Our Backyard A NEWSLETTER ON THE NATURAL ENVIRONMENT IN SAANICH

Volume 11 Issue 4 Winter 2011

In This Issue:

Environmentally Significant Areas Atlas Sharing Environmental Inspiration Keep the Fat from your Drain Friends of Tod Creek Watershed Be the Change Mount Douglas Park Urban Forestry and Natural Areas Corner Childhood Pastorale Saanich Carbon Fund Eastlake Ivy Pull QR Codes in Parks Upcoming Events



ENVIRONMENTALLY SIGNIFICANT AREAS



By Adriane Pollard, Saanich Environmental Services

Saanich Environmental Services is very excited to announce seven new Geographic Information System (GIS) layers. To use our public GIS map viewer, visit www.saanich.ca/services/gis/index.html. Located in the Environment folder, these layers can be viewed in combination with any of the other layers currently found on the system.

Using the Streamside Development Permit Area layer, you can find out if a stream is included in the development permit area, as well as the width of the setback. To view the map schedule as adopted by Council, you are encouraged to view the document here www.saanich.ca/living/natural/envresources.html. Waterbodies that are not connected to fish-bearing waters, but provide other habitat values, are mapped as 'isolated' watercourses, waterbodies, and wetlands.

Other layers are rare plants, animals and ecosystems tracked by the Conservation Data Centre, the Sensitive Ecosystem Inventory, wildlife trees tracked by the Wildlife Tree Stewardship Program, ecological reserves, and migratory bird sanctuaries.

All of this information--and much more--can be seen in our new 2011, 3rd edition of our Saanich Environmentally Significant Areas (ESA) Atlas. You can view this online at www.saanich.ca/living/natural/envresources.html, or visit any of the Greater Victoria Public Libraries located in Saanich, Saanich Municipal Hall, or the University of Victoria and Camosun College libraries.

Environmental Services would like to thank the GIS Section for their time and dedication in seeing these new layers and our updated ESA atlas through to publication.

Sharing Environmental Inspiration Through Social Media

By Glenys Verhulst, City Green Solutions

Local environmental initiatives can take off through friends sharing with friends on social media sites like Facebook and Twitter. In Saanich, nearly a thousand households participated in the Tap By Tap Energy and Water Saving project, where residents exchanged their old showerheads for a free kit containing high efficiency fixtures. The Tap By Tap Facebook page played a large role in helping to spread the news. At the height of the program, there was a peak of 915 active users learning and sharing about how they could join with their community in taking simple steps to save energy and money. When installed, the kits helped residents to save money and shrink their water, energy, and greenhouse gas footprints. Tap by Tap was an initiative of the District of Saanich, the Capital Regional District, and City Green Solutions, a local non-profit organization.

Building on the success of the Tap by Tap program's social media success, City Green has created a new Facebook page www.facebook.com/citygreensolutions to share information and to spark conversation about ways to increase energy efficiency in homes and buildings across BC. Come visit to learn about new incentive programs, free tips and contests; to share your energy efficiency ideas; and to spread the inspiration with your friends about taking both simple and extraordinary actions to reduce energy use in our homes and buildings.



LAYERS

SIS

N II N



This Holiday Season, Enjoy your Turkey but Keep the Fat from your Drain

By Capital Regional District, Septic Savvy Program

www.crd.bc.ca/septic and www.crd.bc.ca/wastewater/sourcecontrol/residents/

Fats, oils, and grease (FOG) aren't good for our sewers or septic systems. This season, put FOG where it belongs. You'll keep your drains clear and our sewers, septic, and watersheds clean and healthy.

Each year almost one million kilograms of fats, oils and grease (FOG) are poured down residential drains. These household cooking oils, salad dressings, and fat or grease from meat really clog up our wastewater treatment process and they also impact the environment. The build-up of FOG in sewer or septic lines can cause blockages that force sewage back into homes or allow it to spill over into our watersheds.

Clogged or restricted sewer lines aren't just a messy situation for cleanup crews, they're also expensive to deal with: fat clogged lines can cost you in tax dollars. Municipalities are spending up to \$10,000 per block to repair and maintain sewer lines due to the build-up of FOG.

