

A MANOR PARK CoMMuNiTy SuStaiNaBiLiTy PLAN

January 2021



In Association With

Manor Park Community
Association, Manor Park
Community Council,
& Ottawa Biosphere Eco-City



Manor Park
Community
Association

Association
Communautaire
de Manor Park

&



“We achieve sustainability together”

Introduction

The Manor Park Community Sustainability Plan is an agenda for sustainability action that has been developed by local residents to encourage and engage their community to live more sustainably, by developing and implementing individual and community sustainability projects related to local environmental issues that matter to them. The projects in this plan were developed during community discussions held via Zoom in October 2020.

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) is a local, grassroots charity that engages with community members, partners and stakeholders for sustainability. OBEC pursues several initiatives including: a database of hundreds of sustainability projects, a self-guided Ottawa Sustainability Tour, public workshops on individual Themes of Sustainability, Sustainability Plans, and a Council of Stakeholders where anyone can share ideas for sustainability. More details may be found on the website (obec-evbo.ca).

What is the Sustainability Plan?

The sustainability plan is an agenda for action – sustainability practices and projects that community members in each community can do individually or collectively to positively impact the level of sustainability of their community. In two evenings of online discussion, residents of Manor Park community identified what they thought were Key Issues in their community and Practices and Projects to address these 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 a catalyzing tool for you to pursue projects of your own.

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.

Themes of Sustainability

OBEC's 10 Themes of Sustainability 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.

Manor Park Community Sustainability Plan

- The Manor Park Community Sustainability Plan (MP-CSP) was developed from community input during two community discussions held online on October 15 & 27th, 2020.
- In those discussions, up to 35 participants came together to discuss their concerns about their relationship to the environment in their community. They suggested sustainability practices and projects in plenary and breakout discussions. These projects are summarized by theme (related to OBEC's ten themes (see Annex I)) and are summarized in this Community Sustainability Plan (CSP).
- The MP-CSP is intended to act as a guide and tool for the Manor Park community (residents and businesses) to generate ideas and begin projects for sustainability.

a little bit about Manor Park!

Manor Park is a large urban community situated in centre-east Ottawa. It is part of the Rideau-Rockcliffe Ward with a population of approximately 8000 people.

The community is bound at the West by Birch Avenue, the south partially by Beechwood Cemetery and fully by Montreal Road, the East by the Aviation Parkway and the north by the Ottawa river.

Manor Park is mostly residential, with local businesses, including shops and restaurants along the east side of St. Laurent, as well as parks and green spaces scattered throughout.

Prior to its development in the 1940's and 50s, much of the land was marshy, treed, and used for riding trails.

Manor Park today is undergoing dramatic changes including a planned re-development of the Manor Park Estates/Manor Park Heights townhomes/low-rise apartments.



Map of Manor Park



MANOR PARK COMMUNITY SUSTAINABILITY DISCUSSIONS



OCTOBER 15TH 2020



Manor Park Projects



Community Engagement Ideas for Sustainability:

- ★ **Get to know your neighbours!** – *There is value in getting to know our neighbours – folks to help us out in moments of need so we can avoid a trip to the groceries or buying something we could just borrow! More inclusive social community events can help to facilitate this.*
- ★ **“Climate Conversations”** – *Regular monthly climate discussions on various issues/themes of sustainability*
- ★ **Voting** for community and government leaders who will defend and act for sustainability
- ★ **Community Engagement & Volunteering** – *people power is 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 Business Owners** – *encouraging and partnering with businesses to take on sustainability actions*
- ★ **Engaging Artists** – *raising sustainability awareness through artistic expression and events*
- ★ **Engaging Parents/Children** – *families educate each other on ways to live more sustainability*
- ★ **Living classroom** – *workshops and educational events to raise awareness and share knowledge on climate change and climate action (can be in-person or online)*

Transportation

Issue Areas:

- *Kettle Island – Inter-provincial bridge Proposal between Ottawa and Gatineau with proposed route along Aviation Parkway*
- *Trucks going through city core – air & noise pollution*

Practices and Projects:

- ★ Encouraging the habit of WALKING through:
 - ★ *Walkable neighbourhoods*
 - ★ *Little Marches (like in Hintonburg)*
 - ★ *Walking School Busses*
 - ★ *Better lighting/reflectors for more visible/safe walking at night*
 - ★ *Heated sidewalks in the winter*
 - ★ *Prioritizing clearing pathways and walkways in the winter*
 - ★ *Putting in necessary crosswalks and traffic signs*
- ★ Minimize car-ownership; practice a “Give-up-your-car” day
- ★ Car pool or car-share (ex. VrtuCar)/opt for public transit whenever possible
- ★ Campaign for free public transit

Example of Community Project Proposal:

Work Carpools

What?: How to beat the traffic and reduce your carbon footprint? Create a carpooling network!

