

MARCH 2010

TEN TIPS FOR SAVING THE EARTH:

1—Reduce the number of times you flush the toilet. Subscribe to the adage: If it's yellow, let it mellow. If it's brown, flush it down.

2—Reduce your junk mail by registering with the Canadian Marketing Association's Do Not Contact Service.

3—Save the water you use to cook pasta or steam veggies. Let it cool, then use it to water your plants.



4— Set your printer for duplex printing, so you can use both sides of the page.

5—Make your own green cleaners.

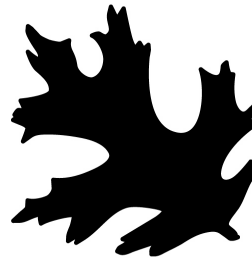
6—Opt for cloth napkins instead of paper ones.

7—Shop locally.

8—Support programs like Not Far From the Tree and Foodshare's Good Food Box.

9—Open your curtains and let the sun shine in!

10—Reconsider the use of disposable products: one-time use dusters and mops, feminine hygiene products and baby wipes.



**High Park
Nature Centre**

Nature does not hurry,
yet everything is accomplished.
~Lao Tzu



**HIGH PARK SPRING
EGG FUN DAY**

Hosted by the
High Park CAC
at Colborne Lodge

**Indoor Crafts
Egg Hunt
Egg-in-Spoon Races
Egg Dyeing**

**Sunday, March 28th
12 noon to 3 pm**

Visit www.highpark.org
for more information

Proceeds will assist in the
maintenance of the
Jamie Bell High Park
Adventure playground and
other programs
in High Park

High Park Nature Centre
430 Parkside Drive
Toronto, ON
M6R 2Z3

PHONE: 416-392-1748 ext 6
FAX: 416-762-9640
naturecentre@highpark.org
www.highparknaturecentre.com



**LOOK FOR US SOON
ON TWITTER AND
FACEBOOK!**



SPRING PROGRAM REGISTRATION!

Spring Program Registration will take place on **Monday, March 22nd**, starting at **8 am**. Nature Centre staff will be ready to receive your registration form(s) and payment at **8 am** on a **first-come, first-serve** basis. Visit www.highparknaturecentre.com for more information and to download our registration form!



SPRING 2010 PROGRAMS AND DATES		
Knee-High Naturalists Tuesday Club	3—5 years old	\$65 each child
A program	9:30 to 11 am OR 1:30—3 pm	April 6 & 20 May 4 & 18 June 1 & 15
B program	9:30 to 11 am OR 1:30—3 pm	April 13 & 27 May 11 & 25 June 8 & 22
Saturday Morning Naturalist Club	6—8 years old	\$75 each child
	9:30 am to noon	April 10 & 24 May 8 & 22 June 5 & 19
Ramblers Hiking Club	8—10 years old	\$75 each child
	9:30 am to noon	April 17 May 1, 15 & 29 June 12 & 26

GREEN TORONTO AWARDS!

The High Park Nature Centre is a finalist for the Environmental Awareness Award from Green Toronto! We are thrilled to be recognized! Green Toronto will recognize our great green work in several ways:

- added to their website - www.toronto.ca/greentorontoawards
- featured in a special insert of the Green Living Magazine/Green Living Show Guide
- included in the Green Toronto Award display at City Hall
- honoured at the Award Ceremony on April 23, 2010 at the Direct Energy Centre
- included in the Finalists video which will be played at the award ceremony

We'll keep you posted!