



Hintonburg Community Sustainability Plan

In association with the Hintonburg Community Association & Ottawa Biosphere Eco-City Initiative (OBEC) – completed: **2018 April 27**

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 this Sustainability Plan?

This sustainability plan is an agenda for action – things that we can do individually or collectively. In two evenings of discussion, people who live or work in Hintonburg identified what they thought were Key Issues and Projects to address the issues, for each of Ten Themes of Sustainability (see below). The sustainability plan contains their suggestions for projects you might try.

Those suggestions are contained in a table of Key Issues and Sustainability Projects, beginning on page 3. You'll notice that some projects are small and others are larger and more complex. As well, there will be a difference in who would likely do each project. This is indicated in the table with different colours and print styles:

- a) **Community**
- b) *Organizations/Government*
- c) *Individuals/Families*

As you read the plan, you may find a Theme, Issue and Project you want to address. Or you may think of an idea for something different. What you do is up to you. Write your Issue and Project on the last page. This becomes your *personal sustainability plan*. Please tell OBEC (obec-evbo.ca) or a local monitoring team what you plan to do, so they can share lists of projects with the community.

Biosphere Eco-City

The Biosphere Eco-City (BEC) is an idea for 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.

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. Details may be found on the website (obec-evbo.ca).

Themes of Sustainability

Dividing sustainability into ten Themes makes it much easier to understand. These are all the areas of direct action for sustainability. The Themes provide a framework for people to link their individual interests to sustainability. And they 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. You will find them defined briefly in the left column of the table that begins on page 3 of this plan.

Projects may relate to more than one Theme. For example, projects to reduce waste can also save energy. But thinking in terms of the Themes helps to identify opportunities for action.

Hintonburg

Hintonburg is a dynamic, creative community in the heart of Ottawa that offers a special welcome for arts and heritage. It has also been the location for a number of sustainability initiatives, including: a food co-op, a store with items from recycled material, a knitting shop, a farmers' market, a zero-waste grocery store, a sustainable development centre, and a sustainable housing building designated as Ottawa's best designed high rise in 2016.

Hintonburg Community Association

The Hintonburg Community Association (www.hintonburg.com) is a very active not-for-profit, volunteer-led group of local citizens dedicated to enhancing the quality of life for Hintonburg residents, business owners, employees and visitors. It organizes and supports many arts, sports, environment and other activities. The Community Association supported OBEC in development of this sustainability plan.

Sustainability Vision for Hintonburg

Residents, businesses and organizations of Hintonburg will incorporate sustainability principles and practices into their work and lives. In so doing, they will continue to enjoy a healthy, sustainable environment. This supports a high quality of life now and for future generations.

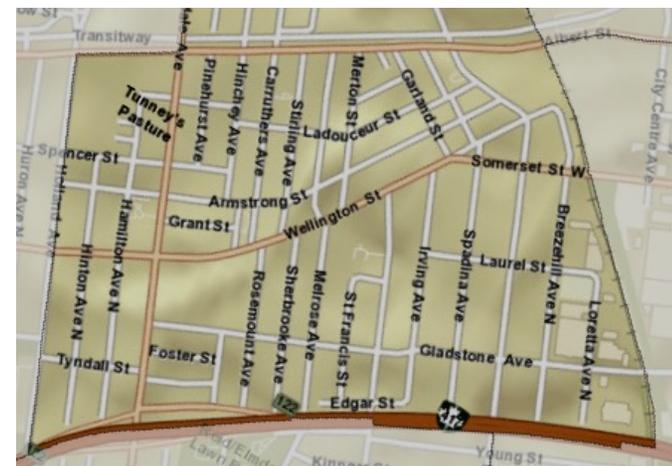
Ottawa & Hintonburg

Ottawa is a diverse city with a population of over 900,000 people. The beautiful landscape has multitudes of green spaces within the urban area, and includes a greenbelt of farms around the urban core. Eighty percent of Ottawa is rural and contains some of the best agricultural land in Canada. Ottawa is one the most educated cities in Canada as well as one of the most bilingual.

Hintonburg is bounded by Scott Street on the north, the Queensway (Highway 417) on the south, the O-train railway line to the east and Holland Avenue to the west. The area was annexed to Ottawa in 1911. Businesses on Wellington St. West are characterized by a mixture of largely proprietor-operated retail, as well as many artists and artisans who have set up commercial outlets for their creations. There are also many restaurants in the area. Hintonburg has a population of over 7,500.



