

Letter from the Editor:

Doing Our Part

To those who are deeply concerned about the natural world, these can be challenging times.

Stories of rapid change of the worldwide environment—mostly for the worse, it seems—are in the daily news. The steady stream of bad news can leave us numbed, apathetic, or feeling helpless at times. What difference can one person make?

The antidote for hopelessness is action. LPBLT has been active in preserving our little (but very ecologically rich) corner of the world. With help from supporters, we have been busy acquiring, preserving, and restoring land for conservation and biodiversity; and reaching out to the community with many events



through our Explore the Outdoors program.

This newsletter details some of the many activities of our small, but vital organization. Our hope is that we give you, our readers and supporters, a sense of

our shared purpose, and to show that we are worthy of your continued support.

Preserved land is not “static” or “wasted”, but is active and full of vibrant life, home to species perhaps undiscovered, given the chance to carry on. The thousands of trees which cover the vast majority of our 680 acres are tirelessly locking away carbon as they grow. Like them, we are not resting.

We will continue to do our part.

Stephen Kilbridge

Conservation for All Species

Joe Stephenson, LPBLT Director

Long Point Basin Land Trust and other conservation organizations frequently focus on concerns with species at risk or SAR.

Similarly, we could show concerns with species that are not SAR. Take for example the beautiful Northern Cardinal. We know it comes to our yards and feeders often year-round since about the 1930's. What would we think if the Northern Cardinal and other frequent visitors were to become uncommon?

Recent reports state that the North American bird population has been reduced by around 3 billion birds in the last five decades. And birds aren't the only species that have been vastly reduced in the last few decades – witness the Monarch Butterfly.

Habitat loss, along with other factors, is a leading cause of species loss, and not just for birds. Many species, including pollinators, are at risk from habitat loss.

Do you believe we should protect land for all native species? If you do, please support your conservation organizations. As a land trust, LPBLT focuses on procurement of properties, with public and private funding, that help protect biodiversity – for those common species and those less common. And you

can help too in your own yards by nurturing native plants and trees to support diversity.

Canada's national goal is the protection of at least 17% of our lands for nature. This land is for all species, including ourselves and all species native here.



A few of the species native to this area, Monarch (above) and Northern Cardinal (left).
Photos: Christine Baird

Gardening with Native Plants

Terri Groh, LPBLT volunteer

Long Point Land Basin Trust hosted two workshops focusing on the benefits of gardening with native plants at South Coast Gardens, located next to the Shirley and George Pond Nature Reserve. Participants sat comfortably on lawn chairs in the beautifully landscaped gardens, where wild birds were in abundance.

The workshop was led by Kevin Kavanagh, owner of South Coast Gardens. The first half of the workshops included information on topics ranging from planning what to plant, based on your site conditions, to choosing the correct amendments for the soil to help establish the plants that you have chosen.

The second half of the workshops delved into plant grouping suggestions for different types of habitats. This portion of the workshop was led by Norfolk

Master Gardeners, Sharon Garner, Anne Faulkner and Evan Sinclair. They each provided suggestions for specific habitats such as grassland, wetlands, forests, as well as forest understory trees and shrubs. They also addressed the growth habits of plants including plant dimensions, soil type and sunlight requirements, ending with tidbits of interesting natural history information about each species.

The workshop provided a wealth of information and inspiring ideas!



SOUTH COAST GARDENS

- Landscape Design & Installation
- Nursery with Rare & Unusual Plants
- Bird & Butterfly-friendly Gardens

Weekends only. For hours & information, contact:

Kevin Kavanagh

1634 Front Road, 2km west of Turkey Point Rd
Email: SouthCoast@kwic.com
Web: SouthCoastGardens.ca
Phone: 647-408-9361



Above: Kevin Kavanagh shares his passion for gardening with native plants. *Photo:* Gregor Beck

Middle: Great Blue Lobelia

Right: Dense Blazing Star



NATIVE PLANTS TO CONSIDER FOR YOUR GARDEN

WETLAND PLANTS

Buttonbush (*Cephalanthus occidentalis*)
Rose Mallow (*Hibiscus moscheutos*)
Southern Blue Flag Iris (*Iris virginicus*)
Cardinal Flower and Great Blue Lobelia (*Lobelia cardinalis* & *Lobelia siphilitica*)
White Turtlehead (*Chelone glabra*)

