

Global Warming, Peak Oil, Economic Instability and Inequity

Reading and Resources to support a Transition to a Resilient, Caring and Equitable Community and a Just World

Books – many of these are available through the Vancouver Island Regional Library
<http://ipac.virl.bc.ca> *indicates a recent item added to this resource list

Global Warming - Science and Solutions

Eaarth: Making a Life on a Tough New Planet *by Bill McKibben, 2010, “Read it, please. Straight through to the end. Whatever else you do next, nothing could be more important.” – Barbara Kingsolver

Storms of My Grandchildren: the Truth about the Coming Climate Catastrophe and our Last Chance to Save Humanity *by James Hansen, 2009 *compelling blend of science and autobiography*

Sea Sick: The Global Ocean in Crisis *by Alanna Mitchell, 2009 *examines how we are altering the temperature, salinity and acidity of the ocean, where phytoplankton produces most of the planet's oxygen*

Down to the Wire: Confronting Climate Collapse by David W. Orr, 2009, *connects rigorous science to the public policy solutions needed to avert climate collapse*

Plan B 4.0: Mobilizing to Save Civilization by Lester R. Brown, 2009 (also author of Plan B 3.0 and Plan B2.0: Rescuing a Planet under Stress and a Civilization in Trouble) *American author, President of the Earth Policy Institute; international focus*

Our Choice: A Plan to Solve the Climate Crisis *by Al Gore, 2009 (also author of An Inconvenient Truth 2006) *both are beautifully illustrated, good for the visually oriented, like the movie*

The Big Picture - reflections on science, humanity and a quickly changing planet *by David Suzuki and Dave Robert Taylor, 2009

Now or Never *by Tim Flannery, 2009 *Australian conservation biologist's essays and conversations on sustainability with a environmental, business and political leaders (author of The Weather Makers, 2005)*

The Climate Challenge: 101 Solutions to Global Warming by Guy Dauncey, 2009 (also author of Stormy Weather 2001) *Victoria author*

Keeping Our Cool: Canada in a Warming World by Andrew Weaver, 2008 *UVic's Andrew Weaver, a leading climate scientist and author for the Nobel prize-winning IPCC, clearly explains the science and the action required of Canada's government to protect our children's future (also author of Hard Choices – Climate Change in Canada with Harold G. Coward, 2004)*

Global Fever: How to Treat Climate Change by William H Calvin, 2008

The Hot Topic: What We Can Do About Global Warming by Gabrielle Walker and Sir David King, 2008 *King teaches environmental studies at Cambridge and Oxford and was chief science advisor in the UK until 2007. Section on climate myths and misconceptions useful for discussions with deniers.*

Six Degrees: Our Future on a Hotter Planet by Mark Lynas, 2008 *provides a picture of global and local changes that can be expected relative to different CO₂e concentrations and degrees of warming*

Hot Air: Meeting Canada's Climate Change Challenge by Jeffrey Simpson, Mark Jaccard and Nic Rivers, 2007. *on the potential of carbon taxes and cap and trade to limit emissions*

How We Can Save the Planet: Preventing Global Climate Catastrophe by Mayer Hillman, Tina Fawcett and Sudhir Chella Rajan, 2007, *gives a clear explanation of Contraction and Convergence as a just approach; addresses the impact of the Airline Industry; Was titled The Suicidal Planet in hardcover.*

The Last Generation: How Nature will Take Revenge for Man Made Climate Change by Fred Pearce, 2007 *current information on the science of climate change, and not as depressing as it sounds (also author of When the Rivers Run Dry)*

Heat: How to Stop the Planet from Warming by George Monbiot, 2006 (updated Canadian preface 2007) *Oxford professor and journalist Monbiot's book is still one of the most relevant – if you don't have time to read broadly, read this book and McKibben's Eaarth*

Urban Meltdown: Cities, Climate Change and Politics as Usual by Clive Doucet, 2007 *Canadian*

Climate Crash by John D. Cox, 2005

The Sustainability Revolution: Portrait of a Paradigm Shift by Andres R. Edwards, 2005

