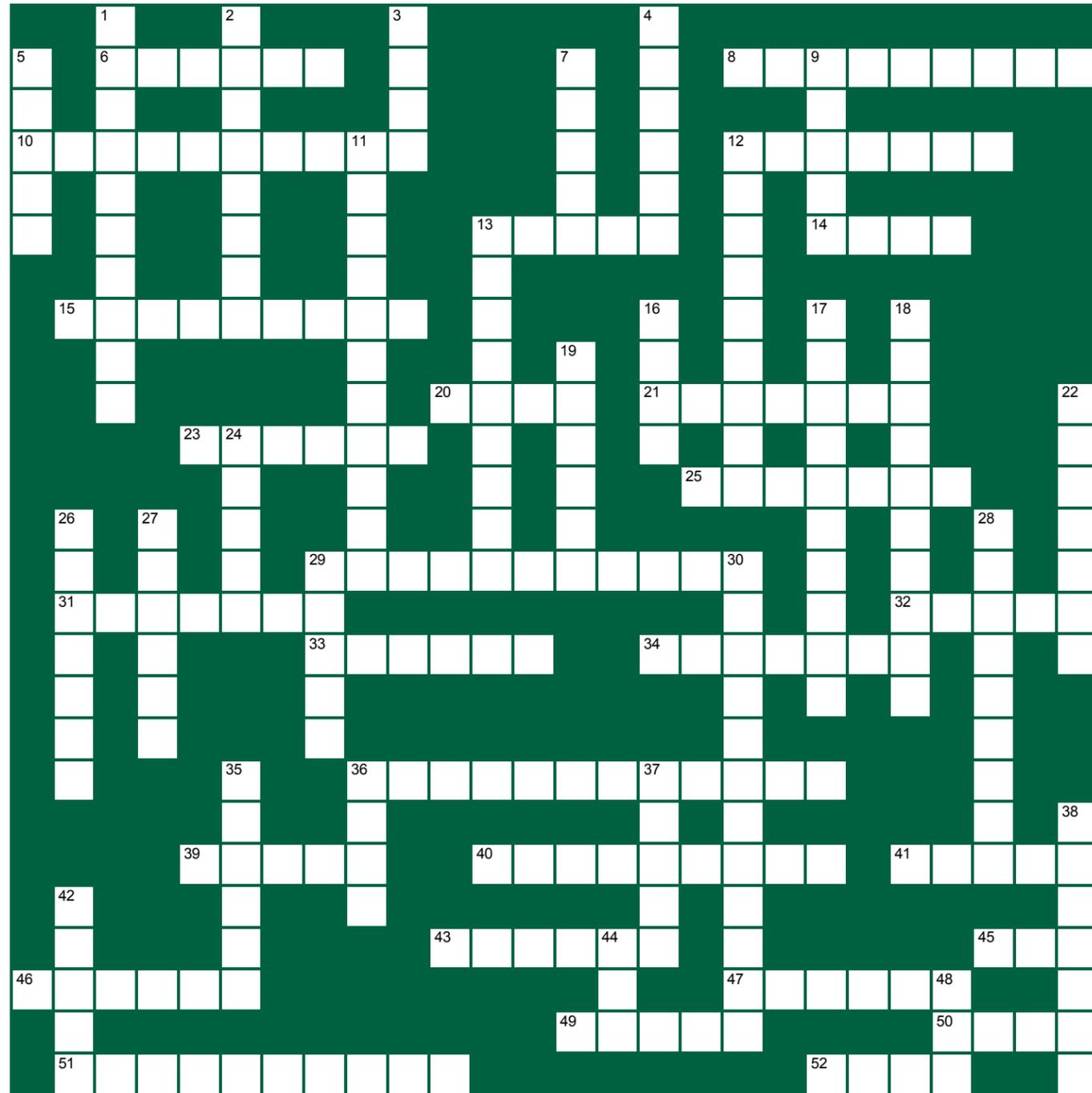
*Treehouse tried to get Canadian Mortgage and Housing Corporation support to enable some of the homes to be able to be sold below cost, but was unsuccessful.

Becca Grady is a writer, photographer, and artist living in Halifax.

50 Years of Gratitude

created by **KRISTEN TYMOSHUK** and **JOANNA BULL**

This Earth Day will mark the end of EAC's 50th Anniversary celebrations. As we've reflected on the past 50 years of environmental action, we've been struck again and again by all the incredible people and groups in our community who are part of this movement for a more just and sustainable future. EAC almost never does any of our work in isolation - every campaign, every project, and every success is the result of partnerships and alliances with passionate people and grassroots organizations who work every day for our common cause.



With that in mind, we'd like to take a moment to lift up and celebrate some of the remarkable groups in our broader environmental movement! Each word in this crossword puzzle represents an organization, coalition or group who've been part of our shared story. We offer our sincere appreciation and gratitude to all of you.

Across

- 6 This collaborative community-based project (abbr.) has done vital research on environmental racism in Nova Scotia. (6)
- 8 The Sackville Rivers Association is dedicated to preserving, restoring, and managing the Sackville River _____. (9)
- 10 Water Protectors and Grandmothers established the Treaty _____ as a site of ceremony and ongoing grassroots resistance to the now-defunct Alton Gas project. (10)
- 12 The environment, the arts, permaculture, and natural buildings coexist here. (7)
- 13 It's not just motorcoaches? It's More Than _____ advocates for better transit in Halifax. (5)
- 14 TransCoastal Adaptations works to protect this important type of marsh, as part of their work on coastal resilience and climate adaptation. (4)
- 15 Dalhousie students against fossil fuels investments! (9)
- 20 This association (abbr.) aims to better human health by protecting the planet. They help physicians to be advocates for healthier environments. Preventative healthcare, baby! (4)
- 21 The Imagining 2030 Network came together to imagine climate _____ in Mi'kma'ki. (7)
- 23 Nature's lawyer on the East Coast (abbr.) (6)
- 25 Our HRM Alliance is a coalition of over 60 organisations, working together to build a climate friendly Halifax through complete communities and green-_____. (7)
- 29 The Conservation Alliance for Seafood Solutions collaborates globally to protect our ocean and the people who depend on it. Their goal is to ensure at least ___% of global seafood production is environmentally responsible by 2030. (11)
- 31 A conservation coalition that works to protect vulnerable ecosystems in this dark place: think abyssal plains & hydrothermal vents. (7)
- 32 The St. Mary's River Association and Atlantic Salmon Federation have done incredible work to conserve and restore Atlantic salmon populations. What is this fish known as in Mi'kma'w? (5)
- 33 In 2014, this coalition (abbr.) successfully mobilized hundreds of people to achieve a moratorium on fracking in Nova Scotia. Keep it in the ground! (6)
- 34 Environmental _____ is an environmental advocacy organisation that works with government, industry, and individuals to defend clean water, a safe climate and healthy communities. (7)
- 36 The Healthy Forest Coalition formed in 2016 in response to rampant overuse of this kind of forest harvesting. (12)
- 39 Faith & the Common Good (FCG) is an interfaith network that believes we should "Do unto the Earth as you would have it do unto you," a philosophy also known as the _____ rule. (5)
- 40 The Halifax Cycling Coalition advocates for these, especially when they're protected and designed for all ages and abilities. (9)
- 41 This Foundation delivers programs on energy efficiency, sustainable transportation, and more. They also offer youth environmental internships! (5)
- 43 Friends of Blue Mountain Birch Cove Lakes was formed in 2018 with the goal of making the Blue Mountain-Birch Cove Lakes regional wilderness park a reality. Which beautiful lake can you access behind the Kent in Bayers Lake? (6)
- 45 The Backlands Coalition: a wilderness _____ in our midst! (3)
- 46 The _____ Food Market brings healthy, affordable food to you! (6)
- 47 Founded by Martin Rudy Haase in 1954, the Friends of _____ Conservation Society has completed a broad spectrum of environmental work. (6)
- 49 Now located near the Bi-Hi, Common _____ Community Garden brings together people from many cultures through sustainable urban farming. (5)
- 50 After more than 50 years of this body of water being polluted, Pictou Landing First Nation, Friends of Northumberland Strait, and the Fishermen of Northumberland Strait came together into finally stop Northern Pulp from dumping toxic effluent into "the other room." (4)
- 51 This rebellion acts against climate change through nonviolent direct action. (10)
- 52 Friends of McNabs Island is a non-profit dedicated to protecting McNabs, Lawlor, and Devils Islands. How do you reach these islands? (4)

