

## Thursday, May 25, 2023

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### Lake Scugog Enhancement Project Open House

Date and Time: Thursday, May 25 04:00 p.m. - 7:00 p.m.

Address: 181 Perry St, Port Perry, ON L9L 1B8

The Township of Scugog, in partnership with Kawartha Conservation and the Scugog Lake Stewards, has completed a draft design for the [Lake Scugog Enhancement Project](#). The design is based on the preferred solution developed through the recently completed Municipal Class Environmental Assessment. The Project will increase boating access and other recreational uses such as paddling and angling. It will also improve stormwater treatment, enhance tourism, and increase fisheries productivity in Lake Scugog.

Please join us at a [Public Open House](#) to review the draft design and provide input for consideration as part of finalizing the design.

The Open House will be held Thursday, May 25, 2023 from 4pm - 7pm at the Municipal Office located at 181 Perry Street, Port Perry, ON (Council Chambers, 2nd floor).

## Friday, May 26, 2023

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### Garlic Mustard Pull at Ken Reid Conservation Area

Date and Time: Friday, May 26 09:30 a.m.

Address: 277 Kenrei Rd, Lindsay, ON K9V 4R1

Join Kawartha Conservation on Friday, May 26 for the 14th annual Garlic Mustard Pull at Ken Reid Conservation Area in Lindsay, Ontario!

Kicking off at 9:30am, volunteers and staff will meet at the former beach parking lot to begin removing invasive garlic mustard plants by hand. Volunteers are welcome to stay for as long as they are able, with the event finishing once all garlic mustard plants have been removed.

Volunteers must bring appropriate clothing and gear for the day, which includes a hat, gloves, long pants, close-toed shoes, and any water or snacks as desired. Kawartha Conservation will supply bug spray, sunscreen, gloves (if needed), waste bags, and a brief orientation to review safety protocols with all participants.

We can't wait to see you there!

To learn more about garlic mustard, visit <https://www.ontario.ca/page/garlic-mustard>.

### Forest Therapy Walk at Ken Reid Conservation Area

Date and Time: Friday, May 26 10:00 a.m. - 12:00 p.m.

Address: 277 Kenrei Road

Join certified Forest Therapy Guide, Kristie Virgoe on a two-hour mindfull 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, with all proceeds being donated to the Kawartha Chapter of the Canadian Mental Health Association.

<https://Calendar.kawarthaconservation.com>