

50 Great Ideas for Inspiring Community Resilience to Climate Change

By and for residents, organizations and
businesses in Sackville, NB



Compiled by EOS Eco-Energy
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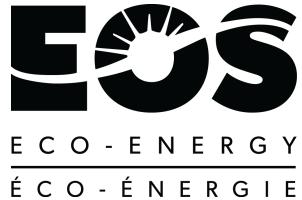


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*Dandelions are a symbol of resilience, communication, clarity, perseverance, ingenuity, healing and hope.
They can tolerate and thrive in the most challenging surroundings.*



The Story of Sackville

Sackville is a small town located in southeastern New Brunswick at the head of the Bay of Fundy. The area is part of the traditional, unceded territory of the Mi'kmaq called Siknikt in the district of Mi'kma'ki. Sackville is situated near the Nova Scotia border on the narrow Chignecto Isthmus, a nationally important transportation corridor. Sackville is a low-lying coastal town with part of the community located below sea level behind a network of dykes. The picturesque town is surrounded by forested uplands and low-lying dykelands, once reclaimed from the sea by Acadian settlers. The area is known for migrating songbirds, shorebirds and waterfowl. The community is home to Mount Allison University, Canadian Wildlife Service, the regional Sackville Memorial Hospital, a small industrial park, three schools, Silver Lake, the Sackville Waterfowl Park, farms, and many shops, restaurants, small businesses and services. It is also home to a number of environmental organizations and many community groups. About 5300 residents and 2250 university students call Sackville home. The town serves surrounding rural unincorporated Local Service Districts. Sackville is and will continue to be impacted by human-caused climate change; however, the community is vibrant and known for its focus on the arts, nature and sustainability.



How this Guide Came to Be

EOS Eco-Energy, based in Sackville, NB, was awarded funding from the New Brunswick Environmental Trust Fund in 2020-2021 to create a plan to help residents, businesses and organizations come together to adapt to human-caused climate change and be more resilient. This guide complements the Town of Sackville's adaptation plan focused on municipal operations adopted by the town council in 2016.



The timing of this project coincided with the COVID-19 pandemic. The pandemic has shown the community how vulnerable basic needs are, such as food supplies, but the community has also realized how resilient it can be, how people can come together to help community members and neighbours adapt when faced with hardship. COVID-19 presented an opportunity to develop this guide with pandemics in mind as well.

To gather input for the guide, EOS staff performed a literature review, and looked at other rural and small-town climate change resilience and adaptation plans. A steering committee of ten local residents was formed to help guide the project and included representatives from local businesses, organizations, Mount Allison University, students, municipal staff, and provincial government. EOS interviewed key informants and experts from across Canada, and performed 4 community focus groups with local experts, community residents, and vulnerable populations (seniors and adults with disabilities) for a total of 31 participants. EOS also conducted resident, business and student surveys to gather information about perceptions of risk, climate change concerns, existing adaption actions, perceptions of community strength, barriers and challenges, and ideas for enhancing community resilience to climate change. A total of 262 people (ages 11 to 75+) responded to the surveys. Summaries of the surveys can be found at <https://eosecoenergy.com/en/sackville-community-climate-change-resilience/>.

The overall aim of this guide is to help residents, businesses, organizations and institutions in Sackville, NB to plan, prepare, adapt, respond to climate change. There are ideas for household and community projects, and for influencing political action for more widespread adaptations.

Much like the symbol of the dandelion, this tool is meant to sprout resilience, communication, clarity, perseverance, ingenuity, healing and hope.

What is climate change resilience?

Climate change resilience is the ability to predict, prepare for, adapt, respond and recover from disturbances related to a changing climate. Improving climate resilience involves assessing threats and opportunities and taking steps to cope with the changes.

What is climate change adaptation?

We can adapt to climate changes by adjusting how we live and the choices we make. Making these adjustments will help decrease the negative effects of the changing climate and allow us to take advantage of any new and favourable opportunities.

How to Use this Guide

This guide has **50 Great Ideas** for inspiring community resilience. It has been created by and for individuals, businesses, organizations and the community in Sackville, New Brunswick. Whether you are new to town or have lived in Sackville all your life, you will find helpful, practical information, ideas and resources. The guide is also a unique resource for community members in other small towns.



50 Great Ideas for Inspiring Community Resilience to Climate Change in Sackville

The 50 Great Ideas are a collection of interdependent actions that can be done at home, in your workplace, organization, school, and/or as part of larger community initiatives run by local organizations or volunteers. Start small or go big. It is at the community level where resilience grows. In times of hardship – floods, storms, power outages, emergencies, pandemics – it is community residents, businesses and organizations that help each other get through tough times. A great example is the Tantramar Covid Taskforce, formed to help the most vulnerable meet basic needs during the pandemic.

Most of all, the guide is meant to empower community-based actions and working together to create a resilient community, while also providing ideas for individual actions. Many of the actions are things that can be done together. There are suggestions for larger community-wide programs and influencing even larger municipal, provincial and federal government changes.

The 50 Great Ideas are in no particular order, and all are important interconnected actions. They have been grouped together in themes including Health and Wellness, Education and Skill Building, Food, Green Spaces, Water, Flood Risk, Emergency Planning, Energy, Transportation, Local Economy, Communication, and Citizen Engagement. Along the way you will find inspiring stories from Sackville area residents, businesses and organizations that are already taking steps to be more resilient. The guide wraps up with an implementation plan, links to further resources and the online guide/toolkit. Contact information for organizations mentioned throughout this guide are listed in the Directory. This guide is only the beginning of the great ideas the Sackville community can make happen.

Climate Change Concerns

Sackville is already experiencing the impacts of a changing climate. Due to its low-lying coastal location, Sackville has experienced hurricanes and storm surges. Sea levels around Sackville are expected to rise by a 1m or more by 2021, which will increase the impact of coastal storms. The dykes, meant originally to protect farm lands, are now expected to protect infrastructure, including a community. The Sackville area is expected to see more annual precipitation (rain and snow) but falling less often and in more intense events. Sackville has already experienced various fresh water floods and drought periods as well as increasing annual temperatures. Residents can expect to see more heat waves and ice storms. Invasive species such as ticks have also moved into the region. These climate change impacts are also affecting some residents' mental and physical health.

Community members who responded to the surveys listed a variety of climate change impacts that concern them. They are most concerned about coastal flooding and dyke breaches, droughts, more and longer heat waves, human health impacts, and sea level rise. The most commonly reported concerns among students are human health impacts (due to mental health, polluted water, heat alerts, tick, etc.), drought, invasive species and more powerful hurricanes happening more often. Businesses and organizations are concerned about how climate change may affect their operations including reducing the number of clients or members, communications challenges, loss of suppliers, shipping interruptions, difficulty getting essential supplies, having to close their physical location, and loss of power or internet.

How Resilient do Community Members Feel?

A large percentage of residents feel that people in Sackville are committed to the well-being of the community, know how to work together to help each other prepare, respond and recover from crises. Likewise, students feel that Sackville has the ability to unite and come together during times of crisis such as helping university students impacted by a recent apartment fire. The connected, community-minded nature of Sackville is a significant resource. People feel that Sackville has an engaged and concerned population which is willing to act. Having a diversity of experience, ages, skills, and resources in the community was also noted as an important community strength. Several respondents feel that the mayor and council are supportive of climate change actions and that they have confidence in local decision-makers, making climate action more likely. However, not everyone felt that way and there are concerns that the Sackville community does not have the resources it needs to address future climate risks effectively. Focus group participants said the community should build off the successes of the Sackville Refugee Coalition and the Tantramar Covid Taskforce.

Residents are confident in their own abilities to adapt to climate change. Those older than 55 reported more "confidence in their ability to respond and adapt to climate change" than younger respondents. Only 40% of student respondents (ages 11 to university) say they feel prepared for climate change. A large percentage of residents feel they can be of help to neighbours and that their neighbours can help them in the event of a disaster. However, the phrases respondents most commonly disagreed with included: talking to their neighbours about preparing for an emergency or disaster and helping the community prepare for or respond to an emergency or disaster. Some focus group participants said people in apartments don't know their neighbours so there is no one to turn to for help.

While respondents to the community survey feel strongly that Sackville is resilient and well resourced, connecting people with those resources and with each other is more challenging and could be an important action to address climate change.

Key informant and focus groups said the community needs more focus on long-term adaptation. Some feel it is hard for community members to see long-term. Others said the community is further ahead than when climate discussions started in the early 2000s, but there are still a lot of people who do not see climate change as a threat to their personal situation and so more education is needed. Some participants said Sackville could easily have a food shortage, supply chains could be disrupted, and that transportation is at risk. The pandemic has been useful to show people how precarious things like food systems are. Sackville is very vulnerable as one large storm could have a huge impact; however, it is a strong community, with deep roots or strong ties.

What is a Resilient Community?

EOS Eco-Energy asked focus groups and key informants what a resilient community looks like and received a long list of qualities. A resilient community is:

- Positive social connections and relationships among residents
- A strong sense of community where people contribute and benefit
- Embracing diversity
- Effective communication and inclusive



50 Great Ideas for Inspiring Community Resilience to Climate Change in Sackville

- Access to basic needs (shelter, food, health care, security, jobs)
- Knowing who the vulnerable are, what they need, how to reach them and support them
- Always working to address inequalities
- Monitoring and supporting essential local businesses and services
- Good relationships with neighbouring communities and sharing resources when in need
- Key services, features and resources contributing to vibrant local business and community sectors
- Self-sufficient and has local food producers, residents able to use traditional skills, etc.
- Confidence in long-term planning
- Integrating climate change into day-to-day operations with a comprehensive approach and long-term planning throughout the community
- Citizens able to take action and sustain continued action
- Citizens that are part of solutions, not relying only on government
- Proactive, not reactive
- Knows how to get its voice heard
- Has good municipal leadership that knows its role
- Knowledgeable municipal, provincial and federal governments supporting it with effective, forward-thinking policies, regulations and funding programs



50 Great Ideas for Community-Based Resilience in Sackville

The 50 Great Ideas are in no particular order, and all are important. They have been grouped together in themes including: **Health and Wellness, Education and Skill Building, Food, Green Spaces, Water, Flood Risk, Emergency Planning, Energy, Transportation, Local Economy, Communication, and Citizen Engagement**. The ideas are community-based actions that residents, businesses and organizations could do alone and collectively. The ideas represent the power of a community to come together to improve resilience and self-reliance.