Down

- 1 The Mi'kmaq Conservation Group is built on this principle: to take only what is needed for the necessities of life, while protecting the bounty of the natural world for future generations and honouring the gifts from Mother Earth. (10)
- 2 Alliance advocating for the protection of the place where pirates roam. (8)
- 3 Get outside with _____NS! (4)
- 4 A community garden by and for African Nova Scotian youth. What does hope do? (6)
- 5 Observers of trees or forest _____? An association on the Eastern Shore founded in 1998. (5)
- 7 This Halifax library doesn't have any books! Instead, you can check out 2000 of these, or use their workshop space. (5)
- 9 This industry association (abbr.) represents a sector that employs over 40,000 Nova Scotians, where 1 in 3 Nova Scotians work as their first job. Care to take a trip? (5)
- 11 Nova Scotia Woodlot Owners and Operators Association is a group of forest landowners who have been promoting this kind of forestry since 1969. (11)
- 12 EAC had its humble beginnings in a student project at this university in the 70s. Bright, passionate minds, and radical environmental ideas? Unstoppable! (9)
- 13 An inclusive and safe space for people to learn about and fix their wheeled friends. Also, EAC's longest-standing volunteer-run project! (9)
- 16 Derived from the Mi'kmaq word meaning "little fairies", this park (abbr.) has a rich natural history, old-growth forest, Mi'kmaq petroglyph sites, and beautiful lakes. It is often enjoyed by EAC staff members when they need to recharge. (4)
- 17 In December of 1990, the Cape Breton Coalition for Environmental Protection, EAC, Greenpeace and the Save Bouldarderie Island Society took the federal government to court to demand a federal environmental assessment of this coal-fired power plant. (10)
- 18 Type of salmon aquaculture the Healthy Bays Network advocates against. (10)
- 19 This Community Forest Cooperative uses ecologically based forest management to support economic stability in local communities and to maintain, enhance, or restore healthy Acadian Forest conditions. (6)
- 22 Coalition working to advance marine protected areas in Canada. (7)
- 24 This organisation (abbr.) has helped advocate for the Blue Mountain-Birch Cove Lakes Wilderness Area. (5)
- 26 Cape Bretoners Against the Spray led the fight against the aerial spray of pesticides/herbicides in the late 70s and early 80s, which were aiming to kill off this pesky critter. (7)
- 27 This Club promotes climate solutions, conservation, and movement building through a powerful combination of strategic philanthropy and grassroots advocacy. (6)
- 28 Ocean decision? Labels matter for this sustainable seafood partnership. (9)
- 29 This Conservation Association is dedicated to the protection of _____ Lake, a major water body in the Sackville River system. (5)
- 30 Organisation helping Nova Scotians reduce their electricity usage. (12)
- 35 Students do this to take action 4 climate. (6)
- 36 The organization (abbr.) at the forefront of environmental protection in New Brunswick has also been around for over 50 years! (4)
- 37 Walks and _____ are popular events hosted by Halifax Field Naturalists; a group dedicated to educating people about Nova Scotia's rich natural history. (5)
- 38 The _____ Institute of Natural Resources represents Mi'kmaq voices from the "Land of Fog" on topics like natural resources, sustainability, and environmental concerns. (7)
- 42 North _____ Family and Community Food Centre in North Dartmouth helps people learn and connect through family support, food, and friendship. (5)
- 44 _____ justice: One of nature's lawyers. (3)
- 48 Nourish Nova Scotia helped the EAC launch Grow, _____, Learn, a program to support and grow school food gardens across Nova Scotia. (3)



Inviting Kids to the Climate Conversation:

A REVIEW OF “CITY STREETS ARE FOR PEOPLE”

by **ELISSA BARNARD** /// EAC Volunteer

When Toronto author Andrea Curtis talks to kids about the climate crisis she hears fear, worry, and despair.

“The way out is to provide tangible ways a person can make change,” she says.

Her newest book for kids aged eight to 12, *City Streets Are for People*, features two pages on what environmental actions kids can do themselves, with their families, communities, and cities.



Andrea Curtis wrote *City Streets Are for People*.
PHOTO: Joanna Haughton

“The whole focus of the book is to give kids a sense of their potential to make change in the world and to provide pathways to effect change.”

City Streets Are for People, to be released May 1, 2022 by Greenwood Books Ltd., is a clear, insightful and inspiring story about urban transportation, climate change, and what cities around the world are doing to create sustainable transportation that will make cities more vibrant, healthy, and safe.

Curtis started work in the heart of the COVID-19 lockdown in her Toronto home. At the time public transportation was barely being used. “Nobody wanted to get on a bus, let alone a subway.”

Because of this, she and Greenwood wondered if they should keep on with the project, the third in Greenwood’s ThinkCities series, inspired by the urgency for new approaches to sustainable urban life.

“We felt pretty strongly that it was important,” says Curtis. “And that’s been borne out.”

The pandemic only served to heighten issues around urban living and the climate crisis. People were forced to re-imagine how they live in cities, where 55 per cent of the globe’s population dwells.

