

VOLUME 4, ISSUE 1

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TEENZINE

MAKE LIFE MORE SUSTAINABLE

Cover Art by Ida



NORTH VANCOUVER CITY LIBRARY'S
TEEN ADVISORY COUNCIL



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Letter from the Editors of the Teen Zine

Welcome to our Teen Zine Magazine about sustainability! A large topic of importance in today's world is the concept of sustainability. As such, the Teen Zine covers a broad range of topics that are relevant to young people today.

Sustainability is all about living in a way that meets the needs of the present without compromising the ability of future generations to meet their own needs. It's about finding a balance between economic, social, and environmental factors, and making choices that are good for both ourselves and the planet. While it may seem daunting to make big changes in your life, there are many small steps you can take to live a more sustainable lifestyle.

This year, teens from various communities across the North Shore have come together in the 2023 issue of the Teen Zine to showcase different aspects of sustainability, how this concept works in practice, and why we as a community should care. We hope that you will enjoy reading the works of students who are passionate about creating informative resources about protecting our planet and making the world a better place for future generations. The current edition of the Teen Zine is dedicated to sharing information, ideas, and inspiration for living a more sustainable lifestyle.

From interviews and research to poems and artwork, the Teen Zine includes something for everybody. Our hope with this issue is to spread awareness about sustainability and help showcase that eco-friendly practices can be something that anyone can integrate into their lives!

Change is often quite difficult but sustainability doesn't have to be; even small actions - such as using a reusable water bottle, carpooling, reducing waste, conserving energy, and being more intentional with purchases - will help to reduce the effects of climate change. However, widespread education surrounding climate change and sustainability practices is currently occurring. As such, there is hope to build a better future for our world.

Whether you're a seasoned environmentalist or just getting started on your sustainability journey, we hope you'll find something here that inspires you to take action and make a positive impact on the world around you. Our aim is that after reading the Teen Zine Magazine, you will consider supporting local eco-friendly businesses and advocating for environmental change. So pick up our Teen Zine and read about a greener, cleaner, and more sustainable world!

Photo by Celina



Life in YOUR Hands

A stylized globe with green continents and blue oceans, positioned at the bottom of the page. The globe is partially obscured by the text "Life in YOUR Hands" which is written in a white, sans-serif font and curves around the top and sides of the globe.

INTERVIEW WITH A SENIOR

BY TAC MEMBER

REPORTER: Good afternoon, ma'am. Thank you for taking the time to speak with me today. I understand you are a senior citizen who has lived a long and healthy life. Could you share with us your secrets for longevity?

SENIOR: Well, thank you for asking. I believe there are several things that have contributed to my long life. Firstly, I have always tried to maintain a healthy diet. I eat lots of fruits and vegetables and try to limit my intake of processed foods and sugary drinks.

REPORTER: That's great advice. What else do you think has helped you stay healthy?

SENIOR: Exercise has also been a key factor in my healthy lifestyle. I have always made an effort to stay physically active, whether it's taking walks or doing yoga. Staying active has helped me maintain a healthy weight and has also kept my mind sharp.

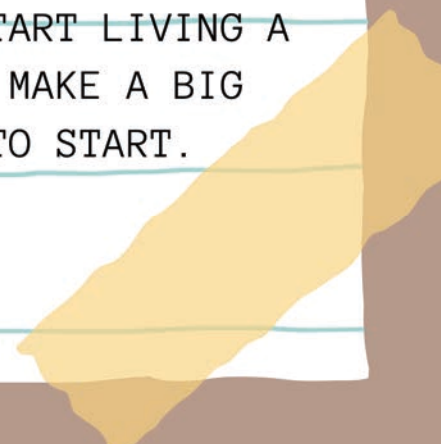


REPORTER: THAT'S VERY INSPIRING. DO YOU HAVE ANY OTHER TIPS FOR LIVING A LONG AND HEALTHY LIFE?

SENIOR: I WOULD SAY THAT STAYING SOCIALLY CONNECTED IS ALSO IMPORTANT. I HAVE ALWAYS STAYED CONNECTED WITH FRIENDS AND FAMILY, WHETHER IT'S THROUGH REGULAR PHONE CALLS OR SOCIAL ACTIVITIES IN MY COMMUNITY. HAVING A STRONG SUPPORT NETWORK HAS HELPED ME STAY POSITIVE AND MOTIVATED THROUGHOUT MY LIFE.

REPORTER: THOSE ARE ALL GREAT TIPS. THANK YOU SO MUCH FOR SHARING YOUR WISDOM WITH US. IS THERE ANYTHING ELSE YOU WOULD LIKE TO ADD?

