## Holistic Sustainability



Led by John Godden, Clearsphere

### Date: February 17th 2021

#### WINTER 2021 - SUSTAINABLE HOUSING FOUNDATION WEBINAR SERIES

#### *February* 18<sup>th</sup> 2021

**1. Holistic Sustainability:** What does "sustainable" housing actually mean today and how has that definition changed over time? Is it energy efficiency? Is it resilient buildings? Is it water efficiency? Or, is it all of these things and more? How do you measure and evaluate sustainability? Why is it important to be looking at these issues today and what does the future hold for the home building industry? Led by John Godden, Clearsphere.

#### March 18<sup>th</sup> 2021

2. Embodied Carbon: This webinar will help explain the difference between embodied carbon and operational carbon and why the difference is significant when talking about building sustainable housing. How does embodied carbon relate to energy efficiency? How do you measure embodied carbon? How does this tie into our governments' approach to a carbon tax? Led by Christian Rinomato, Country Homes

#### April 22<sup>nd</sup> 2021

**3. Cost Effective Durability**: The topic of resiliency in housing has become a hot button issue for many municipalities who are struggling to address climate change, natural disasters, water shortages and other issues- not to mention energy. This webinar will look at this issue from the view point of building science, and engineering principles. **Led by Structural Engineer Travis Schiller** 

*May 20<sup>th</sup> 2021* 

#### 4. Cross Border Challenge Awards:

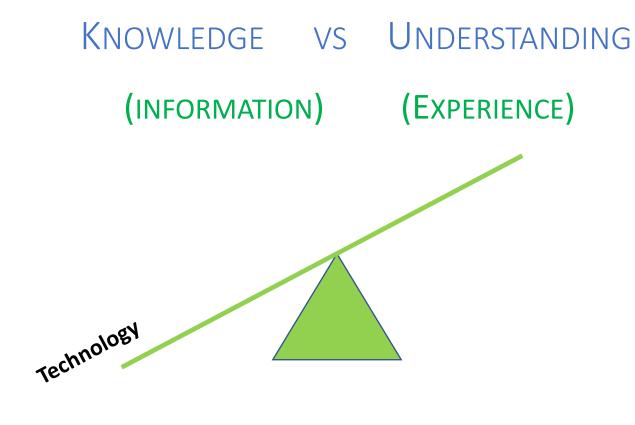
### **Holistic Sustainability Helpful Terms**

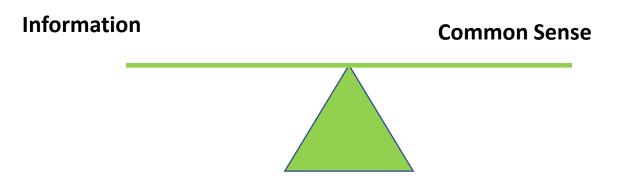
- **Primary Energy:** Energy that exists as a result of natural processes, i.e fossil fuels.
- **Secondary Energy:** Energy made from primary sources.
- Common Sense: good sense and sound judgment in practical matters.
  "Common sense is anything but common"

"Common sense is anything but common"

• Low Hanging Fruit: a thing or person that can be won, obtained, or persuaded with little effort.

There are no panaceas!





## **Futureproofing - The Third Wave**

Alvin Toffler Best seller describes three historic stages for the development of civilization.

- First wave: The agricultural transition from a hunter gatherer structure
- Second wave: The industrial age, largely driven by the burning of cheap fossil fuels like coal and oil
- Third wave: The information age where we connect to the internet using our computers and smartphones.

### Are we in the Third Wave and what is Bill Gates up to?

Sustainability is more than the process-it is about relationships between people and things. It is about how we value our connection with resources to achieve less waste and better outcomes for the future.

Simply put, sustainability involves saving energy, saving water, saving materials while constructing Low Carbon durable homes.

## SUSTAINABILITY IS DOING MORE WITH LESS

### What is Holistic Sustainability?

- Holy comes from the Greek root "HOLOS" which means WHOLE.
- A Holistic approach is concerned with the complete system rather than the dissection into its parts.
- Holistic Sustainability is making choices based on the understanding of how all the parts come together to form the whole and the impact of those choices over time.