If you're connected to an onsite septic system, FOG can also be hard on your tank and drain field. Oils can form a puddle on the surface of your septic tank, preventing septic tank bacteria from doing their digesting job. If FOG moves from the septic tank into the drainage field, it can cause expensive blockages and contaminate surrounding soil and groundwater supplies.

Even FOG in liquid form (such as olive oil) can cause problems when you pour it down the drain; many oils solidify at lower temperatures and can clog further down the line. Those that don't solidify often bind to other forms of fats and grease, creating blockages, or they move through the system too quickly, preventing treatment.

The good news? The solutions are simple and free!

For small amounts of grease, sauces, and salad dressings:

Use a paper towel or citrus peels to wipe out the container and remove most of the oily residue before rinsing in the sink.

For grease left over from cooking and frying:

- Cool fats, then pour or scoop into a sealable container.
- Store the sealed container in the refrigerator or freezer until full and then dispose of it with your household garbage, curbside organics collection bin where applicable, or take it to the recycling area at Hartland Landfill, no charge, to be recycled into industrial fuel, soap, among other consumable items.



For large residential amounts of deep fryer fat:

Store in a sealed container and take to Hartland Landfill for recycling.



Friends of Tod Creek Watershed Pulling Togethe

By Winonna Pugh and Mary Haig-Brown, Saanich Parks Volunteers

The Celebration of Whitehead Park held in April marked both the completion of the playground renewal project and the start of the natural areas restoration. A group of volunteers from the Friends of Tod Creek Watershed are working with Saanich to remove invasive Himalayan Blackberry, English Ivy, and Yellow Flag Iris, and prevent the regrowth of the Golden Willow that had blocked the mouth of Tod Creek.

With the help of neighbouring property owners, significant improvements have already been made to the Eastlake access through clearing of debris and garbage from the lakeshore and removal of ivy from the pathway and bank. It has been very rewarding to see the return of wild flowers in the spring and residents enjoying the lake throughout the summer.

Work is now underway to improve the soil and replant the natural area of Whitehead Park on the east side of Tod Creek. Through the removal of imported plant species and the planting of native species we will be able to restore the health of the riparian area. The work will make the area more enjoyable to visitors and provide improved opportunity to enjoy the natural plants and wildlife of the area.

Saanich Parks continues to be a remarkable partner in these projects, providing essential expertise, resources, and materials to make this project a success. Our project has also recently received a \$2,000 grant through the *Fido Evergreen Quick Start Grant* Program. This will enable us to hire a consultant to create a planting plan for the natural area, purchase native plants, and engage both the community and Fido staff as volunteers in the restoration work.



Be the Change Stories Inspire Campaign to Reach First Million

By Heather Skydt, The Land Conservancy

Every person has a story - a defining moment when they first connect with the natural world. The memory most likely brings a smile to your face. The details may have faded with time, but the feeling is still very much alive. This experience has shaped the person you are today. It introduced the core values you amplify at home, work, in your community, and the world around you.

Over the past 14 years, TLC The Land Conservancy of British Columbia has been honoured to listen to the stories of our members, donors, volunteers, and supporters. Some connect to the properties we saved, and others root back to childhood memories. Every day at TLC we reflect on these inspirational accounts as they drive us to new levels of success.



Since launching our Be The Change Campaign in March, we have received more than 75 videos. Each video contains a unique story explaining why people care about B.C.'s special places – places like Sansum Point, Abkhazi Garden, Sooke Potholes, Craigflower Manor, Horsefly River Riparian Conservation Area, and Creekside Rainforest to name a few. Saanich Mayor Frank Leonard and councillors Dean Murdock and Judy Brownoff have stepped up to film videos, as well as Lana Popham, MLA Saanich South and former Saanich councillor David Cubberly.

We have been overwhelmed by the response. Gifts have come from one boy's lemonade stand sales, a group of siblings pooling their savings from hand-made cards, high school students selling candy grams, a musician's roof-top house concert, residents organizing a paddling picnic, an artist's limited edition print, and a business offering wine tastings with proceeds to TLC. There have also been grants to support our current campaigns and programs, as well as several significant donations from individual TLC donors and members. All of these contributions have allowed us to surpass our first goal of \$1.2 Million. Thank you to everyone who helped us reached this milestone.

There is a culture of conservation underway in B.C. Join the many other individuals who share your passion and commitment for the natural world by becoming a TLC Member today! www.bethechangebc.ca or call 1-877-485-2422.