SENIOR: JUST THAT IT'S NEVER TOO LATE TO START TAKING CARE OF YOUR HEALTH. EVEN IF YOU HAVEN'T BEEN AS ACTIVE OR HEALTHY AS YOU WOULD LIKE, IT'S NEVER TOO LATE TO MAKE CHANGES AND START LIVING A HEALTHIER LIFESTYLE. SMALL STEPS CAN MAKE A BIG DIFFERENCE, AND IT'S NEVER TOO LATE TO START.



- SENIOR IS AN ANONYMOUS 78-YEAR-OLD WOMAN IN THE LYNN VALLEY COMMUNITY.

Harmony's Quest: Nurturing a Sustainable Earth

By Joseph Kim

Amidst the tempest's fiery, searing breath,
Where global woes ignite our mortal fears,
We ponder on the course that life must tread,
To tame the fury of impending years.

As climate change unfurls its ominous guise,
We stand as guardians of Earth's embrace,
With fervent minds and wisdom's guiding prize,
To forge a path that future may embrace.

Let's summon science, wield its potent might,
Unleashing knowledge, innovation's seed,
Seek renewable realms that gleam so bright,
Where sustainability and life take heed.

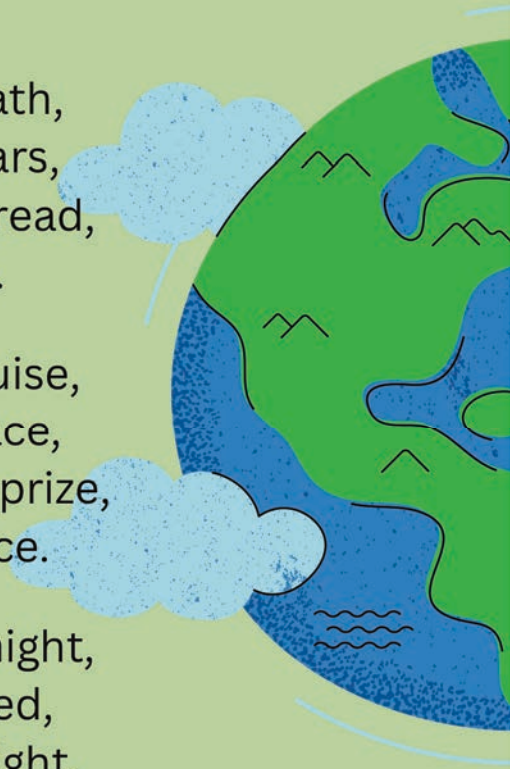
Through conscious choices, woven hand in hand,
We mend our world, a destiny unplanned.

In realms where Gaia's harmony must thrive,
Amidst the twilight's whispers and lament,
We strive to keep our fragile world alive,
From dire perils of warming's discontent.

With steadfast ardor, let us now embark,
Upon a quest to mend the wounded sphere,
Through mindful steps, let's kindle a spark,
To soothe the flames of nature's heartfelt tears.

Embrace the symphony of earth's grand dance,
Where knowledge waltzes with sustainability,
Unleash innovation's transformative trance,
To sculpt a future steeped in equanimity.

With open hearts, we'll sow a verdant seed,
To gift our children a planet they'll heed.





MOTHER NATURE

PHOTOS BY
APRIL





BY ZEYUS

In a far-flung suburb of Bangkok, high above the hum of automobiles, where the magpies soared, there was a flurry of motion inside a treehouse, Sally Johnson awakened starting her 789th day in the city.

FIGHTING FOR A BETTER WORLD



A newly-minted civil-engineer, Sally landed an internship at 'Villenso Solutions,' a boutique engineering start-up that was contracted to build a large dam across the mighty Tangsing river.

Arriving at the office on this fine morning she overheard a heated discussion in the boardroom.

"I refuse to use low-quality materials just to save a few bucks!" exclaimed her manager, Jun. The door swung open and Jun and Marco (the CFO of the company) walked out. There was a distinct sense of tension in the air.

"Hello," Sally said, "have the plans we submitted for the dam been approved?"

"We were discussing the project," muttered her boss with a sigh, "Beyond our logistical challenges, Marco wants to use aluminum alloys to build the dam instead of steel, forgoing the renewable resources originally in your plan!"

Sally was shocked: The first thing that had been 'drilled' into her head was that when constructing dams, steel was the right material: other materials would buckle under water's pressure.

Speaking to a local, she was reminded that “having a righteous morality includes safeguarding human lives, taking care of our environment, and having the courage to speak up when you witness wrongdoing.”

The next morning, Sally woke up filled with determination, and ventured towards the company office. She found Marco in his office, working away. Getting to the point, Sally reiterated that there could be serious consequences if we use aluminum alloys for the dam.

