

# OneSmile



Issue 11 | Autumn 2013 | [www.onesmile.co](http://www.onesmile.co)

inspire | ignite | illuminate

## THE ROSS SEA

Will We Save Our Last Ocean

## POWERSHIFT

The World's Leaders Failed Me

## THE ZEN OF HORSES

Horses Teach Humans



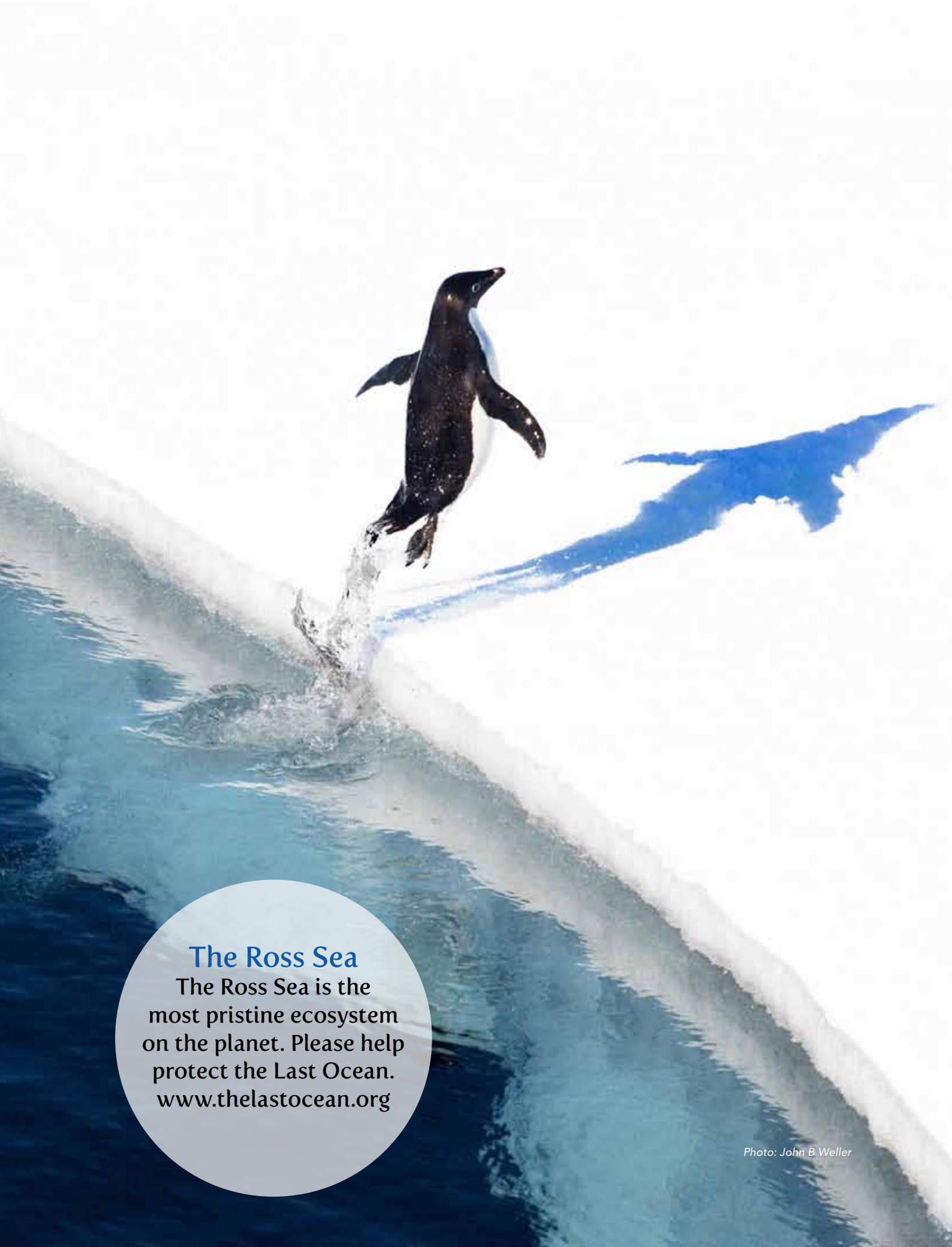
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- Power of Clarity • Sacred Geometry • Klaasz Breukel



