



YREA Spring 2019 News & Views



After the first day of spring, it is never too soon for pansies. They survive late snows & cold & attract early butterflies like Spring Azure & Eastern Comma. You can also sow cold hardy seeds such as spinach, kale & assorted salad greens as soon as ground can be worked. They will bounce back after any late frosts.

LIGHT POLLUTION - DON'T CONTRIBUTE TO IT

Obtrusive artificial outdoor lighting disrupts wildlife and ecosystems and has adverse human health effects. In disrupting ecosystems, light pollution poses a serious threat to nocturnal wildlife, having negative impacts on plant and animal physiology. Lights attract mosquitos & predators, keep **fireflies** away, confuse migratory patterns of animals and diminish the important role of nocturnal pollinators such as moths & predators such as bats. With respect to adverse health effects, humans are dependent on natural body cycles called circadian rhythms and the production of melatonin, which are regulated by light & dark - day & night. If we are exposed to intrusive light during the night, melatonin production is suppressed. This can lead to sleep disorders, headaches and fatigue. Of greatest concern is bluish light. Blue means day, which tells the brain that we are supposed to be up. What you can do:

- * Do not use white, blue or LED lights (often found in poke in the ground sets).
- * Resist overkill with the linear airport runway look.
- * Do wildlife a good turn by eliminating all lighting adjacent natural areas.
- * If you need security lighting, use sensors or timers, otherwise skip the lights.

There are a handful of communities with lighting bylaws across Canada, but **municipalities could do more**. Or we could wait for another blackout to enjoy the fireflies, stars & night sky. *Photo of fireflies in our header [National Geographic](#) blog*
Photo below of Toronto blackout before & after by Todd Carlson



REPAIR CAFES ARE SPRINGING UP EVERYWHERE

It is estimated that one product successfully repaired at a Repair Café can prevent up to 24 kilos of CO2 being emitted. Check out up & coming cafés in [Aurora](#), [Toronto](#) and [your town or city](#).

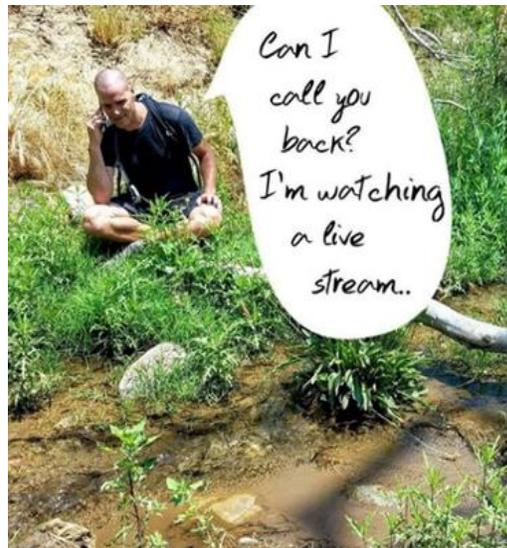


LOCAL LEGUMES

In YREA's continuing advocacy of the benefits of eating organic, we are thrilled to announce that we can now source a variety of beans from [Fresh Acres Farm](#) in King and Clearview Townships by ordering online for delivery or [pick up](#). Not only will eating local beans align with the new Canada Food Guide which advises us to eat more plant based foods, but supporting local agriculture reduces the carbon footprint of food transport by 11%. Buy some beans then try this delicious [black bean soup recipe](#).

NATURE DEFICIT DISORDER AFFECTS US ALL

Not only children but also adults suffer from [nature deficit disorder](#) (NDD). As we become more urbanized, wild places are being sacrificed to make way for playing fields. Yes, playing fields encourage athletes, but we also need wild spaces to provide the environment which will nurture diverse citizenry such as artists, biologists, naturalists, photographers & scientists as well as athletes. Or engineers - like [Georges de Mestral](#) who invented Velcro after an inspiring walk in the woods. NDD can impact a wide range of health issues including ADHD, stress, creativity and cognitive function. Green spaces are vital for our wellbeing. Let's leave our technology behind to enjoy our forests & wilds. They need to be preserved.



WONDERFUL THINGS TO DO IN TORONTO,
YORK REGION & THE GTA

Come visit YREA's table at [Vaughan Earth Hour](#), March 30,
6pm

See us at [Richmond Hill Healthy Yards](#), May 25, 10am-2pm
where residents can buy native plants & anyone from York
Region can buy composters & rain barrels



See [full calendar](#) of
exciting TRCA
activities. Connect
with nature in [York
Region](#) for some
outdoor enrichment.

CALL FOR NEW YREA BOARD MEMBERS

We welcome any resident from York Region to [contact us](#) to discuss
your interest in serving as a volunteer board member.

ATTENTION YREA DONORS!!

Mark your calendar. We will be hosting a Trillium
hike & annual donor appreciation social May 26th.
Stay tuned for details coming soon.

[DONATE
NOW](#)

BROWSE YREA's [WEBSITE](#) & FOLLOW US ON [FACEBOOK](#) FOR ECO-NEWS