

Sun-Tribune

905-640-2612
Fax: 905-640-8778

EDITORIAL

ADVERTISING
905-640-2612

Classified: 1-800-743-3353
Fax: 905-640-8778

DISTRIBUTION
905-640-2612

EDITORIAL

Editor
Jim Mason
jmason@yrmg.com

ADVERTISING

Retail Manager
Mike Banville
mbanville@yrmg.com

DISTRIBUTION

Circulation
Supervisor
Carolyn Norman
cnorman@yrmg.com

PRODUCTION

Manager
Sherry Day
sday@yrmg.com

INTERACTIVE

Media
Marketing
& Advertising
Manager
Dawna Andrews
dandrews@yrmg.com

York Region Media
Group community
newspapers

The Sun-Tribune, published every Thursday and Saturday, is a division of the Metroland Media Group Ltd., a wholly-owned subsidiary of Torstar Corporation. Metroland is comprised of 100 community publications across Ontario. The York Region Newspaper Group also includes The Liberal, serving Richmond Hill and Thornhill, Vaughan Citizen, The Era-Banner (Newmarket/Aurora), Markham Economist & Sun, Georgina Advocate, York Region Business Times, North of the City, yorkregion.com and York Region Printing.

**LETTERS
POLICY**

The Sun-Tribune welcomes your letters. All submissions must be less than 400 words and must include a daytime telephone number, name and address. The Sun-Tribune reserves the right to publish or not publish and to edit for clarity and space.

Letters to the Editor,
The Sun-Tribune
6290 Main St.
Stouffville, ON
L4A 1G7
jmason@yrmg.com



OPINION

**Stouffville
Sun-Tribune**

6290 Main St.
Stouffville, ON, L4A 1G7
www.yorkregion.com

PUBLISHER Ian Proudfoot

EDITOR IN CHIEF
Debora Kelly

BUSINESS
MANAGER
Robert Lazaruko

DIRECTOR,
OPERATIONS
Barry Black

DIRECTOR,
ADVERTISING,
DISTRIBUTION
Nicole Fletcher

DIRECTOR,
REGIONAL PRODUCTS,
CLASSIFIED,
TODAY'S HOMES
Debra Weller

LETTERS TO THE EDITOR

Signs can be deceiving

Re: Candidate signs, stolen, damaged, confiscated, Oct. 9.

In this day and age of environmental responsibility, I am not a fan of election signs.

The other day, I came home and was in my house for a couple of hours. When I came out there was a Justin Altmann sign on my lawn and many of my neighbours'.

While technically not our property, we are corner houses and the signs were placed on the adjacent street side, it was, in my opinion, a very underhanded attempt to make people think we were supporting this candidate.

I talked to my neighbours, who had also not given permission to have these signs erected, and then called the candidate's office. I asked him to remove his sign and suggested he do the same to the other signs as this tactic would cause more negative results to his campaign.

He came and removed only mine. Throughout the week other neighbours removed the

unrequested signs. This tactic is akin to placing signs between a sidewalk and the road in front of people's houses.

If the police are going to charge people for removing signs, I think it would be only fair to charge candidates who use this underhanded sign posting technique.

COLIN MARR
STOUFFVILLE

Roundabout rules simple

Re: Drivers not following rules of roundabout, letter to the editor by Anne Parker, Oct. 2.

Yield in, right signal out, it makes no difference if one is continuing on in the same direction or going 90 or 270 degrees.

Goderich has an eight-point traffic circle. Same thing: yield in and right signal out.

Please, not a stop sign. Perhaps just a larger yield sign, or perhaps two yield signs at each entrance, especially on the entrances from a main road.