Of the 180 new segregated bike lanes in Paris, half were installed during the pandemic, explains Curtis, a city cyclist for 25 years.

“Now in Toronto and elsewhere people are on streetcars and the subways again but they are increasingly using bikes. People are walking, walking, walking. I think it’s pretty exciting.”

During the pandemic, people started to really explore their cities on foot. Even Curtis found places she’d never been.

“I decided I wanted to walk the length of the Don River on weekends and it’s surprisingly long!”

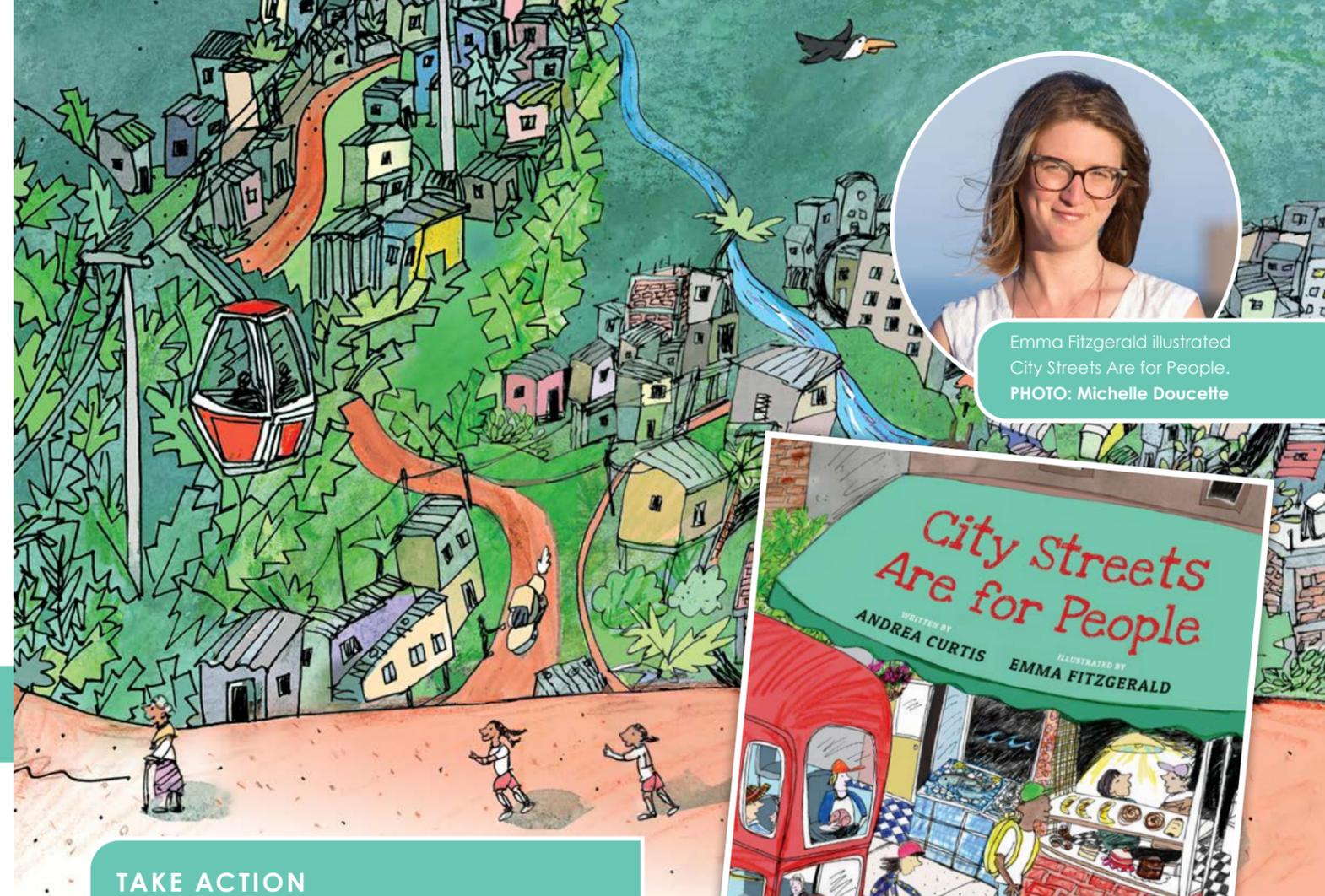
City Streets Are for People is delightfully international in scope, taking readers from an old Russian subway station with chandeliers to a Medellin electric-powered cable car, from mediaeval narrow streets to the super-fast Shanghai Maglev running via magnetic levitation.

“When we can look at Copenhagen, where there are more bikes than people and kids are taught how to be responsible cyclists, then maybe that can happen here.”

Lunenburg-based artist Emma Fitzgerald’s busy, cheerful illustrations for the book depict the liveliness of urban life and the beauty of green spaces. But they also show the effects of gas fumes, traffic, and the pandemic.

Curtis, who loves book illustration by Richard Scarry, John Beringer and Quentin Blake, knew Fitzgerald’s work from Hand Drawn Halifax and Hand Drawn Vancouver.

Images courtesy of Greenwood Books



Emma Fitzgerald illustrated *City Streets Are for People*.
PHOTO: Michelle Doucette

TAKE ACTION

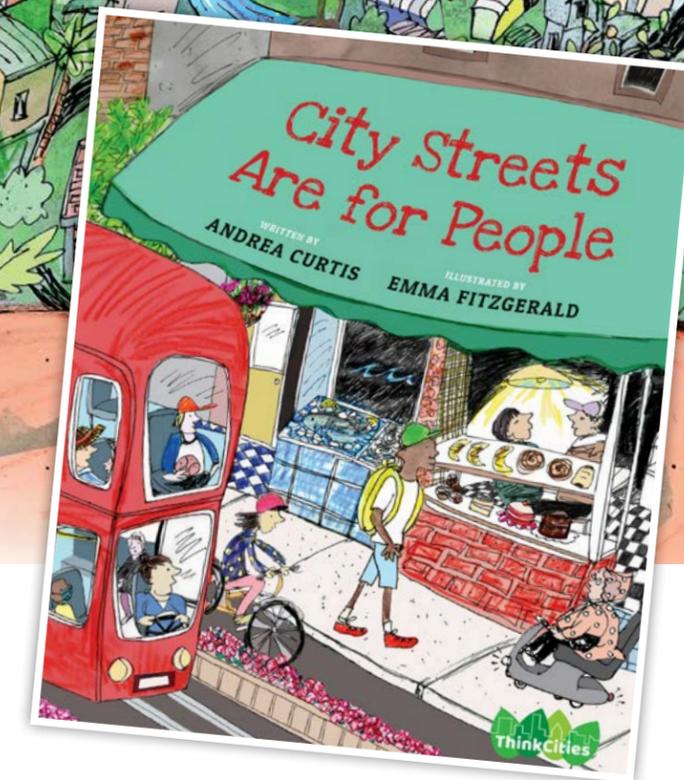
Interested in checking out the book? *City Streets Are for People*, the third book by Curtis in the ThinkCities series, will be available on May 1, 2022 through Amazon, Chapters/Indigo and independent bookstores or directly from the publisher, Greenwood Books.