OTTAWA – Urban (pink) and Rural (green)



HINTONBURG

| Sustainability Theme | Key Issues | Sustainability Projects |
|---|---|---|
| <p>Transportation (Movement of goods and people)</p> | <p>1. Pedestrian safety</p> | <p><i>1.1 Provide all-way crosswalks for pedestrians (also known as "Pedestrian Scrambles")</i> <i>1.2 Install bike-locking stations so that people won't tie bikes to trees</i> <i>1.3 Better windrow removal on Wellington (i.e. snow banks left after plows go by)</i></p> |
| | <p>2. Cyclist safety</p> | <p><i>2.1 Endorse safe cycling approach/provide education for cyclists & drivers</i> <i>2.2 Provide better access for bikes: roads are too narrow</i></p> |
| | <p>3. Need for balance between bringing people into area to support businesses vs. number of cars</p> | <p><i>3.1 Question the need for parking for developments near LRT & other transit</i> <i>3.2 Set up bike sharing stations (six will be installed in the near future)</i></p> |
| | <p>4. Improve design of road construction and parking, especially on Wellington St West</p> | <p><i>4.1 Install more "bulb-outs" at intersections to prevent cars from blocking traffic (also known as curb extensions)</i> <i>4.2 Look at alternatives to how loading zones are used (drivers often block driveways, parking spaces & sidewalks during deliveries)</i></p> |
| | <p>5. Traffic Problems on Wellington West</p> | <p><i>5.1 Reinstate advanced greens on Wellington West at both Parkdale and Holland</i></p> |



| Sustainability Theme | Key Issues | Sustainability Projects |
|---|---|---|
| <p style="text-align: center;">Energy (For buildings, transportation, manufacturing and agriculture)</p> | <ol style="list-style-type: none"> 1. High energy use to heat & cool old buildings 2. Overuse of air conditioning 3. Energy cost of imported food 4. Short distance car travel 5. Support renewable energy 6. Reduce other energy use | <ol style="list-style-type: none"> 1.1 Partner with EnviroCentre for energy efficiency clinics & retrofits 1.2 Insulate basements and attics 1.3 Caulk windows and doors 2.1 Community workshop on alternative ways to keep cool 2.2 Use a whole-house fan 3.1 Buy local food from Parkdale Market and Good Food Box 4.1 Walk or bike short distances 5.1 Explore feasibility of community scale Bullfrog Power 5.2 Host Ottawa Renewable Energy Co-op event 6.1 Use LED lights |



| Sustainability Theme | Key Issues | Sustainability Projects |
|---|---|--|
| <p style="text-align: center;">Design (Of buildings, roads, public spaces and communities)</p> | <p>1. Need to increase urban green space.</p> <p>Why? a) lack of trees/plantings in front yards, b) maxing-out lot sizes and paving front yards, c) developments are not dedicating enough (if any) land to green space, d) mature trees are cut down and are not be replaced, e) trees/greenery make us "feel good"</p> <p>2. Need to minimize hard surfacing.</p> <p>Why? a) hard surfaces increase storm water run-off b) lack of permeable surfaces for driveways, parking areas, patios, etc. c) permeable paving allows hardy groundcover/grasses</p> <p>3. Need multi-generational activity space(s) in parks</p> <p>Why? a) Great activity centres for young children but not enough for others i.e. teens, adults, seniors, b) Lack of park infrastructure i.e. public toilets, water filling stations, dedicated "dog waste" repositories</p> <p>4. Lack of affordable housing/work space</p>  <p style="text-align: center;"><small>© Can Stock Photo</small></p> | <p>1. <i>Municipal incentive(s) for tree/greenery planting</i></p> <p>2.1 Use permeable paving for driveways, patios, walkways</p> <p>2.3 Use permeable paving for all new developments</p> <p>3.1 <i>Develop and implement park building and amenities to encourage multi-generational use of parks: Public washrooms, Water filling stations, Skate parks, Dedicated outdoor seating, Dedicated 'dog waste' collection bins, Community gardens, Wading pools</i></p> <p>4.1 Require developers to provide minimum affordable housing units within all new large-scale developments</p> <p>4.2 develop artist live/work studios</p> |

| Sustainability Theme | Key Issues | Sustainability Projects |
|--|---|---|
| <p style="text-align: center;">Habitat (Living places for plants and animals, both urban and rural, on land and in water)</p>  | 1. Lack of green spaces and need to maintain them | <p><i>1.1 Define current & potential green spaces</i></p> |
| | | <p>1.2 Clean & maintain green spaces</p> |
| | | <p>1.3 Plant trees & gardens</p> |
| | 2. Lack of native species | <p>2.1 Consider new ways of encouraging more native species</p> |
| 3. Pollution (pesticides and herbicides) | <p>3.1 Don't spray lawns</p> | |
| 4. Provide wildlife habitat | <p>4.1 Plants for butterflies and bees</p> | |

