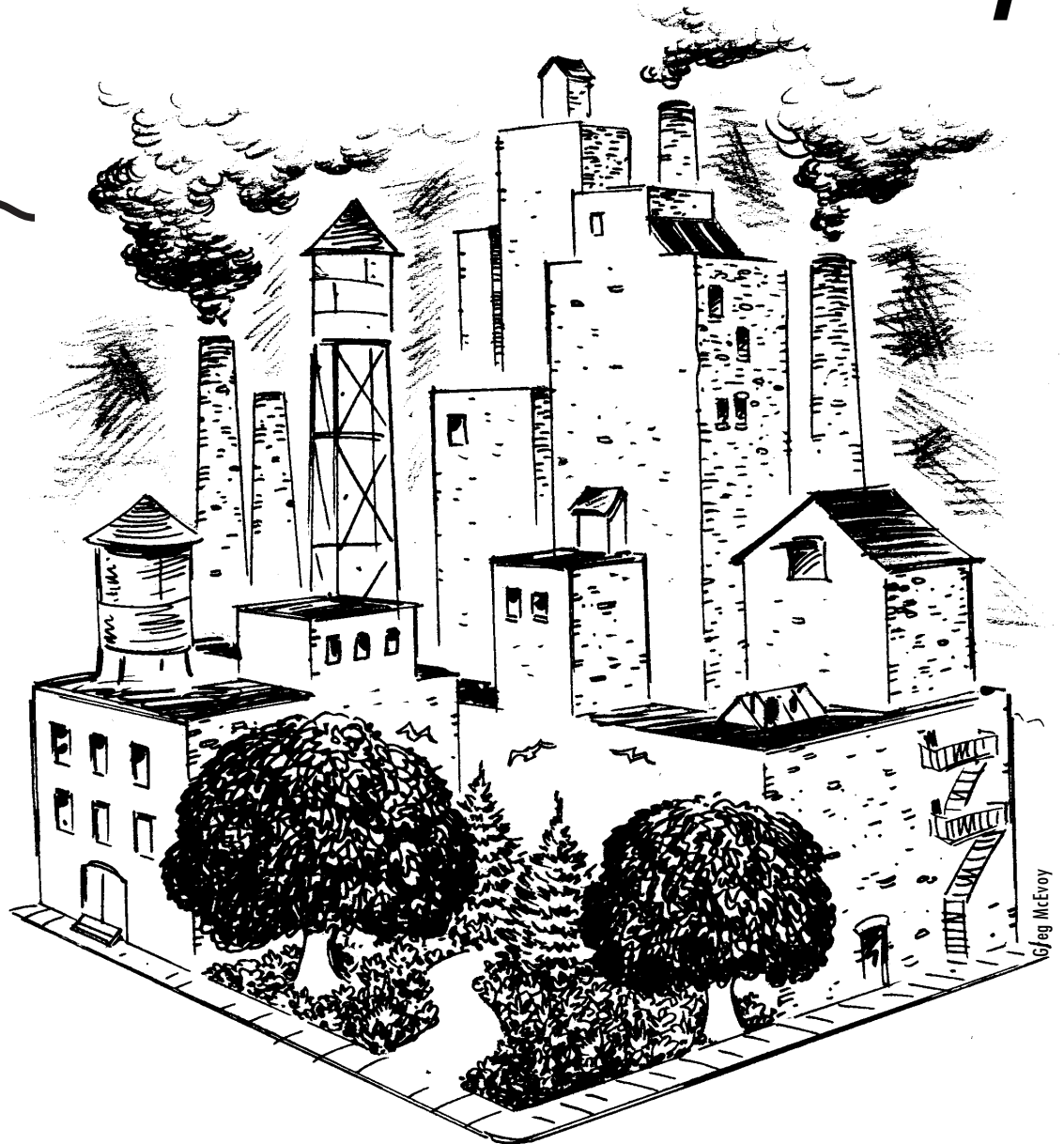




COMMUNITY ACTION NETWORK

Rehabilitate Community Sites



G/eg McEvoy

Rehabilitate Community Sites

Earth Day Canada presents <i>Rehabilitate a Site</i> . Use it in conjunction with the Canadian Natural Highway (CNH) Manual.	Instructions	12
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About Us

Earth Day Canada facilitates positive environmental action.

Earth Day Canada is a national environmental charitable organization that provides youth and community organizations, schools, businesses, government departments, and individual Canadians with an opportunity to make a positive difference where they live, work, and spend their leisure hours. Our national network includes thousands of community organizers in every sector — all working for positive change.

Operating year-round, Earth Day Canada's mission is to improve the state of the environment by motivating and helping individual Canadians just like you to take positive environmental action. We offer interactive programs, a free community Earth Day/Earth Week public Events Calendar (available in March and April), and information and tools you'll use again and again.

Earth Day Canada is the national organizer of Canada's celebration in Earth Day/Earth Week. April 22 is International Earth Day — the largest environmental event in the world. Every Earth Day, millions of Canadians join people in about 100 countries in positive environmental action. This popular event has grown into Earth Week in Canada to accommodate the scores of events that take place across the country.

CHARITABLE # 131951378RR

Rehabilitate Community Sites

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Earth Day Canada
144 Front Street West, Suite 250
Toronto, Ontario M5J 2L7
Tel: 416/599-1991
Fax: 416/599-3100

Editor-in-chief:

Debra Fernandes, Communications Director, Community Action Network Manager

Environmental editor/contributing writer:

Karen Hortopan, EcoKids Manager

Contributing writer:

Marla Kusterski, Environmental Consultant

Advisor: Mary Faught, Landscape Architect

Copy editors:

Finn Martin, Communications Consultant
Naomi Herberg, Communications Consultant
Mary Li, Communications Consultant

Illustrators:

Bruce Scott, O.I.C. Creative Consultants
Greg McEvoy Illustration

Designer: Globe Resources

Projects

Note: Turn to the References Section on page 20 for an alphabetical listing of all referenced sources.

- Plant a Butterfly Garden
- Plant a Wildflower Garden
- Implement a Wild Landscaping Project
- Create an Organic Garden



*Need help
with your project?*
**Contact Earth Day Canada
for assistance and resources.**

Goals

1. Develop an appreciation for nature and natural spaces.
2. Observe and learn about the inter-relationships and processes in a natural ecosystem.
3. Protect and increase the variety, abundance, and distribution of wildlife and wildlife habitat.
4. Contribute to cleaner air, an increased oxygen supply, and the prevention of soil erosion.
5. Develop a sense of responsibility for the environment through first-hand experience.

