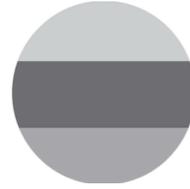


# GEORGIAN BAY FOREVER



## FAMILIES FOR CHANGE TASK LIST

Short instructions:

1. If you are doing this manually, print in greyscale (black and white), and check off or mark with an X what you have completed as you go along. Or, you can save online while you are doing it, or transpose later before you are about to submit the file via email to [info@gbf.org](mailto:info@gbf.org). This form is enabled, so you should be able to click on the box in the word file and an checkmark will appear. Save file.

2. Submit your filled-in task list, via email with your family name or email to [info@gbf.org](mailto:info@gbf.org) by August 31, 2019. (Scanned or saved file, pdf or word). If you are having issues doing that, please contact Kim Woodhouse at (905) 880-4945 x 2 before 5 pm on August 31, 2019 and she can assist you.

3. Full Contest rules at [www.gbf.org/F4C](http://www.gbf.org/F4C) (put this url in browser if does not connect)

**Note: With the exception of 2 questions noted, points for each task will only be counted once towards your total tally.**

#### **4. How to Play (short explanation)**

First grand prize consists of one (1) basket of pre-selected Patagonia goods of an approximate retail value of \$700 Canadian dollars (CAD). The grand prize will be awarded based on the highest number of cumulative points achieved by the winning family for completing tasks of the contest. Tasks are assigned point values of 5, 10, 25, and 50.

The secondary prize will be awarded via random draw of eligible registered entrants and consists of one (1) basket of pre-selected Patagonia goods of an approximate retail value of \$240 Canadian dollars (CAD). Eligible entries must have completed at least four (4) tasks

**If you are on your computer, links here should enable when clicked, otherwise copy the url into your browser.**

**5. Questions? Contact [info@gbf.org](mailto:info@gbf.org) or [heather.sargeant@gbf.org](mailto:heather.sargeant@gbf.org), or [helen.bryce@sympatico.ca](mailto:helen.bryce@sympatico.ca).**

**6. Let's Start! F4C challenges families to work from a choice of 49 tasks in four areas beginning May 17th through August 31, 2019:**

1. Clean-up your shoreline
2. Improve daily choices
3. Choose fashion that matters
4. Preserve wetlands



## CLEAN UP YOUR SHORELINES

- Organize a family walk along the shore to clean up your own shoreline. Contact Cassie Weston at [cassie.weston@gbf.org](mailto:cassie.weston@gbf.org) for pointers on sorting and disposing of the litter. (10 points)
- Photograph your most unbelievable trash heap or finds and their location, and send them to us at email [info@gbf.org](mailto:info@gbf.org). We'll post them to our website and Instagram account for all to see. (5 points)
- Watch "Witness to Pollution on our Coasts" at: <http://bit.ly/witnesspollution> (5 points)
- Learn recycling rules for your township and educate three neighbours. (5 points)
- Make a short video "Know your trash." Send it to us for posting on GBF's website. (25 points)
- Secure your belongings against the wind so they don't end up in the water. (5 points)
- Contact our Divert and Capture Coordinator, Cassie at email [cassie.weston@gbf.org](mailto:cassie.weston@gbf.org), to organize and execute a community clean up this summer. (25 points)
- Talk to three retailers about issues such as dock foam, mylar balloons, single-use plastics and encourage them to find and offer eco-friendly substitutes. Document your visits and conversations. (25 points)
- If you do a shoreline clean up, take photos and write an article for your cottage association newsletter, for GBF to publish online, or your local newspaper. (25 points)
- Ask big tobacco to stop using filters that are made with microfibre plastics. (25 points)
- Start a letter-writing campaign to hotels or organizations that currently do not have a recycling program. (25 points)

