

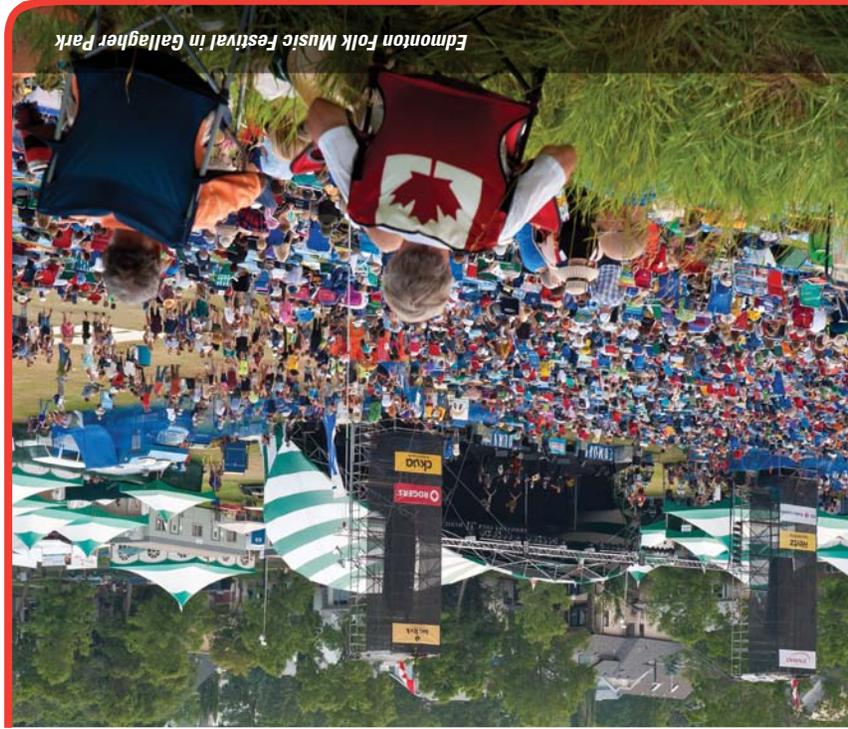


FSC LOGO  
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Explore other BioKits and complementary activities by visiting [ec.gc.ca/biotrousses-biokits](http://ec.gc.ca/biotrousses-biokits)

Photo: © City of Edmonton



Edmonton Folk Music Festival in Gallagher Park

The Edmonton Urban BioKit is an adaptation of the Urban BioKit.

**PRODUCTION TEAM**

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 @ Tom Reichner/ Shutterstock.com

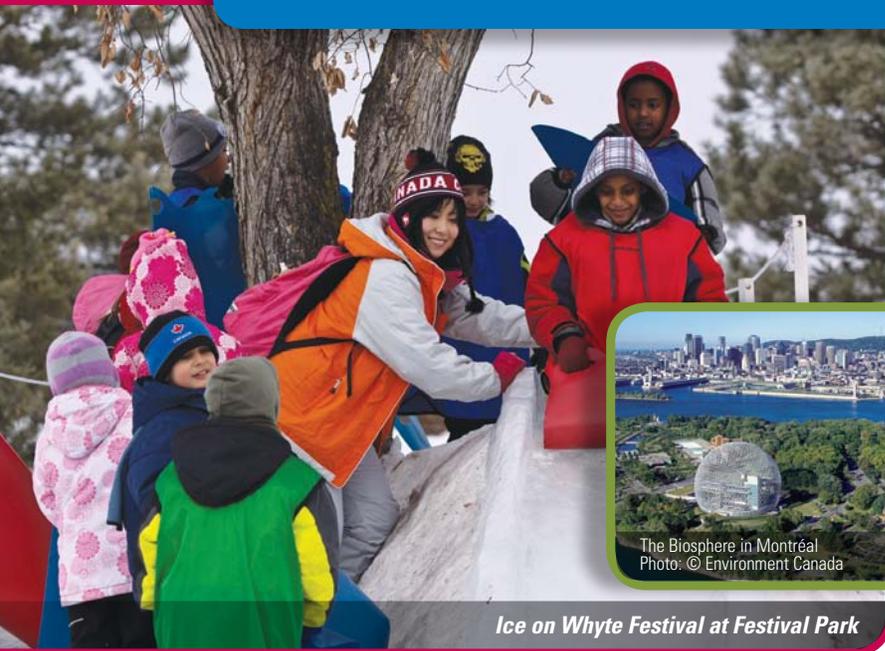
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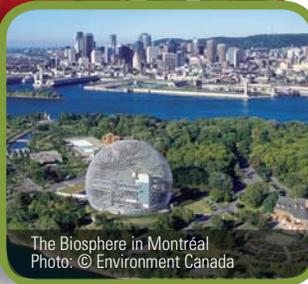
Biosphere  
**URBAN**  
**BioKit**  
**EDMONTON**



# Four Seasons of Fun for the Whole Family!



Ice on Whyte Festival at Festival Park



The Biosphere in Montréal  
Photo: © Environment Canada

## NATURE AT YOUR DOORSTEP

Do you like to visit parks? Edmonton has many parks, including the North Saskatchewan River Valley park system, which is one of North America's longest stretches of parkland. Families and friends can enjoy many fun and safe activities in the city parks all year round.

Edmonton's parks are also places where you can have fun discovering and learning about nature. You can see a variety of birds, plants and animals, especially in parks with trees and ponds. The City of Edmonton has partnered with Environment Canada's Biosphere to provide you with this nature activity booklet.

Environment Canada's Biosphere, located in Montréal, is a museum dedicated to the environment. The Biosphere develops many activities for people all over Canada in order to get Canadians interested in the environment and to take action to protect it. Have fun!

Photo: © City of Edmonton

Biosphere: [ec.gc.ca/biosphere](http://ec.gc.ca/biosphere)

City of Edmonton: [edmonton.ca](http://edmonton.ca)

*Spend time in parks and natural areas...  
and share your experiences.*

## What is an Urban BioKit?

It is a guide to help you learn about nature in the city. The guide suggests some activities you can enjoy when you explore nature in Edmonton.

## Here is how the BioKit works

1. Choose a park to visit.
2. Bring a pencil and paper and if available:
  - measuring tape
  - camera
  - magnifying glass
  - crayons
  - GPS unit
  - plant and animal guidebooks
  - binoculars
  - pocket mirror
  - paint set
3. On your way to and from the park, look at and listen to what is around you.
4. When you're back home, discuss your park visit with your family and friends.  
Go to the [BioKits website](http://ec.gc.ca/biotrousses-biokits) to explore all Biokits.



