

Striking Balance 2

A Documentary TV Series
Exploring Canada's Biosphere Reserves
Narrated by Blue Rodeo's Jim Cuddy

Press Kit

Fall 2020

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Broadcast Details

TVO Original, *Striking Balance*, Season 2 will premiere on October 4th, 8pm EST on TVO in Ontario and all across Canada on TVO Docs' [YouTube Channel](#).

Episodes will be released weekly for a total of 9 weeks. Season 1 is currently available for streaming at the same link. The series will also broadcast on The Knowledge Network in fall of 2020 (dates to be determined). The Season 2 trailer can be found at www.strikingbalance.ca.

Series Logline

Striking Balance, Season 2, explores inspiring stories from nine of Canada's breathtaking UNESCO biosphere reserves, where people are overcoming daunting challenges to create a sustainable future.

Series Synopsis

Striking Balance, Season 2 explores nine of Canada's breathtaking UNESCO biosphere reserves. Narrated by *Blue Rodeo's* Jim Cuddy, each 50-minute episode visits a different biosphere to investigate how residents are overcoming the challenges that are threatening the sustainability of these amazing places.

We learn how the caretakers of Great Bear Lake are protecting one of the world's best remaining sources of freshwater, how Albertans are racing to conserve a vast glacial moraine covered in wetlands, and how the people of the Frontenac Arch biosphere plan to keep eastern North America's last great forest corridor intact forever.

Striking Balance, Season 2 dives into cutting-edge, nature-based solutions to flooding in Manitoba, drought on Vancouver Island, and the devastating decline of the ubiquitous yellow perch in Quebec. There are unexpected stories about aggregate companies and aluminum makers learning from the mistakes of the past and imagining innovative ways to co-exist with nature. There are stories

about Nova Scotia communities boldly adapting to a changing climate, and next-generation methods for sustainably controlling invasive species.

But the truly inspiring tales are the ones that prove its possible to go beyond sustainability, to restore the lands, waters and biodiversity of these magnificent places, without excluding one of their most important native species – humans.

Striking Balance, Season 2 will challenge what you think you know about the natural world, and our place in it.

Episode Loglines

Episode 1 - Tsá Tué Biosphere Reserve, NT

Troubled by a history of uranium mining, the Sahtu Dene of Great Bear Lake create North America's largest biosphere reserve to protect its pristine waters for all of humanity.

Episode 2 - Niagara Escarpment Biosphere Reserve, ON

In Ontario's Niagara Escarpment Biosphere Reserve, scientists, climbers and even quarry companies come up with innovative ways to co-exist with, restore and enhance the natural world.

Episode 3 - Manicouagan-Uapishka Biosphere Reserve, QC

Quebec's Manicouagan-Uapishka Biosphere Reserve prides itself on working with industry toward a sustainable future. But their dream is put to the test when their biggest project is jeopardized by North America's largest hydro-electricity reservoir.

Episode 4 - Riding Mountain Biosphere Reserve, MB

After suffering through repeated, tsunami-like floods north of Manitoba's Riding Mountain, the Von Bargens lead the call to restore nature's flood protection systems.

Episode 5 - Mount Arrowsmith Biosphere Region, BC

Following unprecedented droughts, the people of BC's Mount Arrowsmith Biosphere Region begin their quest to restore the water balance.

Episode 6 - Lac Saint-Pierre Biosphere Reserve, QC

The yellow perch, a key indicator of the health of Quebec's Lac Saint-Pierre, is in serious trouble. But this little fish is inspiring the big change needed to restore the lake to its former glory.

Episode 7 - Beaver Hills Biosphere Reserve, AB

A little-known, but remarkable region of wetlands, called the Beaver Hills, are at risk of being swallowed by a growing Edmonton. As home to the world's most important herd of buffalo, people here are uniting to keep the Hills intact.

