

Final Report – Minus Financial Receipts

Name of Recipient: Glebe Community Association

Project name: Sharing Knowledge and Experiences on Sustainability

Contact person: Della Wilkinson

Project Purpose: The purpose of the ‘Sharing Knowledge and Experiences on Sustainability’ project was to increase community awareness and knowledge of sustainable living choices for residents’ homes, transportation, energy, consumption & waste and greenspaces by learning from the knowledge and experiences of City of Ottawa residents who have already made environmentally sustainable choices in these areas.

Project Goal & Objective: The goal was to bring residents together from across the City of Ottawa to share knowledge on the chosen topics with the objective of building awareness, knowledge, and thus motivating more people to make sustainable choices for themselves, their families, and communities.

Fulfillment of Project:

To achieve these goals and objectives a series of Coffee Houses on Sustainability (CHoS) were organized by members of the Glebe Community Association Environment Committee (see Figure 1). To promote the CHoS events broadly across the City, a volunteer graphic designer with the Community Associations for Environmental Sustainability (CAFES) created a range of promotional materials from posters to advertisements. These were formatted for a range of local newspapers, as well as graphics for Facebook, Instagram, X and Eventbrite. This collaboration with CAFES led to the addition of the sixth event on ‘climate risk of basement flooding’. While GCA and CAFES volunteers worked together on the six events, the CEGEP Grant was applied to the first five as per the agreement with the City.

Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!

9:30 – 11:30 am • Glebe Community Centre, 175 Third Ave, Ottawa

Saturday January 27	Homes and Energy
Saturday February 24	Reducing Your Carbon Footprint
Sunday March 24	Greenspace and Water
Saturday April 27	Transportation
Sunday May 5	Zero-Waste Living

9:30 – 11:30 am • Jim Durrell Rec Centre, 1265 Walkley Rd, Ottawa

Saturday June 8	Climate Risk – Basement Flooding
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GLEBE COMMUNITY ASSOCIATION
Invites all Ottawa residents to these FREE events.
Bring your own cup!

Sign up on Eventbrite: www.bit.ly/GreenCoffeeHouses

Do solar panels work for a multiplex?
Rebates for sustainable upgrades, like heat pumps?
Why not try an e-bike?
A zero-waste pantry?
Keeping stormwater out of your basement?

CAFES Ottawa
Ottawa Community Environment Project Grant Program (CEGP)
MCKeen metro GLEBE
Wild Out

Figure 1: Social Media Graphic for the Coffee Houses on Sustainability

As outlined within the application, the following steps were taken to deliver the project successfully including planning (engaging sponsors and volunteers), promoting, and hosting the events as well as analyzing feedback from the Surveys. The details are outlined below.

Event Planning:

Nine members of the Glebe Community Association Environment Committee volunteered to be on the planning committee which met monthly from November 2023 to March 2024. A schedule for the six events was created and separate individuals volunteered to coordinate the content for each event. The main hall at the Glebe Community Centre was booked for five events through the City of Ottawa booking clerk and paid for from CEPGP funds. CAFES booked and paid for Ellwood Hall at the Jim Durrell Recreation Center for the sixth event.

Sponsors - Several local coffee shops and grocery stores were approached about sponsoring these events by providing free coffee and cookies. Several Bank Street businesses agreed to sponsor one or more events as shown: Bridgehead Coffee (5), Starbucks (2), Happy Goat (2), Wild Oat (2), Second Cup (1), McKeen Metro Glebe (6), Whole Foods (3). Logos of these businesses were included on all promotional materials apart from Whole Foods which became involved following the fire at McKeen Metro Glebe, but only after the advertisements had been printed.

Volunteers - Several groups of volunteers were recruited to deliver these events.

- General volunteers - to create the coffee house on-site by setting up a stage with audio/visual equipment, tables & chairs, as well as picking up coffee & cookies and returning equipment after the event.
- Subject matter experts - to deliver fact-based presentations on the event topic, generally these were people who worked for a non-profit and relevant organisation.
- Knowledgeable neighbours – to share their lived experiences and knowledge from having already made sustainable choices on the event topic. As these individuals were not selling a product or service, attendees saw them as a trusted unbiased source of information
- Representatives of relevant organizations that could provide fact-based information for attendees looking to turn thought into action.

An article appeared in the September 2023 issue of the Glebe Report raising community awareness and seeking volunteers ([Coffee house series on how to reduce our carbon footprint¹](https://glebereport.ca/articles/coffee-house-series-on-how-to-reduce-our-carbon-footprint/)). A request was sent to the Glebe Collegiate Institute seeking high school volunteers. Each member of the planning committee reached out to their contacts within the environmental sustainability community seeking speakers and community members willing to be knowledgeable neighbours. Several notices were placed in the CAFES Forum requesting participants from across Ottawa.

Between 22 and 35 volunteers were involved in each event, 2-3 speakers, 6-13 knowledgeable neighbours, 4-12 organizational representatives and 8-14 general volunteers contributing a total

¹ <https://glebereport.ca/articles/coffee-house-series-on-how-to-reduce-our-carbon-footprint/>

of 765 volunteer hours. This was in addition to the 251 hours of volunteer time that was directed towards planning, promoting and reporting the events. According to CEPGP criteria volunteer hours are costed at \$20/ hour so volunteer time equates to an in-kind contribution of \$20,320.