## The Ross Sea

The Ross Sea is the most pristine ecosystem on the planet. Please help protect the Last Ocean.  
[www.thelastocean.org](http://www.thelastocean.org)

*Photo: John B Weller*

# Editor's Letter



## Dear reader and friend of the OneSmile community,

This issue is reflecting 'New Beginnings' on many levels.

Let me start with the story about The Last Ocean. When I saw the documentary for the first time last year something within me ignited. For me this seemed a lot more than a desire to protect the last ocean that has an intact ecosystem on this planet. It represents the last sacred internal place of humanity.

A place that is pristine, innocent and pure. I feel that if we are destroying the ecosystem in the Ross Sea, as we have done with all the other oceans on this earth; we are also destroying this inner sanctuary. The place that is giving hope and shines a light even in our darkest hours. We can't close our eyes and pretend it is not there or happening just because it is not right in front of our eyes. We had leaders in 1961 that were wise enough to protect the Ross Sea landmass. It is a most wonderful example of how many nations came together for a common goal. Did we go backwards? Are we so busy these days that we don't realize that our sanctuary needs our support? Have we not learned anything from our past?

Forgive me for jumping to Les Miserable's for a moment, a musical, and a book and now film that always deeply moves me. Humanity seems to have so much capacity for suffering and sadness, yet we are clinging to the little hopes of light that are offering unlimited energy and willpower. It is not for us to judge who is right or wrong as that is always a matter of perspective. The last ocean is not predominantly a political campaign against the Fishing Industry for me. It is the opportunity to provide a shining light for hope that we can protect this place of pureness and beauty. The place that resides in all of us and that allows us to withstand the biggest storms and disasters because that place gives us courage and the vision for a more beautiful world.

We ARE this beautiful world and I for one want to protect it. Watching the documentary will illuminate the story of like-minded people coming together all over the globe and offer their expertise, their time, their donations and their love to protect The Ross Sea. That in itself is beautiful. We are all connected and in this together. I would love for you to share your light as well.

Our 2nd featured story revolves around horses. Have you ever thought of horses as teachers of humans? A new beginning of how our relationships and confidence can be transformed with the helping hand of hoof of horses. I for one am Inspired.

Then we look at our younger generation. They are leading the way and showing us how we can come together with a solution oriented mindset and a preparedness for action to create a more sustainable future for

our planet. We need to encourage and support them, even if they may have a different approach to some issues than we more mature folk are used to. They are young and they have a right to do things differently. Instead of opposing them we have to learn to communicate with each other in an atmosphere of respect.

The Power of Clarity article has sparked my New Beginning with One Smile. We are celebrating the 2nd birthday of the magazine, which is bringing together like-minded people to uplift and inspire and open the gates for change. The gates are wide open and I am intuitively guided to change the name of the magazine to Inspire new beginnings. I feel that the new name is communicating that with more clarity to my existing and future readers. So from the next issue look out for Inspire New beginnings and share the news.

I thank you from my heart for your ongoing support and encouragement and hope you enjoy issue 11.

Be inspired to new beginnings. Love and Smiles

*Catrin*

Catrin



On the cover  
Photography:  
John Weller: The Ross Sea  
Cover Story: Page 6

# The Last Ocean


The Ross Sea - Antarctica

Images by John B. Weller



Sir James Clark Ross





By Dr. David Ainley - *Antarctic Ecologist*

As a youth, my eyes went wide and my mind trembled with excitement, each time I read early naturalists' accounts of the legendary seabirds of the enriched Benguela, Peru and California Currents, where a hundred years ago flocks would take hours to pass and literally darken the sky overhead.

