

To: citizenengagement@gov.bc.ca

July 19, 2019

Dear Citizen Engagement Committee,

Thank you for considering formal submissions to the Daylight Saving Time survey. As an educator, clinical counsellor, professional kayak guide, and amateur astronomer, I am passionately in favour of Pacific Standard Time being embraced as the norm for BC (with or without Daylight Saving Time observation during the summer months), and a corresponding re-discovery of some fascination for our skies as a society. I will explain why.

When we are actually attuned to natural cycles, there are some amazing celestial markers we have access to. As a person who absolutely loves watching the stars, and who regularly facilitates workshops for community centres and postsecondary institutions titled "Introduction to Stargazing" and "Introduction to Celestial Navigation", I know that there is a vast amount of information available to us including time, date, location, and direction instantly available to us just by gazing up in to the night sky. This is phenomenal and something that I wish to bring more awareness to us as a society.

No matter where in the world our ancestors came from, every one of us comes from an ancestral society in which not so long ago, almost everyone would have had direct access to celestial attunement (and other forms of natural-world-based knowledge) – using the sky for information on where and when you are.

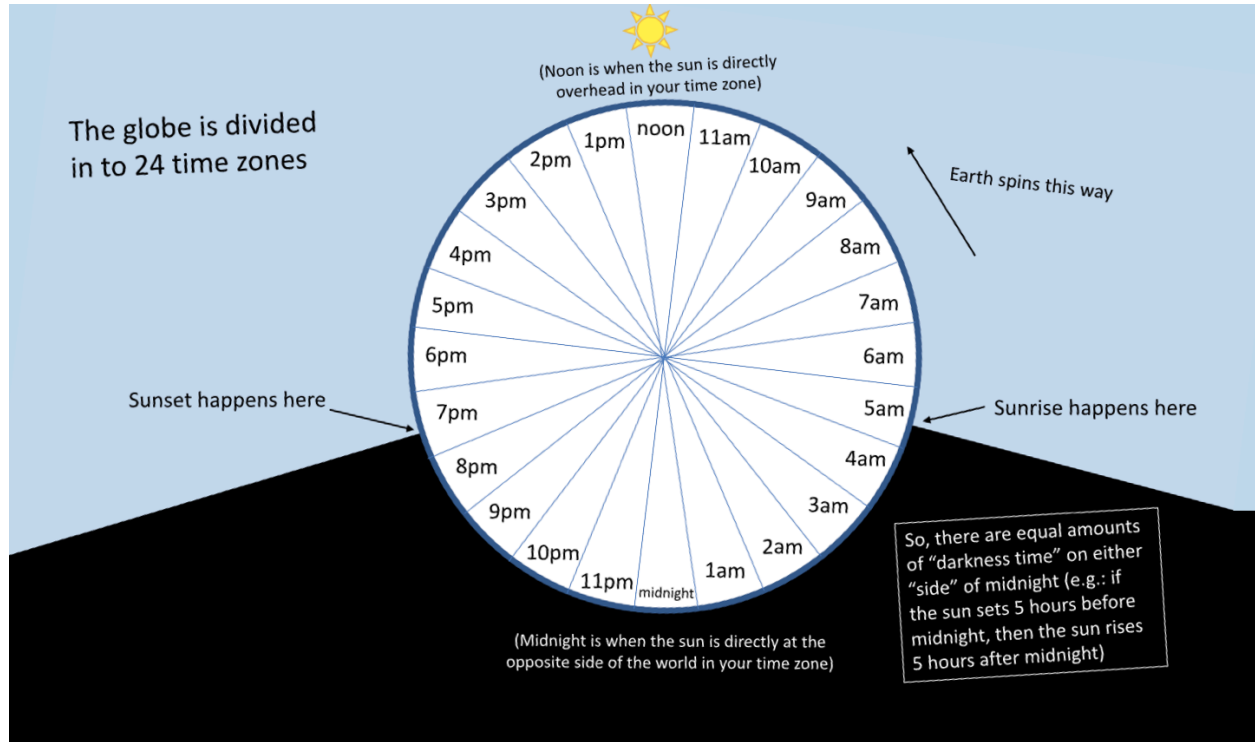
It is a powerful thing to be able to look up in the sky and know what you're looking at and what that means; traditional knowledge is a wonderful, empowering tool! When I travel around the province facilitating interactive workshops for communities about introducing folks to how the solar system and the skies "work", I introduce students to some of the amazing information we can get from the night sky just by having a basic orientation to what we're looking at. (You can see a little of what I do at www.dayesoutdoors.ca). It is so much fun, and it so often blows people's mind to be able to put even just some of the pieces together – how to be naturally attuned.

Foundationally, astronomically, standard time is the system of time that is more based on the actual world we live in. Solar noon, since we've had a concept of time, is when the sun is highest in the sky (and directly south, for those of us in the northern hemisphere. Very handy for orienting). "Midnight" also has a literal etymology - the *middle of the night*. There are equal hours and minutes of darkness on either "side" of midnight. At equinox, there are four exactly timed "chunks" of a solar day: 6 hours from sunrise to solar noon, 6 from noon to sunset, 6 from sunset to midnight, and 6 from midnight to sunrise. That's how we know it's equinox (well, it's one of the ways).

Yes, time zones already "mess with" our natural "solar noon" markers -- the sun will be directly overhead in my town (Ucluelet) at a slightly different time than it's directly overhead the next town over (say, Port Alberni). Switching to Daylight Saving Time in the summer distances us from these natural cycles by an hour. Whether or not it's a popular opinion, what it suggests to me about us as a society is how incredibly dis-oriented we've become to the natural world around us. However, adopting DST as a year-round standard would further deviate the understanding of time that has followed our ancestors through history (for instance, that noon is when the sun is highest) to a fundamental degree.

As a society, we lose something precious when we give up awareness of and attunement with actual natural cycles. This is why, perhaps unpopular opinion notwithstanding, I am strongly in favour of

maintaining our clocks at Pacific Standard Time (with or without a change to and from Pacific Daylight Time in the spring and fall). Changing clocks twice a year is as silly to me as probably to anyone else, but *at least we're recognizing that there's a change happening*. There is a deviation from an established natural cycle. We're not just establishing a whole new standard for normal that disconnects us from the amazing world we live in.



Finally: I've never understood why, if as a society we want more light in the evening for instance, we wouldn't simply adjust our standard work day to start and end an hour earlier. How is it, that rather than starting and ending work at the time that works best for us, the more logical thing to do is to change our *sense of time itself*?

Sincerely,

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www.dayesoutdoors.ca