



# REFLECTION GUIDE - EPISODE 4

**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 Anchor FM, Apple Podcasts 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 #4

## Adapt or Die

In this episode of In Sync with Nature, we talk about adaptation, specifically in relation to local agriculture.

The Long Point Biosphere Region is located in Norfolk County, on the north shore of Lake Erie. It is known as 'Ontario's Garden' thanks to its bountiful production of farm goods. With over 500 million in annual farm gross receipts, Norfolk County is a leading agriculture region in Canada.

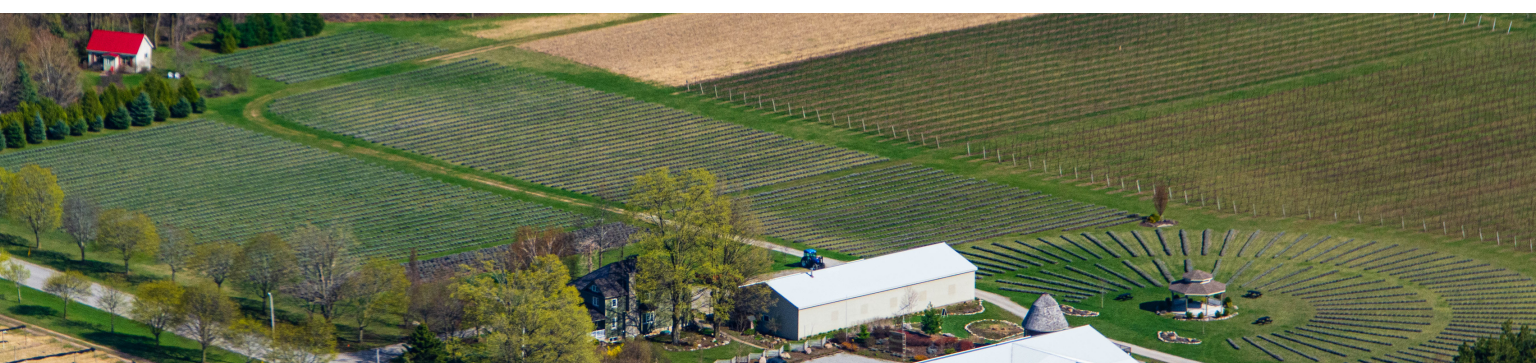
From the beginning of the local agriculture industry which gave rise to the height and eventual demise of the tobacco era to becoming an agro-tourism destination, the Norfolk County farming community has had to adapt in order to survive. This podcast explores some of the challenges and successes in this journey of adaptation. .

First, our host Wes met with Ian Bell, a Canadian folk musician and storyteller with a deep connection to the Biosphere's history, having spent two decades as curator of a local community museum. Mr. Bell paints a picture of the beginnings of agriculture in Norfolk, based on a self-sustaining model, and its transformation with the arrival of new technology and transportation. The region's high-value horticultural crops, including 90% of all tobacco grown in Canada, positioned Norfolk County as an agricultural leader in Canada. .

In 2008, the tobacco industry collapsed forcing local farmers to pivot in order to survive. To learn about this period of adaptation, we invited Anita Buehner, a local lifelong farmer who transitioned out of tobacco to create a new purpose for their farm - growing lavender and wine grapes and turning the farm into an agro-tourism destination.

Finally, let's look forward to the future with Amy Webster, a small-scale farmer who is passionate about growing food naturally and sharing it with her community. Wes, our host, was interested to find out more about the concept of niche farming and its environmental impacts.

Our capacity to adapt as humans is a necessity. Through the conversations in this episode, it is reassuring to see that farmers of the past, present and future have the same characteristics - they all have a deep-rooted willingness to adapt or die!





# Reflection

Reflecting on your own life, what major adaptation periods have you had to go through? \_\_\_\_\_

Pick one of the periods that you listed above and explore what you learned from the adaptation process: How was it challenging? Did it result in positive transformation, e.g., make you stronger? If so, in what ways?

How do you feel the farming industry is adapting to the environmental crisis in which we find ourselves today? What changes do you think are needed to sustain healthy food production locally?

Climate Change is said to be the 'Biggest Threat Modern Humans Have Ever Faced'. What are three climate change impacts that we need to adapt to locally? For each one, in what ways must we adapt?

1- IMPACT: \_\_\_\_\_

ADAPTATION: \_\_\_\_\_

2- IMPACT: \_\_\_\_\_

ADAPTATION: \_\_\_\_\_

3- IMPACT: \_\_\_\_\_

ADAPTATION: \_\_\_\_\_

Adaptation is essential for the survival of all living species. We all continually adapt, often without noticing it. Taking a moment to reflect on yourself and your environment, what changes can you observe:

Over the last week:

Over the last month:

Over the last year:

Over the last decade:

# Thank you!

The Long Point World Biosphere Region collaborates to enhance ecosystem and community well-being, and unites people with nature. We invite you to support the Biosphere by becoming a member, a Friend, 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:

Visit our website at:

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

Follow us on Instagram, Facebook and LinkedIn!



This project was brought to you by the Long Point Biosphere Region, funded by the Ontario Trillium Foundation and the government of Ontario.

Ontario  
Trillium Foundation



Ontario 