



LIVE SESSIONS FROM JUNE 6, 2020

9:00-9:40am: *Climate Change & Its Impacts Here* with Mike Risk

[Click to view on YouTube](#)

Prof. Risk is a retired McMaster faculty member in Biology and Geology, with a BSc from UofT, an MSc from UWO and a PhD from USC. His main research interests are coral reef ecology and climate change. He has published hundreds of papers, and been cited almost 10,000 times. He has worked in about 20 countries, speaks five languages (several of them badly) and his students are professors in 8 different countries. He and his wife Jodie (also a climate scientist) and their four Border Collie rescues live in their handmade house on 100 acres in Grey County.

Contact: riskmj@mcmaster.ca

10:00-10:40am: *What can you do about Climate Change locally?* with Peter Love

[Click to view on YouTube](#)

Peter is an Adjunct Prof. at York University where he teaches courses on energy efficiency and sustainability and wrote a free on-line textbook on energy efficiency policy and programs. He serves on several corporate and non-profit boards including Energy Efficiency Alberta, Ontario Climate Consortium (Chair), Toronto 2030 District (Chair Advisory Committee), Royal Canadian Institute for Science (past Chair) and Rethink Sustainability (one of founding directors). Previous roles have included Chief Energy Conservation Officer of Ontario and member of the team at Pollution Probe in the 70's that developed the 3 R's: reduce, reuse, recycle.

Contact: peter@loveenergyconsultants.com

Website: <http://loveenergyconsultants.com>

Fundamentals of Energy Efficiency: Policy, Programs & Best Practices Textbook: [Click here](#)

Characteristics of a Good Briefing Note: [Click here](#)

11:00-11:40am: *Empowering Communities with Real Solution to Plastic Problems* with Bruce Davidson

[Click to view on YouTube](#)

Bruce Davidson is co-founder of The Concerned Walkerton Citizens group, formed in response to the Walkerton Water Tragedy. Bruce was appointed by Justice Winkler to act as a liaison between victims of the town's contaminated water and the Walkerton Compensation Plan. Since 2000, he has been involved in outreach, education and policy development regarding the protection of drinking water sources across Canada. He is also the program Coordinator with the Grey-Bruce Sustainability Network. In recognition for his water advocacy, he was the 2010 recipient of the BayShore Broadcasting Malcolm Kirk Award for the Environment.

Contact: cwc@bmts.com

12:00-12:40pm: Natures' Edible and Medicinal Plants with Heather Bakazias

[Click to view on YouTube](#)

Heather is a retired psychiatric nurse and herbalist. A number of years ago, she moved to a 50 acre farm near Singhampton, just south of Georgian Bay. Nestled in the wildflowers, she created the Northern Lights Centre, where she counseled people towards holistic living using edible and medicinal plants. She has 40+ years of herbal medicine experience and continues to share her passion and knowledge for Natures' edible and medicinal plants.

Contact: heatherbaddon@gmail.com

Resources:

1. Healing Wise by Susan Weed
2. Wise Woman Herbal for the Childbearing Year by Susan Weed
3. Menopause Years: The Wise Woman Way by Susan Weed
4. Breast cancer? Breast Health! by Susan Week
 - a. Excellent good food recipes and addresses adaptogens and anti inflammatory herbs, with focus on prevention
5. Peterson Field Guide to Wildflowers of Northeastern and North-central North America
6. Peterson Field Guide to Eastern/Central Medicinal Plants and Herbs
7. Peterson Field Guide to Edible Wild Plants of Eastern and Central North America
8. The New Holistic Herbal by David Hoffman
 - a. Good information about when to harvest, etc.
9. Herbal Healing for Women by Rosemary Gladstar
10. Herbs for Children's Health by Rosemary Gladstar
11. The Male Herbal by James Green
12. Creators Garden website by Joseph Pitawanaka
 - a. <http://creatorsgarden.blogspot.com/p/our-bio.html>

PRE-RECORDED SESSIONS

Farm to Table: Why This 'Trend' Has Become More Important Than Ever with Christina Sheardown

[Click here to view on Youtube](#)

Christina is a red seal chef and has been cooking now for 21 years. An environmentalist from an early age, she has always had a passion for the connection between farmers and the people they feed. She has cooked in fine dining restaurants, pubs, large banquet halls and small; and has always found and nurtured those connections between local farmers, the earth and your plate. Most recently the chef at Andrews Roots in Meaford, she now has a new home at Duntroon Highlands Golf course where you can again find that local flair and heartfelt connection to sustainability.

Sustainable Mom Story with Jeanette

[Click here to view on YouTube](#)