

Free Science* Events

FEBRUARY 2020

*and applied-science



Please confirm the date and time of events prior to attending, as they sometimes change.

Thursday, February 6

AstroTour: Dark energy: The weirdest 70% of the Universe. Dept. of Astronomy & Astrophysics, University of Toronto; The Dunlap Institute for Astronomy & Astrophysics, University of Toronto; Canadian Institute for Theoretical Astrophysics

It seems that majority of the Universe is made out of dark energy, stuff that is completely unlike anything else we have ever encountered. Why do we believe this and what do we actually know about this enigmatic substance? You will learn how dying stars reveal an expanding Universe and how its expansion accelerates, instead of slowing down. There will be a discussion on how the oldest light in the Universe confirmed this strange tale, before looking into the twisted history of the dark energy and how our best estimate of its properties failed miserably. Pavel Motloch is a Postdoctoral Fellow at the Canadian Institute for Theoretical Astrophysics. Pavel is from the Czech Republic and, before coming to Toronto, did his PhD at the University of Chicago.

Time & location: 9:00 - 11:00 am
Bahen Centre, Room 1160, 40 St. George Street

For more information: <http://www.astro.utoronto.ca/~gasa/astrotours/>

Saturday, February 15

Bird Walk, Amos Waites Park. Citizens Concerned About the Future of the Etobicoke Waterfront

CCFEW organizes a series of 10 bird walks through the year at Toronto waterfront parks. Winter walks are normally held at Humber Bay, while spring and fall walks are at Colonel Sam Smith Park. The walks are lead by experienced birders and are free for anyone who is interested in attending. Everyone is welcome. All walks are on weekends. Meet by blue shelter beside Birds & Beans at 9:00. Walk led by Ross Harris.

Time & location: 9:00 - 11:00 am
Amos Waites Park, 2441 Lake Shore Blvd W

For more information: http://www.ccfew.org/html/bird_walks.html

Sunday, February 16

High Park Sunday Walking Tours: Winter Tree Identification

Take a walking tour to led by Jaclyn Scobie, to identify winter trees in High Park. Meet at the benches, across the road from the south side of Grenadier Restaurant in the middle of High Park. Walks may go on wooded trails, so please wear appropriate clothing and footwear. Walks are led by volunteer scientists, historians, and local naturalists who will help you to understand and explore High Park's many significant features.

Time & location: 10:30 am - 12:00 pm
High Park, 1873 Bloor St W

For more information: http://www.highparknature.org/wiki/uploads/Explore/2020_Walking_Tours_Brochure_Jan24.pdf;
<http://www.highparknature.org/wiki/wiki.php?n=Explore.WalkingTours#marker1>

Thursday, February 20

Climate Ventures Mornings: A Conversation with Peter McArthur. CSI'S Climate Venture

Centre for Social Innovation's Climate Ventures Mornings are a chance to hear from the city's top climate entrepreneurs and leaders. You'll gain a greater understanding of the different ways in which we can tackle the climate crisis, and hear some inspiring personal stories along the way. Sit down with Peter McArthur, lead of RBC's cleantech commercial banking practices for a conversation on cleantech: its potential, trends, and funding landscape. **About the Speaker:** Peter McArthur leads RBC's cleantech commercial banking practise in the GTA and works with a variety of cleantech companies, ranging from early stage commercializing businesses to small public companies. A graduate of the University of Toronto and an Executive Program at Queens University, he holds a Certificate in Carbon Finance. Recognized as a 2019 Canadian cleantech leader by the Clean 50, Peter is the Chair of the Ontario Clean Technology Industry Association, and serves on the Board of the Canada Cleantech Alliance.

