



UPDATE QUARTERLY

Q3 – 2022

Here's a Great Opportunity to 'Take a Hike' Become a Monarch Ambassador Do Your Part as a Monarch Researcher

Did you know...

- That Monarch butterflies migrate yearly between their overwintering grounds in Mexico and their breeding grounds across the United States and Canada?
- In late summer, monarchs in Ontario begin their 3,000 km journey south to Mexico. Unlike the spring migration north, the fall migration is undertaken by a single generation of butterflies?
- During migration Monarch's roost in groups on trees and shrubs at night where they can eat and recharge. Roost-ing sites are often sited in meadows and along the shores of the St. Lawrence and Lakes Huron, Erie and Ontario, but there may be other roosting sites?
- That Monarch populations are declining because of habitat loss, urban development, climate change and pesticide use?

But with your help there is still hope! You can join the iNaturalist project called "Monarch Migration in Ontario" to help uncover migratory routes and roosting areas throughout Ontario.

As a Monarch Ambassador, you will go on regular walks during the migration season and document any Monarchs you find. Researchers will use this information to predict flyways and roosting locations. This data will be used for better conservation planning and habitat restoration! Sign up and register at <https://iNaturalist.ca> for more information check out this video <https://youtu.be/8TBNOmx-Vi0>

—Linda Lackey

It's not too late to get out and count the last Monarchs in their migration! The iNaturalist Monarch Migration project sponsored by the Canadian Wildlife Federation in Ontario is an annual September event. Monarchs are welcome garden visitors who pollinate flowers and bring joy to all who see them.



Remember... On Monday, Oct. 24 Vote for the Climate!

(This article is being reproduced with permission from the author, Barbara Schumacher of 50by30WR.)

Is your municipal council candidate committed to climate action?

On October 24, 2022 electors will go to the polls again - this time we will elect the officials who will represent us on municipal councils and the Regional Council until 2026.

This is our opportunity to place our future in the hands of individuals who understand the leadership we need to achieve our regional emission reduction goals. A short seven years remain during which each township, city and the Region of Waterloo have aspired to reduce GHG emissions by 50% below 2010 levels.

When candidates knock at your door, 50by30WR invites you to assess candidate's knowledge, ability and commitment by asking the following series of questions:

1. **What will you do in our municipality to promote action on mitigating the risk of flooding and reducing emissions?** *Listen for depth of knowledge on topics that the Nith Valley Eco-Boosters have presented in their events - use of electric vehicles, renewable home energy, the importance of trees.*
2. **What are the main sources of Green House Gas emissions in Waterloo Region?** *Listen for transportation, buildings, construction, agriculture.*
3. **What do you know about the Transform WR report?** *Strategies to mitigate and adapt to climate change approved by all our municipal councils.* *Cont'd Page 3.../*

Shaping Engaged, Resilient and Liveable Communities



Tuesday, October 4th, 2022, 7:00 to 9:00 p.m.

LEARN ABOUT:

- A **liveable community** - what is it?
- The **municipal planning process**, **becoming engaged**, and **providing input**.
- **People power** - How **your voice** can make a difference.
- How to **create a movement** and **rally** your community.
- **Q&A period** will follow the presentations.

OUR SPEAKERS:

Kevin Eby - former member of Ontario Greenbelt Council, former Director of Community Planning, Region of Waterloo.

Tim Van Hinte - Director of Planning, Township of Wellesley.

Suzanne Karajaberlian - Managing Director, Engagement & Operations, Environmental Defence Canada.

Kevin Thomason - Director, Smart Growth Waterloo Region, Vice-Chair, Grand River Environmental Network.

FREE WEBINAR, REGISTRATION IS REQUIRED

Register <https://nvecoboosters.com> OR <https://bit.ly/shapingcommunity>



'Let's Talk — Your Home's Energy Use' Webinar

The Nith Valley EcoBoosters (NVEB) co-hosted this free webinar with Climate Action Waterloo Region on April 28th, 2022. 100 people registered for the event which featured Greg Labbé, a Building Science Consultant at Toronto Metropolitan University, as the keynote speaker.

