SUN
Sustainable Urban Neighbourhoods

EAST CITY
CURTIS CREEK

NEIGHBOURHOOD
ACTION PLAN

SUMMARY

Living together in nature

GreenUP

In association with:

Sustainable Neighbourhood Action Program | Toronto and Region Conservation Authority

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We respectfully acknowledge that GreenUP is located on the Treaty 20 Michi Saagiig territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations.

Unless otherwise indicated, all maps in this report use NAD83 projection and were generated by the author using QGIS 3. Aerial imagery and data layers courtesy of the City of Peterborough.

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The East City-Curtis Creek Neighbourhood Action Plan is a collaborative ten-year vision and guide for achieving greater sustainability and resilience to the impacts of climate change. An extended, text-based version of this Plan is available online at **www.greenup.on.ca/sun**

This document is meant to be used by residents, municipal staff, partners, and community organizations! You can use the following key to identify leaders for each action:

SUN Sustainable Urban Neighbourhoods

What is SUN?

Sustainable Urban Neighbourhoods (SUN) is a three-year initiative funded by the Ontario Trillium Foundation and led by GreenUP. It offers an innovative and collaborative way to transform the places we live, work, play, and learn, making them more resilient to the impacts of climate change.

SUN is modelled after Toronto and Region Conservation Authority's Sustainable Neighbourhood Action Program (SNAP). SNAP is a collaborative, neighbourhood-based solution for advancing sustainable urban renewal and climate action in older urban areas. For more information, visit: https://trca.ca/conservation/sustainable-neighbourhoods

Executive Summary

Living together in nature

East City-Curtis Creek is an eighty-three hectare urban neighbourhood in east Peterborough. Residents know their neighbours, and appreciate their proximity to a number of important ecological and cultural sites, including Curtis Creek (which snakes through the neighbourhood), the Lift Lock and Trent-Severn Waterway, and Armour Hill. Yet, like many urban communities today, East City-Curtis Creek is characterized by declining biodiversity, vulnerability to flooding, and car dependency. As climate change intensifies, it is more important than ever that we reverse these trends and adapt to a warmer and less predictable environment.

In 2017, East City-Curtis Creek was chosen as one of the two pilot neighbourhoods for the GreenUP Sustainable Urban Neighbourhoods program (SUN), a three-year initiative that offers an innovative way of making the places we live, work, play, and learn more sustainable and resilient.

The SUN approach builds widespread support for neighbourhood-scale action by bringing together residents, the municipality, and partners such as Otonabee Conservation, Nourish and others, to create an Action Plan tailored to each community. Since 2017, our partners and hundreds of East City-Curtis Creek residents and community members identified local needs and shared their ideas for neighbourhood projects and programs.

The Plan represents a collective vision of what the neighbourhood can become by 2030 if actions are implemented swiftly and collaboratively, and provides a roadmap for how to get there. Actions are grouped into four focus areas:

1. Enhance Curtis Creek corridor improves the ecological health of the creek through a range of retrofits and cultivates a meaningful and caring human–nature relationship between local residents and this unique waterway.

2. Create sustainable community spaces transforms a variety of spaces (parks, school grounds, road islands, and more) for enhanced community use, increased biodiversity and urban forest canopy, and greater access to local food.

3. Build resiliency and sustainability at home transforms residential homes and streets through retrofits designed to increase biodiversity and urban forest canopy, improve stormwater management and susceptibility to local flooding, support local food production, and reduce our collective carbon footprint.

4. Improve streets and trails increases pedestrian and cycling infrastructure and connectivity, encourages residents to choose active transportation options, and maximizes proposed capital projects for additional outcomes like sustainable stormwater management.

Each recommended action aligns with SUN's core principles and supports the long-term outcomes for two or more of the sustainability themes in East City-Curtis Creek: water; habitat and urban forest; community resilience; local food security; and energy and climate. The themes and outcomes align as much as possible with local, regional, federal and international plans, policies, and goals.

With the planning phases of the project complete, SUN and its partners will be developing an implementation framework that identifies lead stakeholders, supporting partners, and next steps for each action. To get involved, visit the SUN website at **www.greenup.on.ca/sun .**

Neighbourhood Overview

East City-Curtis Creek is a mid-sized neighbourhood nestled between Parkhill Road in the north, the Trent-Severn Waterway in the east, Hunter Street East in the south (including Time Square and the proposed Canadian Canoe Museum site), and Armour Road in the west. The majority of residents live on the north side of Armour Hill, where Curtis Creek snakes its way through the neighbourhood.

