

Spring 2020

## UPCOMING SPECIAL EVENTS

### WATER TO EARTH MONTH

Each Spring, the City of Nanaimo along with the Regional District of Nanaimo's Team WaterSmart and other local organizations celebrate **Water to Earth Month**. Beginning with **March 22, World Water Day** and running through until **April 22, Earth Day**. This spring things will look a little different as we practice "social distancing" in response to the COVID-19 Pandemic.

Even though we have decided to cancel our public Water and Earth Day events, there are still many ways we can still celebrate and play an active part in being good stewards of our planet. Small steps by each individual can have a big impact on our community as a whole.

Check out **Water to Earth Month's virtual workshops, games, activities and at-home learning activities** at [getinvolved.rdn.ca](http://getinvolved.rdn.ca) as a way of staying connected, possibly learning something new and keeping active. Download their [virtual activity passport](#) for a chance to win prizes through participation (deadline April 26).



Visit the RDN's [Community Calendar](#) for key dates and times for the following workshops and activities!

- WaterWise Gardening Workshop with Connie Kuramoto
- Efficient Irrigation Workshop with Kevin Luterbach
- Rainwater Harvesting Workshop with Jamie Wallace
- Watershed Model Demonstration (All Ages!)
- W2E Trivia (Ages 10+)
- A virtual Walk in a National Park
- Info on creating your own compost or performing an audit on your irrigation system
- And so much more ...

In recognizing **World Water Day**, take time to remember to [wash your hands](#) regularly through out the day with soap and water and as a good step to reduce the spread of disease.

We often forget there are many parts of the world where there may be a limited ability to [practice good hygiene](#).



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Here are a few more ideas to try in becoming a better environmental steward in 2020:



- Give **active transportation** a try. Dust off your bike and take a spin around your neighbourhood as a start, also a great way to socially distance yourself, yet still stay active.
- Enjoy a glass of clean, clear water from your **kitchen tap**. Avoid purchasing bottled water. Nanaimo's drinking water exceeds both the provincial and federal guidelines for drinking water quality. Click the link below to take a virtual tour and find more information about the City of Nanaimo's

[Water Treatment Plant](#).



- **Compost and Recycle** what you can. By keeping material out of our landfill, we reduce the amount of greenhouse gases released (a contributing factor to climate change).
- **Buy Food locally** or try **growing your own** - a great project to try while you are self isolating and an opportunity to try organic composting for your garden with your vegetable scraps, grass clippings and newspaper shreds.

- As we visit some of our trails and open spaces, be committed to "**leave no trash behind**" or if you come across trash consider "**picking it up and packing it out**". It takes all of us to do a little bit, to keep our parks and open spaces clean. Remember to continue to practice social distancing and avoid social gathering when visiting our parks and trails.



- Explore **plant based protein options** and look at reducing your meat consumption. There are many environmental factors that go into the production of livestock meat.

Visit our [city website](#) to see some of our city's **Zero Waste Initiatives** and information on our Compost, Garbage and Recycling programs. Or download the free app "**Nanaimo Recycles**".



## ENVIRONMENTAL RESTORATION

### May is Invasive Plant Awareness Month - Let's Pull Together!

An invasive plant is a non-native plant that has the potential to negatively impact the composition, structure and function of our native ecosystems by out-competing native plants for water, nutrients and sunlight.

Perhaps take this time to remove invasives from your yard and neighborhood while still respecting social distancing or take part in our **"FREE THE TREE"** initiative, by removing English Ivy from our local Trees.

Steps to removing it:

- Carefully cut away all the English ivy vines around the tree at eye level with clippers, loppers or small handsaw and slowly peeled downward from the bark.
- Pull back the ivy at ground level at least 3-5 ft from the base of the tree.
- Bring ivy to one of our two drop zones in May or local disposal service
- Contact us to let us know how many **"TREES you have FREED!"**

**NOTE: Please contact us first at [parksopsdispatch@nanaimo.ca](mailto:parksopsdispatch@nanaimo.ca), if you're interested in remove invasives plants from any of our parks.**



Some common wild flowers you might see on your walk this month -can you name them?