Promotion:

A total of 30 advertisements were placed in the following community newspapers from December 2023 to May 2024:

- ✓ Glebe Report (Glebe, circulation² of 7,500 copies)
- ✓ The Oscar (Old Ottawa South, circulation of 4,300 copies)
- ✓ Centretown BUZZ (Centretown, circulation of 10,000 copies)
- ✓ The Mainstreeter (Old Ottawa East, circulation of 4,000 copies)
- ✓ Sandy Hill IMAGE (Sandy Hill, circulation of 7,500 copies)
- ✓ VISTAS (Alta Vista-Canterbury, circulation of 7,500 copies)
- ✓ The Kitchissippi Times (Kitchissippi Ward, circulation of 10,000 copies)

Social media graphics were sent to City of Ottawa councillors on the Environment Climate Change Committee and MPP Joel Harden with an invitation to attend and a request to post on their social media platforms. Details of each event and social media graphics were sent to Ottawa Road Trips, CBC and CTV News media outlets as an item of interest for viewers and to the following for inclusion in e-newsletters:

The CHoS events were profiled on CBC Radio by Giacomo Panico, host of In Town & Out, on January 20th and CTV 6 o'clock News on January 27th (links below):

<https://www.cbc.ca/listen/live-radio/1-98-in-town-and-out/clip/16036689-coffee-houses-sustainability>

<https://ottawa.ctvnews.ca/glebe-residents-gather-for-bring-a-cup-events-focusing-on-sustainability-1.6745164>

Posters for CHoS were placed in 23 community centres across the city, the Ottawa Public Library and six local businesses sponsoring the CHoS events:

- ✓ Alexandre CC, Beacon Hill CC, Carleton Heights CC, Eva James Memorial CC, Fisher Park CC, Glebe CC, Greenboro CC, Hintonburg CC, Hunt Club-Riverside Park CC, Jack Purcell CC, Lindenlea CC, Manor Park CC, McNabb Arena & CC, Michele Heights CC, Ottawa South CC, Overbrook CC, Pat Clarke CC, Richelieu Vanier CC, Rideauview CC, Routhier CC, Sandy Hill CC, Sawmill Creek CC & Pool, Jim Durrell Recreation Centre.
- ✓ McKeen Metro Glebe, Bridgehead Coffee, Happy Goat Coffee, Starbucks, Wild Oat Café, Second Cup.

² Circulation indicates the number of deliveries to residential and commercial retail properties, but several community newspapers also have newspaper boxes on high traffic streets within their neighbourhoods.

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An Eventbrite Collection was created to promote the events and manage the supply request to local coffee sponsors: <https://www.eventbrite.com/cc/coffee-houses-on-sustainability-2828129>.

In addition to the September 2023 Glebe Report article seeking volunteers, several other articles/editorials were published in local newspapers:

- ✓ Centretown BUZZ, February 2024 Issue – *First coffee house focuses on energy*³
- ✓ Glebe Report Editorial, February 2024 Issue – *Bring your mug and your optimism*⁴
- ✓ Centretown BUZZ, April 2024 Issue – *Sustainable Gardening*⁵

Events:

The expected results were to host five events at the Glebe Community Centre, each dealing with a specific topic on sustainable living that together encompass many of the consumer choices that residents make during daily living. By collaborating with CAFES, we leveraged the CEPGP funding to host an additional sixth event on ‘climate risk of basement flooding’ at the Jim Durrell Recreation Centre in the Alta Vista neighbourhood. Each CHoS ran from 9:30 am to 11:30 am. Individual formats are outlined in Appendix A along with photographs from each event.

Analyzing Feedback Survey:

Including volunteers, a total of 920 people participated in the events (see Table 1).

Table 1: Number of attendees per CHoS and percentage of attendees who completed the survey.

	Homes & Energy	Reducing Your Carbon Footprint	Greenspace & Water	Transportation	Zero-Waste Living	Basement Flooding	Total
Eventbrite	156	101	130	100	133	66	686
Walk-ins	24	10	13	0	13	0	60
# Volunteers	33	26	34	34	35	22	184
# Participants ⁶	203	137	177	134	181	88	920
% Completed Survey	40%	29%	22%	29%	15%	20%	
% Homeowners	94%	94%	77%	69%	47%	94%	

Of the 746 attendees 205 completed feedback surveys over the six events and approximately 82% owned and 18% rented their home. For most of the events the majority of attendees were homeowners with the sole exception being the Zero-Waste Living event where most attendees were renters. This is a clear indication that reducing waste is a topic for which renters feel they can make a greater contribution to sustainability. It bodes well for the introduction of green bins in apartment buildings.

³ https://centretownbuzz.ca/wp-content/uploads/2024/02/Buzz_February_2024-Final.pdf

⁴ https://issuu.com/glebereport/docs/glebe_report_february_9_2024_web_links2

⁵ https://centretownbuzz.ca/wp-content/uploads/2024/04/Buzz_April_2024-Final.pdf

⁶ Number of participants is the attendees plus the volunteers e.g. for Homes & Energy there were 170 attendees and 33 volunteers.

Attendees were asked for the first three digits of their postal code and as illustrated in Figure 2 included Ottawa residents from across the city. The majority of attendees were from neighbourhoods within the inner core of Ottawa so one consideration for future events might be to locate them in suburban communities. It is also acknowledged that the advertising in community-based newspapers for these events was focussed on the inner core.