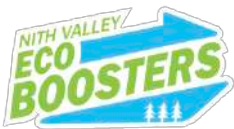
Why did NVEB want to host a webinar on home energy use?

- There are a number of greenhouse gas (GHG) reduction targets in place and NVEB wanted to help people understand how they can help Canada and the Region of Waterloo meet those targets. Canada's target is net zero GHG emissions by 2050, and the Region's target is a 50% reduction by 2030.
- Buildings, including homes, account for 18% of all GHG emissions in Canada so making changes to a home's energy use and type of energy used can help reduce these emissions.
- It is a good time to make home energy improvements/retrofits as Canada Greener Homes grants are currently available up to \$5600 per household.

One of the key takeaways from Greg's presentation was that the first thing we should do is to stop energy from "bleeding" out of our homes. Reducing leaks where heat

and air can escape increases a building's energy performance and overall durability while reducing common building issues caused by moisture. Greg continued to discuss "where to begin" with respect to upgrading a home by reviewing the 10 components of the hierarchy of upgrades pyramid shown below. Actions that a homeowner can take become increasingly more complex and expensive as we move up the pyramid. A recording of Greg's complete presentation, including the subsequent question & answer period, can be found at the following link: <https://youtu.be/ECjLJP9-ppI>

—Tom Knezevich



EcoNugget

Canada Greener Homes Grant

Did you know that buildings, including homes, account for 18% of Canada's GHG (greenhouse gas) emissions?

- The government is providing up to 700,000 grants of up to **\$5,600** each to help homeowners make energy efficient improvements and reduce their GHG emissions.
- Eligible home improvements include attic, wall and basement insulation; air sealing; replacement windows & doors; smart thermostats; more efficient heating like heat pumps; and solar panels.
- You must have an EnerGuide home evaluation completed to be eligible for a grant. This will show you how your home uses energy now – and identify retrofits to help improve energy efficiency.
- A second EnerGuide home evaluation is required after you complete your home improvements.
- To sign up for the grant program, go to:
<https://bit.ly/canadagreen>

For further information contact:

nvecoboosters@gmail.com

Continued.../1 Vote for Climate

4. **How will plans for expansion of the ION help to shape our cities and reduce emissions?** *Increased housing density along transportation corridors will create complete, walkable, 15-minute communities which will encourage active transportation and reduce car dependency.*
5. **Why is it important to hold the Countryside Line and protect our fertile farmland?** *Food security in an ever more chaotic climate will be critical for our communities. Locally sourced food will reduce emissions, transportation costs and reliance on distant producers. Urban sprawl adds to car dependency and emissions.*
6. **What strategies will be important to create affordable housing?** *Changing zoning bylaws will allow construction of multi-unit, tiny house, backyard flats - all more affordable types of housing. Increased density does not have to be high rise buildings.*
7. **How do you propose that we work toward reconciliation with our Indigenous neighbours?** *Listening and learning from Healing of the Seven Generations, All Nation Grand River Water Walk and many other Indigenous voices.*

—Dorothy Wilson

<https://kitchener.citynews.ca/local-news/list-of-local-candidates-running-in-municipal-election-5724074>

NVEB Youth Advocates Focus on Assisting Local Schools To Research Climate Greening Solutions More Efficiently

The NVEB Youth Advocates, an entirely youth-led subgroup of the Nith Valley EcoBoosters, is back again for year two after a relaxing summer!

With a mandate of helping schools in Wilmot and Wellesley become climate change leaders, the Youth Advocates have spent the past year making preliminary contact with schools, researching green school grants and programs, and getting involved in other environmental activities in the community.

Since our last update in the April newsletter, we have visited the Wilmot Family Resource Centre summer camp and set up a booth at the Baden Optimist Club food truck night. As of this past June, the Youth Advocates are proud to announce our first project with a school: helping Sir Adam Beck with their plans to install a natural playground and plant trees on their property.

