

# CEDAR ROCK SUSTAINABILITY CHARTER

REVISED JUNE 1, 2015



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## **INTRODUCTION:**

Growing concerns over environmental and health issues; the future viability of our global economies; and the ability of our societies to sustain themselves, have lead many progressive organizations and governments to adopt and commit to principles of sustainability in order to ensure their actions and decisions address these challenges head on.

In 2011, the new community of Cedar Rock developed a Charter for itself, and adopted the following definitions:

*“Sustainability” means meeting the needs of the present generation (in terms of health and well-being); various socio-cultural systems; the economy; and the environment, while promoting a high quality of life, but without compromising the land and its ecological balance, so that it has the ability to meet the needs of future generations.”*

*“Regenerative” means the restoration, renewal and/or revitalization of the area’s own sources of energy and materials, so that the community functions waste free, in harmony with the existing ecosystems and their different species. “*

Cedar Rock’s Charter, as set out in this document, paints a **VISION** of a Sustainable, Regenerative community. This Vision is supported by both high-level and specific **GOALS**. The Charter also includes an **ACTION FRAMEWORK** for addressing sustainability issues.

The Charter will be the community’s overarching policy document, which will guide the actions of the Community. In the absence of other specific policies, general policy direction will be taken from the Charter.

The Charter will be updated by the Cedar Rock Community Board of Directors to reflect and incorporate new and evolving issues and priorities. The Board of Directors will set priorities, establish targets, measure progress, and identify roles, responsibilities, resources, and time frames.

## **BACKGROUND INFORMATION:**

The site located in Rock Creek, herein known as “Cedar Rock,” is designed to address the specific issues surrounding the condition of Multiple Chemical Sensitivity and other environmentally-induced, cyclic and chronic health issues.

The 320acre property is semi-isolated, has water on the property, has no oil or gas pipelines/wells, or cell towers, and presents good air quality - making it a feasible location for specialized development. Electricity will be routed below ground using specially insulated conduit; DC current will be used wherever possible; there are no cell-towers in the vicinity, and wi-fi equipment will not be permitted; composting, rain water collection grey-water reuse, and snow/fog harvesting will compliment solar power. Adaptive strategies, methodologies and technologies will be implemented to address climate change, and changing ecological conditions of the area.

The site is accessible by Highway 33 and has a gravel easement road (maintained). Due to the presence of deep pockets of uranium in the area, digging below 200 feet will not be permitted, and all buildings will be built on non-Portland cement, slab-on-grade foundations, to reduce damage to the topography.

The undeveloped land around the plaza and buildings will be maintained to remain in a healthy natural state, using organic methods of pest control. Japanese terraced gardens and eco/ergonomically- designed gardens will enhance the biodiversity of the area, ensuring that no invasive plant species are present, and existing ones are removed, when possible.

## **MISSION & VISION STATEMENT:**

Cedar Rock is a proposed H.O.P.E. Project showcasing a “healthy organic progressive ecological/ergonomic” community that provides individuals who are interested in quality of life issues, with an environment that addresses issues of sustainability; regeneration; health and well-being; education; and cultural development.

It will allow individuals and families, who are suffering with environmentally-induced cyclic illnesses like Multiple Chemical Sensitivity, Chronic Fatigue Syndrome (now known as Systemic Exertion Intolerance Disorder), Fibromyalgia, and Electromagnetic Hypersensitivity, a unique opportunity to re-connect and live in a self-sufficient, non-toxic environment.

Cedar Rock is to be located in a semi-isolated area in the southern interior of British Columbia. The site permits the implementation of alternative and innovative adaptive solutions to serious conditions for which there are no known cures or treatments. Within this safer, educationally and esthetically desirable living environment, anyone can prosper.

By incorporating local materials, reviving old building techniques, enhancing various construction practices, using newer technologies, and implementing advanced conservation measures, Cedar Rock is poised to become the leading standard for new home and commercial construction, as well as the norm for responsible community development, based on given land restrictions. The ecology of each area is preserved or enhanced, ensuring minimal damage to existing healthy plant and wildlife. Cedar Rock incorporates alternative energy sources, strives for sustainable agriculture, local food production, and water security.

Cedar Rock presents a welcoming and inclusive environment for those individuals who are suffering under, and who are dissatisfied with the existing toxic living conditions and standards of medical care they are/are not currently receiving. Cedar Rock has the potential to become a leader in education, combined medical therapies, botanical and medical research, and socio-cultural activities.

In order to meet the unique needs of its residents and visitors, Cedar Rock’s mandate is to provide only safe, healthy, non-toxic products and services that will allow the community to exist harmoniously with the surrounding environment.

The Cedar Rock Community Charter is a comprehensive, progressive, long-term visionary document. It outlines the rules and guidelines that all residents and visitors alike, agree to follow and uphold, in order to maintain the safety and security of the community, as a whole. The potential of Cedar Rock to become a self-sustainable and flourishing community, makes it a leader in economical, ecological, and environmental adaptation.