Long before it was known as Curtis Creek, the Michi Saagiig Nishnaabeg shaped, managed, and protected the forests, waterways, and wetlands in this area. In the nineteenth century, European settlers took the land and cleared it for agriculture. In 1858 the area was incorporated as the Village of Ashburnham, which was annexed in turn by the City of Peterborough in 1903. In 1913, the local landscape was dramatically altered with the opening of the Lift Lock and Trent-Severn Waterway, which established the neighbourhood's current eastern border.

Today, East City-Curtis Creek is home to just over 1500 residents and some of the city's most significant cultural and ecological sites, including Armour Hill, Peterborough Museum and Archives, the Lift Lock (a National Historic Site of Canada), and the former Westclox factory (now a mixed residential and commercial building called Time Square). Because of East City-Curtis Creek's residential density, ample green space, and proximity to local waterways, it has an important role to play in modelling how urban residents can live sustainably with nature and become more resilient to climate change.

DID YOU KNOW?

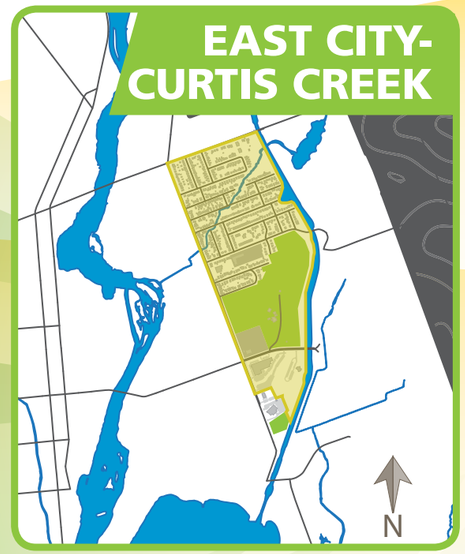
The Canadian Canoe Museum is scheduled to open its new facility, a LEED silver designated building, in 2022. Armour Heights and King George Public Schools are amalgamating into a new East City school that is currently under construction on Hunter Street East.

Much of today's forest canopy in East City-Curtis Creek is found on Armour Hill, which was a nearly treeless pasture until the Ashburnham Women's Patriotic League purchased the site in the 1920s and planted hundreds of trees to create Ashburnham Memorial Park for soldiers who died in the First World War.

WHAT RESIDENTS SAY

Up-and-coming, diverse, historic, and green!

Aerial photo of the top of Armour Hill, facing northwest ca. 1950.
Photo courtesy of Peterborough Museum and Archives, Parks Studio fonds, P-12-665-1.



Neighbourhood Size
83
- hectares -

16% (2016)
Residents that commute by walking, cycling or transit

URBAN FOREST CANOPY
40% (2015)

IMPERMEABLE SURFACE AREA
35% (2018)

POPULATION
1528 (2018)

3 Parks

1 Church

2 Schools

LAND USE

53% Residential

31% Open Space

6% Commercial

What is SUN?

The Sustainable Urban Neighbourhoods program—SUN for short—is a three-year initiative funded by the Ontario Trillium Foundation and led by GreenUP. It offers an innovative and collaborative way to transform the places we live, work, play, and learn, making them more resilient to the impacts of climate change. SUN brings together local residents, municipal staff, community groups, and other key partners to identify ideas and opportunities for change.

In addition to planning, SUN undertakes 'Quick-start' demonstration projects, that inspire residents, community groups, and partners to take action by showcasing possibilities for change. Quick-starts are also opportunities for SUN to connect with the wider community and build capacity amongst residents to support the implementation of the Action Plan.

Did you know?

Canada adopted the 2030 Agenda for Sustainable Development in 2015. SUN's sustainability outcomes support five Sustainable Development Goals (SDGs).

There are five kinds of Quick-start planting projects:

- Tree planting
- Pollinator gardens
- Rain gardens
- Food gardens
- Native species plantings

SUN also supports low-intensity retrofit actions like removing invasive species, and providing rain barrels, composters, bat houses, and birdhouses.

Who's involved?