“I love her style. There is a sense of fun I love. She’s so careful and also so quirky.”

This project had a wonderful synchronicity for Fitzgerald. She was living in Victoria and cycling on the Galloping Goose Trail when she opened her email to see Greenwood’s proposal.

“I’d embraced being an urban cyclist with all the bike lanes in Victoria. I was going to come to the project with a lived experience.”

The international quality also appealed to Fitzgerald, who drew on memories of travel to Brazil, Ecuador and Africa as well as working from photos and other reference material sent by Curtis. Accuracy was important to her as well as conveying the liveliness and excitement of a city.



“As a kid when I started using the bus it was an adventure and I’m suggesting the positive aspects of technological advance.”

Both Curtis and Fitzgerald love communicating with kids aged eight to 12. “They’re beginning to see themselves as agents in the world,” says Curtis. “They have all the creativity and fun of younger kids, yet they want to take action. It’s a sweet spot for getting kids engaged in important issues.”

Fitzgerald puts lots of kids aged eight to 12 in these drawings, which she partly created with colour pencils, a popular kids’ medium.

“Eight to 12 is a powerful time for making an impression on kids and providing hope and a framework for working through what they hear on the news.”

Curtis, a fiction and non-fiction writer of children’s, young adult and adult books, is looking forward to the book’s release. “I’m excited to see how kids respond!”

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LEARN MORE AT: garrisonbrewing.com

Mutual Aid and Community Care, More Important Than Ever

by **HEATHER MACINTOSH** /// EAC Volunteer

Whether it was sewing masks for front-line workers, getting groceries for neighbours, tracking down vaccine appointments or volunteering at testing centers, Nova Scotians stepped up and began helping each other in new ways when the Covid-19 pandemic crashed upon our shores. When crisis hit, we bridged gaps in government and traditional supports and took care of our neighbours.

Mutual aid (from everyday acts of kindness to organized forms of community support) has existed in various forms for as long as human beings have lived in groups. Russian anarchist and political theorist Peter Kropotkin first wrote about mutual aid in 1903, noting that in the natural environment cooperation was more successful than competition.

Examples of mutual aid throughout modern history are plentiful. During the Great Depression, Canadian families shared spare rooms and extra food with extended family and neighbours. In the United States, immigrant groups, free African and abolitionist groups, farm workers and labour unions formed “fraternal societies” to provide their members with the support they needed. In the 1960s, the Black Panther Party started a free breakfast program for children, created free bus routes to prisons for people to visit incarcerated family members, and opened food pantries and health clinics. After Hurricane Katrina hit New Orleans in 2005, residents in areas devastated by the storm organized to help each other with shelter, food, and access to medical care, forming Common Ground Relief, which still provides access to free healthcare for the community today. Last fall when flooding wiped out highways and bridges in British Columbia, pilots from a local aviation club rescued stranded motorists and brought them to safety. Crews worked to restore major routes, but six weeks later, several remote towns in the province’s interior were still without access to fresh food. Volunteer groups got together, talked with residents about their specific needs, and arranged to fly in shipments of medicine, food, and warm clothes.¹

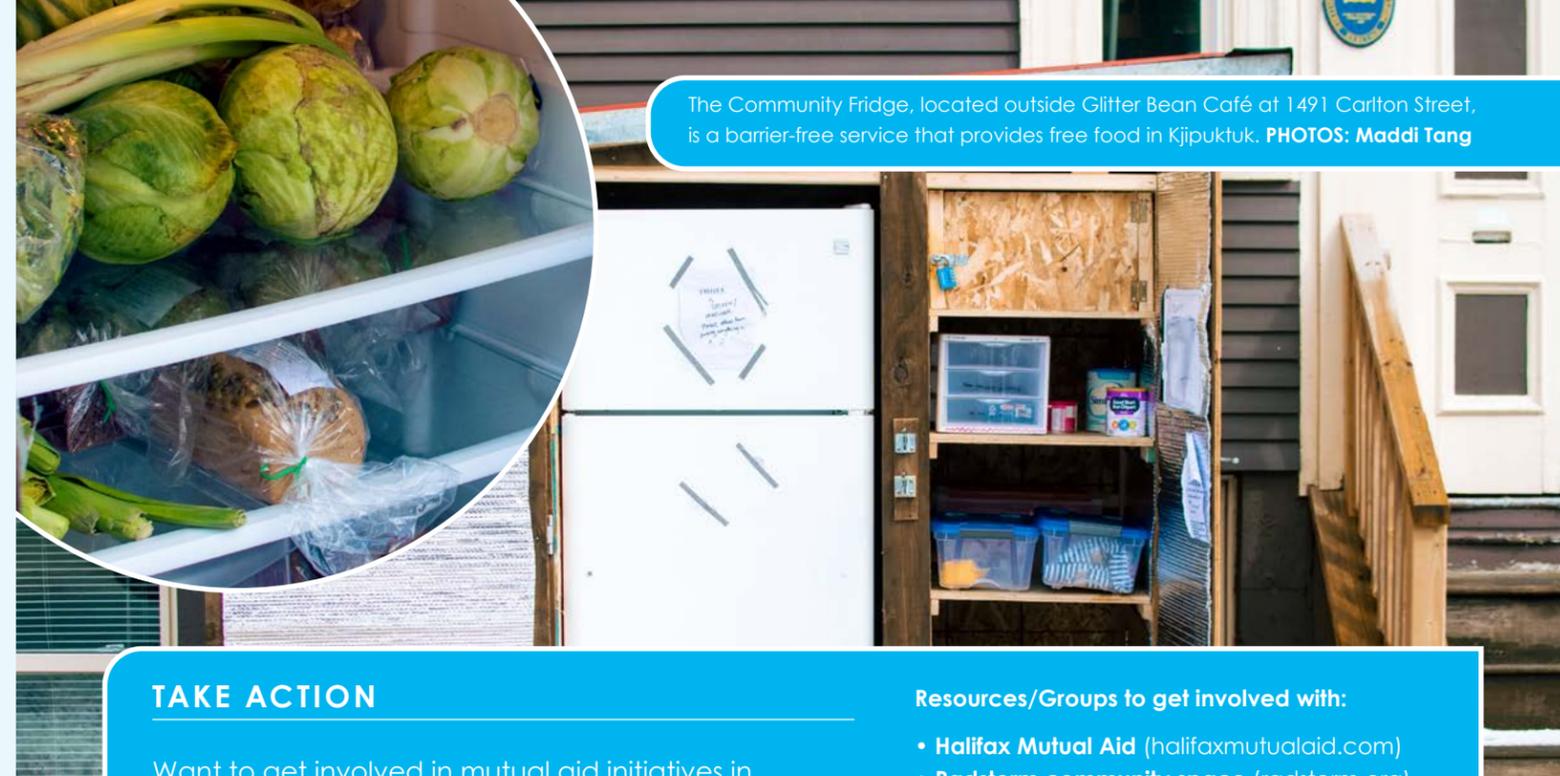
When gaps exist in institutional support for our communities, we have the power to help one another. At its core, this is what mutual aid is.

