

## Call of the Forest – The Forgotten Wisdom of Trees

The Aron Theatre will be screening the film '*Call of The Forest – The Forgotten Wisdom of Trees*' on Thursday, October 13. This documentary features scientist and acclaimed author Diana Beresford-Kroeger, who works internationally and lives in Eastern Ontario. The film follows Beresford-Kroeger, as she investigates our profound connection to forests and explores the importance of tree planting and protection. Her point of view is layered in a way that is really suited to our times, because it bridges science, folklore, and traditional knowledge. After the film, questions will be collected from the audience and will be shared with Diana. She will host a free Zoom call to answer our questions on Saturday, October 15 at 12 pm.

Trees give us life-sustaining oxygen. Everybody has had the experience of walking into the forest and getting an immediate sense of calmness in part from the more breathable air. Forests also hold carbon; they capture carbon dioxide out of the atmosphere through the photosynthesis process. This is also known as carbon sequestration which in general means the process of storing atmospheric carbon dioxide – our most polluting greenhouse gas. Carbon sequestration is becoming a big focus in the world because we need to reduce Co2 emissions. Yes, new technologies and industries that will be able to sequester carbon in soil or deep rock formations are great and necessary, but in the meantime, trees contribute enormously to solving the problem.

Beresford-Kroeger's Bioplan for what she calls *mending the holes in the fabric of earth's interconnected living systems* is very much based on planting and protecting trees. Those are the two key strategies. Trees that are native to our area are ideal for planting because they are adapted to the local conditions and to the wildlife species that live here. Beresford-Kroeger knows Eastern Ontario well as she lives near Ottawa. The Call of the Forest website has a tool for figuring out which trees are best for our local area, but the film screening followed by the Zoom Q&A on Saturday gives us an opportunity for deeper conversation with a world-renowned expert, to hone in on the details about which trees, where and how many.

We will be able to ask Beresford-Kroeger about what a balance between development and forest restoration looks like. What quantity of trees, and in what kind of density, would we want right in the heart of our town? And what larger forested areas should we be protecting or rebuilding around the edges of the communities? We need a plan to protect trees and plant more trees, and one that a lot of people participate in is generally the best one.

The film screening and question and answer Zoom session with Diana Beresford-Kroeger is supported by a grant from The Campbellford/Seymour Community Foundation. All details can be found here: [Aron Theatre Co-op - Call of the Forest](#)