

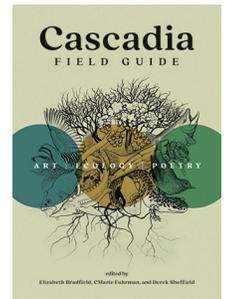
Cascadia Field Guide: Art, Ecology, Poetry

Elizabeth Bradfield, CMarie Fuhrman, Derek Sheffield

ISBN: 978-1-68051-622-7

[Mountaineers Books](#), 2023

www.cascadiaguide.com



Giving Back to Cascadia For any level

Make a difference. Support vibrant habitats and communities by developing or taking part in an action project to address an environmental issue in Cascadia.

- Time required: Variable (days/weeks/months) depending
- Indoor or Outdoor

Background

Think not just about what you can take from a place, but what you can give. These are the questions we must be asking ourselves: How can we reciprocate? How can we restore balance? (p. 297-298, Cascadia Field Guide)

Influenced by the lore and practices found in TEK (Traditional Ecological Knowledge), we want to transcend sustainability and honor Cascadia in a way that expresses reciprocity. This essential relationality has given us an array of phenomenal gifts. Shouldn't we be wondering how we can give back? (p. 17, Cascadia Field Guide).

Environmental issues can be overwhelming and lead to feelings of ecoanxiety and hopelessness. But we know that people who participate in environmental action projects, such as beach clean ups, invasive plant pulls, or tree planting events, feel empowered with a sense of hope and meaning.

Taking action not only helps the environment but can build a community.

Procedure

As you get to know Cascadia, you will connect to places and beings in a deeper way, caring about them, wanting to protect them or reciprocate the gifts they give to us. In your readings or outdoor explorations, you may discover a problem or issue that your group wants to help solve. Action projects can be as simple or complex as you want them to be—from information campaigns to ecological restoration.

Starting Out Tips:

- Who are you, as a group? Consider the age and developmental stage of your group and what is an appropriate and realistic project. Environmental educator David Sobel recommends “*No tragedies before fourth grade.*” Avoid confronting complex problems for this age group; focus on a local and tangible project.
- Involve your group in brainstorming and selecting a project to focus on to build their own interest and work on something that is meaningful to them.

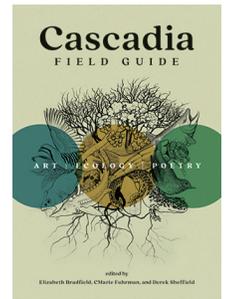
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- **Connect with community partners.** There may be local invasive species councils, land trusts, environmental non-profit organizations, stewardship groups, watershed societies, naturalist clubs, First Nations communities, or other groups you can team up with or who could help guide or support your project.

Some Ways to Give Back. *This is by no means an exclusive list but just a starting point to spark some ideas.*

- Educate and raise awareness. Teach others about beings, habitats, and issues in Cascadia through artwork, plays, articles, events, or fundraising for a cause.
- Organize cleanups of local beaches, streams, or other habitats.
- Train and get involved with Streamkeepers or Wetlandkeepers to help restore, protect, and monitor local waterways.
- Start a Green Club and find ways to reduce waste/increase recycling and composting, reduce energy consumption, encourage active transportation, or other issues specific to your community.
- Connect with invasive species societies in your area and organize a weed pull to help protect sensitive habitats from harmful invasive plants.
- Raise salmon from egg stage and release them in local waterways (many states/provinces have Salmon in the Classroom programs).
- Make a native plant garden with medicinal/edible plants or those that support pollinators.
- Create habitats for Cascadia beings by building and installing bird nest boxes, bat houses, or native bee houses, or by creating NatureScapes—landscapes that create, maintain, and enhance wildlife habitat and native biodiversity.
- Participate in Citizen Science projects and contribute to scientific knowledge and conservation. There are many projects out there! Search for one near you with the Pacific Northwest Citizen and Community Science Organization, the USA-based CitizenScience.gov, or the Canadian Government's citizen science portal.

Some examples include:

- Monitor birds with Project Feederwatch
- Butterfly Counts with the North America Butterfly Association
- Frog watch with NatureWatch Canada
- Plant phenology with Project Budburst
- Bioblitzes or regional projects with iNaturalist

by Stephanie Weinstein, Environmental Educator based in Lkwungen territory in Victoria, BC, Canada