**STATEMENT OF PURPOSE:**

1. Cedar Rock provides the necessary enhanced, safe, ecological living conditions, working and social environments, that promotes health, healing, acceptance, and quality of life for all individuals, but especially for those dealing with MCS and other environmentally induced, cyclic health conditions.
2. Cedar Rock's mandate is to reduce the spread and impact of environmentally-induced health illnesses and disease through awareness, education, research, and treatment.
3. Cedar Rock provides opportunities for development and expansion in areas of education, product design, scientific research, medical therapies, botanical & horticultural research, socio-cultural events, and exhibits.
4. Cedar Rock is designed to promote self-sustainability, and self-sufficiency, to ensure the community co-exists harmoniously with the local environments.
5. Cedar Rock establishes and promotes ecologically responsible lifestyles and business activities.
6. Cedar Rock encourages individuals to take an active role in enhancing their quality of living by supporting businesses and industries that provide only safe, non-toxic products and services.
7. Residents of Cedar Rock take pride in participating when possible, and maintain the high holistic standards of the community, as their own physical, financial, and social well-being are directly linked to its sustainability.
8. Cedar Rock provides an environmentally responsible mode of passenger transportation and goods movement that reduces exposure to toxic contaminants. It will be completely pedestrian, cyclist , and wheelchair accessible.

## **CRITERIA FOR SUCCESS:**

There are nine key areas important to Cedar Rock's community vitality and success:

1. Affordable housing, personal and economic security.
2. Physical space – the proposed 320 acres located in Rock Creek, B.C. will be designated strictly as pedestrian, cyclist, and wheelchair friendly. With a vibrant community core plaza, outdoor patios, water features and ergonomic gardens amid park-like/ecological grounds, essential goods and services will be provided, as well as independent and assisted-living facilities. The infrastructure and gardens will be inspired by European/Asian design, be self-sustainable, and kept beautiful (without the use of pesticides/herbicides). Cedar Rock will be distinct from other communities in the area.
3. Life-long learning – residents will have access to a variety of instructional modes: on-line, college, university, distance and on site.
4. Community Health & Wellness – state of the art non-toxic health facilities/equipment are provided. Compassionate and efficient care is the norm: a holistic team approach is utilized, emergency services are available, research into environmental and aging issues will be possible. In order to promote a healthier and inspiring community, no more than 20% of the permanent residents will require specialized care.
5. Community Innovation and Entrepreneurship – a diversity of employers caters to the specific needs of the community's residents and visitors.
6. Sense of Community – residents feel an important connection to the community and are proud of their surroundings and look after them. Isolation and avoidance are no longer the only recourses for survival, for individuals with environmentally-induced, cyclic and chronic illnesses.
7. Leadership, Teamwork, Networking – there will be a good flow of information, respectful consultations and volunteer programs allowing aging and disabled individuals to be appreciated.
8. Arts, Culture, Heritage – there will be at least one “chemical-free” public festival annually. Eco-tourism will be prevalent; galleries, concerts, sculpture, dance, botanical exhibits, and educational seminars will be available to the public.
9. Environment – maintaining clean air; protecting non-toxic lands; implementing composting and effective waste disposal techniques; utilizing rainwater, snow, fog & dew harvesting technologies; re-using grey water; reducing man-made electromagnetic fields and adapting to climate change are paramount.

## **SOCIO-CULTURAL GOALS**

These promote a safe, caring, engaged, and vibrant livable community, that has a sense of belonging, and that includes of all aspects of diversity. Cedar Rock provides a range of educational, recreational, cultural, volunteer and employment opportunities, affordable and appropriate housing, transportation options, and personal, health and social services that are accessible to everyone.

Specifically:

1. Cedar Rock provides a range of accessible and affordable recreation, cultural and library services that respond to the needs and interests of its residents and visitors.
2. Cedar Rock promotes the development of a range of affordable and appropriate safe housing to meet the special needs of its residents.
3. Cedar Rock ensures that the community is completely accessible.
4. Cedar Rock works with other orders of government to ensure that high quality of health and social services are available to meet the needs of all its residents.
5. Cedar Rock is safe and secure.
6. Cedar Rock has a distinct identity.
7. Cedar Rock cultivates a community that is caring and compassionate, inclusive and respectful, allowing its residents to be involved and connected to it.
8. Cedar Rock incorporates high quality design, beautiful architecture, art, music, and esthetically pleasing environments.
9. Cedar Rock provides opportunities for individuals to become involved in civic issues, to ensure that the community is responsive and accountable to the needs of its residents.
10. Cedar Rock encourages and promotes accessible life-long learning opportunities ranging from childhood literacy and cultural programs to world-class post-secondary educational and research ventures.
11. Cedar Rock establishes major arts and cultural facilities in accessible locations, providing a range of entertainment opportunities throughout the community.
12. Cedar Rock promotes a variety of community celebrations and gatherings in connection with local events and festivals.



## **ECONOMIC GOALS**

These build on the natural advantages of the area. Cedar Rock uses the land and human resources efficiently and effectively, to provide attractive employment opportunities and a sustainable revenue base for the Community.