Photo: © Government of Alberta

Visit the BioKits website [ec.gc.ca/biotrousses-biokits](http://ec.gc.ca/biotrousses-biokits) to see which city parks have more information you can print and take along on your park visit.

The **bold and underlined** words are defined in the glossary at the end of this document on pages 38–39.

In the electronic version of this guide, **highlighted** words are hyperlinks to a website.



# Today I Am Visiting

See "Edmonton's Parks," Page 36  
See "Getting to the Parks," Page 36



**FIND OUT MORE**



Photo: © Gerald Romanchuk

Park visited: \_\_\_\_\_

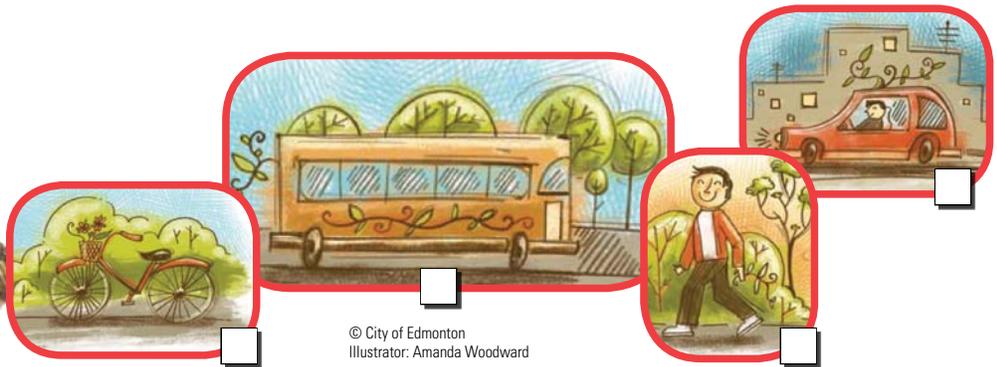
Date: \_\_\_\_\_

Departure time: \_\_\_\_\_

Return time: \_\_\_\_\_

GPS coordinates (optional): \_\_\_\_\_

How did you get to the park? (check one)



© City of Edmonton  
Illustrator: Amanda Woodward

Call 780-468-4940 or visit [weatheroffice.gc.ca](http://weatheroffice.gc.ca) to find out today's forecast.

## WEATHER

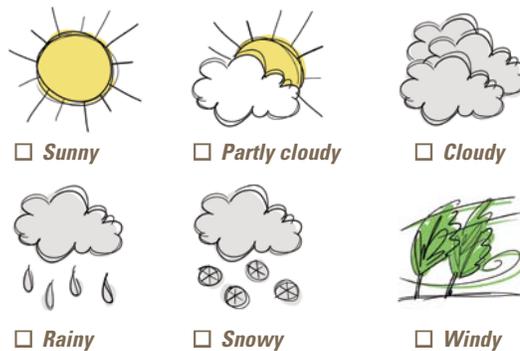
Temperature: \_\_\_\_\_ °C

### Eco-friendly tips for park visitors:

- Please do not pick flowers or other plants.
- Stay on trails.
- Use provided fire pits for cooking and campfires.
- Enjoy watching the wildlife quietly and from a distance.
- Please put garbage in garbage cans.

Visit [leavenotrace.ca](http://leavenotrace.ca)

Today the weather is:



© Environment Canada  
Illustrator: Caroline Brunet

The season is:



© City of Edmonton  
Illustrator: Amanda Woodward

*Weather conditions, seasons and the time of day all influence which animals you may see at the park. Furthermore, some flowers only open at specific times of the day. Visit this park during a different time or season for new discoveries!*

# Park Visit

## A PLACE TO ENJOY!

Take a deep breath and look around you.  
Describe what you see and how it makes you feel.

---

---

---

Circle the words that best describe the smell of the air:

fresh    clean    polluted    dirty    stinky    fruity

other \_\_\_\_\_

## Where are the smells coming from?

### Did you know...

This confident, clever bird is the subject of myths and **legends** in many cultures. In Chinese culture the magpie is known as a messenger of good fortune. In European folklore it is a thief.

**Talk about an animal legend or myth from your culture with the people around you.**

### Did you know...

Some people think the sounds of the Black-billed Magpie are too loud and not musical. But most people agree that it is a very beautiful and smart bird. It builds large nests of sticks in trees, even along busy streets. The nests are easily seen in the fall and winter when the trees have no leaves.



Photo: © iStockphoto.com/HeathBurro



**Black-billed Magpie** (*Pica hudsonia*)  
Photo: © Gerald Romanchuk



Lichen on a tree trunk – Photo: © Terri Perron

## Looking for Lichens

The variety and quantity of **lichens** growing on tree trunks can tell us about air quality. Lichens are thin crusty growths on trees or rocks. Many lichens are sensitive and die when air **pollution** levels are high.

**Look at the tree trunks near you**

- Do you see any lichens?
- Do you see different types of lichen?

## CRICK, CRACK, TWEET!

- *The sounds in our **environment** affect our health.*
- *Close your eyes and listen.*
- *Write down the sounds you hear and circle the sounds you enjoy:*

*From nature:*

---

---

---

*From human activity:*

---

---

---



**Trembling aspen** (*Populus tremuloides*) – Photo: © P.J. Cotterill

### Did you know...

*The sound of trembling aspen leaves flapping (or trembling) in the wind is heard often in the parks. This tree is also called aspen poplar.*

# Something in the Air

Trees release oxygen through their leaves.

1. Find a large flat leaf and a small needle-like leaf. Now rub them with your fingers.
2. Does one leaf feel waxy like a crayon? Why do you think some leaves are waxy?
3. Smell your fingers. Do you recognize the different smells?
4. Why are some leaves flat and wide?



The atmosphere is the layer of air that surrounds the Earth. It protects us from the sun's harmful rays, and regulates our climate. This air is made up of different types of gases that we breathe all the time. Every living thing needs the atmosphere to survive.

## Eco-friendly tips for clean air:

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- Walk.
- Use your bicycle.
- **Carpool.**
- Take the bus.
- Turn off your car when you are not driving.

### Did you know...

Every day one mature tree releases enough oxygen for four people to breathe. Plants take carbon dioxide from the air and water from the soil. They use energy from the sun to turn these things into their own food. Oxygen is released during this process.