Limits to Growth: The 30-Year Update by Donella Meadows, Jorgen Randers & Dennis Meadows, 2004, *sequel to the Club of Rome's Limits to Growth with 30 years of additional data on the consequences of unchecked growth on a finite planet*

Storm Warning: Gambling with the Climate of Our Planet by Lydia Dotto, 1999 – *Canadian science writer provides the basis and inspiration for the film The Great Warming*

Greenhouse – The 200-Year Story of Global Warming by Gale E. Christianson, 1999

Politics, Economics and Justice – Global Implications

Climate Change – Who's Carrying the Burden? edited by L. Anders Sandberg & Tor Sandberg, CCPA, 2010, *explores the global impacts of climate change & their effects on the world's most vulnerable*

The Value of Nothing by Raj Patel, 2009 *economist Patel offers a new way to think about price and value (also author of Stuffed and Starved: the hidden battle for the world's food system)*

Agenda for a New Economy: from Phantom Wealth to Real Wealth by David Korten, 2009 (also author of The Great Turning: from Empire to Earth Community 2006)

Slow Money: Investing as if Food, Farms and Fertility Mattered by Woody Tasch, 2009

Soil not Oil: Environmental Justice in and Age of Climate Crisis by Vandana Shiva, 2008 (also author of Earth Democracy and Manifesto on the Future of Food and Seed)

Climate Wars by Gwynne Dyer, 2008 – *a geopolitical analysis of the implications for increased instability in the face of climate change*

Intent for a Nation: What is Canada for? by Michael Byers, 2008 - *especially read Chapter 6: Climate Change: Our Greatest Challenge and Chapter 10: Global Citizenship*

Deep Economy: the wealth of communities and the durable future by Bill McKibben 2007

For the Common Good by Herman Daly & John B. Cobb Jr., 1989

Peak Oil - and other issues compounding the climate crisis

The Post Carbon Reader: Managing the 21st Century's Sustainability Crises edited by Richard Heinberg & Daniel Lerch, 2010 *essays on key issues from renewable energy and urban agriculture to social justice and community resilience from authors such as Bill McKibben, Stephanie Mills and David Orr.*

Blackout: Coal, Climate and the Last Energy Crisis *by Richard Heinberg, 2009 (also author of Peak Everything 2007 and Powerdown: Options and Actions for a Post Carbon World 2004)

Why Your World is about to Get a Whole Lot Smaller, Oil and the End of Globalization *by Jeff Rubin, 2009

War, Big Oil and the Fight for the Planet: It's the Crude Dude by Linda McQuaig, 2004

The Tar Sands – a problem big enough for a category all its own

Tar Sands: Dirty Oil and the Future of a Continent *by Peter Nikiforuk, 2008, *winner of the W.O Mitchell Book Prize and the Rachel Carson Environment Book Award*

Tar Sands Showdown: Canada and the New Politics of Oil in an Age of Climate Change *by Tony Clarke, 2008

Stupid to the Last Drop: How Alberta is Bringing Environmental Armageddon to Canada (and doesn't seem to care) by William Marsden, 2007 *Investigative journalist Marsden went to Fort McMurray, Fort Chipewyan and the Athabasca river valley to research the Tar Sands, site of Canada's greatest GHG emissions. Not as outrageous as the title sounds..*

Nature, Biodiversity, Extinction and Climate

Heatstroke, Nature in an Age of Global Warming *by Anthony D. Barnosky, 2009, *Paleoecologist Barnosky addresses how global warming is changing the natural world; why species loss is accelerating*

Under a Green Sky: global warming, the mass extinctions of the past and what they can tell us about our future by Peter D Ward, 2007 *Paleobiologist, Ward connects the sciences of paleontology, biology and climatology*

Historical and Anthropological Perspectives –Learning from the Past

Peak Everything: Waking Up to the Century of Decline by Richard Heinberg, 2008, *essays on human history and culture as influenced by agriculture, the industrial revolution, etc. and what it will take to wean human society from fossil fuel dependence*

Fixing Climate: What Past Climate Changes Reveal about the Current Threat – and How to Counter It by Wallace S. Broecker and Robert Kunzig, 2008 *Paleo-climatologist Broecker with science writer Kunzig looks at an innovative approach to remove CO2 from the atmosphere*