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 Business Improvement Areas (BIAs).

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

Energy



Practices and Projects:

- ★ Retrofitting homes for Energy Efficiency; perhaps through Group Incentives or Group Buy of solar panels or heat pumps
- ★ Building shared central furnaces
- ★ 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)
- ★ Dry clothes & sheets outside
- ★ Reduce winter heating with sweaters & socks
- ★ Plant deciduous trees for summer shade
- ★ Add eco-friendly insulation to your home
- ★ 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
- ★ Check out [Hydro Right of Way](#)
- ★ Explore [Community Bullfrog Power](#)
- ★ Host [Ottawa Renewable Energy Co-op](#)
- ★ Host Energy-Efficiency workshops

DESIGN



Issue Areas:

- *Densification/Social and Sustainable Infrastructure*
- *CONTEXT: 20-25,000 new units to be built up in the next several years; City of Ottawa has amended building codes to intensify building – with more units and more people, will there be opportunities to protect current and future green spaces, parks, tree canopy, etc.? No adequate response has been received from City yet.*

Practices and Projects:

- ★ Continue campaigning City to consider issues/solutions and sustainable elements of design for new developments (ex. local marchés for fresh groceries, storage space for bikes, tree canopy, etc.)
- ★ Social/Sustainable Infrastructure
- ★ 15-minute Neighbourhoods
- ★ Require affordable units in new builds
- ★ Promote mid-rises beside natural areas
- ★ Build Garden rooftops & Bio-walls

Habitat

Practices and Projects:

- ★ Improving our soil and land health through regenerative practices which ultimately contributes to animal and human health – see regenerationcanada.org/ and “non-toxic-neighbourhoods” by Farmers’ Footprint.
- ★ Limiting/stopping altogether use of pesticides for lawn maintenance
- ★ Adequate waste receptacles in park (including for recycling, dog waste, etc.)
- ★ Home Butterfly/Bee Gardens
- ★ More tree/plants on the streets (native trees, fruit-bearing trees, among others)
- ★ Preserving trees during construction
- ★ Local guided nature walk
- ★ Sustainable elements for new developments (ex. having access to local amenities)
- ★ Reduce use of machine-powered appliances such as gas-powered leaf and snow-blowers
- ★ Community Gardens
- ★ Tree inventory & tree planting (replacing fallen trees)
- ★ Rain Collection & Rain Gardens
- ★ Bird/Animal Rescue Operation
- ★ Coalition to protect special animal & plant species
- ★ Sustainability Tours of Manor Park

Example of a Project Proposal:

Sustainability Tours of Manor Park

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 act 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.



Practices and Projects:

- ★ Grow your own food - enjoy fresh & local food from your own garden and share with community!
- ★ Formal Gardening Network for gardening advice, and trading/sharing/donating extra goods
- ★ Organic Food Co-op
- ★ Community Seed Bank
- ★ Lower Meat Consumption - Challenge with friends, family, community, etc.
- ★ Research & education seminars in grocery stores
- ★ Compost food waste (backyard, vermicompost, city's green bin)
- ★ Educational Workshops (resources, local foods, waste)
- ★ Community & private gardens
- ★ Resource Book on Food Donation Opportunities
- ★ Extra-Food Distribution Program
- ★ 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. Workshops delivered by community associations and food organizations to educate community on these topics (benefits of local and organic foods, factory-farming, agricultural degradation, 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 practices, community donation spots and other resources.

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

Natural Capital



Practices and Projects:

- ★ Collect rainwater in water barrels
- ★ Compost yard and garden waste
- ★ 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
- ★ Buy/use water quality test kit
- ★ 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



Practices and Projects:

- ★ Reduce, Reuse, Recycle! -> ex. "Ottawa Reduces" campaign to raise awareness about the harmful impacts single-use plastics (including single-use plastic water bottles)
- ★ Community-sharing of extra garage items
- ★ Purchasing second-hand whenever possible
- ★ Litter-picking day around neighbourhood
- ★ Using reusable products vs. one-time use products Upcycle/create do-it-yourself projects with crafts materials, worn-out textiles, furniture, etc.
- ★ Community workshops & education on waste-management and reduction
- ★ Community Garage Sales & Swaps ('one person's trash is another person's treasure!')
- ★ Directory of non-standard recycling materials & their recycling opportunities & options
- ★ Collective Community Special Waste Pick-up
- ★ (Community) 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



Issue Areas:

The COVID-19 pandemic has exposed the many faults and failures of our healthcare systems, and more importantly has highlighted our disconnection from nature.

