



The Lake Huron Centre for Coastal Conservation

June 2019

Keeping a Great Lake great since 1998!



Summer Solstice Yoga on the Beach



Join the Yoga Den in celebrating the summer solstice of 2019. Attendees will have the opportunity to perform 108 sun salutations on the beach while watching the sun set over the water.

This event will be fun and enlightening for all who attend. Summer solstice yoga is practiced with the intention of creating unity and peace, as well as renewing personal and spiritual commitments to oneself. It is a time of celebrating renewal (and it will be a lot of fun!).

All levels are welcome and a \$10 donation is suggested or pay what you can. The Yoga Den is generously donating proceeds from the Summer Solstice event to the Coastal Centre!

The event will be held at the beach in Goderich on June 21st.

Find out more on the Yoga Den's Facebook page [here](#).

Bike for the Beach Fundraiser Results!



Bike for the Beach

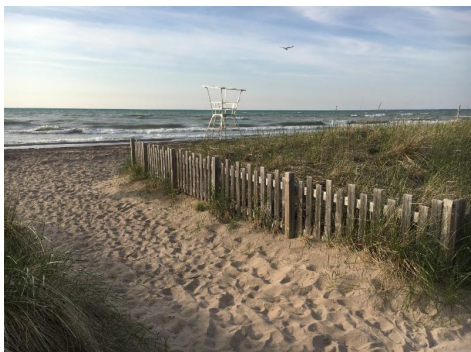
Coastal Centre staff member Daniela participated in a biking fundraiser for the Coastal Centre with radio DJs Matt and Fadi from Country 104.9. They traveled 137 km on the Goderich to Guelph (G2G) trail. Proceeds from this event go to our projects related to coastal education and restoration. In particular, education on invasive species, coastal processes, and linking what we do on land to the lake.

There is an interdependent connectivity that exists between the land and the lake. Increasing our awareness of this can significantly help to heal our lakes. For example, by practicing agricultural and woodlot best management practices, we can significantly help to reduce damage to wetlands and lakes. Along with being wonderful carbon sinks, healthy forests act as “living filters” that soak up excess nutrients from farmlands that otherwise would enter our lakes. Additionally, healthy woodlots create sturdy soil that helps keep the structural integrity of the land intact, reducing coastal erosion. The trees, oceans, and lakes are all in this together – lets join them!

The Coastal Centre is so grateful to everyone who donated in support of Bike for the Beach! You helped us raise **\$1,050!**

For more information go to our website [here](#).

Friends of Sauble Beach



Erinn from the Coastal Centre will be in Sauble Beach June 8 for a presentation on the importance of preserving our coastal wetlands, beaches, and sand dunes.

The Green People Survey

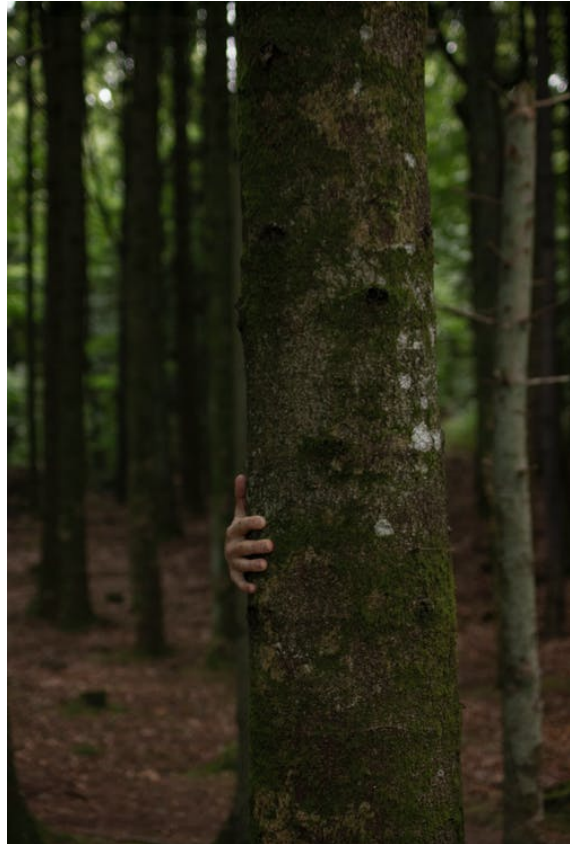
Through the generous funding provided by the Ontario Trillium Foundation, we are working to create a healthy coastline with vibrant communities on Lake Huron. In order to learn and share our learning with coastal communities, the Foundation has requested that the Coastal Centre survey residents to ask what they value most about the environment.