The Great Warming: Climate Change and the Rise and Fall of Civilizations by Brian Fagan, 2008

The Winds of Change: Climate, Weather and the Destruction of Civilizations by Eugene Linden, 2006

Collapse: How Societies Choose to Fail or Succeed by Jared M. Diamond, 2005

A Short History of Progress by Ronald Wright, 2004 *Massey lecture by BC historian*

Heart and Soul - Spiritual and Ethical Perspectives in a time ecological crisis

Evening Thoughts: Reflecting on Earth as Sacred Community *by Thomas Berry, essays, edited by Mary Evelyn Tucker, 2006 (also author of The Great Work: Our Way into the Future, 1999)

Darwin, Divinity and the Dance of the Cosmos: an ecological Christianity by Bruce Sanguin, 2007 *author is Minister at Memorial United Church and Centre for Peace in Vancouver* Experiencing Ecological Christianity by Tim Scorer with Bruce Sanguin, 2008, *a 9 session workbook for groups, comes with DVD and a copy of Darwin, Divinity and the Dance of the Cosmos*

Inspiring Progress: Religion's Contributions to Sustainable Development by Gary T. Gardner, 2006

The Creation: An Appeal to Save Life on Earth by E.O Wilson, 2006

Solidarity with Victims of Climate Change, 2002 UCRD #800 001 098 and Climate Change and the Quest for Sustainable Societies, UCRD #400 000 056, World Council of Churches Publications, 2002

Spiritual Values for Earth Community, by David Hallman, WCC Publications, 2000

The End of Nature by Bill McKibben, 1997 *first book for a general audience on Global Warming* (author of The Comforting Whirlwind: God, Job and the Scale of Creation)

Coming Back to Life – practices to reconnect our lives, our world by Joanna Macy and Molly Young Brown, 1998 *Buddhist philosopher, deep ecologist, systems thinker and social activist Macy's heart-centred work is relevant to moving through despair to action*

The Sacred Balance: Rediscovering our place in nature, by David Suzuki, 1997

Quantum Theology by Diarmuid O'Murchu, 1996

Ethics and Climate Change: the Greenhouse Effect, by Harold G. Coward, et. al., 1994

Food, Water and Sustainability

The Zero-Mile Diet: A Year-Round Guide to Growing Organic Food *by Carolyn Herriot, 2010
find other gardening and re-skilling books under **Individual and Family Solutions and Re-Skilling Resources*

Diet for a Hot Planet: the Climate Crisis at the End of Your Fork *by Anna Lappe, 2010

In Defense of Food by Michael Pollen, 2008 <http://www.michaelpollan.com/> (also author of The Omnivore's Dilemma 2006)

Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver, 2007 *practical, entertaining and inspirational story of a family's year growing and living on local food*

Blue Covenant: the global water crisis and the fight for the right to water by Maude Barlow, 2007

The 100 – Mile Diet – A Year of Local Eating by Alisa Smith and J.B. MacKinnon, 2007

Slow Food Nation: Why our food should be good, clean and fair by Carlo Petrini, 2007

Harvest for Hope: a Guide to Mindful Eating by Jane Goodall, 2005

Permaculture: Principles and Pathways Beyond Sustainability by David Holmgren, 2004 a *permaculture classic*

Eat Here: Homegrown Pleasures in a Global Supermarket by Brian Halweil, 2004

Hope's Edge: The Next Diet for a Small Planet by Frances Moore Lappe and Anna Lappe, 2003

Blue Gold: the Battle against Corporate Theft of the World's Water by Maude Barlow and Tony Clarke, 2002

The Unsettling of America *by Wendell Berry, 1996, *essays on agriculture, culture, energy and ecology from the award winning poet, novelist, essayist and Kentucky farmer*

The One-Straw Revolution by Masanobu Fukuoka, 1978, *a classic of the alternative agriculture and food movement, as relevant today as it ever was*

Censoring Climate Science and the Denial Industry

Climate Cover-up: The Crusade to Deny Global Warming by James L. Hoggan, 2009

Censoring Science: Inside the Political Attack on Dr. James Hansen and the Truth of Global Warming by Mark Bowen, 2008 *relevant to Canada as the Harper government has put similar constraints on climate scientists at Environment Canada*