Specifically:

1. Cedar Rock respects the natural areas and minimizes the impact of economic activities on the environment;
2. Cedar Rock promotes ecological and environmental healthy businesses and building practices;
3. Cedar Rock has a range of essential businesses and services located centrally to reduce the need for trips to outlying communities;
4. Cedar Rock has economic activities located strategically so that they can be best serviced by a sustainable transportation system that prioritizes the movement of people and goods;
5. Cedar Rock encourages alternative employment arrangements such as low-impact home based businesses;
6. Cedar Rock promotes technical training, advanced education, research and development;
7. Cedar Rock strives for a balanced tax base that provides the revenue necessary to support the community's sustainability goals;
8. Cedar Rock works towards a revenue base that balances commercial and residential property taxes.

## **ENVIRONMENTAL GOALS**

These demonstrate good stewardship of the land, water, air and infrastructure, Cedar Rock protects, preserves, and enhances the natural areas and ecosystems for current and future generations, by ensuring nature is accessible for all to enjoy.

Specifically:

1. Cedar Rock ensures that there will be no high density housing, thus eliminating the issues attributed to this development practice;
2. Cedar Rock protects existing forests and natural coverage, by protecting trees and native plant life, and removing invasive material;
3. Cedar Rock protects the ground water and aquatic ecosystems by ensuring no toxic contaminants are permitted on the site;
4. Cedar Rock protects the local air quality by eliminating presence of toxic chemicals and reducing the presence of volatile organic compounds;
5. Cedar Rock incorporates opportunities for natural areas and wildlife by protecting unique and valuable land forms and habitats;
6. Cedar Rock protects the land's integrity through the implementation of permacultural and regenerative agricultural practices
7. Cedar Rock incorporates composting technologies to minimize solid and liquid waste.
8. Cedar Rock incorporates energy efficient, ecological technologies that are responsible, healthy and safe.

## **ACTION FRAMEWORK**

Both private and public organizations influence sustainability. There are three significant influential sections through which Cedar Rock can promote sustainability:

**Operations** – The community of Cedar Rock is in itself a corporation, employer and owner of land and facilities. Through good leadership, the Board Of Directors can significantly impact and influence the community's activities, and promote its sustainability.

**Regulations** – The community's mandate is far-reaching. From land use planning, transportation, water conservation, composting, to residency laws – the Board of Directors ensures the day-to-day activities of residents, businesses and visitors promote its sustainability.

**Other Institutions** – The community of Cedar Rock has considerable influence over external agencies and other orders of government, as it works together in addressing local, regional, provincial, national, and global sustainability issues.

In order for Cedar Rock to reach its goals successfully, a timeline approach is essential. Immediate, short-term actions (1-3 years in duration); medium-term actions (3-10 years duration); and long-term actions (10 years or more) all play an important part in establishing, maintaining, and improving a self-contained, self-sufficient community.

To achieve its objectives, revenue sources must be sufficient to meet the costs of all Cedar Rock programs and initiatives. The targets and recommendations of the following organizations must be considered in keeping with the community's ability to economically sustain these programs and initiatives.

## **ORGANIZATIONAL STRUCTURE:**

### **Cedar Rock Community Board of Directors –**

The Cedar Rock Board of Directors has three (3) elected members, who meet on the second Monday of each month. Elections are held once every three (3) years, and no single member can hold office more than five (5) consecutive years. The Cedar Rock Board of Directors is responsible for the final design and enforcement of the community's sustainability Charter, including determining who can reside in the community, and who can be evicted. Members of Board of Directors also sit on the Cedar Rock Society For Healthier Living Board, which consists of five (5) founding members.

The Conservatory, Phoenix Studios, Marquee Royale Theatre, Planetarium & Sciences Centre, and Phoenix Library and the Cedar Rock Community Association are all linked to the affiliated educational institutions, and their Boards of Directors.

All new proposed programs and projects undertaken at Cedar Rock are to be discussed with members of the Cedar Rock Community Association. Final approval (of suitability) for programs offered within the community of Cedar Rock, is determined by the Community Board of Directors.

### **Cedar Rock Community Liaison & Advocacy Advisory Committee-**

The Cedar Rock Community Liaison & Advocacy Advisory Committee acts as a catalyst for sustainability. It measures the community's progress through the development of targets and indicators that are measurable and easily understood, the maintenance and availability of performance data, both past and current, are within reasonable time frames.

The Cedar Rock Committee Liaison & Advocacy Advisory Committee reports directly to Cedar Rock's **CEO**, who ensures the continuity and sustainability of the community's daily operations, and who in turn, directly appraises the Community Board of Directors of all activities and undertakings that are occurring or planned to transpire within the community and all its organizations.

The Cedar Rock Community Liaison & Advocacy Advisory Committee organizes and books tours, events and activities for its residents, affiliated members, and external clients.

All programs and activities operating out of the Conservatory, the Liaison, the Marquee Royale Theatre, the Arts On The Plaza, the Phoenix Studios, the Planetarium, the Phoenix Library & Learning Resources Centre, and from the Plaza, are coordinated through the Community Association.

All marketing and promotional activities suggested or endorsed by the Association, are handled by the **Marketing & Advertising Advisory Committee**, and approved by the Community Board of Directors. Activities considered appropriate for each specific undertaking, will involve the utilization of national and international publications, industry profiles, business leads, medical health networks, educational institutions, word of mouth, and/or the media.

