

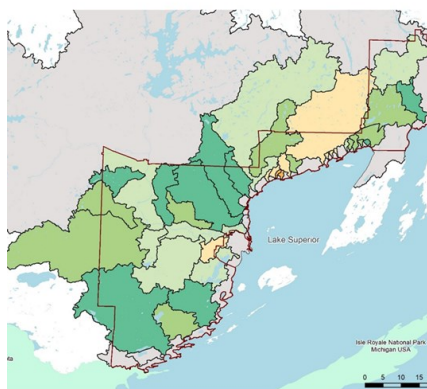


LAKEHEAD REGION
CONSERVATION AUTHORITY

WATERSHEDS



THE LAKEHEAD WATERSHED



A watershed is an area of land where all the surface water drains into the same place. Gravity causes water to flow downstream from higher areas into lower areas, where it eventually reaches sea level.

Canada has five major watersheds and the Lakehead Region actually lies within the Atlantic Ocean Watershed, which means all our water flows to the Atlantic Ocean.

The Lakehead Watershed is comprised of 21 sub-watersheds that all flow in to Lake Superior.

The beginnings of a water source are called **headwaters**. The spot where headwaters progressively join other water sources are called the **confluences**, and the endpoint of the waterways that open into the main body of water are called the **mouths**. **Divides** are the hills that separate one river system or “watershed” from the next “watershed”. **Tributaries** are smaller branches of watercourse that join together to make larger sections of the river.

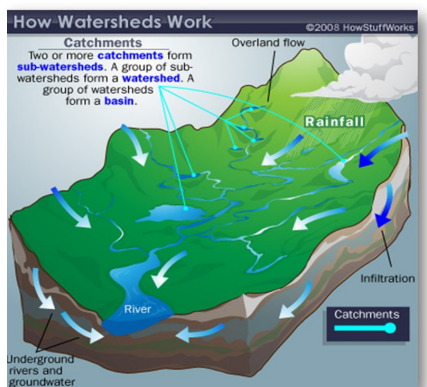
Watersheds are places where everything is connected. It’s also where we can see the impacts of human activities - both on land and in the water. Threats to our watershed include: climate change, alteration of flows, pollution, habitat loss, invasive species, overuse of water and habitat fragmentation.

Conservation Authorities deliver and encourage practical, cost effective programs that ensure healthy ecosystems so that our watershed can generate and maintain valuable goods and services, and prevent the need for costly technological solutions for environmental problems.

The **benefits of a healthy watershed to human health** is that it provides safe drinking water, provides food, enables us to adapt to the impacts of climate change more easily by cooling the air and absorbing greenhouse gas emissions, and provides natural areas for people to keep active and recharge our batteries.

The **benefits of a healthy watershed to ecological health** is that it conserves water, promotes streamflow, supports sustainable streams, rivers, lakes, and groundwater sources, enables healthy soil for crops and livestock, and also provides habitat for wildlife and plants.

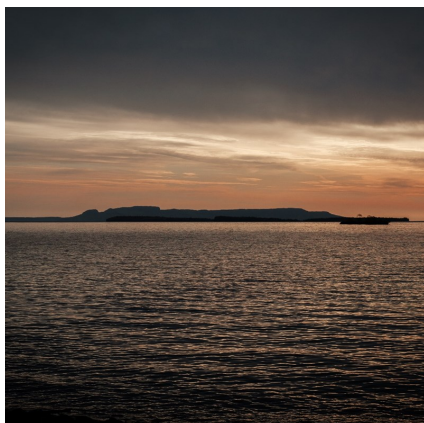
The **benefit of a healthy watershed to economic health** is that it produces energy and supplies water for agriculture, industry and households. Forests and wetlands help to prevent or reduce costly climate change and flooding impacts, manages drought, contributes to tourism, fisheries, forestry, agriculture and mining industries.



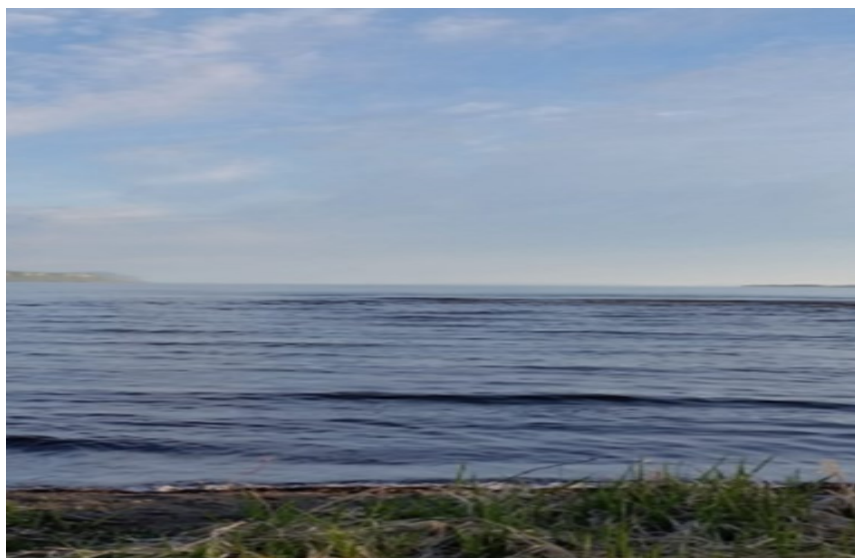


Here are some top suggestions on **things you can do to protect your local watershed and your own health.**

- Conserve water by using a rain barrel, planting hardier native plant species, not watering your lawn or driveways, watering gardens less frequently, use low flow household products, and repair leaks and drips.
- Get active and recharge your batteries – visit a local Conservation Area at any time of the year and have a picnic, go hiking, have a swim, go snowshoeing, and just catch the views!
- Don't use fertilizers or pesticides.
- Dispose of hazardous products properly. Don't pour anything down storm drains because everything entering storm drains goes directly to local creeks, rivers, streams, ponds and lakes.
- Allow trees and shrubs to grow along the edges of ponds, streams, rivers, and lakes.
- Plant trees and shrubs to control runoff and soil erosion, improve water quality, and help clean the air.
- Increase areas such as rain gardens or protect wetlands that prevent runoff, reduce emissions, cool cities, and keep water on the landscape.



Remember, it all flows downstream and into our lake. Let's keep it Superior.



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