Time & location: 8:30 - 10:00 am
Climate Ventures, Centre for Social Innovation, 192 Spadina Ave, Suite 216
Registration/
more information: <https://www.eventbrite.ca/e/climate-ventures-mornings-a-conversation-with-peter-mcarthur-tickets-90633582485?aff=ebdssbdestsearch>

Hoot n' Howl with the TRCA. Humber Arboretum

Join staff from the Toronto and Region Conservation Authority for a night of fun and adventure. Enjoy a short presentation on owls and coyotes followed by a trip into the woods. Call out to these wild creatures in hopes they will hoot or howl back. This event is appropriate for participants aged 6 and up. Will be walking approximately 1 km over uneven and possibly icy trails. Please come dressed to be outdoors. The Humber Arboretum is located at the back of Humber College North Campus. The Centre for Urban Ecology is the glass building with the red door on the Arboretum grounds. Parking is shared with Humber College. If you are driving, please leave yourself extra time and check in at the main parking kiosk at the front of campus when you arrive. Let them know you are visiting the Arboretum and they will direct you from there.

Time & location: 7:00 - 9:00 pm
Humber Arboretum, Centre for Urban Ecology, 205 Humber College Blvd
Registration required: <https://trca.ca/event/hoot-n-howl-at-the-humber-arboretum/>
For more information: <https://humber.ca/arboretum/events/trca-event.html>

Saturday, February 22

Snowshoe the Meadoway. Toronto and Region Conservation Authority

Discover the wonders of winter wildlife in The Meadoway. Track and identify signs of local animals, learn some of their secrets for surviving the winter and see how our perennial meadow plants are doing at this time of year. Try out snowshoeing and leave behind tracks of your own. In the event of a snow-free day, please join us for a winter walk through Toronto's longest natural restoration project and active transportation corridor. Snowshoes will be provided. This event will take place rain or shine. Please dress for the weather, including layered clothing and winter boots. You will be notified if the hike needs to be cancelled due to extreme weather. Please meet as at the south parking lot of Thompson Memorial Park.

Time & location: 10:00 am - 12:00 pm
Thomson Memorial Park, 1005 Brimley Rd
Registration/
more information: https://trca.ca/event/snowshoe-the-meadoway/?instance_id=5191

Sunday, February 23

QUANTUM + Pop Culture. RCIScience

Quantum physics has taken its position with rocket science in pop culture as a shorthand for frighteningly complicated science. Quantum physics has also taken on a sort of magical connotation in fiction, with features like entanglement, superposition, and tunneling spurring imagination. Join RCIScience for QUANTUM + Pop Culture with John Donohue, the Scientific Outreach Manager from the Institute for Quantum Computing at the University of Waterloo. Examine how quantum science is used in film, TV, games, and literature and explore their interpretation before diving in to what the science actually says. Consider how it connects to modern quantum technologies, learn how to avoid quantum snake oil, and

demystify the spookiness of quantum mechanics. **About Speaker:** At the University of Waterloo's Institute for Quantum Computing, John Donohue's main role is to take quantum information science out of the lab and off the whiteboard and bring it to audiences of all sizes and types. John obtained his PhD in Physics and Quantum Information from the University of Waterloo, specializing in quantum nonlinear optics, followed by postdoctoral research at Paderborn University in Germany. Before that, he studied for his BSc in Physics at the University of Windsor.

Time & location: 2:00 - 3:30 pm

JJR Macleod Auditorium, 1 King's College Circle

Registration required: <https://www.eventbrite.ca/e/quantum-pop-culture-tickets-86946398017?aff=RCIWeb>

For more information: <https://www.rciscience.ca/events/quantum-pop-culture>

Weekly events

Wednesdays, February 5, 12, 19, 26

Relaxation Therapy. University Health Network

Learn and practice some simple methods including:

- deep breathing – promotes a calmer, more steady breathing rate
- progressive muscle relaxation – reduces stress by tensing and relaxing certain muscle groups throughout your body
- guided imagery – uses the power of words and music to guide you to a relaxed state. Guided imagery is the process of helping you form peaceful and healing images in your mind

Time & location: 1:15 - 2:00 pm

Princess Margaret Cancer Centre, Gerry & Nancy Pencer Brain Tumour Centre, 18th Floor, 620 University Ave

For more information: Call 416 946 4501 ext. 3995.

https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/relaxation_therapy_class.aspx

Various Days

Simply Move: A How-to Guide to Getting Active. Sunnybrook Health Sciences Centre

Join the Simply Move program to find ways to adapt exercise to meet your needs, explore ways to enjoy movement, connect with others interested in moving more. This workshop consists of three sessions. Participants are encouraged to attend all three dates.

