



KANATA-NORTH

COMMUNITY SUSTAINABILITY PLAN

OCTOBER 2019

IN ASSOCIATION WITH
KANATA-BEAVERBROOK
COMMUNITY ASSOCIATION,
COMMUNITY VOLUNTEERS &
OTTAWA BIOSPHERE
ECO-CITY

INTRODUCTION

The Kanata-North Community Sustainability Plan has been developed to engage Kanata-North residents to live more sustainably, by taking on various self-developed individual and community sustainability projects related to issues that matter to them. The projects in this plan were developed during community discussions held in Kanata in October 2019.

WHAT IS SUSTAINABILITY?

Sustainability is the ability of things to continue to exist. It applies to natural and human features.

We use the earth's resources to meet our needs, but we also want to leave enough natural resources and beauty for future generations to live healthy and happy lives.

What we do matters. You impact the environment—the environment impacts you.

WHAT IS A BIOSPHERE ECO-CITY?

The Biosphere Eco-City (BEC) is an urban-centred region where people and organizations create a culture of sustainability. Biosphere means “sphere of life” and is the Earth’s outer shell of land, water and atmosphere that supports all life. The term Eco-City refers to an international movement for sustainable cities.

OTTAWA BIOSPHERE ECO-CITY

The Ottawa Biosphere Eco-City (OBEC) began in 2009 as a pilot study for an international program. It is a volunteer-based charity that partners with other organizations for sustainability.

OBEC has created a number of initiatives including: a database of hundreds of sustainability projects, a self-guided Ottawa Sustainability Tour, public workshops on individual Themes of Sustainability, School Sustainability Plans, and a Council of Stakeholders where anyone can bring ideas for sustainability. More details may be found on the website (obec-evbo.ca).

WHAT IS THE SUSTAINABILITY PLAN?

This sustainability plan is an agenda for action – things that we can do individually or collectively.

In an evening of discussion, Kanata community identified what they thought were Key Issues and Projects to address the issues, related to OBEC's Ten Themes of Sustainability. The sustainability plan contains their suggestions for projects you might try, both at an individual and community level and also a catalyzing tool for you to come up with your own projects to take on.

HOW DO I USE THE PLAN?

As you read the plan, you may find a Theme, Issue and/or Project you want to address. Or you may think of an idea for something different. What you do is up to you, but the plan is meant to be a tool for your reference to help you think of ideas and get started. Write your Issue and Project on the last page. This becomes your personal sustainability plan. Please tell OBEC (obec-evbo.ca) what you plan to do, so that we can share these with the community.

THEMES OF SUSTAINABILITY

OBEC's 10 Themes are all the areas of direct action for sustainability. They provide a framework for people to link their individual interests to sustainability and allow people with common interest to come together and develop solutions to issues. The Themes are *Transportation, Energy, Design, Habitat, Food, Natural Capital, Waste, Health, Recreation and Sense of Place*. Projects may relate to more than one Theme. But thinking in terms of the Themes helps to identify opportunities for action.

KANATA-NORTH COMMUNITY SUSTAINABILITY PLAN

- The Kanata North Community Sustainability Plan (KNCSP) was developed from community input; in particular a large community discussion held in Kanata on October 29th, 2019.
- In that discussion, 41 participants came together to discuss their concerns about our relationship to the environment. They suggested 53 projects in plenary and breakout discussions. These projects are summarized by theme (related to OBEC's ten themes: Transportation, Energy, Design, Food, Waste, Habitat, Natural Capital, Health, Recreation, Sense of Place (see Annex I)) and are summarized in this Community Sustainability Plan (CSP).
- The KNCSP is intended to act as a guide and tool for the Kanata North community (residents and businesses) to generate ideas and begin projects for sustainability.

Brief Introduction to KANATA -NORTH

Kanata is a large suburban community on the west side of Ottawa, with a population of 117,304 (2016) and an area of 1139 square kilometers.

Kanata North is approximately half this area and comprises the residential neighbourhoods of Beaverbrook, Kanata Lakes, Morgan's Grant, Briarbrook, and the Kanata Research Park (Canada's largest high-tech park).

The original Kanata (now Beaverbrook) began as a garden community with clusters of housing separated by green spaces. The other neighbourhoods of Kanata North are more modern additions to the community. The Green Belt, administered by the National Capital Commission, separates Kanata North from more urban parts of Ottawa.