“Sally,” Marco said, “the decision has already been made. The use of aluminum alloys will save us thousands.”

“Marco, that’s not the point,” she replied. “Aluminum does not have the load-bearing capacity to hold up such a large dam, and is an unstable structure for the project. If the dam were to collapse, it could kill residents and flood villages.”

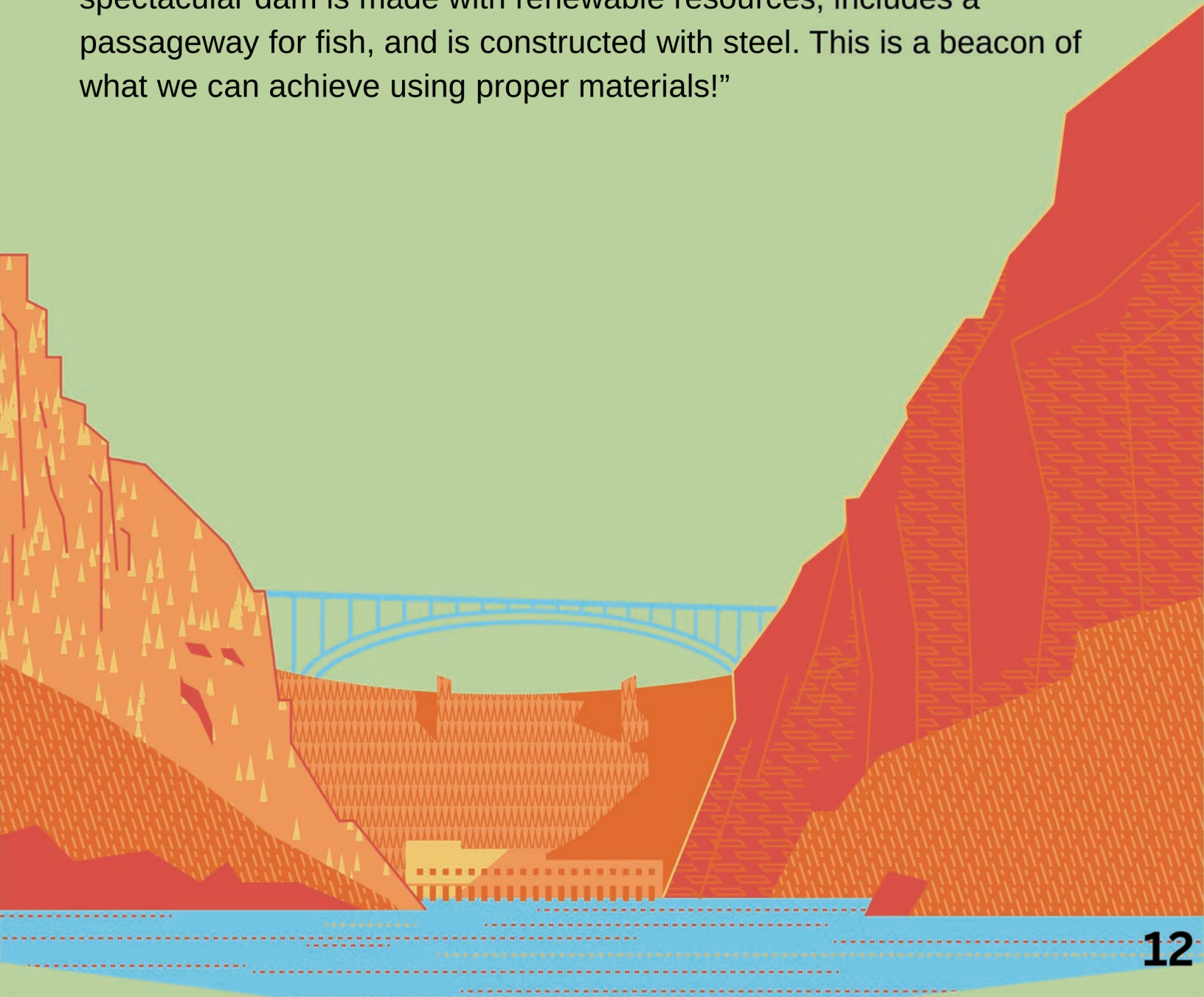
There was silence, to an extent where you could have heard a pin drop. Sally could almost hear the wheels churning in Marco’s mind.

“Marco, have you ever heard the saying ‘Be the Change?’”

26 months later...

BANGKOK TIMES - September 18th, 2023:

“Everyone is here today, at the grand opening of the Tangsing Dam, which is being heralded as an extraordinary feat of engineering, carrying the torch for dams in the 22nd century. A marvel of technology, this spectacular dam is made with renewable resources, includes a passageway for fish, and is constructed with steel. This is a beacon of what we can achieve using proper materials!”



