

Healthy Trees, Healthy Communities

**Seminar ~ Everyone Welcome
Wednesday October 24th • 7pm
Windsor Pavilion**

Human health and well-being are closely intertwined with the health of our environment. There are deep connections between public health, natural areas and trees in particular. This seminar, "Healthy Trees, Healthy Communities," will discuss urban forest issues in the Oak Bay Community and the resulting benefits for people who live here. A healthy, stimulating conversation in the colour GREEN.

~ Panel Presenters ~

Chris Hyde-Lay:

Oak Bays Urban Forest: Moving Forward - Successes and Challenges

Oak Bay's Urban Forest is a legacy of the stewardship demonstrated early in Oak Bay's history. The Urban Forest Strategy presents a vision focused on protecting and enhancing that legacy to ensure Oak Bay's natural character persists for the enjoyment of future generations. Recognizing that change in the urban forest is inevitable as trees age, climate shifts and urban renewal and development proceed. This presentation is focused on how Oak Bay's plans, policies and programs can help preserve and renew the urban forest.

Wylie Thomas:

Restoring Uplands Park: An Oasis of Biodiversity in an Urban Setting

Uplands Park is an ecological treasure. Within its 31 hectares is one of the finest examples of a Garry Oak ecosystem in our region and one of the highest concentrations of rare plants in the country... all in the middle of an urban environment! Unfortunately, Uplands Park also has a very large collection of invasive species, which threaten the very survival of this ecological treasure.

Since 2014, on behalf of the District of Oak Bay, Wylie Thomas has been managing, a project supported by funding from the Federal Government's Habitat Stewardship Program (HSP), which is focused on restoring the park's rare ecosystems and protecting its 26 endangered plant species.

Ron Carter:

Infrastructure of a Different Colour: Green Infrastructure Solutions

Trees are the ultimate in multi-purpose infrastructure: they shade us in summer, shelter us in winter, filter out air pollutants, absorb carbon dioxide, release oxygen, and soak up heavy rainfalls while adding beauty to the municipality and habitats for other species. To top it off, green spaces and trees encourage community building by hosting our recreation, relaxation and social interaction — definitely not the forte of sewers.

Paul Allison:

Trees and Human Health

What is the relationship between trees and human health? From the African savanna to hospital gardens in Canada, this presentation will take participants on a unique journey to discover our relationship with trees in our landscape highlighting their power to heal. By using case studies of hospital gardens Paul will illustrate how trees are restorative and therapeutic. As well Paul will explore Shinrin-yoku, a Japanese term meaning "to immerse oneself in the atmosphere of the forest" and the health benefits of forest immersion. The audience can then apply these universal therapeutic connections for a fresh approach to their appreciation of trees and nature.