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Winter 2011 ESP e-newsletter

Please join us at the 3rd Annual Environmental Leadership Forum on March 5th, 2011. Our theme this year is "Nature in the City." There will be exciting breakout sessions including topics such as native bees, wildflowers and native raptors. See the event sidebar on the right-hand side of this e-newsletter for more information. Hope to see you there!

3rd Annual Environmental
Leadership Forum
"Nature in the City"

Saturday, March 5th, 2011

Time: 10:00 a.m. to 2:45 p.m.

Location: Pickering Civic
Complex
One The Esplanade, Pickering

Highlight from the 2010 Forum

The 2nd Annual Environmental Leadership Forum was a huge success, with over 80 participants and seven breakout sessions to enjoy. Keep reading to learn more about one of these interesting breakout sessions.



Improving Energy Efficiency at Home

Bob Hester

Gail Lawlor, Durham Region's resident energy conservation expert, provided many useful tips in her presentation, Improving Energy Efficiency at Home. Gail described the house as a system. The building envelope protects the people inside from the external environment. The building mechanics (heating, air conditioning, appliances and exhaust fans) are the systems that operate within the building envelope. Energy efficiency in the home is affected by air movement within the building envelope, driven by the stack effect (vertical air movement within the building envelope), the wind effect (leakage of air from outside into the building envelope) and flue and mechanical effects (infiltration of outside air into the house as a result of air leaving the house through a chimney, exhaust fan, clothes dryer or similar pathway). She believes that the best thing that can be done for home energy efficiency is to air seal the house. To achieve energy efficiency, a house should breathe through controlled openings such as windows, exhaust fans or a balanced ventilation system. Air sealing has many other advantages such as reducing drafts and protecting the integrity of the building structure.

Gail described leakage of moist air from the living space into the attic space as a poorly recognized problem in many homes. The air leakage can happen up partition walls, through ceiling penetrations such as light fixtures and through the attic hatch. The mould problems that can result from this moist air leakage can be significant.

Gail's motto for managing a home is "Build Tight / Ventilate Right", and provided many examples of ways to achieve this.

- A furnace, water heater or fireplace should get combustion air from

Are you interested in environmental stewardship activities? Whether you are just starting out or have been active for years, there is something for you at the 2011 Environmental Leadership Forum. Join us for a Free day of training and networking.

Registration begins in early February. Visit the [Sustainable Pickering website](#) for registration information

Environmental Stewardship
Pickering Take Pride in
Pickering

Saturday, April 30th, 2011

Time: 9 a.m. – 12 p.m. (dress appropriately, rain or shine event)

Location: Alex Robertson Park -
Sandy Beach Road, south of
Bayly Street. Meet in the parking
lot on the west side of Sandy
Beach Road.

Join Environmental Stewardship
Pickering for a fun day of
planting native trees and shrubs

outside the building envelope.

- Ideally everyone should install direct vent appliances so there is no concern with carbon monoxide back drafting into the home.
- When windows are installed, expanding foam should be used around the windows to create a continuous air barrier.
- The areas around electrical boxes should be sealed with foam gaskets and child safety caps.
- There should be an air barrier on all parts of the building envelope to stop warm moist air from entering into hidden spaces and possibly causing damage.
- She described a caulking gun as a homeowner's best friend and provided an example of the best way to apply the caulking: cut the application end square (not tapered) and lay on the caulking perpendicular to the application surface, not at an angle.

These are only a few of the points made by Gail in her interactive presentation that included lots of questions and discussion. She fully engaged her audience and inspired them to achieve greater energy efficiency in their homes.

Environmental Volunteer Expo a Success

Michelle Pearce

Environmental Stewardship Pickering recently hosted an Environmental Volunteer Expo to encourage more residents to get involved in local environmental programs.



On November 20, 2010, 100 people visited the West Shore Community Centre to see what environmental volunteer opportunities are available in the Pickering area. Representatives from 13 local environment organizations were on hand to promote their volunteer opportunities and recruit new members to help them with their work. In addition to helping the organizations raise awareness of their individual projects, the Expo also provided a networking opportunity between the organizations.