Eco-tourism pamphlets with a Cedar Rock Logo will also be available for distribution through BC Tourism and the community itself.

The Cedar Rock Community Liaison Advocacy Advisory Committee promotes and gives priority to the purchasing of products and services from Social Enterprises or suppliers who blend business, social and environmental sustainable values along with fiscal responsibility.

The Cedar Rock Community Liaison Advocacy Advisory Committee plays an important role in the promotion, development, and maintenance of the Eco, Japanese Terraced Gardens, all rammed earth rooftop gardens, and the Plaza. It promotes the "Marketplace's vertical farm," permacultural and regenerative farming principles.

Through partnerships with Cedar Rock's Community Liaison Advocacy Advisory Committee, affiliated schools, colleges and universities provide both innovative curriculum-based and interest-level courses and programs that focus on:

- 1) alternative construction techniques and methodologies; architectural design; pottery; art; textile design; organic gardening;
- 2) Environmental, climatic, medical, astronomical and ecological research;
- 3) cultural activities including music, art, dance, and theatre, as well as alternative treatments and therapies (such as music therapy, horticultural therapy, Tai Chi, and Yoga) for age-related illnesses, nutritional issues, environmental health issues, and
- 4) first aid and CPR courses from St. John's Ambulance .

All educational programs and activities provided are designed not only to enhance the residents' quality of life, but serve as the building blocks to Cedar Rock's unique approach to sustainability..

### **Property Management & Rental/Leasing Advisory Committee –**

Resident Property Managers oversee each of the (2) Heritage Towers; the Renaissance Place assisted-living/long term/palliative/bariatric residential apartments; Cedar Rock Manor; and the forty-five (45) Chalets and five (5) Magnolia complexes; along with the pathways and parking area. The Property Managers report directly to the CEO and/or Board of Directors, as needed.

The Property Management & Rental/Leasing Advisory Committee coordinates all custodial and maintenance services for the community of Cedar Rock.

All maintenance, rental, and other property issues are handled directly by the Property Managers. After hour service is available.

Disputes are handled by the residential property managers, and the Board of Directors.

### **Arts, Astronomy, Culture, Education & Science Advisory Committee –**

Advisors are appointed by the Community Board of Directors every three years to oversee all programs and activities pertaining to art, culture, education, science and astronomy in Cedar Rock.

The Art & Culture advisors will be responsible for all aspects of successfully running the cultural facilities in Cedar Rock – from staff recruitment and art procurement, to booking talent, movie, and theatre productions.

The Science, Education and Astronomy advisors will be responsible for all aspects involved in coordinating, developing and maintaining all research and educational activities affiliated with other accredited academic centers. The work of the Advisory Committee will allow Cedar Rock to be a destination point for advancements in Art, Culture, Education, Science, Space, and Astronomy.

Students and visitors will have access to the latest technology and expertise, globally – at their fingertips.

The Arts, Culture, Education, Science & Astronomy Advisory Committee ensures that the well-being of the community's residents are met through its recommendations to the Community Association and Community Board of Directors.

The Arts, Culture, Education, Science & Astronomy Advisory Committee will develop and update guidelines for program accessibility and promote opportunities for education.

The Arts, Culture, Education, Science & Astronomy Advisory Committee has the responsibility of creating child and youth friendly events and programs; encouraging citizen engagement in social activities; developing culturally appropriate and inclusive services, events, and programs.

The Arts, Culture, Education, Science & Astronomy Advisory Committee works with the Marketing & Advertising Advisory Committee in obtaining promotional and advertising support.

### **Gardening, Landscaping, Greenhouse & Conservatory Advisory Committee –**

The appointed members of the Gardening, Landscaping, Greenhouse & Conservatory Advisory Committee will be responsible for the establishment and maintenance of Cedar Rock's grounds, including its vertical farm The Marketplace; the Plaza and centralized gazebo; the Ecological gardens; the Terraced Japanese gardens; an arboretum for the collection of and culture of plants, flowers, shrubs, and trees for the advancement of botanical science and knowledge. It will co-ordinate all exhibit, ornamental and decorative horticulture and garden materials; provide planting materials and tools for sale; provide regular organized educational seminars, programs and group tours. Guest speakers, lecturers and experts in alternative horticultural therapy sessions will also be organized year round by the Gardening, Landscaping, Greenhouse & Conservatory Committee, in conjunction with the Community Association and the Marketing & Advertising Advisory Committee.

Admission fees and regulations are determined by the Gardening, Landscaping, Greenhouse & Conservatory Advisory Committee, and can be adjusted by the Cedar Rock Community Board of Directors. Final retail prices are determined by the **Financial, Legal & Investment Advisory Committee**.

The Cedar Rock Conservatory Complex, a seven glass domed facility occupying over 306,660sq ft, provides the facilities to a house a live international butterfly exhibit; alternating botanical and special occasion exhibits; rotating displays of student projects in the centrally-located outdoor courtyard; acoustical live performances; educational programs; seasonal and holiday plants for sale. No food or drinks will be allowed into the buildings.