Teen Advisory Council Interview with CNV Manager of Environmental Sustainability

1. Q: *What is the City of North Vancouver doing to ensure that sustainability is implemented?*

A: The City is at a critical juncture in terms of implementing policies and projects that are helping our city to reduce – ultimately eliminate – our carbon emissions, and adapt to a changing climate. The City has a stellar track-record of implementing forward looking policy and capital (public works/construction) projects that champion environmental initiatives and a dense urban fabric. The most important work that the City can do to reduce carbon emissions is to create complete and compact communities, where people have access to everything they need (places to work, shops, places to recreate and socialize) through a short walk or roll, or transit. Once we've worked to ensure that overall city structure is present, then we can work to implement additional sustainability measures.

We're in the midst of preparing a Climate and Environment Strategy that will be the first new major environmental policy in almost a decade. The strategy will help us to identify and implement actions that will support the reduction of carbon emissions and adaptation of our environment that will be needed to do our part to avoid climate disaster.

2. Q: *How do we know that such measures are working out? Have they positively or negatively influenced the environment?*

A: Monitoring – and using that information to refine and improve policy – are an important part of planning for a sustainable City. We're lucky to live in an era where data can inform our decisions and help us to understand the effect our decisions are having. One exciting example is watching usage of the City's electric vehicle (EV) public charging network increase over the past few years.

As we're an urban center with a majority of our households living in multi-unit residential buildings (think apartment and townhouse type of dwellings) we recognized that we couldn't easily rely on homeowners installing their own facilities to meet the demand. So the City took the step to create a public charging network that provides affordable places for EV owners to charge their vehicles if they don't have access to them in homes. Demand has been consistently growing to the point where the City is now looking for opportunities to expand the network.

One of the challenges of the fight for sustainability is how sometimes the most important initiatives – decarbonizing vehicles and buildings for example – are essentially invisible. We know that we're reducing greenhouse gas emissions, but it's difficult to identify a direct local benefit; the outcomes are more global in nature. That is part of the reason why an important aspect of our strategy will be to make changes that are physical and tangible. Residents and visitors should be able to see our City become more green as we expand our tree canopy, see our streams full of fish as we reduce pollutants and improve habitat, and see the bees and butterflies buzzing and fluttering around newly installed pollinator gardens. We know there is lots of work ahead of us, but we're excited to keep improving the City and building a sustainable future.

3. Q: How have the measures implemented affected the people of North Vancouver? Specifically, how does this affect teens?

A: As an organization, we always endeavor to improve our environment, but we recognize that sometimes there are competing objectives. When we convert a traffic lane to accommodate buses, like we've done for the R2 rapid bus, sometimes that will result in more congestion for vehicle traffic. Or when we take a lot that used to accommodate 1 house and build a townhouse that can now accommodate 10 units, there are difficult decisions required about retaining or removing trees. City staff work to balance these pillars of sustainability – environment, social equity, and economic prosperity – in a manner that is informed through engagement with residents and consistent with our City policy.

In terms of impact on teens, that social equity component is key. We are working to make transit and active transportation (walking and rolling) the easiest and most convenient way of moving through the City to support individuals without access to their own vehicle. We want to provide a range of housing options to allow everyone to find an affordable home that works for them, whether they're still at school or just starting their career. Fundamentally though, we're all working to make the world more sustainable than the one we inherited. We would love to hear about your experience in the City and work that we could do to better reflect the priorities of teens and other youth. We're working to find new ways to engage with teens to hear your ideas and we hope that we'll be able to get your feedback for the Climate and Environment Strategy and Urban Forest Plan as these are presented to the public for feedback over the course of this year.

4. Q: *Are the measures implemented by the City of North Vancouver original ideas, or are they being followed elsewhere?*

A: A little bit of both!

The City has been a leader in leveraging new development for better environmental outcomes and have had our ideas inform actions in a lot of other municipalities, but we aren't trying to innovate just for innovations sake. The issues we're dealing with are complex and we're often following leaders from other cities, whether within the region or around the world. However, even those examples and practices need to be adapted to our specific climate and context.

Staff here at the City bring their experiences and unique perspective to our work whether that means adapting best practice or creating something new!



THE TRUTH ABOUT FASHION

A Poem.

