

# Town of Saint Andrews EAC Newsletter

An annual information packet from the Environmental Advisory Committee including environment-related updates from Council, resources for homeowners, community events, and more.

2023

## Updates from Council

### *Progress in the past year*

Energy Project: We have recently completed our Quest Canada Accelerator Program which has helped the Town create full baselines from a municipal and community level of energy management from this process, one of the goals is to move our municipal facilities to a net zero level. The Town of Saint Andrews is applying to the Federation of Canadian Municipalities (FCM) for funding to complete a full energy study on our top five energy-consuming facilities through the Community Building Retrofit Program for:

1. W.C. O'Neill Arena Complex
2. Water Treatment Plant
3. Wastewater Treatment Plant
4. Ross Memorial Library
5. Town Hall

These facilities make up approximately 80% of the energy consumed by all facilities of the Town. If approved for funding, we will be initiating and developing a study that will provide a pathway for these facilities to reach net zero.

Leaf Bag Program: As the Town of Saint Andrews declared a climate emergency in 2022, we have focused on ways to help reduce our use of plastics and support best practices for composting. For our Leaf Bag Program, the Town has moved from plastic bags to paper bags. With plastic bags, our staff had to rip them open, dump the leaves, and then dispose of the plastic. This added to the overall single-use plastic bags in our community. The paper bags can be composted, providing less processing by staff and reducing amounts of plastic to our landfill. **In the Fall of 2023, we will no longer be collecting any leaf bags in plastic bags;** it is important for residents to transition to paper bags. We appreciate the community's participation in this program.

Keep current with us through our Facebook page, *Town of Saint Andrews Environmental Advisory Committee (@StA.EAC)*. Connect with us there or by email to Paul Nopper, Clerk - Senior Administrator  
[pnopper@townofstandrews.ca](mailto:pnopper@townofstandrews.ca)



## Who is the EAC?

Formed in 2020, the Saint Andrews Environmental Advisory Committee (EAC) is a volunteer group which aims to champion local actions to address community environmental concerns and relevant environmental issues. We meet monthly to generate recommendations to Council on environmental matters and to support positive environmental management practices and policies.

Active members include:  
Councilor Marc Blanchard, Paul Nopper (Clerk - Senior Administrator), Chair Kalen Mawer, Signe Anderson, Jessie Davies, Dani Deonarine, Helen Gurney-Smith, Siobhan Neil, and Todd Ross.

## New Seniors and Youth Video Project to Address Climate Change

### *The Art of Stewardship*

Sunbury Shores Arts & Nature Centre launched an exciting filmmaking project about climate change for seniors and youth. "The Art of Stewardship" brought together seniors and youth in Charlotte County to work in teams to create short videos about environmental sustainability.

The Art of Stewardship focused on intergenerational stewardship of the land, supported by funding from the New Horizons Program of the Canadian Department of Employment and Social Development. The senior-youth teams engaged with local climate change specialists with the assistance of three professional filmmakers from the region to create 3 short videos. The teams of seniors and youth, through this collaborative program, had a unique opportunity to create locally made videos that address environmental sustainability in this community.

A film festival to showcase these videos is scheduled for Saturday, September 16<sup>th</sup> at 2:00pm in the W.C. O'Neill Arena Theatre. This is a free event and all ages are welcome!



## Community Garden Looking for Volunteers

### *Farming for local food bank*

Community Garden coordinator Rika Nason is seeking a few volunteers to assist in prepping, seeding, watering, and harvesting locally grown produce for donation to the Saint Andrews Open Door Program (food bank). Harvests are done in the morning on the middle Wednesday of each month.

The ideal volunteer can commit to one to two hours each week during evenings and/or weekends between March and November and is passionate about growing food to feed members of the community. Preference will be given to the applicants who are committed and reliable. No experience necessary. Please note physical requirements include lifting, kneeling, digging, carrying, cutting, and moving over uneven ground.

To apply, please email [HarvestStAndrews@gmail.com](mailto:HarvestStAndrews@gmail.com) with a message about what interests you about this volunteer opportunity.

## The EAC is Looking for New Members

As the Town of Saint Andrews now includes the communities of Bayside and Chamcook, the EAC is looking for representatives from those communities to join our committee! The EAC meets monthly to generate recommendations to Council on environmental matters. Apply to volunteer with us by emailing Paul Nopper at [pnopper@townofsaintandrews.ca](mailto:pnopper@townofsaintandrews.ca)

# Land Stewardship for Homeowners

## *What can I do as a resident to help the environment?*

There are many things you can do to provide environmental benefits on your properties. These things can help improve environmental quality in our community and increase the enjoyment residents have from their property. There are also a number of things residents living on the coast and in flood prone areas might want to consider to protect their properties.

There is a serious concern about the decrease in **pollinators**. Residents can choose plants favoured by pollinators to provide critical habitat. Some suggestions are here: <https://davidsuzuki.org/living-green/how-to-attract-pollinators>

Residents who want to help monarch **butterflies** can consider planting milkweed or the smaller swamp milkweed. Milkweed is critical for the survival of monarchs. More suggestions can be found at: <https://davidsuzuki.org/take-action/act-locally/butterflyway/>

Many residents provide winter feed for **birds**. Planting shrubs with berries and other plants can help provide year around food and habitat for a great variety of birds. Some suggestions are here: <https://www.birdscanada.org/you-can-help/bird-gardens>

Residents with **waterfront properties** will be aware of the impacts of sea level rise and storm surges. These problems are forecast to get worse over time. While it is important for landowners to select actions appropriate for their specific property, this provides some natural solutions that may be of interest.