Solidarity, Not Charity

Mutual aid is cooperation for the common good. It’s a form of solidarity-based support, where communities address their own immediate, self-determined needs for survival and work to create a strong network of neighbours, where everyone has something they can offer. This differs from a traditional charitable model, where recipients receive aid from an organization or institution. Mutual aid acknowledges that institutional safety nets aren’t enough, and that often the government systems we rely on for support have themselves contributed to the crises we face.



1. MacDonald, Nancy “B.C.’s Operation Elf flies in Christmas cheer, supplies to remote places cut off by floods.” The Globe and Mail, 24 December 2021, <https://www.theglobeandmail.com/canada/british-columbia/article-with-bcs-operation-elf-helicopter-pilots-spread-christmas-cheer-and/?symbol=print-ms>
2. Anderssen, Erin. 2021. “How We Heal Together: In Bleak Times, Science Makes the Case for Simple Kindness.” The Globe and Mail, 24 December 2021 <https://www.theglobeandmail.com/canada/article-what-science-tells-us-about-kindness-healing-and-helping-each-other/?symbol=print-ms>



The Community Fridge, located outside Glitter Bean Café at 1491 Carlton Street, is a barrier-free service that provides free food in Kijipuktuk. **PHOTOS: Maddi Tang**

TAKE ACTION

Want to get involved in mutual aid initiatives in your community? Look for existing community-based groups addressing needs in your area (many are organized online through Facebook). Most importantly, get to know your neighbors and community! Organize together and find ways that you can build capacity and take care of one another.

Resources/Groups to get involved with:

- **Halifax Mutual Aid** (halifaxmutualaid.com)
- **Radstorm community space** (radstorm.org)
- **Anti-Racist Caremongering** – Kijipuktuk (community care group on Facebook)
- **Halifax Community Fridge** (@communityfridgehfx on Instagram)
- **Books Beyond Bars Halifax** (booksbeyondbars.wordpress.com)
- **P.A.D.S. Community Network** (@padsnetwork on Instagram)

Nova Scotia Strong: Mutual Aid at Home

Mi’kma’ki/Nova Scotia has a long history of sharing resources and helping each other through difficult times, dating back centuries before Europeans arrived. A current example comes in the form of Halifax Mutual Aid. When the pandemic placed additional pressure on Kijipuktuk/Halifax’s existing housing crisis, Halifax Mutual Aid stepped up to build emergency shelters for those experiencing homelessness. In addition to providing temporary shelter and a small sense of autonomy for community members, these efforts amplified the conversation about housing in HRM, and the failure of local decision makers to adequately address the issue. Many other examples of local cooperative initiatives exist in Mi’kma’ki today: buy-nothing groups and “really free markets”, tool libraries, community gardens, crop exchanges, and efforts to rebuild homes damaged by storms. Kijipuktuk/Halifax has joined cities across Canada and throughout the world with the creation of a community fridge. Located on Spring Garden Road, the Halifax Community Fridge stocks produce, canned and dry foods, first aid supplies, and more. Open 24 hours a day, cleaned and replenished by volunteers, it is available for anyone in need.

Mutual Aid and Climate Change

Increased climate variability and unpredictable weather events will make systems and networks like these all the more necessary. In Nova Scotia, climate change will impact infrastructure along the coast, increase demand for fresh water and concerns about contamination, and disrupt food systems.

Can a mutual aid model of care help us become more resilient as we face the climate crisis in our communities? Could the lessons of the Covid pandemic help us weather the climate crisis?

Researchers, including Dr Vincent Agyapong, Chair of Psychiatry at Dalhousie University, have been studying outcomes for individuals after traumatic events that destroy communities through fires, floods, and losses. They note that people with more social support had the best outcomes and recovered more quickly after a disaster.² Mutual aid can play an important role in building resilience as we face the challenges brought on by a changing climate.

Heather Macintosh is an advocate and volunteer, living on the coast in Nova Scotia.

A “Tail” of Resilience: THE NORTH ATLANTIC RIGHT WHALE

by **XOCHIL HERNANDEZ-URQUILLA** /// EAC Volunteer



Illustration: Xochil Hernandez-Urquilla

Throughout history whales have been seen through many lenses. From monsters of the deep, to a resource harvested for products like oil during the industrial revolution, to beautiful marine mammals. During commercial whaling operations, the North Atlantic right whale (*Eubalaena glacialis*) was the target of many whalers - the so-called 'right' whale by hunters due to their thick blubber. As is with many of our large whales, hunting pressure from the 11th to 19th centuries led to its decline, and recovery for this population has been slowⁱ.

More recently, North Atlantic right whales are making headlines due to their increasingly precarious conservation status. North Atlantic right whales face threats from vessel strike, entanglement in fishing gear, noise pollution, and rapidly changing ocean conditions as result of climate change.

Sometime around 2015, with rising ocean temperatures, the right whale's main food source, *Calanus finmarchicus*, a small cold-water copepod, shifted in abundance and moved further North from the Bay of Fundy to the Gulf of St. Lawrence. With this shift in their food source, we saw a significant change in the migration route of a large proportion of the North Atlantic right whale population. Suddenly, we were no longer seeing large numbers of right whales in the Bay of Fundy during the summer months. They followed their food north - a sign of their resilience and adaptability to the rapidly changing ocean conditions.

Many now find themselves spending the summer months in the Gulf of St. Lawrence, an active fishing area and busy shipping route. In 2017, 18 mortalities from entanglements and ship strikes were recorded – an alarming number for this critically endangered population, now numbering around 335 individualsⁱⁱ.

Even though this population was endangered prior to 2017, and measures were in place to protect them and aid their recovery in previously frequented areas, this sudden spike in mortality led to a greater sense of urgency. The Governments of Canada and the United States, who share this population, swiftly implemented measures to reduce the risk to right whales. In Canada, this includes restrictions around fishing activities, and vessel speed limits. Since then, there has been a reduction in mortality.