Mount Douglas By Judy Spearing Saanich Parks Volunteer

Mount Douglas Park is a well used, much loved park. In fact, one could say it is being loved to death. Native flora and wildlife are still plentiful in many areas, but ongoing care and attention by all is a must to protect its native plant life, to continue the ongoing restoration process, and to prevent new and nasty invasive plant species taking hold in the park.

Volunteers have been active in Mount Douglas Park with the Friends of Mount Douglas Park Society since 1991. For some years, members of this Society have been working to remove invasive plant species from the park. Mount Douglas is a very large park, approximately 500 acres, and volunteer numbers are on the low side. However, thanks to the efforts of a small number of volunteers who put in phenomenal hours in the park each year, this group has managed to clear approximately 125 acres of invasive plants, as of November 2011. Given the size of the park the task ahead will take many years to complete, unless volunteer numbers increase. Furthermore, the majority of current volunteers are retired people and it will take an influx of youth to really make the difference and to see that this work carries on into the future. Removing invasive species is an ongoing effort with secondary and sometimes tertiary clearing needed at previously cleared areas to remove remnants of re-growth and ensure invasive plants do not re-establish.

Our goal is to minimize and manage the spread of non-native, invasive plant species and restore the ecological health of this park. In addition to the physical removal of invasive plants we also replant with native plants as needed and actively participate in each Tree Appreciation Day to plant out designated areas, as per Saanich Parks restoration plans. We are a small group and we truly need additional help to sustain this project, so please consider volunteering a bit of your time this year to keep our project alive.

Work parties are currently held Thursday mornings from 10:00 a.m. to noon. Periodically, Sunday work parties are also held. With sufficient demand from volunteers our current schedule could certainly be enhanced to accommodate personal schedule demands. As with all *Pulling Together* projects, no previous experience is needed because on-site training is provided. Gloves and tools are also supplied for use at the work parties.

To volunteer, please visit our website www.saanich.ca/ living/natural/opportunities.html.





It has been reported by Darrell Wick, President of the Friends of Mount Douglas Park Society (FOMDS), that Tree Appreciation Day 2011 was the best ever in Mount Douglas Park. Saanich Parks, along with the FOMDS and many other community volunteers (more than 100 all told) spent several hours on November 6 planting more than 2200 native shrubs and trees along the banks of Mount Douglas Creek. Darrell reported "There were more plants closer together, making a better ground cover and making it clear this was a planted area". Darrell added, "The creek looks great. If you have not walked past the Salmon Life Cycle interpretive sign and along the newly restored trail to check out the four new spawning pools and riffles, you are missing a spectacular park experience". Enter the Beach Trail off of Ash Road to view the newly restored area.



Judy Spearing, Lead Steward, Saanich *Pulling Together* Volunteer Program for Bow/Brodick Park, along with several other community volunteers, has been actively removing invasive species and restoring areas within Bow and Brodick Parks. In the spring of 2011 Saanich Parks began a project to reduce the grade of a connector trail that travels through Feltham Park and Bow Park to connect Mckenzie Avenue with Cedar Hill Road. Throughout the summer and early fall, Saanich Park staff along with *Pulling Together* volunteers, removed invasive species such as Himalayan Blackberry and English Ivy within a stand of Garry Oak, Bitter Cherry, Indian Plum, and Black Hawthorn trees. On Tree Appreciation Day Saanich staff and more than 50 community volunteers planted hundreds of native trees and shrubs along the portion of the trail from Livingstone Avenue to Bow Road. This area will be an ongoing restoration area and support from the community for maintenance is required. If you happen to be in the area, take a walk along this trail to see what has been done to improve the environment and ecosystem health.



Community Tree Planting Partnership

Saanich Parks is looking to partner with the community to plant trees on public and private lands. The goal of our recently adopted Urban Forest Strategy is to "protect and enhance the urban forest". In order to do that we would like to team up with residents to plant boulevard trees. If you would like to have a boulevard tree planted in front of your property contact parks@saanich.ca or call Saanich Parks at 250-475-5522. In order to qualify for this partnership you must be willing to water the newly planted tree from May – October to ensure establishment.

Pulling Together **Volunteer** Program Js your failourite neighbourhood park on the list?