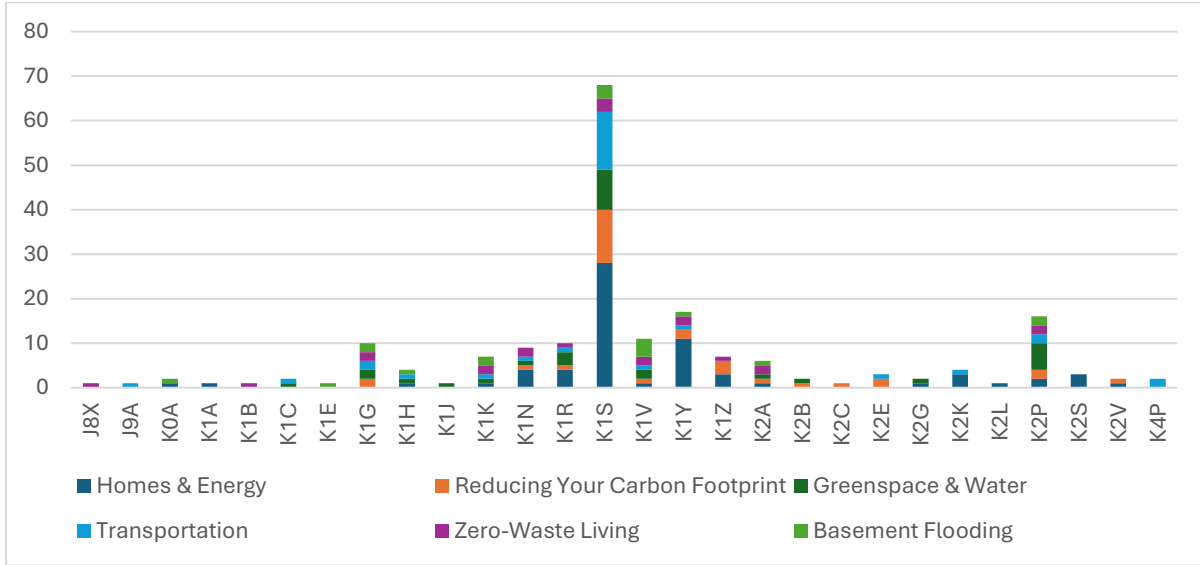


Figure 2: Number of Survey Respondents⁷ by Ottawa Postal Codes

Attendees were also asked the following in the feedback survey:

- 1) *What are the barriers that you face in making more sustainable consumer choices for your lifestyle?*

Attendee responses to question 1 have been combined for all 6 events (see Figure 3). The majority identified cost as the main barrier to making more sustainable lifestyle choices. This was followed by finding trusted information upon which to make a change or finding a trusted professional to implement the change. The complexity or inconvenience involved with making a sustainable change was also a significant barrier as was getting buy-in from family members, landlords, condo boards etc. Finding time to research choices, and enact change was another barrier. Several barriers to making sustainable changes were captured under the miscellaneous category including reliability (specifically public transit), inertia, regulations, availability of product or alternatives. With cost combined with accessing trusted information being a barrier to over half the attendees this supports the City producing educational materials such as Three Steps to Cost-Effective Home Flood Protection⁸ and offering programs with financial incentives to make sustainable changes such as the Better Homes Loan Program⁹.

⁷ The number of attendees who completed the survey is shown in Table 1 as a percentage.

⁸ https://documents.ottawa.ca/sites/documents/files/ottawafloodprotection_en.pdf (accessed 2024-06-08)

⁹ <https://ottawa.ca/en/city-hall/budget-finance-and-corporate-planning/funding/environmental-funding/better-homes-ottawa> (accessed 2024-01-27)

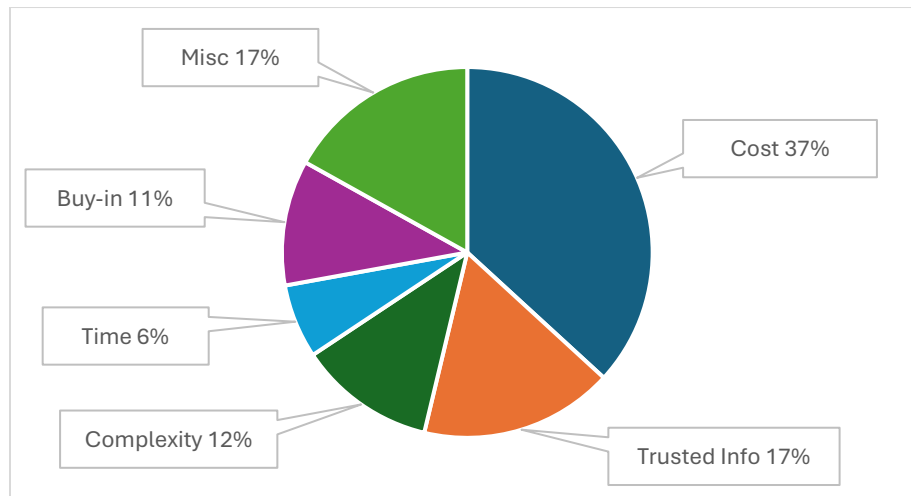


Figure 3: Barriers to making sustainable choices by percentage of attendees from six events.

2) *Please list the consumer decision(s) that you have made in the past 5-years with the intention of living a more sustainable lifestyle.*

Homes & Energy, Reducing Your Carbon Footprint and Climate Risk of Basement Flooding:

Regarding sustainable decisions in the past 5-years, the responses from attendees at these events generated similar decisions and have been combined. Most attendees had invested in their homes (32%) or reduced waste in their lifestyles (31%), a significant number had made decisions related to their transportation (26%), with far fewer focusing on greenspace (8%), energy sources (2%) or basement flooding (1%).