*Fashion and sustainability, a story of two worlds
One built on beauty, the other on conscious words
The glitz and glamour of the runway so bright
But the waste and pollution, a burden we cannot
fight*

*Fast fashion, cheap and easy, the norm of today
But the environmental toll, a price we cannot pay
The earth cries out for change, a shift in our ways
A call to make sustainable fashion, the trend of our days*

*Eco-friendly fabrics, recycled materials, a new age
The colours and styles, still shining on the stage
But this time, with a purpose, a message to send
To care for our planet, and its future to defend*

*Fashion and sustainability, a beautiful blend
A reflection of our values, a message we send
Of care, love, and respect, for all that we share
For a world that is sustainable, and always aware.*



**By
Kushmeen**

BY IDA



EARTH

MOVIE REVIEWS

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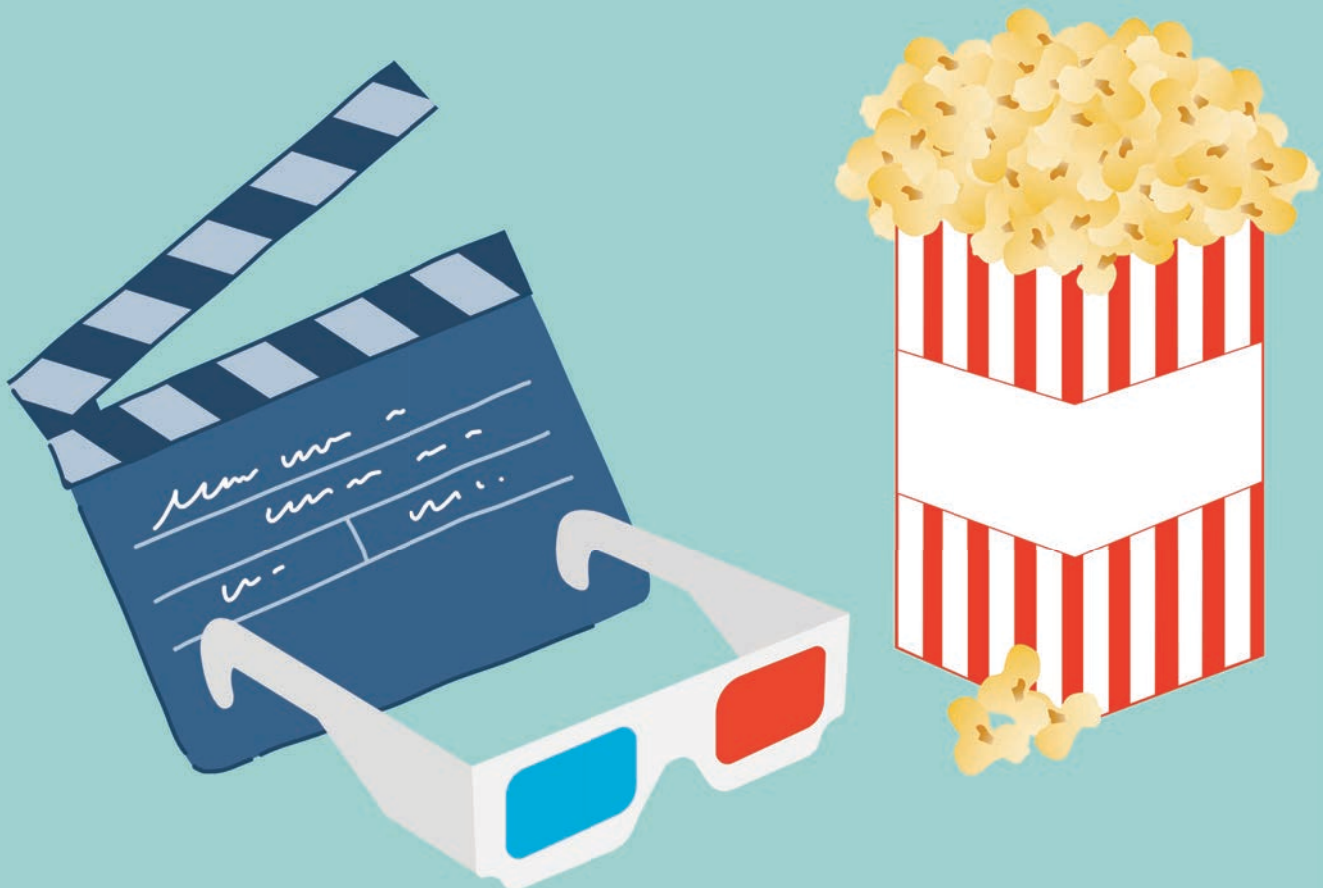
Movie #1 - The Day After Tomorrow

The climate change dystopia catastrophe film "The Day After Tomorrow," directed by Roland Emmerich, shows the disastrous effects of climate change through a thrilling and gripping set of events. The storyline of the movie is centred on the sudden arrival of an ice age brought on by global warming, which causes numerous environmental catastrophes and the collapse of civilization. The story follows the perspective of a group of scientists and survivors as they desperately search for safety and a way out of the freezing conditions. The film is a compelling and thought-provoking experience because of the spectacular visual effects and intense action scenes that it displays. The conflicts and events that "The Day After Tomorrow" showcases serve as a strong reminder of the necessity for quick action to confront climate change and the magnificent visuals and compelling content makes "The Day After Tomorrow" an interesting watch.