The Saanich Pulling Together Program now has active ecological restoration projects and volunteers in almost forty parks. Our restoration work happens in sunny Garry Oak meadows, along streams, in bogs, and in lush forests. Our team of volunteers is busy working their muscles and their minds in the following locations.

Come join us and help care for your parks.

Annie | Arbutus Cove | Beckwith | Bow/Broddick | Browning Boulderwood Hill | Camrose | Cedar Hill | Camas | Chatterton Hill Cuthbert Holmes | Colquitz | Doris Page | Falaise | Fettham | Ferndale Forest Glasgow | Glencoe | Goward House | Gorge | Konukson | Knockan Hill Layritz | Little Mount Douglas | Mahon Brook | Margaret Wright | Marigold Mount Douglas | Mount Tolmie | Mount Douglas | Peacock Hill | Playfair Prospect Lake | Rithet's Bog | Sayward Hill | South Valley | Whitehead

For more information about the program or our work parties, please visit our website www.saanich.ca/ living/natural/opportunities.html



Sponsored by Environmental Services of the District of Saanich

Childhood Pastonale

By Barbara Julian

Too often, "our backyard" is unvisited by our children. Remember when kids used to "go out and play" all day without adult supervision and programming, the only rule being to "be back by dinner"? Now, spacious tree-filled gardens are being subdivided out of existence, and some parents consider parks and public greenspace dangerous for unsupervised kids.

I have gathered memoirs of seniors who remember the earlier kind of childhood, and compare this to childhood leisure today which is too often indoor, sedentary, and screen-focused. The result? Rising levels of obesity, ADHD, insomnia, and depression among the young. The Nature Conservancy in the United States tracked a decrease in visits to North American parks that matches a rise in "videophilia" since the early 1990s. The Land Trust Alliance tells us that "inner-city children show increases in self-esteem and wellbeing after spending the summer in rural camps" (Readdick and Schaller, 2005), while adults who participate in nature recreation describe "an increased sense of aliveness, wellbeing, and energy" (Greenway, 1995).

This surprises no one who recalls pleasure gained from childhood moments spent in natural settings. One response is the emergence of the "nearby nature movement" in many countries. This movement acknowledges that healthy outdoor play depends on preserving accessible greenspace in residential neighbourhoods in the first place: parks and large private gardens linked by corridors of woodland.

Who in the future will conserve natural habitats and species if they grow up never having seen or learned about them? Free play, hikes and organized nature study are necessary both for human health and for conservation of landscapes.

Greenway, R. (1995). The wilderness effect and ecopsychology. In: Roszak T, Gomes ME, Kanner AD, Eds. Ecopsychology: Restoring the Earth, Healing the Mind. San Francisco: Sierra Club Books, 122-135.

Readdick, C.A. & Schaller, G.R. (2005). Summer camp and self-esteem of school-age inner-city children. Perceptual & Motor Skills, 101(1), 121-30

The Saanich Carbon Fund

Mark Boysen, Saanich Sustainability Coordinator.

Saanich Carbon Fund named the Federation of Canadian Municipalities' Green House Gas Reduction Initiative of the Month!

Is it best to be carbon neutral? Or is there an alternative approach to make real greenhouse gas reductions in our community? Saanich thinks there may be in the Saanich Carbon Fund. In 2007, the District of Saanich established this innovative tool to finance initiatives that lower the District's corporate emissions, by allocating dollars to carbon reduction projects that would otherwise be used to purchase carbon offset credits. As a signatory to the provincial Climate Action Charter, Saanich committed to taking action on climate change and developed the Fund as part of its Climate Action Plan and as a carbon offsetting alternative.

The District of Saanich allocates \$25 to the fund for every tonne of greenhouse gas (GHG) emissions Saanich operations produce. In 2010, Saanich corporate GHG emissions totalled 4798 tonnes which translates into a \$120,000 contribution to the Fund and reduction projects. The Fund was a way to try something different and a way to spark new clean technology investments directly into our operations.

To date, the Fund has been used in several key projects including a solar hot water installation at the Gordon Head Recreation Centre (pictured), the purchase of an electric Zamboni for Pearkes Arena, building heating and lighting upgrades at the Fleet Centre, and funding to pilot an electric vehicle for the municipal fleet. We are also supporting local green companies this way, instead of purchasing offsets from projects in other regions, we can lead projects that support our own local green economy.