# How do we measure sustainability with regards to housing?

#### ISSUE 25 | SPRING 2018

MB S2 W

industrynews / PAUL DE BERARDIS

### **The Good Builder Score**

Proposing a New Approach to Rating Home Builders



## Sustainability ISSUE

the builder's source

BETTER

#### INSIDE

River City's Mid-rise Possibilities Do We Have to Over-regulate? The Good Builder Score LEED v4 – The Next Evolution Going for Silver Lessons from San Lorenzo

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	ENERGY PATHS	EN ER GY RATING SOFTWARE	RENEW- ABLES	WATER	THIRD PARTY TESTED	IDP	EASE OF USE	LABEL AT CLOSING	COSTS
EETTER THAN CODE"	Performance	RemRate (HERS)	Ŷ	HERS H2O	Y	Y	Y	Y	No Reg Rate = 400-500
enerQuide	Performance	Hot2000 (EnerGuide)	Y	N	Y	N	Y	Y	Reg = 12 Rate = 30 Total = 42
ample	Prescriptive per formance	Hot2000 (EnerGuide)	N	N	Y	N	Y	Y	Reg = 12 Rate = 50 Total = 60
States	Prescriptive per formance	Hot2000 (EnerGuide) RemRate (HERS)	Ŷ	Y	Y	Y	N	N	Version 4 reduces fees
BuiltGreen	Performance	Hot2000 (EnerGuide)	Y (not verified)	Y (not verified)	N	N	N	N	Reg = 25 Rate = 30 Total = 55
R-2000	Performance	Hot2000 (EnerGuide)	N	N	Y	Y	N	N	Reg = 22 Rate = 75 Total = 92
2017 OBC	Prescriptive performance	Approved software (A.3.1.2.1)	-	-	Required for some compliance options	Y	-	-	Labeling is NOT required



### Builder's Sustainability Checklist

1	Section 1: HIGH PERFORMANCE ENVELOPE	INCLUDED	QUESTIONS	COMMENTS/REFERENCES
1.1	Third party performance based energy rating and testing with 20% Better Than Code (HERS 46)	◄		
1.2	Tested air leakage @ 50Pa < 2.0 ACH detached (Aerobarrier required)	>		
1.3	R5 XP Building Products of Canada sheathing and air barrier with all penetrations sealed, including window flashing. Cavity insulation R22 Rockwool. (New addition above grade walls)	Y		
1.4	Existing above grade walls Comfortboard 80 2x4 stand off wall w/R22 Rockwool batts	◄		
1.5	Air seal all HVAC boots, bath exhaust fan housings, pot lights and penetrations	✓		
1.6	Upgraded "better basement" R4 comfortboard 80 + R14 Rockwool for moisture management in new and existing	V		
1.7	High performance windows with low U-Value=1.4 and low Solar Heat Gain Coefficient (SHGC)<0.30	V		
1	Section 2: HIGH PERFORMANCE HVAC	INCLUDED	QUESTIONS	COMMENTS/REFERENCES
2.1	Right sized 96% AFUE heating plant min. 2 Stage burner w/ECM			
2.2	Condensing combination heating system with existing boiler @95% AFUE and 3 zoned hi-velocity air distribution system	Y		
2.3	Programmable web-based thermostat (3 zones)	N		
2.4	Indirect hot water storage tank (EF=0.9) for use with radiant floor	Y		
2.5	Drain water heat recovery on two shower drains, R3-42 (R3-60 on one drain)	Y		
2.6	Hybrid Heat with heat pump Air conditioner			
	Section 3: INDOOR AIR QUALITY	INCLUDED	QUESTIONS	COMMENTS/REFERENCES
3.1	Min. efficiency HRV 75% SRE			
3.1(b)	Best ventilation: Energy recovery ventilation (ERV) SRE of 75% c/w ECM, exhaust ducted to 2-peice bath and basement bath	N		
3.2	Flow rate verified by third party	✓		
3.3	2 High Static Bathroom fans verified at OBC capacities c/w best soffit vents	<ul><li>✓</li></ul>		
3.4	MERV 8 air filtration			
3.4(b)	Best filter: 4 inches pleated MERV 12 for maximum air filtration			
3.5	Better air conditioner: Right sized, 16 SEER, two-stage air conditioner			
3.6	Containment control during construction	V		
3.7	Pre-occupancy flush (48hrs before)	V		
	Section 4: REDUCE WATER USAGE	INCLUDED	QUESTIONS	COMMENTS/REFERENCES
4.1	Toilets 4.00 LPF			
4.2	Kitchen and Private faucets 5.7 LPM			
4.3	Greywater recycling system (Total Water Solution)	V		
4.4	Showerheads 5.7 LPM			
4.5	Hot Water Circulation Pump w/ HERS H2O label	<		
	Section 5: EFFICIENT ELECTRICAL AND MATERIAL MANAGEMENT	INCLUDED	QUESTIONS	COMMENTS/REFERENCES
5.1	100% LED lighting	V		
5.2	Attic Insulation low CFC blown foam	V		
5.3	Thermal insulated sheathing 90% recycled content			
5.4	Rockwool Stonewool insulation throughout house, Greenguard Gold + certified			
5.5	ENERGY STAR appliances (clothes washer, dishwasher and refridgerator)			
5.6	Sustainable Forestry Initiative (SFI) approved engineered hardwood floor			
5.7	Battery storage with critical circuits for backup			