Health and Wellness

It can be stressful and scary to think about climate change impacts now, in the future, and particularly for our young people. There is a lot that needs to be done and it can feel overwhelming. Social

determinants of health¹ will impact people's ability to prepare, respond and recover from climate change events. Supporting mental health and addressing eco anxiety, fostering great relationships, and supporting the vulnerable are key actions.

1. Support mental health and address climate change stress

Sackville groups such as EOS Eco-Energy and IRIS Community Counselling have offered workshops on how to deal with climate change stress and eco anxiety. More **climate change stress workshops** should be offered. They could be coordinated for co-workers, parents, volunteers, students, and the community as a whole. Climate stress is a normal part of addressing climate change challenges and needs to be acknowledged and supported at the community level. It means that we care about the issues and that is a good thing. Coming together in workshops offers a community-based approach where participants can lean on each other and learn a variety of coping strategies. Ultimately, participants learn how to harness stress into fueling positive climate action at home and in their communities. Action is the perfect remedy for despair.

Self -Care Tips for Managing Climate Change Stress

Here are some ideas that can be done at home, with friends, family, co-workers or as part of a community program:

- Spend time in nature
- Find ways to relax and recharge: garden, read, yoga, dance, meditation, sports, paint, etc.
- Talk to friends, family, counsellors about your concerns, or attend a workshop
- Eat well, stay active and be healthy so you have lots of energy
- Tackle one action at a time, focus your actions on what you are good at
- Don't feel guilty about what you cannot control, focus on what you can control
- Focus on positive changes and celebrate small victories
- Make changes at home to be more sustainable
- Get prepared, have an emergency kit, learn traditional skills, etc.
- Get involved to influence big changes, join local organizations, volunteer with political parties, run for local government elections, etc.
- Contact CHIMO mental health crisis line in New Brunswick at: 1-800-667-5005 or <http://www.chimohelpline.ca/>

2. Foster great relationships

It is important not to feel alone in our efforts to adapt to climate change and build community resilience. It can be a group or community effort. **Resilience includes fostering a safe and supportive community.** Community members should be kind and support each other during hard times. A community needs to support those who are socially disadvantaged so that they too can contribute to a

¹ The 14 social determinants of health include: Aboriginal status, gender, disability, housing, early life , income and income distribution, education, race, employment and working conditions, social exclusion , food insecurity, social safety net, health services, unemployment and job security.



resilient community. Everyone needs someone they can depend on. How do we ensure a caring, inclusive and supportive community? Sackville is fortunate to have great organizations like Daybreak, a community centre for adults with mental health challenges, and Open Sky Co-op, a farm setting which serves adults with mental health challenges. Mount Allison University also has programs to help new students meet others and connect with local residents.

3. Support the vulnerable

Like every community, Sackville has residents who are vulnerable. To be fully resilient, all members of a community must have the resources and supports they need. Who in Sackville is vulnerable, and what do they need to be resilient? Everyone needs affordable housing, food, security, income, etc. Without the basics, it is hard to focus on anything else. **Community discussions** are needed about **equity, diversity, social justice** and how they influence community-based climate resilience. Often the most vulnerable are also the most impacted by climate change. Creating a **community connection program**, or Buddy System, is a great way to connect people. Mount Allison University students started a program to connect seniors during the pandemic called *Community Connect*. Offering a Sackville **Nursing Home without Walls** program, similar to the one in the Port Elgin area, could also be greatly beneficial to Sackville area seniors and help connect seniors to support services. Students reported that **more affordable housing** units are also needed in Sackville.

Education and Skill Building

Addressing climate change is a life-long learning process. Sackville residents are interested in raising public awareness, attending workshops, climate change education in local schools, acquiring traditional self-sufficiency skills, and using art.

4. Coordinate public awareness and education on climate change resilience

Sackville residents, businesses and students would like to attend **a variety of workshops** to learn more about climate change and appropriate actions and skills to build self-sufficiency. The most asked for workshops and training opportunities are:

- gardening skills
- permaculture gardening
- regenerative agriculture
- pruning trees and shrubs and how to tend newly planted trees
- wild foraging skills
- survival skills
- traditional skills
- food preservation and Community canning workshops
- small scale livestock farming
- water conservation
- how to grow things in drier conditions
- how to manage livestock during drier conditions
- emergency preparedness



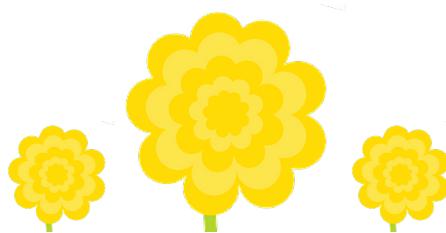
- flood risk reduction
- how to be resilient
- climate stress
- mental health first aid
- home retrofits and ways to save energy
- accessible renewable energy alternatives
- and many more!

The above needs reflect the climate impacts and risks of most concern to community members such as dyke breaches, flooding, agricultural/food system impacts, and droughts. EOS Eco-Energy has offered some of these workshops (e.g. wild edibles, canning, managing climate stress, solar energy, emergency preparedness, etc.) in the past and hopes to offer more workshops. Open Sky has also offered workshops on mental health first aid, gardening skills, canning, etc.

5. Acquire traditional self-sufficiency skills

A senior in the seniors focus group said, "You can live on less when you are self-sufficient." There are so many reasons to be more self-sufficient at home and self-reliant as a community. Often being self-sufficient means learning and using traditional skills. Apart from saving money, using traditional skills can save energy, reduce waste and make people less vulnerable and more resilient when they have the things and skills they need to get by. Some of the self-sufficient traditional skills community members would like to learn include gardening, canning and preserving food (a recipe is offered on the next page), raising livestock, survival skills, and how to fix things.

A great idea is to start a **Sackville DIYers group**. It was suggested to have an email list, meet monthly, put on workshops, bring in speakers, offer skill sharing events, have a Facebook page with tips, etc. Learning forgotten traditional skills from seniors could be a valuable **multi-generational activity**. Groups that could help offer traditional skills training could include EOS Eco-Energy and Open Sky, who already partnered and offered a series of popular food preservation workshops. The Tantramar Seniors College and local schools could also organize learning events. It is important to think about those who live in apartments and others who may not have the ability to be as self-sufficient as others and how they could be supported.



"DILLY" Green Beans

Yield: 7 (1 pint / 500 ml) jars

Ingredients:

- 4 lbs whole green beans (choose produce in good condition with no soft spots or blemishes)
- 1-1/2 teaspoons dried red chili flakes
- 3-1/2 teaspoons dried dill seed, or 7 fresh dill heads
- 7 cloves fresh garlic, peeled
- 5 cups vinegar
- 5 cups water
- 7 tablespoons pickling or coarse salt

Method:

Fill your water bath and bring to a boil while you prepare the beans and jars.

1. Wash beans thoroughly. Remove stems and tips. Cut beans into uniform lengths as much as possible. They should stand upright in jars and reach the shoulder of the jars.
2. Have jars clean and hot. Always check your jars to make sure there are no chips out of the edges of the jars. Do not use jars that are damaged. Cover the canning lids with hot water and aside. Choose canning rings that are in good condition with no signs of rust. Clean and set aside.
3. In each jar, place: ¼ teaspoon chili flakes, ½ teaspoon dill seed or 1 dill head, and 1 garlic clove
4. Pack beans upright in jars, leaving one inch of headroom (headroom is the distance between the top of the produce and the edge of the jar).
5. Heat together water, vinegar and salt. Bring to a boil, remove from heat and carefully fill each jar with the hot liquid leaving a ½ inch of space between the top of liquid and the edge of the jar. Run a plastic knife around the edge of the jars to remove any air bubbles.
6. Place lids on jars and secure rings over jars. Tighten the rings until you have resistance – do not over-tighten. Place filled jars in water bath. The water should cover the jars by at least one inch. Bring the water back to a boil, cover, and simmer for 10 minutes.
7. Turn off heat and remove lid from water bath. If you are able to move the water bath off the burner safely, you can move it to a cool burner. Let the jars sit for 5 minutes before removing from the water. This depressurizes the jars and prevents leaking and breakage.
8. The rings will have become loosened during canning. This is normal. You should start to hear sharp 'pings' as the vacuum seal is created in the jars. You can tell if your jars are properly sealed by pressing gently on the centre of the lid. If there is no movement of the lid, your jars are sealed. If you can feel a little bump that you can press up and down, the jars are not yet sealed. Give the pickles a few minutes to cool and try again. Any jars that have not sealed properly should be put in the fridge.
9. Let the beans sit for two weeks to develop their flavour. Label your jars with the name of the product and the date it was made. Properly sealed beans can be stored for a year.

Source: Greene, J. C., Hertzberg, R., & Vaughan, B. (1988). Putting Food By. Greene.



