



REFLECTION GUIDE - EPISODE 2

IN SYNC WITH NATURE PODCAST

Long Point Biosphere Region



LONG POINT
BIOSPHERE
— REGION —



Welcome

Welcome to the Long Point Biosphere's Podcast Reflection Guide, a tool to get you In Sync with Nature!

In order to help you with this reflection, we invite you to first listen to our podcast episodes. Listen for free on Ancho FM and Spotify.

<https://longpointbiosphere.com/podcasts/>

About this workbook

The Long Point Biosphere Reserve is an area of global ecological significance that makes an ongoing commitment to the United Nations to strive for sustainability.

This podcast series from the Long Point Biosphere is about people's personal connection to nature, their sense of well-being in it, and their responsibility to care for it. Listening to the episodes is the first step. Doing this reflection will allow you to go more deeply into each topic and will undoubtedly lead you to action. Ultimately, we hope to inspire you to take action to deepen your connection with nature. Action is key to change.

Take your time with this guide and remember that there are no right or wrong answers. There is also no rush for you to complete all the questions.

In each of our podcast episodes, we help you make connections to the 4 pillars of sustainability established by the United Nations. This guide will help you focus your connection to the nature around you in relevant ways for you.

The four pillars of Sustainability are :

- Economics
- Environment
- Society
- Culture

By looking more closely at your lifestyle, the ecosystems in which you live, work and play, and your community, you may just find a way to feel more “in sync” with nature. We are all part of nature, everything we do affects the world around us. Taking time to reflect, notice and take action is likely to increase not only your personal well-being , but also that of the amazing ecosystems and natural areas that sustain all life around you.

To get more information about how to connect with and support the Long Point Biosphere, please visit our website at <https://longpointbiosphere.com/>

Enjoy!

Long Point Biosphere Reserve

Episode #2

Is That Your Garbage?

In this episode of In Sync with Nature, we discuss the littering problem and the current garbage crisis, with engaging guests.

It's a challenge not to see the garbage that is all around us. On our streets, parks, beaches and trails, we can see pieces of trash just about everywhere. Who is actually littering? Have we become so lazy or are we simply lacking awareness? Perhaps it is learned behaviour?

Keeping our environment clean shouldn't be that hard but for some people, it seems like an impossible task. With each of our guests, we went deeper into this issue.

First, we meet Mac, a "garbage fairy" and local activist on a mission to bring awareness to this issue. You can find her on our trails and busy roads cleaning up other people's messes nearly every day. She likes to speak her truth and thinks that it is the entitled and privileged who are causing the problem.

Next, we meet Kristina Simms from Ontario Parks. With her, we find out the impacts of littering on the ecosystem. While local residents and visiting tourists alike enjoy our sandy beaches, forests and trails, littering has a negative impact on water quality and the many species that inhabit natural areas. How can we coexist with nature better?

Finally, our last guest, Dr. Myra Hird from Queen's University sheds some light on the current garbage crisis. She provides some alarming facts about the current situation. Canada produces more municipal solid waste than any other country in the world! Not a title we should be proud of.

We chat about recycling programs and the various sectors who are involved in creating a huge amount of waste. Near the end of the episode, she shares some very interesting solutions that are already happening in other parts of the world. Don't miss that, it is inspiring.

After that conversation, it is easy to wonder why so much emphasis has been put on ditching the plastic straws and disposable cups. What if the same energy was placed on more productive solutions that could bring about real change? What's our role as individuals and communities?

Let's be part of the solution, together!

Reflection

How do you feel about litter and garbage in these places?

Downtown? _____

Your neighbourhood? _____

Natural areas? _____

What is the cause of litter, in your view?

___ Too much packaging in our society ___ Not enough garbage pails around

___ Human laziness ___ A disconnect between humans and nature

___ Other Please explain: _____

Do you tend to ignore the problem or do you take action to improve the littering situation?

☐ It's not really my problem

☐ I don't litter

☐ I pick up litter sometime

☐ I am committed to picking up what I can

What would you say to someone who says these statements to you?

"Litter is not my problem."

"So what if Canada produces more municipal solid waste than any other country in the world - I have bigger problems to worry about."

Which of the following simple action(s) do you, or could you implement, in your life today to be part of the solution?

___ Get involved in garbage clean ups

___ Organize garbage clean ups

___ Pick up garbage when I see it in nature

___ Use less packaging in my home

___ Dispose of my own garbage and recycling responsibly

___ Re-use or re-purpose single use plastics

___ Lobby my municipality to hold 'green' public events, like local fairs, whereby plastics are not allowed

___ Vote for candidates who make garbage reduction a priority

___ Write and post about solutions to garbage

___ Other. Please explain. _____

Thank you!

The Long Point World Biosphere Region collaborates to enhance ecosystem and community well-being.

We invite you to support the Biosphere by becoming a member, a sponsor or a volunteer. You can contribute to the advancement of the Biosphere's goals and our projects to restore and protect the local ecosystems.

Visit our website at:

<https://longpointbiosphere.com>

Follow us on Instagram, Facebook and LinkedIn!



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