Boiling Point: how politicians, big oil and coal, journalists and activists are fueling the climate crisis and what we can do to avert disaster by Ross Gelbspan, 2005 (also author of The Heat is On, 1998)

Speaking Out, Taking Action, Creating Change

Climate Communications and Behavior Change: A Guide for Practitioners

<http://collaborate.csc.noaa.gov/PRI/MO/Hazard%20Clearing%20House/Climate%20Communications%20and%20Behavior%20Change.pdf> by Cara Pike, Bob Doppelt and Meredith Herr, 2010

Getting a Grip 2: Clarity, Creativity and Courage for the World We Really Want by Frances Moore Lappe, 2010 *an engaging book about possibilities for positive action and citizen-engaged democracy*

Transforming Power: from the Personal to the Political by Judy Rebick, 2009 *making change through cooperation and consensus building, learning from the global south*

The Political Mind: A Cognitive Scientists Guide to Your Brain and Its Politics by George Lakoff, 2008 *cognitive scientist Lakoff explains how our misunderstanding how the brain works and our fixation on Enlightenment-defined reason gets in the way of solving problems like global warming and social & economic inequality* (author of Don't Think of an Elephant: Know your Values and Frame the Debate, 2004)

The Necessary Revolution: How Individuals and Organizations Are Working Together to Create a Sustainable World by Peter Senge et al, 2008 *describes some surprising collaborations between activists, NGOs and corporations to bring about major shifts to sustainability* (also author of Presence: the Exploration of Profound Change in People, Organizations and Society 2005)

Fight Global Warming Now: The Handbook for Taking Action in Your Community by Bill McKibben, 2007 *US focus*

Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw it Coming by Paul Hawken, 2007

Carry Tiger to Mountain: The Tao of Activism and Leadership by Stephen Legault, 2006

The Tao of Democracy: Using Co-intelligence to create a world that works for all by Tom Atlee, 2004

Community-based Solutions

The Transition Handbook: from oil dependency to local resilience by Rob Hopkins, 2008-9 and The Transition Timeline: for a local, resilient future by Shaun Chamberlin, 2009 *an inclusive, permaculture-inspired, hands-on approach to building resilient communities.*

Plan C: Community Survival Strategies for Peak Oil and Climate Change by Pat Murphy, 2008

Resilience Thinking: Sustaining Ecosystems and People in A Changing World by Brian Walker and David Salt, 2006

Creative Community Building in the Public Right of Way: City Repair's Placemaking Guidebook, 2006 *neighborhoods in Portland reclaim the commons*

In Praise of Slow: How a Worldwide Movement is Changing the Cult of Speed by Carl Honore, 2004, *the slow food movement in broader context*

The Natural Step for Communities: How Cities and Towns Can Change to Sustainable Practices by Sarah James and Torbjorn Lahti, 2004

The Greening Congregations Handbook available from www.earthministry.org

Individual and Family Solutions and Re-Skilling Resources

The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City by Kelly Coyne and Erik Knutzen, 2010, *practical skill-building guide for simple, self-sufficient living without an acreage*

The Carbon-Free Home: 36 Remodeling Projects to Help Kick the Fossil-Fuel Habit by Stephen and Rebekah Hren, 2008, *frugal and sensible projects, both large and small, that can make a difference*

David Suzuki's Green Guide by David Suzuki and David R. Boyd, 2008

How to Store Your Garden Produce: the key to self-sufficiency by Piers Warren, 2008

The Greenpeace Green Living Guide edited by Amy Katz, 2007

The Carbon Buster's Home Energy Handbook – Slowing Climate Change and Saving Money by Godo Stoyke, 2007

The Global Warming Survival Handbook: 77 Essential Skills to Stop Climate Change or Live Through It by David DeRothschild, 2007, *Illustrated and funny - if climate change is getting you down*

Little House on a Small Planet by Shay Salomon, 2006 *reducing the size of our house has the greatest effect on reducing their environmental and climate impact*

