



# Lights, Camera, ECOACTION!

*You will not find the term ecoaction in a dictionary, nor a definition describing it. EcoAction is simply a plan of steps and action that we, as Earth's inhabitants, can take to reduce our impacts on the environment.*

*by Maya Credico, Nature House Host Summer 2004*

British Columbians are amongst Canada's most environmentally conscious. We take pride in the biodiversity of our ancient rainforests, coastal ecosystems, wetlands, and bogs. Our mountainous surroundings and proximity to the coast ensure that we likely each have a taste of nature in our daily diets.



Photo: Danny Catt

Is the beauty of British Columbia the answer to a lost paradise? Well, not exactly. In order to achieve this status, we must maintain an environmental conscience. Energy and water consumption, automobile usage, and packaging and waste creation must be considered when exploring EcoAction.

British Columbians are blessed with an abundance of clean water and hydroelectric power; however, with increasing demand it cannot and will not last forever. As the population of BC, especially that of Vancouver, continues to grow rapidly, so does the consumption of fossil fuels, hydroelectric energy, water, and packaging. Environmental impacts come with the creation of hydroelectric dams, including habitat loss, sedimentation, and flooding. All of these must be minimized to maintain a healthy ecosystem. Reducing our impacts on the environment can be done on an individual, household, workplace, or community scale.

*continued...*

## **LOST LAGOON FOUND ... INSIDE NATURE HOUSE!**



*The Nature House has been swamped by the 'Pineapple Express'! In January, heavy rains from weather originating around Hawaii, combined with winter high tides, created perfect conditions for flooding Lost Lagoon and the Nature House.*

*On January 19th, Nature House volunteers Victor Cunningham and Maureen Lange initiated SPES's rush to move valuable files, equipment and books to higher ground. Park Board crews sandbagged the doors and installed pumps. At its maximum, however, the water was 7" deep in the Centre.*

*SPES is now undertaking clean-up operations. Although the Nature House will be closed until further notice, Discovery Walks will continue as scheduled (meet outside the Nature House).*

*SPES extends its heartfelt appreciation to Eric Meagher and other Park Board staff for their generous help during this time. Donations for Nature House efforts will be gratefully accepted.*

*Call Koren at **604-681-7099***

Individually implementing EcoAction is as easy as switching off lights, unnecessary appliances and electronics when going to bed or leaving the house. Run your computer on a low energy setting, if possible. Turn down the thermostat and opt for a sweater instead, and keep the drapes or blinds closed at night to act as insulation. These tips will not only reduce your energy consumption, but will also save you money on your hydro bill.

Compact fluorescent light bulbs or CFL's require only about 1/4 of the energy that incandescent bulbs do. Although CFL's are slightly more expensive than incandescent bulbs, they last 4 to 10 times longer and again will reduce your hydro bill.

Major appliances are a huge source of energy consumption. Fridges, stoves, and dishwashers especially are major energy offenders. Replacing these with more power efficient models is highly recommended. BC Hydro offers a fridge buy-back program as an incentive to replace older models. Pick up, removal, and a \$30 cash rebate is included.

What about getting larger groups such as communities and work staff together to make larger contributions to EcoAction? Community carpooling, as offered by the Jack Bell Foundation, is a great way to get to and from work and reduce fossil fuel usage, greenhouse gas emissions and save money. On the same note, the Co-operative Auto Network or CAN offers alternatives to individually owned cars by allowing for sharing of vehicles. Not only is money saved through insurance, fuel and maintenance but also materials that go into building individual cars are reduced.

Another way to get the workplace or



*Bussing is better than riding solo, biking is the best*

community involved in EcoAction is through alternative transport. Bussing and cycling is encouraged especially when the weather is accommodating. Bike shops could be approached to sponsor community or workplace cycling and may donate certificates for tune-ups, helmets, and repairs.

Although it doesn't seem like it with all the rain BC receives in winter, but water conservation is important, especially in the summer months when residents of the Lower Mainland often encounter water restrictions. An EcoAction may be to place buckets out to collect rain and then transfer the water into seal-able jugs saving them for summer use. This could be the water that saves your outdoor gardens.