6. Use art and visual representations to get people's attention

Artistic and visual representations can catch people's attention and help raise awareness about climate change issues. **Music, art, and theatre** with various age groups and sectors could be organized and shared. One survey respondent suggested that **publicly displaying maps** created with Geographic Information Systems (GIS) or other visual formats could be used to show residents local climate changes and related flood risks in Sackville. The Sackville Art Association, Struts Gallery and Faucet Media Arts, Mount Allison University's Fine Arts Department as well as their Geography and Environment Department, Owens Art Gallery, EOS Eco-Energy, and the New Brunswick Southeast Regional Service Commission (planning commission) could also be sources of visual representations to get people's attention. The Owens Art Gallery has an online map of local landscape art and photography where residents can upload their art and photos at:

<https://www.youareheresackvillenb.ca/about>.

7. Provide climate change education in schools

Several respondents noted the need for quality and accurate climate change education in schools and providing multigenerational learning opportunities. There are a variety of local organizations who can **enhance and support climate change education in schools** from elementary to university levels. More and ongoing efforts are needed and groups such as EOS Eco-Energy, RCE Tantramar, Sackville Schools 2020, the Tantramar Wetland Centre, Nature NB, Ducks Unlimited Canada (DUC), the Chignecto Climate Change Collaborative (CCCC) and many others could help provide more climate education in schools. The CCCC offered a climate change fair at Tantramar Regional School in early 2020, EOS goes into schools during Tantramar Climate Change Week, DUC and Nature NB have ongoing programs for youth as well.

Food

Food quality and food security are a big part of feeling resilient. As a result, there are many food actions for households and collective actions including planting trees, food forests, gardens, greenhouses, cold storage, a community kitchen and creating a community composting program.

Become a Community Food Mentor

Do you want to become further engaged in community food actions? Take the Community Food Mentor Program training and become a CFM! Find out more from Food for All NB at;

<https://foodforallnb.ca/cfm/program/about>

8. Plant edible trees and food forests

Planting edible trees (fruit, nuts) and shrubs (berries) that are suited to our local climate can help increase food security and provide a source of healthy foods. **Edible trees can be planted in your own backyard, in a community orchard or a food forest.** A food forest can contain diverse edible trees, shrubs and perennials. Food forests sequester carbon and also regenerate the soil, can better tolerate



drought, help absorb runoff, increase biodiversity, support pollinators, and buffer against climate change. Food forests can use permaculture design techniques and require less energy to maintain because they mimic a natural forest environment. Food forests need less water and fertilizers than traditional gardens which saves energy and reduces emissions. Growing more food sustainably and locally will help reduce emissions from transportation. According to a recent NB Food Security Action Network Report, New Brunswick only produces 7% of the vegetables we consume. The pandemic has shown vulnerabilities which will be made worse with climate change impacts leading to supply chain disruptions. Planting more edible trees can be done at home, school, work and across the community. A demonstration food forest was planted in the Sackville Community Garden by Community Forests International staff many years ago and continues to grow well. Local resources include Community Forest International, EOS Eco-Energy, Understory Farms, the Sackville Community Garden and the Black Duck Café who planted their own food forest garden to supply their cafe.

What to plant in a food forest in New Brunswick?

Horseradish, Jerusalem artichokes, oyster mushrooms, creeping thyme, strawberries, perennial greens like sorrel, medicinal flowers like comfrey and calendula, shrubs like elderberry and highbush blueberries, Saskatoons (service berries), hazelnuts, apple trees, and butternut trees.

2

9. Plant a garden

Gardening has so many benefits including healthy local food grown with little impact and it can be a great stress reliever. Whether it is in a back yard, a balcony or even a windowsill, many people can grow at least some of their own food. **School gardens** are a great learning tool for students and a way to help supply the school cafeteria with healthy locally grown ingredients. For those who need more space, there are community garden plots. Another way to enhance community resilience is to have enough community garden space for everyone who wants to grow their own food. If you would like a garden plot, contact the Sackville Community Garden to see about availability. Another idea could be to establish **more community gardens** throughout town.

10. Build a greenhouse

Greenhouses would allow residents and restaurants to extend the growing season beyond what they can currently do at the Community Garden or in their backyards and balconies. Greenhouses could be built in backyards (such as a **small hoop frame**) or at schools to supply cafeterias with sustainable, healthy, local foods. A community greenhouse is another great idea and would need a group of citizens to coordinate it, find a location, and a community grant. A community greenhouse could assist those living in apartments and others unable to have their own. Open Sky currently operates a greenhouse on their property for their programming. A **community greenhouse** could be a meeting place, a place to share knowledge and cooperate. It could extend the benefits of the Community Garden to more of the year.

² Amy Floyd, NB Media Co-op, November 2020, <https://nbmediacoop.org/2020/11/25/food-for-the-future-food-forests-in-new-brunswick/>



Open Sky Cooperative is using solar panels for power and geothermal energy for heating the farmhouse, as part of the necessary shift away from fossil fuel consumption's pollution. Open Sky also practices sustainable organic agriculture for growing food locally in Sackville, New Brunswick, which results in less energy and fuel consumption to get food onto your plate—also known as "Farm-To-Table". – Open Sky

11. Build a cold storage

Cold storage spaces in basements would allow residents to store their root vegetables, etc. over the winter months. A community cold storage space could also allow those without the space or appropriate set up in small homes or apartments to be more self-sufficient. **Innovative design possibilities** include burying shipping containers underground or under a pile of fill planted with grass, lining with insulation, installing off-grid solar air circulation system, shelving and other features. Groups such as EOS Eco-Energy could be approached to help with this idea.

12. Create a local food hub and collective kitchen

The establishment of a collective kitchen space could lead to the creation of a community food hub. Such a space could be used for community **cooking events, food preservation workshops, communal canning events, cooking and baking workshops, sharing of traditional skills**, and more. Storage and processing of local foods could also take place in such a facility. Funding a group to spearhead the kitchen would be needed. It could be housed in a community centre which also has space for other non-profits, and/or a permanent space for the Sackville Farmers Market.

13. Compost

Composting is an important part of creating a sustainable, self-sufficient community. Decreasing the amount of food waste transported to Eco360 waste sorting facility in Moncton would save the Town of Sackville money and reduce transportation and landfill emissions. Community composting closes the loop on food production and creates a valuable local product used to grow more food locally. A variety of composting program options exist. More **backyard composting bin bulk purchases** could be organized. EOS Eco-Energy has coordinated two bulk deals and offered composting workshops in the past. Programs that allow apartment dwellers, businesses and others to drop off (or have picked up) food scraps to be used by gardeners, farmers, local schools, etc. could be an option. A **community composting program** could be organised where residents and businesses drop off compost at a central community site to be used by anyone who needs it. A location would be needed to house the compost and an organization or group of residents would be needed to manage the compost to ensure proper maintenance. To get started with composting at home visit: <https://eosecoenergy.com/en/wp-content/uploads/2018/03/Composting-at-Home-Brochure.pdf>

Green Spaces

Maintaining and deliberately creating green spaces can help mitigate flooding, provide cooling, increase biodiversity, regenerate soils, support pollinators, have a positive effect on mental health, and enhance the resilience of a community. It's important to know what natural assets a community has and to conserve, protect or restore them. Actions include planting trees and rain gardens, depaving, and green roofs.

14. Plant trees

Planting trees at home, work, school or as part of a community-wide project has so many benefits for climate action. Planting trees, especially those that are native and climate resilient, sequesters carbon, helps absorb runoff, increases biodiversity, provides shade, helps reduce heat islands and more. Having more trees and green spaces also helps people feel better. All ages can help plant trees, and planting trees is a great educational experience too. In Sackville, there are lots of great resources that could help with community tree planting programs and initiatives including EOS Eco-Energy, Community Forests International and Replant.ca Environmental.

Native and Climate Change Resilient Trees

Red maple, white pine, sugar maple, red oak, American beech, black cherry

Source: Fundy Biosphere Reserve's Forest of the Future

3

15. Plant rain gardens

A rain garden is a shallow depression planted with native water-loving flowers, grasses and ferns located in a spot to collect rainwater or runoff from roofs, parking lots, roads, and other hard surfaces. They mimic natural environments and absorb rainwater to help reduce flooding, filter runoff, and recharge ground water supplies. The plants have deep roots which help break up the soil, improve its permeability, and allow the plants to find water during dry spells. You can **dig and plant a small rain garden at home, work or school, or organize a community rain garden program**. Native plants such as Joe Pye Weed, Black-eyed Susan, Ostrich Fern, Blue Flag Iris, Blue Vervain, Swamp Milkweed, Bloodroot, sedges and Sweet Grass, can be purchased locally from Anderson's Greenhouse. EOS Eco-Energy is a local leader in rain gardens and has planted dozens in Sackville. It is most beneficial to have lots of small rain gardens all over town so there is a lot of opportunity.

³Find out more about climate change resilient forests at: <http://www.fundy-biosphere.ca/en/home/forests-of-the-future.html>

Adapting to Climate Change

Why and How to Plant Rain Gardens in Tantramar

What is a rain garden?

A rain garden is a shallow depression (4-8inches deep) that is planted with deep-rooted native plants and grasses. It allows rainwater runoff from impervious areas like roofs, driveways, parking lots, and compacted lawn areas the opportunity to be taken up by water-tolerant plants and absorbed into the ground naturally instead of entering storm drains. A rain garden mimics the natural absorption and pollutant removal abilities of a forest or meadow. Rain gardens can absorb 30-40% more rain than a standard lawn! They capture and hold rain water for a short time, releasing it slowly into the soil.



How does it work?