## How we make our economic choices?

- The old way is economic only the least expensive is the best.
- The new way of making choices is including externalities.

## **Examples of externalities**

- Carbon emissions Global Warming Potentials (GWP) of different products. The production of concrete (7%) and steel (8%) make up 15% of total Global Emissions.
- Waste Post Industrial and Post Consumer recycled content.
- Transportation Is a product locally made or does it come from overseas.
- Chemical Pollution impact on the environment and human health.

	Federal Carbon Tax for Various Fuels					
Date	Natural Gas (Cents/m3)	Gasoline (Cents/L)	•	Annual Impact Car (4 cyl)(20000km)		
Apr-19	3.91	4.4	\$70.38	97.77		
Apr-20	5.87	6.6	\$105.66	\$146.67		
Apr-21	7.83	8.8	\$140.94	\$195.55		
Apr-22	9.79	11.05	\$176.22	\$245.55		

In April 2022, those of us who live in ENERGYSTAR houses and drive a 4 cylinder car will be paying \$421.77 in carbon taxes

https://www.canada.ca/en/revenue-agency/services/forms-publications/publications/fcrates/fuel-charge-rates.html

<sup>\*</sup>sources: <a href="https://www.ontario.ca/page/motor-fuel-prices">https://www.ontario.ca/page/motor-fuel-prices</a>



### A Brookfield Home has a similar annual CO2 footprint as a small 4 cylinder car!



## The Hybrid Approach - Futureproofing

Plug-in Hybrid car can run 4 different ways.

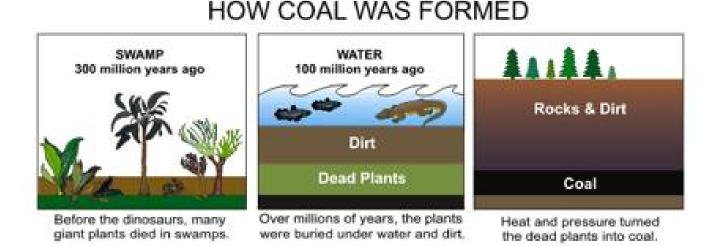
- 1. 1.4 litre turbo engine which runs on gasoline
- 2. 1.4 litre turbo engine can charge battery
- 3. Hybrid mode where braking stores energy
- 4. Straight electric mode with 8kWh battery which has 40km range



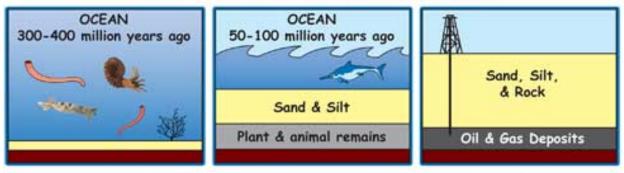
## The Primary Energy Blues – School House Rock Earth