Gardening When it Counts: Growing Food in Hard Times by Steve Solomon, 2005 (author of Growing Vegetables West of the Cascades 2000)

Smart Power – An urban guide to renewable energy and efficiency by William H. Kemp, 2004

Gaia's Garden: A guide to Home-scale Permaculture by Toby Hemerway, 2000

Our Ecological Footprint: Reducing Human Impact on the Earth by Mathis Wackernagel & William Rees, 1996

Stories about Communities Affected by Climate Change – Getting Personal

Field Notes from a Catastrophe: Man, Nature and Climate Change by Elizabeth Kolbert, 2006

The Ravaging Tide: Strange Weather, Future Katrinas and the Coming Death of America's Costal Cities by Mike Tidewell, 2005

High Tide: The Truth about Our Climate Crisis by Mark Lynas, 2004

2030: Confronting Thermageddon in Our Lifetime by Robert Hunter, 2002, *a long-time Greenpeace activist gives his personal perspective*

Fiction (where the basic premise is based in sound science):

Forty Signs of Rain, Fifty Degrees Below Zero, and Sixty Days and Counting (2007) by Kim Stanley Robinson, *near future science fiction addresses climate change with a Buddhist twist.*

The Fifth Sacred Thing, by Starhawk, 1993, *focus on water as a scarce commodity or community resource*

Films

Fresh <http://www.freshthemovie.com/> *2009, *farmer and eaters reinventing the food system*

Food Inc <http://www.foodincmovie.com/> *2009, *documentary critique of the industrial food system*

The Age of Stupid – www.ageofstupid.net , 2009, *award-winning documentary from McLibel director, Fanny Armstrong*

Island on the Edge <http://www.dvcuisine.com/Productions/islandontheedge.html> 2008, *documentary on local food and food security on Vancouver Island*

Fierce Light: When Spirit Meets Action <http://www.fiercelight.org/> *2008, *filmmaker Velcro Ripper's global journey looking at change motivated by love and fueled by the belief that another world is possible*

The Call of the Hummingbird, <http://callofthehummingbird.com/> 2007 *eco-manifesto by Canadian filmmaker Alice Klein*

The Power of Community: How Cuba Survived Peak Oil, 2007, *how Cuba mobilized their culture to adapt, survive, and thrive when the fall of the Soviet Union caused the loss of most food and oil imports*
<http://www.powerofcommunity.org/cm/index.php>

A Crude Awakening: the Oil Crash <http://topdocumentaryfilms.com/a-crude-awakening-the-oil-crash/>

Melt: a teenager's view of global warming 2006 a 16 minute film by 14 year old British filmmaker Ruby Reynolds <http://video.google.com/videoplay?docid=5617318652349295608#>

An Inconvenient Truth - Participant Films, 2006 – Al Gore's documentary on climate change
www.climatecrisis.net

The Great Warming – Stonehaven Productions, 2006, Canadian documentary on climate change
www.thegreatwarming.com *has more on solutions than Gore's movie*

The Refugees of the Blue Planet, NFB, 2006, Canadian documentary - environmental and climate change refugee from the small island states like the Maldives to Alberta's environmental evacuees.

The 11th Hour, Warner Bros, 2008, <http://11thhouraction.com/> Leonardo DiCaprio's documentary *focus on commentary from scientists and world renowned thinkers and leaders*

Web Resources

Science and Policy

<http://www.tyndall.ac.uk/index.html> Tyndall Centre for Climate Change Research -UK

<http://www.ipcc.ch/> site with UN Intergovernmental Panel on Climate Change reports

<http://www.ghf-geneva.org/> Global Humanitarian Forum headed by former UN Secretary General Kofi Anan

<http://wri.org/climate> World Resources Institute think tank working to reverse degradation of ecosystems and protect the global climate system

www.earthpolicy.org non-profit environmental research with a focus on climate

http://www.ucsusa.org/global_warming/solutions/ Union of Concerned Scientists

Climate Justice and Political Activism

www.350.org connects the science (350ppm of CO2 as the upper limit that will stabilize climate to support biodiversity and human life) with activism to engage the world's leaders in coming to an ambitious, fair, binding, science-based international climate treaty

