



D E C . 2 0 1 6



FALLS
BROOK
CENTRE

the COVERED BRIDGE newsletter



From all of us at FBC ~

HAPPY
HOLIDAYS



We want to extend our heartfelt and warmest wishes to you and yours throughout this beautiful time of year. Share this time with friends and family. Remember to be safe, but don't forget to have fun!

Our offices will be closed through the holidays, so we'll be seeing you in a new year full of new possibilities.

A message from Afton

The past year has been tumultuous for many people on many fronts, in amongst the holiday cheer and looking towards 2017, it's a good time to take a moment and review a particular topic that has the potential to do a great deal for New Brunswick.

There have been many conversations around The Climate Change Action plan and Transitioning to a Low Carbon Economy published this year from the Provincial Government. I wish to take a moment to turn the conversation to the economic benefits possible when the situation is looked at differently. Where small and medium sized landowners can make land management choices that protect their property and their pocketbook at the same time

Survey after survey has shown that the majority of New Brunswick landowners care a lot about the effect that their decisions on land management have on their surroundings, but more often than not, those decisions have to be made with an eye to money, not preference. There are methods of land management that can be both ecologically and economically sound, through reduced inputs and greater profit per acre. These land management methods, proven in other global jurisdictions over long periods of time, will be implemented in Glassville over the coming years, this year will be two methods; transitioning from a monocrop orchard to a multi-crop Food Forest, and alley-cropping. We will be documenting the processes and making our information and lessons learned available for other landowners who wish to do the same. In this way we hope to do our part in growing the provincial economy in a responsible and sustainable manner.

The more people know about the possibilities inherent in systems-based land management, the more options they have when making a decision about their land. In Glassville we will showcase ways that work for New Brunswick, keep an eye on our social media in the New Year for opportunities to learn all about how we plan to do that.

Until then, I wish you all a warm and laughter-filled Happy Holidays!

the littlest staff member



Recently hired as chief of security, the newly named "MacDougall" is a red squirrel who has taken up the task of screeching at visitors to our Glassville Demonstration Site. Don't let him discourage you from visiting us next year though... Instead, try to snap a photo of him and share it with us on social media!

For all the latest from MacDougall, be sure to follow us on [Facebook](#), [Instagram](#), and [Twitter](#)!!

become a member

There's a new way to support your favourite organization! Becoming an FBC member gets you lots of perks throughout the year. Plus, if you order a membership for yourself, family, or friends before the end of January 2017 we'll give you a special early bird discount. Head to fallsbrookcentre.ca to get yours today!



\$25 red squirrel

Special member pricing on select FBC workshops, free camping at select FBC events (including the 9th Annual Free School), and an organic cotton tote bag and FBC sticker.

\$50 gray jay

Special member pricing on select FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$25]



\$75 red fox

Special member pricing on all FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton FBC t-shirt, an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$50]

\$100 black bear

Leave your mark and ensure your legacy lives on at the FBC Demonstration site! With this membership, you'll get your name inscribed on the side of the main lodge for all to appreciate. The official unveiling of the "member wall" will take place at the 9th Annual Free School.

PLUS Special member pricing on all FBC workshops, free camping at FBC events (including the 9th Annual Free School), and an organic cotton FBC t-shirt, an organic cotton tote bag, a metal "Say Yes to the Tap" reusable water bottle, and a FBC sticker. [+ a charitable tax receipt for \$75]



by Charlotte Flores (Education Coordinator)

updates from . . .



ECO CITIZEN CLUB



The students have been experiencing different topics since our fall festival and are now beginning to settle of their projects. John Caldwell Elementary is working on a pollinators project, studying bats and building bat boxes through the winter and in the spring they will be planting a pollinators garden. They are very engaged and so receptive to the programming - the model class participants. Perth Andover Middle School has decided to pursue renewable energy with a focus on wind turbines. December 6th was our last meeting until after the holidays.

& & &

AGRICULTURE IN THE CLASSROOM

We have had all of our 6 classes and had a great rapport. The students loved the healthy snack component and could be found going back for thirds and fourths. The biggest hits were homemade butter, made by the class, on top of local Happy Baker bread and local apple slices with a dip they made from sour cream, cinnamon, and brown sugar. Our culminating activity was planting our herb sprouts in a hanging garden made out of recycled pop bottles. We are hoping that the herbs will be used by the cafeteria staff.



renewables nb

by Max Mathies (Renewable Energy Coordinator)

Founded in 2009, Renewables NB is a collaborative initiative between four non-governmental organizations: Cape Jourimain Nature Centre, Conservation Council of New Brunswick, Miramichi River Environmental Assessment Committee, and Falls Brook Centre, who act as the Provincial Coordinator. Renewables NB is an online centre that aims to promote energy efficiency and renewable technologies throughout the province of New Brunswick.

Over the past few months, the Renewables NB website has been getting updated to better function as a provincial network. This new site will function as a central hub to share information about renewable energy within New Brunswick including: financial incentives, project showcases, and event promotion. We hope to remove knowledge barriers for those entering the world of renewable energy and inspire New Brunswickers to be as passionate about these technologies as we are. The English version new site will be going online at www.RenewablesNB.ca on December 30th, (2016?) with the site available for French New Brunswickers soon after translation.