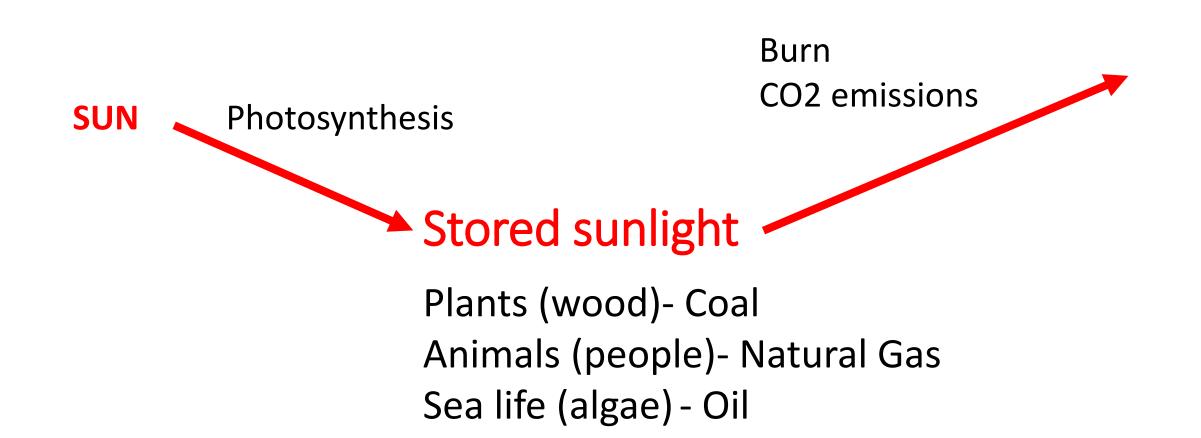
### Coal, Oil and Natural Gas Formation



#### OIL AND NATURAL GAS FORMATION

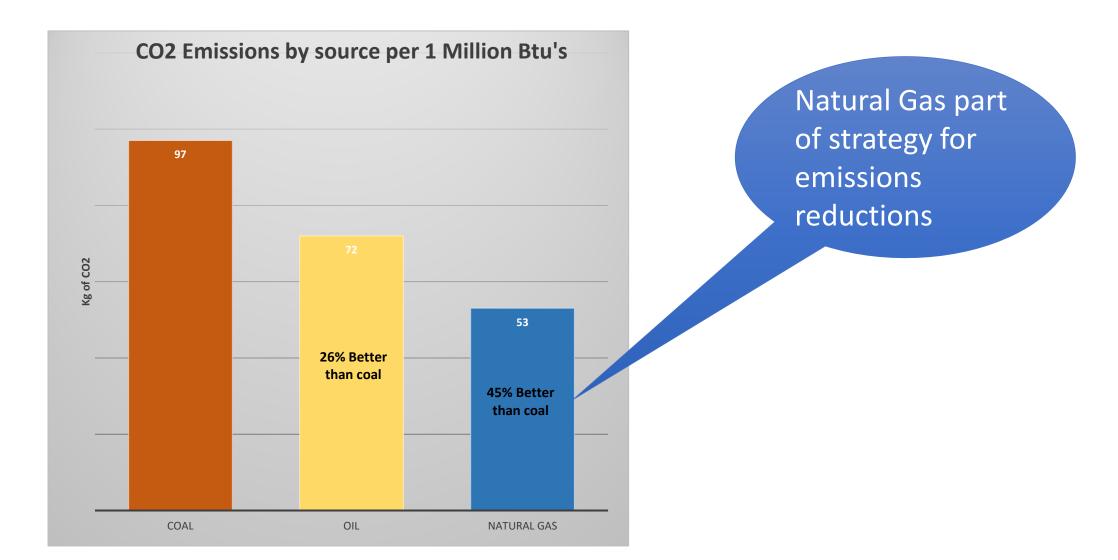


Tiny sea plants and animals died and were buried on the ocean floor. Over time, they were covered by layers of silt and sand. Over millions of years, the remains were buried deeper and deeper. The enormous heat and pressure turned them into oil and gas. Today, we drill down through layers of sand, silt, and rock to reach the rock formations that contain oil and gas deposits.

