



Friday, October 3, 2025

Forest Therapy at Ken Reid Conservation Area

Date and Time: Friday, October 3 10:00 am - 12:00 pm

Address: 277 Kenrei Road

Join certified Forest Therapy Guide, Kristie McCabe on a two-hour mindful exploration in nature at Ken Reid Conservation Area.

In addition to reducing stress and improving mood, spending time in nature has also been linked to improved cognitive function and creativity. Studies have found that being in nature can improve memory and attention, as well as increase problem-solving skills and creativity.

Forest bathing is best done alone, or with a small group. The goal is to fully immerse yourself in the present moment, and to relax and let go of any stress or distractions. It is not exercise, or hiking, or jogging. It is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell, and touch.

Come and experience nature, and yourself, in a new way.

Cost is \$10 per person.

Saturday, October 4, 2025

The Power of Protected Places: A Greenbelt Walk at Durham East Cross Forest

Date and Time: Saturday, October 4 9:00 am - 11:00 am

Address: 4560 Devitts Road

Step into the heart of conservation with The Power of Protected Places: A Greenbelt Walk at Durham East Cross Forest, led by Stewardship Coordinator, Danielle Marcoux-Hunter. This guided walk through Durham East Cross Forest Conservation Area invites you to explore the importance of protected natural spaces and the vital role they play in our environment and communities.

Learn how Ontario's Greenbelt, spanning more than two million acres, was established to safeguard environme

ntally sensitive and agriculturally significant land. As we hike through the forest, we'll explore how areas like Durham East Cross and the nearby Pigeon River Headwaters protect clean water, promote climate resilience, preserve biodiversity, and support local food systems.

This immersive experience offers a deeper understanding of how protected places serve as natural sanctuaries and ecological buffers that benefit both people and nature. Whether you're a nature lover, environmental advocate, or simply curious, this hike is a chance to connect with the land and the legacy of the Greenbelt.

Meeting Point: North Entrance – 4560 Devitts Road

Registration Required: Space is limited to 25 participants

Presented with support from the Greenbelt Foundation

Tiny Forest Planting at Durham East Cross Forest Conservation Area

Date and Time: Saturday, October 4 11:00 am

Address: 4560 Devitts Rd Nestleton Station, ON L0B 1L0

The event is in partnership with Canadian Trees for Life, Landscape Ontario Durham Chapter, and Greenbelt Foundation.

Let's plant a Tiny Forest at Durham East Cross Forest Conservation Area! This is a fantastic opportunity to help enhance our environment and learn about tiny forest planting techniques.

We will begin at 11AM on October 4th, and plant until all trees are in the ground. Light refreshments will also be provided.

Kawartha Conservation will provide shovels, however volunteers are advised to bring a garden shovel if they have one. Please dress well for the outdoors!

This new planting will be dedicated to local community heroes. From first responders, Indigenous leaders, or impactful community members, consider planting trees with us in honour of the heroes in your life, however you define them.

If you have any questions about the Tiny Forest Planting, please contact Will Chapple, Forestry and Landowner Services Technician at wchapple@kawarthaconservation.com.

A huge thank you to Pristine Property Maintenance Limited, Arnts The Landscape Supplier Inc., Dutchmaster Nurseries Ltd for providing the materials and services that have made this community planting event possible.

Tuesday, October 7, 2025

OBBN (Ontario Benthos Biomonitoring Network) Certification

Date and Time: Tuesday, October 7 9:30 am - 4:00 pm

Address: 277 Kenrei (Park) Road, Lindsay, Ontario, K9V 4R1

OBBN Certification Training

Join us for a hands-on, 3-day Ontario Benthos Biomonitoring Network (OBBN) Certification course and gain the skills you need to monitor the health of aquatic ecosystems. Led by Brett Tregunno, Aquatic Biologist with

Kawartha Conservation, this training covers everything from biomonitoring theory to practical field sampling, laboratory identification of 27 invertebrate groups, and database management.

Whether you're a professional, student, or conservation enthusiast, this course offers valuable expertise in monitoring streams, lakes, and wetlands. With a mix of classroom learning, fieldwork, and lab time, you'll leave fully certified and confident in your ability to contribute to watershed health.

When: October 7–9, 2025

Time: 9:30 a.m. – 4:00 p.m. daily

Where: Ken Reid Conservation Area, 277 Kenrei Rd., Lindsay, ON

Cost: \$350 + HST

Maximum participants: 20 (register early to secure your spot!)

Please note: lunch is not provided.

Saturday, October 11, 2025

Habitat Heroes: Supporting Our Feathered Friends

Date and Time: Saturday, October 11 8:00 am - 10:00 am

Address: 4560 Devitt's Road

Join us for a morning of discovery in the forest with **special guest Rob Stavinga**, a passionate birder known for his extensive knowledge of local and migratory bird species. This guided hike through Durham East Cross Forest Conservation Area takes place during peak bird activity, offering a perfect opportunity to observe and learn about the many feathered visitors that call this area home.

As we explore a range of forest habitats, Rob will share fascinating insights into bird behavior, seasonal migration, and the species commonly found in the region. The focus of the hike will be on **how we can all support bird populations**, whether through large-scale conservation efforts in places like the Greenbelt or small actions in our own backyards.

Participants will gain a deeper understanding of the role native plants, food sources, and nesting habitats play in supporting healthy bird communities. Whether you're new to birding or a seasoned nature enthusiast, this hike offers a peaceful and informative morning with one of the area's most enthusiastic bird advocates.

Don't forget your binoculars!

Presented with support from the Greenbelt Foundation.

Registration Required: Space is limited to 25 participants.

<https://events.kawarthaconservation.com>