Greenspace & Water: Regarding past sustainable choices, most attendees had planted native pollinator gardens (40%) or were growing their own food (30%). A significant number had installed a rain barrel (10%), became more conscious of water use (7%) or had installed permeable landscaping (7%). The remaining attendees had planted a tree (3%) or started composting organic waste (3%).

Transportation: Regarding past sustainable choices, most attendees have increased their active transportation by either biking more, including winter commuting (36%) or walking more (27%). A significant number have invested in an electric vehicle (18%) or drive less frequently (9%) with the remainder of attendees taking public transit (5%) and a few relocating to a 15-minute neighbourhood (5%).

Zero-Waste Living: Regarding past sustainable decisions, most attendees buy fewer goods (24%), shop for used items (17%) and reuse/ repurpose things they already own (17%). A significant number have reduced their food waste (17%) and packaging when making a purchase (15%). The remaining attendees donated surplus goods (5%) and have started buying food at Farmers Markets (5%).

3) Please list the consumer decision(s) that you are considering in the next 5-years with the intention of living a more sustainable lifestyle.

Attendees were asked to identify consumer decisions that they are considering for the next 5-years with the intention of living a more sustainable lifestyle. Again, feedback from Homes & Energy, Reducing Your Carbon Footprint have been combined with feedback from Climate Risk of Basement Flooding (see Figure 8).

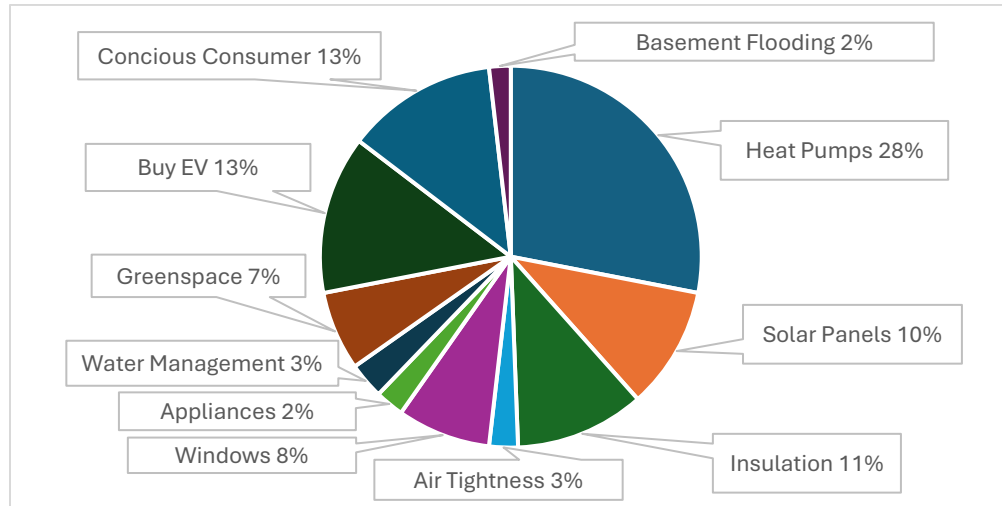


Figure 8: Areas were attendees from CHoS – Homes & Energy, Reducing Your Carbon Footprint and Climate Risk of Basement Flooding are considering future sustainable choices in the next 5-years by percentage

Greenspace & Water: Regarding future sustainable decisions, attendees were most focussed on either managing or diverting rainwater (42%), a significant number were likely to grow their own food (22%) or install permeable landscaping (22%) with the reminder planning on planting native pollinator plants.

Transportation: Regarding future sustainable decisions, the majority of attendees would like to buy an electric vehicle (76%), with a significant number planning on living car-free (14%). The remaining attendees would like to work from home (5%) or car-share (5%).

Zero-Waste Living: Regarding future sustainable decisions attendees were most focussed on buying less (28%) and reducing packaging when they make a purchase (28%). A significant number shop for used goods (20%) and reduce food waste (12%). The remaining attendees were equally likely to repair items they already own (4%), compost organics (4%) especially if this becomes possible in multi-unit buildings or downsize to a smaller house (4%).

How did we measure success?

The objective was to build awareness, knowledge, and motivation within the residents of Ottawa so that more people make sustainable choices for themselves, their families, and communities. The fact that 97% of the 746 (excluding volunteers) Ottawa residents that participated in one or more of the CHoS events stated that they found the event(s) helpful is encouraging. Attendees

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enjoyed the informal and interactive format of these events and indicated that they were able to access helpful information from friendly sources. Having representatives from organizations that could provide literature and resources was also valuable. Here are some comments from participants:

Homes & Energy

“Great format.” “Ability to ask questions.” “Knowledgeable neighbours were friendly & informed.” “Presentations were spot on.” “Variety of information good.” “Short talks with lots of time to gather information from knowledgeable neighbours & speakers.”

“As a renter I wish that the government would incentivise developers to use more sustainable options.”

Reducing your carbon footprint

“Seeing my real impact ... carbon footprint calculator & game.” “Game is thought-provoking, assumptions & questions led to more questions. Good information.” “Carbon footprint calculator & game... sharing ideas at the table.” “Liked the hands-on activity, table group conversation & the education.” “Lots of meaningful & impactful information.”

Greenspace

“Good range of related info from speakers and table discussions.” “Very knowledgeable & helpful people.” “Good speakers (quick & concise presentations), opportunity to talk with Knowledgeable Neighbours at tables with lots of resource materials.”

“Disempowered by limited options for renters. Pushing for green bin in rental building.”

Transportation

“Good clear information.” “So many new ideas.” “Informative, covered a lot of bases, chance to share opinions & ideas.” “Lots of tables with alternative options.” “Myth busting.” “Walkable/ bikeable app is a great idea!”