<http://tcktcktck.org/> coalition of NGOs organizing for climate justice

<http://www.climateactionnetwork.ca/e/> Canadian coalition of 50 environmental, faith, labour, development, aboriginal, health, and youth organizations committed to action on climate change

<http://westcoastclimateequity.org/> BC society of climate activists and writers

<http://envsc.org/> Environmental Support: builds capacity for environmental justice organizations

<http://www.greenpeace.org/canada/en/campaigns/climate-and-energy> -Canadian climate campaign, support for non-violent direct action in the Tar Sands, alternate gift giving

<http://www.dogwoodinitiative.org/> - BC environmental, aboriginal, labour, citizen's coalition working on local and provincial environment and climate change issues, no tankers on BC coast

http://www.naturecanada.ca/climate_change.asp - conservation, climate action

<http://www.nature.org/> conservation, climate action, alternate gift giving

<http://www.conservancy.bc.ca/index.asp?section=home> BC Land Conservancy, alternative gifts

<http://www.sierraclub.ca/bc/programs/climate/index.shtml> - BC info and focus on action

http://www.davidsuzuki.org/Climate_Change/ - info, action, The Nature Challenge

<http://www.wwf.ca/AboutWWF/WhatWeDo/ConservationPrograms/GlobalWarming.asp> - World Wildlife Fund climate change campaign, alternate gift giving

<http://www.climateactionnetwork.org> worldwide network of NGOs promotes government & individual action

<http://www.ecojustice.ca/> Non-profit legal advocacy to strengthen & enforce environmental laws

<http://www.wcel.org/> West Coast Environmental Law – legal advocacy with west coast focus

www.janegoodall.org – The Jane Goodall Institute works with youth, promotes sustainable livelihoods and citizen activism

<http://islandsfirst.org/index.htm> assisting Small Island States confront the threats of climate change

Heart and Soul – local celebration & resources for Spiritual communities & churches

<http://www.folkfest.bc.ca/> *Cowichan Folk Guild– local live music for building community

<http://www.kairoscanada.org/e/ecology/climateChange/> - KAIROS – ecumenical social justice & environmental action - climate change initiative at <http://www.re-energize.org/>

<http://www.wcc-coe.org/wcc/what/jpc/ecology.html> - World Council of Churches - justice statement on climate change at <http://www.wcc-coe.org/wcc/what/jpc/cop6-e.html>

www.greeningsacredspaces.net *initiative of *Faith and the Common Good* interfaith network

www.earthministry.org – Greening Congregation Handbook and other resources

www.eco-justice.org ecumenical; supports social justice and environmental sustainability work

<http://www.united-church.ca/ecology/climate/> United Church action on climate change

<http://www.greeningspirit.ca/> BC and Yukon Anglican Environmental Action

<http://www.coejl.org/index.php> Jewish Climate Stewardship group

<http://www.webofcreation.org> eco-justice focus; connects theology students with environmental ministry

Local Resiliency and Sustainable Living

www.transitioncowichan.org Cowichan Transition Initiative, see also <http://www.transitiontowns.org/>

<http://ourecovillage.org/> sustainable learning community in Shawnigan Lake; permaculture based

www.bcise.com BC Institute for Social Ecology, Cowichan on-line discussion and resources

Local and Organic Food – Food Security

<http://www.cowichangreencommunity.org/> promotes environmental sustainability in the Cowichan Valley with a focus on cultivating a strong and vibrant local food system

<http://www.marketinthesquare.net/> Duncan Farmer's Market

<http://cowichanfarmers.org/keating-farm-co-op.htm> integrated organic farming; land leases

<http://www.providence.bc.ca/allotments.html> local allotment gardens

<http://www.makariafarm.com/> local Community Supported Agriculture Harvest Box Program

<http://www.alderleafarm.com/> local Community Supported Agriculture Harvest Box Program

www.spud.ca - Organic box delivery on Vancouver Island –local produce choices, some alternative fuel delivery vehicles, carbon offsets included, no Super-Store-style open freezers

<http://100milediet.org/home/> support local eating, food growing

www.slowfood.com good food - environmental agriculture, biodiversity, fair trade context

www.chefscollaborative.org promotes sustainably raised, locally grown, artisan food

www.mbayaq.org – Monterey Bay Aquarium – promotes conservation of the oceans –Seafood Watch cards identify endangered fish and recommending environmentally friendly seafoods.

