

September Enews

Upcoming Events

Announcing: Introduction to Drawdown Climate Solutions Course

BC Rivers Day 2021

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Drawdown BC, is a part of a global coalition of scientists, researchers, economists, and others, that has built a model to evaluate solutions to global warming, based on their actual impact on greenhouse gas emissions.

How: By Zoom, [Register here for free](#)

Attending the **Introduction to Drawdown Climate Solutions Course** on Sept 19 will help you explore and initiate climate change solutions, help you decide if you want to register for the full 5-week course and give you an opportunity to ask questions.

BC Rivers Day 2021

This a friendly reminder to brush off your wide-brimmed, environmentally-conscious party hats!

Sunday, September 26th marks the 41st [BC Rivers Day](#) and [World Rivers Day](#).

Join in one of the biggest environmental celebrations across BC and the globe.

This year is no exception: protecting our freshwater is more important than ever.

NOTABLE EVENTS IN 2021

There are more than 100 countries celebrating Rivers Day, which is something to celebrate in itself.

Here are a few notable events that we're looking forward to in our own province:

Festival: [RiverFest 2021: Celebrate the Fraser](#) - Hosted by the Fraser River Discovery Centre from September 21-28: A series of workshops, performances, and family activities, offered both in person and online. The featured event is on Saturday, September 25. See the event page for details. This event is in its 19th year!

Film Screening: [The Last Paddle? 1000 Rivers 1 Life](#) - Presented by Mark Angelo and filmmaker Roger Williams at the VanCity Theater on September 26 at 7pm -- This stunning film follows BC Rivers Day founder and renowned ecologist, Mark Angelo, on his journey to conserve and protect waterways around the world. This is a special screening organized by the Watershed Watch Salmonid Society, and ORCBC. **Tickets are now available [here](#).**

Credit: Outdoor Recreation Council of BC

Nature Needs Your Voice! Please Sign the Pledge

Climate change and species extinction are putting nature as we know it at risk. Now

more than ever, Canada needs leadership that is committed to protecting and restoring nature for future generations.

Will you add your voice? Send the letter today to let our party leaders know you want them to take a stand!

Canada and the world face the dual crises of biodiversity loss and climate change and these crises must be solved together. If we fail to protect nature on land and in the ocean, we will also fail to properly mitigate climate change and recover species currently facing extinction. [Sign the pledge here!](#)

Credit : Nature Canada

Looking for Book Reviewer

If you are interested in reviewing **Medical Mushrooms of Western North America** book, [please email here.](#)

Map of Parks in Vancouver

If you would like to know and visits more **Parks in Vancouver** [see the link.](#)

You Need to Spend This Much Time in Nature For Better Health

We spend a whopping 90% of our time indoors and the lack of sunlight and fresh air could be taking its toll on our health.

Concentrations of pollutants such as carbon monoxide, mold and volatile organic compounds are higher indoors; indoor air pollution has been linked to headaches, fatigue, respiratory illnesses and heart disease. Too little exposure to natural light has also been associated with increases in cortisol, the stress hormone, and lower levels of melatonin increasing the risk for depression and poor sleep. [Read more here.](#)

Credit: myfitnesspal

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