



Greening SMU Newsletter

November 2011

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Welcome to **Greening SMU**, a monthly newsletter to update and connect Saint Mary's University students, faculty and staff on various sustainability initiatives, events, volunteer and job opportunities across the university and in the community.

Past editions of **Greening SMU** are available at www.smu.ca/sustainability. This newsletter is just one way to keep you connected! You can also find us on Twitter or Facebook by searching "Sustainable Saint-Mary's". To contribute to **Greening SMU**, email sustainability@smu.ca.

Take Saint Mary's Sustainability Pledge!

Taking the pledge is only the first step to helping our planet. It doesn't take a lot of work to start living sustainably; it can be as easy as turning off the lights when you leave the room. Click the image below to take the pledge and learn more about sustainability.

Everyone's Doing It!



Pledge @generation





Upcoming Events:

November 1st ~ 2nd, Tuesday ~ Wednesday:

- **SMU Movember Shave Off** ([More Information](#))

November 2nd, Wednesday, start at 7:00pm:

- **Lacto-fermenting of carrots, beans, and kimchee with Jen Stotland at Dalhousie Women's Center Communal Kitchen**

November 3rd, Thursday, 9 ~ 5:00pm, Southend Community Center:

- **Facilitation & Engagement Skills 101** ([More Information](#))

November 8th, Tuesday:

- **TD FEF Seeing is Believing Tour** ([See Page 5 for more details](#))

November 11th ~ 13th, Friday ~ Sunday:

- **12th Annual ACORN Conference & Trade Show** ([More Information](#))

Get your word heard!

Do you like writing? Do you get excited about sustainability? Why write an article for the Greening SMU newsletter! Even if you are not into writing if you have a question or a topic you would like to see us cover please contact us at sustainability@smu.ca, we would love to hear from you!



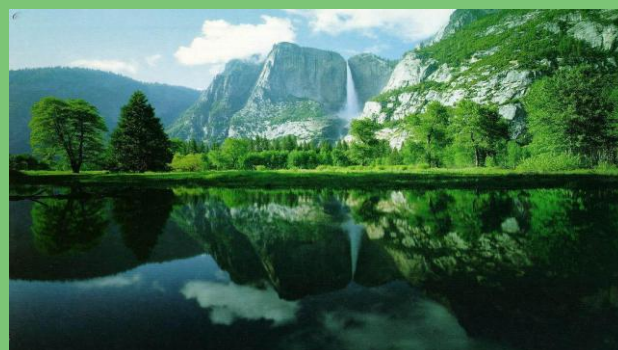
Outdoors Classroom: Learning about Nature



If someone wants to lead a sustainable and environmentally-friendly lifestyle, they often learn about the natural environment first. The natural environment is a huge matrix that contains countless different features and elements; animals, vegetations, rocks, water, air and so on. People are also an essential part of nature, but some are not aware of this and as a result they sometimes do not treat the environment as they should. An inappropriate approach to or treatment of the environment is often due to lack of related knowledge and awareness. This often causes waste, pollution, and the worsening of the eco-cycle, sometimes even destroying the whole eco-system.

In today's world, with science and information technology developing so rapidly, people tend to handle their affairs and obtain information and knowledge without exposing themselves to the beauty of the outdoors. Not here at Saint Mary's where the Geology Department is building an outdoor classroom. That is what we call "Living and Learning in Nature". The best way for people to behave sustainably is not by just reading environmental academic textbooks, but step outside and regard ourselves as part of nature; more camping, more hiking, more planting, and more environmental-photo taking.

(Left to Right: Rock, Beautiful Natural Environment, Monkey)



ARAMARK's Farm to Table Program: Haddock



Here at SMU, we purchase local and MSC certified haddock, which is caught off of the shores southwest Nova Scotia (Yarmouth). Marine Stewardship Council (MSC) certification is an independent third-party assessment on core principles including: stock health, marine ecosystem impact, and effective management. Having this certification indicates that the company meets strict environmental guidelines and that the fish are harvested in a sustainable manner.



Haddock is a relative of the cod and is identified by a dark "thumbprint" located above the pectoral fins. Haddock is a popular whitefish which is firm in texture and slightly sweet in flavor. It is somewhat finer than the cod in terms of its flake and is a saltwater fish weighing anywhere from 2-6lbs. Haddock can be prepared in a variety of ways, such as sautéing, breading and pan-frying, baking, deep-frying, grilling, poaching or even putting in chowder. Haddock is a good source of protein and can be incorporated into a balanced diet.

Baked Haddock

Ingredients

- 3/4 cup milk
- 2 teaspoons salt
- 3/4 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon ground dried thyme
- 4 haddock fillets
- 1/4 cup butter, melted

Directions

1. Preheat oven to 500 degrees F (260 degrees C).
2. In a small bowl, combine the milk and salt. In a separate bowl, mix together the bread crumbs, Parmesan cheese, and thyme. Dip the haddock fillets in the milk, then press into the crumb mixture to coat. Place haddock fillets in a glass baking dish, and drizzle with melted butter.
3. Bake on the top rack of the preheated oven until the fish flakes easily, about 15 minutes.

Source: <http://allrecipes.com/>





**TD Friends of the
Environment
Foundation**

TD FEF Seeing is Believing Tour



Have you ever seen a community garden or a green roof and wonder how it all came together?

Join Farzana Syed, Regional Manager, TD Friends of the Environment Foundation, to experience a behind the scenes tour of some of the most interesting environment projects in Halifax including:

- Project Webfoot at Ducks Unlimited Canada
- Water quality monitoring at Saint Mary's University
- Nature Calls program at Big Brothers & Big Sisters of Greater Halifax

Learn about some of the green ideas that are making Halifax a better place to live, and how local charities, schools, municipalities and Aboriginal groups can receive funding from TD FEF to make those ideas a reality.

This year, TD FEF has reached the important milestone of supporting 20,000 grassroots environment and wildlife projects across Canada. To celebrate, we want to show you how funding has made a difference in Halifax!

Date:

Tuesday, November 8, 2011

Time:

9:30 a.m. – 12 p.m.

Location:

TD FEF Seeing is Believing tour bus – project stops across the city

Departure from TD Canada Trust at Bayers Road Shopping Plaza, 7071 Bayers Rd., Halifax, NS

RSVP to tdfef@paradigmpr.ca by November 4, 2011 or call 416-203-2223 ext. 262.

www.tdfef.com

Green Tip of the Month



One of the easiest ways to be green is to cut back on your electricity use.

What can you do?

- Using Energy Saving Light Bulbs
- Turn off the lights before you left the room
- Using automatic sensor lighting instead of a light switch.
- Turn off the lights when you are doing a PowerPoint slides presentation or watching a movie in the classroom
- For security try using video cameras, alarm sensors, quality locks, and security guards, instead of keeping the lights on
- Turn off the lights in your office when you finish your work and leave at the end of the day
- For safety and energy savings, fix any electricity leaks
- If you work in a store, turn off the lights in the showcases of shops for; people usually do not go shopping late at night, so they have seldom paid attention to the showcases of each of the different shops. This is a huge opportunity to save on the cost of electricity expenses

What is SMU doing?

- Using Energy Saving Light Bulbs on campus buildings
- Using automatic sensor light in some buildings, such as Patrick Power Library's study rooms, Tower's squash courts, and washrooms
- Checking and fixing the quality of bulbs every semester
- The last employee to leave the office everyday is asked to turn off all the lights in the office
- Keeping the lights off when someone is doing presentation lecture in class

For more information on electricity saving, please contact sustainability@smu.ca or visit www.smu.ca/sustainability.