Deep rooted native plants (that are naturally found at a wetland's edge) help to take up access rain water in the rain garden and return water vapor to the atmosphere. Their deep roots also help to increase the permeability of the soil and sustain diverse microbial populations involved in biofiltration. Deep rooted native plants are also the best adapted to our climate and have the ability to find water deep in the ground during dry periods. Rainwater and pollutants filter through the soil layers before entering the groundwater system. Because water is held in the garden for only a short time before it is absorbed into the ground, rain gardens are not breeding grounds for mosquitoes.

Why build one?

Tantramar has experienced freshwater floods in the past and will see more intense storms more often due to climate change. Even small towns can have too many impermeable surfaces that increase storm water runoff and put pressure on storm drains. Building a rain garden in your own yard is one of the easiest and most cost efficient things you can do to

reduce your contribution to storm water runoff and adapt to climate changes. Storm water runoff can cause erosion, contribute to water pollution, localized flooding and even decrease groundwater levels. Rain gardens can also keep pollutants out of coastal waters and reduce coastal erosion.

How to make your own rain garden:

Rain gardens are easy and quick to build. They can be installed without permits or heavy equipment.

Choose a location

Place the garden at least 10 feet (3m) away from your home or building to prevent damage to your foundation (from the water that will collect there). Do not dig the garden over a septic field. Choose a location near your downspouts or driveway to capture rainwater. Try to choose a naturally occurring low spot in your yard and a location in the sun or part sun. Do not place your garden on a slope of more than 12%. If there is a slight slope, you can build a small berm (earth wall) on the lower side to help keep the water in place so it has the chance to absorb into the ground.

Measuring drainage area

If you are capturing water from a roof or other hard surface you should measure the specific drainage area of that surface and multiply by the number associated with the type of soil you have. For sandy soil multiply by 20%, for loam use 30-35% and for clay use 45-60%. However, any size rain garden is better than nothing and will improve the land.



Choose your plants

Native plants (flowers and grasses) are great for rain gardens because they are best adapted to our climate. Those naturally found near the edge of a wetland or in ditches can tolerate being wet and dry. Here are some suggested plants for rain gardens in Tantramar:

- Beaked Sedge
- Black-eyed Susan
- Blue Flag Iris
- Blue Vervain
- Blood Root (best in shadier spots under ferns)
- Cinnamon Fern
- Common Rush
- Joe Pye Weed
- Ostrich Fern (fiddleheads)
- Swamp Milkweed
- Sweet Grass

The above plants (native to the Maritimes) can be purchased from Anderson's Greenhouse, MacArthur's or Corn Hill Nursery. There are many other suitable native plants but they are harder to find commercially. Contact the nurseries to find out other suitable plants they may have. Many of the above plants will also attract butterflies and bees. It is best to use 1 year old plants (or older) in 1-2 gal size pots so that they are sturdy and established.

Design your garden



Knowing how big your garden should be and the flowers you can get for it, decide on your design. Organic shapes are pleasing to the eye and work well such as kidney beans, tear drops, and other curvy shapes. Clump species of plants together for a larger impact statement. As a guide, plant your

plants about 1 foot apart if using 1-2 gallon size plants (or no more than one plant per square foot).

Source: Information is adapted from A. Marlin (2013)
Regional Centre of Expertise on Education for Sustainable Development – Tantramar.

Dig the garden and plant the flowers and grasses

Before digging check with NB Power to make sure there are no underground wires! Then, remove the turf grass and dig your garden approximately about 8 inches deep. Use the soil to build a berm around the lower edges of the garden if necessary (if sloped). Make sure the berm material is stable and waterproof to allow water to be held in the garden. Amend the soil with 2-3 inches of compost. Plant your native plants according to your design using a hand trowel. Dig a hole, fill with water, plant a plant. Continue until your garden is planted. Then spread 2-3 inches of mulch around the plants to keep the soil damp and the weeds out.



Water and Maintenance

After you've planted the garden, water every other day for 2 weeks if it doesn't rain until your garden looks to be growing on its own. Good watering is vital to establish a rain garden. Weed the garden as needed but the mulch will help to keep weeds at bay. Eventually as the rain garden plants take over, little or no weeding or watering will be required. Rain gardens are designed to be low maintenance storm water management systems. Enjoy your garden and thank you for helping to manage storm water and adapt to climate change in Tantramar!

Contact for more information:



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eos@nb.aibn.com
www.eosecoenergy.com

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16. Reduce pavement

Reducing the amount of pavement, concrete and other hard ground coverings will help slow, and absorb rainwater runoff and reduce flood risk. Depaving is becoming a popular community-based activity that all ages can participate in. **Remove a section of pavement such as part of a paved parking lot, ally way, etc. and choose from a variety of permeable options** such as permeable asphalt, stones, grass tiles, etc. Better yet plant a rain garden, with water-loving native plants. Driveways, walkways, unused parking areas or patios at home, work or school could be depaved. Or work together to depave larger areas community wide. EOS Eco-Energy has experience depaving a parking lot in Sackville and coordinating repaving with permeable asphalt.

17. Install green roofs

Green roofs are another example of community-based natural infrastructure and can be planted with low-maintenance grasses, sedums, edible plants or larger installations including trees and shrubs. An engineering assessment to verify load capacity of the roof is required before a green roof can be designed. **Planting green spaces on suitable roofs** has many benefits including absorbing rainwater and reducing runoff, saving energy and reducing cooling costs, increasing biodiversity, supporting pollinators, and improving the wellbeing of people in and around the building. Green roofs also provide exciting learning opportunities for all ages and make use of available space in an innovative way. The Sackville town hall has had a small green roof for many years. EOS Eco-Energy, the Town of Sackville and other local properties have plans for more green roof installations.

Water

Climate change is impacting precipitation patterns. There will be more intense storms happening more often, but also longer drought periods. Concerns about water quality, droughts and conserving water are important worries for the Sackville community. The summer of 2020 saw very little rain, making it challenging to grow abundant crops, feed and water livestock, and keep wells from going dry.

18. Monitor water quality

Currently EOS Eco-Energy and its Chignecto Watersheds Committee oversees the monitoring of surface water quality in the watersheds in and around Sackville. Water quality is important for the long-term health of residents, and supports healthy and safe tourism, recreation and business activities. Local residents can take part in **citizen science initiatives to monitor sites** and contribute to expanding our knowledge of our local watersheds. A **Silver Lake Association could be formed** to help monitor and ensure the health of Silver Lake. Monitoring trends over time is important as climate change will impact water quality and quantity. Find out more about the Chignecto Watershed Committee and how you can participate at: <https://eosecoenergy.com/en/projects/chignecto-watersheds-committee/>.

19. Develop an integrated watershed management plan

An **Integrated Watershed Management Plan (IWMP)** is a guiding document for use by landowners, governments, planners, and all other stakeholders in a watershed. It sets out common goals and



objectives for the long-term management of land and water resources in the basin. EOS Eco-Energy, the Chignecto Watersheds Committee, Ducks Unlimited Canada, Nature NB, and other stakeholders and experts could collaborate on this plan.

20. Perform home water use audits

A great idea is to create a community-based program similar to *Reep Green Solutions'* **home water use audits**. The program could offer a free service to evaluate your household's water efficiency and check for possible fixture leaks and related water issues. It could provide **high efficiency shower heads, shower timers, faucet aerators, possibly low-flow toilets, etc. to qualifying local homes and businesses**. If EOS Eco-Energy could find funding, it could coordinate this program.

21. Rain barrels

Climate change is changing precipitation patterns and we see longer drought periods followed by intense rain events. Collecting water when it is raining is one way to deal with water shortages during drought periods. **Community-based rain barrel giveaways and bulk purchase deals** are great ways to promote water conservation. Having multiple rain barrels can help us water our gardens during the dry spells. EOS Eco-Energy has coordinated rain barrel bulk purchases, giveaways and **DIY workshops** and should look to offer more in the future. To find out more about rain barrels visit:

<https://eosecoenergy.com/en/wp-content/uploads/2018/03/water-conservation-flyer-final-2014.pdf>

EOS Eco-Energy empowers residents, communities and municipal governments to be more sustainable and adapt to climate change. We use community-based tools and approaches that result in tangible action and improvements at the local level while supporting the local economy. Things like bulk purchases allow residents to save money by ordering together. Bulk orders provide an easy incentive for environmental action and show the power of community despite few if any government rebates or incentives. – EOS Eco-Energy

22. Adapt to drought conditions

How can we grow things during droughts, what options are there for drought-tolerant landscaping and vegetable gardening? What seeds are best selected for drought tolerance? Hot dry weather can also see ponds, rivers and lakes develop algae blooms toxic to humans, animals and livestock. **Public education** is needed. Having irrigation ponds dry up may require digging new wells in order to water farm fields. **Workshops on soil health, regenerative agriculture and permaculture** can provide some ways to adapt.

Flood Risk

Sackville is at risk of coastal flooding from the Bay of Fundy and potential dyke breaches, and flooding from intense rainstorms and snow melts. The community has already seen numerous floods from



rainstorms which have made roads impassable for days and flooded basements. The dykes near Sackville have overtopped by 1 to 2 cm during intense coastal storms.

23. Reduce flood risk at home, work and in the community

Floods can happen at any time of year but if we are prepared, it is less stressful. **Homeowners and businesses can follow the tips below** and households are encouraged to fill in the **family flood plan** on the following pages.

Tips for Reducing Flood Risk at Home and Work

- Store important and hazardous items up high where they won't get damaged.
- Elevate furnaces, hot water heaters and electrical panels.
- Anchor fuel tanks to the ground so they can't float, tip over and leak out.
- Make sure vents and fill lines for oil tanks are above flood levels.
- Install a sump pump if appropriate for your home.
- Install a sewer backflow valve if you are on municipal sewer system.
- Install a water alarm to let you know if there is water in your basement.
- Ensure proper grading around your home.
- Keep eaves, storm drains and culverts free of debris.
- Patch cracks in foundation.
- Seal leaks around windows.
- Extend downspouts at least 6 feet away from home foundation.
- In winter, clear snow away from foundation.
- Separate sewer and storm drains.
- Use a rain barrel to collect runoff.
- Reduce runoff by planting rain gardens.
- Plant more trees and perennials and have less lawn.
- Reduce hard surfaces such as concrete pathways and paved driveways.