Aerial view over Kanata, Ontario and the Greenbelt

Kanata was first settled by Europeans in the early nineteenth century and remained agricultural until the 1960s when it became the site of heavy development.

Kanata developed in the area of the rural March Township, but few farms still exist to represent this agricultural heritage. The adjoining West Carleton community is one of Ottawa's most important farming areas and a source of many fresh products in Kanata farmers markets.

The neighbourhoods of Kanata-North today are working hard to strike a firm balance between its continuing development and preservation of its natural green spaces.



Kanata-North Community Sustainability Discussions October 29th 2019

*Members of the
Kanata-Beaverbrook Community
Association and Earl of March
Secondary School gathered in front
of their project proposal for a
community garden*



Community members of Kanata-North discuss sustainability projects.



KANATA-NORTH PROJECTS



Community Engagement Ideas for Sustainability:

- ★ *Community Fundraisers* – fun green events to raise awareness & funds for sustainability action
- ★ *Voting* for community and government leaders who will defend and take action for sustainability
- ★ *Community Engagement & Volunteering* – people power essential in taking climate action
- ★ *Mobilizing expertise, talent & technology* – getting people with useful skills together to provide knowledge and support to sustainability efforts and actions in community
- ★ *Engaging Artists* – raising sustainability awareness through artistic expression and events
- ★ *Engaging Parents* – families educate each other on ways to live more sustainability
- ★ *Living classroom/Educating Community/Citizen Science* – workshops and educational events to raise awareness and share knowledge on climate change and climate action

TRANSPORTATION

Individual Project Ideas:

- ★ Walk to work, to school, to the store, etc.
- ★ Maintain bike – brakes, reflectors, tires; use bike repair station at library
- ★ Practice a “Give-up-your-car” day
- ★ Maintain your vehicle for better efficiency and safety
- ★ Upgrade to hybrid or electric
- ★ Car pool or opt for public transit whenever possible
- ★ Check out Pedal Play

Community Project Ideas:

- ★ Create Work Carpools facilitated by Business Improvement Association (BIA)
- ★ Build a bike tune-up workshop; repair old bikes for donation; create a rent-a-bike program; request businesses to sponsor bike racks, gear and helmets; petition for better cycling infrastructure – more + safer bike lanes, etc.

- ★ Campaign for safer streets & transportation (request more crosswalks (esp. on Teron Rd.), drive carefully and within speed limits, ensure sidewalks are properly ploughed in the wintertime) - more people can then walk and bike
- ★ Campaign for better bus routes and LRT connection to Kanata

Example of Community Project Proposal: **Work Carpools**

What?: How to beat the traffic and reduce your carbon footprint? Creating a network of carpooling to work will help achieve this!

How?: Create an online network and/or application where people driving to/from work can offer rides to neighbors going in the same direction at the same time and those interested can request rides. If possible, work to secure a group/shared parking space through BIAs.

What is needed?: Volunteers to create online network/application; drivers and BIAs to support.

ENERGY



Individual Project Ideas:

- ★ Try window/door weather-stripping
- ★ Apply to an energy-rebate program
- ★ Install geothermal heating/cooling
- ★ Power down electronic devices after use
- ★ Buy energy efficient appliances
- ★ Install energy efficient lights (e.g. LED)
- ★ Install sensors to turn lights on/off and/or turn off lights whenever they are not used
- ★ Invite friends for board games (vs. screen time)
- ★ Dry clothes & sheets outside
- ★ Install solar panels (homes & businesses)
- ★ Replace winter heating with sweaters & socks
- ★ Add eco-friendly insulation to your home (Enbridge Insulation Program)

- ★ Plant deciduous trees for summer shade
- ★ Install whole-house fan for night cooling
- ★ Open windows to lower use of AC in summer
- ★ Air Source heat pumps to replace natural gas with efficient electricity
- ★ Share your energy ideas through blogs/vlogs
- ★ View Beaverbrook Home Energy Assessments
- ★ Check out Hydro Right of Way

Community Project Ideas:

- ★ Explore Community Bullfrog Power
- ★ Host Ottawa Renewable Energy Co-op
- ★ Host periodic Energy-Efficiency workshops

DESIGN

The background of the slide features a faint, light gray silhouette of a city skyline with several skyscrapers. In the foreground, there is a large, dark gray silhouette of a tree with many branches, partially obscuring the skyline. The word "DESIGN" is written in a large, bold, red serif font at the top center. Below the word, there is a small black icon of a building with a chimney.