“Unreliable public transportation”

Zero-Waste Living

“It is so inspiring to see so many initiatives for a long-overdue waste reducing concept & lifestyle.” “I liked everything - I had trouble picking one table over the other.” “Presentations were great, I loved seeing so many people working on waste.”

“I live in a Condo building – NO GREEN BINS.”

Climate Risk of Basement Flooding

“Excellent community engagement.” “Relevance, speakers, knowledge transfer, exhibits, professionals.” “Explanation of how/ why flooding occurs and what homeowners can do.” “Info on measures homeowners can take ...& insurance.” “Displays and materials.”

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Ottawa residents enjoyed chatting informally with people about making sustainable changes as captured by these attendee comments from different CHoS. Perhaps these events helped reduce climate change anxiety for some attendees.

“Talking with like-minded people.”

“Being with other people who want to live more sustainably. My friends and family don’t have this mindset.”

“Connecting with like-minded people.”

“Hearing from people who feel the same way I do.”

Finances:

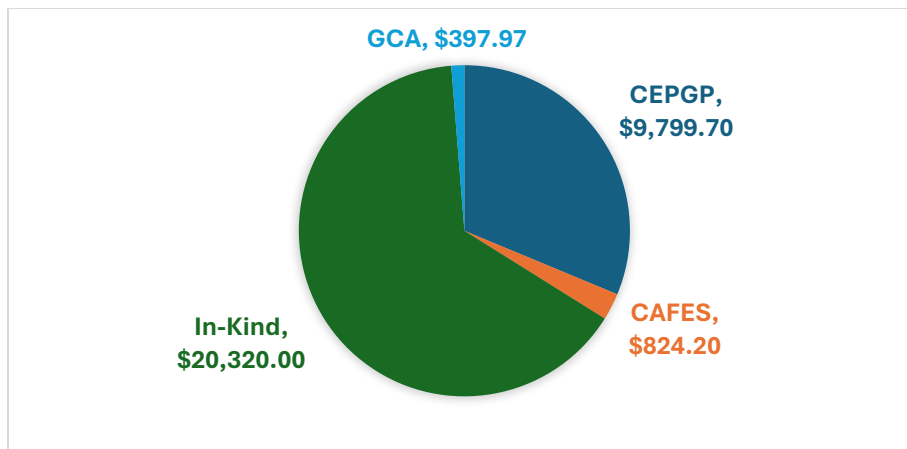
The City of Ottawa’s Community Environment Project Grant Program (CEPGP) provided funds of \$9,799.70 to be spent on the following items:

- Rental of main hall in Glebe Community Centre (\$582.20).
- T-shirts for volunteers (\$432.37).
- Pencils (\$20.67).
- Colour advertising in local community newspapers (\$8659.77).
- Printing (\$399.35).

Table 2 outlines the details of the above expenditures which total \$10,094.36 and copies of these receipts are shown in Appendix B. There is zero remaining balance in CEPGP Project: 2023-15.

The Glebe Community Association Environment Committee contributed \$200 towards the CEPGP-expenses and covered costs associated with Eventbrite (\$197.97) for a total contribution of \$397.97.

In addition to covering costs associated with Eventbrite (\$165.97), coffee supplies (\$61.96), audio/visual rental (\$39.55) the Community Associations for Environmental Sustainability contributed \$94.57 to the CEPGP-expenses as well as paying for the rental of the Jim Durrell Recreation Centre (\$446.96) and event insurance (\$15.19). The CAFES contribution totalled \$824.20.



Relative contributions of GCA, CEPGP, CAFES and volunteer In-Kind to CHoS

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Table 2 provides details on the expenses related to the above items.

Category	Detail of Expense	Amount
Rental	Booking of main hall in Glebe Community Centre for mornings of Jan 27, Feb 24, Mar 24, Apr 27, May 5	\$582.20
Ballcaps for volunteers	13 green ballcaps with coffee cup logo so that attendees could locate knowledgeable neighbours.	\$287.80
	6 green ballcaps with coffee cup logo so that attendees could locate knowledgeable neighbours.	\$144.57
Pencils	100 pencils so that attendees could complete the feedback surveys and a USB key for speaker presentations.	\$20.67
Colour Advertising in Community Newspapers	Centretown BUZZ colour adverts in 6 issues: Dec 23 to May 24	\$2335.00
	The Oscar colour adverts in 7 issues: Dec 23 to June 24	\$2130.05
	The Mainstreeter, colour advert in Dec 23 issue	\$261.03
	Glebe Report, colour adverts in 5 issues: Dec 23 to May 24	\$1,592.17
	Sandy Hill IMAGE, colour advert in Winter issue	\$295.00
	VISTAS, B&W adverts in 5 issues: Jan to May 24	\$450.00
	Kitchissippi Times, colour advert in Feb 24 issue	\$536.75
	Mainstreeter, colour advert in Feb issue	\$143.51
	Kitchissippi Times, colour advert in Mar 24 issue	\$536.75
	Sandy Hill IMAGE, colour advert in Spring issue	\$236.00
Mainstreeter, colour advert in April issue	\$143.51	
Printing	30 colour posters (11x8.5") placed on public bulletin boards at 23 community centre, the Ottawa Public Library Sunnyside Branch and 6 sponsoring coffee shops to promote the events.	\$24.28
	800 Feedback surveys to gather feedback from attendees.	\$110.73
	Removable white 2"x3" name tags for volunteers.	\$6.32
	Printing of images for knowledgeable neighbours to explain their sustainable projects at Homes & Energy event.	\$10.16
	5 colour posters (11x8.5") to replace those removed from public bulletin boards at 2 community centres and to be placed on boards at 3 sponsoring coffee shops to promote the events.	\$5.75
	Printing of worksheets for the Carbon Challenge at Reducing Your Carbon Footprint event.	\$45.20
	Printing of instructions, & flyers for the Carbon Challenge at Reducing Your Carbon Footprint event.	\$94.92
	Printing of playing cards for the Carbon Challenge at Reducing Your Carbon Footprint event.	\$88.59
	Removable white 1"x3" name tags for volunteers and Bristol board to create table signs identifying expertise of knowledgeable neighbour.	\$13.40
Grand Total	Expenses covered by CEPGP totalled	\$10,094.36
	GCA Environment Committee contribution to these expenses	\$200.00
	CAFES contribution to these expenses	\$94.57
	Funds provided by CEPGP, City of Ottawa	\$9,799.79
CEPGP	Balance	\$0.00