ANSWERS  
 2. The wax reduces water loss.  
 4. Flat, wide leaves can capture more sunlight, which they need to make their own food.

# Urban Biodiversity



Black-capped Chickadee  
 (Poecile atricapillus)  
 Photo: © Gerald Romanchuk

## What is biodiversity?

There are millions of species on the Earth. The variety of life on Earth is called biological diversity (biodiversity). Edmonton's different types of natural areas provide homes for many plants and animals. Natural areas include river, ravine, wetland and forest.

## What is growing around here?

What type of natural area are you in today?

What is growing here?

Are the trees healthy? Look at the leaves. Are they spotted, insect-eaten or yellow?

How many boxes can you check off? Keep looking, you may discover new species a little further on.



Ferns



Conifers



Grasses



Mosses



Deciduous trees



Other flowering plants



Others

# Ribbon of Green

The North Saskatchewan River park system runs through the middle of Edmonton. It forms one of the largest stretches of city parkland in North America. We call it the "Ribbon of Green." The parks have many walking and biking trails to enjoy. It is also an important area for wildlife movement.

Photo: © City of Edmonton, Office of Biodiversity



Voyageur Canoeing Program on North Saskatchewan River

Photo: © City of Edmonton, River Valley Programs

## Did you know...

City of Edmonton Park Rangers watch over the river valley and other parks seven days a week! They help keep these areas safe and enjoyable.

Photo: © City of Edmonton, River Valley, Forestry and Environmental Services

## FIND OUT MORE

See "Get Involved," Page 35

See "Programs, Clubs and Events," Page 36

Have you noticed anything dangerous for humans or wildlife in this park (broken glass, illegal fire pits, plastic bags, etc.)?

Contact City of Edmonton Park Rangers by calling 311 or emailing: [parkrangers@edmonton.ca](mailto:parkrangers@edmonton.ca)

Emergency phones are provided in many parks.

# Fresh Water... yours to protect

In Edmonton, the river, streams, lakes, **wetlands** and groundwater are very important for sustaining **local** biodiversity, including humans! Did you know that we get our drinking water from the North Saskatchewan River?

Sometimes our water can be polluted by soil, pesticides, **fertilizers**, road salt, pet droppings, oil and grease from the roads.

Important work is being done in Edmonton to protect water quality. For example, new wetlands are being designed with plants around the edge that filter the water before it reaches the river.

"Our Natural Home"—2010 by Artist Kris Friesen. This mural is one in a series called "Giants of Edmonton." The murals are a joint project of the City of Edmonton Capital City Clean Up Graffiti Program and 630 CHED Radio to reduce and prevent graffiti vandalism. Photo: © City of Edmonton

- Do you see a stream, wetland or river?
- Do you see garbage or signs of **pollution**?

**Did you know...** Cattails are water-purifying superstars! They absorb pollutants. They also make the shoreline stronger and stop soil from coming into a wetland.



**Common Cattail** (*Typha latifolia*)  
Photo: © City of Edmonton, Office of Biodiversity

## Eco-friendly tips for clean water:

- Avoid using **pesticides** and **weed** killers for your yard.
- Care for your vehicle and fix leaks.
- Clean up after your pet.
- Sweep your sidewalk and driveway onto your grass or flower bed rather than washing down with a hose.
- Be careful not to disturb the plants along the edges of rivers, lakes and wetlands.

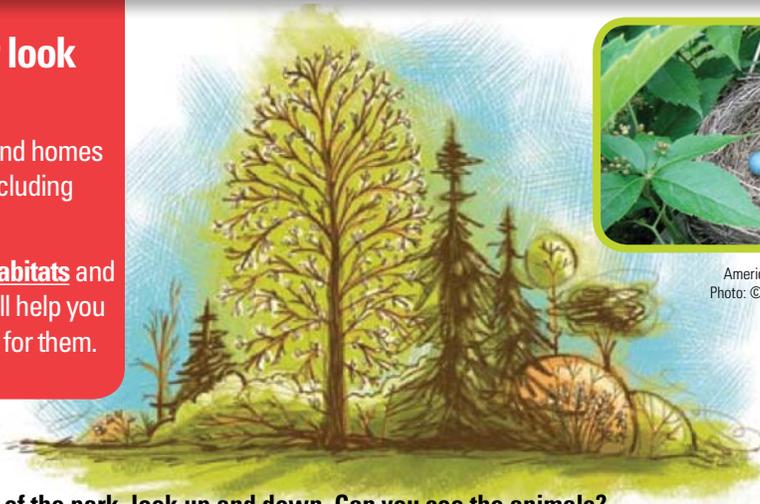
# Hello... anybody home?

## Take a closer look at trees.

They provide food and homes for many animals including insects.

Knowing animals' **habitats** and the food they like will help you know where to look for them.

© City of Edmonton  
Illustrator: Amanda Woodward



**As you tour the rest of the park, look up and down. Can you see the animals? An animal may do different things at different levels of the forest.**

Write down the animals you see today:

---

What levels of the forest are they in?

---

What are they doing?

---



American Robin nest  
Photo: © Claude Godin



Wasp nest  
Photo: © Parks Canada,  
A. Guindon



Spittlebug nest  
Photo: © G.J. Leonhard,  
LSU, Bugwood.org

A forest has many kinds of small habitats. These include:

- Tree tops (canopy);
- Understory (plants growing under the tree tops);
- Forest floor (on the ground);
- Dead standing trees (snags);
- Dead fallen trees (logs).

## Look for Clues!



Woodpecker sign  
Photo: © Terri Perron



Porcupine sign  
Photo: © Terri Perron



Squirrel sign – Photo: © Terri Perron

Animals are not always seen during a park visit, but they often leave behind signs that they have been there. **Follow that trail!** If you see an animal footprint, look for other clues such as leftover food, scratch marks, scat, fur, feathers, bark rubbings, etc.

**Draw a picture** of the animal sign that you saw. Write down other clues that may help you identify the animal using a guidebook.