To promote the network, other organizations within the province who work with renewables (dealers / installers / companies / non-profits / etc.) are encouraged to join the new Renewables NB directory! This directory will allow visitors to the site to learn about what's happening in their region, and how to get in touch. Renewables NB will promote partner organizations through event promotion via the website and social media. Organizations interested in joining the network are encouraged to contact the Energy Coordinator at energy@fallsbrookcentre.ca.



save the date

FEBRUARY 25TH, 2017

In order to promote awareness and education within the province, Renewables NB will be hosting a conference at The Ville Cooperative (241 Canada Street, Fredericton) in order to further promote these issues. Both those involved with renewable energies along with interested residents are encouraged to attend! Interpretation will be available for both French and English speakers. Keep an eye on the Renewables NB facebook page for details.

DREAMING OF A GREEN CHRISTMAS



by Michelle Lavery (Media and Promotions Coordinator)

Christmas is often the time of year when I notice a desperate, consumeristic glint in everyone's eyes. The spirit of the season often seems to get lost in what we feel is expected of us by society. This year, I hope we can buck that trend by getting back to what Christmas is all about – family, friends, and celebration. Instead of turning on autopilot this season, I'm going to make some mindful choices about my Christmas traditions in an effort to make them eco-friendly. Here are some of my favourite tips that I'll be using this Christmas:

Make your own gifts

Handmade gifts are a great way to show you really care, while adding to your skills repertoire. Learn to knit, grab a glue gun, or dust off the jigsaw and get to work. There's nothing quite as satisfying as showing off your skillfulness to your friends and family!

Support local artisans

If you can't make it yourself, buy it from someone you know who can. I'm a culprit – sometimes I fall victim to the convenience of shopping malls – but try and make an effort to get your loved ones special gifts from locals with hidden talents.

Go local for dinner

What better time to try out some local vegetables from your farmer down the road? On top of reducing your carbon footprint, you'll be supporting your local economy at a special time of year.

Put on a sweater

Everybody knows that there are energy savings to be had when the thermostat gets turned down. So this Christmas, take the opportunity to don that ugly sweater you got three years ago. Cozy up with a hot cup of cocoa and turn that thermostat down. It'll get you in the real spirit of the season, and you'll appreciate that warm mug even more!

Decorate sparingly

A few strands of LEDs can go a long way. There's no need to blind your neighbours with a showy display on your front lawn. Get creative with your outdoor decorating, and use light timers to reduce your overall power consumption. It will make your power bill and the power grid very happy.

Find a Christmas tree alternative

The debate about the eco-merits of real vs. fake trees has been raging for the past few years, and so far it seems like a real Christmas tree is the lesser of two evils. But why not find an eco-friendly alternative? Take some time to build wooden trees with friends and family or opt for a wall hanging to display your favourite ornaments!

Embrace nature

Instead of covering your alternative Christmas tree with plastic baubles, decorate it with your favourite finds from nature walks. Pinecones with glitter are my favourite decorations and can be a blast to make with kids. Get some popcorn and sew yourself a garland. Use twigs to make stars and skinny reindeer. There are so many options – hit up Pinterest and get your craft on.

Be sparing with Santa

It can be tempting to go above and beyond for your little ones in the name of "Santa" this Christmas, but consider the potential consequences when they go back to school. For many parents, expensive gifts aren't possible – even for Santa. So when children discuss what Santa brought them, it can sometimes seem like he's showing a preference for the children of wealthier families. This Christmas, take ownership of the pricier gifts and let Santa bring your kids the lovely woollen mittens, the great new storybook, or the beautiful knapsack. Supporting one another and levelling the playing field will ensure that all of our children grow and thrive with self-confidence and love!

Recycle, recycle, recycle

Whether it's second-hand gifts or decorations, old newspaper as wrapping paper, or getting rid of your real Christmas tree – recycle everything! Have a bin close by on Christmas morning and recycle the tissue and wrapping paper. Collect gift bags to be reused next year. Keep bows and ribbons as Christmas tree decorations. Donate unused, non-perishable food to the food bank and unwanted gifts to a shelter. It'll make you feel great and save your wallet next year.



A Note from the Editor

We're back again, with another issue of The Covered Bridge! I hope you've enjoyed reading this issue and much as I've enjoyed putting it together. For more information on anything you've read, please don't hesitate to contact us (information below).

In between issues of The Covered Bridge, please follow us on our blog - we post regular updates on everything from why gardening makes you happy to a solar panel 101. You can also follow us on Twitter, Facebook, and Instagram for even more regular updates from the FBC Team.

We'll be seeing you in 2017 - and I hope that year brings you and yours happiness and health! Have the happiest of holidays and remember to stay safe and warm.



CONTACT US



Falls Brook Centre

@FallsBrookNB

@fallsbrookcentre

SATELLITE OFFICE

241 Canada St.
Fredericton, NB
E3A 2Z8
506 454 5480

DEMONSTRATION SITE

426 West Glassville Rd.
Glassville, NB
E7L 1W4
506 246 1115



donate to **FBC**

VISIT fallsbrookcentre.ca

Falls Brook Centre is a New Brunswick-based non-profit that seeks and promotes sustainable solutions to modern challenges. As a registered charity, we rely heavily on contributions from personal donors. These contributions help us initiate new projects, continue to host great events like Free School, teach workshops in classrooms across New Brunswick, and maintain our day-to-day operations. We welcome your support, and are able to offer charitable tax receipts for all donations over \$25 CAD.