



WESTERN CUYAHOGA AUDUBON SOCIETY

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December 2016 Speaker Series Meeting Notes

Live a Biocentric Lifestyle and Connect to Nature with Stefanie Spear, Founder & CEO, EcoWatch

Audience generated biocentric lifestyle ideas for people at a local level

Topic: Climate Change

- 95% of Scientists concur that climate change exists and it is human caused
- Glaciers have receded at a rate of 1.5 faster between 1979 and 2014
- Climate change affects the world's poor
- Climate change is real, human induced, and happening now
- There are lots of things we can do to improve the situation

- **Question: How many people believe in human caused climate change?**
- One person in the audience does not believe in global warming is due solely to human activity

Topic: Meatless Diet

- Farming livestock generates methane gas
- Follow EcoWatch Health category for updates

- **Question: How many people eat a semi- or meatless diet?**
- Many people eat little chicken, eggs, or no dairy
- Meatless Monday
- Eat less meat because of factory farming

- Considering giving up all beef: took class at Tri-C to learn about blood types and bad beef is type A blood type
- To diminish Gout symptoms, a Member converted to a vegetarian diet
- When we hear about people and their stories we learn about ourselves
- A free-range organic meat supports smaller, local economy
- Member aware of global issue of food wasting

Topic: Natural Resource Conservation

- To get more people to care about the water people need to recreate in it

Topic: Compost

- **Question: How many people compost?**
- Many people compost!
- Story: compost with worms: Strive to return 10 wheelbarrow loads with compost materials back into the garden
- Remember to turn your compost pile regularly for good decomposition!
- Many recyclers are present! If food scraps end up in the garbage they go to landfills and add to the release of methane gas

Topic: Do Not Spray with Chemicals

- **Question: How many people do not spray with chemicals?**
- Many people in the room do not use pesticides!
- Runoff of chemicals end up migrating into Lake Erie - our source of drinking water
- Look up Barry Zucker, Executive Director, Beyond Pesticides Ohio-Working to Protect People, Pets and the Environment from Unnecessary Exposure to Pesticides
<http://www.beyondpesticidesohio.org/>

Topic: Use Biodegradable Products

- **Question: How many people use biodegradable products?**
- Cultivate large trees on your property and elsewhere
- Strive to be climate-neutral (carbon-neutral)
- Make a difference in your life
- A "biodegradable" product degrades in one to two days.
- People have become desensitized to chemicals in their surroundings; chemicals have a major impact on body symptoms

- Learn about the Neets test. People become desensitized and hurt wildlife
- Use non-toxic chemicals - unless you have an exception such as eradication of Poison Ivy

Topic: Engage Local Elected Officials

- National Audubon Society has published an excellent, respected report on the effect of climate change on birds
- At this important time, this audience of birders is more connected than most to species awareness
- The holidays are a good time to talk with people about climate issues
- Learn about SB221 - a law passed positioning Ohio as the 23rd state in the nation and rewarding energy standards with Federal and State incentives to observe Renewable Energy Standards, currently on hold by the Governor of Ohio
- Green jobs compose 50% of new jobs
- **Question: How many people reach out to elected officials regularly?**
- A few in the audience.
- Track the bills that come out
- Let your elected officials know how you feel
- There is a disproportionate number of voters not engaged on issues
- Pay attention to environmental and species protections, and biodiversity
- Green jobs is the transition to different jobs
- Education is key to advancing green skills training and workforce development and everyone's responsibility for a sustainable planet.