Find more tips for reducing flood risk at: <https://eosecoenergy.com/en/wp-content/uploads/2018/03/flood-prep-brochure.pdf>

Beyond household level actions, a **community program to organize flood risk reduction home assessments** could be organized by a local environmental organization and/or local area plumbers. Assessment advisors could help homeowners identify potential flood risks (for example, cracks in foundations, improper landscape grading, missing downspout extensions, etc.) and suggest solutions. Another community level effort could be to **design and build additional naturalized stormwater retention ponds** to complement the Lorne St. pond built by the Town of Sackville. Opportunities exist at the former site of the Pickard Quarry. Additional sites could be identified especially through a **natural asset inventory**. Landowners with larger properties could also build naturalized stormwater retention ponds and look to potentially partner with Ducks Unlimited Canada to restore sites to wetlands.

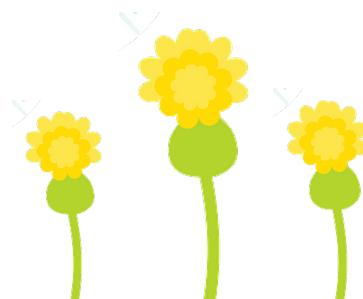
24. Retreat, relocate, build back better

Sea level rise may mean that some communities will need to retreat from low-lying areas. Storm surges and coastal erosion will impact more properties and buildings in the next years. Some areas may need to be abandoned. The topic of relocation is a tricky one, fraught with emotion and high costs. As a community, we need to think long-term about what the future could bring and how to avoid devastating emergencies. With long-term planning, residents and businesses can **choose not to develop in flood zones**. Current land use regulations make some developments in such areas difficult already. Sackville is fortunate to have upland areas within its town limits. When there is the opportunity, we could **choose to build better – not building a basement, building on posts, building on higher ground, and relocating away from the coast.**

Emergency Planning

25. Prepare for emergencies

Being better prepared for emergencies and extreme weather events like storms, hurricanes, blizzards, or wildfires provides piece of mind. Households could **fill in the emergency plan template** on the following pages. Also think about how your workplace can better prepare in case you get stuck at work (do you have a first aid kit, food, blankets, etc. on hand)? You could ask your neighbours if they are prepared, share the household template with them; or hand out the template at community events. EOS has organized **emergency preparedness workshops** in partnership with local emergency measures organizations and hopes to offer more workshops in the future.



Family Emergency Plan for Floods and Other Disasters Brought to you by EOS Eco-Energy	
Who's in the family?	
Family name:	
Contact information for family members:	
Names of pets:	
Livestock:	
Types of emergencies most likely to affect our household:	
Evacuating in case of an emergency	
Prepare a go kit	<p>Have a backpack ready to go at your door with a first aid kit, flashlight, crank radio, keys, identification, insurance papers, other important documents, cash, medication, snacks and water, change of clothes, small games for kids, paper and pencil, toilet paper and personal hygiene items.</p> <p>Our go kit is located here:</p>
Where will you and your family go in case you need to leave in a hurry in the event of a flash flood, forest fire or other emergency? How will you get there?	<p>Meeting place:</p> <p>Route #1:</p> <p>Route #2:</p>
If separated during an emergency, what is your meeting place near your home?	
If you cannot return home or are asked to evacuate the area, what is your meeting place outside of your neighborhood?	<p>Meeting place:</p> <p>Route to get there:</p> <p>Alternative route:</p>
How will you communicate with each other?	
In the event your household is separated or unable to communicate with each other, our emergency contact outside of our immediate area is:	<p>Name:</p> <p>Home Phone:</p> <p>Cell Phone</p> <p>Email:</p>



50 Great Ideas for Inspiring Community Resilience to Climate Change in Sackville

If at school/daycare, our child(ren) will be evacuated to:	Child's Name: Evacuation Site (address and contact info): Child's Name: Evacuation Site (address and contact info): Child's Name: Evacuation Site (address and contact info):
The plan for people in your household with a disability or special need is:	Person's Name: Medical conditions/allergies: Plan:
How will seniors in your family be taken care of?	
Where will you stay overnight if needed?	Emergency shelter address: Hotels: Friends and family: Other:
Plan for pets if we need to go to an emergency shelter and they cannot:	
Plan for livestock?	
Sheltering in place	
Prepare to shelter in place if needed	Have a waterproof kit ready with canned and dried foods, 2L of water per person/pet per day, first aid kit, toilet paper and hygiene products, special care items (medications, infant food, etc.), flashlights and candles, crank radio, tools, whistle, fire extinguisher, work gloves, camping supplies, etc. Our shelter in place kit is stocked and located here:
Store important documents in a safe place.	Make copies of birth and marriage certificates, passports, licences, wills, land deeds and insurance. Take photos of family members in case a lost person's record is created. Keep them in a safe place, both inside and outside your home. You might want to put them in a safety deposit box or give them to friends and family who live out of town. Location of safe or safety deposit box:
Safe home instructions	
Fire extinguisher location:	
Water valve location:	
Utility company phone number:	
Electrical panel location:	
Floor drain location:	(Always make sure it is clear of boxes, furniture, etc., in case of flooding.)



50 Great Ideas for Inspiring Community Resilience to Climate Change in Sackville

Utility company phone number:	
Gas valve location:	
Important phone numbers	
Emergency fire, police, ambulance:	9-1-1 (where available)
Police:	
Fire:	
Doctor:	
Utility company:	
Insurance company:	Phone: Home Policy #: Car Policy #:
Local emergency contact Arrange for each family member to call, e-mail or text the same contact person in case of an emergency.	Name: Home phone: Work phone: Cell phone: Email: Home address:
Out of town emergency contact Choose an out-of-town contact who lives far enough away that he or she is unlikely to be affected by the same event.	Name: Home phone: Work phone: Cell phone: Email: Home address:
Other important numbers:	
Other important notes and plans:	
<i>Adapted from getprepared.gc.ca and redcross.org</i>	



26. Get a 72-hour emergency kit

Preparing an emergency kit with essentials will help households through a disaster while emergency officials are attending to others with greater needs. Kits will help households be more self-sufficient during emergencies. **72-hour kits can be purchased from the Canadian Red Cross at: <https://products.redcross.ca/category/3/emergency-preparedness>. Community bulk purchases can help reduce the costs.** Kits can also be assembled. Fill a kit with the following items:

What to Put in an Emergency Kit

- Copies of important documents (Birth certificates, identification; licenses, Insurance policies, Bank account records, Land deeds, vaccine records)
- In-town and out-of-town contact information
- Photos of family members
- Prescriptions and medications
- Spare house/car keys
- Candles, waterproof matches
- Needs for infants and small children (ie. formula, diapers, small games/toys)
- Paper and pencils
- Personal hygiene items - toilet paper, hand sanitizer, sanitary products, garbage bags, etc.
- Crank radio and flashlight
- Whistle
- Work gloves, multi-function knife, duct tape, dust masks, plastic sheet, fire extinguisher
- Tools - hammer, screwdriver, wrench/pliers to turn off utilities, nylon rope
- First aid kit
- Cash, small bills, traveller's cheques
- emergency blanket
- change of clothes, sturdy shoes
- waterproof poncho
- extra pairs of glasses
- Food – canned, dried, energy bars, can opener, food for pets
- 20 L water container
- water purification tablets
- 2L of water (per person per day , plus some for pets)
- Camping supplies such as mess kits, camp stove, camp stove fuel, tent, etc.
- Put everything in a waterproof container.

Inspect your 72 Hour Emergency Kit once a year to check that everything is still functional.
For more information visit: <https://www.getprepared.gc.ca>

27. Store food for the winter

The COVID-19 pandemic showed how vulnerable food supply chains can be and how quickly shelves can go empty in an emergency. To be more self-sufficient, **we could store more foods for the winter months, buy food in season, purchase local produce** from the Sackville Farmers Market and other



local retailers. **Grow what you are able to, and can, dehydrate, freeze, ferment it, or make things into preserves.** Families will eat better in the off-season, save money and won't need to spend as much time shopping. If we are prepared for winter in New Brunswick, we are prepared for anything! Preserving food for the winter does take time, so spread out the work, get together with friends or organize a fun community workshop to can and preserve large batches and share the end products.

How Much Food to Store for Winter?

The following estimation is based on 300 days or 10 months and about 2,500 calories per person per day. (This estimation does not include the summer months when you may be eating more fresh produce from your garden or farmers markets.)

Grains: Allow 1 lb. (2 cups dry) of grain per person per day. Grain includes flour, wheat, rice, pasta, quinoa, corn meal, oatmeal, etc. (800 calories)

Beans: 1/2 lb. of beans is 700 calories (approx. 1 cup dry). 1 cup of dried beans will cook up into 3 cups. Allow 1/2 lb. of dried beans or peas per person per day if you are vegetarian. If you have meat, eggs, and cheese allowing 1 lb. of beans per person per week allows for 2 vegetarian meals each week. (700 calories)

Oils and butters: Allow 4 tbsp or 1/8th lb. per person per day of olive oil, coconut oil, or nut butters. This includes oil for cooking, spreads, and salad dressings. Butter is an option too and can be frozen up to 4 months. (400 calories)

Nuts, Seeds: Allow for 2 oz. per day per person on a vegetarian diet. Or 4 oz. per week for nutritional supplementation for omnivore diets. (550 calories)

Vegetables and fruits: This is where home canning and preserving come in. Allow for 4 to 6 half cup servings per person per day. (200 to 300 calories).