PARTNERS

The Canadian Canoe Museum
City of Peterborough
Fleming College
GreenUP
Nourish Project
Otonabee Conservation
Parks Canada
Peterborough Pollinators
Peterborough Public Health
Peterborough Utilities Group
Transition Town Peterborough
Trent University

NEIGHBOURHOOD

Schools (King George Public School and Armour Heights Public School)

Local businesses

St. Luke's Anglican Church

Time Square (formerly Westclox)

Canadian Family Health Collective/Grow Happy Program

Residents

This Action Plan is based on the input from local residents and partners collected through 700 engagement interactions since 2017! Ways we've been listening include:

- Meetings with municipal and partner staff
- Meetings with local community members
- Kitchen table talks
- Online surveys
- SUN planting and education events
- Tabling at community events
- Two neighbourhood design workshops

Sustainability Themes & Long-term Outcomes

The following themes are sustainability priorities for East City-Curtis Creek. Outcomes that align with municipal and regional goals have been identified for each theme. For an explanation of how outcomes were generated please consult the full Action Plan, which is available on the program website. All targets are set for 2030 unless otherwise indicated.

Water includes water conservation, flooding, stormwater management, and the ecological well-being of the Curtis Creek watershed.	Improvements to permeability and watershed health by: • Reducing paved surface area in the neighbourhood by 800m² (0.08ha), from the 2018 baseline of 29ha impermeable surface area (35% of total area); • Increasing the amount of rainwater managed where it falls on residential, institutional, and commercial properties. Work toward the 90% runoff volume control target recommended by the Ministry of Environment and Climate Change (now Ministry of the Environment, Conservation, and Parks) in 2016, which equals the first 27mm of an average rain event in Peterborough. Greater resilience to flood damage in areas prone to urban and riverine flooding, indicator TBD. Improvements to water quality in Curtis Creek from baseline levels reported in the City of Peterborough's Stormwater Quality Master Plan (2014).
Habitat and urban forest includes the biodiversity and well-being of natural ecosystems in the neighbourhood.	Expansion and diversification of the urban forest by planting 365 new trees, with 152 on residential properties. Prioritize, where appropriate, underrepresented species recommended by the municipality. Greater biodiversity, by creating 1500m² of habitat for pollinators and other wildlife by 2030, in addition to any gains from the proposed Canadian Canoe Museum green roof. Fifteen hundred square metres is the equivalent of nearly 3.5 NBA basketball courts!
Community resilience includes the relationships and infrastructure that support community building and healthy, active transportation and recreation.	Twenty-five per cent of EC-CC residents commuting by public transit, walking, or cycling (up from of Environics Analytics baseline of 15.6%), by enhancing active transportation infrastructure and supporting residents to choose active transportation options. Enhancement of local outdoor spaces for inclusive and healthy recreation and community building, with 100% of local parks meeting or exceeding the minimum required design features for each park type as identified in the Municipal Parks and Open Space review. Greater sense of community belonging amongst residents, measured through qualitative feedback and/or survey data where available. Greater environmental awareness and capacity for local environmental action, to be achieved by increasing the number of environmental events, initiatives, and participants each year.
Local food security includes the availability of and access to fresh, affordable, nutritious, and culturally appropriate food in the neighbourhood.	Expansion of space available for producing local food by 2030, specifically an additional 1000m² in the form of community garden plots, neighbourhood fruit and nut trees, and self-reported residential gardens. Greater ability of residents to produce, harvest, and prepare local food, measured through qualitative feedback and/or survey data where available.
Energy and climate includes how we heat and power our homes, schools, and businesses on a daily basis, and the greenhouse gases we produce through travel and waste.	Progress toward the Climate Change Action Plan target of reducing community greenhouse gas emissions by 30% from 2011 baseline levels by 2031 (Sustainable Peterborough, 2016), to be achieved by: • Implementing energy efficiency and conservation measures at 40% of homes in the neighbourhood (approximately 280 dwellings not including the Time Square complex); • Implementing retrofits in 60% of industrial, commercial, and institutional facilities in the neighbourhood.

A Vision for East City-Curtis Creek

Living together in nature

The year is 2030. East City-Curtis Creek has been transformed into a model of urban sustainability and resiliency. Together, residents, the municipality, community groups, and partners make the most of the neighbourhood's small homes and spaces. The impact of the changes are evident everywhere you look: native plants and wildlife abound near Curtis Creek, the urban forest is thriving, flood damage is rare, and residents have built a strong community around food gardens and local outdoor events. This small but mighty community is living together in nature.