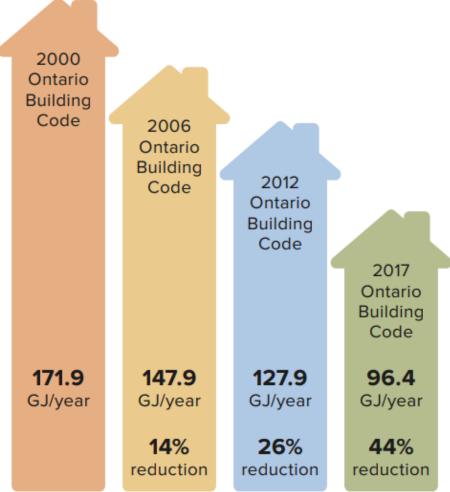


Plants are very important because they create oxygen and absorb CO2

### Natural Gas still part of a long-term strategy for Emissions Reductions



### OBC 2017 Package A1 surpasses PARIS ACCORD Targets ... But .... signalling more major changes



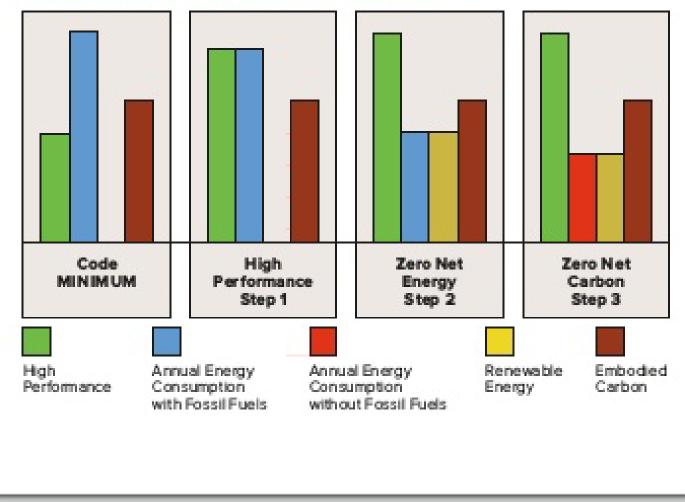
Total Household Energy Usage by Year of Construction

**Step 1**: Reducing operational carbon (i.e. natural gas)

**Step 2:** Reducing operational carbon and producing onsite energy

**Step 3:** Reducing embodied carbon

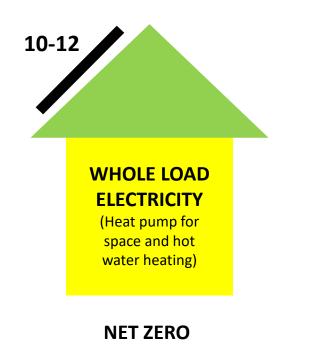
### **High Performance Definitions**



### Net Zero in Ontario

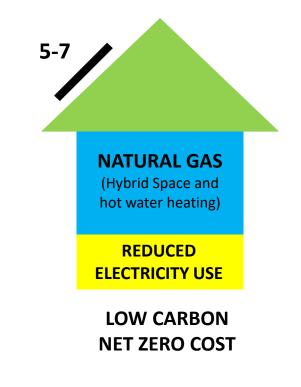
Modeled balanced energy – PV offsets other loads Problem: surplus electricity can not be

