



Coastal Chronicle

Bluenose Coastal Action Foundation
Quarterly Newsletter - December 2017



Holiday Edition

Happy Holidays and Farewell 2017!

Welcome to another holiday edition of the Coastal Chronicle! As we prepare to wrap up our to-do lists for 2017, Coastal Action staff continue work on our ongoing projects - while developing new ideas, as well.

This past November we held our annual staff retreat at White Point Beach Resort, where Jamie O'Neill of Uprise Consulting (and our retreat facilitator) was on hand as staff and board members navigated through the discussion and formation of exciting plans for the future of Coastal Action. Plenty of ideas for staff to muse over as we move forward with project development in 2018. Recently Brooke and

Danielle travelled to Kananaskis, Alberta for the Canadian Wildlife Federation's National Conservation Summit. Shortly after that Danielle and Blaire (our core American eel team) delivered a presentation at the 1st North American Eel Science Symposium in Cornwall, Ontario.

And now, 'mull' upon this miniature edition of the Chronicle to find out ways you can add some green habits to your holiday season, save the date for our 2018 Rum and Chowder Social, and learn about donations as holiday gifts. Merry Christmas - and see you in 2018!

Jennifer McKinnon, Editor 

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Coastal Action 2017 staff on the front steps of our office at Captain Angus Walters House, 37 Tannery Road in Lunenburg. Clockwise from top left: Clare Kellock, Shanna Fredericks, Brooke Nodding, Sam Battaglia, Sarah MacLeod, Andy Breen, Jamie O'Neill (our staff retreat facilitator), Jennifer McKinnon, Emma Kinley, Danielle Pernette, Blaire Slaunwhite, Ariel Smith, and Sam Reeves.

Bluenose Coastal Action Foundation is a charitable organization that addresses environmental concerns along the South Shore region of Nova Scotia. Our goal is to promote the restoration, enhancement, and conservation of our ecosystem through research, education, and action. Our vision is a healthy environment for future generations.

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Dreaming of a Green Christmas: Tips for the Holidays

Looking to incorporate a few eco-friendly / zero waste habits into your festive holiday traditions and activities of the season? We at Coastal Action have gathered up a few ideas that just might help! Have a look below to find a little inspiration for greening up your Christmas this year.

Gift Giving

Explore your creative side as a means of giving gifts to your loved ones:

- People love receiving a gift that you've made yourself just for them. Examples of easy and fun gifts include: homemade bath bombs, body butters, sugar scrubs, and candles (you can find easy instructions for all of these online). Christmas goodies - such as cookies, almond bark, and other tasty snacks - are also well-received. There are also plenty of recipe websites and blogs which cater specifically to the tummies of those with celiac disease, allergies, diabetes, and folks who are vegan or dairy-free.



Make a day of cutting your perfect tree!

- Still holding on to an unopened present you received last year, that you're unsure what to do with? Use this opportunity to re-gift, and pass the love along to someone you know will truly appreciate it!

- If you aren't feeling crafty, or simply don't have the time to prepare and create your own presents, try shopping locally. You'll find lots of charming and well-made gifts created by local artists, bakers, and artisans at shops, Christmas craft fairs, and farmers markets. Not only are you supporting your local producers and economy, you'll also save on the pollution associated with the manufacturing, packaging, and shipping of chain store items.

- Give the gift of experiences: yoga class, spa treatment, tickets to a festival, snowshoeing, or a night at the movies.

- Get creative with your wrapping: old maps, extra fabric you have lying around, burlap, or even an old newspaper wrapped with jute. Replace bows and ribbons with items found in your own yard, such as pine cones and tree clippings.

Christmas Trees

Make a day of visiting your local Christmas tree farm, tromping around and finding the perfect tree, and cutting it down yourself. Not feeling like hitting the outdoors? Find a local tree lot with trees cut and ready to load into your car.



These homemade cards come in a variety of styles, including: hand-painted illustrations glued to multicoloured papers, rubber stamp letters with gold pen accent, and a colour copy of an original illustration.

Once the tree comes down, consider these alternatives to placing your tree curbside: donate the tree to your local wildlife shelter (or your local goat farm!) for the resident critters to enjoy / munch on / shelter beneath; place your tree on your shoreline to help prevent erosion; chip or mulch your tree for use on your property and flower beds.

From everyone here at Coastal Action we wish you a safe, merry, and green holiday season!



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Save the Date:

6th Annual Rum and Chowder Social Friday June 8th 2018

Our annual Rum and Chowder Social fundraiser has been a hit for the past five years, growing in popularity each year. So mark your calendars for Friday June 8th 2018, and come join us for the usual delicious selection of locally-made chowders, sample some rum, bid on items in our auction, and enjoy!



You can donate now!

Looking for the Christmas gift that keeps on giving for generations to come? Coastal Action is celebrating **25 years of Environmental Community work in 2018!** Your donations support the Coastal Action Vision: a healthy environment for future generations. This is achieved through our Mission: to restore and protect the environment through research, education, and action.



Our home at 37 Tannery Road in Lunenburg.

Coastal Action is a not-for-profit conservation organization. By donating financially we will provide charitable donation tax receipts. We also sell various articles of clothing, accessories, and local maps; all proceeds go to Coastal Action projects!



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