How do we get there?

Over the next ten years, residents, community groups, partners, and the municipality can make this vision a reality by concentrating on four focus areas:

1. Enhance Curtis Creek corridor improves the ecological health of the creek through a range of retrofits and cultivates a meaningful and caring human–nature relationship between local residents and this unique waterway.

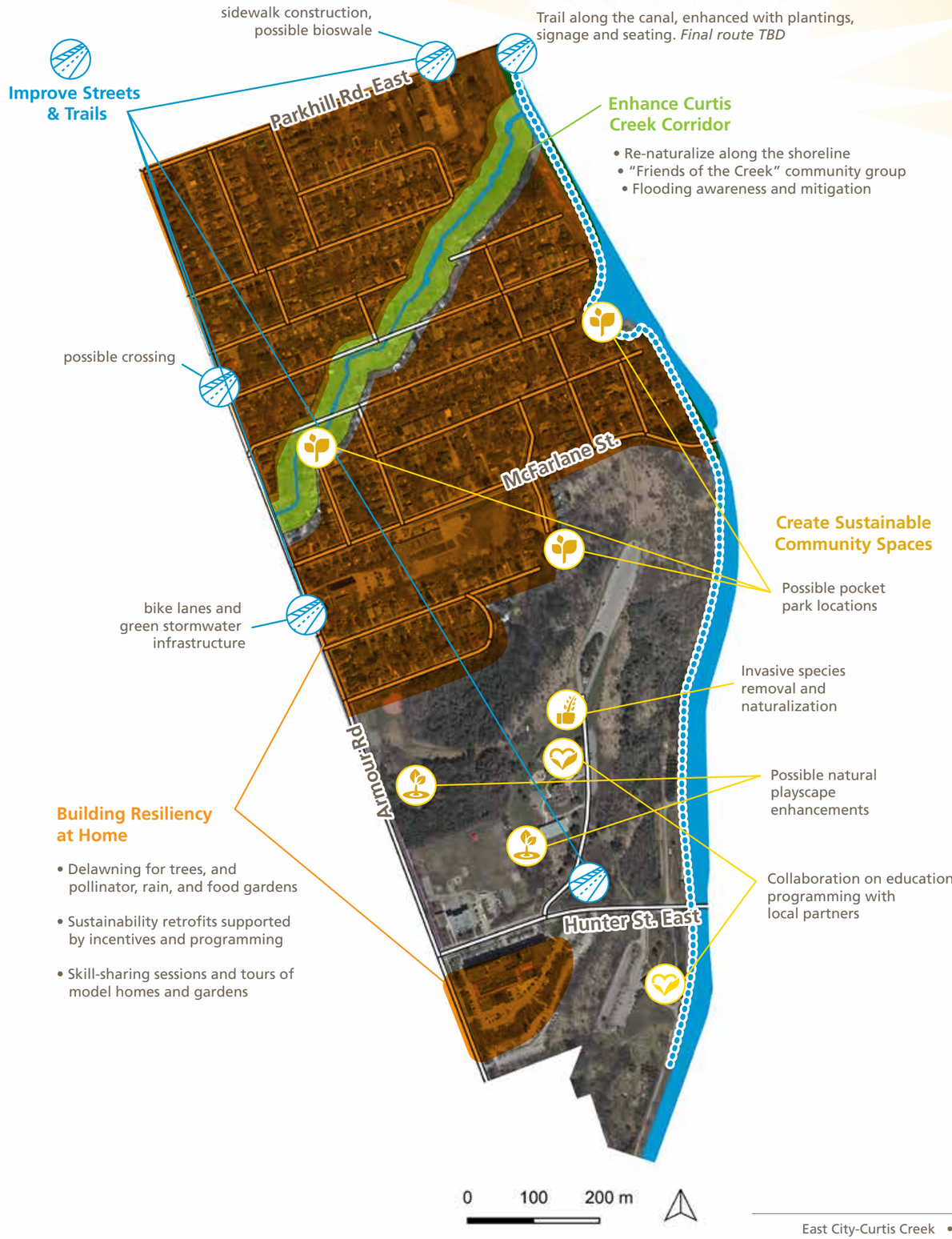
2. Create sustainable community spaces transforms a variety of spaces (parks, school grounds, road islands, and more) for enhanced community use, increased biodiversity and urban forest canopy, and greater access to local food.