Milk and dairy products: These are difficult store. One option is to have your own dairy goat or cow, but that is not an option for most people.

Meat: If you have your own animals such as chickens, pigs, cows, or wild game and waterfowl, you can dry, freeze or bottle some using a pressure canner.

Seasonings, sweeteners and extras: Store what you need and perhaps make your own or purchase local honey, maple syrup, spices, herbs, tea, etc.

Adapted from: <https://joybileefarm.com/food-preparation-winter-food-storage-basics/>

Energy

Saving energy reduces emissions that contribute to climate change. Finding ways to save energy, improve efficiency, and focus on renewable energy are all possible at the individual and the community level.

28. Encourage landlords to improve the energy efficiency of their buildings

Involving landlords in energy efficiency efforts will reduce their environmental impact and the quality of local housing. Respondents noted that many individual household actions can be difficult for renters with little control over energy use, heat sources and appliances in their homes. **Create a community-based incentive program for landlords.**

29. Promote and coordinate energy savings and efficiency programs

Promote provincial programs such as NB Power's **Total Home Energy Savings** program. For \$99, homeowners can have an energy audit performed on their house and obtain information about available provincial rebates. Visit the NB Power website for more information and to sign up: <https://www.saveenergynb.ca/en/save-energy/residential/total-home-energy-savings-program/>

NB Power's Community Outreach Program is available to community groups and non-profit organizations. NB Power donates retrofit items such as LED light bulbs, high efficiency shower heads and hot water pipe wrap to be installed in local homes. EOS Eco-Energy has coordinated this program locally in the past and could again in the future if funding is obtained. Visit NB Power's website for more information: <https://www.saveenergynb.ca/en/save-energy/>

Energy conservation and the environment have been priorities for us for some time. It began with choosing to build a house in 1988. The house (and roof) faces south, with windows mainly on the east and south. This design, combined with R28 walls, laid the groundwork for our upgrades in 2014. Photovoltaic solar panels, triple glazed windows, more cellulose in the attic, solar thermal hot water, new wood stove, and an air-to-air heat pump have reduced our consumption of electricity and brought us close to net zero. These things didn't happen all at once but have evolved because we made it our priority. We have time now to grow and preserve more of our own food, taking advantage of the cold room which was part of the design years ago. Next ambition an electric car! Our panels were installed in the spring of 2013. Since then, we have generated about 50,500kWh. - Heather & Blane

30. Draft-proofing

Draft-proofing can be done by individual homeowners or organized as work parties that involve homeowners, friends and volunteers learning how to seal air leaks and working together to save the homeowner energy and money. The program has been offered by EOS Eco-Energy (when it can obtain funding) and includes an energy advisor with a blower door unit that measures air flow before and after the work party. Using simple tools and materials (like weather stripping, caulking, spray foam, foam gaskets, etc.) draft proofing can save an average of 1-2 tonnes of emissions per year per house. There are **many older homes and buildings in the Sackville area that would benefit from draft-proofing**

work and the program should be offered again if funding can be secured. The program could be expanded to non-profit buildings, churches, and other community buildings.

31. Establish more solar powered buildings

The Sackville community is a leader in solar power with a number of homes, businesses and schools powered by the sun already! This is partly due to EOS Eco-Energy' solar bulk purchases over recent years. There are few government rebates or incentives for solar systems in New Brunswick, but **community-based bulk purchases help reduce some of the costs**. EOS also often puts on solar energy **workshops**, organizes **home tours** and provides information, and a resource directory and case studies are available on the Renewables NB website: <https://renewablesnb.ca>. Furthermore, there are a number of passive solar homes built by EnerGreen Builders, a local cooperative, in the Sackville area.

I had never imagined I would design and build my own home. But after living (and renting) in Sackville for some years, I got to know local builders and learned about the elegant genius of passive solar design. I then bought an empty lot in Wood Point with a lovely view of the Bay of Fundy and realized that passive solar house construction was the obvious way to go. So, with a little help from friends and local tradesmen, I designed my own home and contracted EnerGreen Co-op to build it. It is one of the most energy efficient houses in Sackville-Tantramar and gorgeous to boot! This Christmas will be my tenth anniversary living in this home. - Brad

32. Coordinate community-based financing for energy projects

Beausejour Renewable Energy Co-operative Ltd. is a community-based for-profit investment cooperative run by a volunteer board. Local investment dollars are pooled to provide financing for solar or wind projects to commercial or residential property owners, and a return on investment to investors. Investments are kept local to help support local community development. More renewable energy projects in need of financing are desired in order to have investment opportunities. Find out more about becoming a member, financing or investing at: <https://beausejourcoop.wordpress.com>.

33. Develop community-owned renewable energy projects

Community-owned solar farms and wind power sites create local jobs and revenue with less environmental impacts than other energy sources. The power grid in New Brunswick includes oil, gas, coal and nuclear power sources. If community members, organizations and businesses owned the renewable energy facility, they would be able to keep profits, control the facility's operation and contribute to a much healthier environment. Unfortunately, current provincial regulations do not allow for community-owned power generation.

34. Create a lending library

Creating a lending library is a practical and feasible way to collaborate, share resources, reduce impact, save money and help each other. A **community-based lending library** could offer things such as garden tools, wheelbarrows, power tools, canning equipment, pressure cookers, dehydrators, heat lamps and incubators for chicks, wet/dry vacuums, fans, bicycles, camping gear, etc. Things that aren't

needed all the time but could be expensive or take up space to own would be great to have in lending library. An organization or group would be needed to coordinate and house the items, some of which could be donated, and a small rental fee could be charged. Organizations such as the Sackville Commons or EOS Eco-Energy could potentially be involved or support the initiative.

Transportation

Like food and shelter, transportation is a basic need, especially in the rural area where Sackville is located. Community-based options can be viable solutions.

35. Coordinate sustainable community transportation options

We need to get to work, school, shopping, activities and medical appointments safely. Sackville would benefit from **bike lanes and trails** and the discussion of a **cycling and pedestrian bridge over the TransCanada Highway** has been ongoing for many years. **Active transportation** contributes to a healthy and resilient community. A **community shuttle** would be ideal for out-of-town trips to Amherst, NS and Moncton. There are many seniors, low-income residents, single parents, students and others who would benefit greatly from a community shuttle to help them access medical appointments, and other essential services. While a shuttle poses challenges for our low-density population, **Tantramar Rural Rides**, a charitable organization, offers door-to-door services for a low cost with volunteer drivers. Find Rural Rides at: <http://ruralridesnb.com/tantramar/>.

36. Install electric vehicle charging stations

Electrifying our transportation is central to addressing climate change and is the way of the future with more and more countries promising to ban the sale of new gas-powered vehicles in the coming years and decades. Electric vehicles reduce emissions and eliminate the need for oil and gas. EOS Eco-Energy, Mount Allison University students and the Town of Sackville installed a level 2 electric vehicle charging station at the Sackville Visitor Information Centre in 2014. Since then, many local residents have purchased electric vehicles and many tourists drive them as well. There is a desire to **install more electric vehicle charging stations, including a fast-charging station, in downtown Sackville** to support electrification of transportation and support downtown development. As a community, we can work towards identifying funding for more charging stations at local businesses, municipal sites and other locations.

I thought an electric car was five years in the future for my family. But when we crunched the numbers, we realized it was within our reach.... Plus, we know we're reducing our carbon footprint right away by switching to an EV. Maybe not every family is ready to switch to electric yet, but I think many would be surprised to find out how soon they might be. - Laura

Local Economy

Local businesses have an important role and opportunity in providing services to support community resilience. Resilience also means supporting a vibrant local economy.

37. Create an eco-business association

Sackville businesses currently lack a business association, and the local Chamber of Commerce closed many years ago. Currently Sackville businesses have the option to join the Moncton Chamber of Commerce. Sackville Main Street Redevelopment represents the downtown business improvement area (BIA) and provides information for economic development for existing businesses in downtown Sackville and aids in promoting their appearance. An **eco-business association** could promote and support environmentally friendly businesses and assist others to become more eco-friendly. Improved communication and resource sharing, enabling businesses to feel part of the community could be another benefit.

38. Create a climate change economic plan

Businesses who responded to the survey would like to see a **climate change economic plan developed that incorporates a vision of local climate resilience**. Businesses would like a plan to guide actions with more intention. Such a plan could encourage more collaboration between businesses. Respondents would like a plan to help inspire and guide conversations with their boards and other businesses. Another repeated suggestion by business respondents was **collaboration and input** from local businesses, non-profits, and farms to provide employment, to create best-practices, and to create more resilient local systems. An eco-business association could coordinate a climate change economic plan.

39. Create an energy efficient facility for businesses incubation

For many years there has been a desire among Sackville community members to create a **community centre for community groups and small businesses to share**. It is a long-term project for the development of the town. Such a centre could house non-profit organizations, small offices, affordable meeting rooms, and enable tenants to share resources such as printers, receptionists, phones, etc. Ensuring the facility is energy-efficient and green contributes to the community's overall focus on sustainability. Currently the Sackville Commons meet some of these needs and provides a space to co-work and support entrepreneurs.



How can co-operatives contribute to resilience?

Sackville is home to many co-operative businesses and charitable organizations such as Sackville Commons, Open Sky, Aster Group Environmental Services, EnerGreen Builders and Beausejour Renewable Energy, etc. Co-operatives follow 7 principals including voluntary membership, democratic member control, member's economic participation, autonomy and independence, education and training, cooperation among co-operatives, and concern for community. Co-operatives are known as resilient businesses, able to find creative ways to survive when other businesses would fold. They can be more stable in communities which will be needed as we face increasing unpredictability due to a changing climate.

