



DIRECT ACTION YOUTH WEEKLY UPDATE

FEBRUARY 1, 2021

I prefer not to say the “P” word. “Productivity” (and variations thereof), at least to me, implies sense of urgency and relentlessness more like a conveyor belt than a work of art. Not everything I do is a work of art, to be sure, but I have trouble with thoughtless producing to produce. One of the most important lessons I have learned is that sometimes, the best thing one can do is to do nothing. Step away. Not forever, but for a while. Rest. Reset. Reflect. Then come back and see what you can do. Time away from demands, deadlines and to-do lists is not an indulgence, but a necessity. You are a human animal, a creature creator before anything else.

GENERAL UPDATES

If you're a fan of Humpback Whales, join the upcoming [15th Annual Whale Tales virtual event](#), hosted by the Whale Trust non-profit in Maui, and happening February 13-14, 2021! Learn from more than 30 scientists, conservationists, and photographers from around the world about these lovely underwater singers.

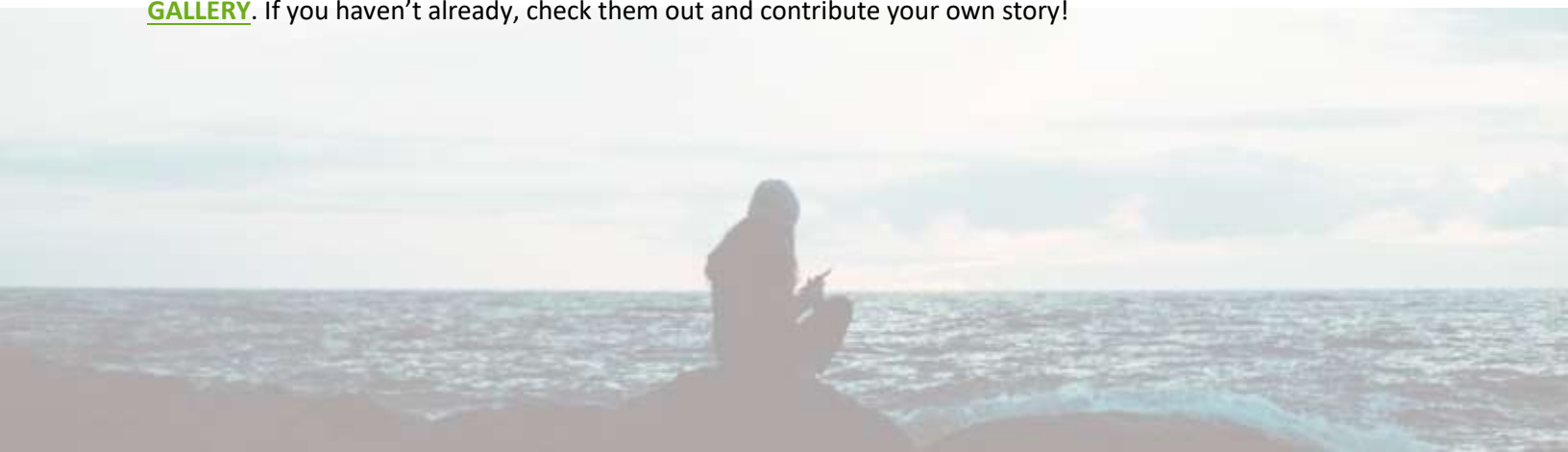
ACTIVITIES

THIS WEEK February 2nd @ 12pm (PT) / 3pm (ET), join hosts Zihan, Zana and Samantha for a 1-hour session to help you hone your interview skills. This is a great opportunity to learn, practice and ask questions! [Join the Webex here!](#)

ALSO: February 6th at 9:00am (PT) / 12:00pm (ET) join cave diver, shark whisperer, and one of my favourite ocean conservationists, Cristina Zenato on Facebook Live. [Click here for more information.](#)

WEBSITE

Thank you for posting – I've very much enjoyed reading the new [BLOGS](#) and seeing your photos in the [GALLERY](#). If you haven't already, check them out and contribute your own story!





SPINY SAYS...

Lessons from the Lumpsucker.



Feeling uninspired? Try making a vision board. If you have magazines you can cut up, then great! If not, just a marker and acceptance that your drawing skills might not be perfect is enough to get you started. On a blank paper or poster board, start from wherever feels right and jot or draw your ideas. Where do you want to be? Who are you with? What are you doing? What are you wearing? Don't worry about the HOW yet – these are your dreams!

WEEKLY FUN FACT

The wood frog can hold its pee for up to eight months. That's right, wood frogs in Alaska have been known to stick it out through the entire winter before relieving themselves once temperatures increase. The urine actually helps keep the animal alive while it hibernates, with special microbes in their gut that recycle the urea (urine's main waste) into nitrogen.

So warm.



QUOTE OF THE WEEK

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference. And you have to decide what kind of difference you want to make."

- Jane Goodall

LAUGH OF THE WEEK

Roses are read, haven't you heard...

May I interrupt your scrolling
with a spherical bird

[Pics & Gifs](#) [Aww](#)



CONTACTS

Ocean Bridge staff are here to support you. Feel free to contact us with any questions, comments or concerns.

Ocean Bridge Administration

OceanBridge@ocean.org

Office Hours

Monday to Friday

8:00am to 4:00pm PT

Zana Mody

MANAGER, OCEAN BRIDGE DIRECT ACTION

Zana.Mody@ocean.org

M 647 528 6597

Office Hours

Monday to Friday

8:00am to 4:00pm PT

Samantha Wilde

PROGRAM SPECIALIST, OCEAN BRIDGE DIRECT ACTION

Samantha.Wilde@ocean.org

M 778-679-4548

Office Hours

Monday to Friday

8:00am to 4:00pm PT

Have an amazing week!