Episode 8 - Frontenac Arch Biosphere Reserve, ON

The heart of eastern North America's last, great forest corridor is threatened by development, but the people of Ontario's Frontenac Arch Biosphere Reserve are determined to keep it intact.

Episode 9 - Southwest Nova Biosphere Reserve, NS

Under siege from invasive species, the people of the Southwest Nova Biosphere Reserve innovate new ways to hold back, eradicate, and even eat the invaders.

Creator Biographies

Yvonne Drebert and Zach Melnick have been creating documentaries since 2002. They're best known for their history-focused work, developed collaboratively with communities. Their series, *A Desert Between Us & Them; Raiders, Traitors and Refugees in the War of 1812*, was named an "Honourable Mention" for the Governor General's Awards of 2013.

As their work has evolved, Yvonne and Zach have become increasingly interested in drawing connections between the environments of our past, and how we live today. After realizing they lived on the edge of one of Canada's first Biosphere Reserves – they set out to see what that meant in 2014. Zach and Yvonne loaded into a cargo van and explored how eight communities from across the country were figuring out how to include people in the conservation equation. The first season of *Striking Balance* was the result.

Zach acts as writer, director, cinematographer and editor, while Yvonne also assists with the writing, but is primarily the producer, motion graphics artist and sound recordist.

Broadcast Schedule

Episode	Premiere	Second Air Date	3rd Air Date
Ep 1. Tsá Tué Biosphere Reserve, NT	Sunday Oct. 4 @8pm	Tuesday Oct. 6 @ 7pm	Saturday Oct. 10 @ 8pm
Ep 2. Niagara Escarpment Biosphere Reserve, ON	Sunday Oct. 11 @8pm	Tuesday Oct. 13 @ 7pm	Saturday Oct. 17 @ 8pm
Ep 3. Manicouagan-Uapishka Escarpment Biosphere Reserve, ON	Monday Oct. 19 @9pm	Tuesday Oct. 20 @ 7pm	Saturday Oct. 24 @ 8pm
Ep 4. Riding Mountain Biosphere Reserve, MB	Sunday Oct. 25 @8pm	Tuesday Oct. 27 @ 7pm	Saturday Oct. 31 @ 8pm
Ep 5. Mount Arrowsmith Biosphere Region, BC	Sunday Nov. 1 @8pm	Tuesday Nov. 3 @ 7pm	Saturday Nov. 7 @ 8pm
Ep 6. Lac Saint-Pierre Biosphere Reserve, QC	Sunday Nov. 8 @8pm	Tuesday Nov. 10 @ 7pm	Saturday Nov.14 @ 8pm
Ep 7. Beaver Hills Biosphere Reserve, AB	Sunday Nov. 15 @8pm	Tuesday Nov. 17 @ 7pm	Saturday Nov.21 @ 8pm
Ep 8. Frontenac Arch Biosphere Reserve, QC	Sunday Nov. 22 @8pm	Tuesday Nov. 24 @ 7pm	Saturday Nov. 28 @ 8pm
Ep 9. Southwest Nova Biosphere Reserve, NS	Sunday Nov. 29 @8pm	Tuesday Dec. 1 @ 7pm	Saturday Dec. 5 @ 8pm

Partners



 Parks Canada Parcs Canada



Technical Details

Episode Runtimes 9x50 minutes
Aspect Ratio 16:9
Format 4k
Language English
Year 2020

The producers are pursuing opportunities for dubbing this season of the series in French. There is a French-dubbed version of Season 1.