Series #1 - Snowpiercer

The suspenseful and thought-provoking climate change dystopia film "Snowpiercer" by Bong Joon-ho portrays the catastrophes of neglecting climate change. The plot of the film takes place in a post-apocalyptic future where humans have caused the Earth to devolve into an Ice Age. The only survivors of the catastrophe are on board a train in eternal motion as it travels around the earth without stopping. In the train are lower-class passengers who are kept in poverty and made to dwell in misery at the back of the train. The movie follows the uprising of the lower-class passengers of the train as they make their way to the front of the train to overthrow the wealthy and privileged who are in charge of it. The conflicts and events that "Snowpiercer" showcases serve as a strong reminder of the necessity for quick action to confront climate change and the magnificent visuals and compelling content makes "Snowpiercer" an interesting watch.



A Shining Light in a Sea of Darkness

By Zeyus



One quintessential and picturesque spring day, a juvenile fish waltzed and tangoed through the breathtaking and world-renowned canals of Venice. She was flabbergasted by the fact that these customarily murky and unclean were now spotless! One year ago, when she had returned from the Mediterranean Sea, she had been shocked by the fact that the waters had been jam-packed full of trash that eradicated species upon species of the wildlife that lived in these channels and waterways. Whirling through the waters like a tornado, she observed that a diverse variety of species that she had never identified before had come back to populate the canals...

As I bounded along the waterways, my fins flapping as speedy as a jubilated dog's tail, I discerned and distinguished that something was extremely peculiar. Last year, when I had come to the splendorous city of Venice after spending the winter in the coastal waters of the Mediterranean Sea, it was bursting to the brim with debris left by those terrible humans, who adored eating our flesh for lunch. The atrocities those ghastly and repulsive beings committed, especially those who were tourists, arriving on masonic cruise ships which sailed through the water like a barge, draining oil into the once pristine oceans that our ancestors thrived in. The waste, the plastic, and the gunk that smells like a pig's bottom is left to us, as if we are inhumane beasts, while we are genteel creatures that hope to live in harmony with humans on this planet. The airplanes and cars release fuel into our beloved atmosphere, and my fifth cousin thrice removed, Madge, a blue whale, once told me that there is an appalling patch of garbage in her home-waters that is 1,000,000 times the length of her body!

A Shining Light in a Sea of Darkness



Anyhow, as I tore across the marine ecosystem of this teeming city, I observed that countless species of fish that I had never seen before seemed to be out in full force, cramming the canals on this splendid day. I whirled around, diving deep under the water to avoid a few drops of fuel as a lone gondola slowly pattered by, seeming out of place. I was in tranquil fish heaven, stunned by the fact that I did not have to duck every second to avoid garbage, like those bizarre bobble-heads that those sidesplitting human babies seem to adore playing with. That is the problem with those humans: They are raised with the mentality that they are the kings of the world and have total and complete disregard for the other species that inhabit the Earth. I wonder if they ever take into note the saying “sharing is caring” which is instilled in us Blue Flounders from the day we are born.