A Community Version of the Fund

Through the Saanich Carbon Calculator, Saanich residents can also donate to a separate fund that will invest their money into local climate action initiatives instead of investing in offsetting projects outside of the community. Dollars donated through the calculator currently support local education programs including a partnership with WildBC that will see the delivery of individual and climate action curriculum and projects in two Saanich middle schools. School students and teachers will enhance their knowledge of climate change science and principles, make a pledge to take action and reach out to their peers and the community to participate in action projects.

With your donation to the community fund, residents also receive a tax deductable receipt! Upon donating, we encourage you to visit the municipal hall with your receipt and pick up your Carbon Champion Sticker for your car, bike or home window.

To learn about your own household carbon footprint, try out the calculator for yourself at climateaction. saanich.ca.



A recent article in the Winter 2010 edition of Our Backyard described the first English Ivy pull at the "pub"; a popular swimming area leading directly from rocks into deep water at the end of Eastlake Road. This year saw the completion of the second stage of this project. A work party took place on Sunday, April 17th, 2011, where we pulled more invasives and readied the site for a truckload of leaf mulch from Saanich Parks. We were pleasantly surprised at how well the bare site had withstood the winter rains. A good tree canopy is probably responsible for protecting it. Mulch was spread in preparation for the fall rains and the fall native shrubs planting session.

On Sunday, November 20 th, 2011, more volunteers gathered at Eastlake to complete the job we had started a year ago. We were there to plant Salal and Sword Fern in place of the English Ivy we had removed. Over the year we had pulled and weeded and then spread mulch. Next door neighbor, Joanne Delage had kept pulling ivy and bamboo roots as they made themselves apparent. The planting went quickly and then we all enjoyed hot drinks and cookies afterwards. We look forward to seeing an understorey of native plants in place of the monoculture of non-native ivy.



what's they

By Darrell Wick, Friends of Mount Douglas Park Society www.mountdouglaspark.ca

It's a "QR-code". If you have a smart phone, there is an "app" that will scan and interpret it. It's a built-in application with Android phones. With Blackberry and iPhone, search for a free "QR code reader"; for iPhones, try the free app "Scan" by QR Code City.

QR codes were used for the first time by the Friends of Mount Douglas Park Society on temporary interpretive signs during Rivers Day 2011 in September. An assortment of signs were set up along a trail in the park with a QR Code to provide additional information. For example, with bird interpretive signs, it allows you to hear the bird call or vocalization.

The sign itself is intentionally designed with basic but limited information. The QR code provides a URL connection to a related web site that has more detailed information.

Not only does this provide information beyond what would be practical or even possible on a physical sign (e.g. animal sounds), but in comparison to the physical sign, the web page can easily be updated.

These signs are a prototype experiment so not yet perfectly polished, and the web pages need to be optimized for smart phone access. Nonetheless, we would appreciate feedback (darrell@mountdouglaspark.ca) with your impressions or suggestions on the concept. Saanich Parks is currently working with the Friends of Mount Douglas Park Society on new interpretive signs, with consideration for using QR codes.





Upcoming Events

Saanich Recreation Free Programs

www.saanich.ca/resident/recreation 250-475-5408

Sunday Hikes (Drop-In)

Sundays, 1-3:30pm

These FREE guided hikes are open to adults of all ages. Although these hikes follow mainly chip trails and pavement, there may be some rough or steep sections, so please wear sturdy and supportive footwear. Carry adequate drinking water. Sorry, dogs are not permitted.

Jan. 22 – West Gordon Head

Meet beside baseball concession building at Lambrick Park, off Feltham Road.

Feb. 19 – Royal Oak to Broadmead via Rithet's Bog

Meet near Coop Gas station in Royal Oak Shopping Centre on West Saanich Road

Victoria Natural History Society

Visit www.naturevictoria.ca for more programs and field trips

Premiere of Aldo Leopold Documentary

Tuesday, January 10, 7:00 pm

UVic Fraser Building, Room 159

Don't miss the Western Canada premiere of Green Fire, the new Aldo Leopold documentary. Leopold, an American wildlife and forest ecologist, founded environmental ethics in the 1940s with the publication of his famous book, A Sand County Almanac. The Almanac, one of the most popular environmental books ever published, makes a lyrical plea for the preservation of intact ecosystems. Leopold's life, the film argues, is no less interesting than his book.