Media & Captions

Episode stills can be downloaded from the “Press Kit” tab on our website:

<http://www.strikingbalance.ca>

Captions for each still are below:

Episode	Filename	Caption
Episode 7, Beaver Hills, Alberta	Beaver Hills - beaver cu.jpg	Beavers are prolific in the Beaver Hills – often resulting in conflict between the area’s namesake and people.
Episode 7, Beaver Hills, Alberta	Beaver Hills - bison aerial.jpg	After nearly going extinct, Elk Island National Park became a sanctuary for bison beginning in the early 1900s.
Episode 7, Beaver Hills, Alberta	Beaver Hills - bison in squeeze.jpg	Elk Island National Park Ecologist Team Leader, Jonathan DeMoore, calms a bison during a health exam. This bison will go to Saulteaux First Nation as part of the Park’s efforts to restore bison populations around the world.
Episode 7, Beaver Hills, Alberta	Beaver Hills - Glynnis & Students on Leveller.jpg	At Miquelon Lake Provincial Park, Wetland Ecologist & Professor, Dr. Glynnis Hood, instructs students on how to maintain a pond leveler. The device deters beavers from damaging infrastructure.
Episode 7, Beaver Hills, Alberta	Beaver Hills - great Sky.jpg	The slight rise of land that makes up the Beaver Hills is enough to increase precipitation by 20%, creating unique habitats and ecosystems.

Episode 7, Beaver Hills, Alberta	Beaver Hills - Wetlands aerial.jpg	The geological legacy of a slow-melting island of ice at the end of the last ice age, countless wetlands riddle the Beaver Hills.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch - electro fishing.jpg	Students from the Fish Ecology Lab at Carleton University use electricity to stun fish, so that they can be captured and tracked as they swim through the Rideau Canal.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch - evening on Rideau.jpg	Comprising 45 locks and spanning 200 kms of lakes and channels, the UNESCO World Heritage Rideau Canal both connects and disconnects the aquatic ecosystems of the Frontenac Arch.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch - Ratsnake.jpg	Canada's only healthy population of the five-foot long, tree climbing Gray Ratsnake is found on the Frontenac Arch.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch -fall lake.jpg	The forests of the Frontenac Arch are a crucial part of a wilderness corridor that spans the length of the continent.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch -foggy morning.jpg	A Granite ridge of the Canadian shield forms the Frontenac Arch and can be seen as islands speckling its many lakes and channels.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch -Ratsnake w Stephen and Matt.jpg	Queens University master's student, Matt Macpherson (left), and the director of the Queens University Biological Station, Dr. Stephen Lougheed, examine a Gray Ratsnake found at the Station.
Episode 8, Frontenac Arch, Ontario	Frontenac Arch -Salt study.jpg	Professor of Aquatic Biology, Dr. Shelley Arnott (left), and master's student, Danielle Greco (right), are testing the affects of road salt on Lake Opinicon.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre- electrofishing in flooded woods.jpg	A multi-university research team are electrofishing for yellow perch amongst the flooded forests around Lac Saint-Pierre.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-Flooded LSP aerial.jpg	Every springtime, Lac Saint-Pierre grows by up to 30,000 hectares, as forests and fields are flooded by the spring melt from the Great Lakes.

Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-Morning fishing.jpg	Fisherman, Roger Michaud, is already out on Lac Saint-Pierre before sunrise to check his nets.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-nature and industry.jpg	Fields, wetlands, and forests have found a way to coexist next to the heavy industry of Lac Saint-Pierre.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-perch CU.jpg	A juvenile yellow perch is measured to see if it will be large enough to survive the harsh winters of Lac Saint-Pierre.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-Sun through flooded trees.jpg	Most of the year this is a forest, but every spring it turns into a perfect yellow perch nursery as the land is flooded.
Episode 6, Lac Saint-Pierre, QC	Lac Saint-Pierre-UXO removal.jpg	Unexploded ammunition is carefully removed from a former Department of Defense testing site on the Lac Saint-Pierre.
Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Lichen Scientists.jpg	Research Scientist, Louis De Grandpré (left), and his colleagues are sampling lichen near the Groulx Mountain range in Quebec.
Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Manic 5.jpg	Manic 5 dam holds back 140 billion cubic meters of water, creating one of the largest freshwater reservoirs in the world, the Manicouagan Reservoir.
Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Northern Lights - Uapishka Station.jpg	A collaboration between the Biosphere Reserve and the Pessamit Innu resulted in the establishment Station Uapishka. But the research station is threatened by rising waters from the nearby Manicouagan Reservoir.
Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Snowmobile Guiding.jpg	Territorial Guardian, Benoît Labbé (left), and snowmobile guide, Francis Otis (right), discuss monitoring of snowmobile activity in the alpine of the Groulx-Uapishka Mountains.

Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Snowmobiling in the Mountains.jpg	The ecologically sensitive Groulx-Uapishka Mountains are one of the premiere destinations for snowmobiling in Quebec.
Episode 3, Manicouagan-Uapishka, QC	Manicouagan-Uapishka - Working Industry.jpg	General Manager of the Manicouagan-Uapishka Biosphere, Jean-Philippe Messier (right), talks sustainability with ALCOA's Luc Bourassa, inside their Baie-Comeau aluminum plant.
Episode 5, Mount Arrowsmith, BC	Mount Arrowsmith - bethany coring trees.jpg	Dr. Bethany Coulthard, of the University of Nevada, is taking a core sample of an ancient mountain hemlock in order to get a glimpse into past drought events.
Episode 5, Mount Arrowsmith, BC	Mount Arrowsmith - david jake bob at garden.jpg	Snaw-naw-as First Nation community member, David Jake Bob, tends the healing garden grown in collaboration with the Biosphere Region.
Episode 5, Mount Arrowsmith, BC	Mount Arrowsmith – snow survey.jpg	Vancouver Island University Research Hydrologist, Dr. Bill Floyd, examines snow cores to see how much snow has accumulated this winter atop Mount Arrowsmith.
Episode 5, Mount Arrowsmith, BC	Mount Arrowsmith - wetland soil sample.jpg	Mount Arrowsmith Biosphere Research Institute students survey a wetland on TimberWest property.
Episode 5, Mount Arrowsmith, BC	Mount Arrowsmith - winter.jpg	Mount Arrowsmith, the tallest peak on southern Vancouver Island, is accumulating less snow, which has big impacts on downstream ecosystems and residents.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - ancient tree.jpg	Clinging to the side of Ontario's Niagara Escarpment, is the second-oldest known tree in Canada, at 1319 years.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - climbers.jpg	A student cleans a route of climbing gear as part of a "Gym to Crag" rock climbing course, which teaches climbers how to climb outdoors safely and sustainably.

Episode 2, Niagara Escarpment, ON	Niagara Escarpment - Jessica and salamander.jpg	Senior Terrestrial and Wetland Biologist, Jessica Linton, examines a Jefferson Salamander as part of her work to recover the endangered species.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - quarry rehab.jpg	This wetland was once a Dufferin Aggregates quarry, but is now home to a diverse wetland.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - quarry vernal pool.jpg	Using a groundwater recharge system, these seasonal pools can support salamanders living right next to a Dufferin Aggregates quarry site.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - Ron at Lion's Head.jpg	Towering limestone cliffs fall into crystal clear waters on the Bruce Peninsula, one of the many spectacular areas of Ontario's Niagara Escarpment.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - Ron at night pond.jpg	Ontario Parks Protected Area Specialist, Ron Gould, braves the cold, wet weather in search of new populations of the endangered Jefferson Salamander.
Episode 2, Niagara Escarpment, ON	Niagara Escarpment - salamander in hand.jpg	A Jefferson salamander is checked for markings to see if they are a returning adult, or a new juvenile.
Episode 4, Riding Mountain, MB	Riding Mountain - breaking up beaver dam.jpg	Parks Canada staff is dismantling a beaver dam responsible for flooding of a park road in Riding Mountain National Park.
Episode 4, Riding Mountain, MB	Riding Mountain - cows in willows.jpg	Cattle graze amongst the willows as part of a regenerative agriculture initiative to restore soil health in the Riding Mountain Biosphere Reserve.
Episode 4, Riding Mountain, MB	Riding Mountain - Craig eroded stream bank.jpg	Rancher, Craig Von Bargen, assessing erosion damage on his son's property.