PRAIRIE/GRASSLANDS

Grey-headed Coneflower (*Ratibida pinnata*)
Pale Coneflower (*Echinacea pallida*)
Culver's Root (*Veronicastrum virginicum*)
Virginia Mountain Mint (*Pycnanthemum virginianum*)
Dense Blazing Star (*Liatris spicata*)

Nature Lovers Learn About Creatures of the Night

Stephen Kilbridge

Nature lovers had an opportunity to learn about some of the lesser known, but still fascinating denizens of the dark. Long Point Basin Land Trust hosted Creatures of the Night at the Stead Family Scientific Reserve. Biologist Adam Timpf led the evening event and shared his knowledge and appreciation for our nighttime neighbours – birds, bats and bugs. He was joined by Mary Gartshore and Peter Carson, also Directors on Long Point Basin Land Trust's Board.

Before night fell, Adam gave a short tour of the nature reserve, a 50-acre property generously donated to LPBLT in 2018 by Kenneth Stead for the purpose of preserving and studying nature. When night shadows set in, evening birdsong was heard, including the calls of Ovenbird and Rose-breasted Grosbeaks. As hoped for, we were treated to the distinctive call of the Eastern Whip-poor-will close by.

Bats were seen flying overhead and the different species were identified based on their various sounds. (Yes, there's a phone app for that!) Many moths were seen on trailside trees thanks to a homemade moth attractant that had been applied earlier. The Bent-winged Owlet and Sphinx Moths enjoyed the snack as we observed by flashlight.

The main event was further up the trail. A white

sheet hung near a bright light and it had attracted legions of moths to observe including Red Fringed Emerald, Black-bordered Lemon, Grape Leafroller, Yellow-Collared Slug Moth, Large Maple Spanworm Moth, and many others.

Those who attended acquired a new appreciation for these intriguing insects. As an introduction to a little-known world, it was an eye-opening event!



Above: Peter Carson and Adam Timpf share their expertise.

Left: Yellow-spotted Renia (*Renia flavipunctalis*)

Right: A white sheet hung near a bright light attracted legions of moths for the group to observe.

Photos: Mary Gartshore.

Explore the Outdoors 2020: Sponsors Needed

Long Point Basin Land Trust is preparing for its second Explore the Outdoors season! We'll be repeating some favourites from last season and adding in a whole bunch of new ideas.

Our Explore the Outdoors sponsors enable LPBLT to organize a diverse and exciting program of events, with practical workshops and inspiring activities to connect people with nature. If you or your business are interested in becoming a sponsor, please contact Kristyn Richardson at (519) 586-8309 or kristyn@longpointlandtrust.ca

The Explore the Outdoors program showcases LPBLT's nature reserves. Come learn about these special properties and why we're so proud of

protecting and restoring them. Watch for your Explore the Outdoors booklet in the mail this Spring!

Kathryn Boothby demonstrating how to safely catch Monarchs for tagging
Photo: Scott Milne



Unveiling of the Ken McMullen & Joan Shirlow Spring Arbour Farm Nature Reserve

Cynthia Tosswill, LPBLT Communications & Outreach



Above: Left to right: Kristyn Richardson, Joan Shirlow, Jill McKinlay, Audrey Heagy, Shirley Weeks, Stephen Kilbridge, Peter Carson, Adam Timpf, Mary Gartshore, David Agro



Left: The sign commemorating Ken McMullen and Joan and Shirlow

Long Point Basin Land Trust officially unveiled the *Ken McMullen & Joan Shirlow Spring Arbour Farm Nature Reserve*. Ken and Joan bought the farm in 1990 when it was in much need of revitalization. They immediately began regenerating it into an organic Community-Supported Agriculture (CSA) fruit and vegetable farm. They named it Spring Arbour Farm as a tribute to the nearby historical hamlet. After 44 wonderful years together, Ken passed away in 2014. Joan donated a significant portion of the property to commemorate his life.