© City of Edmonton  
Illustrator: Amanda Woodward

# Animal Diversity

## HOW MANY DIFFERENT TYPES OF ANIMALS CAN YOU SEE?

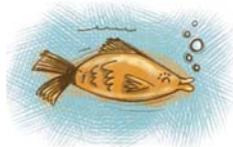
Include pets, street animals, farm animals and wild animals:



Amphibians



Mammals



Fish



Reptiles



Birds

Others

© City of Edmonton – Illustrator: Amanda Woodward



**FIND OUT MORE**  
See "Plants and Animals in Edmonton," Page 37

**Porcupines** (*Erethizon dorsatum*) spend most of their time in trees eating leaves and bark.  
Photo: © Pictureguy66 | Dreamstime.com



## Eco-friendly tips for city biodiversity:

- Try not to use chemicals on your yard or garden.
- Put a bell on your cat and keep it indoors at night to encourage birds and small **mammals** to visit your yard.
- Keep your dog on a leash so it does not scare wildlife and dig up their **habitats**.
- Visit the **Hinterland Who's Who** website for information on attracting wildlife to your yard and how to protect them.

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**Did you know...** This **rodent** is covered with barbed **quills** that protect it from **predators**. Porcupines cannot throw these quills. Rather, the quills come out when touched.

## INSECTS ARE ANIMALS TOO!



Think again before you step on, spray or slap an insect or spider. They are very important to have on land and in water. **Look around you** with or without your magnifying glass. Do you see insects on the plants, ground or flying in the air?

**Half-black bumble bee** (*Bombus vagans*) on gaillardia flower  
Photo: © Patsy Cotterill



Check off those you see.



Butterflies and caterpillars



Bees, wasps and ants



Ladybugs and beetles



Dragonflies and damselflies



Flies and mosquitoes

Others

### Pollinating Insects:

These insects carry **pollen** from flower to flower. Bees, wasps, butterflies, beetles and flies are among these beneficial insects. They help produce over 70% of our food crops.

#### Some insects also:

- eat dead animals and plants;
- eat other insects that damage crops and property;
- eat **weeds**;
- become food for birds, frogs and other animals.

#### Currently, pollinating insects are threatened by the following:

- loss of **habitat**;
- the use of **pesticides**;
- competition with non-native species;
- diseases and parasites.

© iStockphoto.com/Antagain

© City of Edmonton – Illustrator: Amanda Woodward

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# Vulnerable Species

Edmonton provides **habitat** to some rare plants and animals. These species are at risk because of habitat loss, poison, **invasive** species, car collisions, etc. One example is the Peregrine Falcon – a **bird of prey**.

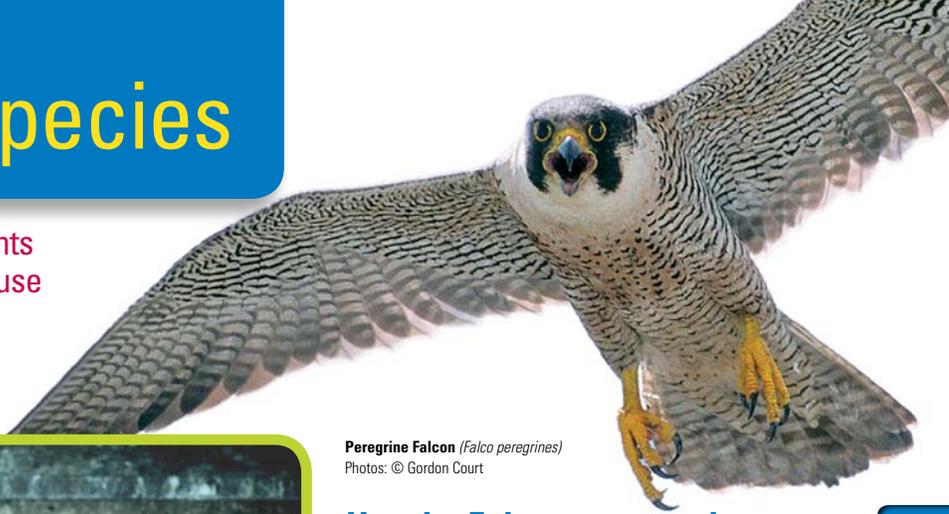
*In the wild, a Peregrine Falcon nests on a ledge of a steep cliff close to a river or wet area. In the city, a Peregrine can nest on a tall building or bridge.*

## Look Around!

*Have you noticed a spot that would make a good nesting site for a Peregrine Falcon? Discuss with the people around you why this habitat would be good or not for a Peregrine Falcon.*



Peregrine Falcons do not build nests. They find a depression or ledge.



Peregrine Falcon (*Falco peregrines*)  
Photos: © Gordon Court

## Use the Falcon cameras!

*Webcams on the Clinical Sciences Building at the University of Alberta let you watch the nesting sites of Peregrines. In the spring, watch the baby birds hatch and grow!*

Between 1950 and 1970 the **pesticide** DDT was being used on farms all over the world. This hurt the Peregrines by causing their eggs to become weak. The eggshells would break before the baby birds were ready to hatch.

DDT is now banned in Canada but is still used in South America where this bird goes during our winter. Pesticides still kill many of our songbirds that also **migrate** south when our weather is very cold.

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# Yellow Lady's-Slipper

Although it is not officially a species at risk, this beautiful orchid flower is not very common in Edmonton. If you see one you will remember it. It grows well in moist forests and meadows. These habitats have suffered as the City of Edmonton has been developed.

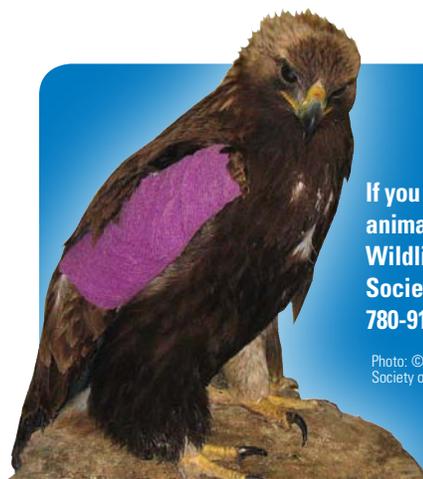
Please do not remove orchids from their natural habitats. They do not grow well in gardens.

***They are for everyone to enjoy!***



**Interested to find out how to help these and other vulnerable species?**

**FIND OUT MORE**  
See "Get Involved,"  
Page 35



**If you see an injured animal, please call the Wildlife Rehabilitation Society of Edmonton at 780-914-4118**

Photo: © Wildlife Rehabilitation Society of Edmonton

Yellow Lady's-Slipper (*Cypripedium calceolus*)  
Photo: © iStockphoto.com/gegeonline

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# Find the Invader



## FIND OUT MORE

See "Get Involved," Page 35  
See "Plants and Animals in Edmonton,"  
Page 37



**House Sparrow**  
(*Passer domesticus*)  
Photo: © Martin Mcmillan |  
Dreamstime.com

## INVASIVE NON-NATIVE SPECIES:

Some plants and animals brought into a region from other countries or regions are major threats to the biodiversity of our natural **environments**. Some of them become very well adapted to their new homes and take over.