The Youth Advocates have helped

by supplying them with a list of grants and programs that are available to them, connecting them with the school board, researching similar projects that have been done elsewhere, and helping to find answers to questions like how a business can get approved as a school board vendor.

Our help with this project has saved Sir Adam Beck's greening committee plenty of time that would have otherwise been spent trying to find all of this information.

By using the service that the Youth Advocates provide, Sir Adam Beck has been able to get a project that has been stalled for years off the ground very quickly.

The Youth Advocates will continue working with Sir Adam Beck in the coming months and we hope to begin helping other schools too! If you or anyone you know needs assistance in getting a school greening project off the ground, the Youth Advocates would be happy to lend a hand. You

can contact us by email at

nveb.youthadvocates@gmail.com.

Apart from direct work with schools, the Youth Advocates have also been connecting with the Waterloo Region District School Board Environment and Sustainability Education Group. Through this connection, we hope to be the voice for local schools in the school board so that their greening questions and concerns can be heard and addressed. We are also sending one of our members to Ontario Nature's Youth Summit for Mother Earth in Toronto on September 24-25. It will be a great opportunity to learn more about effective youth climate action and we look forward to hearing all about it when she returns!

Overall, the Youth Advocates have a lot of work to do and we are always looking for new members to help us make a difference in schools and in the community! It is the perfect opportunity to have fun and make new friends while making a difference too. Youth who participate will benefit by:

- Gaining skills to help boost their resume for work or to apply for post-secondary education
- Making a difference in their community and inspiring others
- Helping to combat the climate crisis
- Making community connections and finding mentors
- Building their confidence
- Receiving volunteer hours

Any youth that are interested in helping the community and combating the climate crisis can send an email to nveb.youthadvocates@gmail.com for more information. The Youth Advocates look forward to working with schools to create a greener future for today's youth!

^—Lyndsay Dajka

The Youth Advocates' booth at the Baden Optimist Club food truck night at Baden Pond on September 12th, 2022. From left to right: Xuan-En Tan and Abby Potwarka.



New Webinar Will Guide Residents In Community Development Techniques

Everyone's voice matters when it comes to influencing the future of their community!!

The Nith Valley EcoBoosters (NVEB) are hosting a free webinar, entitled: **Shaping Resilient, Engaged and Liveable Communities** on Tuesday, **October 4, 2022** from 7:00 to 9:00 p.m. (See ad page 2) Why should people engage in shaping resilient and liveable communities? How do they go about it? This webinar features four knowledgeable speakers, who will answer those questions.

Kevin Eby, former member of the Ontario Greenbelt Council and former Director of Community Planning for the Region of Waterloo, will address the topic of liveable communities, describing what that means and inspiring participants to consider what they want their community to look like.

In order for residents to influence decision making in their communities, they need to understand the typical stages of the municipal planning process plus when and how to get engaged in that process and provide input. With his experience as Director of Planning for the Township of Wellesley, **Tim Van Hinte** will be able to provide clarity on that subject.

As the Managing Director of Engagement and Operations for Environmental Defence Canada, **Suzanne Karajaberlian** understands why individual engagement is important and how it can make a difference in

the political process. She will help participants to realize that every voice matters and understand how public engagement can fuel positive change.

Local resident **Kevin Thomason**, Director of Smart Growth Waterloo Region and Vice-Chair of the Grand River Environmental Network knows how to create a movement and rally the community and will share his knowledge at the event. In the past several months, he has inspired community

members to engage with local governments about a Ministerial Zoning Order and the Region of Waterloo Official Plan Update.

Following their presentations, the speakers will take time to answer questions.