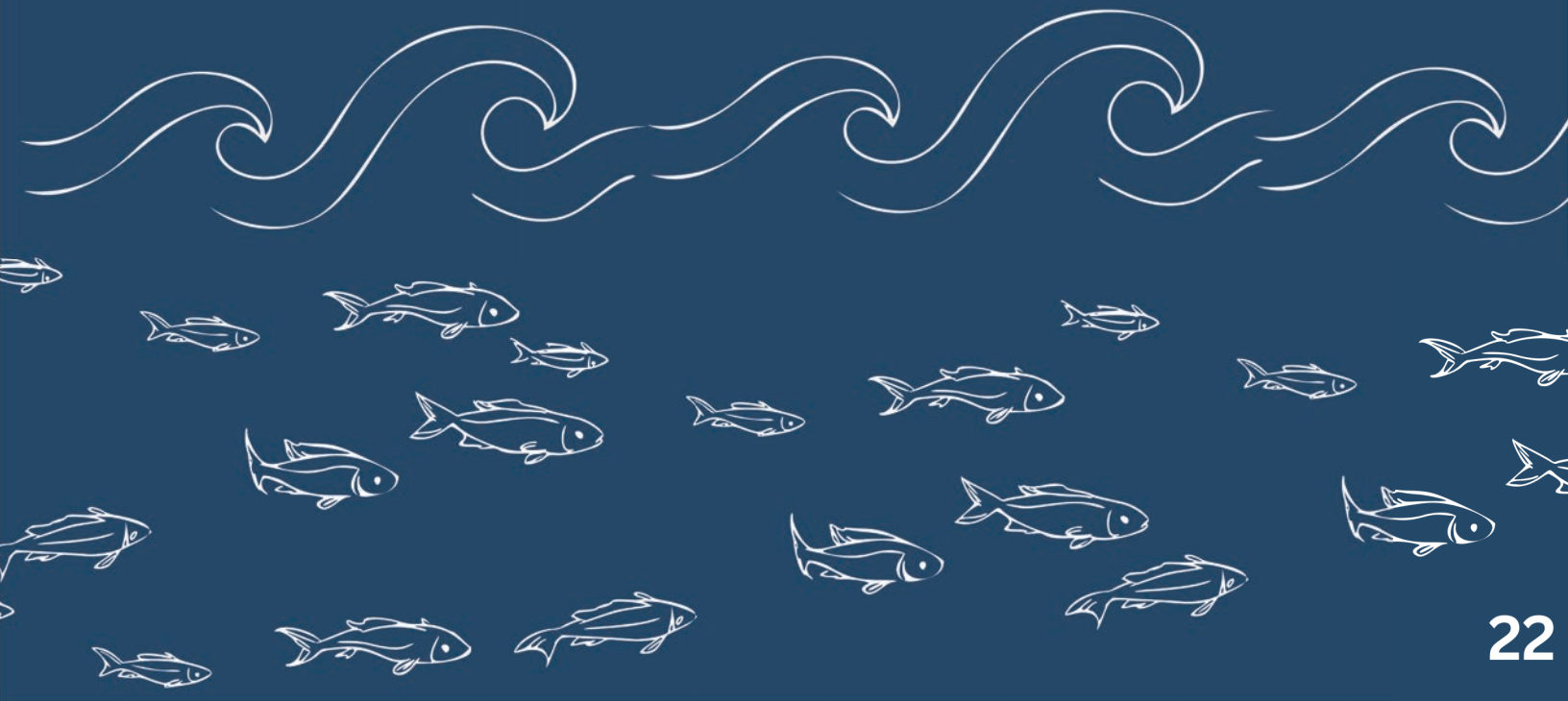
Nowadays, species of wildlife like myself are growing extinct as a result of human’s impulses for clothes, and buying the latest gadgets that they stare at like diminutive zombies. These are the unnecessary indulges bring about extinction, and what let booming industries such as mining and clear-cutting thrive. A five-year-old Flounder cares deeply for the environment, while a five-year-old human, on the other hand, scribbles one drawing on a monstrous piece of what they call “paper” and subsequently throws it away! The paper that those humans seemingly devoured like a starving lion are used to slice up the lungs of our planet, trees, which wreaks havoc on the rest of the ecosystem.



A Shining Light in a Sea of Darkness



Frolicking through the sprawling metropolis of canals, a question preoccupies me. What I am experiencing now is what my ancestors must have complacently reveled in their entire lives, and they would never have pondered what life would be like cowering under a shelter of rocks, as pollutants and toxins rained down like hail or a stormy blizzard throughout the waters that they call home. They would have never ever assumed that we would be put into miniscule tanks for humans to press their eyes against the glass that boxed us in! We fish are equal partners in this ecosystem! As I settled into my humble abode for the night, my mindset drastically altered, I was steadfast in my goal to make sure the human world knew what the dire consequences of recklessly negligent actions were. They needed to come to light, so the forthcoming generations of adolescent fish, animals, birds, and humans, can live in coherence in a world where climate change was a phenomenon of the past and a word in a history textbook!



Interviewing my high-school

By Parastoo Parand

I went around my high-school and asked a bunch of students from grade 9-12 questions depicting “How to live a good sustainable life”. I received many different ideas and answers and have created a small list of ideas my school was able to come up with. This was not a standard, formal interview; I instead went around and asked people for ideas in which many were thrown my way. Here are some of the suggestions I was presented with.

1. Reduce, reuse, and recycle. Practicing the 3 R's by reducing waste, reusing items and recycling whenever possible.
2. Choose sustainable products. Buying products made from sustainable materials that are biodegradable or recyclable can be very beneficial to the environment. Eco-friendly certifications including FSC, Rainforest Alliance, or Cradle-to-Cradle for assurance can ensure that the products you are consuming are sustainably made.
3. Practice energy conservation: Lowering your carbon footprint by turning off lights when you leave a room, using energy-efficient appliances, unplugging electronics when not in use and using renewable energy sources like solar panels or wind turbines.