Individual Project Ideas:

- ★ Green Home Renovations (incorporation of renewable energies & green technologies (ex. solar roof panels), environment-oriented designs & structures)
- ★ Build enclosed porch
- ★ Grow houseplants (esp. spider plants)
- ★ Install heat-recovery ventilator
- ★ Maximize natural light indoors
- ★ Build granny-flat in backyard
- ★ Create built-in composters into backyard

Community Project Ideas:

- ★ Require affordable units in new builds
- ★ Promote mid-rises beside natural areas
- ★ Move bike lanes to Teron Road
- ★ Create community outdoor kitchen & dining area
- ★ Build Garden rooftops & Bio-walls
- ★ Host environmental-design workshop

HABITAT

Individual Project Ideas:

- ★ Home Butterfly/Bee Gardens
- ★ Plant milkweed for Monarchs
- ★ Join Great Canadian Bumble Bee Count
- ★ Plant trees and bushes at home
- ★ Join Natural Backyard Program
- ★ Take a local guided nature walk
- ★ Drive slowly by marshy areas
- ★ Do not trim trees/bushes in spring

Community Project Ideas:

- ★ Building Community Gardens
- ★ Removing invasive plant species & planting native species
- ★ Tree inventory & tree planting (replacing fallen trees)
- ★ Rain Collection & Rain Gardens
- ★ Make use of wetlands
- ★ Bird/Animal Rescue Operation
- ★ Coalition to protect special animal & plant species
- ★ Reducing pesticide-use
- ★ Natural mosquito control programs
- ★ Child-led tours of South March Highland & green spaces

Example of a Project Proposal:

Child Led Tours of South March Highland & Green Spaces

What?: In our fast-moving cities, we often find ourselves disconnected from nature. We forget just how essential our relationship with the environment is and how important it is for us take care of the Earth that provides us life. Taking occasional tours of the nature that surrounds us will raise our awareness and appreciation for nature and appeal us to take action on its behalf.

How?: Sustainability tours of local green spaces, especially led by local children will help us appreciate what we have more and do our best to protect these spaces. Young leaders, enthusiastic about sharing their passion for natural habitat will guide seasonal tours of important local green spaces.

What is needed?: Volunteers to organize tours and eager young people to lead them.



Individual Project Ideas:

- ★ Grow your own food - enjoy fresh & local food from your own garden!
- ★ Lower Meat Consumption - Challenge with friends, family, community, etc.
- ★ Research & education seminars in grocery stores
- ★ Donate your unused food that is still good
- ★ Check out *FlashFood* App
- ★ Compost your food waste (backyard, vermicompost, city's green bin)

Community Project Ideas:

- ★ Educational Workshops/Forums led by Kanata Food Cupboard & others (resources, local foods, waste)
- ★ Employ community & private gardens to support Kanata Food Cupboard
- ★ Create Resource Book on Food Donation Opportunities
- ★ Create Extra-Food Distribution Program (to neighbours, organizations, etc).
- ★ Community Compost

Example of a Project Proposal:

Educational Food Workshops

What?: Oftentimes, we are not fully aware of the scope and consequences of our food's carbon footprint and food waste. Workshops delivered by community associations and food organizations such as Kanata Food Cupboard to educate community on these topics (gardening, local food, purchasing and consumption practices, ways to compost, places to donate) will raise awareness and address community food issues!

How?: Organizations and volunteers organize fun and interactive educational workshops on food waste where they provide knowledge on food consumption and waste practises, community donation spots and other resources.

What is needed?: Organizations, space and volunteers to host and spread the word.

