

PRESCRIPTION FOR A HEALTHY ENVIRONMENT

2013

calendar



A.D. LATORNELL
CONSERVATION SYMPOSIUM



Conservation
ONTARIO
Natural Champions

UNIVERSITY
of GUELPH



ARTHUR D. LATORNELL

FORWARD THINKER
& DEDICATED
CONSERVATIONIST
(1923-1991)



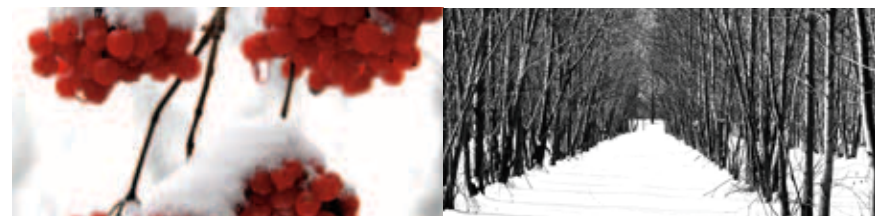
PRESCRIPTION FOR A HEALTHY ENVIRONMENT

HEALTHY ENVIRONMENT
- HEALTHY PEOPLE

This calendar explores important connections between healthy people and clean, sustainable water, and a rich mix of plants, animals and ecosystems.

It is produced in conjunction with the A.D. Latornell Conservation Symposium, a popular annual conference co-hosted by Conservation Ontario and the University of Guelph.

DECEMBER 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	☾ 7	8
9	10	11	12	13	● 14	15
15	17	18	19	20	☾ 21	22
23	24 Christmas Eve	25	26	27	❄ winter begins	28 ○ 29
30	31 New Year's Eve	Christmas Day	Boxing Day			



For more info about the A.D. Latornell Conservation Symposium:

www.latornell.ca

● New Moon ☾ First Quarter ○ Full Moon ● Last Quarter

NOVEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



KEEPING YOUR WATER HEALTHY DRINKING WATER SOURCE PROTECTION

Water is our life-source. Protecting our sources of drinking water from overuse and contamination can help protect our health and the environment.

There are many activities that, if not properly managed, pose potential threats to the health of our drinking water. Examples of these activities are fuel handling and storage, certain agricultural practices, and sewage storage and disposal.

The Drinking Water Source Protection Program works to mitigate potential threats by managing activities that could impact the health of our water.

JANUARY 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



For more info about the Drinking Water Source Protection Program:

www.conservationontario.ca

New Moon
 First Quarter
 Full Moon
 Last Quarter

DECEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		



Centre for Great Lakes and Aquatic Sciences, www.epa.gov

SOMETHING'S FISHY! ONTARIO'S AQUATIC INVADERS

Aquatic invasive species are a major threat to Ontario's biodiversity and economy, as well as to our health.

They can enter Ontario's inland lakes and rivers through canals, in bait buckets, and are sometimes carried in on boats. These 'alien' species take over, impacting aquatic biodiversity by killing native species and spreading viruses and parasites.

As of 2009, there were 186 non-native species present in the Great Lakes Basin, including the northern snakehead, zebra mussel, round goby, Asian carp, and Eurasian watermilfoil.

FEBRUARY 2013



Alison Fox, University of Florida, Bugwood.org



International Joint Commission

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Groundhog Day
						World Wetlands Day
3	4	5	6	7	8	9
10	11	12	13	14	15	16
				Valentine's Day		Family Fishing Weekend ontariofamilyfishing.com
17	18 Heritage Day	19	20	21	22	23
	Family Day					
24	25	26	27	28		



To learn more about how you can help stop the spread of invasive species, visit the Ministry of Natural Resource's website:

www.mnr.gov.on.ca

● *New Moon*
 ◐ *First Quarter*
 ○ *Full Moon*
 ◑ *Last Quarter*

JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



CANARY IN A COALMINE

CANADA'S BIRDS ARE DECLINING

Bird populations are indicators of the ecological integrity of the environment. The health of Canada's birds reflects the health of the air, water, soil, and other natural resources that we rely on to sustain us. According to *The State of Canada's Birds* (2012) Canadian breeding bird populations have decreased by an average of 12% since 1970.

Problems like climate change and human activities such as development and urban sprawl, pesticide use, unsustainable logging, and the destruction of grasslands have contributed to their decline.