RON BROWNSBERGER
STOUFFVILLE



Tiny sardine offers great guilt-free value

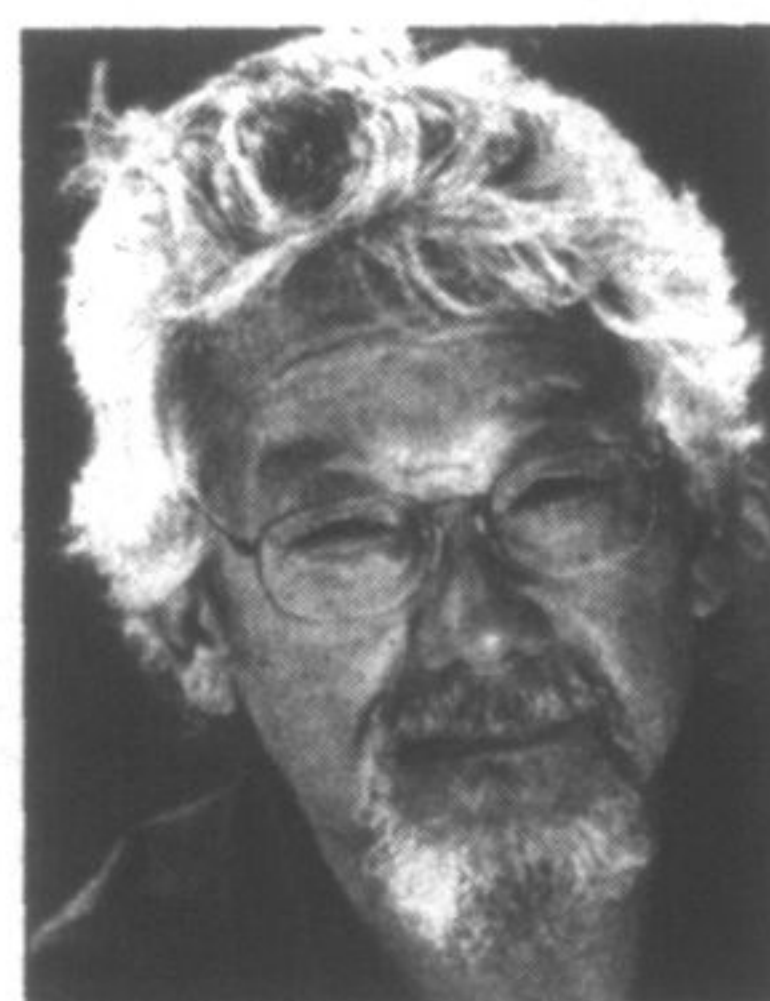
When the six-year-old daughter of David Suzuki Foundation sustainable fisheries analyst Scott Wallace returned from a birthday party, excited about the hockey cards she got in her loot bag, her Dad asked, "What players did you get?" She replied that she got the "sardine twins" from the Vancouver Canucks.

Most Canadians are aware of the value of the Sedin — not sardine — brothers to the Canucks, but we don't know much about the value of eating sardines and other small fish.

Last month, renowned UBC fisheries scientist Daniel Pauly and his colleagues released a study in National Geographic that looked at the global "seafoodprint", a measure of all the plant matter required to sustain seafood production.

The higher up the food chain a seafood product occupies, the more photosynthetic energy is required to produce it and, therefore, the larger its seafoodprint.

For example, eating a pound of tuna represents roughly 100 times the sea-



David Suzuki
with Faisal Moola

foodprint of eating a pound of sardines, according to Dr. Pauly.

As long as harvests are tightly controlled to ensure that only a small portion of the total mass of living organisms is taken, eating species lower on the food chain takes much less of the world's ecosystem energy and is therefore more sustainable.

Species such as sardines, anchovies, herring and mackerels — collectively categorized as small pelagic fish — already make up about 37 per cent

of all fish landed from the ocean.

The data are varied, but it appears only about 10 to 25 per cent of small pelagic fish caught in the world are directly consumed by humans.

The remaining 75 to 90 per cent are ground up into fish meal and oils to feed pigs, cattle, farmed salmon and chicken or are used as bait to catch larger fish — an inefficient use of perfectly edible protein.

Aside from their merits as a sustainable food source (visit SeaChoice.org), small fish are inexpensive, typically caught without using a lot of fossil fuels and among the healthiest foods a person can eat.

Because these fish are found in tight schools, capturing them requires little chasing around, dragging of nets or setting of lines, so their carbon footprint is low.

Some research suggests that small pelagic fish may be the most efficient protein system in the world in terms of the energy used to capture them.

In 2009, British Columbia sardine anglers received about three cents a fish. I could go to Port Hardy during

sardine season and buy a truckload for the price of an average Canucks ticket, \$150.

This same mass of halibut would cost about \$15,000.

You would think any food that is tasty, healthy, sustainable and cheap would be a preferred consumer choice, but direct per capita consumption of these types of fish in North America has dropped steadily since about 1985 and last year, the only remaining sardine and herring canning plant in the United States shut down.

Sardines are a true rarity — a guilt-free food item. Every serving is one less used as bait or eaten by a pig, chicken, cow or farmed salmon.

Given the nutritional value of sardines and other small fish, it's possible that eating them is one of the secrets to the success of the Sedin brothers.

After all, they're from Sweden, where small fish have always been a popular food choice.

David Suzuki writes an occasional column for The Economist & Sun. Dr. Faisal Moola is the director of science at the David Suzuki Foundation and a resident of Markham.