<http://www.wfp.org/aboutwfp/introduction/hunger> World Food Programme, Food and Agriculture Organization, United Nations,

<http://www.foodgrainsbank.ca/global/security> Canadian Food Grains Bank

McMichael, AJ, et. al, *Food, livestock production, energy, climate change and health*, The Lancet, DOI:10.1016/S0140-6736 (07)61256-2 (Series – energy and health) <http://www.thelancet.com>

Water

<http://www.cowichanlandtrust.ca/> conservation in Cowichan region; focus on streams, rivers, wetlands and Cowichan estuary – also see <http://www.somenosmarsh.com/>

www.blueplanetproject.net – an international project to protect the world's fresh water

Local Composting and Recycling

<http://www.cowichanrecyclists.com/index.html> bicycle-powered recycling service

<http://www.islandreturnit.com/> Bottle Depot recycles plastic & glass bottles, aluminum cans

<http://cvrld.bc.ca/documents/Engineering%20Services/Solid%20Waste/Recycling%20Directory.PDF>
Cowichan Valley Regional District (CVRD) Zero Waste initiative

<http://www.compost.bc.ca/> Greater Victoria Compost Education Centre – non-profit resource

www.frogfile.com 100% post consumer recycled paper & environmentally friendly office supplies

Transportation

<http://www.transitbc.com/regions/cow/> Cowichan Valley Regional transit: schedules & maps,

<http://www.transitbc.com/regions/cvc/> commuter service to Victoria

<http://www.smellbetter.org> Cowichan Bio-Diesel Co-op

Local Agencies and Government Initiatives and Reports

<http://www.12things.ca/12things/index.php> Sustainable Cowichan, CVRD Environment Commission

http://www.cvrld.bc.ca/documents/Environment/eCVRD_ReportCard.PDF CVRD environmental report card

<http://socialplanningcowichan.org/pdfs/SOTC%20II%20Report/Status%20of%20the%20Community%20II%20Report.pdf> Cowichan Social Planning Council Status of the Community II Report

Energy Conservation and Alternative Energy

<http://www.cowichanenergy.org/> Cowichan Energy Alternative works on practical projects that can be done with current solar, wind, micro hydro, geo-thermal and bio-mass technology

www.citygreen.ca - Canadian/ BC home energy audits, sometimes connected to rebates

<http://www.solarbc.ca/> promotes solar energy alternatives, access to information

www.terrateck.ca Vancouver Island business focused on solar, wind and micro-hydro solutions

<http://www.bchydro.com/powersmart/> BC Hydro Power Smart Program, tips, rebates

<http://www.bchydro.com/business/gpcerts/gpcerts22520.html> - buying green power certificates

Travel and Offsets ..for flight and other travel emissions; better yet – find an alternative to flying

<http://www.offsetters.ca/> - Canadian non-profit offers carbon offsets for air and other travel (at best a temporary solution while we wean ourselves off jet travel) – West Jet tickets pays partial

offsets for travel on West Jet when you enter the promotion code “offsetters” on the West Jet website.
<http://www.monbiot.com/archives/2006/10/19/selling-indulgences/> a critique of carbon offsetting, just in case we are getting too comfortable with carrying on with business as usual...

Taking Action in Our Own Lives and in Our Communities

Thinking about Climate Change and the problems that come with human-induced global warming, combined with peak oil and economic instability can feel pretty overwhelming – what can we do right now individually and collectively?