MARCH 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	☾ 5	6	7	8	9
10	11	● 12	13	14	15	16
17	18	19	☾ 20	21	22	23
St. Patrick's Day			<i>☙ spring begins</i>		World Water Day <i>unwater.org/worldwaterday</i>	Earth Hour <i>earthhour.org</i>
24	25	26	27	○ 28	29	30
31 Easter Sunday					Good Friday	



To learn more about *The State of Canada's Birds*:

www.stateofcanadasbirds.org

● *New Moon* ☾ *First Quarter* ○ *Full Moon* ● *Last Quarter*

FEBRUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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17	18	19	20	21	22	23
24	25	26	27	28		

APRIL 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



TREES - THE LUNGS OF THE EARTH

THEY GIVE US MORE
THAN OXYGEN!

Plant a tree...it's good for your health!

According to Trees Ontario's report *A Healthy Dose of Green* (2012) trees and forests impact our health by promoting physical activity and reducing the risks of health issues such as cardiovascular and respiratory diseases, diabetes, cancer, attention deficit disorders, and stress. Trees also help to reduce smog and pollution in our cities by filtering out many airborne pollutants, and they have been linked to improved rehabilitation and faster hospital recovery rates.

APRIL 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 April Fool's Day	2	3	☾ 4	5	6
	Easter Monday					
7	8	9	10	● 11	12	13
National Wildlife Week <i>nationalwildlifeweek.com</i>						
14	15	16	17	☾ 18	19	20
21	22	23	24	☉ 25	26	27
Pitch In Canada Week <i>pitch-in.ca</i>	Earth Day <i>earthday.org</i>					
28	29	30				



To learn more about the many health benefits of trees read
Trees Ontario's *A Healthy Dose of Green:*

www.treesontario.ca

● New Moon ☾ First Quarter ☉ Full Moon ● Last Quarter

MARCH 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MAY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

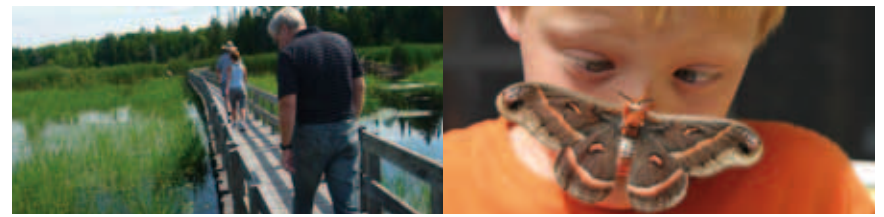


YOUR BRAIN ON NATURE

THE MENTAL BENEFITS OF GETTING OUTSIDE

Feeling blue? An increasing body of evidence suggests that one of the best ways to improve your mental well-being is by simply spending more time in nature. Many recent studies have proven that exposure to nature has the ability to reduce symptoms of stress, anxiety, depression, and attention deficit/hyperactivity disorder. Some researchers at England's University of Essex have even suggested that a daily walk in the park could be as effective in treating mild to moderate cases of depression as taking an antidepressant.

MAY 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	☾ 3	4
5	6	7	8	9	10	● 11
Compost Awareness Week <i>compostingcouncil.org</i>	Mental Health Week <i>mentalhealthweek.ca</i>					Int'l Migratory Bird Day <i>birdday.org</i>
12	13	14	15	16	17	18
Mother's Day						☾
19	20	21	22	23	24	25
	Victoria Day		Int'l Day for Biodiversity <i>cbd.int/idb</i>			○
26	27	28	29	30	31	☾



Ontario's more than 270 Conservation Areas are a great place for you to *Step Into Nature!* For more info:

www.ontarioconservationareas.ca

● *New Moon* ☾ *First Quarter* ○ *Full Moon* ● *Last Quarter*

APRIL 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUNE 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



NATURE'S PAYCHEQUE

ECOSYSTEM GOODS AND SERVICES

Ecosystem goods and services are benefits and consumable products provided to society by healthy ecosystems. Nature provides multiple goods and services that sustain our health and well-being, including food, materials (such as wood), fuel, clean air, drinking water, and also offers recreational, cultural and spiritual opportunities.

Although we might think that nature will supply us with unlimited resources forever, this is not true. Once these resources are degraded, we will have to find new ways to provide similar goods and services which can be costly and in some cases impossible.

