



MANDATE

Our purpose is to advance the practice of living in an environmentally sustainable manner and to provide opportunities for group activities in the outdoors. The Fresh Air Society is a volunteer-run organization that is based in the Town and County of Antigonish and has two core streams for public engagement:

1. Outdoor Activities and Outdoor Education Group
2. Environmental Sustainability Advocacy Group

To find out more or to join our free list serve for upcoming events go to: www.freshairsociety.ca

ACTIVITIES & PROGRAMS

Our activities and programs are open to the public and a current list of upcoming activities can be found on our web-site. Our core activities and programs are as follows:

1. Outdoor Activities
2. Monthly Bethany Sustainability Meetings
3. Educational Field Trips
4. Resource Library
5. NSOLD Outdoor Leadership Development Program
6. Community Engagement

BEGINNINGS

On March 3, 2002, a small group of outdoor enthusiasts came together to plan future outdoor activities. Out of this meeting began the Fresh Air Outdoor Adventure Society. Outdoor activities continue and there is now also an emphasis on having the newly named “Fresh Air Society” to be an integral part of having Antigonish become a sustainable community. The Fresh Air Society has continued to provide educational field trips, public information meetings, sustainability meetings, and the Natural Step Program (Dr. Alan Warner/Frank Gallant), and an array of outdoor educational programs. From 2005–2007, the Fresh Air Society has been integral in offering over 75 outdoor activities, 10+ educational field trips, 20 public presentations, and 14 community activities. In addition, Fresh Air Society has provided community outdoor educational programs offered with the support of Nova Scotia Outdoor Leadership Development (NSOLD). The following is an overview of the specific offerings provided by The Fresh Air Society.



COMMUNITY ACTIVITIES

- Established a Green Room on Library website
- Created a Fresh Air lending library (books, pamphlets, audio tapes, CD, DVD)
- Donated subscription of Ode Magazine and Inconvenient Truth video to high school
- Created and maintain Fresh Air web site
- Sustainable 'local foods' Feast
- Wilderbeats Concert
- Green Gear Swap
- Linden tree presented to Town of Antigonish to acknowledge watershed protection (05)
- Involvement with 2020 Foresight Panel Discussion
- Representation on 2020 Foresight Environment Committee
- Educational and Informative articles in local paper
- Natural Step education and public engagement
- Helped with "A Sense of Wonder", Rachel Carson play (May 06)
- Assisted in bringing in Jonathon Porritt for a public presentation on sustainability
- Assisted in the development and advancement of the framework for "Antigonish as a sustainable community".
- Recognition Award (07)

EDUCATIONAL FIELDTRIP PROGRAMS

- Second Generation Landfill Tour
- Organic Farming
- Orchard Growing
- Antigonish Sewage Treatment
- Wind Turbines Home Tour
- Geothermal Energy Workshop
- Wildflowers, Orchids and Plants of Wet Areas
- Antigonish CONVERSATION CAFÉ
- Life and Death of a Salt Marsh
- Wildflowers, Orchids and Plants of Wet Areas
- Woodlot Owner of the Year Field Day & NSDNR Woodland Owner of the Year Field Tours
- Energy Efficient Home Tour
- Off The Grid With Solar and Complete Composting System
- Brierly Brook Water Treatment Plant Tour
- Apple Orchard Tour and Demonstration
- Backyard Organic Gardening
- Old Growth Forests Session
- Earth Construction & Bread Oven Workshop
- Organic Farm Tour



INFORMATION DISSEMINATION

From time to time, other organizations and individuals pass on information and event announcements to us. This information is often posted to our website and occasionally to our list-serve. Sources of this information include the following:

- Donated books to Town Library and they set up a Fresh Air Environment shelf
- Antigonish Sustainable Development Committee
- Federation of Agriculture
- Nova Forest Alliance (NS's Model Forest)
- Antigonish Area Bird Report
- Department of Natural Resources
- Canadian Network for Environmental Education & Communication (EECOM)
- Spirit Nova Scotia
- Fostering Sustainable Behaviour Digest
- Fall's Brook Centre
- Nova Scotia Environmental Network (NSEN)
- Keppoch Beaver Mtn Recreational Area- Municipality of County of Antigonish
- Sustainable Education in Nova Scotia for Everyone (SENSE)
- Living Earth Council
- Pictou County Naturalist's Society
- Pictou, Antigonish, Guysborough Library Programs
- Organic Agriculture Centre of Canada (OACC)
- ACALA Antigonish County Adult Learning Association

PUBLIC PRESENTATIONS AT BETHANY CENTRE (*Second Tuesday - Month 7:00 – 9:00*)

- Antigonish Harbour (Tony Miller) (Aug 05)
- Solar Energy (05)
- Wind Forum (05)
- Otesha Project (Sept 05)
- Henri Steeghes - "Wildflowers"
- Green Christmas (05)
- St. Mary's River Research (Mark Pulsifer)
- Geothermal (06)
- Jonathan Porritt - "Future of Planet Earth" (June 06)
- Decluttering and alternative cleaning products
- Sustainable Success Stories (Solar Cottages, Hybrid Car, Oil Miser)
- Baffin Island and NWT Public Slideshow (Jan 06)

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- Nahanni National Park Public Slideshow (Peter Jowett)
- Nature Conservancy (Monk's Head) and Piping Plover (Nov 06)
- Movies: Being Caribou
- Environmental Health Forum
- Natural Step—Environmental Workshop
- Consumer Culture (Apr 06)
- Wilderness Areas—Cape Breton
- Health Forum (March 06)
- Woodland Turtles (Mark Pulsifer) (07)

NSOLD PROGRAMS (Nova Scotia Outdoor Leadership Development)

2002 Winter Survival (Feb)—21 [Lanark]

2003 Winter Survival (Jan)—25 [Lanark]

2004 Winter Survival (Feb)—15 [Lanark]
Ice Safety Clinic (Jan)—33 [Lanark]
Emergency Procedures (April)—23 [Lanark]

2005 Winter Survival (Feb)—15 [Lanark]
Wilderness First Aid (Dec)—12 [Lanark]
STFX Human Kinetics Department (Navigation, Leave No Trace, Survival) (Jan)—12 [Lanark]

2006 Winter Survival (Feb)—12 [Lanark]
STFX Human Kinetics Department (Navigation, Leave No Trace, Survival) (Jan) —21 [Lanark]
Woodsy Skills: Grades (4,5,6) (Feb)—100 [Richmond]
Wilderness First Aid (April)—12 [Lanark]
Wilderness Navigation (May)—8 [Lanark]
Natural Interpretation (May)—24 Youth [Antigonish]
Outdoor Leadership (Canoeing, Navigation, Emergency Procedures) (June)—44 [Lanark]
Flatwater Paddling AB (June)—24 [Lanark]
Human Kinetics Department (Navigation, Leave No Trace, Canoeing) (Sept)—35
Flatwater Paddling ABC (Sept)—10 [Lanark]
Flatwater Paddling ABC (Oct)—10 [Lanark]
Wilderness Navigation (Oct)—14 [Lanark]

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- 2007 Winter Survival (Feb)—22 [Lanark]
STFX Human Kinetics Department (Navigation, Leave No Trace, Survival) (Jan)—21 [Lanark]
STFX Human Kinetics Department (Navigation, Leave No Trace, Survival) (Feb) —22 [Lanark]
Wilderness First Aid (Apr)—14 [Lanark]
Woodsy Skills: Grades 4, 5, 6 (Feb/March)—100 [Richmond]
Woodsy Skills (Feb)—24 [Sherbrooke]
Natural Interpretation (May)—28 Youth [Antigonish]
Wilderness Navigation (May)—24 [Sherbrooke]
Flatwater Paddling (May)—24 [Sherbrooke]
GPS (June)—24 [Sherbrooke]
Canoe Tripping Level I (May)—9 [Fisher Lake—Antigonish Residents]
Environmental Interpretation (June) - 12 [Camp Bethany & Community Associations]
Outdoor Leadership for YMCA Big Cove(Canoeing, Navigation, Emergency Prod) (June)—45 [New Glasgow]
STFX Human Kinetics Department (Navigation, Leave No Trace, Canoeing) (Sept)—25 [Lanark]