NVEB believes that all who attend this webinar will acquire the tools they need to influence the future of their community and will be inspired to use them. Register at:

<https://bit.ly/shapingcommunity>

—Tom Knezevich

Zero Waste Challenge

"Every October, Reep Green Solutions challenges residents of Waterloo Region to try and fit all their waste destined for landfill into a mason jar for 7, 14 or 30 days. The Challenge is an opportunity for each of us to learn about our consumption habits and challenge ourselves to find low-waste solutions to these habits." —Reep Green Solutions

For more information about the program and how to register go to <https://reepgreen.ca/zwc/>

Region of Waterloo Official Plan Update

On August 18th the Regional Council approved the Waterloo Regional Official Plan update with an almost unanimous vote of 14 to 1. This followed months of hard work by the citizens of the region to impress upon the council members the importance of having a visionary plan that would address the protection of farmland, active and public transportation, continued core development and affordable

housing for the missing middle.

The Nith Valley EcoBoosters actively supported efforts to have the Regional Council choose a progressive plan. Members and contacts were updated regularly about actions they could take towards this goal.

A meeting for the community was organized in collaboration with GREN, Smart Growth Waterloo Region and 50by30WR in November 2021. NVEB members presented to Regional Council in November 2021 and to the Region of Waterloo Planning and Works Committee in June 2022.

The outcome of this important decision by Regional Council reinforced the value of citizen engagement. Keeping informed about what's happening in your community and taking action when necessary is critical when it comes to determining the kind of community that you want.

—Dorothy Wilson

For Adults Only!

Can a Battery Electric Vehicle (BEV) be driven from Ontario to the most easterly point in Canada and dip its tires in the Atlantic Ocean? No!—At Cape Spear, there is no vehicle access to the shore, but its owners can dip into the frigid water.

From July 4 to August 2, 2022, we drove our 2019 Chevrolet Bolt EV 7769 km to Newfoundland and back. Twice, we chose to sleep in the car's reclined seats to avoid packing a wet tent the next morning. Most travel days to and from Newfoundland, we drove between 530 and 580 km a day.

Charging stations were plentiful, and several smart-phone apps helped us use fast chargers for the 20 to 65 minutes needed to top up our battery two to three times daily. I say the stations were plentiful – but two were not in service when we arrived, and we had to wait for another vehicle to finish charging at two other stops before we could fast charge. In addition, the fast-charging (DC) stations in New Brunswick and Nova Scotia were limited to a flow of 50 kW. Newfoundland chargers were 65 kW and the Bolt can receive a maximum of 55 kW. Charging took longer in New Brunswick and Nova Scotia. In our opinion the

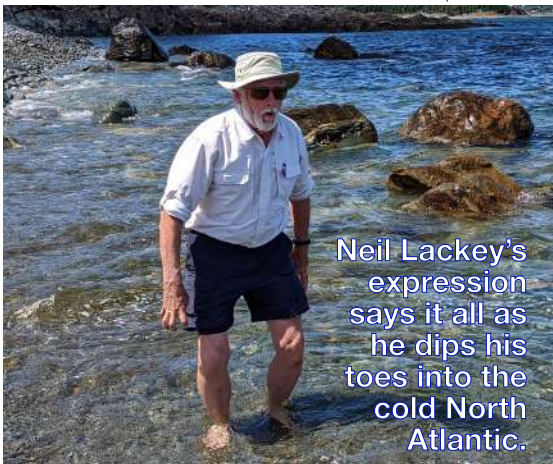


infrastructure for public chargers has not kept pace with the number of plug-in vehicles on the road. Using the phone number on the public charger can provide assistance and directions to a working charger. Now, if you have a Tesla, you've got great charging stations with an adequate frequency to get to Nova Scotia, but then make sure you have an adapter to use public DC stations or be prepared to use only level-two charging in Nova Scotia and Newfoundland. We were envious of the 6-8 Tesla chargers as we waited on level two twice for the one public DC charger to become available.

