

David Suzuki Challenges You

By Glen Hodgson

It can probably be safely assumed that most people honestly care about their environment. We all have a stake in creating a cleaner and healthy world that allows us to live fuller and happier lives. The problem is, with our busy lives, who really has the time to research, let alone activate positive choices that would allow us to make a contribution to the protection of the natural environment. But, don't despair, there is a solution.

The David Suzuki foundation has issued a simple ten step nature challenge that allows each of us to do our little part for Mother Nature. The organization has researched the 10 most effective ways that individuals can change their lives and make a difference and they invite all those up for a challenge to head to their website (www.davidsuzuki.org) and make an online commitment choose three of the steps and make the changes necessary. Once you have met your goals you are then encouraged to share your successes and commitment with other people in Canada and around the world.

The concept is simple and the challenges range from easy and immediate (eating one meat free meal a week) to more difficult and long range (choose a home close to work or school). The point is that you spend some time considering these choices and keep the environment in mind when making future decisions whether at the grocery store, or in the realty office. The foundation provides the rational and interesting facts and figures to support each step of the challenge and invites participants to spread the word and encourage others. If you don't have internet access or are don't wish to share your commitment with others, here is the ten steps:

1. Reduce home energy use by 10%
2. Choose an energy-efficient home and appliances
3. Don't use pesticides
4. Eat meat-free meals one day a week
5. Buy locally grown and produced food
6. Choose a fuel-efficient vehicle
7. Walk, bike or carpool or take transit
8. Choose a home close to work or school
9. Support alternative transportation
10. Learn more and share with others

Simple really but every little step counts and if everyone in Canada took the challenge, imagine what a difference we could make.

So who's up for it!!!! Let this spring be the start of a new way of living. Take the challenge and encourage others to join you.