OUTDOOR ACTIVITIES

- 2002 Hiking trail maintenance, West River run, Overnight to secret beach, Kayaking in the Harbour, Stargazing, Fishing Cove hike, Show and Go: hiking, biking, paddling, Sea Kayaking, Hike Fairmont Ridge, James River Falls, Brown's Mountain biking, Thanksgiving camping, 1st Survival Challenge, Beach hike, Outdoor photography, Breakfast hike
- 2003 Snowkana, Ski Wax Clinic, Beach hike and photography, Ice Safety & Emergency Procedures, 2nd Annual Survival Challenge, Tobogganing party, Youth winter camping Telemark x-country skiing – Baddeck, Star gazing, Canoe paddle making, Outdoor paintball adventures, Emergency procedures, Kayaking, Show and Go: snowshoeing, x-country skiing, tobogganing, Beaver dam clean up, Cape George hike, James River overnight, Fairmont Trail maintenance, Mountain biking, Canoe and kayaking, Sugarloaf Breakfast hike, Paint ball, Arisaig geology hike, Summer Solstice celebration, Canoe overnight, Rocketry, Fishing Cove overnight, Beach camping, Cape George sunset hike, Ropes, Tor Bay family day, Five Islands camping, Stargazing

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- 2004 Star gazing, Tent construction, X-country skiing, 3rd Annual 24 Hour Survival, Wentworth (1st annual) Tobogganing party, Beach hike and photography, Winter camping, James River skiing, Maryvale Wilderness hike, Easter egg hunt, Maple Sugar bush and waterfall hike, Mountain biking, Breakfast hike Sugarloaf, Emergency procedures, Kayaking, canoeing, Ceilidh Trail hike, Fairmont beaver dam clean up, Trail maintenance and hike, Mabou hike, Geocaching, Beaver Mountain James River overnight, West River paddle (3rd annual), Hiking, Beach camping, Fishing Cove camping, Boylston camping (1st annual), Biking/camping PEI (1st annual)
- 2005 4th Annual 24 Hour Survival, Hiking Sugarloaf, Breakfast Hikes, Wentworth Weekend, (2nd annual), West River, Biking PEI (2nd annual), Beach Camping, Fishing Cove, Cape Breton Camping, Boylston Camping (2nd annual), Hikes to North River and James River Falls
- 2006 First of the month breakfast hikes: Sugarloaf, Bethany, Sonnet Lake, Barrens, Fairmont Ridge, Cape George, Biking and Camping PEI (3rd annual) plus another bike trip in Sept Hikes: Dunns Beach, Summer Solstice sunset, Arisaig, Lundy Fire Tower, James River, Dunn's Beach to Monk's Head, through Nature Preserve, (Several stewards for the Nature Conservancy), Wentworth overnight (3rd annual), Pool kayaking, West River canoeing and kayaking, A Sense of Wonder (Silver Glen), Camping, Boylston (3rd annual), Five Islands, Barney's River Thanksgiving hike, Monk's Head trails at Chez DesLauriers
- 2007 Biking Boylston, Wentworth ski weekend, Breakfast hike—Fairmont, All Female Canoe & Kayak Overnight Camping Trip, Camping Annapolis Valley & Hiking Cape Split, Cycling PEI, Sunset Solstice Beach Walk, Solstice Paddle & Picnic, Sunset Hike—Ferry Beach, Exploring Monk's Head, Exploring Chez Deslaurier Trails, Mother's Day Hike, May 1st Breakfast Hike, Breakfast Hike—Cape George, Breakfast Hike—Fairmont, Cape Breton Camping, Earth Day Activities—Seabright, Easter Day Hike, Guysborough Hike, James River Falls Hike, Liscomb River Hike, Barney's River Hike, Gros Morne Biking-Hiking & Camping, Stargazing