Eat sustainably

- Eat local foods, support local farmers (Eating a NZ apple in BC creates 50X the CO2 emissions than eating a BC or Washington State apple)
- grow an organic vegetable garden, plant fruit trees, compost and collect rainwater
- Eat organic (non-organic agriculture is more fossil fuel intensive; organic soil sequesters more CO2 – note: organic coffee is grown in intact forests, regular coffee is not)
- Eat less meat (raising meat uses more fossil fuel and lead to more deforestation than growing food for a vegetarian diet – even 1 or 2 meat-free days a week makes a difference)
- Eat grass-fed and local meat to support local farmers and reduce your footprint
- Carry a cloth shopping bag with you wherever you go

Conserve Energy and Water

- Switch to compact fluorescent light bulbs -use ¼ the electricity of incandescent & turn off
- Book a home energy audit (rebates may be available for many CO2 reducing changes)
- Use energy efficient appliances (Energy Star*) & use them outside of peak power times when possible – Coal is used to generate extra power capacity to meet peak demand
- Caulk and weather strip doors and windows; ensure adequate insulation
- Turn your thermostat down by a degree, install a programmable thermostat &/or an efficient wood stove
- Don't leave appliances on “stand-by” – use a power bar to turn off computers, TVs, DVDs, e
- Use low-flow showerheads and low-flush toilets
- Install a grey water system and recycle your shower and dishwasher on your fruit trees
- Turn down your hot water heater to 51 degrees or install a solar hot water system
- Hang laundry out to dry when the sun shines or on a drying rack inside in winter
- Don't use herbicides, pesticide or chemical fertilizers (they are fossil fuel intensive); compost
- Don't water lawns (on the coast our summer is the lawn's dormant season) or replace your lawn with a vegetable garden, an orchard, or Naturescape native plant garden

Transportation

- Take public transportation, walk or bicycle whenever possible
- Drive the smallest, most energy efficient vehicle you can
- Plan errands and activities for efficient vehicle use; multi-task and carpool
- Vacation close to home (or at home!)
- Buy carbon off-sets if you must fly and look for alternatives – slow down & take the train

Gift giving

- Ask ourselves and our families – do we really need more stuff?
- Give alternative gifts through environmental, conservation, peace & social justice groups

Investing

- Work with an investment advisor who focuses on socially responsible investing (take your money out of investments in the Tar Sands & Coal mining)
- Invest in your local community

Taking individual political action – speaking up

- Write to the local paper; write federal, provincial and local politicians – commit to a letter a month on climate change – advocate for serious public policy that limits GHG emissions
- If you don't like to write, send the letters prepared by environmental groups available on their website – personalizing the first paragraph makes a difference
- Attend public meetings, protests and events (political leaders do pay attention to how many people show up); support organizations working on the issues you are about

In Our Community - How can we support each other and act together

- Educate ourselves –read, discussion, watch films and discuss them together
- Share skills that support self-sufficiency and community resilience (gardening, canning, etc.)
- Do energy audits and improve the efficiency of our public buildings as well as our homes
- Put green procurement policies and composting and recycling systems in place in our workplaces, churches and community organizations
- Make music, dance and celebrate life locally
- Plant and care for a community garden or orchard
- Car pool to events together
- Make our events carbon-neutral
- Shift to web-based & phone meetings and connections with distant friends instead of flying
- Include care for the environmental in our mediations, prayers, worship and daily awareness
- Commit to a carbon Sabbath – a day a week without using fossil fuels
- Consider and speak up about environmental & climate change impacts around the world in our peace, anti-poverty and social justice work – connect the dots
- Engage community /political leaders about planning for sustainability
- **Advocate collectively** - community events, letter-writing campaigns, etc. – for:
 - walkable communities,
 - improved public transportation,
 - bike paths & bike lanes,
 - bike racks on buses,
 - improved vehicle emission standards,
 - planning for smaller houses and cluster housing
 - better building codes and greener more efficient buildings,
 - preservation of forests and other natural ecosystems,
 - local sustainable agriculture and food systems,
 - bylaws that allow back yard chickens
 - less investment in road and airport expansion and more investment in trains, bus systems and shipping by sea,
 - regulations limiting industrial and other greenhouse gas emissions,
 - carbon taxes and other mechanisms to change behaviour & reduce emissions,
 - keeping our dirtiest fossil fuels (coal, tar sands and oil shale) in the ground, and
 - serious government regulation (in line with the science) to reduce emissions and an international agreement with binding emissions caps, leading to equitable global emissions reductions (e.g. Contraction and Convergence) and climate stability.....

Start where you are at – every change, large or small, makes a difference. Make connections and find support locally – build and celebrate community.