



The Daily Gleaner

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Stay Green & Active as White Stuff Falls

Although the pictures of your family's summer vacation may still be on the digital camera, summer may seem long ago as the prospect of snow looms in the near future. And the beautiful foliage is now turning into the orange-brown of Halloween, and then – don't say it – winter is upon us! The other telltale sign is the frosty morning air these past few days, which may have caught you off-guard as you frantically searched for your kids' mittens and scarves before sending them off to school.

The avid snow lovers are excited - but the rest of us, not so much! Who loves shorter days and longer nights anyway? Well don't go out and overbuy groceries and wood for hibernation just yet! Instead, try throwing on some warm layers and enjoy that crisp autumn air. And since the windows in the house are closed now, everyone needs to get outside daily for a dose of fresh air.

There is no better time of year to hit Fredericton's trail system. For many runners and walkers, this cool weather is their favorite exercising temperature versus the summertime heat. And for cyclists, before the snow comes try taking advantage of some last bicycle rides with your family. If you have a winter-worthy bike, don't stop there – you can bike all winter if you have proper tires, just ask your local bike shop for advice. And if you don't have a bicycle and have noticed an increase in Fredericton cyclists due to our recent addition of bike lanes, this is the time of year you will get great deals on bikes for next season. Check out the local bike shops and see what they have to offer for you or your kids. And if you bike to work and don't feel like biking home - don't forget that there are bike racks on City transit buses!

Another great form of exercise this season is raking leaves and cleaning up yard and garden waste. Remember that the Fredericton Annual Fall Leaf Pickup is happening this year on your regular garbage pickup day between November 3 and 14. Leaves must be placed in clear or orange plastic bags, or in large paper compostable bags (strongly encouraged!) and be separate from regular garbage. The leaf pickup is a great way to divert waste from the landfill; and not only that, the City Parks & Trees Division really needs the leaves! All the leaves and yard waste is composted by the City to produce soil for shrub, flowerbeds and neighborhood green spaces throughout the city.

When one thinks of snow, the first thought that comes to mind for many is skiing. And in preparation for the upcoming winter season, the Crabbe Mountain Ski Racing Club is putting on a fundraiser ski sale all day today (Saturday, October 25) at the Capital Exhibition Center. Remember buying used is an environmental choice – reduce, REUSE, recycle. And don't forget that the City's trail system and parks are excellent for cross-country skiing!

There are many ways to remain active in the colder season. Getting around by means of Active Transportation is good for your health, will boost your energy, and reduces transportation-related greenhouse gas emissions! So remember, the start of the colder season does not have to mean hibernation

– get out there, put on some extra layers, stay active and have fun! There is plenty to do in Fredericton, just check out Fredericton’s Recreation and Leisure webpage at www.fredericton.ca/en/reclisure/recreationandleisure.asp.

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