Volunteer Acknowledgements

It takes a village to organize and host a Coffee House on Sustainability and each of the individuals listed below deserve a big thank-you for making these events so successful & fun!

Magdalene Carson, graphic designer

Created engaging and informative designs for Eventbrite, Facebook, Instagram as well as adverts for local newspapers that helped carry the success from the first event through the remaining coffee houses.

Planning Committee:

Bill Nuttle, Joan Freeman, John Humphries, Kate Reekie, Angela Keller-Herzog, Jennifer Humphries, Leslie Cole, Carol Macleod and Della Wilkinson

The success of these events is a direct result of their creativity, hard work, and extensive connections. Together a wonderful series of events was produced, each with a unique flavour.

Our speakers:

Aaron Thornell and Patric Langevin

Jennifer Stelzer & Marion Siekierski

Tara Beauchamp, Owen Clarkin & Connor Renouf

Mike Banks & Carolyn Mackenzie

Valerie LeLoup & Caroline Wilcox

Hiran Sandanayake & Brian Erwin

It is clear from the many compliments in our feedback surveys that the attendees found the presentations to be very good and many attendees requested copies for future reference.

Our friendly & enthusiastic knowledgeable neighbours, table captains or discussion facilitators:

Peter Croal, John Harris, Darlene Pearson, Robin Hutcheson, Dave Wilkins, Nate Bowling, Scott Demark, Joe Beals, Phil Lightfoot, Steve Zan

Lenore Fahrig, Don Sproule, Sandy Garland, Cecile Wilson, Debbie Witham, Ingrid Nielson, Candace Newman

Berit Erikson, Dinah Robinson, Christina Keys, Lynn Armstrong, Aidan McGoldrick, Cynthia Balaberda, Diane Clayton, Stephanie McNeely, Peter Croal, Jennifer Humphries, Darlene Pearson, Carol MacLeod

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Margaret Lavicatoire, Peter McArthur, George McTaggart, Amanda Rosenstock, John Crump, Kieran Humphries, Mike Samborski, Kris Nanda, Cassie Smith, Barbara Popel

Aida Warah, Judith Wouk, Mary Nash, Noelle LeConte-Good, Marianne Ariganello, Chris Joslin, Tom Marcantonio, Valerie Leloup, Sachiko Okuda, Edelweiss d'Andrea, Marisa Romano, Lucinda Brommersma

Joey Slobodian, Cynthia Balaberda, Diane Clayton, Emma Bider, Heather Smith, Della Wilkinson

Attendees really appreciated interacting with people who had implemented similar changes and being able to ask them questions. Many compliments were given on the variety of expertise and quick access to good information from friendly neighbours.

Organizational representatives at the information tables:

Anthony Boucher & Dorothy Jeffreys (Ottawa Public Library), Angela Keller-Herzog & Sarah Washburn (CAFES), Marion Siekierski (OREC), Dzifa Binka, Ashley Kokelj & Kavitha Galle Kankanange (EnviroCentre), Mary Sarumi (Plant-Based Treaty), Louise Green (Last Generation), William van Geest (Ecology Ottawa), Akil Mesiwala (Box of Life), Rachelle du Bois & Marko Miljusevic (StrongTownsofOttawa), Mitchell House (City of Ottawa EV Strategy), Duncan Bury & Brian Tansey (Waste Watch Ottawa), Nichole Hoover-Bienasz (City of Ottawa Solid Waste Management Plan), Stephanie Simard (Ottawa Tool Library), Jackie Morphy (All-Eco Zero Waste Store), Jess (Bee You Creative Designs), Ludmila Popover (The Green Needle Ottawa), Julie Chatelain (ReStore), Heather Jeffrey (Re4m), Emilia Cameron (Institute for Catastrophic Loss Reduction), Eugenie Waters (For Our Kids)

The variety of expertise displayed by representatives at the information table helped provide tangible information and resources for attendees to convert thought into action which is really what these events were all about.

Volunteers:

Emily Grey, Louise Green, Teresa O'Donnell, Chari Marple, Julek Meissner, Jake Morrison, Kaamil Furtado, Omar Al-Koush, Shiheng Wang, Hanwen Pan, Ray Wei, Eliot DesJardins, Liv Kaern, Goudoula Mbonimpa, Nate Johnson, Sofia Hayley, My-An Li, Alesha Kunaka, Sara Farah, Nhu Nguyen

Finally, the exceptional volunteers who picked up coffee, cookies, helped set-up the coffee station, helped set-up the stage & audio/visual system, took photographs, distributed the feedback surveys as well as set-up the coffee tables and chairs.