40. Encourage local businesses to save energy

Supporting and encouraging local businesses and organizations to save energy is important to help businesses thrive, save money and reduce emissions. NB Power has a **Commercial Building Retrofit Program**. Visit: <https://www.saveenergynb.ca/en/save-energy/commercial/commercial-buildings-retrofit-program/>.

41. Promote and reward environmental stewardship

EOS Eco-Energy hopes to offer a **Green Shops Program**, similar to a program available in Fredericton (<https://greenshops.wordpress.com/green-shops/>). The goal of the program is to reduce environmental impact through supporting, promoting and rewarding environmental stewardship within the business community. Participating businesses could be encouraged to implement actionable items which simultaneously reduce their environmental impact, reduce their operating costs, and help achieve a more sustainable community. Community not-for-profit organizations, including churches, should also be encouraged to save energy. **Write articles** and **present local awards** to promote businesses that prioritize environmental goals and climate change adaptation.

The Black Duck garden is an oasis of green amidst the surrounding concrete. Over several years, we transformed the area from a lawn and parking lot to an active ecological space. We planted a food forest with fruit trees and shrubs and built soil for vegetable beds including a greenhouse. Growing a variety of edible flowers and herbs provides habitat for insects and birds, and the garden has become a productive and beautiful space in downtown Sackville. – Sarah and Al

42. Create a facility for local farmers to sell their products locally

There has been a desire among residents, farmers and crafters to have a **permanent location and enclosure for the Sackville Farmers Market** for many years. Some local people look at the example in Wolfville, Nova Scotia where their market building is also solar powered:

<https://www.wolfvillefarmersmarket.ca>. Supporting local farmers and crafters, shopping local, and reducing transportation needs and shortening supply chains helps a community be more self-reliant. Currently, local produce and crafts (including household supplies like soaps and cleaning products) are

sold at the Sackville Farmers Market on Saturday mornings, Cattail Ridge Market, and some Sackville area produce is available at Ultramar and Hirtle's Variety.

43. Shop local

Shopping locally keeps money local, reduces transportation costs, and puts money directly in the pockets of hard-working farmers, crafters, and shop keepers. Locally made products reflect unique flavours, cultures and experiences. **Shopping locally** creates a vibrant community with a diverse and strong economy. According to the Better Business Bureau, when \$100 is spent at a local business, approximately \$68 remains in the local economy. Locally owned businesses are also much more likely to support local causes and contribute to the local community than large corporations. Local businesses create local jobs and are also more likely to support other local businesses, purchasing supplies or services from them and keeping more money in the local economy. More local businesses also mean more local taxes which contribute revenue for important community infrastructure. Shopping local translates into a stronger, more sustainable, resilient and vibrant community. Before ordering something online check with local businesses and if they don't have what you are seeking, try asking them and perhaps they can bring it in.



Communication and Collaboration

When EOS surveyed the Sackville community, all age groups responded with more confidence in their individual ability to deal with climate change, but less experience working collectively within their community to respond to emergencies or disasters. While generally few respondents had spoken to



their neighbours about responding to climate change disasters and emergencies, older respondents were slightly more likely to have discussed these scenarios with neighbours. Preparing and responding to climate change takes teamwork, cooperation and good relationships. Residents, organizations, businesses, and local institutions will need to depend on each other. Improving communication, welcoming newcomers, partnering with Indigenous leaders, and establishing a joint climate change coordinator are all great ways to support communication and benefit from collaboration.

44. Improve communication throughout the community

It is at the community level where we come together during times of crisis. While respondents to the community survey feel strongly that Sackville is resilient and well resourced, connecting people with those resources and with each other is an important action. Sackville is a busy place with a lot going on. Communication infrastructure is central to community climate adaptation and resilience. EOS heard there is a need for better communication between businesses and organizations, better communication with Mount Allison University students, and generally better communication in town. It was noted that quality communication is necessary to both educate residents about climate change and also to communicate climate threats, actions and opportunities. Some residents find it hard to know where to offer their skills or what organizations need help. The recent loss of the Sackville Tribune-Post has made communication and the sharing of news even more challenging. Not everyone has access to social media, and it can often be laden with inappropriate comments and false information. There are fewer places that will post posters as no one is allowed to linger in entryways during the pandemic. It is harder now than before the pandemic to get information out. The campus based CHMA radio station (106.9FM) does cover some local news and has a news website: <https://www.chmafm.com/welcome/>. Recently the Town of Sackville agreed to add a community news and events section to its monthly e-newsletter which has a readership of 480+ local residents. Find the newsletters here: <https://sackville.com/monthly-newsletter/>. A community subsidized Tantramar region weekly newspaper could be another great idea.

45. Establish a newcomer program

How a community welcomes newcomers says a lot. Establishing a **newcomer welcome program** could involve community volunteers gathering samples, coupons and/or gift certificates from local businesses, as well as brochures, information and business cards from local organizations and groups. Information and resources addressing climate change impacts could also be included. Volunteers could act as ambassadors for the community, explaining a variety of things and creating connections. Such a program could also be offered to existing residents who feel they have not had the opportunity to fully engage in the community or feel they don't know enough about the resources available locally.

46. Partner with Indigenous leaders

Indigenous leaders have much to teach communities about resilience and creating collaborative communities. Indigenous voices, such as those from nearby Fort Folly First Nation and others should be elevated in climate action and decision-making. Meaningful partnerships and engagement on climate change projects are needed. Climate resilience work should involve efforts toward **reconciliation**.

47. Establish a joint climate change/sustainability coordinator

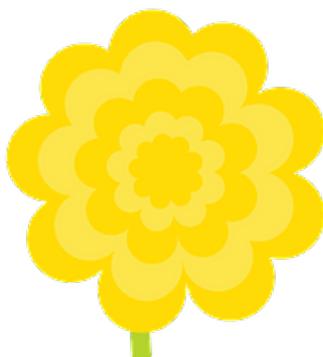
Establishing a **joint climate change or sustainability coordinator shared between the Town of Sackville's municipal government and Mount Allison University** is not a new idea. For many years there have been residents who have seen the value in such a position to aid in communication, cooperation and beneficial community-wide actions.

Citizen Engagement

It is critical to recognize and change the systems that have caused the climate crisis and have left certain people more vulnerable to its impacts. We can't do everything alone and do not have to. We can engage in civic duties, volunteer with or support community groups, and influence political action for larger changes and broader climate change adaptation.

48. Get involved with local groups

A great idea is to be part of **collective action for a bigger impact**. Community-based action and sustained action is an indicator of a resilient community and Sackville has a number of excellent community-based groups and organizations that have kept momentum on climate change action and/or community development. Volunteering with or donating to a local organization can be a great way to turn climate stress into action. Below are some local organizations that may have opportunities for volunteers or could use additional support.



Groups and Organizations in Sackville

- EOS Eco-Energy (not-for-profit focused on climate change issues in the Chignecto region)
- Chignecto Climate Change Collaborative (EOS network of professionals working on adaptation)
- Chignecto Watersheds Committee (EOS committee with experts on water quality)
- Tantramar Climate Change Week Committee (volunteer committee for annual event)
- Open Sky Co-operative (provides services to adults with autism while teaching sustainability and farming)
- Sackville Commons and Coworking (co-working space)
- Atlantic Wildlife Institute (wildlife rehabilitation)
- WestCumb Ham Radio Club (amateur radio club)
- Sackville Schools 2020 (supporting 21 century learning)
- Ducks Unlimited Canada (wetland conservation)
- Rotary Club (adding the environment as a key area in 2021)
- Sackville Community Garden (community garden space with membership)
- Sackville Farmers Market (run by a volunteer board and market manager)
- Mount Allison-Sackville Transition Town Network (student group formed to establish Sackville as a Transition Town)
- And many other groups

*For contact information, see the **Resource Directory** at the end of this guide.

49. Influence political action

Voting, volunteering or running for election for the provincial and federal parties that align with your values will help move government toward the changes you want to see. Additional ways to influence political action is to **write letters** to your MLA and MP. Running for municipal election, voting for the municipal councilors that you feel will work on the issues that matter to you and **attending and participating in community meetings** are more great ways to get involved.

Despite all the household and community-based actions and ideas in the rest of this guide, there are **many things we need our municipal, provincial or federal governments to do**, such as create regulations and programs.

Some actions from the municipal government that would enable further community resilience include:

- Municipal water tax break and incentive for implementing water saving actions
- Tree bylaw to help protect trees in the downtown
- Net zero runoff bylaw
- Formally joining the Transition Town movement
- Working on long-term plans to retreat or relocate municipal assets to higher ground
- And more

The provincial government can also support community resilience by:

- Improving the dyke system
- Allowing a property assessed clean energy (PACE) program where residents could finance clean energy projects affordably through their property taxes
- Allow community-owned renewable energy projects
- Provide funding for long-term and costly adaptation projects such as relocating low-lying sewage lagoons, doing land swaps, protecting critical transportation routes, etc.
- And more

50. Add your ideas

Have an idea to add to the collection? Have your voice heard. Contact EOS Eco-Energy and get your ideas added to the evolving online toolkit at: <https://eosecoenergy.com/en/great-ideas/>.

Challenges and Barriers

In order for the great ideas in this guide to become reality, we must work to address and reduce barriers to action. Survey respondents, key informants and focus groups shared a variety of challenges and barriers they feel limits their own and the community's ability to adapt to climate change and be more resilient.