3. Build resiliency and sustainability at home transforms residential homes and streets through retrofits designed to increase biodiversity and urban forest canopy, improve stormwater management and susceptibility to local flooding, support local food production, and reduce our collective carbon footprint.

4. Improve streets and trails increases pedestrian and cycling infrastructure and connectivity, encourages residents to choose active transportation options, and maximizes proposed capital projects for additional outcomes like sustainable stormwater management.

The actions recommended in the four focus areas align with the following principles:

COLLABORATIVE	They rely on and benefit from the involvement of multiple stakeholders.
MULTIPURPOSE	They connect to multiple sustainability themes.
MEASURABLE	Their impact on the environmental and/or community is measurable.
INNOVATIVE	They build on the unique natural assets, local character, and opportunities available in the neighbourhood.
INSPIRATIONAL	They inspire others to take action.



FOCUS AREA #1

Enhance Curtis Creek Corridor

In 2030, the community prides itself on its strong stewardship of Curtis Creek. Replanting along the shoreline has created a ribbon of rich biodiversity across the neighbourhood. Water quality has improved, and damage from riverine flooding is rare due to the municipality's floodplain mitigation work together with the effective floodproofing of homes and properties within the creek's floodplain. The collaborative approach to watershed health taken in East City-Curtis Creek has become a model for other neighbourhoods in Peterborough.

How do we get there? Recommended actions include:

1.a. Renaturalize and introduce sustainable stormwater management projects on properties within the creek's 30m riparian buffer zone to improve watershed health. Key opportunities include the municipal culvert reconstruction work happening on Caddy Street, Euclid Avenue, and Armour Road in 2019 and 2020.

1.b. Establish a 'Friends of Curtis Creek' community group (with a complementary 'Junior Friends' group for youth) that collaborates with partners to monitor water quality, undertake regular creek clean-ups, and develop signage and educational programming.

1.c. Introduce a collaborative flood proofing awareness and action program, especially for residents living within the Curtis Creek floodplain.

LEADERS

- Residents
- Community & Faith Groups
- Municipality
- Schools
- Businesses
- Parks Canada & Otonabee Conservation
- NGOs

Sustainability themes addressed:

- Water
- Habitat and urban forest
- Energy and climate
- Community resiliency

Naturally Vegetated

A 30m riparian buffer on both sides of waterways is recommended by Environment Canada and Otonabee Conservation to support aquatic habitat.

Did you know?

= areas susceptible to urban flooding during 100-year storm

Flooding in cities can take multiple forms. Riverine flooding happens when water in a river or creek overflows its usual channel. In 2020, Otonabee Conservation will be releasing updated floodplain maps for Curtis Creek. Urban flooding happens when too much impermeable area and inadequate infrastructure make it difficult for large volumes of rain to be directed away from homes, gardens and other places where it is unwanted. Both kinds of flooding impact residents in East City-Curtis Creek. See focus area 3c for actions that address urban flooding.

FOCUS AREA #2

Create Sustainable Community Spaces

The municipality, local residents, and others have worked together to maximize the ecological and community function of important parks, community spaces, and other open areas in the neighbourhood. Diverse, thriving natural outdoor spaces are used for recreation, learning, and a wide range of community events that bring everyone together. Collectively, residents grow thousands of kilograms of fresh, nutritious food each year that is enjoyed by everyone. Even the smallest spaces have been transformed!

How do we get there? Recommended actions include:

2.a. Transform small underutilized spaces into pocket parks that meet a range of needs, including fresh affordable food (by planting fruit and nut trees that residents can harvest through a neighbourhood gleaning program), greater biodiversity (by planting site-appropriate native species gardens), bike racks, and community building (by installing benches or other seating, educational signage, and communal chess boards).

2.b. Develop a natural, shaded, inclusive, and accessible playscape in the neighbourhood that also includes access to drinking water, sensory gardens and educational public art created by community artists.

2.c. Organize an annual invasive species removal and litter cleanup at Armour Hill. Restore parts of Ashburnham Memorial Park to native grasslands, pollinator hubs, and/or forest ecosystems.

2.d. Build on the neighbourhood's strengths in local history and culture by bringing learning and recreation outdoors. Extend museum and school-based programming to nearby open areas, and offer regular outdoor educational community events.