Welcome to the Canadian Natural Highway!



Your rehabilitation project is a Canadian Natural Highway (CNH) project. CNH is a planting partnership program that helps Canadians rehabilitate areas in their communities. CNH supports biodiversity by promoting the planting of native species.

CNH helps program partners with their plans in recruiting volunteers, preparing budgets, obtaining

supplies, planting and caring for sites, fundraising, and promotions. The kit provides tips and thought starters, as well as step-by-step planning and action guides. What's more, CNH partners network their skills and materials to help each other.

Refer to page 21 to find out how to put your project on the CNH map.

Challenge: YOU, wildlife, and the environment

Did you know that YOUR SURVIVAL hinges on the ecological functions of the variety of all life forms (biodiversity), from the smallest bacterium to the largest tree? It's true! We need to have a variety of wildlife in our communities and around the world because each species has a specific role in the environment.

It works like this: The variety of wildlife forms delicate interdependent ecosystems that make the

Earth habitable for humans and other life forms. These species control climate, filter air and create oxygen, circulate water, create and maintain soil, dispose of waste, recycle nutrients, control "pests" in forests and farms, and much more.

Human Benefit: The variety of wildlife supports our economy and our health. Nature is a vast genetic library of resources that we borrow from for foods, medicine, and industrial products.

The Challenge

- We've eliminated species by creating "new" surroundings too fast and too extensively for nature's slow adaptation process to keep up. We've contaminated our air and water with hazardous chemicals and by introducing exotic plant species that choke out native species. What's more: Urban development, forestry, mining, energy generation, agriculture and fishing have also resulted in significant habitat loss and fragmentation. The result?
- Every 20 minutes, the Earth loses another species (27,000 species per year).
- Every 15 seconds, 1 acre (0.4 ha) of Canadian wilderness is destroyed.
- Scientists estimate that three quarters of Canada is at great risk of biodiversity loss.

We can't damage an entire ecosystem or even part of one without affecting others. Scientists warn that if species continue to be lost, the resilience of the whole Earth's ecosystem would be sapped, the efficiency of food webs would drop, and the nutrient flow would decline. Eventually one of the species eliminated would be a keystone species, critical to the ecosystem's survival. This species could be as small as tiny insects or other invertebrates hidden in the soil. Human health and our quality of life as we know it would be affected.

What's been done

The federal government is in the process of implementing legislation to protect endangered species. Environment Canada claims that the act

FAST FACTS

- **More Canadians are recognizing that a healthy environment is everyone's responsibility, from the individual householder to the largest corporation.**
- **Local governments are gradually creating more green spaces within their limits because of public demand.**
- **More people are beginning to perceive parks with manicured lawns as dull because they are flat, monotonous, and offer little to the eye (Merrens, 1985).**
- **The state of Texas, USA is well known for its abundance of wildflowers. The state claims that replacing grass with wildflowers saves up to 70% of water used on lawn care (Fenyvesi, 1985).**
- **Tree and plant roots prevent soil erosion. Soil (the Earth's foundation) is a valuable resource. Soil formation is slow, perhaps many centuries in the making.**

will provide early identification, protection, and recovery of species at risk. It applies to migratory birds, fish and marine mammals, species that range across international boundaries and all species on federal lands. The moment an endangered species is officially listed, there will be an automatic prohibition on activities causing damage or destruction of habitat that is critical to its survival.

Source: The Canadian Nature Federation and The Canadian Coalition for Biodiversity

Solution

Rehabilitation projects maintain and create wilderness spaces to preserve the natural habitats of plants and animals, and encourage the continuation of species and the diversity of life.

Naturalizing a part of our community by planting a butterfly or wildflower garden brings back our wilderness. People with gardens can enjoy the beauty of their plants and watch the wildlife their gardens attract. Natural green spaces increase the aesthetic value of the land and improve the health of the planet.

Site rehabilitation involves several steps. This

booklet outlines steps you must take to achieve your goals. The steps designated as "General" apply to all four projects discussed; each of these projects also contain unique suggestions and planning steps. You may find it useful to combine the steps outlined in each project.

Your rehabilitation project can be large or small. Try planting a small garden patch and see how it goes. You can do one project or combine aspects of all four into one.

Happy planting!

General Needs and Instructions

NEEDS	INSTRUCTIONS
1. A sunny spacious area	Use this as the location of your garden.
2. Untreated seeds, trees, and plants	Plant vegetation that is indigenous (native) to your area.
3. A budget	Costs depend on the scale of your project. The <i>Budgets & Fundraising</i> booklet may help you.
4. Gardening tools	A shovel, watering hose, rake, trowel, pitchfork, and hoe are the basic tools you need.
5. Permits (legal)	<p>Depending on ownership of the site, site characteristics, and local government regulations, you may require permits to dig and plant.</p> <p>Contact utility companies, your Planning Department, Public Works Department, and other relevant agencies to see if you need a permit to dig and plant in the site you've selected.</p>
6. Permission	<p>You need permission from other authorities to carry out your plans.</p> <p>Permission will be necessary from the site owner or manager, and other parties affected by your project. It's a good idea to let neighbouring land owners know what you want to do before you start.</p>
7. Regulations	<p>Your province or local government may have a law or by-law regulating the species or the height of plants that may be grown on a lawn. The laws are designed to control weeds. For example, Ontario's <i>Noxious Weed Act</i> lists 7 species of plants considered to be weeds, and therefore may not be grown domestically.</p> <p>Although we consider these plants natural and beautiful, others may see them as pesty weeds. If bothered enough by the idea of having weeds next door, some people may rely on these laws to stop the project. Consider this an important point to research because in some cases fines may be charged or action taken to remove the garden. Organizations involved in natural site planting may be able to help you with this matter in more detail.</p>
8. Rubber gloves	If you need to remove litter, wear rubber gloves. Some garbage may be dangerous or contaminated.
9. A team of volunteers	This is a group of people who want to help change the landscape of your neighbourhood. Some may be eager to tackle administrative tasks while others may be eager to work outdoors.