**Spring is the perfect time to enjoy the wildflowers in our parks.**

- Please respect social distancing when you visit our parks this spring .
- Stay on the designated trails to avoid trampling the wildflowers .
- And remember to **"take only pictures and leave only foot prints"** . We want to leave the wildflowers for all to enjoy.



## ENVIRONMENTAL RESTORATION

For information on other common invasive plants and how to manage or remove them, please visit [www.nanaimo.ca/goto/invasives](http://www.nanaimo.ca/goto/invasives). Remember to always wear protective clothing while removing invasive plants and dispose of the properly.

As you look at your own yard and garden, perhaps consider planting native and/or drought tolerant plants and lawn alternatives this year. Here are a few examples ...



**SWORD FERN** -Attractive copper-colored fiddleheads in spring unfurl into tough, waist-high evergreen fronds. Great for partial sun to shade locations.

**RED FLOWERING CURRANT** -Hummingbirds feed from brilliant pink to red blooms in the spring, and other birds enjoy currants in the fall. Smells amazing.

**KINNIKINNICK**—An early blooming, trailing evergreen ground cover with red berries in winter for birds. Best for pavement edges & dry, sunny slopes.

**TALL OREGON GRAPE**—Blue edible berries, big yellow blooms, & shiny leaves in one drought-tolerant perennial!

**NODDING ONION**— A favorite of pollinators and butterflies, this long-lasting lily handles salt spray, wind, drought & poor, gravelly soils.

**FALSE LILY OF THE VALLEY** - Low, shade-loving groundcover features small, white, perfumed flowers, shiny spade-shaped leaves and greenish berries that turn red in winter.





## STEWARDSHIP ALONG OUR STREAMS

This winter community groups have been busy working along riparian areas of our local streams and rivers. They have been working to removing invasive plants from these areas and replanting with native plants and trees. Riparian planting helps filter water absorbed through the soil and into these streams, helps prevent erosion of the stream banks and will eventually provide shelter and shading and other benefits to our aquatic ecosystem and improving the water health of these water systems.

### Students from NDSS

Invasive removal along the Cat Stream near Wakesiah as part of a restoration plan for this area.



### Students from John Barsby's Land Based Learning classes

Invasive removal and tree planting along the Chase River as part of a project towards the Water Management award in the [BC GreenGames](#).

### "Cache In Trash Out" Event by a group of local [Geocachers](#)

Continuing with tree planting and maintenance along the Millstone in Bowen West Marsh.



*A huge thank you to...*



### 1st Departure Bay Scouts

Invasive plant removal, garbage clean up and tree planting along the Millstone in Buttertubs.



## PROJECTS IN YOUR PARKS

The City of Nanaimo works with many community groups on playground installation through our [Partners in Parks program](#). It has been a busy season of amazing projects. Thank you to the hard work of all these volunteers and city staff and contractors.



**Cambie Park** land was acquired through a subdivision at the corner of Cambie Rd and Park Ave. In 2017, a neighbourhood group was formed to begin planning a park development project through the City of Nanaimo's Partners in Parks Program (PIP).

Neighbourhood fundraising and community donations have allowed this project to progress and in 2019 a half multi use sport court was constructed, allowing a space where neighbourhood children could play hockey, basketball, ride bikes and draw with chalk off the roadways. A work party, including helpers from the **Lantzville Rotary Club**, was organized to install a split rail perimeter fence around the park to eliminate the potential conflict between park users and vehicle traffic on Park Ave.



**Cinnabar Valley Park** has seen substantial upgrades over the past two years through capital upgrades and the Partners in Parks Program.

The existing tennis courts were transformed to now accommodate a tennis/pickle ball court, a full size basketball/hockey area.

The playground also saw some additions including a 66' zip line and a small climbing wall integrated into the existing playground.