Joan recalled how much time and effort the farming operation required – 20 hour days, every day, during the peak season. It was all worthwhile for Ken however, when he would arrive to deliver a box of produce and a child would run out to greet him exclaiming “Our farmer’s here!”. Gradually the concept of organic produce became more mainstream as major produce distributors started to support the concept. Thanks to his many years of dedication to developing the CSA model in Ontario, Ken received

the Premier’s Award for Agri-food Innovative Excellence.

Preceding the unveiling David Agro, a dedicated conservationist and Director of the LPBLT Board, led a morning stroll with the birds. The group was greeted by an Eastern Towhee at the beginning of the walk along with many other returning migrants. Baltimore Orioles, Red-winged Blackbirds and a Great Crested Flycatcher were among the many other colourful spring arrivals that were spotted. David described the wide variety of feeding and nesting habits of the different species. After meandering through the nature reserve, the group took a stroll through the neighbouring property. More birds were spotted including a Northern Flicker, Grasshopper Sparrow, Vesper Sparrow, Indigo Bunting, Eastern Bluebirds and American Goldfinches.



Above: Enjoying the sights and sounds of the early morning stroll



Left: David Agro carefully handles an Eastern Bluebird
Photos: Cynthia Tosswill

Long Point Basin Land Trust Celebrates its 10th Nature Reserve!

Kristyn Richardson, LPBLT Projects Manager and Audrey Heagy, LPBLT Vice-President

A ribbon-cutting ceremony marked the announcement of Long Point Basin Land Trust's newly protected Trout Creek Nature Reserve. Various dignitaries were on hand to join the celebration.

This 193-acre property features a diversity of habitat including deciduous forest with many native Carolinian tree species and a picturesque stream valley where Eastern Hemlock trees provide shade for the cold-water Trout Creek. Former pine plantations will be restored to their natural oak savanna habitats, which is the most endangered ecosystem in North America. These varied habitats are home to several plant and wildlife species that are at risk of becoming endangered and/or extinct.

"The Board of Long Point Basin Land Trust is thrilled to celebrate the acquisition of this particular nature reserve," said Peter Carson, President of Long Point Basin Land Trust. "We are honoured to establish and maintain the unique ecological features of this property. We are grateful to the family of Maurice and Jean Miller, who are pleased to know this property is now protected in perpetuity".

The Miller family, owners of Miller Lumber, a third-generation family-run business founded in 1948, had managed the red pine plantations on the property for many decades. By acquiring the Trout Creek property, LPBLT is committed to protecting the special features of this natural area in perpetuity while also providing an opportunity for people to connect with nature. Long Point Basin Land Trust is proud to play a role in protecting the species that reside in this region. LPBLT is grateful to all of the supporters who helped make this acquisition possible, including Ontario Trillium Foundation, Environment and Climate Change Canada, The Walter J. Blackburn Foundation and Echo Foundation.



Peter Carson announces the unveiling of Trout Creek Nature Reserve.



Board members and guests.



The plaque presentation from Ontario Trillium Foundation



Murray Miller (middle) cuts the ribbon, along with Peter Carson and Kristyn Richardson.

Photos: Cynthia Tosswill.

Stewardship Shorts



Left: Students from DDSS pulling garlic mustard.

Photo: Kristyn Richardson

Right: Cleanup crew at Jackson-Gunn Old Growth Forest.

Photo: Joe Stephenson

Bottom left: Joe Auger, one of NEST Crew, planting acorns around the pond. *Photo:* Kristyn Richardson



Battling Garlic Mustard – June 2019 – Students from Delhi District Secondary School spent time at the Delhi Wetland Nature Reserve removing garlic mustard from the boundary of the property. About 50 students participated, and each student pulled at least one garbage bag full of the invasive species.

Nuts over Nuts – June 2019 – Roughly 5 kilograms of acorns have been planted around the new pond at the Shirley and George Pond Nature Reserve and within a forest opening at the Arthur Langford Nature Reserve. Thanks to the Norfolk Environmental Stewardship Team (aka NEST Crew) for their help!