General Needs and Instructions (continued)

NEEDS	INSTRUCTIONS
10. An outline of your site in its present state	You need to know all about the site you are going to transform. Get a map, draw a map, or write a description of the site. List present vegetation, buildings and other structures, power lines, pipes, and underground and overhead cables. It's always better to know where pipes and powerlines are. You may never have to worry about them, but it depends on how deep they are buried. Consider tree roots and where they might travel underground. Also note the climate, wind, lighting, and soil conditions so that you can plant the appropriate species (Federation of Ontario Naturalists, 1993).
11. Soil identification	This helps you determine what to plant. Generally, wildflowers have adapted to poor soil and therefore prefer it. Coarse grasses thrive in high quality soil (Baines, 1983). Areas with full sun and well drained soil should be able to support a meadow (Dove, 1984).
12. Organic garden care methods <ul style="list-style-type: none"> • Natural fertilizers, such as cow or sheep manure, compost, or mulch • Natural pest control methods 	Use natural methods and pest controls; don't use commercially synthesized chemical fertilizers or pesticides. For more detailed information, refer to gardening books or magazines in your local library or book store.

Funding

You may already have some of the items listed in the Needs section. If not, try to obtain donations for them, or build their purchase costs into your budget. Don't forget to include these expenses in your budget: long distance phone calls, photocopying, faxing, letters, and other administrative tasks. Refer to the CNH manual to find out how to create a budget.

You may require funds for the following:

A. A site

If you don't already have an available site, then obtaining one may cost some money. Your options:

- a) Buy a piece of land.
- b) Rent a piece of land from a property owner.
- c) Find out if individuals or businesses will donate a portion of land for your garden.

B. Supplies/equipment

You may need to buy gardening tools, gloves, seeds, and plants.

Contact garden centres, seed farmers, and businesses that sell gardening tools. Garage sales are good places to find equipment.

Find out if organic farming associations, government ministries, and local businesses provide funding for this type of project.

Set aside funds to purchase more information on how to grow the specific varieties of plants you're planning to grow. Look for books, pamphlets, and information sheets on organic gardening in stores, and your provincial Department of Agriculture and/or Environment. Magazines are great sources of information because they provide their readers with the most recent innovations and best methods for the planting and care of organic gardens.

You may need to purchase special fixtures to protect young and fragile plants from rain storms and other weather elements. Depending on what you are planting, you may also need to acquire accessories for your garden, such as tomato stands, bean poles, and a pea plant trellis to help support the plants as they grow.

Where can you obtain funding for your project?

We suggest that you:

Organize a fundraising campaign to involve your community partners in your project.

Earth Day Canada

- Refer to the *Idea Pack* chapter in your CAN manual for fundraising activity suggestions.
- Sell Earth Day merchandise. Refer to your Earth Day brochure.

Local businesses

- Approach local businesses for donations. When asking for donations, tell people about the site you'd like to rehabilitate and its important function in your community's environment.

Government funding

Find out if local, provincial, or federal government funding is available.

Please note: Due to possible changes in budget allocations, the following grant programs are subject to change or cancellation following the production of this booklet.

- Community Wildlife Involvement Program (CWIP) is offered by the Ontario Ministry of Natural Resources (MNR) and will grant funding for your project if it meets both CWIP and MNR criteria. Priority is given to initiatives that enhance wildlife reproduction and habitat. CWIP provides funding for expertise, equipment, and materials for the approved projects. Applications are available at district offices.
- Action 21 Community Funding Program supports non-government, non-profit organizations who implement projects that address biodiversity and ecosystem conservation, and other issues. Contact Environment Canada at 1-800-668-6767 for more information.

Foundations

Find out what funding is available from foundations (non-profit and corporate).

- School Ground Naturalization is a national tree-planting education program initiated by The Evergreen Foundation. The program pays for native plants, trees, and wildflowers. The program aims to re-establish natural areas where native plants and animals can thrive. Priority is given to projects that plan to maintain the site on a long-term, on-going basis. When applying for funding, submit an outline of the details of your project (e.g. goals, maintenance, and species information), a sketch of the project, or a photograph of the site. Applications can be obtained from The Evergreen Foundation. (See *Information Sources* section in Part I.)
- Habitat 2000 is a program administered by the Canadian Wildlife Federation, Wildlife Habitat Canada, Canadian Wildlife Service, and Outdoor Canada Magazine. To be eligible for funding, you must register your project. Contact the Ontario Ministry of Natural Resources for an information kit or the Canadian Wildlife Service for a registration/ funding kit.
- Canada Trust's The Friends of the Environment Foundation, grants up to \$2,000.00 for projects. Any branch of Canada Trust can provide you with an application.
- Global ReLeaf Fund, a program of Friends of the Earth, provides technical and financial support for tree planting. Awards are granted twice a year. Applications and information can be obtained by contacting Friends of the Earth, Global ReLeaf Program, at 1-800-267-9607, or write to 705-251 Laurier Ave. W., Ottawa, Ontario, K1P 5J6.

Safety - General

BE CAREFUL WHEN WORKING WITH ALL PEST CONTROL SPRAYS. EVEN THOSE DERIVED FROM NATURAL SOURCES CAN BE HARMFUL.

Refer to Safety Guidelines.

1. Inform all participants of safety procedures.
2. Have participants wear gloves to protect themselves.
3. Keep children away from sprays with unknown effects.

Instructions - General

Step 1:

For a rehabilitation project on public property, get approval for your project from the appropriate government department. Contact your local government for guidance on the approval process.

For rehabilitation projects on private property, contact the appropriate authorities.

Step 2:

Get support for your project from community partners.

- Hold a meeting to discuss any concerns that local residents may have regarding the creation of a wilderness area in their community. Get feedback from these groups. This is important because the rehabilitation project may have direct effects on them, especially on those who live on neighbouring land.

Approval is critical to the success of the project (Cheskey, 1993).

Step 3:

The available space for your project may be limited, particularly if you're in the city. If lack of space is a problem in your community:

- Consult with local groups who have experience in site rehabilitation, such as local environmental groups. Find out if you can participate in a tree-planting project or site clean-up that is already in progress.

Local organizations can provide you with valuable information and advice to get you started. Contact the Canadian Environmental Network (613-563-2078) for a list of local environmental groups.

Step 4:

Develop a plan for the project. Use the outline of your site as a starting point. If there isn't an existing map of the landscape, then draw your own.

Mark the following on your map:

- borders of the garden
- location and spacing of each plant species
- type of wildlife that may be attracted to your site or specific area(s) of your site (e.g. butterflies are attracted to specific flowers, etc.)
- locations where structures (such as paths or bird baths) may be placed

Step 5:

Your plan should include:

- time schedules (planting, stages of plant growth, and deadlines)
- equipment needed
- necessary labour
- a budget (project expenses and funding)
- required permission and permits
- an outline of specific tasks
- an educational/promotional program to inform community partners about the site

Step 6:

Start your garden plans early enough to allow for all your set-up tasks.

