

THE BEST KIND OF NEW YEAR'S RESOLUTION

HWLC January 2019 E-News



2019 Schedule of Events

Jan. 26-10:00am Snowshoe Hike @
Sturgeon River Preserve-Vanderbilt

Feb. 23-10:00am Snowshoe Hike @
Wakeley Lake-Grayling

Mar. 10-10:00am Snowshoe Hike @
Groen Preserve-Johannesburg

**HWLC WILL HAVE FREE
USE OF SNOWSHOES ON
DAY OF EVENT!**

Call 989-731-0573

or visit our website at:

www.headwatersconservancy.org



Instead of starting a diet or buying some newfangled exercise equipment this January, why not resolve to help nature and your fellow man instead? Here are some simple, doable ways you can help!

- **Consolidate car trips:** It's not realistic to ask you to ride a bike to work or shopping when you live in NE Michigan! Let's focus on "less" trips instead, saving gas, time and hassle!
- **Bring a reusable water bottle everywhere you go:** According to the [EPA](#), each week, Americans buy enough plastic water bottles to circle the earth five times! This is also a money saver!
- **Plant a native flower garden:** As you've probably heard, bee populations need our help to come back from the devastating losses of recent years. It's a win-win for people and pollinators when we enhance landscapes with flowers. Ask your Conservation District for FREE help!
- **Conserve water and energy:** As my grandmother would say when I left a room, "turn the light off!" Same goes for water when we are brushing our teeth, washing the car or doing dishes.
- **Compost:** why spend money at the garden center to enhance your soil when you can do it yourself with ease! Homegrown compost is black gold and nothing you can buy compares!
- **Make the switch:** As batteries die and bulbs burn out, replace them with rechargeable alternatives (batteries) and energy saving bulbs that are better and brighter than ever!
- **Eat less meat & dairy:** Unless you're harvesting it through hunting and sustainable farming, meat and dairy production are now being recognized for having an outsized carbon footprint and are an inefficient use of crops. Just switch out one meal a day and make a big impact!
- **Reuse/Repurpose/Repair/Recycle:** It all comes down to this...don't buy it if you can borrow it, don't throw it in the trash if you can put it in a recycling bin, and sell or gift unwanted items!

A good New Year's Resolution should make you feel happy and accomplished. I bet following these simple steps will make you feel much better than starving yourself to death or wearing spandex!