| Sustainability Theme | Key Issues | Sustainability Projects |
|---|--|--|
| <p style="text-align: center;">Food (Local or organic food, urban gardens, heritage crops and animals)</p> | 1. Need for urban farming | <p><i>1.1 Garden allotments on public land</i></p> <p><i>1.2 Food production integrated into public spaces</i></p> <p><i>1.3 Rooftop gardens</i></p> <p><i>1.4 Small animals in back yards</i></p> <p>1.5 Vertical gardening in back yards</p> <p>1.6 Hydroponic garden at home</p> <p>1.7 Permaculture (full cycle growing)</p> |
| | 2. Support local farmers | <p>2.1 Buy at Parkdale Market</p> <p>2.2 Get Good Food box</p> |
| | 3. Food plants for pollinating insects | <p>3.1 Grow plants for butterflies & bees</p> <p><i>3.2 Conserve public land for pollinators</i></p> |
| | 4. Share local food expertise | <p>4.1 Workshop on gardening</p> <p>4.2 Seed sharing event</p> <p>4.3 Create community gardens</p> |
| | 5. Gather local fruit & nuts | <p>5.1 Plant fruit/nut trees</p> <p>5.2 Donate your fruit & nuts</p> |
| | 6. Reduce food waste | <p><i>6.1 Stores donate almost expired foods</i></p> <p>6.2 Don't overfill refrigerator</p> |
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| Sustainability Theme | Key Issues | Sustainability Projects |
|--|---|---|
| <p>Natural Capital (Soil, water, wood, air and other natural materials that meet human needs)</p> | <p>1. Habitat loss, biodiversity loss, representing loss of ecosystem services</p> <p>2. Surface water management</p> <p>3. Loss of green space and trees due to development – air quality effects - more water runoff and contamination - more soil erosion</p> | <p><i>1.1 City orchard, regeneration gardens, butterfly gardens</i></p> <p>1.2 Create and keep “wild gardens” (native species, untamed)</p> <p>1.3 Structure biodiversity in back yard</p> <p>2.1 Use rain barrels</p> <p><i>2.2 Create bioretention ponds, bioswales, and other techniques to capture, clean, and store surface water</i></p> <p><i>2.3 Awareness campaign for surface water management</i></p> <p><i>3.1 Mandate a certain amount of green space and trees for every new development, maybe a “one-to-one” rule and/or native species focus</i></p> |



| Sustainability Theme | Key Issues | Sustainability Projects |
|--|--|---|
| <p style="text-align: center;">Waste (Reducing, reusing, recycling and processing of wastes, and conversion of waste to energy)</p> | <p>1. Surplus of waste (plastics, renovation waste, single use coffee cups and containers, food waste, straws)</p> <p>2. Too few people in apartment buildings use the Ottawa Green/Blue/Black Bin program</p> <div data-bbox="583 1073 982 1357" data-label="Image"> </div> | <p>1. 1 Collect ecofriendly initiatives from local businesses to promote them</p> <p>1.2 Brand businesses as "EcoHeroes" and "Shout Out" to more local businesses to participate, example: "Bring your own cup" for coffees, teas, and get a discount</p> <p>1.3 Reduce grocer's food waste by buying some 'ugly fruits and veggies' and save money too.</p> <p>1.4 Fun community events to help public engage in waste reduction. Find out how much waste is produced on average in Hintonburg community and benchmark it, set a goal for the community, create challenges/prizes for people to reduce the waste, after a period of time see how well the community does</p> <p>1.5 "Plastic Free July"- bring your own bag for grocery etc., and give prizes</p> <p>2.1 Build a Tool kit for residents of apartment buildings to use Ottawa's Green/Blue/Black Bin program and have building owners manage the bins.</p> |

| Sustainability Theme | Key Issues | Sustainability Projects |
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| <p style="text-align: center;">Health (Clean air and water, safety, tranquility, and environmental needs of vulnerable groups)</p> | <p>1. Use green spaces for mental & physical health</p> <p>2. Use outdoor space for exercise</p> <p>3. Disease prevention</p> <div style="text-align: center;">  </div> | <p><i>1.1 Developers plant a large tree for each one they remove</i></p> <p><i>1.2 Community garden for all ages</i></p> <p><i>1.3 Garden therapy program</i></p> <p><i>2.1 Continue bike lane additions</i></p> <p><i>2.2 Exercise programs in parks</i></p> <p><i>3.1 Cancer Prevention Outreach Project: to provide information evenings hosted by the OICC on prevention of disease by improving air, water and food quality.</i></p> |