2.e. Support and expand the number of community garden spaces and fruit and nut trees in the neighbourhood.

LEADERS: Residents; Community & Faith Groups; Municipality; Schools; Businesses; Parks Canada & Otonabee Conservation; NGOs

What's a Pocket Park?

According to Peterborough's draft Official Plan, pocket parks complement neighbourhood parks; reflect the needs and interests of residents within a 2- to 5-minute walking distance; are inclusive, welcoming, and attractive; can celebrate arts, history, and culture; and can celebrate and/or acknowledge Indigenous placemaking and history. Possible locations include, but are not limited to:

- Simmons Avenue teardrop at dead end of street, near the base of Armour Hill;
- Adjacent to Curtis Creek, where Centre and Caddy Streets meet
- Toby's Bay along the canal (Parks Canada property).

In 2019, the front lawn of St. Luke's Anglican Church was transformed into an allotment-based community food garden with the support of local residents, Nourish, and the SUN program.

Above illustration by BrushPoint Art (Nic Cooper). Below photo by Glenn Empey.

Sustainability themes addressed:

- Water
- Habitat and urban forest
- Energy and climate
- Community resiliency
- Local food security

FOCUS AREA #3

Build Resiliency & Sustainability at Home

In 2030, the neighbourhood is a model for building resiliency through residential retrofits. Whether it's a post-war bungalow diverting rainwater from the municipal stormwater system; a nineteenth-century home with updated windows, insulation, and appliances; or a community composting initiative at a local apartment building, there are many local examples to learn from. Neighbours are quick to trade their knowledge and experience for help in return—and maybe a bushel of homegrown veggies! Streets lined with deciduous trees keep homes cooler in summer and warmer in winter, reducing the community's overall greenhouse gas emissions.

How do we get there? Recommended actions include:

3.a. Increase private property and boulevard tree planting in areas with low canopy cover.

3.b. Transform lawns and driveways throughout the neighbourhood with pollinator gardens, rain gardens or other stormwater infrastructure, native species plantings, and/or food gardens supported by rainwater harvesting, depending on resident interest and site suitability. Develop and extend programming to support these projects.

3.c. Introduce a collaborative flood proofing awareness and action program for residents who experience urban flooding, to complement riverine flooding awareness and action under the Enhance Curtis Creek corridor focus area.

3.d. Offer incentives for conducting home energy audits and implementing energy retrofits at residences in the neighbourhood.

3.e. Host regular neighbourhood skill-sharing sessions to build resident capacity for doing projects at home. Ideas include home waste audits and composting workshops, how to start rain and pollinator gardens, or a rain barrel installation demonstration.

3.f. Develop a self-guided walking tour that identifies model home and garden projects to inspire others within and beyond East City-Curtis Creek.

LEADERS

Residents · Community & Faith Groups · Municipality · Schools · Businesses · Parks Canada & Otonabee Conservation · NGOs

"Our rain garden works well, and has also attracted robins and butterflies! I am looking forward to seeing it grow and develop."

- Miriam EC-CC Resident

Did you know?

Stormwater is water that falls from the sky in the form of rain or snow. It can contribute to urban flooding if the volume of water is not absorbed into the ground or storm sewers quickly enough. Installing a rain garden is one way to reduce and slow run-off from your property.

Sustainability themes addressed:

- Water
- Habitat and urban forest
- Energy and climate
- Community resiliency
- Local food security

Transform your lawn!

Even a small yard can be transformed to support biodiversity and make the places we live more resilient to the impacts of climate change. To learn more about rain gardens and other lawn transformation possibilities, consult the SUN website.

FOCUS AREA #4

Improve Streets and Trails

In 2030, East City–Curtis Creek's dense network of accessible trails and sidewalks makes it easy for residents to get around by foot or bike, while also appealing to visitors who are eager to explore the areas around the Lift Lock, Trent-Severn Waterway, and LEED-certified Canadian Canoe Museum. These corridors provide more than just a way to get from A to B; they also provide habitat for pollinators and other wildlife, and space for crucial green stormwater infrastructure such as bioswales and rain gardens.

How do we get there? Recommended actions include:

4.a. Improve the Armour Road corridor by adding pedestrian and cycling infrastructure, such as a pedestrian crossing for better access to Nicholl's Oval Park (possibly at Armour/Dufferin and Armour/Douro), and bike lanes between Parkhill Road East and Hunter Street East where feasible.