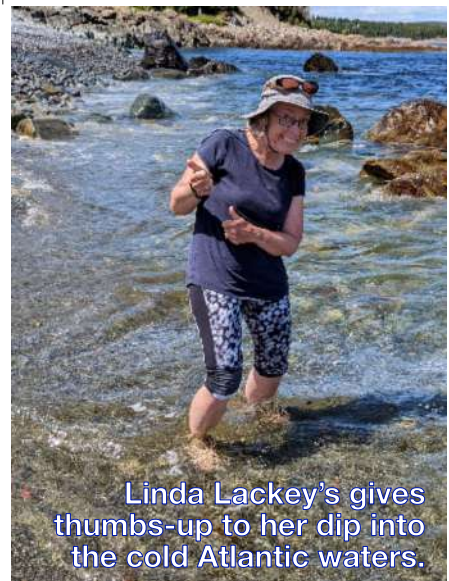
As a retired couple we had a beautiful experience, hiking parts of the East Coast Trail in Newfoundland, camping and sight-seeing parts of the Cabot Trail and experiencing Meat Cove (eastern-most point on Cape Breton Island). The Bolt went the round trip with no difficulty and the 7769 km (about 4827 mi) was completed for a charging cost of \$443.98. As retired folk, the Bolt is a great long-distance BEV, with charging happening for necessary walk-breaks or snacks, washrooms, and

meals. Charging time also enabled us to have interesting conversations about electric vehicles, range, charging, etc. and sometimes find out about local areas of interest worthy of exploration. While at the Charlottetown PEI Theatre, we used a level-two charger and had a 100% charge after taking three hours for the show, three hours for a lobster meal and then sight-seeing on foot. We would not recommend using a BEV for a long-distance family trip at this time in Canada since most often only one public DC fast charger is at each location resulting in the charging time potentially stretching the patience of children and parents.

—Linda and Neil Lackey



Neil Lackey's expression says it all as he dips his toes into the cold North Atlantic.



Linda Lackey's gives thumbs-up to her dip into the cold Atlantic waters.

TALK TO AN OWNER

Electric Vehicle Show



- Electric Vehicles
- Cargo Bikes
- EBikes

Talk to an owner and
ask questions!

Sat. Sept. 24
12-3pm
Canadian Tire
Elmira

Contact Ann with any
questions.
aroberts@woolwich.ca
519.514.7027

Smokin Q Food Truck on Site!



Woolwich
Township
Climate
Action



Let's Tree Wilmot Active Throughout Spring & Summer 2022

Let's Tree Wilmot, a project of Wilmot Horticultural Society, is gearing up for a busy tree planting season. Since October 2020, our volunteers have planted 1500 in Wilmot's parks and some private lands.

Tree planting in St. Agatha's Saraus Park and Mannheim's Anna Tuerr will occur October 1 and 15, respectively. Anna Tuerr park is a challenge as this site is a former gravel pit. There is a very shallow layer of soil over the gravel base.

Wilmot Township staff will use an auger to dig the planting holes. On October 29, our largest project, the Triangle of three acres by the Wilmot Recreation Centre near the Schmidt's Trail—we will continue planting there.

In May, we planted 430 trees/shrubs and this time, 200. Our goal is to plant a total of 1600 trees. As they mature the Schmidt's Forest will be extended and, a wind, sound and visual barrier of highway 7 & 8 will be created. It will be a visual treat!

With the shortage of native trees available from nurseries, LTW created a seedling bed this past spring on the property of one of our volunteers. Six hundred maple, white pine, oak, and redbud seedlings were planted. A drip irrigation system was installed and just in time to deal with the drought!

We have our own 'How to Plant Tree' video now! LTW/ WHS received a grant from Local Initiative for Future Energy (LIFE) Co-op and created the video this summer. The video is narrated by youth member Bryce Dore and created by Louis Silcox, Yvonne Zyma and Mike Yost of LTW. Premium Mix Marketing Co. provided the professional services. Excellent work by all! The video with other shorts is on our YouTube channel:

<https://wilmothortsociety.ca/ltw/>

To register for tree planting or searching LTW information, go to <https://wilmothortsociety.ca/ltw/> or email letstreewilmot@gmail.com Our Facebook page provides tree news, information and tips. Interested in being involved with LTW fundraising, communications and education, email us!