**Share your pictures to #GBFTrashTeam, and inspire others!**



## IMPROVE DAILY CHOICES

- Take the “Plastic Footprint” quiz. Find it at <http://bit.ly/quizplastic> or when you register. (5 points)
- Watch Dr. Carto's climate change 30 min video at <http://bit.ly/CartoH2O>, or read the summary at <http://bit.ly/CartoSummary> (10 points)
- Host an eco-home party and educate your neighbours and friends about how they can adopt these practices at home, too. (25 points)
- Replace single-use plastic shopping bags in the safest and most environmentally friendly way. Ensure that your replacement bags can be cleaned or washed when needed. (5 points)
- Replace plastic wrap for food with storage containers or beeswax wrap. (5 points)
- Replace plastic straws with stainless steel or bamboo ones. (10 points)
- Wash out food jars and use them again and again. (5 points)
- Examine all your cleaning products. Switch to eco-friendly brands by the end of the summer. (10 points)
- Examine your personal care products. Use biodegradable products whenever possible, and seek products with less package waste. (10 points)
- Use bamboo toothbrushes instead of plastic ones. (5 points)
- Use cotton or silk dental floss instead of plastic single-use dental floss. (5 points)
- Use metal or electric razors instead of plastic disposable ones. (5 points)
- Stop using dryer sheets that are filled with chemicals that are transferred to your clothes and the environment. Use wool dryer balls if needed or nothing at all. (5 points)
- Best practice — hang dry your laundry for longer-life! (10 points)
- For a long trip(s) this summer, either up to Georgian Bay, or away from Georgian Bay, have at least 2 members of your family go in an electric vehicle, car-pool with someone else or take a bus instead — or pay to offset carbon emissions from an airline trip. This task strives to reduce the number of gas vehicles/trips/emissions. (25 points)
- Shop in BULK whenever you can. Bring your own clean containers. (5 points)
- Pack boomerang lunches — this means everything you pack either gets eaten or comes home again. (10 points)
- Don't throw your clothing in the garbage if it can be mended, re-purposed into something else, or given to someone you know. (10 points)
- Count the number of bags of garbage and recycling you generate each week and reduce it by half. (25 points)
- Write to retailers directly and ask them to eliminate single-use plastic products and reduce the use of plastic in packaging that appears on their shelves. (25 points)
- Support a letter-writing campaign to your municipal government to promote the movement towards eliminating single-use plastics. (25 points)
- Write your provincial, state and/or federal governments about protecting more land (forests and wetlands) because they act as carbon sinks. (25 points)



## CHOOSE FASHION THAT MATTERS

- Read the 7R's for Fashion Lovers looking to reduce their impact on the environment at <http://bit.ly/Fashionaction> (5 points)
- Research organizations that recycle clothing. Earn five points for each organization, and send them to us at [info@gbf.org](mailto:info@gbf.org). (5+ points)
- Educate 10 neighbours about our microplastics research. (10 points)
- Take the GBF pledge to reduce purchases of garments and textiles. Pledge available at <https://www.surveymonkey.com/r/FashionPledge>. (5 points)
- Reduce your number of clothing wash loads each week. (5 points)
- Install a microplastics filter on your washing machine. Check this link for more information: <http://bit.ly/filter4wash> (25 points)
- Buy less clothing, mix and match, buy at vintage or thrift shops, trade your clothing with friends. The best practice is to avoid fast fashion. If you have to buy, try to buy quality clothing that will last. (25 points)
- Start a letter-writing campaign to your municipal, provincial and federal representatives stating your concern about microplastic particles and microfibres contaminating the waters of Georgian Bay. (25 points)
- Start a letter-writing campaign to washing machine manufacturers asking them to install microplastics filters as standard equipment on all new machines. (25 points)

**Please share any pictures and completed work with  
Georgian Bay Forever.**

**We would love to publish them to inspire others. Please  
submit to [helen.bryce@sympatico.ca](mailto:helen.bryce@sympatico.ca) or [info@gbf.org](mailto:info@gbf.org).**



## PRESERVE WETLANDS

- Read “Values and Functions of Coastal Wetlands” at: <http://bit.ly/coastalwetlands> (5 points)
- Learn what invasive *Phragmites* looks like and learn how to distinguish it from native *Phragmites* at <http://bit.ly/IDPhrag> (5 points)
- Host a *Phragmites* party where you educate neighbours on identifying this invasive species and how to manage them on the shorelines. To find information to help you do this, contact [brooke.harrison@gbf.org](mailto:brooke.harrison@gbf.org) (50 points)
- Map *Phragmites* stands and upload their location to the Early Detection and Distribution Mapping System (EDDM) at: <https://www.eddmaps.org/ontario/> (5 points per stand)
- Participate or organize one or more *Phragmites* cuts in your area. For details on cuts and volunteer groups in your area, visit our website at [gbf.org](http://gbf.org) or contact your local community association. (50 points)
- When planting your gardens, research the origin of the plants and buy native. You never know what the next invasive species might be. (10 points)
- Create an “Etiquette Guide for Wetlands”, e.g., no mechanized vehicles, follow paths, best practice — view from afar! Share with your local cottage association or municipal government, or send to [info@gbf.org](mailto:info@gbf.org) for possible publication on a GBF platform — or all! (10 points)

**We hope you are ready to take the GBF Families For Change (F4C) challenge and pledge to make a difference as families!**

**FOR A CHANCE TO WIN, DON'T FORGET TO SUBMIT YOUR FILLED-IN TASK LIST BY AUG 31, 2019 VIA EMAIL TO [INFO@GBF.ORG](mailto:INFO@GBF.ORG) IF YOU ARE HAVING ISSUES WITH SUBMISSION, PLEASE CONTACT KIM WOODHOUSE AT (905) 880-4945 x 2 OR [KIM.WOODHOUSE@GBF.ORG](mailto:KIM.WOODHOUSE@GBF.ORG) PRIOR TO 5 PM ON AUG 31, 2019.**