4.b. Create an accessible, walkable network of trails and sidewalks linking the north and south ends of the neighbourhood. Local routes should ensure safe and efficient access to the new East City school while also highlighting the area's unique natural and cultural assets, such as Armour Hill and the Peterborough Museum and Archives, Curtis Creek, the Trent-Severn Waterway, the Time Square development (former Westclox), and the Lift Lock and proposed Canadian Canoe Museum complex.

4.c. Enhance upcoming trail and road projects by planting trees and gardens, improving accessibility, and increasing stormwater function, where feasible. Consider enhancing projects with public art and educational signage. Key opportunities include the proposed Trent-Severn canal trail, sidewalk developments on Parkhill Road East, and the sidewalk infrastructure in connection with the new East City School.

4.d. Increase the number of local events (such as community bike-a-thons, Pulse Pop-ups, and Jane's Walks) that encourage residents to choose active transportation options and create opportunities for resident involvement in transportation planning processes.

LEADERS

Residents · Community & Faith Groups · Municipality · Schools · Businesses · Parks Canada & Otonabee Conservation · NGOs

Sustainability themes addressed:

- Water
- Habitat and urban forest
- Energy and climate
- Healthy, active transportation and recreation
- Community building

The intersection at Armour Road and Dufferin Street near Steve's Quik Chek Variety in June 2019, where a pedestrian crossing could be added. *Photo courtesy of GreenUP.*

Below: Right of way biofilter swale in Brampton, Ontario. A project from the County Court Sustainable Neighbourhood Action Plan (SNAP).

Successes to Date

Residents, partners, and the municipality have already made progress toward a more sustainable and resilient East City-Curtis Creek.

Water	SUN has installed two rain gardens on private residences, for an average of 99,000 litres of stormwater diverted annually—enough to fill sixty-five hot tubs!
Habitat & Urban Forest	Together with residents, schools, and community groups, SUN has installed 855 square metres of trees and gardens at private residences and churches—equivalent to two NBA basketball courts!
Community Resiliency	In 2018, Euclid Avenue residents organized a car-free street festival on Euclid Avenue to bring neighbours together and reclaim the street for community use.
Local Food Security	SUN partnered with Nourish to support the development of two new community gardens in the neighbourhood, one at St. Luke's Anglican Church and another at the Time Square/ Westclox property.
Energy	In 2018, the City of Peterborough converted all cobra head streetlights to LEDs, for an estimated energy savings in the neighbourhood of 66,780 kWh in 2019, which is the amount of electricity used by 7.4 average Ontario residential households for an entire year.

CASE STUDY

A 2018 inventory conducted by GreenUP staff and the Peterborough Pollinators found that approximately one quarter of all residential properties in East City-Curtis Creek offer pollinator-friendly habitat in their front yards, like this SUN Quick-start garden project! Photos by GreenUP.

"I wanted to create a garden for the people… We have to think big [and] Westclox is the first step!

Barry, Time Square resident

Time Square is a residential and commercial complex in the former Westclox factory on the southeast corner of Hunter Street East and Armour Road. In 2018, residents and staff reached out to the SUN program for support to develop edible, medicinal, and pollinator-friendly garden spaces that are accessible to the building's residents and commercial tenants. Together we've planted 50 plants, including three Autumn Blaze maples. The Westclox community has continued their work with a community food garden in 2019!

Next Steps

Implementation

Successful implementation of the East City-Curtis Creek Action Plan depends on strong collaboration between residents, community groups, the municipality, and other partners. In the fall of 2019, we will continue building implementation teams to work toward specific actions and outcomes identified in the Plan. If you are interested in supporting or taking the lead on a specific action, please visit the SUN website for more information about how to get involved.

Are you a resident? You can find additional resources and tips for actions at your home and in the community in the Resident Guide and other resources available on the SUN website.

Reporting

Have you or your organization completed an action? Visit the SUN website to share your achievements!

www.greenup.on.ca/sun

Sustainable Urban Neighbourhoods

NOTES:

GreenUP

In association with

Sustainable Neighbourhood Action Program | Toronto and Region Conservation Authority

In partnership with:

peterborough

Otonabee CONSERVATION

NOURISH

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