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MESSAGE FROM THE PRESIDENT



While it's all too easy to get bogged down in the negative aspects of the COVID-19 pandemic, and there are plenty, we might also want to focus on how this crisis has challenged all of us to think and behave differently, sometimes with surprisingly positive results.

A good example is our NatureHood program that, in normal years, brings school classes on day-tours of the Biosphere. We usually visit the Long Point Bird Observatory, the Big Creek National Wildlife Area and Backus Woods. But with schools closed last fall, we faced a tough choice: give up the funding from Nature Canada or come up with other ways to connect people with Nature.

That's why we launched our new *Wandering Wednesdays* program that invites people of all ages to come along on walking tours of various ecosystems found within the Biosphere. This innovation has proven hugely popular with the public and that response has inspired us to incorporate *Wandering Wednesdays* into our NatureHood programs over the long term. Note that because of the current Covid-19 restrictions, we are experimenting with offering virtual hikes guided by Cynthia Brink, our NatureHood coordinator.

We also worked with Gregg McLachlan of WorkCabin Creative to develop five short virtual tours of the sites we usually visit with our school groups. These videos, which were launched on the Biosphere's website earlier this month are described in more detail later in the newsletter.

generating greater public awareness of wildlife crossing the Causeway and other local roads. That campaign was so popular we are continuing it again this year.

To sustain the momentum of these and other new initiatives, we're looking for volunteers from among our membership and the general public. We've listed some of these volunteer opportunities in the newsletter and would welcome your participation. Donations would help too!

Rick Levick
President, Long Point Biosphere Reserve

WANDERING WEDNESDAYS TEMPORARILY SHIFTING GEARS

Wandering Wednesdays is shifting gears. As the lockdown looms over the province, our very well-attended interpretive hikes will temporarily convert to livestream virtual hikes. The first test run of these virtual hikes will occur on Friday, April 23rd at 12:30 pm. Visit our [website Events page](#) for further details as they become available. The hike will be recorded on AllTrails along with interpretive photos. The hike details will then be shared via our social media and via email for those interested in doing the hike themselves with the use of data recorded on AllTrails. There is no reason to let the lockdown stop you from enjoying a hike.

The link between health and access to nature has been well studied. Time in nature not only makes you feel better emotionally, it contributes to your physical well-being, showing significant reduction in blood pressure, heart rate, muscle tension, and the production of stress hormones. The effects of stress on the immune system is also documented. Making room for nature is one natural way to dealing with stress.



EARTH DAY .CA

We each have our own way of taking care of the planet. This can be as simple as cooking an extra vegetarian meal a week and picking up one piece of trash a day, or as large as cleaning up beaches in our own communities.

This year, for Earth Day, we invite you to share the habits you've adopted and/or the actions you want to take to care for the planet. By committing to the environment one step at a time, we are inspiring change on a larger scale on April 22nd and every day of the year.

To find out how you can get involved, visit EarthDay.ca.



LONG POINT BIOSPHERE RESERVE MAKES REMARKABLE PROGRESS DURING COVID-19



COVID-19 did not in any way deter the Board of Directors from making remarkable progress through 2020 and into the spring of 2021. In the past year, we have accomplished six foundational changes that have set us up for success hopefully for a few years to come. They are: (i) a board member recruiting process, (ii) a new committee structure, (iii) new vision, mission and values, (iv) a defined strategic direction with (v) associated committee work plans, and (vi) a strong financial policy.

Below is the result of the foundational work the Board of Directors achieved between late 2020 and early 2021 as we head into our new fiscal year. While the new Mission, Vision and Values statements below serve as our guide to maintaining focus and collaborative decision-making, they must also remain flexible – in that vein, we welcome your feedback. You can send our chair, Valerie Hickey, a note at chair@longpointbiosphere.com.

Mission:

We collaborate to enhance ecosystem and community well-being, and unite people with nature.

Vision:

All living things thrive here together.

Values:

Respect: We value all living things, the land, air, water, and our interconnectedness.

Togetherness: We value and share knowledge from diverse sources, including Indigenous, local, and scientific ways of knowing.

Resilience: We support actions that sustain natural ecosystems, vibrant communities, and a thriving local economy, so that all may flourish together in the face of change.

Responsibility: We promote stewardship of the natural world, recognizing our actions have an impact on the planet and on future generations. We are committed to responsibly using funds and resources to support actions that align with our values.

Strategic Goals:

Biodiversity Conservation: Establish LPBR as a local leader in collaboration with the community, conservation partners and the municipality in supporting biodiversity conservation and ecological integrity.

Sustainable Communities: Identify and facilitate community engagement practices to increase the region's understanding of their role in the sustainability of the Long Point Biosphere Reserve.

Knowledge Sharing: Empower the community to understand, connect and engage with their biosphere by providing Indigenous, local and scientific ways of knowing about conservation, climate and sustainability.