Hauling Garbage – July 2019 – Two old boats and a house trailer have been removed from Trout Creek Nature Reserve. Additionally, a gate and concrete

blocks have been installed to reduce the unauthorized access of motorized vehicles on the property.

More Garbage Hauling – September 2019 – Members of the Otter Valley Naturalists spent a productive morning at Jackson – Gunn Old Growth Forest removing garbage from the property. Thank you!

Property Management Plans – September 2019 – Management plans for both Spring Arbour Farm Nature Reserve and Trout Creek Nature Reserve are in development. These plans will be the foundation for upcoming restoration work on these recently acquired nature reserves.

Forest Bathing: What's it all about?

Tommy Gerencser, LPBLT volunteer

Forest bathing is a form of meditation that is easily achieved thanks to the interaction of our physical being and the natural world. Traditional forms of meditation require a 'forced' emptying of the mind's clutter. Few of us enjoy traditional forms of meditation due to the amount of time and practice required, combined with the lack of instant gratification we have all come to expect in our lives.

A walk in the forest, with a suitable intention of mindfulness, can decrease the noise in the brain with each step forward. One only needs to be aware of one's surroundings and pay attention to the living interconnected environment of which we are a part. The human body easily returns to a natural state when we get out of our own way, and there's no easier way to do this than a beautiful walk in the forest!

If you are new to this, it helps to have a suitable guide along for the journey. I'm very fortunate to live in my own forest where I get to enjoy the experience of feeling truly alive each and every day. This is

something for which I am eternally thankful and mindful! As I write this, the haunting cry of one of the resident hawks both inspires and distracts me, calling me away from this task to go outside and spend some time with my feathered friends in the forest.

The benefits of mindfulness have been known for thousands of years. Thanks to recent advances in science and medicine we can now begin to understand how far reaching and effective these benefits truly are. A related concept is 'zen' - the understanding, appreciation and most importantly, the practice of seeing the universe as interconnected. With each passing day, science shows this to be true!

It is becoming all too common in today's stressful world to see people losing perspective on how beautiful our life is. I'm looking forward to hosting more forest bathing walks at the Trout Creek Nature Reserve and helping others learn how to connect with nature as a form of meditation.



Centre: Enjoying the walk
Right: Tommy shares tips to ID trees

Left: One of the trails at Trout Creek Nature Reserve

Photos: Cynthia Tosswill

Forest Health Workshop

Terri Groh

Have you ever wondered what makes a healthy forest? Long Point Basin Land Trust hosted a forest health workshop led by Dan Marina, Norfolk County's Forest Conservation Officer. It was a hot, humid 30° C day; however the workshop was held under the cool forest canopy. Participants learned how to identify the different types of diseases and insects that may affect our trees, along with helpful tips on assessing the condition of a tree. Other topics included types of forest health conditions, tree health, forest and pest management strategies and how to determine the age class of a forest.

Dan used the trees found in the forest as examples allowing firsthand opportunities to learn about forests and trees specifically. He focused on how to examine a tree to determine its level of health. He discussed the form of the basal skirt as well as indicators such as the

presence of the disease-producing organisms such as cankers, bacterial ooze or fungus structures.

He discussed the Emerald Ash Borer, an invasive beetle from Asia, currently decimating our forests, and explained how it kills Ash trees. We walked the reserve looking for the Gypsy Moth. Dan was extremely informative, answering the many questions posed about Gypsy Moth population fluctuations and forest management in other parts of the province.



Dan Marina showing participants what to look for in a healthy forest.
Photo: Kristyn Richardson.

Long Point Basin Land Trust thanks the following for their financial support:

Conservation Projects



This project was undertaken with the financial support of:
Ce projet a été réalisé avec l'appui financier de :



Environment and
Climate Change Canada

Environnement et
Changement climatique Canada

Nature Reserve Acquisition and Stewardship

The Walter J. Blackburn Foundation



P.O. Box 468 Port Rowan,
ON N0E 1M0 (519) 586 8309
www.longpointlandtrust.ca
general@longpointlandtrust.ca

And, a big thank you to all the individual supporters of Long Point Basin Land Trust