Start preparing the soil in the fall for planting in the spring. In order to grow, some plants need to be treated by frost. For this reason, a fall planting may be necessary.

Step 7:

To find out what plants are native to your community, refer to regional guidebooks, and articles about trees and plants in your area. Contact your local nursery or horticultural association for information on your region's native species.

Remember to plant only species that are native to your area. Native plants are adapted to the conditions in your area and are more likely to have a built-in natural resistance to pests and diseases that are common in the region. This is why native plants usually survive and reproduce better than foreign species. Native plants also support native wildlife.

Seeds should be available from nurseries or mail order catalogues. Seeds from nurseries may be blends and contain seeds that aren't native to your area. Read all packages and ask the sales staff if you need help identifying the seeds.

Seeds or plants may also be gathered from wilderness sites in nearby areas. Obtain permission before removing these from private property. Remove plants only if they're in abundance to ensure the continuation of that species in its original location. Use guides or obtain expert assistance to identify plants because plants growing in the area may be foreign species.

Plant perennials so they'll come back year after year; the site will reseed itself and will need little tending. Plant species that suit the intended use of your garden.

Step 8:

Develop a schedule to track and record site maintenance tasks and dates. When charting your plan, consider:

- Establishing a natural site takes about three years (Dove, 1984).
- Once completed, a natural site should be self-sufficient, except for an annual mowing and other small maintenance tasks that may arise (Dove, 1984).

Step 9:

Ensure the site is clean and litter-free before you plant. Garbage can inhibit plant growth and harm animals that enter the area. Be sure to inform participants of safety procedures and have them wear rubber gloves when cleaning the site.

Step 10:

Neglected or abused sites usually suffer from nutrient loss due to soil erosion, pollution, and lack of vegetation.

- You may wish to have the soil tested for nutrient deficiencies and pH levels.

Your Public Works department may do the testing or may refer you to soil testing companies and labs in your area. You may even find some "do-it-yourself" tests in gardening magazines and books. Labs usually charge a fee for testing of soils. During slow months, however, labs may be more willing to donate their services. Ask to have the existence of and the level of major nutrients tested, such as nitrogen, phosphorus, potassium, sulphur, calcium, and magnesium (Rubin, 1989). Ask the testers to recommend organic solutions to improve the quality of your soil.

- Replenish the soil organically with compost, manure, and/or mulch. Continue to treat the soil and control pests by natural methods.

Step 11:

Clear the site of harmful weeds by hand to allow seeds and plants the opportunity to take root. Continue to control the weeds by hand during both the seed stage and when the garden is fully established. Refer to organic care steps in the Organic Garden project.

Step 12:

Assign tasks to volunteers as they arise.

Step 13:

Publicize your project! Have a grand opening, invite the mayor, etc. Refer to the CNH manual to find out how to promote your planting project.

PROJECT I

Create a Wild Butterfly Site

A wild butterfly site is an area of wildflowers and sunshine that attracts butterflies.

Different kinds of butterflies are attracted to different varieties of wildflowers. So what you attract all depends on what you plant.

The design of this type of garden revolves around butterflies; this is what sets it apart from other wild gardens.

SAFETY

Butterflies are harmless; they don't sting or bite. They can be enjoyed safely and without worry.

NEEDS

Needs	Instructions
1. Information on native butterfly species in your area	The library is an excellent resource for this information. Also contact a local gardening or naturalist group.
2. A list of plants that will attract and nourish butterflies and caterpillars (See page 11.)	Make sure the soil and weather conditions of your site support these plants. Butterflies in their early stages require the nutrients provided by colourful nectar sources and larval host plants.
3. A sunny site with at least six hours of sunlight	Your site should be protected from the wind. Upon emerging after metamorphosis, butterflies need to dry their wings in the sun.
4. A water supply	Butterflies need a source of drinking water. Fill a pan or dish with water; sink it into the garden soil or set up a birdbath.
5. Stones or boards placed in sunny locations	Butterflies like to rest and bask in the sunshine.

Reference: "Welcome Butterflies" by Douglas A. Jimerson. *Better Homes and Gardens*, March 1987.)

INSTRUCTIONS**Step 1:**

Choose a site that allows you to create the above conditions for your butterfly garden.

Step 2:

Create a plan for your garden. Local naturalist groups, natural landscapers, and horticultural societies may offer help in identifying native plant species and suggest which ones best attract butterflies.

Step 3:

Before you execute your project, get approval from the appropriate people.

Step 4:

Once you've chosen your site, dig, till, and prepare the soil for cultivation. (See Organic Garden project.)

Before you choose seeds and start planting, survey the nearby area for existing flowers and shrubs that will attract butterflies. Try to offset the nearby area by planting native species that are absent.

Plant annuals when there is no longer any danger of frost (Jimerson, 1987). Plant perennials and shrubs early in the spring, as soon as the ground can be worked on. Perennials are better since annuals are temporary and require replacing each year.

Plant different butterfly-attracting flowers to lure different species of butterflies to your garden (Brewer, 1981). Butterflies like nectar-producing flowers with large petals, leaves, or multiple florets to perch on. Bright red, yellow, pink, white and purple (in that order) are the most alluring colours to butterflies (Brewer, 1981).

Be sure to plant flowers with different growing seasons so that your garden will be in continuous bloom (Nesom-Brighton, 1978).

Large masses of flowers (particularly those that bloom in late summer) should be planted in sunny areas (Johnson, 1995).

Step 5:

Don't forget that caterpillars need food too. A caterpillar has different food requirements than an adult butterfly. Caterpillars prefer native plants, such as milkweed, nettle, and wild grasses (Nesom-Brighton, 1978). Different caterpillar species, like full-grown butterflies, have different food requirements; this is why you need to plant a variety of species (Nesom-Brighton, 1978). For example, monarch butterflies rely only on milkweeds at their larval stage.

Survey the area for plants that caterpillars like, and plant the varieties that are absent at the back of your garden. This will contain the caterpillars so they don't eat all of your plants. This is necessary if your butterfly garden is to be self-perpetuating.

List of Butterfly-attracting Plants

BE AWARE OF ALIEN SPECIES! Check with local organizations and guide books to ensure that the species you are planting are native.

NOTE: In Ontario, Milkweeds (all species) are listed in the Weed Control Act as noxious weeds and by law are required to be eradicated.