We welcome you to fill out the Green People Survey - it will take about 5 minutes to complete. The survey questions and parameters were prepared by Forum Research for the Ontario Trillium Foundation and therefore were not prepared by the Coastal Centre. If you wish to remain anonymous, do not fill in the final page of the survey, the survey results are not matched with participants in any way. Please note the Pre and Post option is not applicable for this survey and a Participant ID is not required.

Thank you!

To complete the "Green People" Survey, please click on the button below.

[Take the Survey Here!](#)



The Great Migration - No "Egrets"



Lake Huron's shoreline is recognized as a regular fall and spring migration area. Birds often migrate thousands of kilometers to get to and from their destinations, warranting a few breaks in between. There are many islands, sand bars, and coastal woodlands along the coastal fringe of Lake Huron that create a reliable pit stop for birds to rest and regain their strength, as the weather on the Great Lakes can be unforgiving.

Migrating back home to the North from the South is integral to their survival. If they were to stay in the South there would be more competition for resources for both the migratory birds and the species native to that area. In the spring when birds arrive back up North, birds take full advantage of the increase of newly hatched insects emerging from the new vegetation growth.

MacGregor Point Provincial Park near Port Elgin provides excellent bird watching opportunities during peak migratory season. For a chance to experience and learn more about bird migration, the annual Huron Fringe Birding Festival is held on the first two weekends after the May long weekend. The festival includes guided day & night hikes to learn how to identify different species of not only birds, but insects, wildflowers and butterflies.

For more information on birding events around the area, click [here](#).

We're all in this together!

It's easy to imagine that individual plants in ecosystems are in competition with each other for root space, sunlight, and water, however, the opposite appears to be true. It is suspected that almost everything in any type of ecosystem works together as a unit (with the exception of invasive species).

In each ecosystem there is a sense of oneness, as opposed to a feeling of 'every plant for itself.' Not only is this true in individual ecosystems, but this idea of oneness and the interconnection of plant and animal species working together extends from our land to our lakes, as well as to every other part of our beautiful, complex planet.



Like animals and plants in lakes, forests work together too! Studies have been done that suggest that trees communicate with each other (even with trees on the other side of the forest) through mycelium (mushroom roots). They warn each other of incoming plant diseases, older trees are believed to send nutrients to smaller trees, and it's likely that ecosystems communicate and work together in ways that we have yet to discover. On a larger scale, in-land and water ecosystems work together to eliminate toxins in the soil, water, and air to create healthier living spaces for each other. Moreover, coastal forests help lakes by creating healthy root systems that reduce erosion, just as the dune grass works to reduce erosion closer to the actual lake.

These ecosystems also work together, but there is a transition, or "riparian" zone of species that bridge the land and the water wherein plant and animal species connect the two systems, such as dune grass on a beach, or plants that live along a stream that provide shade for the aquatic species in that stream.

Not only do ecosystems in close proximity to one another work together, but every ecosystem in the world is connected. For example, many ecosystem types are carbon sinks (wetlands are especially great carbon sinks), so they help to reduce the global temperature. We are all in this thing together!



The Lake Huron Centre for Coastal Conservation supports environmental efforts along the Canadian coastline of Lake Huron. We foster communication and partnerships between environmental agencies and organizations, working towards a sustainable and resilient coast. We provide education, resources, and information on lake-wide issues and our programs reflect the inter-connectivity between land and water.

DONATE TODAY!

Follow our social media for updates about our upcoming events and some interesting quick facts about Lake Huron and its coastal ecosystems!