4. Eat locally: Buying food that is grown or produced locally reduces the carbon emissions from transportation. You can also reduce fossil fuel emissions by eating plant-based meals and eating seasonal food.

5. Use eco-friendly transportation: Using alternative modes of transportation like walking, biking, carpooling or public transportation instead of driving alone.

6. Conserve water: Using efficient showerheads, fixing leaks, and water your plants wisely to conserve water at home. Also, consider installing a rain barrel to capture rainwater for watering plants.

7. Support sustainable businesses: Seek out businesses that prioritize sustainability practices, and reduce waste, emissions, and use of non-renewable energy.

8. Educate yourself: Learn more about sustainability by reading books or articles, attending seminars or webinars, or joining environmental groups that offer tips and resources for sustainable living.

Cradle to Cradle: Redefining Industrial Design for a Sustainable Future By Nilia Majidi

"Cradle to Cradle: Remaking the Way We Make Things" is a groundbreaking book written by William McDonough and Michael Braungart. The book offers a new approach to industrial design that is regenerative and restorative, instead of being based on the traditional "cradle to grave" model that results in waste and environmental degradation. This book offers a wealth of insights and practical guidance on how we can transform the way we design and produce goods, in order to better serve the needs of people and the planet. By adopting the principles of Cradle to Cradle design, we can create products and systems that are not only more efficient and cost-effective, but also more resilient and regenerative. We can reduce waste, conserve resources, and support the health and wellbeing of communities and ecosystems. Moreover, this book is a great read for anyone interested in sustainability, as it provides a fresh perspective on the challenges facing our planet and inspires readers to take action towards a more sustainable future. Overall, "Cradle to Cradle: Remaking the Way We Make Things" is a valuable and thought-provoking book that can help us rethink our approach to industrial design and build a more sustainable world.

The authors argue that the traditional industrial model is unsustainable, as it relies on the consumption of finite resources, creates pollution and waste, and ultimately leads to the depletion of natural resources. They propose a new way of thinking about industrial design that focuses on creating products that are either biodegradable or endlessly recyclable. In this way, they aim to create a circular economy that reduces waste, conserves resources, and supports the health and wellbeing of people and the planet.

The book is divided into three parts. The first part explores the flaws of the traditional industrial model and its impact on the environment and society. The authors argue that this model is not only unsustainable but also counterproductive, as it ultimately leads to the depletion of natural resources and the destruction of ecosystems. They suggest that a new approach to industrial design is needed, one that is based on the principles of nature and mimics the cyclical processes that occur in the natural world.

The second part of the book introduces the concept of "Cradle to Cradle" design, which is based on the idea that products should be designed to be either biodegradable or endlessly recyclable. The authors suggest that this approach can be achieved by using safe, non-toxic materials that can be reused or repurposed at the end of their life cycle. They also argue that products should be designed with the intention of creating value for future generations, rather than being designed to be disposable or obsolete.

The third part of the book provides practical examples of Cradle to Cradle design in action. The authors showcase a range of products and projects that embody the principles of this approach, from the design of the Herman Miller office chair to the creation of a "green" industrial park in China. These examples illustrate how Cradle to Cradle design can be applied in a variety of contexts and can result in economic, social, and environmental benefits.

Overall, "Cradle to Cradle: Remaking the Way We Make Things" is a thought-provoking and inspiring book that challenges readers to think differently about industrial design and its impact on the environment and society. The authors provide a compelling argument for why the traditional industrial model is unsustainable and offer a viable alternative that is based on the principles of nature. This book is essential reading for anyone interested in sustainability, environmentalism, and the future of our planet.

TREES

PHOTO TAKEN BY AHOURA MOUSAVI



Photo by Celina



This year, teens from various communities across the North Shore have come together in the 2023 issue of the Teen Zine to showcase different aspects of sustainability, how this concept works in practice, and why we as a community should care. We hope that you will enjoy reading the works of students who are passionate about creating informative resources about protecting our planet and making the world a better place for future generations. The current edition of the Teen Zine is dedicated to sharing information, ideas, and inspiration for living a more sustainable lifestyle

DESIGNER'S Notes

TEENZINE

Photo by April



In this issue

Welcome to our Teen Zine Magazine about sustainability! A large topic of importance in today's world is the concept of sustainability. As such, the Teen Zine covers a broad range of topics that are relevant to young people today.

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TEENZINE

OUR
FUTURE
OUR
HOME

RE

20
23