During my career investigating marine birds and mammals and their food webs, finding myself at one time or many in all oceans of the world over the past 40 years, including waters of those coasts, the only place I have ever experienced the same phenomenon is in the waters along the continental shelf break of the Ross Sea, a magnet for flocks coming from hundreds if not thousands of kilometers away. Until then I had thought that the early naturalists had just been exercising poetic license. I've seen the destruction of the California Current food web firsthand in my own short lifespan.

It's numbing to realize that such assemblages of winged creatures, and their marine brethren, are now gone almost everywhere owing to humans robbing the oceans of their once thought-to-be inexhaustible wealth.

We now find ourselves in a sorry state --- the Last Ocean is all we have left as evidence for what once was. It's a veritable museum. Protecting the Ross Sea is worth all of my effort.



# “A more sobering discovery is that little if any of the ocean remains unaffected by fisheries, agricultural runoff, sewage, aquaculture and industry.”

By John B Weller

**My journey to the Ross Sea started with a surprise visit from a childhood friend...**

Starting in 2001, my friend Heidi Geisz worked seasonally at Palmer Station, Antarctica on a penguin research team. In her time off, she traveled. She rarely made it home. Heidi's visits were always welcomed and never planned. She would blow into town like a warm wind, bubbling with stories and cheer. But when I opened my door in November 2004, her eyes were sad and serious. By way of greeting, she handed me a small stack of well-worn pages. She said simply, "This is something everybody needs to read." And so I did.

As I reached the end of the document, the pages were suddenly heavy in my hands. I put them down and bolted outside, needing to walk away from the words, to put physical distance between my racing thoughts and the obscure scientific paper on my desk.

Antarctic ecologist Dr. David Ainley starts his paper by presenting evidence that the Ross Sea, Antarctica is the last large, intact marine ecosystem left on Earth, illuminating the devastating assessment by the United States National Science Foundation – "A more sobering discovery is that little if any of the ocean remains unaffected by fisheries, agricultural runoff, sewage, aquaculture and industry." David goes on to conclude that a fast-expanding toothfish fishery in the Ross Sea is likely to cause irreparable harm in this last place. Toothfish are the largest predatory fish in the Southern Ocean, and the removal of top predators in other parts of the ocean has been proven to critically damage ecosystems all over the globe.

The idea struck hard. The last intact marine ecosystem? It was a lot to swallow. Could there really be only one place left undamaged in the entire ocean?

Over the course of the next few months I read about oceans, and what I learned was not just sobering; it was terrifying. Our ocean practices are marked by reckless overuse and indefensible waste. Fisheries are bulldozing the ocean floor with massive trawls, strip mining top predators with purse seine nets that can ensnare entire schools of oceanic tuna, and crisscrossing the ocean with enough fishing line to encircle the globe more than 550 times. Forty percent of the fish we capture are unwanted and thrown back into the water dead. Major fisheries have bloomed and withered over and over in sadly predictable patterns of overuse and abuse. The scariest estimates are that we've eaten our way through 90% of the world's top predatory fishes – tunas, groupers, and sharks – since 1950. The most optimistic estimates aren't much better.

But what we take out of the ocean is only half of the problem. Sewage, fertilizers, toxins, oil, and plastic debris all end up in the ocean. We produced roughly as much plastic in the last ten years as we did in the entire 20th century, and plastics take hundreds to thousands of years to break down. Even then they don't disappear. Tiny pieces of plastic, smaller than a grain of sand are found on beaches, in deep-sea sediments, and in the bodies of ocean animals around the world.

In addition to the sheer size of the fishing industry, the massive amount of wasted by catch, and the poisons of pollution, we subject marine systems to some of the most

egregious and barbaric rituals imaginable – fishing with dynamite, and cutting the fins off of live sharks, which are then dropped back into the water to die slow, hopeless deaths.