Botany Night (every 3rd Tuesday)

Variations in Holocene moisture and fire disturbance regimes

Tuesday, January 17, 7:30 pm The Highlands of Western Honduras

Tuesday, February 21, 7:30 pm Swan Lake Nature House

Birder's Night (every 4th Wednesday)

How Citizen Science Contributes to Bird Conservation

Wednesday, January 25, 7:30 pm Birding Southern Africa

Wednesday, February 22, 7:30 pm UVic Fraser Building, Room 159

Marine Night (last Monday of the month)

Monday, January 30, 7:30 pm Monday, February 27, 7:30 pm UVic Fraser Building, Room 159

Natural History Night (every 2nd Tuesday)

BC's Magnificent Parks: The First Hundred Years

Tuesday, February 14, 7:30 pm UVic Fraser Building, Room 159

Swan Lake Christmas Hill Nature Sanctuary

www.swanlake.bc.ca 250-479-0211

Guided Birdwalks (Drop-In)

Every Wednesday and Sunday, 9:00 am

Bring binoculars and walking shoes and meet in the parking lot for this informative walk around the lake.

Who Gives a Hoot (Drop-In)

Sunday, January 29, 12:00 – 3:00 pm

Who glides silently, can turn their head almost completely around, and can cough-up a wicked hairball - who-who-who? Explore the wonderful world of owls through games, stories, crafts and hands-on exploration. Admission by donation. Owl pellet dissection activity \$5.

Marine Birds (Course)

Classes: Mondays, March 1-29, 7:00 - 9:00 pm

Field Trips: Sundays, March 18 & 25, 9:00 – 10:30 am The focus of this course is on the ecology and behaviour of birds encountered in our local waters. It will capture the imagination of both amateurs and professionals. \$80 Friends of the Nature Sanctuary - \$100 non-members

Love Among the Feathers (Course)

Sunday, February 12, 3:00 pm

The romantic adventures of our local waterbirds are examined in this entertaining 90 minute presentation by local bird biologist, James Clowater. Slow motion video helps to reveal the complex postures which are the bird's language of love. \$10 Friends of the Nature Sanctuary - \$12 non-members

Birding Basics - The Birds of Spring (Course)

Classes: Mondays, April 16 to May 7, 7:00 - 9:00 pm Field Trips: Saturdays, April 28 to May 12, 9:00 – 10:30 am Birdwatching is the fastest growing activity in North America. Join in the fun and discover why Victoria is such a great yearround birding location. \$80 Friends of the Nature Sanctuary -\$95 non-members.

Goldstream Nature House

www.naturehouse.ca, 250 478-9414

Count down to the Holidays with the Eagles

December through January. 9:00 am to 4:30 pm, daily AND count with us, as more than 100 Bald Eagles feed on the carcasses of spawned out salmon. Best viewing times are at low tide (www.tides.gc.ca). Bring binoculars, and be sure to visit the Nature House for the best eagle viewing opportunities.

Garry Oak Meadow Preservation Society

www.garryoak.info

Help Wanted! Volunteer Treasurer for the Society GOMPS is a Registered Charitable Society dedicated to the preservation and restoration of Garry Oak ecosystems. Contact Hal Gibbard, President at 250-477-2986 or hagibbard@shaw.ca.

Amanita 'pantherina', the Panther Amanita, is found widely and commonly in the Pacific Northwest, occurring mainly in the spring, but occasionally in the fall. It forms a mycorrhizal association with conifers and hardwoods, growing either alone, or in groups. This very striking mushroom is poisonous, but is dangerous mainly to small children and dogs who may munch on it. If you are interested in local mushrooms, check out the South Vancouver Island Mycological Society at www.svims.ca.

Join the Our Backyard mailing list!

Be kept up to date on local community stewardship projects and environmental issues. Subscriptions to this quarterly newsletter are free and available in electronic or paper version. To subscribe, please send your contact information to the editor or visit the following website www.ourbackyard.saanich.ca

Editor: Darren Copley | Phone: 250-475-5579 | Email: Darren.Copley@saanich.ca