These measures to save the right whale did not come without an impact. The fishing industry is faced with changing fishing seasons, area closures, and gear modifications – all of which can be challenging and costly. They are testing new ropeless (on-demand) gear and other gear modifications to reduce the risk on

entanglement; they are adapting to these measures, making efforts to avoid interactions with the whales, and are actively participating in the process of further reducing the risk to the right whales. The shipping industry now faces slowdowns, causing changed schedules and delays, often with little prior notice.

Cruise ships will return to the Gulf of Saint Lawrence following their interruption due to COVID-19. This increase in traffic is of concern. The oceans will continue to change, and so might the location of the right whales. We must be prepared and ready to adapt.

In 2021 a paper was published raising concerns that compared to historical records, the North Atlantic right whales body conditions are deteriorating. Various stressors such as injury, entanglement, noise and changes in their food source¹ have likely caused this. The result of this decline in body condition means that females do not have the energy needed to carry a calf. We believe this has resulted in an overall decline in calves, and longer periods between calving. It is important to note that while this species is well studied, there is still a lot we don't know about them.

However, in 2021 and 2022 there has been a slight increase in calving, with 18 and 14 (so far) calves respectivelyⁱⁱⁱ. This increase in calving and the decrease in mortalities are a step in the right direction, but with fewer than 100 breeding females left, there is still a long way to go to allow the population to recover and save this species from extinction.

Although we will not see recovery in the near future, this story gives us hope that not only can our ocean be resilient and adapt to changing conditions, but we can follow suit, take responsibility for our impacts and make the changes necessary to protect our ocean ecosystems. We must continue to reduce the risk of human impacts not only to right whales, but to all species in our region and hope that one day we will see the North Atlantic right whales come off the endangered list.

PHOTO: Florida Fish and Wildlife Conservation Commission, taken under NOAA permit 20556-01

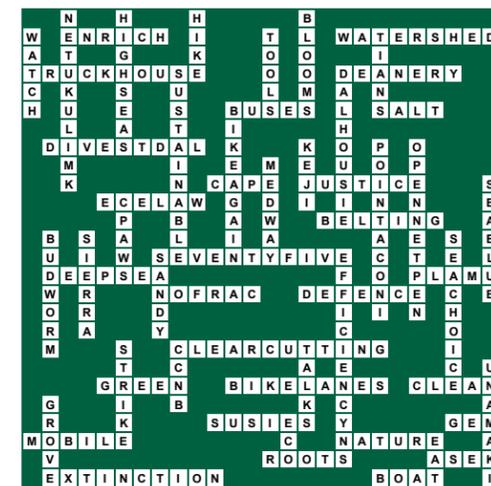
Right whale Catalog #3560 'Snow Cone' and calf sighted December 2, 2021 approx. 10NM off Cumberland Island, GA.



A prominent example of resilience in right whales is the story of Snow Cone. The 17-year-old female was seen entangled with fishing line in March of 2021 near Massachusetts. A disentanglement team was able to remove a portion of fishing line from her mouth. Subsequent sightings and disentanglement efforts occurred in Canada in May. She was spotted again in December of 2021 off the coast of Georgia, with a calf, still entangled with rope around her mouth. Snow cone is the first known case of an entangled right whale having a calf, which is both exciting, and concerning. This is Snow Cones' second identified calf; the first was born in early 2020, but was killed by a ship strike later that year. Even with all of the challenges, both Snow Cone and her calf appear to be as healthy as can be expected given the circumstances^{iv}.

- i. Christiansen, F., Dawson, S.M., Durban, J.W., Fearnbach, H., Miller, C.A., Bejder, L., Whart, M., Sironi, M., Corkeron, P., Rayment, W., Leunissen, E., Haria, E., Ward, R., Warick, H.A., Kerr, I., Lynn, M.S., Pettis, H.M., Moore, M.J. 2020. Population comparison of right whale body condition reveals poor state of the North Atlantic right whale. *Marine ecology progress series*, vol640, pp1-16, <https://doi.org/10.3354/meps13299>
- ii. Pettis, H.M., Pace, R.M. III, Hamilton, P.K. 2022. North Atlantic Right Whale Consortium 2021 Annual Report Card. Report to the North Atlantic Right Whale Consortium.
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- iv. A Mother Right Whale's Perilous Odyssey, NOAA, <https://www.fisheries.noaa.gov/feature-story/mother-right-whales-perilous-odyssey>

Xochil Hernandez-Urquilla is a Marine Biologist, currently finishing her MBA, eternally searching for a job in her field. She is a born and raised Nova Scotian and cannot think of a better place to live surrounded, by forests and the ocean. Her hopes are that she will be able to use both her degrees to make a difference in her community and the environment.



List of Acronyms and Abbreviations

Across

- 6 **ENRICH** Project: Environmental Noxiousness, Racial Inequities & Community Health Project
- 20 **CAPE**: Canadian Association of Physicians for the Environment
- 23 **ECELAW**: East Coast Environmental Law
- 33 **NOFRAC**: Nova Scotia Fracking Resource and Action Coalition



Down

- 9 **TIANS**: Tourism Industry Association of Nova Scotia
- 16 **KEJI**: Kejimikujik
- 24 **CPAWS**: Canadian Parks and Wilderness Society
- 36 **CCNB**: Conservation Council of New Brunswick

Environmental Wins & the Power of Communities in Mi'kma'ki

by **SHREETEE APPADU** /// EAC Volunteer

Nothing says resilience quite like communities rallying together to protect the environment. Communities around the world, especially Indigenous communities, have played a huge role in protecting the environment. The United Nations Department of Economic and Social Affairs in 2021 stated that around 80 per cent of the Earth's biodiversity is protected by Indigenous communities, even though they only make up around 5 per cent of the world's population.

The urgency and need to protect our environment have never been felt so strongly. Unpredictable weather and disasters have been happening around the world at unprecedented levels. All of this can be very disheartening, but there is always hope as long as we work together.

This article will highlight some of the environmental wins that have happened in Mi'kma'ki/Nova Scotia in recent years and will showcase the power of communities working together. We are social beings, and when we fight together and support each other, magic happens and hope blooms.



Drone photo of Owl's Head, Eastern Shore, Nova Scotia. PHOTO: Nova Scotia Nature Trust

The Decommissioning of the Alton Gas Underground Storage Caverns

After eight years of resistance, we received the wonderful news that the Alton Gas project in Stewiacke had been halted. Alton Gas, a subsidiary of Calgary energy company AltaGas, proposed building underground salt caverns to store natural gas along the banks of the Shubenacadie River. In order to create these caverns, they planned on releasing highly concentrated salt brine into the river. At full operation, they would have been releasing approximately 10,000m³ of brine each day.