Which of the following species are considered **invasive** non-native species in Edmonton?



**a) Scentless chamomile**  
(*Matricaria perforata*) Photo: © Michael Brown, Alberta Invasive Plant Council



**b) Caragana**  
(*Caragana arborescens*)  
Photo: © Terri Perron



**c) Satin moth caterpillar**  
(*Leucoma salicis*)  
Photo: © Beentree



**d) Himalayan balsam**  
(*Impatiens glandulifera*)  
Photo: © Terri Perron

If you guessed that they **ALL** are invasive species you are correct!

**Do you see  
Canada thistle?**



**Canada thistle** (*Cirsium arvense*) – Photo: © Terri Perron

**Did you  
know that...**

Canada thistle, despite its name, is not native to Canada. It was brought here from Europe. This **weed** can spread and form large patches because of its underground stems.



Volunteers pulling thistle at Poplar Lake in Edmonton  
Photo: © Kathy Murrie

Thick patches of Canada thistle impact biodiversity by taking up **habitat** that could have otherwise been space for a variety of native plants.

**Canada thistle** (*Cirsium arvense*)  
Photo: © Terri Perron



# Biodiversity in Our Emblems

Some of our *provincial emblems* can be seen right here in Edmonton's parks.

Photo: © Kathy Murrie



Provincial Flower  
Your flower name

Prickly wild rose (*Rosa acicularis*)

Photo: © Martin Osis



Provincial Fungus  
Your fungus name

Red cap mushroom (*Lectinum boreale*)

Photo: © Gerald Romanchuk



Provincial Bird  
Your bird name

Great Horned Owl (*Bubo virginianus*)

Photo: © Terri Perron



Provincial Tree  
Your tree name

Lodgepole pine (*Pinus contorta*)



Photo: © Terri Perron

1. Look at the pictures of some of Alberta's emblems.
2. Think of some words that describe what the emblem looks like. You can use colours or shapes, or even compare the emblem to something you are familiar with.
3. Use your descriptions to create your own name for each emblem.
4. Once finished, check what the real names are. Can you see why these names were chosen?
5. Did you see any of these provincial emblems in the park?

## On Canada's Citizenship Test, you may be asked:



Photo: © Peter Spierer | Dreamstime.com

"What is Canada's National Animal Emblem?"

Do you know the answer?

*We like this animal so much we even put it on our five cent coin!*

It's the North American beaver (*Castor canadensis*)!

**Be a beaver detective.** If you are close to water there is a good chance that beavers are nearby.

Do you see these clues?

- Chew marks on trees
- Wood chips
- **Dams**
- **Lodges**

The beaver is our largest **rodent**. We say "busy as a beaver" because it works very hard all summer cutting down trees with its big front teeth. It uses these trees and branches as food and to build its home. Beavers use mud to help "glue" the logs together.

Photo: © Terri Perron



Photo: © Ross W. Wein

The lodge has an opening underwater. The beaver can swim quietly into and out of its home to eat food that is also stored underwater. This keeps it safe from animals such as coyotes or bears.



To learn about the rest of Alberta's emblems, visit the Wild Alberta Gallery at the Royal Alberta Museum.



Photo: © iStockphoto.com/AlexandrTimofeev

# A Different Angle!

**Just looking at something from a different angle can lead to surprises!**

- Take out your pocket mirror. Tilt it so that you can peek inside a **tree cavity** or under a small plant. What do you notice?
- With your magnifying lens, look at an insect or flower head. Did you discover something new?
- Get close to the ground and look up instead of down.
- Imagine what this park will look like in the future. What changes do you predict?



## Did you know...

Mushrooms are more like animals than plants! Unlike plants, mushrooms cannot make their own food. This makes them more closely related to you and me than to the plants around us!

Alberta has the only **mycological** society in all of Manitoba, Saskatchewan and Alberta. Join here in Edmonton!



Blue-staining slippery jack (*Suillus tomentosus*) – Photo: © Martin Osis

### FIND OUT MORE

See “Programs, Clubs and Events,” Page 36

# Nature provides us with many things

We breathe.

We eat.

We drink.

We build.

We play.

We think about our lives.

Time spent in nature helps renew the spirit and lowers stress. Access to outdoor recreation promotes healthy bodies and minds.

## LOOK AROUND YOU!

Describe your relationship with the nature that surrounds you.

---

What do you value the most about the biodiversity in Edmonton?

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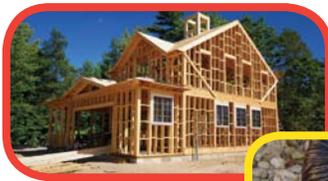


Photo: © iStockphoto.com/gmnicholas



Photo: © Terri Perron



Photo: © Bill Burris | Old Strathcona Farmers' Market

# Heading Home

## BIODIVERSITY BINGO



Vegetable garden  
Photo: © Terri Perron



Compost bin  
Photo: © Terri Perron



Flower garden  
Photo: © Raquel Feroe



Rain barrel  
Photo: © Terri Perron



Bird feeder  
Photo: © Terri Perron



Birdhouse  
Photo: © Terri Perron



Water feature  
Photo: © Terri Perron



Bushes and trees  
Photo: © Ron Berezan



Balcony garden  
Photo: © Shirleen Smith



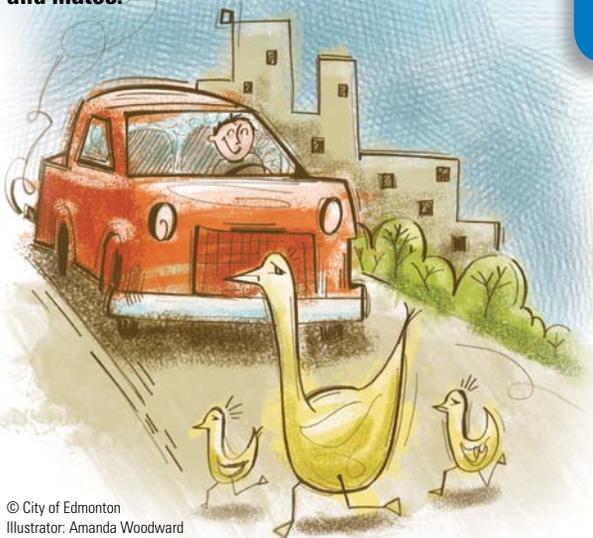
Photo: © Sheri Hendsbee

*When you leave the park, try taking a different way home. Travelling through quiet back alleys, schoolyards and different tree-lined streets will offer new opportunities to see city biodiversity.*

*Do you see examples of how people are living together with nature?*

*Check the boxes as you see the items in the chart on the left. Maybe you will see them all!*

**Streets and buildings in a city can reduce the amount of natural habitat for wildlife. Plants and animals become isolated. They cannot move to a new area to escape danger or to find food and mates.**



© City of Edmonton  
Illustrator: Amanda Woodward

Providing a little patch of nature outside of your home acts as a “stepping stone” of habitat for some species of wildlife as they move through the city.