Alfalfa	Flame Azalea	Pearly Everlasting *
Black-eyed Susan	Flat-topped Aster *	Pincushion Flower
Boneseed	Fleabane	Primrose
Borage *	Golden Alexander *	Purple Coneflower
Butterfly Bush	Goldenrod	Purple Prairie
(Buddleia)	Grey-Headed	Clover *
Butterfly Weed	Coneflower	Purple Rock Cress
Canada Thistle *	Hawkweed	Snakeroot *
Candytuft	Hollyhock *	Spicebush *
Caryopteris	Honeysuckle	Summer Glory
Catnip	Hop Vine *	Sweet Alyssum
Cherry	Jewelweed	Sweet William
Chives	Joe-Pye Weed	Catchfly
Common Heliotrope	Lily	Viburnum
Common Lilac	Lupine *	Violet *
Common Stock	Marigold	White Clover *
Common Yarrow	Meadowsweet	Wild Bergamot
Coral Bells	Milkweed *	Wild Parsnip
Coreopsis	New England Aster*	Willow *
Dame's Rocket	New Jersey Tea *	Zinnia
Dogwood *	Orange Day Lily	* Also suitable for caterpillar food
False Indigo	Parsley *	

(Information selected from *Bringing Butterflies to the Garden*, Jo Brewer; *A Garden of Butterflies*, Maryanne Newsome-Brighton; and a list provided by Professor Alan Watson and L. Lamb, University of Guelph, The Arboretum, July 1989.)

INFORMATION SOURCES

Young Entomologists' Society, Inc. 1915 Peggy Place, Lansing, Mich., 48910-2553. (517) 887-0499

Evergreen Foundation. 24 Mercer Street, Toronto, Ontario, M5V 1H3. (416) 596-1495 FAX (416) 596-1443

Friends of the Earth, Global ReLeaf Program, 705-251 Laurier Ave. W., Ottawa, Ontario K1P 5J6 1-800-267-9607

See the Information Sources section for Projects II and III and the References section following Project IV for more information.

PROJECT II

Create a Wildflower Garden

A wildflower garden looks just like a miniature meadow. It can contain some of your favourite native wildflowers or a diverse mixture of flowers and grasses.

NEEDS**Needs**

Meadow wildflowers and grasses

Instructions

Obtain seeds or plants. Contact seed wholesalers.

INSTRUCTIONS

You will enjoy the aesthetic look of wildflowers and learn about the processes and behaviours of a natural ecosystem.

Step 1:

Choose a site.

Step 2:

Develop a plan for your project.

Step 3:

Obtain approval from the appropriate people to carry out your project.

Step 4:

- A. Rototill your site to allow for the circulation of air and moisture. This will help the seeds thrive by ensuring easy penetration for the roots and the stems they will sprout.
- B. To ensure adequate nutrients are present, fertilize the soil organically with compost, mulch, or manure. **DON'T USE CHEMICAL PESTICIDES OR FERTILIZERS.** This can harm the wildlife that will be attracted to your garden.
- C. Manually remove unwanted plants and use organic pesticides to maintain your garden. (See

section on Organic Gardening.) Don't keep the site highly maintained or manicured. Let your site grow a little wild so it can rejuvenate and sustain itself. Your goal is to have wildflowers!

Step 5:

Plant grasses and wildflower seeds. Wildflower seeds and grasses will compete with each other; for wildflower seeds to grow well, the best method is to rototill the area and seed by hand. If possible, transplant clumps of organically grown wildflowers to your site.

Step 6:

Allow fallen leaves and dead plants to stay in the garden. They will decompose and enrich the soil by returning their nutrients to the ground. This is an easy way to keep the soil conditioned throughout the life span of your garden.

Step 7:

Build a stone path that weaves throughout the garden or around its perimeter so that everyone can enjoy your garden without treading on the plants or compacting the soil. The path can be constructed from flagstone, stone dust, or wood chips.

INFORMATION SOURCES

Canadian Wildflower Society. Unit 12A, Box 228, 4981 Highway 7E, Markham, Ontario, L3R 1N1.

Wasowski, Sally. Winter, 1994 "Requiem for a Lawn-Mower". *Wildflower*, Volume 10(1).

See Sources of Information section in Projects I and III and the References section after Project IV for more information.

PROJECT III

Wild Landscaping

Wild landscaping can transform the appearance of urban, residential, and community sites. It involves much more design and planning than the previous two projects. Large trees, shrubs, ponds, large rocks, etc., are arranged to give a specific look to the site.

How you landscape your site all depends on your local climate and vegetation. For example, some areas are unsuitable for the planting of trees or the creation of ponds; however, meadow wildflowers may flourish.

NEEDS

Needs

Instructions

1. A list of native plant and animal species	Plant vegetation that attracts animals, insects, and birds, and plants that are visually appealing.
2. A contractor (optional)	You may need heavy duty equipment and specialized help if you plan to convert a concrete or asphalt site. The ground will need to be bulldozed and the scrap concrete hauled to a concrete recycling facility or to a disposal area.
3. CNH kit	The CNH kit provides instructions on planting trees and shrubs.

INSTRUCTIONS

Step 1:

- Develop a plan for your site.
- Consult with local naturalist groups, landscape architects that specialize in natural landscaping, and horticultural societies for help in selecting native species. These organizations can also help with information on ecosystem reconstruction and design.
 - Grow a variety of vegetation with staggered growth seasons to provide year-round food, water, and shelter for animals and birds (Toronto Environmental Alliance, 1993). Your lawn can be an active ecosystem and an aesthetically pleasing complement to your building.
 - Install tree stumps and boulders to give animals shelter and hiding places.

Step 2:

Obtain permission to carry out your project.

Step 3:

- Be sure to plant strategically.
- Allow for wildlife habitat, wind protection, and shade (Cheskey, 1993).
 - Since the site will be near other structures, be sure to account for the mature height of the plants and the growth of large roots. For example, the planting of large trees may impose upon a neighbour's carefully planned area of sunlight.
 - Consider that plants with extensive root systems (such as willows and poplars) may interfere with underground sewage systems.

Step 4:

- Include a stone path, benches, and information signs to encourage the community to enjoy the site.
- Safety and security should be considered in your design to discourage vandalism and litter.

Instructions (continued)

- Make the site accessible and well lit. Ensure the community learns about how it was created, what materials were used, and the purpose of the site (Cheskey, 1993; Federation of Ontario Naturalists, 1993; Toronto Environmental Alliance, 1993).
- You may want to build a border, such as a stone or wooden fence, hedges, or shrubs, for your site. This defines your site and keeps it contained.