These are just some steps towards making our environment healthier. EcoAction requires that we think about our impacts on the environment and try to reduce them for the future. Although initial steps may take some time and money, they are well worth it in the long run. A majority of the suggestions outlined in this article do not even require these two factors, just the memory to take action — EcoAction that is.

*Tell us what ecoactions you are implementing in your home and community at [ecoaction@stanleyparkecolgy.ca](mailto:ecoaction@stanleyparkecolgy.ca)*

For more information:

- BC Hydro offers tips for reducing electricity, water usage, and reducing your hydro bill. [www.bchydro.com](http://www.bchydro.com)
- The David Suzuki Foundation has ways to get involved in reducing our impact on the air, water and land. [www.davidsuzuki.org](http://www.davidsuzuki.org)
- Environment Canada offers funding for community groups involved in ecoaction projects. [www.ec.gc.ca/ecoaction](http://www.ec.gc.ca/ecoaction)
- The Jack Bell Ride Share and the Co-operative Automobile Network offer alternatives to single occupancy vehicle use. [www.ride-share.com](http://www.ride-share.com) [www.cooperativeauto.net](http://www.cooperativeauto.net)
- The Canadian Government's "One Tonne Challenge" encourages reducing your greenhouse gas emissions by one tonne annually. [www.climatechange.gc.ca/onetonne/english/](http://www.climatechange.gc.ca/onetonne/english/)

## COMFY GATHERING SPACE FOR RENT

Meetings      Yoga Classes  
Birthdays      Parties

Looking for a place to meet? We have an **80-square-metre** sunny room on the 2nd floor of the classic Stanley Park Dining Pavilion near the Rose Gardens and Malkin Bowl.

100% of your rental fee for this **35-person capacity** room goes to the Stanley Park Ecology Society to help us to connect people with nature.

The rate is \$150 for corporate and \$100 for non-profit or personal. 1/2 days are 1/2 the cost

604.257.6908 [info@stanleyparkecolgy.ca](mailto:info@stanleyparkecolgy.ca)

## GET TO KNOW YOUR WILD NEIGHBOURS

***"In the end, we will conserve only what we love, we will love only what we understand, and we will understand only what we are taught."***

*Baba Dioum, Senegalese conservationist*

We are living in a time of enormous challenges to our environment. Our mission at SPES is to encourage stewardship of our natural world through environmental education and action. As environmental educators, one of our most cherished aspirations is to open up the child's world so as to instill an appreciation for life in all its diversity and abundance, thereby nurturing an emotional bond to Nature. By introducing excitement and fun in the child's learning process, as well as a sense of wonder and discovery, we aim to cultivate a connection and reverence for the natural world and, ultimately, a deep concern for the environment.

This past year, SPES was presented with an exciting opportunity to work on a project with Robert Bateman, a critically acclaimed Canadian wildlife



*Robert Bateman*

artist, naturalist and conservationist. Believing that 'knowing is caring', Bateman created the 'Get to Know Your Wild Neighbours' environmental literacy program as a first step in engaging school-aged children to care about the Earth. The objective of the program is to encourage Canadian children to become more familiar with common, local species of wildlife and plants that live in their city environments, including urban parks, local nature reserves, schoolyards, city gardens and backyards. In the process, the children will be able to recognize species by name, discover what they need to live and, in relating to them, will learn to care about them.

To this end, Bateman and his communications company, Morningstar, enlisted organizations from four Canadian cities (Vancouver, Calgary, Edmonton and Toronto) to compile species descriptions (including

appearance, habitat, lifecycle, fun facts, and pertinent stories and legends) for their area. These descriptions will compose a field guide which will be incorporated into a multimedia application. This will feature a fun and interactive website and CD/DVD, including artwork, commentaries and extension activities by Bateman. A pilot program of this initiative is to be shown in schools this summer, with a national launch slated for March of 2006. Eventually, Morningstar hopes to adapt the program for each major urban community across Canada.

SPES was approached by the company to write the Vancouver chapter of the field guide. We recruited a team of 22 valiant volunteers willing to lend their time, expertise and dedication to this project. Under daunting time constraints, our team researched and wrote accounts for 48 species.