## Wildlife Corridors Getting Connected

*Edmonton is working hard to create natural connections between the different parks. The City of Edmonton has planted over 300,000 trees, which are valued at over \$1.7 billion! Some birds, insects and animals will use these rows of trees as pathways to get from one natural area to another.*



Photo: © City of Edmonton

**Activity...** Do you see **wildlife corridors** or stepping stones of habitat that could connect wildlife from the park to your neighbourhood?

# Urban Environment: My Diagnosis

Now that you have carefully looked at some of Edmonton's parkland and surrounding areas, use your observations to form your own opinion about the health of this city's environment. Fill in this chart.

Explore other BioKits and complementary activities by visiting the [BioKits website](#).

NOTE: A diagnosis can be printed from the [BioKits website](#) and can be used for other park visits.



## FIND OUT MORE

See "Get Involved," Page 35

Check the boxes that apply	Excellent!	So-so	Things must improve!
Are there trees, shrubs, balcony plants and gardens providing a biological connection between your home and the park?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What is your first impression of the park?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you like the sounds you hear?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How is the air quality?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there many kinds of plants and trees?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are there many kinds of animals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you see or hear <b>pollinators</b> ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are <b>invasive</b> species being controlled?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Did you see a <b>wetland</b> , stream, river or lake?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Children enjoying nature Photo: © Sherri Hendsbee



## Recommendation:

Enjoy your environment and share the good news! Take action to help vulnerable species in your area.

Choose one thing you would like to help improve, then join a club to help find a solution.

Talk to many people about your concerns. More people solving a problem is better than one.

Tiger beetle (*Cincindela* spp)  
Photo: © Gerald Romanchuk

## Back Home

Create a souvenir of your park visit by doing one or more of the following activities:

- Draw or paint your favourite scene, plant or animal.
- Write a story, poem or song.
- Take an interesting photo, or take several photos and make a **collage!**



Photo: © Government of Alberta

# Greening Your Lifestyle



Maintain an **organic** yard or balcony that welcomes biodiversity.

Photo: © iStockphoto.com/stevecoleimages

Our city's **biodiversity** is one of Edmonton's most valuable assets. You can take action to promote biodiversity!



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Grow **native plants**.

**Stiff goldenrod** (*Solidago rigida*)  
Photo: © Cherry Dodd



Remove **invasive weeds**.

**Canada thistle** (*Cirsium arvense*)  
Photo: © Terri Perron

Grow with your neighbours... join a **community garden**.

Photo: © Kathy Murrie

**FIND OUT MORE**  
See "Get Involved," Page 35



Prevent your **pets** from bothering wildlife.

Photo: © iStockphoto.com/stevecoleimages



Buy food at a **local farmers' market** or through a **community supported agriculture (CSA)** program.

Photo: © Old Strathcona Farmers' Market



**Compost** your kitchen scraps.

Photo: © Terri Perron



Participate in the **Blue Bag Recycle Program** and visit the **Reuse Centre**.

Photo: © Terri Perron

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**Save water.**

Use rainwater from rain barrels.

Photo: © Terri Perron

## Did you know...

The City of Edmonton does **NOT** permit plants or trees to be removed from the parks. **BUT** you can obtain **FREE NATIVE SEEDS AND PLANTS** by volunteering at the Old Man Creek Nursery with the Edmonton Naturalization Group.

# Support Biodiversity by Volunteering



Photo: © Kathy Murrie

## Volunteers make a difference!

Volunteering is a great way to:

- Connect with your neighbours and community.
- Lift your spirits.
- Meet interesting and diverse people.

Many people consider Edmonton the "Volunteer Capital of Canada," and for good reason. There are many opportunities to help make this city's **environment** and its people healthy, safe and happy.



Photos: © Terri Perron

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## Resources for Volunteer Opportunities

### Volunteer Park Patrol

Website: [edmonton.ca/attractions\\_recreation/parks\\_rivervalley/park-patrol.aspx](http://edmonton.ca/attractions_recreation/parks_rivervalley/park-patrol.aspx)  
Call: 311  
Email: [volunteerparkpatrol@edmonton.ca](mailto:volunteerparkpatrol@edmonton.ca)  
Visit: 4th Floor, Century Place 9803 – 102A Ave. NW

### Park Steward Program

Website: [edmonton.ca/attractions\\_recreation/parks\\_rivervalley/park-steward-program.aspx](http://edmonton.ca/attractions_recreation/parks_rivervalley/park-steward-program.aspx)  
Call: 780-496-4948 or 311  
Email: [volunteer@edmonton.ca](mailto:volunteer@edmonton.ca)  
Visit: 4th Floor, Century Place 9803 – 102A Ave. NW

### Partner in Parks

Website: [edmonton.ca/environmental/conservation\\_landscaping/partner-in-parks.aspx](http://edmonton.ca/environmental/conservation_landscaping/partner-in-parks.aspx)  
Call: 311  
Email: [volunteer@edmonton.ca](mailto:volunteer@edmonton.ca)  
Visit: 4th Floor, Century Place 9803 – 102A Ave. NW

### Capital City Clean Up (formerly known as River Valley Clean Up)

Website: [edmonton.ca/environmental/capital-city-clean-up.aspx](http://edmonton.ca/environmental/capital-city-clean-up.aspx)  
Call: 780-944-5470 or 311  
Email: [capitalcitycleanup@edmonton.ca](mailto:capitalcitycleanup@edmonton.ca)  
Visit: Beaufort Building 2nd Floor 10835 – 120 Street