Step 5:

Add to the site each year by introducing new species of plants or by including an organic vegetable garden, a compost site, a butterfly garden, or a fish pond.

Step 6:

Maintain your site by using organic pest controls, fertilizers, and weed controls. Refer to Organic

Garden section. If the site is close to other structures or within a neighbourhood, make sure the site doesn't appear neglected or unkept. This doesn't mean you need to maintain a manicured site.

You do need to prune trees and shrubs that become too large and might cause problems with nearby buildings (e.g. the previously mentioned problem of blocking a neighbour's sunlight). This also encourages healthy new growth. Keep the site free of litter.

Step 7:

Caring for and tending the site is just one way to enjoy the site. Watch the changes from season to season as new plants replace old ones in a perpetual cycle. Record the birds and other wildlife your site attracts, and watch your ecosystem at work.

PROJECT IV

Create an Organic Garden

GOALS:

- Have a chemical-free lawn and garden.
- Reduce the large amount of chemicals used for garden care to work toward cleaner air, soil, and water.
- Get in touch with nature and its growing process.
- Learn and gain an appreciation for how food is produced.

CHALLENGE

How are pesticides dangerous to wildlife and humans?

Pesticides are often chemicals manufactured by humans to control pests among food crops, lawns, gardens, forests, lakes, etc. The problem?

- Pesticides affect more than the pests they target. Potentially, any organisms exposed to the pesticide could be harmed, though not necessarily in the manner intended for the pest.
- Once the chemicals in pesticides are released in the environment they enter the food chain, the water cycle, the air cycle, and so on. Some of the chemicals persist in the environment for years while others concentrate and accumulate in organisms as they move through the food chain.
- The chemicals can be absorbed by plants and remain in the plant tissue.
- Some chemicals do not easily decompose and they remain on the surface of the plants or in the soil. Rain and wind wash the chemicals into streams, lakes, and rivers, thus harming and even destroying other beneficial organisms.
- Artificial fertilizers are notorious for creating havoc in ecosystems. They boost plant growth in surrounding rivers and lakes. When the plants begin to decompose, they eventually choke out fish and other oxygen-dependent life.
- Some pests develop resistance to these substances. In response, newer, more potent or different forms of pesticides are developed. To try to get rid of the resistant pests, some farmers increase the number of applications used.

FAST FACTS

- **Pesticides can be harmful chemicals. They're deadly to insects, weeds, fungi and unwanted pests. They're also harmful to humans and the environment.**
- **The production and use of many chemical pesticides are done without fully understanding their short or long term effects on human health and the environment (Brown et al., 1988).**
- **Chemical pesticides and fertilizers destroy the topsoil and the organisms in it. In time, these chemicals also make the soil infertile (Caldicott, 1992).**
- **Hectare for hectare, approximately 15 times more pesticides are sprayed over city lawns and gardens than country farms and fields (Ontario Waste Management, 1993).**
- **Only about 100 (0.01%) of the 1 million plus catalogued insect species cause about 90% of damage to fruit and vegetables (Ontario Waste Management, 1993).**

There are numerous examples, particularly in developing countries where environmental regulations are less strict, where the health problems of farm workers can be linked to the uncontrolled spraying of pesticides. The most well known example of the harmful effects of a pesticide is the use of DDT. Concentrations of DDT were linked to the weakening of egg shells of birds in both the United States and Canada. Although the use of DDT is banned in Canada and the United States, developing countries continue to use it.

CHALLENGE (continued)

Take a look at the list of ingredients and warnings found on the pesticides sold in stores across the country, and investigate the effects of the chemicals.

There are 4 types of pesticides:

- a) *Insecticides* control insects
- b) *Herbicides* control weeds
- c) *Fungicides* control fungi
- d) *Rodenticides* control rodents

SOLUTION

How can we safely repel various unwanted pests in our gardens and improve poor soil conditions without endangering human health and the environment? Rather than search for technological solutions, let's look to the past for tried-and-true methods of natural pest control.

Your group can create an organic garden on your organization's property or another community site.

FAST FACTS

- **Insects are crucial to the natural process of pollination. 90% of valuable U.S. crops are fertilized by insects (Caldicott, 1992).**
- **Plants can be grown organically. Our ancestors used organic methods for years.**
- **Organic methods restore the natural biological balance of once-depleted land.**
- **Organic methods reduce soil erosion, groundwater depletion, and air, water, and soil pollution caused by an over-dependence on chemical pest control (Hollender, 1990).**

SAFETY

Some natural pest control sprays may be harmful. For example, rhubarb leaf spray is poisonous if ingested and isn't suitable for use by young children. Take time to learn about nature's own toxicity laws.

NEEDS

Needs

1. A fair-sized fertile plot of land to accommodate vegetables, flowers, or plants

Instructions

Contact your municipality to determine whether there are community garden plots that you can rent. Your organization may have a potential garden site. A local park may have land that authorities can donate to your project. Local utility companies may allow their power-line right-of-ways to be used for garden plots.

2. A growing plan

Develop an outline of what you'd like to plant, the maintenance requirements, and the growing time.
It's best to grow species native to your area. Indigenous plants are adapted to your area's climate conditions and have a built-in degree of resistance to native pests.

Needs	Instructions
3. Vegetable or flower seeds that are derived organically	You can buy plants and flowers that have already been started organically at a nursery and transplant them to your garden. A good source for suppliers may be found in <i>The Organic Approach to Home Gardening</i> . (See the References Section on page 20.)
4. Cow manure, sheep manure, or finished compost	These are natural fertilizers that increase the nutrient level of the soil.
5. Gardening tools	A shovel, trowel, hoe, pitchfork, gardening gloves, and a bucket or hose for watering.
6. Natural pest control methods	This is discussed in Steps 9 and 10.
7. A budget	If you need some assistance in planning your budget, refer to the <i>Budgets & Fundraising</i> booklet.
8. A team of caregivers	These people are needed to set up the garden, maintain it, and harvest it. They will be rewarded by the results of their efforts.

INSTRUCTIONS

Here are some steps to get you started and to help you manage your organic garden project:

Step 1:

Contact local nurseries, your local/regional government, and agricultural groups to obtain:

- donations of land, seeds, plants, tools
- advice on how to grow an organic garden
- free seminars or workshops to help launch your project
- booklets, pamphlets, and additional contacts

Step 2:

Contact nurseries or garden centres in your area for information on what plants and vegetables grow well in your area. But be ready to give them information. They will want to know:

- the type of soil (clay, silty, etc.)
- the amount of sunlight the site receives
- how much rain/watering the site will receive
- how much time you want to spend maintaining the garden (Some plants may be more labour-intensive than others.)
- the turn around time (Do you want vegetables in a month? Are you willing to wait until the end of the summer for a harvest?)

