



## Family Day indoors? That's so 2011!

### Conservation Areas- Your 'Quality Time' Destinations *Join us for Family Day!*

February 2012



**Conservation  
ONTARIO**  
*Natural Champions*

#### Health Alert!

**Playing outdoors is  
good for your  
kids...and you too!**



Recent studies have shown that outdoor exercise, and even just spending more time in nature is very beneficial to our health.

Here are two articles that explore this idea a little further:

[Does Outdoor Play Keep the Doctor Away?](#) (via BBC News)

[Breathing for us](#) (via

#### Put down the remote this Family Day- *Step Into Nature!*

All hail the mighty long weekend...and...umm...spending time with your family!

Family Day is Monday February 20th, so grab your family (yes, even your video game addicted teenager) and join in on the fun at Conservation Areas across Ontario! Ontario's more than 270 Conservation Areas are natural playgrounds that offer up inexpensive winter fun for the whole family to enjoy!

Spending Family Day indoors is 'so last year', so up your cool factor and *Step Into Nature* this long weekend! Scroll below for details on great Family Day events at Conservation Areas.

#### Family Fun Day

##### **Kortright Centre for Conservation, 10:00 am-4:00 pm**

Get outdoors and spend a fun Family Day at Kortright! Take part in a winter nature hike, build a snowman, or just take in the cold crisp air. Don't forget to pop in at the Kortright Cafe for a warm hot chocolate or treat the whole family to a delicious pancake breakfast!

For more info, visit [Kortright Centre Website](#) or call (905) 832-2289.

#### Family Fun Day

##### **Scanlon Creek Conservation Area, 1:00 pm-4:00 pm**

For a great afternoon of winter activities, bring family and friends to Scanlon Creek Family Fun Day! Please meet in the Nature Centre parking lot at 1:00 pm.

There will be two kick sled outings at 1:30 and 2:45 pm; nature hikes at 1:30 and 2:45 pm; snowshoeing, a scavenger hunt, games, and a bonfire. Indoors at the

Toronto Star)

Also, did you know that (according to Rideau Valley Conservation Authority) one visit to a Conservation Area is equal to a visit to:

- an oxygen bar
- massage therapist
- detox program
- personal trainer
- stress management counselor
- aromatherapist
- and a naturopath

[Click here](#) to learn more!

**Conservation Ontario is Social!**

We're online and ready to talk! 'Like' our [Facebook](#) page, follow us on [Twitter](#), and check out our blog [Watershed Views!](#)



**More GREAT Family Day Events at CAs**

[Family Day at Balls Falls CA](#)

[Central Lake Ontario CA Events](#)

[Little Cataraqui Creek CA Family Day Skate](#)

[Falls Reserve CA Family Day Winter Fun](#)

[Celebrate Family Day with Credit Valley CA](#)

[Tales by a Winter's Fire at Mountsberg CA](#)

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[Join Our Mailing List!](#)

Nature Centre will be a children's craft area and hot chocolate and cookies.

To help Scanlon Creek CA maintain their programming, there will be a box set up in the Nature Centre with a recommended donation of \$10 per family.

For more info, contact Brenda Winter at (905) 895-1281 ext. 263.

**Family Day Event**

[Tiffin Centre, 10:00 am-3:00 pm](#)

Join Nottawasaga Valley Conservation Authority for fun activities for grown-ups and kids of all ages at the Tiffin Centre! Admission is \$5 per person, kids ages 5 and under are free.

- Bring your skates and helmets for a spin on the pond
- Try out the Tiffin Centre's equipment and snowshoe, kick-sled, or geocache
- Enjoy a bonfire with hotdogs and cocoa
- Help support our natural environment- adopt a maple syrup bucket

**Family Heritage Day- Cold Comfort: Surviving the Canadian Winter**

[Westfield Heritage Village, 12:30 pm-4:00 pm](#)

Come to Westfield Heritage Village on Family Day and learn how our climate has affected how we work, play, travel, build our homes, socialize, dress, eat and... survive! While you're in the village, make yourself comfortable at the Ironwood restaurant, take in a lesson at the 1845 log schoolhouse, visit the general store for a sweet treat, or be a guest at an Upper Canadian wedding.

Admission: Adults: \$8:50, Seniors/Disabled: \$7.50, Children \$5.50. Children 5 and under are free. Parking is free. For more information, please call 1-800-883-0104 or visit [Westfield Heritage Village website](#).

**Bird Banding Workshop**

[Scanlon Creek Conservation Area, 8:00 am-noon](#)

This bird banding workshop will take place at the Scanlon Creek Conservation Area Nature Centre with Nigel Shaw, renowned nature artist and expert bird bander.

Nigel will begin the workshop indoors at the Nature Centre with a power point presentation and following will be a discussion period. At 9:00 a.m., the group will go outdoors and watch Nigel retrieve the birds for banding. If the weather is too cold, Nigel can do the bird banding indoors. The birds that will be banding in this series are the small winter feeder birds: chickadees, winter finches, maybe some woodpeckers. After the bird banding, Nigel will lead the group on a short walk-about around Scanlon Creek.

The cost is \$15.00 per person and \$50.00 for a family of

four. To register, please call Judy Milner at 905-895-1281 ext. 241. All fees must be paid in advance. For additional information on the workshop, please call Brenda Winter at 905-895-1281 ext. 263

### Snowflakes and Snowsnakes

#### **Crawford Lake Conservation Area, 10:00 am-4:00 pm**

What is a snowsnake? The family will love finding out as they try their hand at this exciting and unique First Nations sport. Are you curious about snowshoeing? It is one of the fastest growing winter recreational activities in Canada and you can learn about the history of snowshoeing while sampling the sport yourself as you and your party crunch through the snow on a guided mini hike. Those who are ready to venture out on their own can rent a pair for the day in the Crawford Lake gift shop and explore the trails for signs of resident wildlife.

Whether you hike, snowshoe or ski on the trails the day won't be complete until you gather around a toasty fire to roast marshmallows, make a bird feeder to take home, go on a winter discovery hunt to win prizes and tour the longhouses. Check out the gift shop and displays in the Visitor's Centre, or watch a magical winter slideshow in the Auditorium.

For more information please call Crawford Lake at (905) 854-0234 or e-mail [Crawford Lake Conservation Area](#)

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