The mandate of the Conservatory is to serve as one of Cedar Rock's focal points, for year-round learning, education, rehabilitation, and entertainment.

The Gardening, Landscaping, Greenhouse & Conservatory Advisory Committee obtains the necessary custodial and maintenance services crucial to clean-up and promote "community pride" initiatives.

### **Cedar Rock Culinary Arts & Hospitality Advisory Committee-**

The Culinary Arts & Hospitality Committee consists of Advisors and one Chair, who are responsible for all aspects of successfully running the restaurant & hospitality facilities in Cedar Rock – from staff recruitment to specialty events, meal preparation, and food selection. Additional collaborations with nutritionists, dieticians, and greenhouse/food production specialists are also the responsibility of the Culinary Arts & Hospitality Advisory Committee.

### **Cedar Rock Medical Advisory Committee -**

The Medical Advisory Committee consists of medical professionals, researchers, staff, a public relations advocate, and health related personnel, who are governed by medical rules of conduct and high standards of professionalism.

All educational institutions affiliated with the Cedar Rock Medical Advisory Committee work together, to determine program and services suitability for the community of Cedar Rock.

All medical services are publically funded and treatments are provided on a fee-for-service basis, when necessary. The Medical Advisory Committee determines all asset and funding allocation for research, treatments, equipment, and hiring/training of clinicians.

Support in Cedar Rock focuses on diagnosis, treatment, disease prevention and patient education. Salaried health care professional work together as a team, providing a wide range of services and programs that are tailored to meet the specific needs of the community. The Medical Advisory Committee monitors multi-disciplinary staff selection, reviews, evaluations, and accreditation.

The Medical Advisory Committee follows the principles of the Canada Health Act, and makes recommendations for change, as needed.

### **Financial, Legal & Investment Advisory Committee-**

The advisors and Chair of the Financial, Legal and Investment Advisory Committee are responsible for the economic development of Cedar Rock and for ensuring that all financial transactions are transparent, ethical, and can be readily demonstrated to be socially and environmentally responsible. The Financial, Legal & Investment Advisory Committee reports directly to the CEO and Board of Directors as needed. All accounting records from all of Cedar Rock's businesses follow Generally Accepted Accounting Principles and meet Canada Revenue Agency's guidelines for Non-profits, Societies, Community Contribution Companies and Incorporations. The Financial, Legal & Investment Advisory Committee is responsible for ensuring the accuracy, and issuance of taxation receipts.

### **Fire, Safety & Security Advisory Committee –**

The appointed advisors and Chair to the Fire, Safety & Security Advisory Committee are responsible for all aspects of fire, safety and security as they pertain to the community of Cedar Rock. Provincial and Federal guidelines will be followed. All routine issues are reported directly to the Cedar Rock Community Association; emergency and crisis issues are handled in conjunction with the Property Management Advisory Committee, Communications Transportation & Utility Advisory Committee, and the Community Association. Evacuation and other emergency Drills are to be conducted on a regular basis, with bi-annual 'unannounced, surprise' drills and inspections. Recommendations made by the Fire, Safety & Security Advisory Committee are presented directly to the Community Board of Directors as needed.

### **Communications, Transportation & Utilities Advisory Committee –**

In view that Cedar Rock is a self-contained, sustainable community, where all power is self-generated, reliance on hard wired, low EMF/RF technologies and environmentally safer products indicates that well-trained individuals are essential to the community's productivity and viability.

The appointed advisors and Chair to the Communications, Transportation & Utilities Advisory Committee are responsible for the day-to-day operations of Cedar Rock and ensuring that adaptable solutions are initiated with the approval of the Community Board of Directors. The safe transportation of residents, clients, and visitors in specialized, healthier vehicles must be assured with the implementation of the frequent and scheduled maintenance programs that have been designed specifically for Cedar Rock.

The Communications, Transportation & Utilities Advisory Committee is responsible for making sure that all appropriate Provincial and Federal recommendations and/or requirements are followed and adhered to. Concerns are brought to the attention of the CEO and/or Community Board of Directors as needed.

### **Retail, Business Development Advisory Committee -**

Providing only safer, fair trade, non-GMO, certified organic, GOTS and/or Oeko-Tex Certified (or better), healthier, non-toxic, petroleum-free, non hormone-disrupting, sustainable products and services to Cedar Rock is one of the community's strictest mandates, as it focuses on the prevention of environmentally-induced, cyclic illnesses. It is the responsibility of the Retail, Business Development Advisory Committee and its appointed members and Chair, to ensure, on a day to day basis, and item to item basis, that the quality, standard and essentialness of everything that is brought into or incorporated into Cedar Rock, will not compromise the well-being of its residents, visitors, the surrounding environment, or contribute adversely to climate change.

The Retail, Business Development Advisory Committee in conjunction with the other Advisory Committees, can ensure that the community of Cedar Rock remains a viable, regenerative community that focuses on quality of life issues, for generations to come.