SPES wishes to extend many thanks to everyone who generously participated in this initiative, and helped to create the resources necessary for such an exciting and creative partnership.

*(Koren Johnston, Volunteer Coordinator)*

### Eco Action - Shrinking our Ecological Footprint



Your ecological footprint is much bigger than the print that you make with your step. An ecological footprint is how much space and resources you impact to survive.

#### ***Conserve our water one toilet at a time!***

Did you know that the average household toilet uses 6-30 litres of fresh, drinking water each time it is flushed? According to the Greater Vancouver Regional District (GVRD), 30% of the overall water usage around the home is from flushing toilets. This amounts to approximately 97.5 litres of water that the average Lower Mainland resident uses daily. One inexpensive and easy way to reduce water is to put small rocks, gravel or sand into a one-litre water bottle and fill it with water. Put that bottle in the tank of your toilet(s) at home. This method will reduce water usage by one-litre per flush. Let's do our part to reduce the stress on the watersheds and protect our water resources! Tell us how many toilets you have improved!

**[ecoAction@stanleyparkecolgy.ca](mailto:ecoAction@stanleyparkecolgy.ca)**

*(Raylene Senger, School Programs)*

Source: [http://www.scifest.org.za/2004/programme/ex\\_ground\\_floor.html](http://www.scifest.org.za/2004/programme/ex_ground_floor.html)



YOUR GUIDE TO

# spring nature programs



[www.stanleyparkecology.ca](http://www.stanleyparkecology.ca)

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## DISCOVERY WALKS

Venture out into Stanley Park on a two-hour guided walking tour with a naturalist or local expert. Walk topics and leaders vary. Leave from the Lost Lagoon Nature House every Sunday at 1 pm. RAIN OR SHINE! \$8 public, \$5 members.

**MAR 6 Soil of Transition** Renowned botanist Terry Taylor leads a trip to the forest to understand what is taking place in the soil between winter and spring. Terry will show how the fungi, bacteria, seeds and roots prepare the woods for the spring and how soil is made by the actions of thousands of micro-organisms recycling vegetation and woody debris.

**MAR 13 Reading the Landscape: Rocks and Seascapes** Define coastal British Columbia by its rocks. Join photographer and naturalist Peter Woods to read 'letters' in the mineral alphabet and 'words' from the vocabulary of stones. Piece by piece, we'll assemble fragments from chapters in the story of our rocky planet. It is a story that ends in the present moment and reaches back to the ancient edge of 'deep time'.

**MAR 20 An Eggcellent Equinox Adventure!** Eggstra! Eggstra! Hear all about it! Get the inside scoop on what came first – the spider, the slug, the bird, fish, frog, the bug or - the egg? Go eggsploring with Diane Lepawsky and find out who's on the hatch in Stanley Park.

**MAR 27 Man Eating Insects** Join Andrew Scott for a unique look at people from around the world and insects they eat. Possibly find entrees lurking in Lost Lagoon.

**APR 3 Wild Plants in the Spring** Terry Taylor invites you for a wild plant trip in Stanley Park. Investigate plants and flowers which are appearing, and learn about unique and unusual features about them.

**APRIL 10 A Nature Detective Story: Pollination Ecology** with Peter Woods. What have three centuries of speculation and scientific study revealed about the intimate world of flowers and insects? Look for signs passed from flower to insect, how the messages are delivered and who the recipients are from pollination generalists to the 'real' specialists.

**APR 17 NO WALK – SUN RUN**

**APR 24 "Our" Summer Birds** with birder Cathy Aitchison. Discover why "Our" is in quotation marks! We'll be searching the gardens and shrubbery for recently arrived songbirds including warblers and vireos and maybe a tanager. Practise identifying them and listen to their calls -- how many bird songs are familiar to you?

**MAY 1 April Showers Bring May Flowers** with Peter Woods. See what's in bloom and find out what the next few weeks will bring as Stanley Park puts on a spectacular show of wildflowers. A flower count for May 1-15 of 2004 found 77 wildflower species in bloom. Explore the basics of flower design and pursue the mystery of how nature works to create such an amazing diversity of flower forms. Look into the mystery of how plants tell time and how evidence from the study of plant phenology (life-cycle) point to global climate change.