NATURAL CAPITAL



Individual Project Ideas:

- ★ Collect rainwater in water barrels
- ★ Install permeable pavement
- ★ Install low flush toilets
- ★ Reuse water e.g. wash vegetables then hands
- ★ Limit time in showers
- ★ Set up just-in-time heater in bathroom
- ★ Set up electric kettle in bathroom
- ★ Use reusable water bottles
- ★ Buy natural cleaning products & soaps
- ★ Volunteer to plant trees
- ★ Use good one-sided paper whenever possible
- ★ Read then give magazines/papers away
- ★ Compost for gardens /Green bin
- ★ Buy/use water quality test kit

Community Project Ideas:

- ★ Set up water barrel sales
- ★ Promote permeable pavement
- ★ Community directed urban forestry
- ★ Swales & ponds in new developments
- ★ Set up donation / sale of used furniture and other goods
- ★ Recycle cut lumber
- ★ Promote composting
- ★ Plant trees & erosion-preventing plants
- ★ Build around natural landscape



WASTE



Individual Project Ideas:

- ★ Reduce, Reuse, Recycle!
- ★ Purchase second-hand whenever possible (clothes, books, furniture)
- ★ Use reusable products vs. one-time use products (reusable bags, cutlery, tupperware, hand towels, sanitary pads, gift wrapping, etc.)
- ★ Upcycle/create do-it-yourself projects with crafts materials, worn-out textiles, furniture, etc.
- ★ Donate your unused food that is still good

Community Project Ideas:

- ★ Community workshops & education on waste-management and reduction
- ★ Community Garage Sales & Swaps (*'one person's trash is another person's treasure!'*)
- ★ Create an inclusive list of non-standard recycling materials & their recycling opportunities & options
- ★ Collective Community Special Waste Pick-up
- ★ (Community) Compost (can double as income source (i.e. selling compost))

Example of a Project Proposal:

Collective Community Special Waste Pick-Up

What?: We all struggle with waste items that don't seem to have a definitive method of recycling or disposal, though we're certain they can be recycled and not put in the trash. How to dispose of worn-out shoes? Used-up batteries? Broken furniture? Having a Community Special Waste Pick-up would address this issue and help us to better dispose and recycle these types of waste!

How?: Signal to the community there will be a monthly or bi-monthly pick-up of special waste-items such as clothes, electronics, furniture, etc. (create a list). Set a date and a community drop-off location. Gather volunteers who will offer to help sort through the waste and drive them to the appropriate facilities.

What is needed?: Location for waste-collection; lead volunteer(s) to organize and manage project; volunteers to sort through and drop-off waste once a month.

HEALTH



Individual Project Ideas:

- ★ Better manage waste (recycling and composting)
- ★ Grow & consume your own freshly grown, nutritious foods
- ★ Keep your environment clean
- ★ Stay active - ex. commit to one weekly outdoor activity (walking, biking)
- ★ Make lawns organic
- ★ Buy/rent radon detectors to test your home for radon (hazardous for health)

Community Project Ideas:

- ★ Compile and distribute a guidebook of mental & community health resources
- ★ Maintain a clean environment (managing air, water and land pollution)
- ★ Ensure access to nutritious food (enough grocery stores and food banks)
- ★ Create accessible playground
- ★ Create a seniors park
- ★ Open community facilities in heat waves
- ★ Create garden therapy program
- ★ Raise awareness of links between cancer reduction to air, water & healthy food

RECREATION



Individual Project Ideas:

- ★ Join a local sports team
- ★ Take walks/hike in nature with family & friends
- ★ Canoe, kayak, sail on Ottawa River
- ★ Get involved with Kanata North playgroups

Community Project Ideas:

- ★ Host local marathons and/or triathlons through Kanata's trails and rivers (make accessible)
- ★ Host amateur summer/winter outdoor olympics (make accessible)
- ★ Come together for community garden harvests, picnics, potlucks
- ★ Organize community "Fun Day" (ideally sustainability-themed)
- ★ Hire "at-risk" youth to build recreation facilities
- ★ Compile and publicize playgroups in Kanata
- ★ Create hiking/other recreational clubs for youth/seniors/other groups

Example of a Project Proposal:

Kanata Green Summer & Winter Olympics

What?: One of the best ways to appreciate our environment is to get outdoors and enjoy it! Getting the community together for a series of fun olympic-style games out in Kanata's green spaces is a great way to do just that. Host for both summer and winter to enjoy seasonal sports and appreciate nature in both seasons.

How?: Organizations and volunteers will get together to plan, organize and support the games. It's a big event and will require plenty of hands. Set a program, choose and decide on specifics of a number of seasonal games/sports and get permissions for the green spaces where the games will take place. Consider promotion, registration, tickets, food and refreshments, viewing areas for spectators, and sustainability through it all, of course.

What is needed?: Community organizations and volunteers to lead and support, funds for necessary purchases, accessible green spaces, promotion, etc.

