

MEDIA RELEASE

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FRIENDS OF LAKE LAURENTIAN RECEIVES HEALTHY COMMUNITY RECOGNITION AWARD

SUDBURY, ON.-- The Healthy Community Recognition Awards took place Wednesday, March 26, 2014 at Bryston's On the Park. The Healthy Community Advisory Panel presented Friends of Lake Laurentian with a Healthy Community Recognition Award. Lin Gibson Chairperson of Conservation Sudbury was present to accept the award. Also recognized with a Healthy Community Award were the lifelong partners and supporters of FLL, BIOSKI Cross-

Country Ski & Snowshoe Club.



The Healthy Community Recognition Awards “demonstrate the importance of an active and healthy lifestyle. It is essential to recognize members of our great city who have dedicated their time to improving our physical and social environment.” said Marianne Matichuk, Mayor of the City of Greater Sudbury.

Lin Gibson Chairperson of Conservation Sudbury accepting the Healthy Community Recognition Award for the Friends of Lake Laurentian

Friends of Lake Laurentian have been maintaining and improving the Lake Laurentian Conservation Area since 2011. There are over 100 grassroots members involved in Friends of Lake Laurentian. Their goal is to preserve the conservation area so that current and future generations can enjoy everything it has to offer. With help from the many volunteers that make up the FLL they are able to offer events such as workshops “spring clean your cleaning products”, Bike Fest, guided hikes, snowshoeing, Family outdoor adventure weekend and summer’s end trail romp. By educating the public on the environment they’re able to promote change. The trail watcher’s program has been a great success in 2012/2013 with two bridges over wetlands constructed; the trail map was updated, and most recently have embarked on a larger scale trail signage project. This program consists of members of the community who use the trails and report back any improvements that can be made or any problems they see on the trails that need to be addressed. Thank you to all members of the FLL program.

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BIOSKI Cross-Country Ski & Snowshoe Club have been recognized for their work in developing and preserving the trail system with support of Conservation Sudbury. This trail system provides a venue for the citizens of Greater Sudbury to enjoy the outdoors in an environment that fosters a healthy lifestyle.



Dr. Gerard Courtin representing the BIOSKI & Snowshoe Club accepted the Healthy Community Recognition Award

The club is celebrating 40 years of developing and preserving the trail system and have successfully reached their goals of providing Sudbury with an all season trail system for walking, winter hiking, snowshoeing and cross country skiing. They started in 1974 and to this day are still incredibly active in providing the community with a trail system that future generations will enjoy. Thank you to all the members of the BIOSKI Cross-Country Ski & Snowshoe Club specifically Dr. Gerard Courtin the former president of the club who was present at the Healthy Community Awards to accept the award.

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