**MAY 8 Birds, Bugs and Blooms** Want to put some spring in your step? Explore how Stanley Park comes to life with naturalist Murray Lashmar.

**MAY 15 Stanley Park: A Travel Guide for Birds** Celebrate the International Migratory Bird Day with naturalist and photographer Peter Woods. Imagine you are a bird, a weary traveler arriving after a long journey. Perhaps you've come to spend the summer or maybe you've just dropped by to rest and refuel. How do the Park's accommodations, facilities, and attractions measure-up? See who's registered in the guest book, find out what rooms (habitat and niche) are available and at what cost?

**MAY 22 Songsters in the Garden** The birds are returning and claiming their breeding territories in Stanley Park. Song plays a vital role in maintaining a nesting territory. As we walk through the gardens looking for birds, we'll pay special attention to their songs and practice identifying the little feathered singers. Join birder Cathy Aitchison for this walk.

**MAY 29 Rebirth of Bugs** Andrew Scott's unique interpretational style reveals an army of insects at Lost Lagoon awakened by the coming of spring.

**JUNE 5 World Environmental Day Walk** Celebrate with artist and naturalist Kirsty Robbins our natural environment as we take a walk to discover some of the spectacular examples within Stanley Park and beyond. We will also look at issues around the importance of conservation, protection and sustainability.



# spring nature programs

## SPECIAL EVENTS

### SLIDE PRESENTATION AND TALK

#### International Women's Day at the Stanley Park Pavilion-

**SAT MAR 12 1-3 PM**

Celebrate International Women's Day at the historic 1911 landmark building, the Stanley Park Pavilion. This event includes the popular slide presentation "Women of Vancouver, the Early Years" plus many additional stories and insights on the women of Stanley Park. In its heyday, the Pavilion was a social hub of Vancouver, with sometimes thousands gathering around the bandstand on the open lawns. Once host to an elegant dining room and dance hall, today, the Stanley Park Pavilion will be the site of a journey back in time that honors the lives of our city's foremothers. This fascinating slide presentation will be held in a private upstairs room overlooking spectacular gardens and the open-air theatre, Malkin Bowl.

Meet at the Stanley Park Pavilion at Malkin Bowl. Limited seating. Pre-register at (604) 257-8544. **TICKETS AT THE DOOR** \$10 general public \$8 SPES/Vancouver Museum members

### BIRDING IN STANLEY PARK

The last Sunday of every month at 9am:  
**MAR 27 APR 24 MAY 29**

Join naturalist and photographer Peter Woods for a 2-hour tour in Stanley Park to identify migratory and resident birds and learn bird watching skills. Meet at the Nature House. By donation.

### DROP IN TOURS

#### The Women of Stanley Park: 1850-1914

First Saturday of every month at 1pm  
**MAR 5 APR 2 MAY 7**

In this 2-hour tour Leader Jolene Cumming explores the lives of the famous and the forgotten women of Stanley Park who either lived in or visited the park a century ago including women of diverse heritage. Meet at the Lost Lagoon Nature House.

\$10 public, \$8 members/seniors/students

#### THE ELEMENTS OF NATURE PHOTOGRAPHY COURSE

*with Peter Wood*

5 sessions Saturdays  
**MAY 28, JUN 4, 11, 18, 25**  
 9:00am - 12:30pm

Learn how to apply specialized knowledge, tools, and techniques for the practice of field photography. You'll be provided with a wide range of subjects to broaden your photography skills and 'personal seeing'.

The range of nature subjects includes:  
 Day 1 - Bird Behaviour  
 Day 2 - Wildflowers  
 Day 3 - Insects and Pollination  
 Day 4 - Forest Ecology  
 Day 5 - Landscapes and Landforms

*Please check our website or call (604)-257-6908 for more details or to register.*

### NATURE STORY & CRAFT

Nature games, stories and crafts for 3- to 6-year-olds. A fun way to learn about local plants and animals! First and third Saturday of each month at 11 am at the Nature House. \$5 per child, \$2 per member; parents no charge.