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Every volunteer involved in these events were appreciated (Zero-Waste Living captured above)!

Sponsor Acknowledgements



Sponsored 5 events:



Sponsored 3 events:



Sponsored 2 events:



Sponsored 1 event:



APPENDIX A - Coffee Houses on Sustainability – Agendas & Photographs:

Coffee House on Sustainability – Homes & Energy

Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!

Saturday January 27 • 9:30 – 11:30 am
Glebe Community Centre, 175 Third Ave, Ottawa
Homes and Energy

GLEBE COMMUNITY ASSOCIATION
Invites all Ottawa residents to these FREE events.
Bring your own cup!

Do solar panels work for a multiplex?
Rebates for sustainable upgrades like heat pumps?
Options to reduce heat loss?

See the full series and Sign up on Eventbrite: www.bit.ly/GreenCoffeeHouses

CAFES Ottawa
Community Associations for Environmental Sustainability

Ottawa
Community Environment Project Grant Program (CEPGP)

McKeen metro GLEBE

STARBUCKS COFFEE

BRIDGEHEAD

Agenda

- 9:30: Better Homes Ottawa Loan Program (Aaron Thornell, City of Ottawa)
- 9:45: Coffee table chats with knowledgeable neighbours
- 10:30: Energy, carbon & resiliency - Getting your home ready for the future (Patric Langevin, NRCan)
- 10:50: Coffee table chats with knowledgeable neighbours

Coffee table topics: heat pumps, water heaters, solar panels, air tightness, insulation, appliances, tips for renters, windows, & doors.

Information tables: Ottawa Renewable Energy Co-operative, Ottawa Public Library, EnviroCentre, CAFES and the Better Homes Ottawa Loan Program.

Photographs from Homes & Energy



Speakers Aaron Thornell (left) & Patric Langevin (right)



Information Tables – CAFES and OREC



Attendees interacting with Knowledgeable Neighbours.

Coffee House on Sustainability - Reducing Your Carbon Footprint

Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!

Saturday February 24 • 9:30 – 11:30 am
Glebe Community Centre, 175 Third Ave, Ottawa
Reducing Your Carbon Footprint

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CAFES Ottawa
Community Associations for Environmental Sustainability

Ottawa
Community Environment Project Grant Program (CEPGP)

McKeen metro GLEBE
THINK FRESH. THINK LOCAL.

BRIDGEHEAD

What is your carbon footprint?
What's your greatest impact on climate change?
How to live more lightly in the world?

Agenda

- 9:30: The Carbon Literacy Challenge (Bill Nuttle, GCA member)
- 10:00: Table captains guide carbon footprint calculations & playing the Carbon Literacy Challenge.
- 10:40: Ottawa Renewable Energy Coop (Marion Siekierski, OREC)
- 10:45: Living More Lightly (Jennifer Stelzer, EnviroCentre)
- 11:10: Table captains guide discussions on the game outcomes & making connections between choices & carbon dioxide emissions.

Information tables: Ottawa Public Library, EnviroCentre, CAFES, Plant-Based Treaty & OREC.

All of the materials related to the Carbon Literacy Challenge can be downloaded here:

https://drive.google.com/drive/folders/1Mollv0gGUOBnXME4dLahKTkNXzg5IK4G?usp=drive_link

Photographs from Reducing Your Carbon Footprint



Speakers Bill Nuttle, Marian Siekierski & Jennifer Stelzer



Information Tables – Ottawa Public Library



Attendees calculating their carbon footprints & playing the Carbon Literacy Challenge

Coffee House on Sustainability – Greenspace & Water

Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!



Invites all Ottawa residents to these FREE events.



Bring your own cup!

See the full series and Sign up on Eventbrite:
www.bit.ly/GreenCoffeeHouses



Sunday March 24 • 9:30 – 11:30 am

Glebe Community Centre, 175 Third Ave, Ottawa

Greenspace and Water



CAFES Ottawa
Community Associations for Environmental Sustainability



Ottawa
Community Environment Project Grant Program (CEPGP)



McKeen metro GLEBE



The Wild Oat Bakery & Cafe

How to build a rain garden?



How to support native wildlife?



Permeable driveways and parking pads?



Agenda

- 9:30: Interactions with information table representatives - Rain Ready Ottawa, Ecology Ottawa, Last Generation, CAFES, the Ottawa Public Library & Box of Life.
- 9:45: Panel on Sustainable Gardening, Urban Forestry & Water Management (Tara Beauchamp, Owen Clarkin & Connor Renouf)
- 10:30: Coffee table chats with knowledgeable neighbours

Coffee table topics: tree choice & maintenance for a changing climate, tiny forests, pollinator, native, wildlife, bee, drought-resistant & rain gardens, permeable pavement, soaker pits.

Information tables: Ottawa Public Library, Rain Ready Ottawa, Plant-Based Treaty, CAFES, Last Generation, Ecology Ottawa, Box of Life.

Photographs from Greenspace & Water



Speakers Tara Beauchamp, Joan Freeman (moderator), Connor Renouf & Owen Clarkin



Information Tables Box of Life, Ecology Ottawa, Last Generation, Plant-Based Treaty, Rain Ready Ottawa, Ottawa Public Library



Attendees listening to panel presentations.