COVID-19 is a Zoonotic disease – such diseases are more likely to emerge with increasing loss of natural habitats and biodiversity, wild-life exploitation, and disregard of environmental protections.

As we witness these events unfold and take hold of the globe, we must begin to question our relationship with nature and how it affects the health of our planet and all the people who inhabit it.

Practices and Projects:

- ★ Taking care of each during COVID-19 pandemic; respecting use of masks and maintaining physical distance
- ★ Need to repair relationship with nature as part of protecting overall health for all
- ★ Ecosystem education; the complexity and interconnectedness of nature
- ★ Better manage waste (recycling and composting)
Grow & consume your own freshly grown, nutritious foods
- ★ Keep your environment clean environment (managing air, water and land pollution)
- ★ Stay active - ex. commit to one weekly outdoor activity (walking, biking)
- ★ Compile and distribute a guidebook of mental & community health resources
- ★ Ensure access to nutritious food (enough grocery stores and food banks)

Recreation



Practices and Projects:

- ★ Join a local sports team
- ★ Take walks/hike in nature with family & friends
- ★ Canoe, kayak, sail on Ottawa River
- ★ Get involved with playgroups
- ★ Host local marathons and/or triathlons through Manor Park'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)
- ★ Compile and publicize playgroups in Manor Park
- ★ Create hiking/other recreational clubs for youth/seniors/other groups

Example of a Project Proposal:

Manor Park 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 Manor Park'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



Practices and Projects:

- ★ 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 new residents to share experiences of living in Manor Park
- ★ Community gardens to get people together (+ community harvests/potlucks, etc.)
- ★ History Tour of Manor Park
- ★ 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 for environmental stewardship. Publishing photo-essays of Manor Park will give pride to the community and inspire them to continue caring for their community, heritage and environment.

How?: Collect photos and essays of Manor Park 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 Manor Park photo-essay(s) . Manor Park Community Association to help publish and share it.

Project Planning Example:

What is your project?

COMMUNITY SEED BANK

What are your project and/or intended impact?

- Growing within the neighbourhood at a local level
- Preserving heritage varieties of crops
- Educating young people on how to grow food
- More opportunity for community connection
- Creation of a support network
- Intergenerational project (ex. Sharing jam recipes)
- Accessibility to all that are interested
 - Not everyone owns property for a garden – ex. high-rises residents
 - Raising beds for people that have accessibility issues

How do we make this project happen?

- When?
 - Now - end of fall harvest/winter
- Where?
 - Container gardens
 - Church green spaces
 - Other shared public spaces
- What materials/supplies, equipment or people power do you need?
 - Excel sheet with inventory
 - Google doc where everyone can access and add
 - Seed Librarian and Curators
 - Expertise & Knowledge on seeds and soil quality
 - Roster of experts in the community to guide community members
 - Storage space
 - could individuals store and share at one meeting spot? Ex. “Seedy Saturday”
 - Tools
 - Community Toolshed for shared tools
 - Accessibility to Water
 - Rain barrels

What kind of a budget do you need? How will you get the funds?

- Depends if just seed library - or also communal garden
- Seed library: envelopes to store seeds
- Community space: MPCA can provide or shared parking lot
- Communal gardens - soil, tools (start-up costs but sustainable afterwards)
- Grants from food organizations with plan
- Committed group of volunteers to cover start-up costs
- Community fundraiser (ex. GoFundMe)
- Small fee to support seedbank/garden
- Community educational workshop 'How to Start a Garden' (at a minimal cost)

How will you engage people in your project - that is, how will you promote your project?

- Manor Park List Serve
- Manor Park Chronicle
- Community Centre
- Community Association and Community Council
- Social Media
- Word of mouth

Businesses can play their part too!



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

Next Steps

The Manor Park 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:

coordinator.obec@gmail.com

Thank you for contributing to the sustainability of your community!

Sponsored by **Ottawa Biosphere Eco-City**

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)