sold to the grid and requires battery storage for use electricity in the house

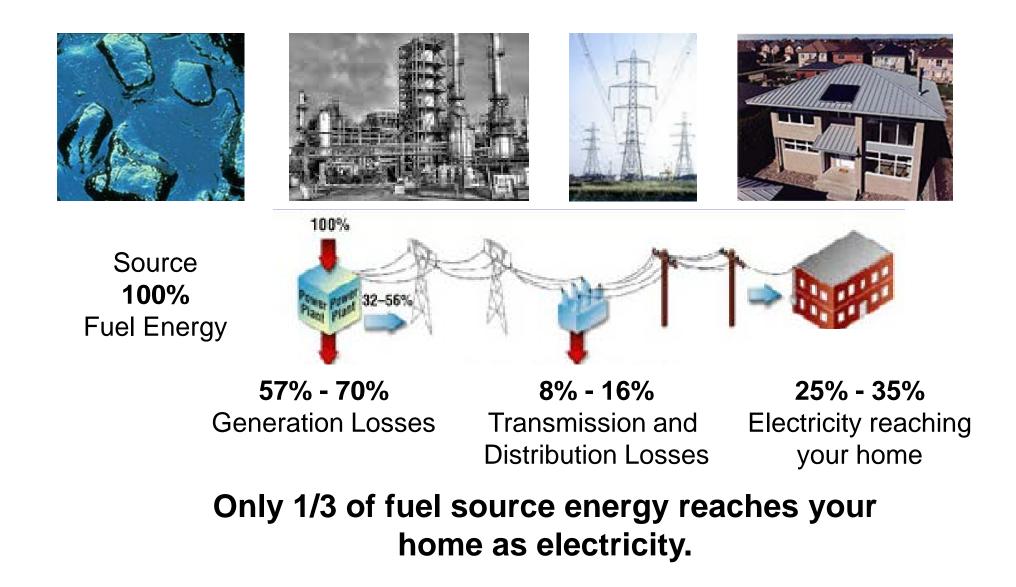


### Low Carbon (Operational and Embodied)

Modest solar array charges battery with critical circuits for use in the house. Less insulation in the envelope because not trying to reach balanced energy or Net-Zero. Careful choice of materials with low embodied carbon.



### GENERATION LOSSES AND PRIMARY ENERGY

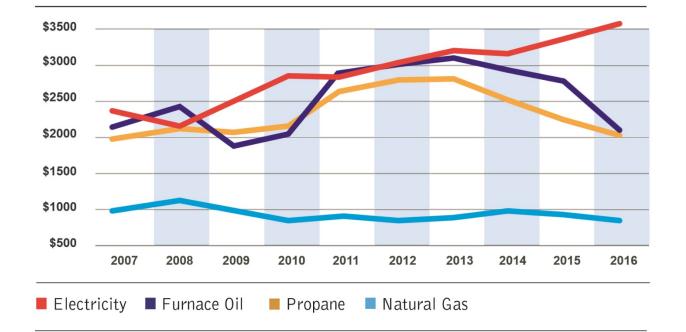




## Apples to Apples

Energy

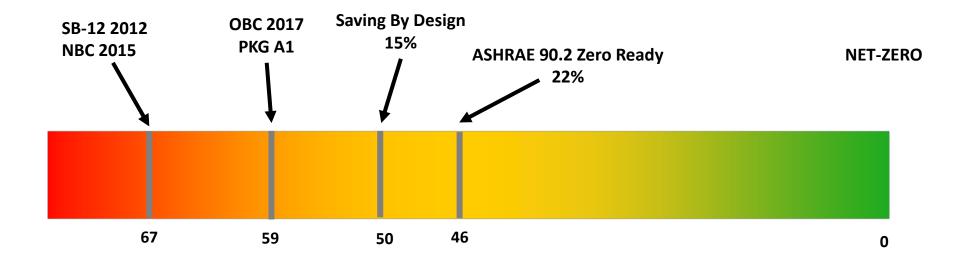




## Electricity rates & prices



### HERS THRESHOLDS FOR ONTARIO FOR HOUSE



SBD-15%: (59-50) / 59 = 15%

## ASHRAE 90.2

ERI SCORES BY CLIMATE ZONE				
CLIMATE	ERISCORE			
ZONE 1	43			
ZONE 2	45			
ZONE 3	47			
ZONE 4	47			
ZONE5	47			
ZONE6	46			
ZONE 7	46			
ZONE 8	45			

Zero Ready Home in USA (North America)

## Sustainability: 5 examples of doing more with less

Example 1: The Enbridge Savings by Design program, which introduces builders to the integrated design process (IDP).

The IDP results in market transformation which shows builders how to save energy, save water, save materials while constructing Low Carbon durable homes.

#### ISSUE 34 | SUMMER 2020

buildernews



The 2020 Cross Border **Builder Challenge** RESNET. 🛃 📢 cresnet

#### **Canadian Builders Up for the Challenge**

Once again, Canadian builders represented the nation brilliantly at this year's 7th Annual RESNET/CRESNET Cross Border Builder Challenge, a competition celebrating excellence in energy-efficient home building while promoting the Home Energy Rating System (HERS) Index.