Coffee House on Sustainability – Transportation

The poster features a central green box with the event details: **Saturday April 27 • 9:30 – 11:30 am** at **Glebe Community Centre, 175 Third Ave, Ottawa**. The main title is **Coffee Houses on Sustainability**. Below the title is the invitation: *Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!*. The poster includes logos for GLEBE COMMUNITY ASSOCIATION, CAFES Ottawa, Ottawa Community Environment Project Grant Program (CEPGP), and M'Keen metro GLEBE. Three coffee cups are illustrated with steam rising from them, each containing a topic: 'Pros and cons of a car-share program?', 'Life with an e-bike or e-vehicle?', and 'How to successfully be car-free?'. A QR code and Eventbrite sign-up information are also present.

Agenda

- 9:30: Electric Vehicle 101 & Myth-Busting Electrification of Transit (Mike Banks, Electric Vehicle Council of Ontario)
- 9:45: Coffee table chats with knowledgeable neighbours
- 10:30: 15 Minute Neighborhoods – To Walk or Not to Walk, That is the Question (Carolyn MacKenzie, Walkable Ottawa)
- 10:50: Coffee table chats with knowledgeable neighbours

Coffee table topics: electric vehicle ownership, plug-in hybrid ownership, active & public transportation, city engagement on traffic, sidewalks & anti-idling bylaw.

Information tables: Walkable Ottawa, Ecology Ottawa, EV Experience, CommunAuto, Ottawa Public Library, EnviroCentre, CAFES, Strong Towns Ottawa, Ottawa Transit Riders and the City of Ottawa EV Strategy.

Photographs from Transportation



Speakers: Mike Banks (EV Council of Ontario) & Carolyn MacKenzie (Walkable Ottawa)



Information Tables: EVCO & EV Experience; EnviroCentre, CommunAuto; CAFES.



Attendees

Coffee House on Sustainability – Zero-Waste Living



Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!

Sunday May 5 • 9:30 – 11:30 am
Glebe Community Centre, 175 Third Ave, Ottawa
Zero-Waste Living

GLEBE COMMUNITY ASSOCIATION
Invites all Ottawa residents to these FREE events.
Bring your own cup!

See the full series and Sign up on Eventbrite:
www.bit.ly/GreenCoffeeHouses

Reduce the environmental impact of clothing?
A repair café to fix small appliances?
A zero-waste pantry?

CAFES Ottawa
Community Associations for Environmental Sustainability

Ottawa
Community Environment Project Grant Program (CEPGP)

Mckeen metro GLEBE
BRIDGEHEAD
HAPPY GOAT COFFEE COMPANY

QR code for sign-up

Agenda

- 9:30: Opening remarks (Kate Reekie)
- 9:40: Buy Less, Buy Better: Introduction to Zero-Waste Living (Valerie LeLoup, NU Grocery)
- 10:05: From Food Waste to Zero-Waste: Can It Happen? (Caroline Wilcox, Foodsharing Ottawa)
- 10:30: Coffee table chats with knowledgeable neighbours (three rounds)

Coffee table topics: zero-waste pantry, organics diversion in multi-residential buildings, green burial, scrap metal/electronics recycling, backyard composting & waste sorting challenge.

Information tables: Waste Watch Ottawa, Ottawa Tool Library, Ottawa Public Library, Box of Life, CAFES, The Green Needle Ottawa, All-Eco Waste Store, Bee You Creative Designs, Foodsharing Ottawa, ReStore, Re4m and the City of Ottawa Solid Waste Management.

Photographs from Zero-Waste Living



Speakers: Valerie LeLoup (NU Grocery) & Caroline Wilcox (Foodsharing Ottawa) being introduced by Kate Reekie (GCA volunteer)



Attendees interacting with discussion table facilitators.



City of Ottawa Waste Sorting Challenge

Attendees listening to presentations

Coffee House on Sustainability – Climate Risk of Basement Flooding

Coffee Houses on Sustainability

Join your neighbours from across Ottawa for a coffee and cookie to learn from their experiences when transitioning to a more sustainable lifestyle!

Saturday June 8 • 9:30 – 11:30 am
Jim Durrell Rec Centre 1265 Walkley Rd, Ottawa
Climate Risk: Basement Flooding

GLEBE COMMUNITY ASSOCIATION
Invites all Ottawa residents to these FREE events.
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www.bit.ly/GreenCoffeeHouses

Keeping stormwater and sewage out of your basement?
Learn about backflow valves?
Rebates for flood protection upgrades?

CAFES Ottawa
Community Associations for Environmental Sustainability

Ottawa
Community Environment Project Grant Program (CEPGP)

MCKEEN metro GLEBE
SECOND CUP

Agenda

- 9:40: Welcome (Angela Keller-Herzog)
- 9:50: Opening remarks (Councillor Marty Carr, Alta Vista Ward)
- 10:00: Climate Risk – Basement Flooding (Hiran Sandanayake, City of Ottawa)
- 10:20: Coffee table chats with knowledgeable neighbours.
- 11:00 Residential Basement Flooding – Insurance 101 (Brian Erwin, Insurance Brokers Association of Ontario)

Coffee table topics: installing backflow valves, flooded basement, leaky stone foundation, combatting basement water damage, permeable pavement & tips to reduce stormwater run off.

Information tables: Institute for Catastrophic Loss Reduction, Ottawa Public Library, CAFES, For Our Kids and the City of Ottawa Water Resource Management & Rain Ready Ottawa.

Photographs from Climate Risk of Basement Flooding



Speakers: Hiran Sandanayake (City of Ottawa) & Brian Erwin (Insurance Brokers Association of Ontario). Photo credits: Jake Morrison, With Flare Photography.



Attendees interacting with knowledgeable neighbours.



Institute for Catastrophic Loss Reduction & Rain Ready Ottawa Displays