JUNE 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 International Trails Day
2 Canadian Environment Week <i>ec.gc.ca/sce-cew</i>	3	4	5 Clean Air Day	6	7	8 World Oceans Day <i>worldoceansday.org</i>
9 Canadian Heritage Rivers Day <i>chrs.ca</i>	10	11	12	13	14	15
16 Father's Day	17	18	19	20	21 ☀ summer begins	22
23 ○	24	25	26	27	28	29
30 ●	St. John Baptist Day					



Credit Valley Conservation has many great online resources relating to ecological goods and services. For more info:

www.creditvalleyca.ca

MAY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

● New Moon ◐ First Quarter ○ Full Moon ◑ Last Quarter



HUMIDITY, FLOODING, AND TICKS...OH MY!

CLIMATE CHANGE AND OUR HEALTH

Evidence of climate change impacts to the health of the environment are all around us, and it also affects our own health in many ways.

Not only are we seeing impacts to the quality of the air and water that sustain us, but changes in climate trigger increased instances of severe weather like tornadoes and floods, which can result in injuries, property damage, and even loss of life.

An extra 'creepy' effect? As temperatures increase, the territories of disease carrying insects such as mosquitoes and deer ticks (which can carry Lyme disease) expand, making us more susceptible to associated illnesses.

JULY 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Canada Day	2	3	4	5	6 Family Fishing Week <i>ontariofamilyfishing.com</i>
7	8	● 9	10	11	12	13
14	15	16	◐ 17	18	19	20 Canada Parks Day <i>parksday.ca</i>
21	22	○ 23	24	25	26	27
28	29	◑ 30	31			



Ontario's Conservation Authorities have identified and are responding to many climate change impacts. For more info:

www.conservationontario.ca

● New Moon ◐ First Quarter ○ Full Moon ◑ Last Quarter

JUNE 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

AUGUST 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

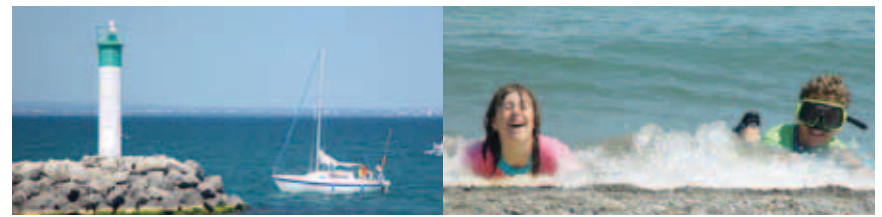


THE GREAT LAKES

ONTARIO'S LIFE SOURCE

Containing nearly a quarter of the world's fresh surface water, the Great Lakes provide us with endless benefits! More than 80% of Ontarians get their drinking water from lakes Superior, Huron, Erie, and Ontario. In addition, the Great Lakes and St. Lawrence River ecosystem purifies our water and air, breaks down our wastes, provides food sources and recreation opportunities, reduces the risks of flood damage, and helps moderate extreme weather.

AUGUST 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Civic Holiday	6	● 7	8	9	10
11	12 International Youth Day	13	14	☾ 15	16	17
18	19	20	21	○ 22	23	24
25	26	27	28	☾ 29	30	31



Ontario's Conservation Authorities care about the Great Lakes and help protect them through local strategies & programs. For more info:

www.conservationontario.ca

JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

● New Moon ☾ First Quarter ○ Full Moon ☽ Last Quarter



BRINGING NATURE TO OUR CITIES

THE BENEFITS OF GREEN INFRASTRUCTURE

The Green Infrastructure Ontario Coalition defines Green Infrastructure as natural vegetation and vegetative technologies that collectively provide society with a broad array of products and services for healthy living.

Some examples of green infrastructure include: green roofs and green walls, meadows and agricultural lands, parks and gardens, storm water ponds, and rain barrels.

Green infrastructure provides us with many health benefits. It reduces airborne pollutants and purifies water, helps make communities liveable, supports biodiversity, reduces health care costs by providing active recreation opportunities, decomposes our waste, and has been proven to improve employee productivity.

SEPTEMBER 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labour Day	3	4	5	6 ●	7
8	9	10	11	12 ●◐	13	14
15	16 World Ozone Day	17	18	19 ○	20	21
22 National Forest Week <i>canadianforestry.com</i> Car Free Day <i>worldcarfree.net/wcfd</i>	23	24	25 National Tree Day <i>canadianforestry.com</i>	26	27 ●◑	28
29 World Rivers Day	30					



Conservation Ontario—on behalf of Ontario's 36 Conservation Authorities—is a member of the Green Infrastructure Ontario Coalition. For more info:

www.greeninfrastructureontario.org

● *New Moon* ●◐ *First Quarter* ○ *Full Moon* ●◑ *Last Quarter*

AUGUST 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

OCTOBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



TAKE A HIKE!
BEFORE YOUR DOCTOR
TELLS YOU TO!

