



Medical research has linked night-time lighting to breast and prostate cancers. Night light can disturb hormones and the immune system as our bodies need night-time darkness for good health and rest.



Millions of migrating songbirds die annually in North America when they fly into office towers that are lit all night when no one is there!



Crime studies show there is no relationship between crime and light levels. Lighting only reduces our fear of crime!



Effects of Artificial Light at Night on Wildlife

Although the moon and the stars provide illumination, this changes every night. Artificial lighting gives off a different type of light, constantly!

Wildlife including insects and invertebrates, amphibians, birds, mammals, fish and reptiles require both daylight and darkness for normal functioning. Their biological clocks correspond to the cycles of light, temperature, availability of food, and many other factors. Too much light at night can "reset" their clocks, disrupting the natural patterns of wildlife.

Many native plant species are adapted, in a similar fashion, to these cycles of natural light, temperature, moisture and nutrition. They need both daylight and darkness to function normally.

Nocturnal animals detect light much better than the human eye and what seems to be normal night light to us, is in fact very bright for nocturnal animals like bats and to the migrating birds that navigate at night by starlight and the moon.

For more information visit:

www.syz.com./rasc/lp

www.darksky.org

To contact us:

www.cypresshills.com

www.saskparks.net

email: cypresshills@serm.gov.sk.ca

Phone: (306) 662-5411

Fax: (306) 662-5482



07/1M
Printed in
Canada



Saskatchewan
Environment

**SASKATCHEWAN
PARKS**

CYPRESS HILLS

**Dark-Sky
Preserve**

*Protecting and Preserving
the Natural Darkness
of the Prairie Sky*



The Cypress Hills is a remarkable place to view the natural beauty of the starry sky. Protecting and preserving the natural darkness will help maintain the integrity of the dark night sky.

Cypress Hills Interprovincial Park is the first park in Saskatchewan and Alberta to become fully recognized as a Dark-Sky Preserve. It is the largest Dark-Sky Preserve in North America, preserving 39,600 hectares - that's 97,850 football fields!



On September 28, 2004, a declaration was signed between the provinces of Saskatchewan and Alberta and the Government of Canada, in partnership with the Royal Astronomical Society of Canada to designate the Cypress Hills Interprovincial Park as a Dark-Sky Preserve.

Land of Living Skies



Switch Off a Light and Switch On a Star!

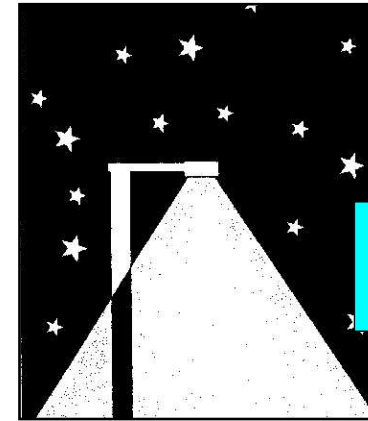
What You Can Do:

- Direct outdoor cottage and camping lights downward to prevent light from straying upwards, or trespassing onto your neighbour's area
- Turn off lights when not in use
- Use low wattage lights
- Use controls and dimmers where possible
- Use the right amount of light for the task
- Learn more about the night sky and the effects of light pollution

Clear nights hosting myriads of stars is part of the prairie experience and goes hand in hand with the idea of our province being known as the "Land of Living Skies". People from all over the world come to visit the Cypress Hills. They are amazed at our dark night sky and the array of stars, constellations, planets and satellites that are so pronounced in the intensely black background of night. One of Canada's largest gatherings of stargazers, the annual Saskatchewan Summer Star Party, is held every year in the Centre Block of Cypress Hills Interprovincial Park. Astronomers gather here because of the quality of the dark night sky and its elevation above the surrounding prairies.

We all need effective outdoor night-time lighting so we can see well, feel secure and drive safely. However, our dark-night sky is becoming threatened by light pollution or light that shines where it is not wanted or needed. When artificial lighting is used improperly, it pollutes the night sky. Cypress Hills Interprovincial Park is taking a proactive role to protect, preserve and restore our dark-night sky by developing guidelines and standards for controlling light pollution, and by using the correct amount of light for various tasks. These changes will enhance the natural environment of the park, rather than impede park use. The intent of our Dark-Sky Preserve is to limit light pollution through the use and promotion of responsible lighting practices. Visitors and residents will be able to participate in programs and become knowledgeable about responsible lighting. People, as well as wildlife will benefit from a more efficient, safe and natural experience.

Modern lighting methods, such as aiming lights downward and directing light where it is needed most, are considerate and provide a safe, hazard-free work and play area. Managing light pollution fits within our park's mandate of preserving the environment and promoting natural experiences for everyone. We save energy and by saving energy, we save money. Everyone wins!



GLOSSARY

Light Pollution is bright, artificial light that shines where it is not wanted or needed.

Sky Glow is stray light in our atmosphere that can be seen over 100 kilometres away. It is the pale orange halo that hovers over urban areas resulting from poorly designed and improperly aimed fixtures, and from light reflected from over-lit areas.

Light Trespass is light that shines or reflects from someone else's property and shines on, or lights up your property. It is light that interferes with the enjoyment of your property.

Glare is the uncomfortable brightness of a light shining into your eyes, leaving you unable to see much of anything else. Glare reduces visibility, is annoying, and creates safety hazards.

Energy Waste is light that we produce, but never use. It is light that is misdirected. Using too much light and leaving lights on all night when not necessary are examples of energy waste.



A preserve is an area or place kept safe from harm. It is a sanctuary that maintains the environment in a natural state.

COMET DISCOVERED FROM CANADA!!!

The discovery came on August 18, 2001 at one of Canada's largest gatherings of stargazers, the Saskatchewan Summer Star Party, held each year in Cypress Hills Interprovincial Park.

The comet has officially been designated as Comet Petriew (P/2001 Q2) after its discoverer, Vance Petriew, of the Royal Astronomical Society, Regina Chapter.



Roughly 4000 stars are visible to the naked eye!