

# Nature Near Home

October 2022

Connecting with nature helps improve our mental and physical health. Discover ways to connect with and learn about nature near home.



## Community Clean Up - You're invited!

This month, we're delighted to provide your very own 'Clean Up Bundle' with free litter collection bags and gloves. When you take a walk and collect litter, you join with almost 10,000 community members of all ages this year who are cleaning up our parks, schoolyards, creeks and neighbourhoods.

[Learn more!](#)

**Water Watching!** If you can take a short walk to watch some water, see if you feel its calming, energizing and comforting benefits. Watching videos or listening to water sounds works too! How do you feel when you gaze at your nearby creek, pond, fountain, or Lake Ontario?



**Nature is busy in October!** When you look out your window, sit outside your door, take a walk, or relax on a park bench, what's nature up to? Do you see chipmunks and squirrels collecting acorns and munching on pinecones? Are there seeds on some of your favourite trees or flowers? Can you spot milkweed releasing downy seeds into the wind?



*Practice a safety-first approach including Halton COVID-19 safety guidelines to ensure your personal safety and those around you prior to choosing to participate in any eco-activities or tips shared by BurlingtonGreen.*

For more information:  
[www.BurlingtonGreen.org](http://www.BurlingtonGreen.org)

Call 905 975 5563      Email [BG@BurlingtonGreen.org](mailto:BG@BurlingtonGreen.org)  
Eco-Hub: Burlington Beach – 1094 Lakeshore Rd Burlington

# Join in BurlingtonGreen's 12th Annual Clean Up Green Up!



community  
**clean up**  
**green up**

12th  
Year



**HELP US CELEBRATE**

**12 YEARS OF**

**COMMUNITY CLEAN UP!**

## STAY SAFE!



Wear gloves & wash your hands

Stay on paths and know your limits



Watch for traffic and be aware!

Review & follow Halton's COVID guidelines & restrictions



Don't pick up medical waste, oil cans, dead animals, sharp objects, chemicals or unlabelled containers

Report suspicious or concerning items to the City of Burlington



Participate in this popular city-wide initiative to clean up litter from local parks, creeks, school yards, and neighbourhoods!

### Ways to Join:

- 1 On your own.** Get outside for a short or long walk with a garbage bag and gloves, and maybe a litter picker or reaching tool if you have one.
- 2 With a friend.** Invite a neighbor, friend or family member to join you - maybe they can clean up the litter while you cheer them on!
- 3 Follow the Stay Safe tips below and take photos** to remember your fun and rewarding day helping local nature.
- 4 REQUIREMENT:** register your clean up in advance at [www.burlingtongreen.org](http://www.burlingtongreen.org)
- 5 Let us know how your clean up went** by sending an email to [cugu@burlingtongreen.org](mailto:cugu@burlingtongreen.org) or calling 905-975-5563 and sharing your name, where you cleaned up, how many people participated, how many bags you collected, and an optional photo.