John Godden (left) and Paul Duffy, CRESNET; Jim Neto and Silvana Ramirez, Brockfield Residential, Tim Campanale, Campanale Homes, and Rod Buchalter, RenewABILITY Energy Inc. at the RESNET annual Border Builder Challenge Awards in Scottsdale Adzona

Jim Couperthwaite (left), Geranium Homes-Innovation Award presented by Paul Lowes, Building Products of Canada





Frank Mauro (left) and Vince Naccarato, Rodeo Fine Homes-Honourable Mention





Erminio Labriola (left) and Silvana Ramirez, Brookfield Residential -Tim Campanale, Campanale Homes - Lowest Score Mid-Production Lowest Score Production (over 100 homes)

MANY THANKS TO THE SPONSORS OF THIS YEAR'S CHALLENGE











Simply the Best

the builde

BETTER

WINNERS OF THE CROSS BORDER CHALLENGE

#### INSIDE

Sustainable Hardwood Flooring **Being Bottle-Free** Pursuing Energy Efficiency Missing Spring Training Camp High-Efficiency Foam The Carbon Question

## Example 2

The use of structural insulated sheathing with wood fibre that has 100% recycled content and a high vapour permeance which allows for drying potential in the wall cavity to the outside. In addition, the product is locally produced and uses foam with non CFC blowing agents

## **PROOFING** CHALLENGES IN REDUCING CO<sub>2</sub>

13 SOLL

INSIDE Country Homes Looks to Carbon Reduction Building After the Pandemic Employing Batteries Future-proofing Regulatory Requirements An Electric Mobility Future

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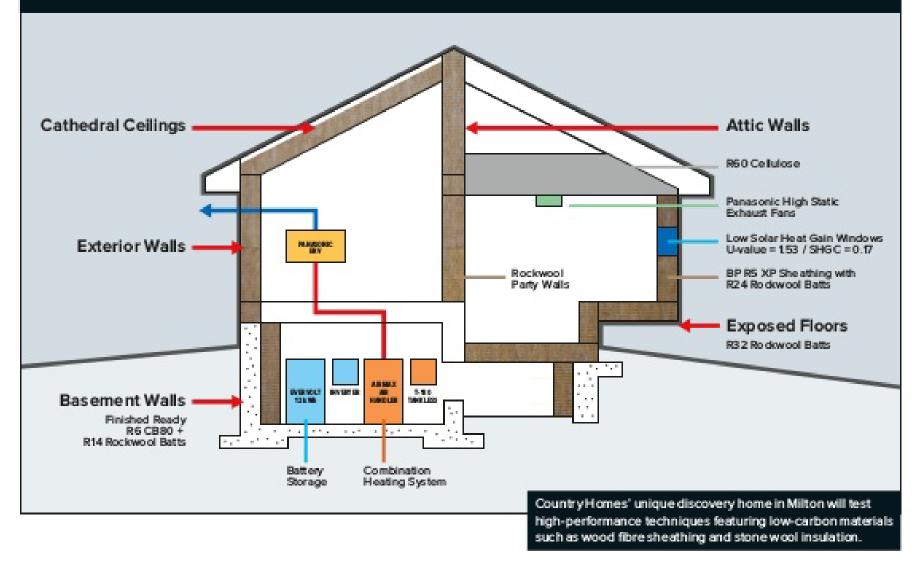
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**Monthly Newsletter** 

#### COUNTRY HOMES "SUPER-SEMI" LOW CARBON NET COST ZERO



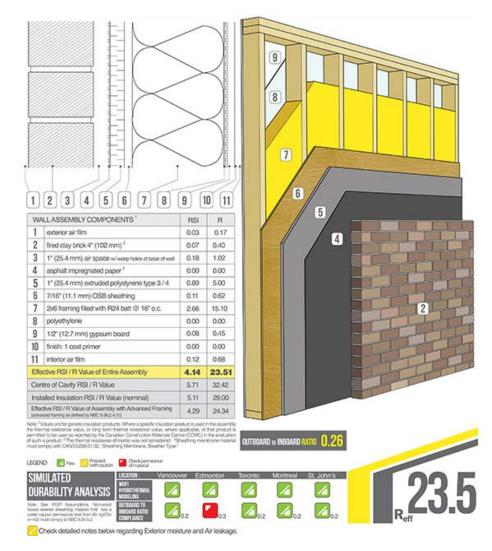
The super-semi scores a HERS 43 well below the threshold for zero-ready in zone 6