—Marlene Knezevich

Environmental Training Starts Young with NVEB Programs

On July 6, Betsey Daub from NVEB, and Xuan-En Tan, from the NVEB Youth Advocates, were guests at the Wilmot Family Resource Centre's Summer Youth Program. The youth group in attendance that day was in the 5-8 age group. We talked about NVEB activities, focussing mainly on our plastic waste webinar, tree planting by Lets Tree Wilmot, and the activities of the Youth Advocates. One of the summer camp attendees had planted trees with her family at the first LTW planting in Scott Park in New Hamburg in 2020. The children drew pictures of trees and had fun playing the NVEB-designed Water Game. (Kids usually do!)

—Betsey Daub



Above: Let's Tree Wilmot created its own seedling bed to supplement the shortage of native trees from local nurseries. Six Hundred maple, white pine, oak and redbud seedlings were started.

Below: A drip irrigation system was installed to protect the seedlings from this summer's drought.



2022 Spring and Summer Activities (Continued)

Let's Tree Wilmot



Above: At Pfenning's Farm in April, LTW provided expertise for the tree/shrub planting by International Students of Waterloo School Board.



Left: At the Triangle, the nursery stock awaits planting and
Below Left: Nursery stock is being planted.

Below: At the Triangle, EcoBooster's Linda Lackey with her husband Neil.





Are You
Environmentally
Conscientious?

**Nith Valley
EcoBoosters
seeks new
members
to take the path
toward a safer
environment...**

nvecoboosters@gmail.com

About Nith Valley EcoBoosters

Nith Valley EcoBoosters (NVEB) is a not-for-profit, politically non-partisan volunteer organization committed to achieving and supporting long-term healthy environments in Wilmot and Wellesley Townships. Environmental goals are achieved through education, action and collaboration.

Formed in 2013, NVEB was an ad hoc committee at Zion United Church in New Hamburg. In June 2015, the Nith Valley EcoBoosters became a community-based group adopting its current name.

The NVEB usually meets the fourth Wednesday of each month, except July and December. Monthly meetings are open to all. Subcommittees and working groups are established for various topics, issues or proposals as required. The meetings held by these groups are in addition to regular monthly meetings.

The Nith Valley EcoBoosters has organized or participated in multiple environmentally-related events each year. It has been an active supporter of most regional environmental groups and activities.

The Nith Valley EcoBoosters is funded by donations, fundraising efforts and grants. Membership fees are not collected.

Contact Information

<https://www.nvecoboosters.com>

nvecoboosters@gmail.com

NVEB 'EcoNuggets' The Latest Solutions



EcoNugget

Heat Pumps Efficient and Use Less Energy

Heat pumps use electricity to move heat from one place to another – from outside to inside in the winter and the reverse in the summer – providing year-round comfort very efficiently.

Types of heat pumps:

Air-source – get heat from outside air;
Ground-Source – get heat from the ground,
ground water or both.

Benefits of having a heat pump:

Provides heating **and** cooling for your home.
Use less energy – move heat, rather than
generate heat.
Produce no GHG emissions compared to natural
gas furnaces, if using clean electricity.

Resources:

<https://reepgreen.ca/home-energy-101/>

For further information contact:

nvecoboosters@gmail.com

MEMBERSHIPS

The NVEB are members of

- **GREN** (Grand River Environment Network) a collective of environmentalists in Waterloo Region that work on a variety of issues.
- **Future Ground Network**—An online organizing resource, associated with the David Suzuki Foundation. It is a convenor & mentor for community environmental groups.
- **Nature Network**—A province-wide network of groups and individuals that are a collective voice for conservation.
- In addition, since 2015, the Nith Valley EcoBoosters have collaborated with the **Waterloo Region Blue Dot Team** to promote the rights of all Canadians to a healthy environment. <https://bluedot.ca>