Step 3:

Make sure your garden site is compatible with the plants you wish to grow.

- Does the site receive direct sunlight, partial sunlight, or no light at all?
- Is the site fertile and large enough to accommodate the quantity of vegetables, flowers, and plants that you want to grow?

Step 4:

You may want to test your soil's pH level to ensure it's suitable for your plants.

Step 5:

Check over any old vegetation lying on top of your garden site. If it's a weed, remove it and save it for your compost pile. (The weed and its seeds will be eaten and transformed into compost.) If it's not a weed, then break the plant up and turn it with the soil. Remove large rocks and boulders.

Step 6:

Condition your soil organically by continually adding compost to the soil to meet the plant's nutritional requirements. Dead leaves, mulch, manure, and other natural fertilizers are also options. Follow the recommendations from your soil test if deficiencies have been identified (Rubin, 1989).

Instructions (continued)

Step 7:

Dig and turn the soil to help loosen it, and break up chunks to allow better circulation of air and moisture. This will help your plants to take root.

Prepare your site in early spring when the soil is warm and dry (Rubin, 1989). Don't worry about earthworms, insects, and micro-organisms in your soil. They help condition the soil and produce food for your plants (Rubin, 1989). Keep adding compost to the soil as part of your regular garden maintenance.

Step 8:

Follow planting and growing instructions for seeds and young plants. Chart a schedule for watering and feeding.

Step 9:

To manually control weeds, just dig them out by the roots. This can be hard work. Make the task fun; do it with a friend! Continue to control the weeds by hand (if possible) during the seed stage and when the garden is in full bloom.

Step 10:

Use natural pest control methods.

- Use the pests' natural enemies, such as insects, plants, or animals to control the activities of the pests; for example, use ladybugs to eat the aphids that destroy your roses.
- Companion planting: Grow a plant that the insect dislikes next to the plant it likes.
- Use natural substances from plants and insects instead of artificial pesticides.

–Try natural pest controls such as rhubarb spray, red chili powder, a garlic and green onion mixture, or a ground bug “puree” (Troyer, p. 99) to keep harmful bugs from entering or remaining in your garden.

–The type of pest may change as your garden matures. Certain insects dine on seeds; others prefer young plant leaves, and some wait for the bountiful fruits, vegetables, or flowers to appear.

NOTE: Libraries, organic gardeners, farming associations, environmental organizations, and your provincial Ministry of Agriculture and Food may have information and books on how to prepare your own natural pesticides. Excellent suggestions for natural pest deterrents can be found in: *The Canadian Green Consumer Guide*, *Two Minutes a Day for a Greener Planet* and *The Organic Approach to Home Gardening*. (See Information Sources section and References section).

Step 11:

Harvesting should be a pleasure. Ignore the marks left by pests. Organically grown fruit and vegetables may not be perfectly unblemished in appearance, but they sure are perfect in taste and health!

Step 12:

When the plants' growing season is over, bury the remains in the soil. Turn the soil over a few times, and allow it to sit over the winter. As the plant decomposes, it will replenish the nutrients in the soil.

INFORMATION SOURCES

Canadian Nature Federation. 1 Nicholas Street, Suite 520, Ottawa, Ontario K1N 7B7, Tel: 613-562-3447 Fax: 613-562-3371

Canadian Organic Growers, Box 6408, Station J, Ottawa, Ontario, K2Q 3Y6. (613) 259-2967

Canadian Wildflower Society. 35 Bauer Crescent, Unionville, ON, L3R 4H3.

Canadian Wildlife Federation, 2740 Queensview Drive, Ottawa, Ontario, K2B 1A2. (613) 721-2286

Canadian Wildlife Service. Inquiries can be made at (613) 952-2418

Ducks Unlimited Canada. 1190 Waverley St., Winnipeg, MB, R3T 2E2. (204) 477-1760 or 1-800-665-3825

Federation of Ontario Naturalists. 1993. *Backyard Habitats*. 355 Lesmill Road, Don Mills, Ontario. M3B 2W8. (416) 444-8419 FAX (416) 444-9866

Earth Day Canada (for info on the Canadian Natural Highway). 144 Front Street West, suite 250, Toronto, Ontario M5J 2L7. Tel: (416) 599-1991 Fax: (416) 599-3100

Friends of the Earth. 251 Laurier Ave. W., Ottawa, Ontario. K1P 5J6. (613) 230-3352

Lamb, Marjorie. 1990. *Two Minutes a Day for a Greener Planet*. Harper-Collins Publishers, New York.

National Wildlife Federation. 1400-16 St. N.W., Washington, DC, 20036-2266

Nature Conservancy of Canada. 110 Eglinton Ave. W., 4th Floor, Toronto, Ontario, M4R 9Z9.

Outdoor Canada Magazine. 703 Evans Avenue, Suite 202, Toronto, Ontario, M9C 5E9. (416) 695-0311

Pollution Probe. *Organic Pest Control for Home and Garden*. Information package compiled by Pollution Probe. Supported by the Ontario Ministry of the Environment.

Mail order catalogues allow you to order specific varieties of wildflowers or mixtures. Look for these at gardening centres or ask at the library.

Trees Ontario. Suite 502, 150 Consumers Road, Willowdale, Ontario, M2J 1P9.

Troyer, Warner and Glenys Moss. 1989. *The Canadian Green Consumer Guide*. Prepared by Pollution Probe. McClelland & Stewart Inc., Toronto. pp 99.

University of Guelph, Guelph Ontario, N1G 2W1. Contact the Arboretum at (519) 824-4120 for information on naturalization.

Urban Wilderness Gardeners. Hill Cottage, 227 Kenilworth Ave., Toronto, ON, M4L 3S7.

Western Canadian Wilderness Committee, 20 Water Street, Vancouver, BC V6B 1A4, Tel: 1-800-661-9453 Fax: (604) 683-8229

Wildlife Habitat Canada. 7 Hinton Avenue North, Suite 200, Ottawa, Ontario, K1Y 4P1. (613) 722-2090

World Watch Institute. 1776 Massachusetts Ave. N.W., Washington, DC, 20036.

See the Sources of Information section in Projects I and II, and the References section on page 20.



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- Toronto Field Naturalists. Jan. 1993. *The Prototype for Schoolyard Guide for Schools and Communities*.
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CNH Tracking: We're on the Map!!