## COMMUNITY ACTIVITIES:

### Retail:

A two-storey, 40'H half-domed wood/glass *The Emporium*, with over 20,300 sq ft, features products and services geared towards healthy, non-toxic life styles. No plastics, or known toxic chemical products or packaging will be provided to consumers. All merchants and retailers will follow guidelines similar to those established by the US Environmental Working Group's mandate, and utilize the Cosmetics Database for any and all American cosmetic, beauty, healthy products sold.

The *Corner Store*, a two storey, 90'D round, rammed earth building, brings the nostalgia of the corner store to Cedar Rock. This modern version will provide only organic, non-toxic, healthy, local produce, and confections. Reference to the Environmental Working Group (EWG) and Cosmetics Database will assist in determining which American products are suitable for consumption and use.

A living garden roof on the round, rammed earth building will provide residents and visitors an opportunity to supplement their own food sources with fresh garden pickings, and products from reputable local and regional suppliers and distributors.

The *Cedar Rock Goods & Services Centre*, a two storey, 75'D round, rammed earth building meets the maintenance needs of the community residents. In addition, general medical and dental services will be available for routine and emergency procedures.

The *Galaxy Gift Shop* in the Phoenix Planetarium provides the educational and recreational tools and items for visitors interested in science and astronomy.

All profits and surpluses are used to enhance services, programs, and business expansion within the community of Cedar Rock.

The Arts On The Plaza's *Gallery Of Treasures* provides residents and visitors with the opportunity to purchase unique, museum quality pieces of art from local, national, and international artisans, who focus on the use of sustainable, non-toxic materials. A percentage of all proceeds go towards future Art Programs and activities conducted in Cedar Rock. The series of Comprehensive Music Theory Books by Angeline Hogarth will be made available, with proceeds going towards Music/Music Therapy programs conducted in Cedar Rock.

### Eco-Tourism:

A two storey, 47'H domed wood *Hillside Plaza Boutique Hotel* with over 31,800 sq ft, provides visitors to the community of Cedar Rock, the opportunity to relax in eight (8) luxurious five-star organic suites, complete with spa showers, LED LCD TVs, infra red saunas, a mani-pedi salon, and low EMF exposure. No wi-fi service is permitted, but fiber optic access is available. Food, catered by the local Garbatella organic café & restaurant, is available via room service. (Requests for special diets can be arranged with bookings and 24 hours notice is required for any changes; a certified nutritionist is available for consultation).

Guests will also have the option of selecting from four private spa/therapeutic massage packages, with treatments provided on site by a registered physiotherapist.

### Socio-Cultural Activities:

*Arts On The Plaza* is a round, 39'H domed wood structure with over 12,800 sq ft housing both permanent and rotating Fine Arts exhibits (national and international sculptures, paintings, and artifacts). A small wine bar is available for special viewings. All quality materials used in this European-inspired cedar dome building are non-toxic and do not off-gas. Low EMF equipment and LED lighting have been carefully designed to reduce electrical exposure.

Seasonal recreational activities include hiking, tobogganing, outdoor ice skating, skiing at the local Mount Baldy resort, golfing at the local Rock Creek Golf Course.

The 10,800 sq ft 36'H domed wood *Liaison Activity Centre* provides residents of the community with access to a nostalgic ballroom, and exercise facility where it is possible to mingle, exercise, or learn various dance steps, under the expert instruction of certified, accredited dance instructors, physiotherapists, occupational therapists, and Tai Chi masters. Private dance

events can be arranged; and through the Community Association, activities can be organized. Seasonal, and special event dances for singles, couples, wheelchair and disabled patrons are also possible.

***The Marquee Royale Theatre*** (a two-storey rammed earth theatre-in-the-round) provides state of the art musical and theatrical productions to residents and visitors. Close-up experiences with local and international talented artists in both an indoor theatre and an outdoor, rooftop amphitheatre create unforgettable events. DVDs and CDs from performing guests are made available on site, whenever possible.

#### **Educational and Research Activities:**

The two storey, round, 117.5'D rammed earth ***Phoenix Library and Learning Resources Centre*** will provide community residents and visiting scholars and students, a state of the art, low EMF (fiber optic wired) building, from which to research and read from various non-toxic materials. The living garden rooftop will allow visiting patrons, who do not have library cards, to visit or read in a quiet park-like setting, on the premises, weather permitting. The library also offers a conference room for small personal or corporate meetings.

The ***Phoenix Studios***, a two storey, 117.5'D round, rammed earth structure, with a living garden rooftop, will provide community residents, locals, and visiting students, a unique state-of-the-art educational facility from which they will have the ability to design, manufacture, display, and sell their organic textile products, and original drawings. Those who sell their works will retain 70% of the proceeds, with the remaining 30% being used by the Studios for program development and maintenance. The roof of the Phoenix Studios will be an open, living garden to permit annual rotating displays of outdoor projects for enjoyment and sale. Local and visiting woodworking and metal working artisans will also have the opportunity to display and sell their works.

***Planetarium & Science Centre***, provides community residents, locals, and visiting students, access to astronomical, atmospheric and scientific assessment tools to better understand the global changes that are continuously occurring and provide possible solutions to ongoing issues facing civilizations.