SENSE OF PLACE



Project Ideas:

- ★ Revitalize public spaces for community
- ★ Adopt/take care of/spend time in local parks
- ★ Work for greater access to green spaces
- ★ Host community sessions with long-time senior residents to share their experiences of living in Kanata
- ★ Community gardens to get people together (+ community harvests/potlucks, etc.)
- ★ History Tour of Kanata
- ★ Photo-Essays of Community (people, places, culture, trees, green spaces, (wet)lands, etc.)

Example of a Project Proposal:

Photo-Essays of Community

What?: Creating a sense of place better connects people to the place they live and the people, culture and history they share that place with. This sense of place in turn creates a desire to better take care of that place, through community engagement and environmental stewardship, among others. Publishing and sharing a series of photo-essays of Kanata will give pride to the community and inspire them to continue caring for their community, heritage and environment.

How?: Collect photos and essays of Kanata people, places, and nature from local photographers and writers. Publish and share with community through event, newsletter and/or website.

What is needed: Volunteers to organize and create a series/collection of Kanata photo-essay(s) . Kanata Community Association to help publish and share it.

PROPOSALS FOR BUSINESSES



- ★ Create local network of businesses to support sustainability in Kanata
- ★ Advocacy for more Corporate Social Responsibility in terms of environmental stewardship - creation of a local standard guide for environmental business practises
- ★ Businesses to offer up lawn space and other resources (for planting trees, gardens, etc. and to host green events, fundraisers, etc.)

CONCLUSIONS & NEXT STEPS

The Kanata Sustainability Plan was designed to give you ideas on how to take sustainability action at home, at work or in your neighbourhood.

You can now make it your personal plan for action.

Please think of an issue that is meaningful for you. Then choose a project that addresses that issue. It could be something written in the plan, or something you invented. Once you have something started, let us know what you are doing.

We want to share statistics on the projects being taken on and progress being made, because it inspires others and gets momentum going.

By reaching out to us, we can also get you connected to team leaders (on aforementioned projects) and help you recruit volunteers.

What you do for sustainability will enrich your life, support your community and contribute to the world.

Let's get started and build a sustainable future in your community together!

Your Priority Sustainability Issue(s):

Your Proposed Project(s):

Send your information to:

<http://obec-evbo.ca/lowertown-community-sustainability-plan>

Thank you for contributing to the sustainability of your community!

Sponsored by **Ottawa Biosphere Eco-City & Ottawa Community Foundation**

Report by Ottawa Biosphere Eco-City

APPENDIX 1:

BIOSPHERE ECO-CITY THEMES

(Action Areas for Sustainability)

Transportation – Sustainable movement of goods and people

Energy – Sustainable use for buildings, movement, manufacturing, agriculture

Design – Sustainable design of buildings, communities and infrastructure

Habitat – Sustain living places for plants and animals

Food – local food, gardens, food access, heritage and organic crops and animals

Natural Capital – Water, soil and natural materials to meet human needs

Waste – Reduce, reuse, recycle, waste processing, conversion to energy

Health – Clean air, water and soil, safe and tranquil outdoor access, healthy indoor air

Recreation – Non-motorized, low impact, connected to nature, carbon offset for events

Sense of Place – Create public spaces, outdoor events, belonging and stewardship

APPENDIX 2:

FIVE BIG MOVES OF THE CITY OF OTTAWA In Relevance to Biosphere Eco-City (BEC) Themes

BIG MOVE		BEC THEME OF SUSTAINABILITY
1.	Growth Management – More by intensification that greenfield development, providing complete communities and affordable housing	3 – Design 5 – Food (preserving food land) 6 – Natural Capital (preserving green space) 10 – Sense of Place (complete communities)
1.	Mobility – By 2046 majority of trips by sustainable transportation (walking, cycling, and public transportation)	1 - Transportation
1.	Urban and Community Design – More sophisticated to create good urbanism at all scales (largest to smallest)	3 – Design
1.	Climate, Energy and Public Health – Integrate all these in planning, and foster health and wellbeing, with resiliency of the natural and built environment	2 – Energy 3 – Design 6 – Natural Capital 8 – Health
1.	Economic Development – Opportunities for economic development, with policies for employment lands, industrial areas and knowledge-based campuses	3 – Design (develop employment areas)