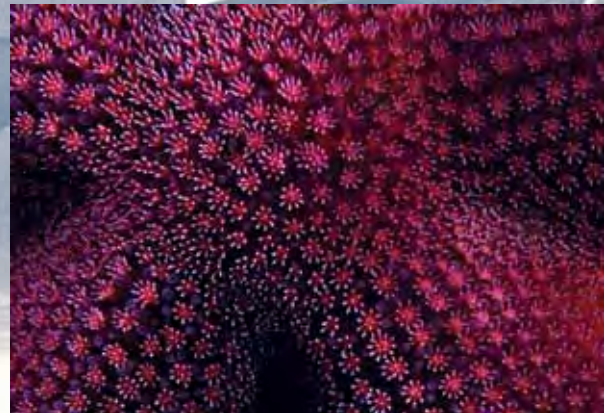
Industry, pollution, and destructive practices are pushing ocean systems to the brink of collapse worldwide, and at a time when ocean systems are already struggling to keep up with climate change, which is fundamentally transforming the ocean in innumerable ways, down to the very chemistry of the water itself. And let's be perfectly clear: more than a billion people depend directly on fish for their protein. They live mostly with little opportunity for other industry or sustenance. These people are all at risk. We are in a global crisis, and yet it is almost completely hidden from our daily lives...

The argument for Ross Sea protection goes far beyond the question of whether the Ross Sea toothfish fishery is sustainable. While we squabble over a few thousand tons of fish – 1/300th of 1% of the global catch – ocean health continues to decline precipitously. We need to take a stand. We need to open the door to a new age of enlightenment, a new global ocean culture. I believe the Ross Sea holds the key.

We must call on our national governments and demand decisive action. Jane Lubchenco, Administrator of the National Oceanic and Atmospheric Administration in the United States, once remarked, "If we can't protect the Ross Sea, what can we protect?" But her insight has two sides. We must also ask – what if we can?

Imagine the 25 member nations of CCAMLR speaking as one to proclaim the Ross Sea, the Last Ocean, as a no-take marine protected area, an International Marine Wilderness, a rejection of the culture of overuse, a gift to the future. Imagine that voice amplified across the Antarctic by an entire network designed to protect the Antarctic core. We have the opportunity to set the stage for sweeping changes in the way we manage the ocean.

Imagine what we could do if we take this next step...





By Peter Young - Documentary Film Maker

As a cameraman I have had the privilege of shooting in some incredible environments - from Serengeti, to Siberia, the base of Everest to the underwater canyons of Kaikoura – and I can say that without doubt the Ross Sea is one of the most amazing places I have been to in the world.

Until my time there, I have never been politically motivated - as a documentary maker I was an observer of people, places and life, but after filming in the Ross Sea, I felt the need to step out from behind the camera and do something. NOTHING makes sense about sending vessels to the bottom of the world to fish in one of the most extreme environments on Earth so we can feed wealthy diners in North America AND in the process, destroy our planet's last vestige of an intact marine ecosystem.

Seven years ago I teamed up with Dave Ainley and John Weller and we decided to work together to try and protect the Ross Sea. It has been an incredible journey and if I knew quite how long it was to take and the challenges we were to face I may well have thought twice about embarking on it. What has kept me going is the integrity of those I have shared it with and the fundamental principals behind the movement.

Fishing will make profit on the day and may make profit for a few years to come – but that daily profit diminishes the real value of the Ross Sea – which are its natural assets and the pristine qualities of the ecosystem. Phasing out our commercial fishing would be a bold move, but bold moves can pay off. When we declared New Zealand nuclear free the world applauded the courage of this small conservation-minded country and we have been reaping the rewards of our clean green image ever since.

**“The Ross Sea Antarctica is an incredible gift that we could hand on to future generations –and this our ONE chance to do so and create something that in the long term would be of far greater value to us all - fishing industry included.”**