#### **Culinary Activities:**

***The Garbatella*** is Cedar Rock's round 39'H domed wood, organic café and restaurant that provides over 12,800 sq ft. of indoor and over 5000 sq ft of outdoor dining patio space, with stunning panoramic views. This "old-world" building is warm and inviting to the most discriminating connoisseur. Private functions can be arranged with the Executive Chef, as well as a dining experience for six at the "Chef's Table." Graduating students of Culinary Art schools are available to demonstrate their skills, and room service is provided to the Hillside Boutique Hotel.

***"La Patisserie,"*** Cedar Rock Manor's in-house organic bakery offers residents only gluten-free bakery items and products, as well as a variety of diabetic, and other healthy baked goods. Organic juices, rice milk, and other "homemade" items are served. All goods are made according to the recommendations of a certified nutritionist and dietician.

***The Universal Café*** is the Planetarium & Science Centre's, organic café and restaurant that provides patrons with organic meals and snacks that are truly 'out of this world!' An attached glass enclosed heated patio allows visitors an opportunity to dine el fresco, any time of the year.

***The Gelatoria*** is the Emporium's spot to enjoy locally made organic gelatos (Italian ice-cream) and sorbetto (non-dairy, non-fat fruit ice-creams) after a day of exploring Cedar Rock's amenities. Relax on the cozy balconette and enjoy the views while savoring the flavor-intense treats; or purchase a cup or litre to go. Samples are available for taste testing.

***The Dental & Diagnostics Centre Cafeteria*** provides patients, guests and staff with organic hot and cold meals and snacks that are nutritious and ready to eat, which is especially important for those individuals who have strict dietary considerations or time constraints.



**Financial Services:**

The *Financial Services Centre* is the community's financial, insurance, and legal centre. This two-storey, 40'H 10,000 sq ft half domed wood and glass banking facility is ergonomically designed, wheelchair accessible, and uses non-toxic materials, that make this building one of the important one-stop service-friendly buildings in the area.

The Corner Store's "*Galley Pantry*" offers organic pre-assembled meals for individuals with specific nutritional requirements (ie. gluten-free) and mobility issues. Gleaned produce is used, and what is aesthetically unpleasing, is freeze-dried and made into gourmet soups for donation to other charitable organizations.

**Security Services:**

A 20'D compressed rammed earth/plastered octagonal building will serve an *Information/Security Centre* at the entrance to the property, ensuring the safety and well-being of Cedar Rock residents and visitors.

**Medical, Dental, Ophthalmic and Emergency Services:**

The *Cedar Rock Health Services Centre* is the most unique domed wood complex in Cedar Rock. With over 18,000 sq ft of space, specialized medical staff, physiotherapists, occupational therapists, massage therapists, music therapists, pharmacists, nutritionists, acupuncturists, look after the needs of those suffering with environmental, aging, and other health-related issues.

Visiting specialists and residents in geriatrics, gynecology, oncology, family medicine, neurology, urology, internal medicine, rheumatology, endocrinology, and herbal medicine, will all have an understanding of the implications of Multiple Chemical Sensitivity, and be empathetic to the complications that arise from it.

Individuals seeking help at this facility will be treated with respect, compassion, and understanding. This state of the art, non-toxic facility has the potential to provide the best holistic team-approach to helping individuals retain and enjoy a quality of life. Consultations can be done from one location.

The *Cedar Rock Dental and Diagnostic Centre* is Cedar Rock's finest wood 36'H domed medical, laboratory diagnostic and radiological and emergency treatment centre. This 32,514 sq ft facility provides state of the art dental and ophthalmic treatments and other surgical procedures, in a non-toxic environment. This ensures individuals with Multiple Chemical Sensitivity and moderate Electromagnetic Sensitivity, remain safe during all examinations and procedures. The Centre provides residents with access to graduate students, surgical residents and visiting specialists for routine, special and emergency (surgical) procedures and consultations.

**Special Events:**

Weddings, graduations, family celebrations, business conferences, community events – all are booked through the participating commercial facilities utilized. Large scale events and tours are arranged through the Cedar Rock Community Association, and in special situations, may require the approval of the Cedar Rock Board of Directors.

### **Horticultural, Botanical, Landscape & Agricultural Activities:**

Seven (7) distinguished, inter-connected glass domed buildings, known as *The Cedar Rock Conservatory*, occupy over 306,660sq ft, and is home to a live international butterfly exhibit; alternating botanical exhibits; rotating displays of student projects in the centrally-located outdoor courtyard; acoustical live performances; educational programs; seasonal and holiday plants for sale. Special occasion exhibits are also put on by the Conservatory's own board. Amenities will include private after-hour rentals for wedding ceremonies and other special events. No food or drinks will be allowed into the buildings.

The mandate of the Conservatory is to serve as one of Cedar Rock's focal points, for year-round learning, education, rehabilitation, and entertainment.

The Conservatories will establish, and maintain the Plaza's botanical garden and centralized gazebo; an arboretum for the collection of and culture of plants, flowers, shrubs, and trees for the advancement of botanical science and knowledge; exhibit ornamental and decorative horticulture and garden materials; utilized rain water collection and flooding floor technologies; maintain all compost depots; provide regular organized educational seminars, programs and group tours. Guest speakers, lecturers and experts in alternative horticultural therapy sessions will be available year round.