<http://mattagamiregion.ca/Shoreline-Erosion-and-Stabilization>  
<https://ecologyaction.ca/sites/default/files/2022-06/CoastalErosionResources2014.pdf>

Finally, residents interested in eliminating **invasive plants** such as Japanese Knotweed or Japanese Barberry should consult the New Brunswick Invasive Species Council.  
<https://www.nbinvasives.ca>



## Butterflyway Gardens

Participants in Saint Andrews are establishing and promoting pollinator-friendly gardens in residential yards and balconies as well as on public land like parks, boulevards, laneways, and schoolyards. If you'd like to join in the project, the good news is that it's easy! Plant native wildflowers in bunches and keep it natural by mulching less, mowing less, and avoiding the use of pesticides. Helpful plants include swamp milkweed, black-eyed Susan, pearly everlasting, goldenrod, flat-topped aster, and many more. **Find more information on [butterflywaysbythesea.wordpress.com](https://butterflywaysbythesea.wordpress.com)**

# Water Runoff

## Where does it go?

We know the water from our sinks, toilets, and washing machines gets cleaned and processed as wastewater, but where does the storm water go? The answer depends on where you live.

Runoff occurs when the ground is unable to soak up the water. It may be because the ground is still frozen or is too saturated from a heavy storm, or simply because the ground surface is impermeable (e.g. asphalt, concrete). As runoff moves over land it can pick up pollutants such as oil, fertilizer, pet waste, and garbage, all of which can pose a risk to the bay, lake, or waterways where that runoff ends up.

For example, the map below shows that water runoff from a large section of town ends up at Katy's Cove. Runoff through your area may end up in other places like Chamcook Lake or Passamaquoddy Bay.

Here's a few things we can do to help protect our waterways from polluted runoff.

**Increase ground infiltration** – Grass, plants, and trees all help to increase ground infiltration by slowing the flow of runoff allowing water more time to absorb, and by capturing more water through their root systems.

**Reduce impermeable surface area** – If maintaining the natural ground surface is not an option, choosing more permeable surfaces where possible will help promote infiltration and reduce the impacts of runoff. Gravel instead of asphalt, paving stones instead of solid concrete are just a few examples. There are a number of products on the market and options for improving permeability.

**Planting buffers** – Maintaining a natural vegetative buffer along waterways and shorelines helps to reduce runoff, filter pollutants, and decrease erosion. Bonus: Choose native species to help improve habitat!

**Reduce pollutants** – Keep garbage in its place, pick up after your pet, and avoid fertilizing your lawn right before a heavy rain. Nobody wants to swim with any of these but all of them will end up in the runoff that enters the lakes, rivers, and sea that we cherish.



# Chimney Swifts

## Join the Maritime SwiftWatch

Chimney Swifts are small, grey birds that spend their days catching flying insects. Although their use name comes from their use of chimneys, Chimney Swifts will also use barns, silos, and other dark, sheltered spaces for nesting (generally in July) and roosting (resting).

Most birds in Canada that rely on flying insects for food (aerial insectivores), have faced large population declines since 1970, and Chimney Swifts are no exception, having declined by 90% in this time. There are many reasons for this, from a decline of flying insects, to climate change, to a loss of habitat in their breeding and overwintering grounds.



Chimney Swifts can gather in large groups to roost in a chimney or barn for the night, but when it's time to nest, pairs find a safe space of their own to raise their young. If all goes well, they'll return to this space year after year!

If you see or hear swifts using a chimney or other structure, please report it to [marswifts@birdscanada.org](mailto:marswifts@birdscanada.org)



Have you seen this bird? Share Chimney Swift sightings with Birds Canada by email ([marswifts@birdscanada.org](mailto:marswifts@birdscanada.org)) or through the SwiftWatch website ([birdscanada.org/swiftwatch](http://birdscanada.org/swiftwatch)).

# Ocean Global Summit

## Coming in 2024

The Ocean Global Canada initiative is aimed at showcasing Canada's coastal and marine technology and innovation capabilities across multiple industry sectors on the global stage. At 202,080 km, Canada has the longest total coastline in the world, with an ocean economy worth \$31.7 billion and around 300,000 jobs in fisheries and aquaculture, energy, shipping, tourism, and recreation.

The Summit brings together Canadian and global business, policy, and development experts to share blue economy best practices around environmentally responsible, commercially profitable, and socially acceptable outcomes in the ocean economy. Among others, Canada's Blue Economy Strategy and themes at the intersection of ocean climate solutions, innovations in the aquaculture sector, marine protected areas, blue finance, ocean clusters and digital entrepreneurship, ports and maritime trade, ocean SME finance, FDI, investible opportunities and asset classes in the blue economy, "Corporate Ocean Responsibility", social equity, increased Indigenous participation, small island developing states, and issues across multiple industry sectors will be examined.

For more information, visit <https://oceanglobalcanada.ca/summit/>

# Earth Fest

The 2<sup>nd</sup> annual Earth Fest is returning to Minister's Island this year! This is a one-day festival to celebrate and honor our planet through art, music, performances, workshops, nature walks, a parade, scavenger hunts, and many more programs for adults and children. Entry to the island is free for this event, which will be held on September 24<sup>th</sup> from 11:30am to 3:30pm. Register online to reserve your free ticket: <https://www.ministersisland.net/earthfest>