| Sustainability Theme | Key Issues | Sustainability Projects |
|--|---|---|
| <p style="text-align: center;">Recreation (Non-motorized activities, urban or rural recreation, “greening” of events)</p> | <p>1. Make parks more useable</p> | <p><i>1.1 Get more funding for turf maintenance</i> <i>1.2 Encourage more activity for all age groups in parks, not just children</i> <i>1.3 Get better lighting in parks for safety</i></p> |
| | <p>2. Access to recreation & safety equipment</p> | <p>2.1 Expand the free bike light program 2.2 Organize ongoing used equipment sales and swaps 2.3 Start up an outdoor community sports league with free equipment</p> |
| | <p>3. Access to bike routes & parks</p> | <p><i>3.1 Get dedicated bike lanes on or adjacent to Wellington Street</i> <i>3.2 Create a dedicated dog park at Tom Brown Arena grounds</i></p> |
| | <p>4. Need more community activities</p> <div data-bbox="571 909 829 1193" data-label="Image"> <p>A cartoon illustration of a man and a woman. The man is on the left, wearing a purple t-shirt, blue pants, and a green baseball cap. He is holding a blue skateboard. The woman is on the right, wearing a red t-shirt and blue pants. She is standing on a purple skateboard. They are both smiling and looking towards the viewer.</p> </div> | <p>4.1 Create a toolkit for people to use who want to start a community event (such as Movies in the Park, Yoga in the Park, Community Flea Market, community Art Tour) 4.2 Do guerrilla gardening and get a list going of businesses that would support it on their property 4.3 Organize farm tours</p> |

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|---|---|---|
| <p>Sense of Place (Feeling of belonging to a community or city, that leads to care for others and environmental stewardship)</p> | 1. Development is taking away Hintonburg's sense of community. A) tall buildings create a canyon effect as in Westboro. B) Familiar buildings are disappearing. C) People may be hindered from coming out of their houses and mingling. | <p><i>1.1 Form a committee to regulate developers' over-ambitious plans for the neighbourhood.</i></p> <p><i>1.2 Add a heritage component to some buildings to protect them from being demolished</i></p> <p><i>1.3 Maintain a human scale in Hintonburg</i></p> |
| | 2. Chain stores make neighbourhood less unique. | <p><i>2.1 Encourage maintenance of local businesses</i></p> <p><i>2.2 Shop more from local business thus boosting them</i></p> <p><i>2.3 Create incentive to shop from local businesses, e.g. charity fund, discounts etc.</i></p> |
| | 3. Too much traffic discourages socializing | <p><i>3.1 Give up car day</i></p> <p><i>3.2 Close some streets on weekends</i></p> |
| | 4. Connect people | <p><i>4.1 Develop a historic building into a fun place to meet and relax</i></p> <p><i>4.2 Benches in front of houses to encourage people to chat</i></p> <p><i>4.3 Public lecture on historic people and places in Hintonburg</i></p> <p><i>4.4 Read community newspapers</i></p> <p><i>4.5 Celebrate Hintonburg's diversity</i></p> |
|  | | |

Get Involved - Your Plan for Action

This Hintonburg Community Sustainability Plan will now become your plan. It was meant to give you ideas on how to take action at work, at home, or in your neighbourhood. In the space below, you are invited to make your commitment to sustainability.

What issues from above most interest you? Try to pick issues for which you know you can make a difference. What action could you take to address these issues? Consider this your project. You might even want to join in a project sponsored by a community group or a local business.

The Project Database on the OBEC website is a great tool to find out what other individuals and organizations are doing to contribute to sustainability. When the project you developed or joined is underway, please consider sharing it with others on the Ottawa Biosphere Eco-City Database at: <http://obec-evbo.ca>

Your priority sustainability issue(s):

Your proposed project (s) is (are):

Thank you for contributing to the sustainability of your community.

Ottawa Biosphere Eco-City Council and
Hintonburg Community Association

VOLUNTEER LEADERS FOR SUSTAINABILITY PLANNING

- | | |
|-----------|--------|
| Anilafe | Jim |
| Brennah | Julia |
| Carol | Karen |
| Cesar | Kelly |
| Chimwenwe | Laila |
| Colleen | Robert |
| Eric | Ron |
| Hope | Sarah |
| Janis | Yinyan |
| Jayson | |

Report by: Ottawa Biosphere Eco-City Initiative, in association with the Environment Committee of the Hintonburg Community Association