



## DIRECT ACTION YOUTH WEEKLY UPDATE

FEBRUARY 22, 2021

Is sourdough still a thing? You don't need reminding that it is mid-February and most of us have had more indoor time than perhaps we'd planned for. The thought of real, live heat from the sun is tantalizing, but at least for now we find ways to grow under our roofs. In our climate, living in a greenhouse might actually be the best way to go until spring sets in. Soon, soon!

### GENERAL UPDATES

**DEADLINE TO REGISTER FOR TRAININGS:** The deadline to register for any courses, trainings, certifications or conferences is **March 15, 2021**. This is to allow our team enough time to process the transactions before the formal end of our program year on March 31, 2021. The courses may take place after March 15, as long as they are paid by that date. If you have trainings in mind, please contact me and Addie at [oceanbridge@ocean.org](mailto:oceanbridge@ocean.org).

**DIRECT ACTION MARCH INSTAGRAM TAKEOVER:** At long last we have the dates for you to take over the OceanWiseYouth Instagram account and share your stories! See the schedule below and [info sheet attached](#).

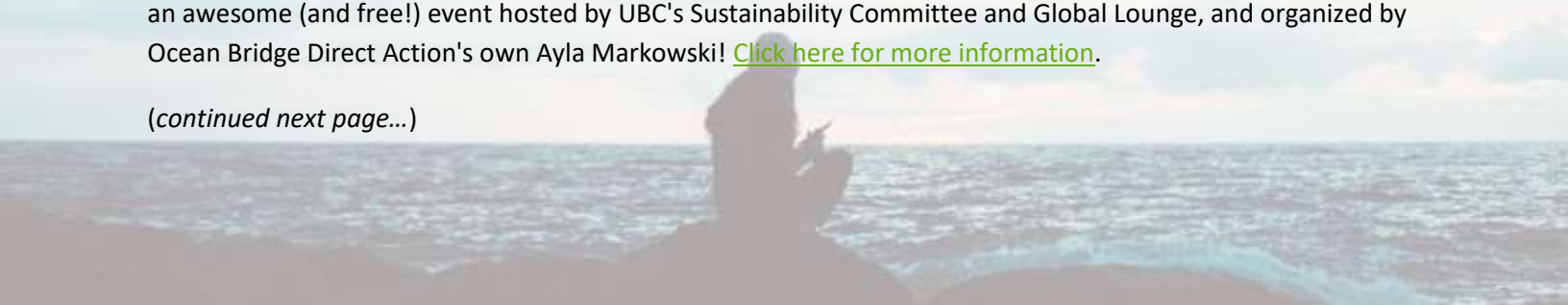
## March

SUN	MON	TUES	WED	THURS	FRI	SAT
7	8	9	10 Ayla Markowski	11 Charlotte Banks	12 Hannah Kosichuk	13 Janel Saydam
14 Amy Kikuchi	15 Samantha Arevalo	16 Maia McLellan	17 Paula Gomez Villalba	18 Nicole Bird	19 Meg Hull	20 Alice Brown-Dussault
21 Amanda Lu	22	23	24	25	26	27

### ACTIVITIES

**THIS WEEK** February 23<sup>rd</sup> @ 7pm (PT) / 10pm (ET). Join **Localizing the Future: Empowering Small Businesses**, an awesome (and free!) event hosted by UBC's Sustainability Committee and Global Lounge, and organized by Ocean Bridge Direct Action's own Ayla Markowski! [Click here for more information](#).

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**FEBRUARY 26<sup>TH</sup> TO 28<sup>TH</sup>** join the [OATHE project](#), [SURGE](#) and [Ocean Wise Youth](#) in the 48-hour **HACK-A-THON: The Climate Change-makers Challenge!** Email [theoatheproject@gmail.com](mailto:theoatheproject@gmail.com) to register.

## WEBSITE

For those who are interested, you can now access a recording of the [DA Interview Skills Workshop](#) (password to access recording: [YwhBpn2r](#)) – a link is also under the [RESOURCES](#) tab. This very first Direct Action workshop was delivered with help from Zihan Cai, Program Specialist with Ocean Bridge.

You are all amazing! Honestly, reading your [BLOGS](#), seeing your photos in the [GALLERY](#), and comments in the [DISCUSSIONS](#) always makes me smile. These little insights into your experiences keep me going. Thank you!

## SPINY SAYS...

Lessons from the Lumpsucker.



Sometimes when I feel stressed or restless, but also uninspired, it helps to do something manual. I'm not good at meditating. Kneading bread, stirring soup or even folding laundry forces my active brain to stop and focus on something else. Basically, if you're stuck, try meditating with your hands!

## WEEKLY FUN FACT

Just as earth has earthquakes, the moon has *moonquakes*. Less common and less intense than the shakes that happen here, moonquakes are believed by U.S. Geological Survey (USGS) scientists to occur due to [tidal stresses](#) connected to the distance between the Earth and the moon.

Sometimes that planet just *stresses me out!*

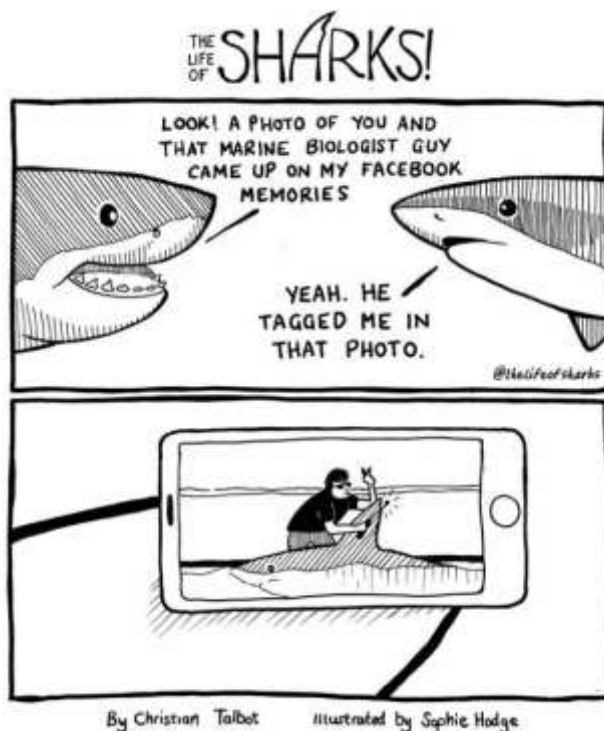


## QUOTE OF THE WEEK

"No man ever steps in the same river twice,  
for it's not the same river and he's not the same man."

- Heraclitus

## LAUGH OF THE WEEK



## CONTACTS

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

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### **Office Hours**

Monday to Friday

8:00am to 4:00pm PT

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**Have an amazing week!**