Episode 4, Riding Mountain, MB	Riding Mountain - Michael - soil consultant.jpg	Soil & Agricultural Consultant, Michael Thiele, will test the soil of this traditional field to see if the soil health can be improved with regenerative agriculture.
Episode 4, Riding Mountain, MB	Riding Mountain - planter from above.jpg	Farmer, Boris Michaleski, is using a no-till seeder on his fields to limit the disturbance to the soil ecosystem.
Episode 4, Riding Mountain, MB	Riding Mountain - testing for mussels.jpg	Riding Mountain National Park Aquatic Invasive Species Manager, Christian Tremblay, is testing water for invasive zebra mussel DNA.
Episode 9, Southwest Nova, NS	Southwest Nova - chain pickerel electrofishing copy.jpg	Kejimkujik National Park Fisheries Biologist, Darrin Reid, is electrofishing for invasive chain pickerel in the rivers of the park.
Episode 9, Southwest Nova, NS	Southwest Nova – Chris McCarthy Holding Green Crab copy.jpg	Kejimkujik National Park Resource Conservation Officer, Chris McCarthy, examines an invasive green crab. The invaders are causing havoc in shoreline ecosystems.
Episode 9, Southwest Nova, NS	Southwest Nova - Emptying crab trap copy.jpg	Kejimkujik National Park Seaside Project Manager, Gabrielle Beaulieu, emptys a green crab trap as part of the Park’s efforts to control the invasive species.
Episode 9, Southwest Nova, NS	Southwest Nova - green crab cooking school copy.jpg	Nova Scotia Community College Instructor, Eric Matuchet, teaches students in Bridgewater how to make a bisque out of invasive green crab.
Episode 9, Southwest Nova, NS	Southwest Nova - Green Crab in Hand copy.jpg	The invasive green crab eats anything it can find along the shores of Nova Scotia.
Episode 9, Southwest Nova, NS	Southwest Nova - Keji Misty Morning copy.jpg	Mist rises from the center of Kejimkujik National Park. But the park’s spectacular forests are under threat from a new invasive species, the hemlock woolly adelgid.

Episode 9, Southwest Nova, NS	Southwest Nova - Keji Seaside Fall Aerial copy.jpg	Kejimikujik Seaside National Park is known for its spectacular shoreline. It's the near-shore ecosystem that's most at-risk from the invasive green crab.
Episode 1, Tsá Tué, NWT	Tsá Tué – boat ride.jpg	On Great Bear Lake, a calm day promises a smooth journey across the huge lake.
Episode 1, Tsá Tué, NWT	Tsá Tué - Camilla cleaning fish.jpg	Sahtúot'ine Elder, Camilla Tutcho, cleans fish for a community gathering.
Episode 1, Tsá Tué, NWT	Tsá Tué - fish science.jpg	University of British Columbia Postdoctoral Fellow, Dr. Louise Chavarie, carefully removes the otolith bone from a lake trout, which is an ear bone that can tell the age of a fish.
Episode 1, Tsá Tué, NWT	Tsá Tué - George w town sunset.jpg	Sahtúot'ine fisherman, George Kenny, heads out every day to check his nets for fish, one of which was a record setting 84lb lake trout.
Episode 1, Tsá Tué, NWT	Tsá Tué - Northern lights.jpg	The northern lights are seen often during long winter nights on Great Bear Lake.
Episode 1, Tsá Tué, NWT	Tsá Tué - sunset lake calm.jpg	Great Bear lake is the 7 th largest lake in the world and can quickly become dangerous for travelers. Today it is as calm as glass.
Episode 1, Tsá Tué, NWT	Tsá Tué - sunset over lake with clouds.jpg	The Canadian Shield creates many breathtaking islands on the Northeastern edge of Great Bear Lake.