The two-storey, 90'D round, rammed earth building with living garden rooftop, *Cedar Rock Marketplace*, specializes in vertical (aeroponic, and hydroponic farming), rainwater collection and flooding floor technology, providing the community and other communities at large, with organic produce.

The *Eco- Gardens* implement ergonomic designs to permit wheelchair accessibility to all plantings. Healthy existing flora will be maintained and ecological techniques will be implemented to ensure plant species diversity is prevalent. No pesticides or herbicides will be used to control invasive weed propagation. Grey-water reuse will predominantly provide the necessary water for existing plant life. Composting depots located throughout the community will provide adequate organic matter to maintain essential soil nutrients.

The *Japanese Terraced Gardens* will provide an esthetic and spiritual area for garden walks and provide plant material to prevent soil erosion and the invasion of noxious weeds and other plant materials. Stone retaining walls and perimeter fencing 6' high will prevent wildlife from destroying plant material.

### **Environmental & Astronomical Activities:**

The unique, state-of-the art anthropomorphic geometrically inspired *Planetarium* will be home to a space/science and atmospheric research/educational facility. Lectures and specially designed interactive labs/displays will provide visitors and residents with varying levels of information on the ongoing changes occurring here on Earth and beyond. A small observatory will permit star -gazers an opportunity to enjoy the night skies.

Scheduled night viewings and special events will be listed in local papers, on-line, and through the participating educational institutions. Food will not be permitted in the auditorium or research areas.

### **Residential Rental Accommodations:**

Upwards of forty-five (45)- 803 sq ft *Chalets*: these compressed rammed earth/plastered 32'D octagonal detached homes provide safe housing for Multiple Chemical Sensitive residents year round. Each chalet will have an additional detached pentagonal building "*The Ev*,"to allow for storage and/or off-gassing of products, and for personal detoxification (if needed). These chalets will also be designed to accommodate moderate Electromagnetic Sensitivity.

Six (6) customized rammed earth rental apartment complexes include:

***Heritage Towers*** (two round buildings, with eight suites each, ergonomically designed for independent living);

***Renaissance Place*** (a long-term/ assisted-living complex that provides twenty-four (24) unique suites in each building. There are twelve (12) private and eight (8) semi-private rooms, with common social, dining, and entertainment rooms that allows for intimate gatherings. Two of the private suites are designated for Palliative Care, and another two private suites for Bariatric Care.

Garden balconies, vertical garden walls are a couple of the many natural unique features. These detoxifying areas present a therapeutic component to healing and recovery, as well as providing an esthetically beautiful environment to enjoy.

The twenty (20) unique suites in ***Cedar Rock Manor***, a European-inspired, independent-living, two-storey apartment complex, with a living garden roof, and an outdoor patio, overlooks one of the property's many panoramic vistas. The building contains floor plans for one studio, one bedroom, one bedroom & den, two bedrooms, a visiting guest suite; a conference (library/tv) room; a healthy gym with a licensed trainer; an entertainment (music) room; and a healthy bakery, "***La Patisserie***" that provides organic, gluten free, nutritional products suited for individuals with dietary restraints. Two 24'D cedar gazebos will provide additional outdoor seating.

Five (5) areas, each with a main 38'D bungalow "The ***Magnolia***;" a 24'D compressed rammed earth block/plastered guest house, "The ***Baraka***;" a 98 sq ft compressed rammed earth block/plastered storage shed, "The ***Ev***;" and a 98 sq ft "luxury" compressed rammed earth block/plastered outhouse (complete with laundry), "The ***Catalina***," - all will allow long-term independent families and their guests to visit in a safe acreage-like environment. (Note: there are two (2) options available - three (3) 38'D rotating wood domed Magnolias; one (1) 38'D Polygonal rammed earth Magnolia; and one (1) 44'D octagonal rammed earth Magnolia, each with reciprocal roofs and cupolas).

#### **Transportation & Maintenance:**

All residents of the community and its visitors will have pedestrian, bicycle and wheelchair access to the site. No vehicles, other than emergency vehicles, movers, solar/ low-voltage "Cruise Cars" and specialty "Tindo" 100% solar-powered passenger buses will be permitted. Maintenance facilities will be located away from residential areas.

#### **Conservation & Energy Development:**

In conjunction with the Province of British Columbia, adjacent Crown Lands to 189 Fir Road are anticipated to be incorporated into and developed as a Map Reserve/ Conservation Area for Cedar Rock.

Solar parabolas will be considered for energy development in this area, as will the potential to erect additional small yurts, and/or compressed rammed earth block (CREB) residences for EHS individuals; small CREB facilities for Climate change and Astronomy research; portable yurts for Student/Adult Seasonal Camps.

Any and all development to these areas will be done specifically to ensure the 'protective barrier' around Cedar Rock remains (ie. no cell towers, smart meters, pipelines, active mining, clear cutting or camp fires will be permitted as they are detrimental not only to the existing habitats, but to the community's residents, visitors, and wildlife alike).