

Thank You From Our Family To You

It is the second week of December, and it is highly likely that you are feeling some pressure. Plans for the end of 2022? Check. Travel during the "Holiday season"? Check. Plans to visit with friends, spend some non-work time with co-workers, thank the teacher? Check.



How about taking a moment to inject some joy into your life? We can help you with that. [Read more.](#)

Thanks for your support. Your generosity helped to plant 1.17 million trees!

Thanks to your support, an amazing number of trees have been planted this year. Through our partnerships with community groups, nurseries, conservation authorities, corporate groups and our hard-working staff more than 1.17 million new trees are in the ground this year!

Included in this number is over 753,000 that were planted as part of the Highway of Heroes Tree Tribute, helping to exceed the 2 million tree goal by more than 480K! It also includes our first Hero Groves dedicated to "COVID Heroes", the health workers keeping us safe and protected and those who lost their lives to the virus. Look for more Hero Groves and Hero Tree projects in the coming months.

With the cooperation of our partners, our goal is to plant up to 135,000 trees in the spring of 2023. Your continued support will help to make this a reality.

Latest Updates



GM staff at the Oshawa plant dig deep to honour military heroes

Thanks to our friends at GM Canada, Oshawa, who planted over 7,500 trees at their corporate headquarters this year to support their sustainability goals. TFL joined their Military Employee Resource Group this fall as part of their hands-on work getting 500 of these trees in the ground. The other 7,000 were planted by professional partners. All plantings are Hero Trees, in honour of those who served in the military and who paid the ultimate sacrifice. The Oshawa plant is located along the Highway of Heroes.



In celebration of their 65th anniversary, AGF employees gifted the planet and future generations with...

In partnership with the TRCA, AGF employees planted 650 trees at Claireville Conservation Area (CCA). At 848 acres, CCA is the largest natural setting of its kind, on the doorstep of four major GTA cities: Brampton, Mississauga, Toronto and Vaughan. The natural landscape of CCA boasts wetlands, valleys, forests, grasslands, and the west branch of the Humber River and its tributaries. It's an important green space providing educational programs and an escape to millions of people.

AGF chose to plant trees as a way of honouring their own and commemorating their 65th anniversary.

Roots, Shoots & Branches



Pro Tips from Mark Cullen: Winter prep for conifers

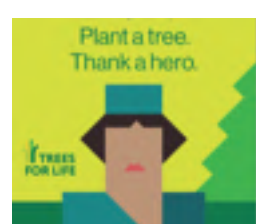
A few considerations as parts of our country prepare for the frigid blast of winter. Wrap evergreens with two layers of burlap. One layer to protect against the burning sun as it reflects off snow and another to protect evergreens from wind. This is especially true for cedars, junipers and the like, that are on the east side of a road, where they catch the prevailing west wind with salt spray. Get to know the conifers [here](#).



Get To Know Your Native Conifers

Sometimes called evergreens, most coniferous trees keep their foliage year-round. There are over 600 living species of conifers, and while there is some debate over how many are native Canada, the number is approximately 30. Conifers include the oldest and tallest trees. The oldest, the Bristlecone pine can live to be nearly 5,000 years old. The tallest, the Coast redwood, grows to be over 100 m high. Exploitation, forest degradation, and destruction have placed 34 percent of conifers under the threat of extinction [Read more](#).

In support of the Trees for Heroes campaign, we will be featuring all types of heroes who make our country and communities great places to live, work and play. Today the spotlight shines on Dr. Myles Sergeant



Hall of Heroes Spotlight: Dr. Myles Sergeant

Dr. Myles Sergeant is a family physician who has worked with vulnerable populations including people experiencing homelessness, addictions, and the elderly for over 25 years. He is the founding medical director of the Shelter Health Network of Hamilton and the director of Medically Complex Care at St Peter's Hospital, Hamilton Health Sciences Corp. [Read more.](#)



We are grateful to those who have shared the stories of their heroes and loved ones. To share a story for publication or nominations, contact us today.

Share Your Story

Sponsors & Partners of Trees for Life

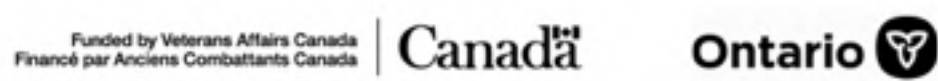
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