### Wildlife Rehabilitation Society of Edmonton

Website: [wildlife-edm.ca](http://wildlife-edm.ca)  
Call: leave a message on the hotline 780-914-4118  
Visit: call the hotline 780-914-4118 for instructions. The shelter is on an acreage 20 minutes west of Edmonton  
Email: [volunteer@wildlife-edm.ca](mailto:volunteer@wildlife-edm.ca)

### Edmonton Naturalization Group

Website: [edmontonnaturalizationgroup.org/get-involved.htm](http://edmontonnaturalizationgroup.org/get-involved.htm)  
Email: [engedmonton@gmail.com](mailto:engedmonton@gmail.com) or  
[edmontonnaturalizationgroup.org/contact-us.htm](http://edmontonnaturalizationgroup.org/contact-us.htm)

### Fledge Watch Team – Peregrine Project University of Alberta

Website: [falconcam.med.ualberta.ca](http://falconcam.med.ualberta.ca)  
Call: 780-492-7134  
Visit: 0-30R Students' Union Building, 8900 – 114 Street, University of Alberta  
Email: [ian.moore@su.ualberta.ca](mailto:ian.moore@su.ualberta.ca) or [julie.mercer@su.ualberta.ca](mailto:julie.mercer@su.ualberta.ca)

### Edmonton and Area Land Trust

Website: [ealt.ca/volunteer](http://ealt.ca/volunteer)  
Call: 780-483-7578  
Visit: 9910 103 Street  
Email: [pamwright@ealt.ca](mailto:pamwright@ealt.ca)

### City of Edmonton Master Naturalists

Website: [edmonton.ca/masternaturalistprogram](http://edmonton.ca/masternaturalistprogram)  
Call: 780-496-6147  
Visit: 12th Floor Scotia Place, 10060 Jasper Ave.  
Email: [angela.hobson@edmonton.ca](mailto:angela.hobson@edmonton.ca)

## Get Involved



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# Find out more

## EDMONTON'S PARKS:

Website: [edmonton.ca/environmental/documents/PDF/Edmonton\\_Biodiversity\\_Report\\_2008.pdf](http://edmonton.ca/environmental/documents/PDF/Edmonton_Biodiversity_Report_2008.pdf)  
Call: 311  
Email: [311@edmonton.ca](mailto:311@edmonton.ca)  
Visit: 4th Floor, Century Place 9803 – 102A Ave. for general information  
Community Facility Services 14th Floor CN Tower for picnic bookings

## GETTING TO THE PARKS:

### Edmonton Transit System:

Website: <http://edmonton.ca/transportation/ets/alerts-route-schedules-maps.aspx>  
Call: 311  
Email: [311@edmonton.ca](mailto:311@edmonton.ca)  
Visit: ETS Customer Services Churchill LRT Station 99 Street and 102A Avenue

### Walking or Biking:

Website: [edmonton.ca/transportation/cycling\\_walking/cycling-walking-maps.aspx](http://edmonton.ca/transportation/cycling_walking/cycling-walking-maps.aspx)  
Call: 780-944-5339 or 311  
Email: [WalkableEdmonton@edmonton.ca](mailto:WalkableEdmonton@edmonton.ca) or [311@edmonton.ca](mailto:311@edmonton.ca)  
Visit: 15th Floor, Century Place 9803 – 102A Avenue or get free trail maps at any Edmonton Public Library or bike shop

## PROGRAMS, CLUBS AND EVENTS:

### River Valley Programs

Website: [edmonton.ca/attractions\\_recreation/parks\\_rivervalley/river-valley-programs.aspx](http://edmonton.ca/attractions_recreation/parks_rivervalley/river-valley-programs.aspx)  
Call: 311 or 780-496-2983  
Visit: Community Services City of Edmonton Circle Square 11808 St Albert Trail  
Email: [CMS.OutdoorPrograms@edmonton.ca](mailto:CMS.OutdoorPrograms@edmonton.ca)

## PLANTS AND ANIMALS IN EDMONTON:

### City of Edmonton Biodiversity Report

Website: [edmonton.ca/environmental/documents/PDF/Edmonton\\_Biodiversity\\_Report\\_2008.pdf](http://edmonton.ca/environmental/documents/PDF/Edmonton_Biodiversity_Report_2008.pdf)

### Alberta Invasive Plant Council

Website: [wheatlandcounty.ca/files/ID%20Book%202010%20-%20Final%20-%20Copy.pdf](http://wheatlandcounty.ca/files/ID%20Book%202010%20-%20Final%20-%20Copy.pdf)  
Call: 1-403-982-7923  
Email: [aipc.programdirector@gmail.com](mailto:aipc.programdirector@gmail.com)

### Alberta Native Plant Council

Website: [anpc.ab.ca](http://anpc.ab.ca)  
Email: [info@anpc.ab.ca](mailto:info@anpc.ab.ca)

### Species at Risk

Website: [srd.alberta.ca/FishWildlife/SpeciesAtRisk/Default.aspx](http://srd.alberta.ca/FishWildlife/SpeciesAtRisk/Default.aspx)

### Nature Alberta

Website: [naturealberta.ca/alberta-natural-history](http://naturealberta.ca/alberta-natural-history)

## ACTION AND AWARENESS:

### Hinterland Who's Who (create wildlife habitat in your yard)

Website: [hww.ca/en/things-you-can-do/action-awareness](http://hww.ca/en/things-you-can-do/action-awareness)

### BiodivCanada (biodiversity in your backyard)

Website: [biodivcanada.ca/default.asp?lang=En&n=002D699A-1](http://biodivcanada.ca/default.asp?lang=En&n=002D699A-1)

### Compost

Website: [edmonton.ca/for\\_residents/garbage\\_recycling/compostinggrasscycling.aspx](http://edmonton.ca/for_residents/garbage_recycling/compostinggrasscycling.aspx)  
Call: 780-496-5526 or 780-496-2925  
Email: [MCRP@edmonton.ca](mailto:MCRP@edmonton.ca)

### Recycling

Website: [edmonton.ca/for\\_residents/garbage\\_recycling/recycling.aspx](http://edmonton.ca/for_residents/garbage_recycling/recycling.aspx)

## Program Guides: free and low cost, daycamps, adult courses, schools, child and families, etc.

Website: [edmonton.ca/attractions\\_recreation/sport\\_recreation/program-guides.aspx](http://edmonton.ca/attractions_recreation/sport_recreation/program-guides.aspx)  
Call: 311

