



Pushing the Limits of Change Featured Video and Book – Discussion Questions

When devastating developments force us into a corner, we have to choose. Will we give up or push back? If we expand our thinking - and imagine a new reality for ourselves - we might just find a way to make changes that allow us to thrive in that new space.

Featured Video - Bren Smith

- What surprised you about this story?
- What elements of Bren’s story remind you of things happening in your community?
- Bren’s oyster farm was wiped out twice, in Hurricanes Irene and Sandy. It took his extremely resilient nature to bounce back. What types of economic impacts might you see in your community, caused by extreme weather, and particularly due to climate change? What industries are at risk? In what ways might they be able to bounce back?
- Bren decided to start an entirely new business after losing his oyster farm. What new types of businesses or industries might be developing in your community, as a response to extreme weather events?
- Have you thought about the different approaches of mitigation of the impact to climate change, vs. adapting to the impact?

Featured Book - *Cod: A Biography Of The Fish That Changed The World*

Mark Kurlansky, Non-Fiction. Winner of the 1999 James Beard Award, this is the biography of a single species of fish, but it may as well be a world history with this humble fish as its recurring main character. Cod, it turns out, is the reason Europeans set sail across the Atlantic, and it is the only reason they could. What did the Vikings eat in icy Greenland and on the five expeditions to America recorded in the Icelandic sagas? Cod, frozen and dried in the frosty air, then broken into pieces and eaten like hardtack. What was the staple of the medieval diet? Cod again, sold salted by the Basques, an enigmatic people with a mysterious, unlimited supply of cod.

As we make our way through the centuries of cod history, we also find a delicious legacy of recipes, and the tragic story of environmental failure, of depleted fishing stocks where once their numbers were legendary. In this lovely, thoughtful history, Mark Kurlansky ponders the





question: Is the fish that changed the world forever changed by the world's folly? *amazon.com*

- Of all the ways cod has been prepared across time and place, which is most appealing to you?
- Think about a single food product that you eat – what do you know about the story and history of it?
- What factors come together in nature to make something like cod so plentiful? What other food sources have we previously had in plenty that are now limited? What happened to them and why?