The Expo was organized by Environmental Stewardship Pickering (ESP) as part of ESP's ongoing commitment to educate residents and community groups and provide them with the tools they need to become leaders in environmental stewardship activities.

Environmental Stewardship Pickering evolved and grew from the success of the former Frenchman's Bay Watershed Rehabilitation Project; and is a partnership comprised of the City of Pickering, Toronto & Region Conservation Authority, Ontario Power Generation, Pickering East Shore Community Association, Ajax Pickering Board of Trade, and Durham Sustain Ability.

For more information on the organizations who attended the Expo and the volunteer opportunities that they offer, please take a few moments to watch the video posted through this link theworldonline.info/Canada/Ontario/Pickering/video/ESPEXhibitors.php

to extend the natural habitat for birds and mammals.

A barbeque lunch will follow at Alex Robertson Park. Bring shovels and gloves if you have them. Students...earn community service hours for this activity

To register, please call 905-420-4660 ext. 2212 or sign-up online at www.trcastewardshipevents.ca

Spring Gardening Workshops

April 2011

We are planning workshops for residents on organic lawn care, vegetable and native plant gardening. Further event information will be added to the [Sustainable Pickering website](#) as it becomes available.

Pickering Horticultural Societies Public Flower Show

Saturday May 14th, 2011

Time: 9:00 a.m. to 3:00 p.m.

Location: Pickering Recreation Complex

The Pickering Horticultural Society is hosting it's annual public Flower Show!

For more information please visit the [Pickering Horticultural Society website](#).

Small Can Be Beautiful

Tricia Harvey

We recently moved from a large family house with a mega yard to a small town house with a mini yard. We love being outside in the summer to enjoy the garden and to entertain. So the challenge was – how to make a 23 ft x 16 ft south facing yard into something we could enjoy.



Our development is 5 years old and previously was part of an orchard and raspberry patch, so the habitat for a lot of animals, insects/butterflies/bees was destroyed in the building process. Our goal was to replace the lawn with some native plants and vegetation that would attract some of the creatures back again.

We decided to divide our small yard into a deck, where we could sit, and an area for plants.

We built a deck which extended from the house about ten feet with a 10 ft x 6 ft five sided extension. By the side of the deck we planted roses, leaving an area 7 ft x 12 ft for a native garden.

Since we are immigrants, we are not really familiar with native plants so needed assistance in the selection. There are many resources available that helped us select beautiful plants.

These included:

- "100 Easy To Grow Native Plants For Canadian Gardens" by Lorraine Johnson
- The Butterfly Garden fact sheets provided by the Fairport Beach Neighborhood Association
- Arnold Mostert, Coordinator, Landscape & Parks Development at the City of Pickering
- Staff at Vandermeer Nursery

The plants we selected are beautiful and flourish in our little backyard. They provide a perfect habitat for butterflies, bees and numerous birds. The colours and variety were perfect for a small space - butterfly plants, wild lupins, Goldsturm black eyed susan, purple cone flowers, echinacea, feather reed grass, lavender and many others thrive in our little oasis.

We look forward to their return in the spring.

Who Lives in Your Backyard?

Michelle Pearce

Make the best of a cold winter's day and discover which wildlife calls your neighbourhood home. Even without actually seeing them, you can find signs in the snow that they have been there. You may notice

your neighbour's cat tracks along your fence tops, evidence of a curious raccoon looking for food or even a blue jay's tiny prints under a tree.

Every set of tracks is a new mystery to be solved. What critter made the tracks? Where did it come from? Where was it going and what was it doing? Following and interpreting tracks in the snow is fun and can give you new insights into the lives of Pickering's wildlife.



Check out the web or borrow a book from the library to help you learn the tracks. Then next time you're out for a walk in the park or a cross country ski, you'll be prepared to do a little wildlife detecting yourself.

Interesting Websites:

<http://www.wildernessrhythms.com/skull.html>

<http://www.bear-tracker.com/mammals.html>

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www.trca.on.ca

FOR MORE DETAILS PLEASE CONTACT:
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