The impacts of salt brine being released into the river was not properly researched and Mi'kmaq communities were not properly consulted, prompting the Mi'kmaq Grassroots Grandmothers and their allies to advocate against the project. They built capacity and raised awareness on the issue, set up the Treaty Truckhouse near the river and even went to court to fight the project. After years of resistance, the Alton Gas project was finally stopped, and is set to be decommissioned by the end of 2022!

The Protection of Owl's Head

Owl's Head, on the eastern shore of Nova Scotia, was a proposed provincial park before the Nova Scotia government secretly removed it from the Parks and Protected Areas (PAPA) plan in 2019 in order to sell the land to a developer who aimed to turn it into a golf course.

Owl's Head is home to several endangered species and is rich in biodiversity. Once the delisting of the park was known, people all across Mi'kma'ki/Nova Scotia mobilized to stop the sale. They created the group Save Owl's Head Provincial Park to advocate for its protection. After many legal struggles, the developer eventually removed its offer, leading to the cancellation of the sale. Although the sale of the land has fallen through, Owl's Head still needs to be formally protected by the provincial government to ensure that a backroom deal like this can never happen again!



Northern Pulp Mill in Pictou County, Nova Scotia. PHOTO: Gerry Ferrel

Northern Pulp's Mill Closure in Pictou

The pulp mill at Abercrombie Point (currently owned by Northern Pulp, a Paper Excellence company that belongs to the corporate empire of the Widjaja family of Indonesia) opened in 1967. For over a half century the mill dumped toxic waste into a tidal lagoon called A'se'k (or Boat Harbour), next to the Pictou Landing First Nation.

Once a pristine area for fishing, hunting and foraging, the effluent from the mill poisoned the land and water of A'se'k, and caused the Pictou Landing First Nation untold pain and suffering – including a massive effluent spill on sacred burial grounds in 2014. For decades, the community fought to save A'se'k, and in 2015 the Boat Harbor Act was passed, stating that Northern Pulp was responsible for creating a proposal to operate without the use of the Boat Harbour treatment facility. After five years, the only proposal the company offered was to build a pipeline that would have pumped up to 90 million litres of toxic pulp effluent each day into the Northumberland Strait.

Following massive grassroots mobilization and solidarity between the Pictou Landing First Nation, their allies and fishermen, whose livelihood would be threatened by the dumping of effluent into the Strait, the pipeline proposal was declined, and Northern Pulp was ordered to stop dumping in A'se'k by 2020.

Although Northern Pulp is trying to revive the mill and is attempting to sue the Nova Scotia government, the closure of the Boat Harbour treatment facility is a massive win for communities standing up to corporate power.

Shreetee is a graduate in environmental studies and is passionate about environmental justice and community-based environmental solutions.



More than 10,000 people march down Spring Garden Road during the youth-organized School Strike for Climate Halifax on September 27, 2019. PHOTO: Ben Lemphers

School Strike 4 Climate Halifax

School Strike 4 Climate is a global youth-led movement for climate action. School Strike 4 Climate Halifax is led by students in Kijipuktuk/Halifax who have been organizing rallies demanding leaders take action to address the climate emergency.

It is very powerful when we have youth getting together, organizing, and fighting for a better future. They are demanding that appropriate actions and policies are implemented and are holding the government accountable for its lack of climate action. Youth are our future, and having a climate movement led by youth creates hope.

So much so, that in 2019, School Strike 4 Climate Halifax and their allies led one of the largest marches in our province's history, with over 10,000 people taking to the streets as a part of a global effort to demand climate action.

The urgency of the climate, biodiversity and equity crises can often feel overwhelming. But there is always hope as long as we support each other. It is in our connections to our communities that we can find the power to make a better future, and there are many ways one can get involved. It can be as simple as talking to your friends and family members or sending an email to your local representatives. When we get involved with our communities, we have the power to demand change.

TAKE ACTION

All of the wins above were helped by Nova Scotians contacting decision-makers to voice their support for the communities involved. Is there an environmental issue in your area that you want to bring to the attention of your representative? Find their contact info below!

Find your MLA at bit.ly/FindYourMLA-NS
Find your MP at bit.ly/FindYourMP-NS

Action is our Middle Name

BUILT ENVIRONMENT

At the end of 2021, the population of Mi'kma'ki/Nova Scotia reached one million people. The Built Environment Team has focused its efforts on regional-scale opportunities to shape where and how Halifax Regional Municipality is growing. We continue to closely monitor the municipality's Regional Plan review process, improving awareness about opportunities for public input.

We responded to the Municipality's 2022/23 Budget and Business Plan, advocating for more resources dedicated to planning complete communities, active transportation infrastructure and a broad parks spectrum. During the budget period, we campaigned to get Halifax's climate action plan, HalifACT, adequately funded.

With the help of volunteers, contracted researchers and Our HRM Alliance, we continue to search for planning tools and creative solutions to protect the environment from sprawl while thinking about how to meet Halifax's housing pressure. Looking forward, we want to work with communities to envision density and intensification in the suburbs.

MARINE

In February, the Healthy Bays Network held a virtual press conference in response to the Nova Scotia Aquaculture Review Board's retroactive approval of a boundary expansion at the Rattling Beach salmon farm in the Annapolis Basin. Communities across Mi'kma'ki/Nova Scotia came out in force to dispute the decision, call for review of the process and reinforce that salmon farming does not have social license in our province.

With Make Stewardship Count, a coalition of over 90 organizations, experts and academics pushed for improvements to the Marine Stewardship Council (MSC) eco-label. We released our third and final round scorecards evaluating the MSC review of their Fishery Standard, the scoring by which fisheries are assessed to become an MSC certified fishery.

With SeaChoice, we organized a letter with 25 other seafood companies, grocery store chains and experts calling on the federal government to bring Canada's seafood traceability standards into the 21st century.

TRANSPORTATION

We celebrated 15 Bike Buddies completing the five-week program in December 2021. Our Winter Walk Day event had 16,500 students celebrating a walk to/at school, with 81 schools participating across the province. After two years, our youth-led active transportation project with the Glace Bay High Changemakers is complete! Their pedestrian pathway and bridge are implemented, along with benches, bollards, bike racks, picnic tables and positive messaging signage.

The Una'maki Bike Repair Workshop series partnered with four communities in Una'maki (Cape Breton) to deliver two-day bike repair sessions focused on skill-building, knowledge exchange and a DIY bike repair kit for each community.

We continue to hold governments to their sustainable transportation commitments; monitoring budgets, plans and policy documents. We're also launching an exciting interactive map visualizing Nova Scotia's active transportation future, infrastructure projects proposed in municipal plans and the province-wide network connectivity between them. The map is available at: activeatlantic.ca/map

FOOD

The Food Team continues to develop the JustFOOD Action Plan for the Halifax Region, a municipal food strategy co-developed by the Halifax Food Policy Alliance and HRM. We're gathering community feedback and meeting with government staff whose work impacts our food system. This spring, we'll be sharing draft recommendations of the Action Plan with key actors, community groups and food system stakeholders.