Climate Action: Build climate action awareness, capacity and responsibility by supporting local and governmental action for climate adaptation and mitigation.

TURTLES ARE ON THE MOVE!



Turtles are on the move early this season and this is a reminder to watch for them on the roads. Please consider putting a *Watch 4 Turtles* sign on your property.



Turtle nest covers will also be available this year to protect turtle eggs.



NATUREHOOD PROGRAM ADAPTS DURING COVID-19



The NatureHood program normally takes students out to the Biosphere to experience nature firsthand and educate them about the wonders they find there. Covid-19 changed all that! However, the pandemic created an influx of people that were looking for something to do with their time. When trails were opened and there was no certainty of classes being able to join us in natural wildlife areas, we began *Wandering Wednesdays*. Children and adults joined our experienced leaders on 16 different hiking trails giving participants hope and a sense of community. Many friendships developed along the way.

The Long Point Biosphere Reserve's NatureHood program, in conjunction with Gregg McLaughlin at WorkCabin Creative, collaborated to create a series of six videos, each approximately 5 minutes long. An introduction video, in celebration of Earth Week 2021, is available on our website at www.longpointbiosphere.com and each video in the series will be shared in rotation.

With help from Doerksen Country Store in Port Rowan and additional funding from Nature Canada, the NatureHood project was able to deliver Project Feederwatch this winter. Nearly 1,000 youngsters across Norfolk and Haldimand Counties became junior citizen scientists to help study winter bird populations for Birds Canada.

NatureHood's mandate, to connect people with nature, is one of the most important responsibilities we have as a Biosphere. We look forward to engaging people for another year and we can't wait for the opportunity to bring students back to our natural wildlife areas. Until then we will continue to plant seeds of curiosity to encourage people to fall in love with their natural world.

The Biosphere receives Ontario Trillium Foundation Funding!



We are delighted to announce that we were recently awarded \$55,500 from the Ontario Trillium Foundation's Resilient Communities Fund. With this funding, we will rebuild and recover from impacts of COVID-19 by digitizing face-to-face nature programming to podcast, video and downloadable content in order to continue bringing nature to teachers, families and the public.



Can you spare some time to help?



The Long Point Biosphere Reserve is recruiting volunteers for several projects. If you have some time to help [please click here to complete the volunteer application.](#)

Here's some of the opportunities available.

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	Fund Development	Help execute our fund development strategy on a variety of opportunities	
	Climate Action Committee	Become a Climate Action Committee member; help execute our strategic goals	
	Salamander Monitoring – this could be great for a conservation/science student	About 3 hours per week at both the Backus Woods and Wilson Tract monitoring plots - 7 to 8 weeks in May - June, and 7 to 8 weeks in September - October. Training provided.	
	Road Mortality Monitoring	Organized or incidental data collection of road mortality finds and locations	
	Marine Debris Collection	Help with beach clean-ups; data recording	
	Promotional Materials	Help distribute brochures, etc. in lakefront communities and key locations like parks and conservation areas	
	Tree planting/invasive species removal	On-site work at various locations	



On April 14th, pilot John Kauk took off with LPBR Director and photographer extraordinaire, Leanne Gauthier-Helmer, and fellow LPBR Director, Brian Craig, to get some aerial shots of our beautiful Biosphere! Watch for pictures in future newsletters. Thanks John!

**SUSTAINABLE COMMUNITIES
YOUR BUSINESS CAN BE THE SOLUTION**



This is a great opportunity for your business to become part of the solution for a sustainable Norfolk County! We have partnered with myFM 98.9 to offer Public Service Announcements on behalf of your business. You can purchase a Sustainable Communities sponsorship, which includes a week of 30 second radio PSAs directed at keeping Norfolk County's biodiversity healthy plus all the benefits of becoming a Long Point Biosphere Reserve Business Member.

[Click here to see the package details and read what consumers say about Companies and Causes!](#)



[Click here to hear a sample radio spot.](#)

YOU



CAN MAKE A DIFFERENCE

**Make a Donation to the
Long Point Biosphere Reserve**

Choose to make a donation for General Purposes, Phragmites Mitigation, Cleaning Up Norfolk, In-Memorium or In Honour. All donations will support the mission of the Long Point Biosphere Reserve. Official charitable receipts will be issued for tax purposes.

[Click to make an on-line donation today through CanadaHelps.](#)

P.O. Box 338
Port Rowan, ON N0E 1M0

Become a Member

Official charitable receipts will be issued for tax purposes.

A tree is planted for every new and renewed membership.



FUNDERS

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Bradstreet Family Foundation

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Business Members



For information about how your business can become a sponsor of the Long Point Biosphere Reserve, contact Sandy Jukes at admin@longpointbiosphere.com.



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