Workshop dates:

- February 7, 10:00 am – 12:00 pm
- February 28, 10:00 am – 12:00 pm
- March 13, 10:00 am – 12:00 pm

Day, Time & location: **Friday, February 7 and 28, 10:00 am- 12:00 pm**

Sunnybrook Hospital, A Wing, rm 121 - Bayview Campus, 2075 Bayview Ave

Registration required: Call Corrie at 416-480-4805 or email corrie.procak@sunnybrook.ca

For more information: <https://sunnybrook.ca/calendar/event.asp?e=1333&m=&page=33990>

Walks around the Park. Toronto Field Naturalists

Walks happen year round, all days of the week, in all areas of the city, and cater to a wide range of comfort and fitness levels. A variety of themes are represented: nature & ecology, birding, history, geology, and many others.

Day, time & location: **Saturday, February 8, 10:00am**

Earl Bales Park and the West Don Valley

Arborist & ecological restoration expert, Stephen Smith, will lead a walk along the Earl Bales trail south from Sheppard Ave., looking at one of Toronto's best remaining large blocks of natural habitat. We'll see mature and regenerating forests and the large storm water pond built in 2011. Meet at

the bus stop at the corner of Sheppard Ave. W. and Don River Blvd. Be prepared for walking on some moderate hills and icy trails, which could take around four hours. Bring lunch. Washrooms in the ski chalet at the end.

Meeting Location: Sheppard Ave W and Don River Blvd.

For more information: <https://torontofieldnaturalists.org/TFN-events/earl-bales-park-and-the-west-don-valley/>

Day, time & location: **Saturday, February 15, 10:00 am**

Birds, Trees and Effluvia by Ashbridges Bay

Join Bob Kortright for a circular walk around the perimeter of Ashbridges Bay Park, past Coatsworth Cut, viewing ducks and gulls against the backdrop of Toronto's main sewage treatment plant and ending at the Tim Hortons by the Woodbine bus loop. Mostly paved surfaces, flat with some gentle slopes. Meet at the southwest corner of Coxwell Ave and Lakeshore Blvd E. Washrooms at the end. Bring binoculars. Check the forecast for Toronto Island. It is windier along the lakeshore.

Meeting Location: Coxwell Ave and Lakeshore Blvd E.

For more information: <https://torontofieldnaturalists.org/TFN-events/birds-trees-and-effluvia-by-ashbridges-bay/>

Day, time & location: **Saturday, Feb 22: 10:00am**

Valley Trail Walk

Join Linda McCaffery for a circular nature walk along a new accessible trail, allegedly maintained throughout the winter, connecting the University of Toronto athletic fields in the valley with the Scarborough campus arrayed along the Military Trail. The Valley Trail winds through the woodlands along the steep eastern slope of the valley with excellent viewing platforms and vistas into the woodlands. There are historic dwellings along the way in West Hill and there are deer in the woods. Meet at the eastbound bus stop at the intersection of Kingston Rd and Old Kingston Rd. An early exit can be made at the bus circle on campus. No washrooms.

Meeting Location: Kingston Rd and Old Kingston Rd

For more information: <https://torontofieldnaturalists.org/TFN-events/valley-trail-walk/>

There are also free programs at the **Toronto Public Library**.



- Science & Technology programs: <http://www.tpl.ca/programs-and-classes/categories/science-technology.jsp>
- Health & Wellness programs: <http://www.tpl.ca/programs-and-classes/categories/health-wellness.jsp>

Or have a look at the **What's On** program guide, available in branches.



Also, connect with us online and get the latest library news, event listings and librarian expertise at the **North York Central Library blog**: <http://torontopubliclibrary.typepad.com/north-york-central-blog/>