Residents' primary barriers are provincial government, actions being too expensive, federal government, needing better skills, and being too busy. Other barriers include living in an apartment, old age and lack of ability, and some feel that their climate anxiety limits their ability to take part in climate actions. Many respondents said that NB Power's reluctant attitude and limiting rules with regard to community renewable energy projects and lack of adequate financial incentives to upgrade homes present barriers to resilience. Among student respondents 64% feel they need better skills, 55% need more time or are too busy to adapt to climate change, and 49% need more knowledge to prepare for climate change. Local businesses are challenged with needing more time or being too busy, the provincial government, that adaptation is too expensive, and needing more information.

Key informants and focus group participants reported that it will be difficult for people to cope and be resilient as more and more is thrown at them. Sackville is home to vulnerable populations, and it is hard to know their experience. They may not be connected or able to be engaged. Sackville has lost train service and is not serviced by as many bus routes as in the past which impacts the ability to access services and basic needs. Communication is challenging and the lack of community newspaper contributes. For some of the ideas provided in this guide, larger system changes or government action is needed. Provincial regulations prohibit local procurement of goods and services and force municipalities, schools and universities to purchase the lowest price rather than support local. Provincial government does not allow for community-owned renewable energy or PACE programs. Provincial rebates for energy efficiency and solar are minimal. Finally, there are no federal rebates to encourage household action such as home energy or electric vehicle rebates.

Opportunities: From Ideas to Action

Despite challenges and barriers, the Sackville community possesses many strengths and has the ability to adapt to climate change. Turning ideas to action is vital to success. Ideas presented in this guide can be done at home, with friends, or as part of a community project. We can make positive changes; we just have to get started. Focus on your own strengths and select the actions you are interested in working on.

Strengths of the Sackville Community

- Engaged and concerned population willing to act
- Residents, businesses and organizations committed to the well-being of the community
- Residents know how to work together to help each other
- The community can respond and recover from crises
- Diverse experiences, ages, skills and resources
- Confidence in local decision-makers

Source: Sackville Climate Change Resilience Surveys (2020)

Implementation Plan

This is a guide for the Sackville community and so it is up to residents, businesses, organizations and community groups to implement ideas. **You are invited** to work on the ideas presented in this guide, to start projects, to get involved, to help. **EOS Eco-Energy** will use many of the ideas contained here to help direct its planning, community projects and funding proposals in the coming years. In particular EOS will revisit this guide in 5 years, do another community survey to assess resilience progress, and develop a progress report.



Find this Guide Online

Find more great ideas in the online toolkit: <https://eosecoenergy.com/en/great-ideas/>

Have a Great Idea to Share?

Have a great idea to add to the online toolkit? Visit: <https://eosecoenergy.com/en/great-ideas/> or contact EOS Eco-Energy at (506) 536-4487 or eos@nb.aibn.com.

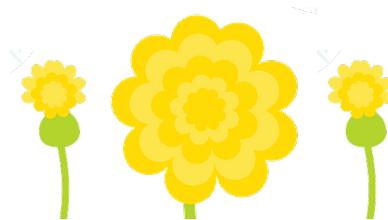
More Resources

Find out more about climate change and predicted impacts in New Brunswick at:

https://www2.gnb.ca/content/gnb/en/departments/elg/environment/content/climate_change.html

Sea level rise information for the Tantramar Region: <https://eosecoenergy.com/en/slri/>

Flood risk map for Sackville, NB: <https://www.nbse.ca/media-planning/library/SK-Map-Hydro-2016.pdf>



Directory

Anderson's Green House Local source for plants and trees	(506) 536-3094
Aster Group Environmental Services Workers co-op with services around sustainability, wildlife, climate adaptation and environmental education	(506) 536-7348 http://astergroup.ca
Atlantic Wildlife Institute Wildlife rehabilitation	(506) 364-1902
Beausejour Renewable Energy Co-op Financing and investment co-op	https://beausejourcoop.wordpress.com
Cattail Ridge Market Sells produce from local farmers, bulk foods, some farming supplies	(506) 939 3555
Chignecto Climate Change Collaborative Network of adaptation professionals	(506) 536-4487
CHMA 106.9FM Mount Allison Student Radio Station	https://www.chmafm.com/welcome/
Community Forests International Forest conservation in New Brunswick and internationally	https://forestsinternational.org (506) 536-3738
Day Break Peer support centre for adults with mental health issues	(506) 536-7475 http://www.daybreaksackvillenb.com
Ducks Unlimited Canada Based in nearby Aulac, NB and Amherst, NS they work to conserve wetlands	(902) 667-8726 https://www.ducks.ca
EOS Eco-Energy Community-based organization focused on sustainability, watershed management and climate adaptation	(506) 536-4487 www.eosecoenergy.com



EnerGreen Builders Co-op Energy efficient new construction, renos, heritage homes, passive solar homes, etc.	(506) 536-133 https://www.energreen.coop
Food for All NB Focused on food security	https://foodforallnb.ca/
Fundy Biosphere Reserve Community-based organization promotes the UNESCO designation, and sustainable development of the upper Bay of Fundy including Sackville area	(506) 874-3272 http://www.fundy-biosphere.ca/en/
Fundy Solar Local installer of photovoltaic panels	(902) 664-8342 http://www.fundysolar.com
IRIS Community Counselling Family, youth and climate change counselling services	https://iriscounselling.ca
Live Bait Theatre Professional theatre, including climate change story lines	(506) 536-2248 https://livebaittheatre.com
Mainstreet Redevelopment Focused on business improvement area	(506) 364-0404 (Chair)
Marshview Middle School	(506)-364-4086 http://web1.nbed.nb.ca/sites/ASD-E/schools/marshview/Pages/default.aspx
Mount Allison University	www.mta.ca
Mount Allison University-Sackville Transition Town Network	https://transitioninitiative.org/initiatives/mount-allison-sackville-transition-network/
NB Power Residential, commercial, industrial energy savings programs and rebates	1 800 663-6272 https://www.nbpower.com/en/save-energy
Nursing Homes without Walls Port Elgin area service to help seniors live at home longer	(506) 538-1904 https://www.facebook.com/nursinghomeswithoutwalls/
Open Sky Co-operative Programs, life skills, farming and entrepreneurship for adults with mental health challenges	(506) 536-4565 http://openskyco-op.ca/homepage/

Owens Art Gallery	(506) 364-2574 https://www.mta.ca/owens/index.php
Regional Centre of Expertise on Education for Sustainable Development (RCE) Tantramar Focuses on and supports education and action on sustainable development	https://rcetantramar.org
Renaissance Sackville Start-up funding for Sackville-based initiatives	(506) 536-4950 http://www.renaissancesackville.ca/
Renewables NB Online resource for renewable energy information in New Brunswick	(506) 536-4487 https://renewablesnb.ca
Replant.ca Environmental Tree planters and forest conservation	(506) 232 2409 http://www.replant-environmental.ca/index.html
Rotary Club of Sackville	https://www.sackvillerotary.ca
Sackville Commons Co-working space and support for entrepreneurs	(506) 939 2232 https://coworksackville.com
Sackville Community Association Organizes Christmas Cheer fundraiser and supports those in need year-round	(506) 536-1063
Sackville Community Garden Rent a garden plot	(902) 599-1789 https://sackvillecommunitygarden.wordpress.com
Sackville Farmers Market Connect with local famers and crafters	(506) 536-7378 https://www.sackvillefarmersmarket.ca
Sackville Food Bank Providing food and essentials for those experiencing food insecurity	(506) 536-4164
Sackville Rod and Gun Club Anglers, hunters, target shooters and those interested in the outdoors and the environment	(506) 364-3890 http://www.sackvillerodandgun.ca/index.html



Sackville Seniors Helping Seniors Food, clothing, shelter, transportation	(506) 536-1896 http://www.sackvilleseniorshelpingseniors.com
Sackville Schools 2020 Working toward innovative, inspired, community-integrated educational system	http://www.sackvilleschools2020.com
Salem Elementary School	(506) 364-4072 https://secure1.nbed.nb.ca/sites/ASD-E/schools/salem/Pages/default.aspx
Struts Gallery and Faucet Media Centre An artist-run centre, gallery and media arts centre.	(506) 536-1211 http://www.strutsgallery.ca
Tantramar Covid-19 Task Force Volunteers helping individuals and community groups with COVID-19 pandemic related issues	(506) 939-4186 https://www.facebook.com/TantramarCovid19/
Tantramar Outdoor Club Healthy outdoor living, trails for skiing, snowshoeing and hiking	https://tantramaroutdoorclub.org
Tantramar Regional High School	(506) 364-4060
Tantramar Rural Rides Volunteer-based affordable door-to-door transportation	(506) 988-2101 http://ruralridesnb.com/tantramar/
Tantramar Seniors College Courses for the 50+ crowd	(506) 364-2780 http://tantramarseniorscollege.ca
Tantramar Wetlands Centre Community-based centre of wetlands education	(506) 364-4257 http://weted.com
Town of Sackville	(506) 364-4930 www.sackville.com
WestCumb Ham Radio Club Learn about amateur radio and study to get your licence	https://www.westcumb.ca

Have a resource to add to the directory? Contact EOS at: <https://eosecoenergy.com/en/great-ideas/>

Find more resources in the online toolkit at: <https://eosecoenergy.com/en/great-ideas/>

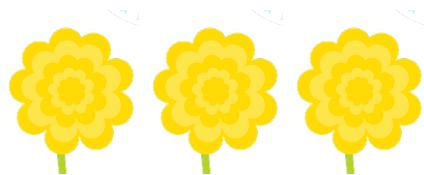
Find the Town of Sackville's Directory at: <https://sackville.com/directory/>



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- Focus group members from the Chignecto Climate Change Collaborative, Seniors College and Open Sky.



Steps I will take to help create a resilient community