Tracking a program like the Canadian Natural Highway is important for a number of reasons:

- It makes it possible to keep track of how many CNH planting projects there are, and how many plants (trees, shrubs, wildflowers, etc.) that CNH participants are planting.
- It makes it possible for CNH partners to develop an overview of the planting activities in communities across Canada.
- It helps the partners determine which parts of the program work best for community planters, and what needs to be added or clarified.
- CNH projects become important milestones and resources for future planters.

Your successes and suggestions become the inspiration for new participants.

So...What's the Map?

Canadian Natural Highway partners are developing a mapping database that will:

- Plot a point on the map of Canada for every community where a CNH project has been planted.
- Allow us to “click on” to each point and open a map of that community.
- Allow us to “click on” to each CNH project in that community and open a file that contains all the information we've tracked on that project.
- Cross-reference all CNH projects with each other, so that the projects can become resources to each other.
- Allow us to publish the first CNH Map following the 1995 planting season, and new ones each year thereafter.

On the next page is the first tracking report for your Canadian Natural Highway project. Use it to track the elements of your project, and send a copy to us so we can put your project On the Map!

CANADIAN NATURAL HIGHWAY PROJECT FORM

Photocopy and mail to Earth Day Canada, 144 Front Street W., Suite 250, Toronto, Ontario M5J 2L7
or Fax: (416) 599-3100.

Participating Organization or Group: _____

Address: (Street) _____

(City) _____ (Province) _____

(Postal Code) _____

Phone: () _____ Fax: () _____

Contact person(s): _____

YOUR CNH PROJECT

Location of project _____

Your primary goal _____

Date project commenced _____ Date completed _____

Number and species of plants planted _____

Did you have volunteer help? Yes No Professional help? Yes No

Who helped with the project (community volunteers, colleagues, students, etc.)? _____

How many people were involved in planning and planting? _____

Financial assistance received from:

- business
- government
- foundation
- Tree Plan Canada
- own fundraising

What CNH material was most useful to you? _____

Comments: _____

Project Safety Guidelines

This is only a brief list of safety procedures. You can get complete safety procedure information from St. John Ambulance and the Red Cross.

1. Have an emergency kit available at all events and locations. Include the following:

- Bandages, gauze (squares and wrap), medical tape, disinfectant
- Tension wrap
- Disposable rubber gloves
- Corn syrup for diabetic assistance
- Aspirins
- Scissors, tweezers, pen light, flashlight
- Long piece of rag to use as a pressure clamp

Optional items—we strongly recommend you include:

- Laminated recipe cards with written instructions for medical procedures and emergency numbers
- Cold packs
- Large blanket, and towels or cloths for cleaning and absorbing

- 2. Insurance:** Liability insurance is an absolute must for your event. Ask landowners for the requirements. Find out if liability insurance is offered through your own organization or through the landowner's policies.
- 3. Indemnification forms:** People may be required to sign indemnification forms to ensure that the property or facility owners will not be sued for injury or harm experienced during the event.
- 4. Notify others (appropriate authorities, parents of participating youth, etc.) of plans.** Always make sure other people are aware of your location, schedule, and plans.
- 5. Information on health regulations:** Contact your local Health Department for guidelines.
- 6. Information about fire regulations and codes applicable to your event.** Contact your local fire department for information and assistance.
- 7. Fire safety equipment:** Always have fire safety equipment nearby in case of fire.

SAFETY GUIDELINES FOR YOUR PROJECT

Always make sure supervisors, team leaders, and participants are fully aware of all safety procedures.

- Supervisors and team leaders must instruct participants of these procedures and ensure that they are carried out.
- Remember to give special attention to young children.

USE COMMON SENSE!

Many natural or wilderness sites are safe in areas managed by your municipality's Department of Parks and Recreation or Parks and Property Department. When visiting nature sites, individuals and groups **MUST ADDRESS SAFETY HAZARDS.**

The following guidelines are recommended by David Stonehouse of Bring Back the Don, a Toronto-based environmental organization:

1. In isolated areas, **LOCATE** the nearest telephone lines for access in case of an emergency. Research the area well and keep your group together.
2. Broken glass, rusty nails, animal waste, and used hypodermic needles are periodically found in outdoor sites as well as on school play grounds. **PREPARE** your group for dealing with needles and other kinds of garbage. **DEVELOP PROCEDURES** for handling and disposing of these items.
3. **NOTE** that rivers, streams, and creeks are subject to flooding, especially in the spring. The water quality may be poor, so don't enter or drink the water.
4. Participants **SHOULD PROTECT** themselves from the sun by using UV rated sunglasses, hats, long clothing, and sunscreen.
5. Participants **SHOULD PROTECT** themselves from contact with certain types of plants, such as poison ivy, by wearing clothes that cover their arms and legs.
6. **ENSURE** that participants **DON'T CONSUME** plant material.
7. **WEAR** appropriate clothing to accommodate the type of clean-up project and the weather conditions.
8. **PROTECT** skin when touching water.

ATTENTION ALL EARTH DAY ORGANIZERS!

TIPS ON TRADEMARK:

The words Earth Day and the Earth Day logo are registered trademarks belonging to Earth Day Canada. The trademark was originally filed in 1989.

Earth Day Canada encourages community-based Earth Day organizers to use the words “Earth Day” to identify and promote their Earth Day activities and year-round positive environmental projects.*

The trademark registration serves to protect the integrity of the mission and founding principles of Earth Day, and the work of thousands of volunteer organizers like you.

HELP US MEET THE LEGAL REQUIREMENTS TO PROTECT AND MAINTAIN THIS TRADEMARK by observing the following guidelines:

- Use of the trademarked words and logo for commercial purposes **MUST BE APPROVED IN WRITING** by Earth Day Canada. This includes retail and corporate promotions and all products.
- Use of the trademarked words and logo for sponsorship purposes **MUST BE APPROVED IN WRITING** by Earth Day Canada**.

Earth Day Canada will work with you on any commercial or sponsorship programs you may wish to develop. If you are a commercial or business-based group (e.g. a retail store or an employee group), your internal Earth Day events are volunteer, not commercial or sponsorship programs. For external promotions, please contact us.

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**Rule of thumb: Your sponsors may be listed on your posters, brochures, and other materials as sponsors of your Earth Day project. Sponsors cannot be granted the right to use the Earth Day trademark on any of their external materials without Earth Day Canada’s written approval.

***We’ll tell you why no one remembers why Mothers Day was founded!