Ontario's more than 270 Conservation Areas protect the delicate ecosystems and plant and animal species within our watersheds, and provide recreational opportunities to millions of visitors each year. They represent an important connection between health, wellness, and the environment.

Did you know doctors have been prescribing hikes? Stepping into nature has been proven to provide health benefits such as: reduced anxiety and depression, increased energy and immunity, increased weight loss and fitness, increased Vitamin D production, and reduced risk of diabetes, heart attacks, and cancer.

OCTOBER 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Ontario Hiking Week	2	3	4	5 ●
6	7	8	9	10	11 ◐	12
13	14 Thanksgiving Day	15	16	17	18 ○	19
20	21	22	23	24	25	26 ◑
27	28	29	30	31 Halloween		



Ontario's more than 270 Conservation Areas are a great place for you to *Step Into Nature!* For more info:

www.ontarioconservationareas.ca

● *New Moon* ◐ *First Quarter* ○ *Full Moon* ◑ *Last Quarter*

SEPTEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOVEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Photo: Leah Watkiss

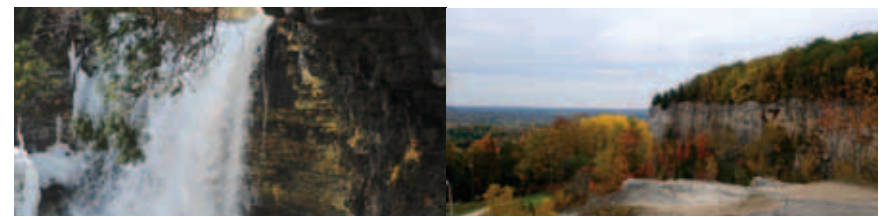
ONTARIO'S BACKBONE

THE NIAGARA ESCARPMENT

The Niagara Escarpment, a ridge of rock that stretches 725 kms from Queenston on the Niagara River to Tobermory at the tip of the Bruce Peninsula, plays a crucial role in the protection of Ontario's natural heritage and biodiversity, which support ecological and human health. In 1990 the escarpment was designated as a UNESCO Biosphere Reserve.

The escarpment provides excellent recreation opportunities through Conservation Areas and the Bruce Trail, and is home to some of the oldest trees in eastern North America, as well as many vineyards, orchards, and farmland. It also houses the headwaters of five major river systems.

NOVEMBER 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	●	4	5	6	7	8
10	◐	11 Remembrance Day	12	13	14	15
17	○	18	19	20	21	22
			A.D. LATORNELL CONSERVATION SYMPOSIUM <i>latornell.ca</i> World Fisheries Day			23
24	25	◑	26	27	28	29
					29	30



To learn more about how you can enjoy and help protect the Niagara Escarpment visit:

www.escarpment.org

● New Moon ◐ First Quarter ○ Full Moon ◑ Last Quarter

OCTOBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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DECEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Photo: Toronto and Region Conservation Authority

PLANNING FOR HEALTH

IMPACTS OF THE BUILT ENVIRONMENT

In Ontario, our landscape is increasingly defined by sprawling cities and paved roads to facilitate car based travel to work and school. The impacts of this include poor air quality, higher temperatures due to asphalt and concrete surfaces, lack of tree cover, neighborhoods with poor 'walkability', and an influx of diseases such as diabetes, obesity, and cardiovascular disease.

It is important that we plan and manage our communities in a sustainable way to support our health by providing active transportation and recreation opportunities, moving towards more sustainable infrastructure, and reducing traffic congestion.

DECEMBER 2013



Photo: Noreen Lewington

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 winter begins
29	30	31 Christmas Eve New Year's Eve	Christmas Day	Boxing Day		



Conservation Authorities maintain the vitality of Ontario's watersheds and prevent loss of life and property through sustainable planning practices. For more info:

www.conservationontario.ca

New Moon
 First Quarter
 Full Moon
 Last Quarter

NOVEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JANUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Conservation
ONTARIO
Natural Champions

CONSERVATION ONTARIO
Box 11, 120 Bayview Parkway
Newmarket, Ontario L3Y 4W3
T 905-895-0716 | F 905-895-0751

Conservation Ontario represents Ontario's 36 Conservation Authorities

conservationontario.ca

2013



A.D. LATORNELL
CONSERVATION SYMPOSIUM

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