In addition, several new trees were planted within the park to enhance shade and overall enjoyment of the space. Irrigation was provided to support the establishment of these new trees through their first few years of life in the Park.





## PROJECTS IN YOUR PARKS

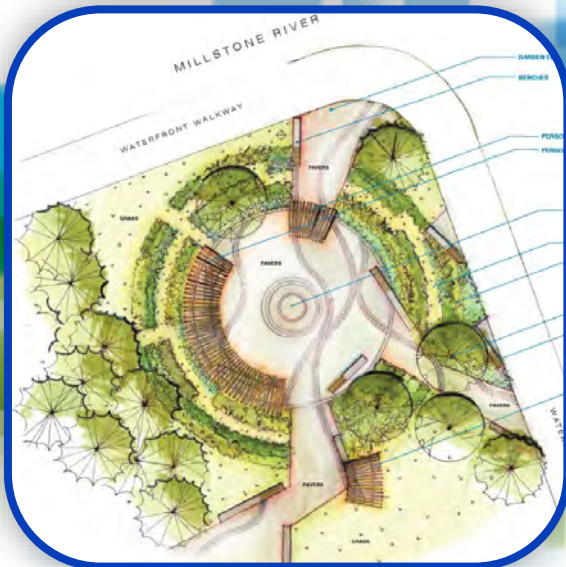
**Maffeo Sutton Park** is Nanaimo's premier waterfront destination park. The park is home to over 200 special events each year providing a variety of opportunities for recreation, social interaction and health and wellness. The area also holds significant historical and cultural values to the community.

The City of Nanaimo along with key community partners and stakeholders have been planning upgrades to the Playground at Maffeo Sutton Park since 2016. **The Nanaimo Childhood Development Center and Children's Health Foundation of Vancouver Island** have been integral partners in moving this important project forward. Construction of Phase 1, Inclusive Playground Upgrades, has begun and will be:

- Socially and physically inclusive.
- Available for children and people of all ages and abilities.
- Respectful to a sense of place while promoting active play.
- Integrated for different sensory experiences.
- An inclusive play space for our community.



### Rotary Centennial Garden:



The **Rotary Club of Nanaimo** approached the City of Nanaimo in 2016 with an idea of creating a celebration project to commemorate **100 years of service** and support provided by all Rotary Clubs of Nanaimo and surrounding areas. A garden space was planned and designed in the north east corner of Maffeo Sutton Park, a significant location with spectacular views of Nanaimo Harbour, Newcastle/Saysutshun Island, Salish Sea, and the Millstone River.

The Garden design was inspired by the inter-tidal coastline of Nanaimo and *supports the key values of Rotary to promote peace, fight disease, provide clean water and sanitation, support mothers and children, support education and grow local economies.*

The **Rotary Centennial Garden** project begins in April 2020 .



## PROJECTS IN YOUR PARKS



The City of Nanaimo is currently working on a plan for the future of **East Wellington Park**. This park is a 12.7 hectare field located in the Agricultural Land Reserve next to the Millstone River, with seasonally flooded. It is environmentally sensitive and provides habitat to a diversity of species and is valued by a range of park users.



The park plan is being developed based on input from the public and stakeholders, studies of the site, and Agricultural Land Reserve regulations. The draft plan has 6 goals for this park:

- Environmental conservation and restoration
- Agricultural Production
- Support Astronomy Activities
- Support Education and Research
- Accommodate Dog Walking
- Improve Park Access and Amenities

Stay tuned to the [City's website](#) for updates, or email [eastwellingtonparkplan@nanaimo.ca](mailto:eastwellingtonparkplan@nanaimo.ca) to be added to a mailing list.



### And finally ...

Construction of the skate park in Harewood is on schedule to finish in June 2020. It features street-style plaza with ramps, stairs, rails and a large bowl. The **Harewood Neighbourhood Association** and the **Nanaimo Skateboard Association** have been working diligently from the beginning to see this project come to life and provide an opportunity for skateboarders, scooters and BMXing a place to recreate in the south end.