### Edmonton Nature Club

Website: [edmontonnatureclub.ca](http://edmontonnatureclub.ca)  
Write: P.O. Box 1111 Edmonton, Alberta T5J 2M1

### Community Garden Network of Edmonton and Area

Website: [sustainablefoodedmonton.org/programs/community-gardens](http://sustainablefoodedmonton.org/programs/community-gardens)  
Call: 780-488-2500  
Email: <http://sustainablefoodedmonton.org/contact-us>

### Nature Alberta

Website: [naturealberta.ca/alberta-natural-history](http://naturealberta.ca/alberta-natural-history)  
Call: 780-427-8124  
Email: [info@naturealberta.ca](mailto:info@naturealberta.ca)

### Alberta Mycological Society

Website: [wildmushrooms.ws](http://wildmushrooms.ws)  
Email: [membership@wildmushrooms.ws](mailto:membership@wildmushrooms.ws)  
Write: P.O. Box 1921, 10405 Jasper Avenue  
Edmonton, Alberta T5J 3S2

### Events at the Parks

Website: [edmonton.ca/attractions\\_recreation/parks\\_rivervalley/park-events.aspx](http://edmonton.ca/attractions_recreation/parks_rivervalley/park-events.aspx)  
Call: 311  
Email: [311@edmonton.ca](mailto:311@edmonton.ca)

### Events with Your Community League

Website: [efcl.org/League/Directory/tabid/120/Default.aspx](http://efcl.org/League/Directory/tabid/120/Default.aspx)  
Call: 780-437-2913



Photo: © Liz Brunscheen – Cartagena

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### Green Gardening

Website: [canadiangardening.com/how-to/organic-gardening/chemical-free-lawn-care/a/1835#](http://canadiangardening.com/how-to/organic-gardening/chemical-free-lawn-care/a/1835#)

### City of Edmonton Conservation Atlas

Website: [edmonton.ca/environmental/natural\\_areas/Natural-area-parks.aspx](http://edmonton.ca/environmental/natural_areas/Natural-area-parks.aspx)

### City of Edmonton Environmental Programs

Website: [edmonton.ca/environmental/environmental-programs.aspx](http://edmonton.ca/environmental/environmental-programs.aspx)

### Urban Wildlife Fact Sheets

Website: [hww.ca/en/species/urban-wildlife/](http://hww.ca/en/species/urban-wildlife/)

### Water Conservation

Website: <http://www.ec.gc.ca/education/default.asp?lang=En&n=5DA49E15-1>

## ENVIRONMENTAL HEALTH:

### Climate Change

Websites: [climatechange.gc.ca](http://climatechange.gc.ca) and [climate.nasa.gov/kids](http://climate.nasa.gov/kids)  
Games and quizzes: [ecokids.ca](http://ecokids.ca)

### Plants and Photosynthesis

Websites: [e-learningforkids.org/Courses/EN/Plants/efk\\_shell.swf](http://e-learningforkids.org/Courses/EN/Plants/efk_shell.swf)

### Fish Habitat

Website: [srd.gov.ab.ca](http://srd.gov.ab.ca)  
Call: 780-427-3574

### Pollination

Website: [pollinationcanada.ca](http://pollinationcanada.ca)  
Call: 1-866-509-SEED  
Email: [info@pollinationcanada.ca](mailto:info@pollinationcanada.ca)

### Alberta's Hunting, Fishing and Trapping Regulations

Website: [albertaregulations.ca](http://albertaregulations.ca) or [mywildalberta.com](http://mywildalberta.com)  
Call: 780-427-3574



Northern Saw Whet Owl (*Aegolius acadicus*)  
Photo: © Gerald Romanchuk

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Birds of prey	Birds that hunt and kill other animals. They have sharp curved talons and beaks.
Carpool	Many people travelling together in one car.
Collage	A piece of art created by combining photos, clippings or small objects onto a surface.
Compost	A mix of rotting leaves and food scraps such as vegetables. It is added to soil to make it better for growing plants.
Conifer	Trees and shrubs such as pine or spruce that usually have thin needle-like or scaly leaves and cones. They usually do not drop their leaves in the fall.
Dam	Something a beaver builds to stop the flow of water down a stream or river.
Deciduous	Trees and shrubs such as trembling aspen and willow that shed their leaves in the fall.
Eco-friendly	Does not hurt the environment.
Environment	The surroundings and conditions that impact the growth and health of living things.
Fertilizer	A chemical or natural substance added to soil to make plants grow better.
"Green"	Describes an action that benefits the Earth.
Greenhouse gases	The gases (such as those released when car fuel or coal is burned) that cause the sun's heat to become trapped in the atmosphere.
Habitat	The place where a plant or animal lives naturally.
Invasive	Enters an area and takes over. Not invited. Spreads very quickly and harmfully.
Landfill	Dump. An area of land where people's garbage goes.
Legend	An old story that is passed on through the years.
Lichen	An organism made up of algae and a fungus growing together. Often found on rocks and trees.
Local	From the Edmonton area.

Lodge	A beaver's home.
Mammal	Animals that feed their babies with breast milk. They have hair or fur, backbones and are warm blooded.
Migrate	When an animal moves to another home due to seasonal changes.
Mycological	The study of fungi such as mushrooms, molds or yeasts.
Organic	Plants or animals grown or raised without use of drugs, hormones or man-made chemicals.
Pesticide	A chemical or material that kills plants, insects (and other animals) that harm human property.
Pollen	Powder on the tip of a flower. Male cells of the flower. It helps make new baby plants.
Pollinator	An animal (such as a bee or butterfly) that transfers pollen from flower to flower. Helps to make baby plants.
Pollution	Garbage, some chemicals and other things that make the air, water or soil dirty. Pollution is not always visible.
Predator	An animal that hunts and kills another animal for food.
Quill	A long, sharp, hollow spine.
Recycle	Transform something to make it usable again.
Rodent	A mammal that has strong front teeth that always grow. They use these teeth to cut down plants and to eat hard foods such as nuts, bark or trees.
Scat	The waste of animals. Animal dung. Poop.
Tree cavity	Hole in a tree that can provide shelter to an animal.
Weed	A plant that grows where it is not wanted and can compete with other plants for space, water and nutrients.
Wetland	An area of land that has wet soil and often open water. The plants and animals that live in these areas are adapted to wet conditions.
Wildlife corridor	Rows of plants or trees, as well as waterways, that are not separated by human structures and that provide food and shelter for species.