The federal government has announced plans for a national school food policy. As a member of the Nova Scotia Coalition for Healthy School Food, we drafted a letter pushing the province to match incoming federal funds and consult with school food leaders to design programs that suit the local context.

We're also working hard to ensure there are strong policies and programs to support farmers as they mitigate and adapt to a changing climate. We're advocating for a climate-focused Agricultural Policy Framework, to be launched in 2023.

WILDERNESS

We provided a detailed submission to the first stage of the new Northern Pulp Environmental Assessment process – the Terms of Reference public consultation. Among other things, we strongly recommended the assessment include the impacts of firing up the Pictou County mill again on forest ecosystems, wildlife, wetlands and watercourses.

We launched a Stop Clear-Cutting Public Lands lawn sign campaign with Nature Nova Scotia and the Healthy Forest Coalition. We also launched a social media campaign against the use of forest biomass for electricity generation: Biomass is NOT a climate solution! Meanwhile, the threats and impacts of gold mining continue to grow. In addition to their existing open-pit gold mine at Moose River, Atlantic Gold is pushing for the approval for three additional open-pit gold mines on the Eastern Shore. Now another company, Anaconda, wants to open a gold mine at Goldboro. We continue to advocate against these destructive and polluting mines.

ENERGY & CLIMATE

This winter was a busy time for the Energy Team. We joined forces with Efficiency Canada and others in asking the federal government to commit \$2 billion for low-income energy efficiency in the upcoming federal budget. This is especially important for Mi'kma'ki, which has some of the highest rates of energy poverty in Canada. We also advocated for a zero-emission vehicle (ZEV) mandate.

December also signalled the start of the EAC's Electric School Bus (ESB) initiative, which will bring together voices from across the province to call for the deployment of ESBs in order to reduce greenhouse gas emissions and improve health outcomes for young Nova Scotians.

In February, we organized a panel discussion to brainstorm ideas to transition to a clean electricity grid in Mi'kma'ki. Among the fresh ideas were a sustainability mandate and aligning electric utility performance with a future that values affordable, reliable, green energy for all over corporate profits.

COASTAL

The Coastal & Water Team has been continuing work with community members in the Northwest Arm of Halifax and government officials to prevent infilling of water lots and consulting with the province on the upcoming Coastal Protection Act.

We also continue to spread awareness about the importance of wetlands and advocating for strengthening protection of wetlands. On February 2, the anniversary of the Convention on Wetlands being adopted as an international treaty in 1971, we celebrated World Wetlands Day! We collaborated with wetland groups and organizations across the province to honour these incredible natural features and to reflect on the importance of wetlands in climate change adaptation, both globally and here in Mi'kma'ki/Nova Scotia. A number of exciting wetland events took place and we also compiled some great educational resources on wetlands which you can find on the EAC website!

The Seasonal Gourmet

by **CHIATI SETH** /// EAC Volunteer

Kerala Egg Curry

With the arrival of spring weather come dreams of garden goods yet to come, which makes this the perfect time to use up the last of the previous year's harvest. One of our family's favourite fall food preservation rituals is to can jars and jars of stewed tomatoes from our garden. Seeing rows of bright red, juicy summer goodness on the pantry shelf makes me ridiculously happy. Stewed tomatoes are the base of many of our regular winter meals: spaghetti sauce, shakshuka, paneer and peas in tomato gravy, and this flavourful egg curry that takes me back to Kerala where I first watched friends cook it with freshly squeezed coconut milk. It's still delicious made with the stuff that comes in a can and full of warming spices to see us through to the days when we can start putting tomato seeds into transplant trays!



INGREDIENTS

- 6 eggs
- 4 large onions, sliced
- 1 can tomatoes
- 4 cloves garlic, minced
- 1-inch fresh ginger, grated
- 1 can coconut milk
- 1 tbsp. ground coriander
- ½ tsp. ground cloves
- 1 tsp. black pepper
- 1 ½ tsp. ground cardamom
- 2 tsp. garam masala
- 1 tsp. ground turmeric

DIRECTIONS

- 1 Hard boil eggs. Shell, slice in half and set aside.
- 2 Heat a little oil in a large skillet on medium heat. Add the ginger and garlic along with all the ground spices. Stir frequently to avoid burning and cook until fragrant. Add the sliced onions and cook until translucent, stirring well to coat the onions with the spices. Add salt to taste.
- 3 Add canned tomatoes and cook until the sauce has thickened a little and the flavours have melded together (about 10-15 minutes). Finally, add the coconut milk and cook until warmed through. Arrange egg halves on top of the sauce and serve warm with brown or white rice.
- 4 For an extra rich and delicious version, heat a little oil in another skillet and brown the halved eggs on both sides before adding them to the gravy.

Chaiti Seth is a sustainable farmer who loves to experiment in the garden and the kitchen. She teaches with Acadia University's Department of Community Development and her research and practice focus on supporting and building healthy, local, and sustainable food systems.

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Join the Green Avengers!

The Ecology Action Centre is looking for runners and walkers to join our team in the Blue Nose Marathon on the weekend of May 20, 2022. Whether this is your first race or your 50th, all levels are welcome!

Join the team as an individual or if you already have a group of people in mind (co-workers, friends, family, etc.), register as a team to represent the EAC.



JOIN US TODAY!

If you are interested in registering as a participant or sponsoring the event, please contact Carly at carly.hominuk@ecologyaction.ca

REASONS TO GET INVOLVED:

- Race subsidy provided
- Join virtually from wherever you are or in-person in Halifax, N.S.
- Be a part of a supportive team environment
- Get active for a great cause
- Be a part of EAC's biggest fundraiser and help us reach our goal of \$15,000
- Prizes for top fundraisers and team spirit



SAVE SPECIES AT RISK



STOP CLEAR-CUTTING PUBLIC LANDS



Save Species at Risk, Stop Clear-Cutting Public Lands!

SHOW YOUR SUPPORT FOR ECOLOGICAL FORESTRY WITH A STOP CLEAR-CUTTING PUBLIC LANDS LAWN SIGN, CREATED BY ECOLOGY ACTION CENTRE, NATURE NOVA SCOTIA AND THE HEALTHY FOREST COALITION!

Nova Scotia needs better forestry. The Natural Resource Strategy and the Lahey Report both identify widespread clear-cutting as a major threat to the health of our forests and the survival of at-risk species like the mainland moose.

Help us stand up for our forests. Order your Stop Clear-Cutting Public Lands lawn sign today at ecologyaction.ca/stop-clearcutting-ns-signs!