**APR 2 What's the Buzzzz About?!** Find out why bumblebees and other insects are so important to the ecosystem. What do they do for flowers? What do they do for us? Come create a buzz at this creative Nature Story and Craft.

**APR 16 Beautiful Butterflies** Explore the incredible life cycle of butterflies through stories and activities, learn about various wing patterns and create a beautiful butterfly craft.

**MAY 7 Mammal Mothers** Celebrate Mothers Day in a different way! Learn about the mammal mothers of Stanley Park and find out how they care for their young. Leave with a beautiful craft.

**MAY 21 Funky Soils** Have you thought of what are soils? And who live there? Come and learn about dwellers of the underground world and how they help plants and children to grow. Plant a plant in the pot.

**JUN 4 Wonderful World!** World Environmental Day is just a day away. Find out ways that you can contribute and celebrate this important day. Create an environmental craft and take it home with you.

#### DISCOVER THE WILD SIDE OF STANLEY PARK: CUSTOM TOURS

We'll design a customized nature walk or historical tour for your group

**JUST ASK US!**

**Bookings: 604.718.6522**

**OUR PURPOSE**

The Stanley Park Ecology Society (SPES) is a community-based, not for profit organization dedicated to encouraging stewardship of our natural world through environmental education and action.

**AS A MEMBER, YOU ENJOY**

- Discounts on all Discovery Walks, Family Programs and Special Events.
- Our quarterly newsletter with nature updates and our seasonal activities calendar.
- Voting privileges to help SPES plan for the ecological stewardship of Stanley Park.
- Special promotions to help lighten your ecological footprint and stay connected to Stanley Park.

**AS A MEMBER, YOU MAKE POSSIBLE**

- School and Public Programs that enable more than 12,000 children and adults a year to discover nature through hands-on stewardship adventures.
- The operation of Vancouver's only ecological interpretive centre, the Lost Lagoon Nature House with more than 15,000 visitors per year.
- The monitoring of wildlife at risk, the restoration of habitat, and the conservation of biodiversity in Stanley Park.

**CONTACT US**

Patricia Thomson, Executive Director  
 Tran Tran, Office Manager  
 Annemarie De Andrade, Public Progs.  
 Robert Boelens, Urban Wildlife  
 Koren Johnstone, Volunteers  
 Manager, School Programs

Second floor  
 Stanley Park Dining Pavilion  
 PO Box 5167  
 Vancouver BC V6B 4B2  
 t 604 257 6908  
 f 604 257 8378  
 info@stanleyparkecology.ca  
 www.stanleyparkecology.ca

**THANKS TO OUR DONORS**

**Urban Biodiversity Circle**



**Stanley Park Stewards**



**SPES Supporters**



**Friends of the Park**

Victor Cottingham  
 Daniel and Janet Phelps  
 Joslin Kobylka  
 Bernard Gessie  
 Cecilia Stoll



**YES, I WANT TO BECOME A FRIEND OF THE PARK!**

**ENCLOSED IS MY GIFT OF:**

- \$20       \$50       \$100       Other \$ \_\_\_\_\_

**I WANT TO BECOME A MEMBER**

- Family \$30     Individual \$15     Senior/Vol \$10     Junior (<19) \$7.50

**I WANT TO BECOME A MONTHLY DONOR**

I authorize the Stanley Park Ecology Society to receive the following monthly donation:

- \$10       \$15       \$25       Other \$ \_\_\_\_\_

**PAYMENT METHOD**

- Cheque       Visa       Master Card

CARD NUMBER \_\_\_\_\_ NAME \_\_\_\_\_

EXPIRY DATE \_\_\_\_\_ ADDRESS \_\_\_\_\_

SIGNATURE \_\_\_\_\_ CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PHONE \_\_\_\_\_

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*I understand that I can change or cancel my pledge at any time*

*Please make cheques payable to:*

**Stanley Park Ecology Society**, PO Box 5167 Vancouver BC Canada V6B 4B2

*Charitable Tax Receipts issued for donations of \$30 or more*

*SPES is a registered charity: # 11916 6890 RR0001*

*All information will be kept confidential according to Personal Information Protection Act.*