### **Nominal R-Value Versus Effective R-Value**

Package A1 Thermal Bridging Nominal R- Value = 22.0 Effective R- Value = 17.1 Package A2 Continuous Insulation Nominal R-Value = 24.0 Effective R-Value = 20.32



The additional R1 makes a huge difference with sheathing



## WALL THERMAL DESIGN CALCULATOR

### www.cwc.ca

#### Effective R Value of SB-12 Walls

Wall Construction	Framing Centers	Effective R-Value
2x6 Stud R-22 Batt	16" O.C.	17.03
2x6 Stud R19+R5	16" O.C.	20.32
2x4 Stud R14+7.5	16" O.C.	18.62
2x6 Stud R22+R5	16" O.C.	21.4
2x6 Stud R24 Batt	24" O.C.	19.24

10% less lumber with 2x6 studs on 24' centers.

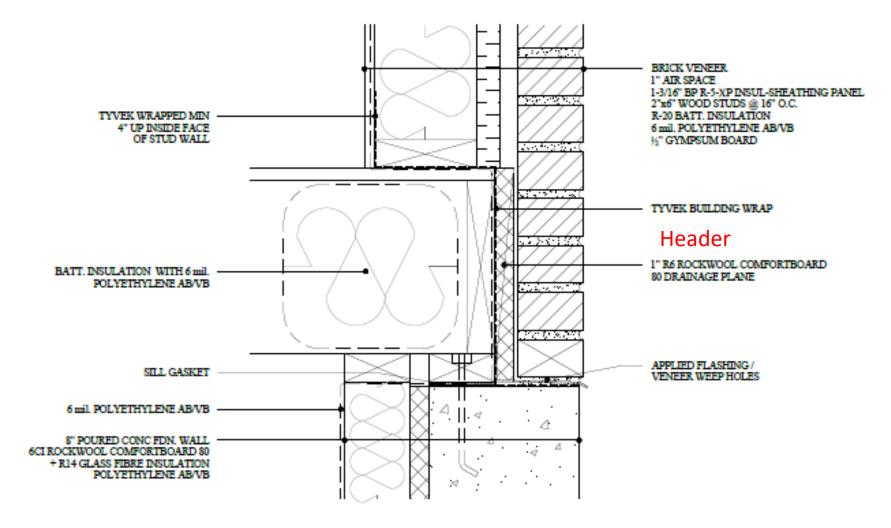
OSB is non-permeable and causes condensation and ?



## Example 3

Lower embodied carbon by using an 8 inch foundation rather than 10 inch foundation used in most Net-Zero houses. This results in 25% less concrete which is the highest source of embodied carbon in a house.

### Low Carbon foundation wall detail



8" FOUNDATION WALL SECTION AT FIRST FLOOR WITH BRICK VENEER

#### ISSUE 33 | SPRING 2020

## The Water Issue waste not, want not

the builder's source

#### INSIDE

Greyter Water Systems Water as Energy Optimizing Winter Humidity Drainage Layers and Durability RESNET's New HERS<sub>H20</sub> Scale Saving Water Makes Sense **buildernews** / ROB BLACKSTIEN

### **Hell or High Water**

With water conservation being the next frontier, RESNET's new HERS<sub>H20</sub> scale has come to Canada, providing builders with a valuable tool.

he impact of seeing baby kangaroos and koala bears being rescued is sure to be a lasting memory from the devastating fires in Australia that began last summer. But the disaster also underscored an important issue that faces all of human kind: climate change has exacerbated the growing scarcity of water and heightened our ne ed to improve our efficiency with this vital resource.

With this in mind, RESNET's recently developed HERS<sub>100</sub> scale is coming to Can ada, courtesy of John Godden, the person who first brought the HERS scale north of the border in 2005. HERS<sub>100</sub> is a rating system designed to determine how water efficient a home is. The system is based on a candidate-ANSI standard.

Godden says one of his goals was to determine what the Canadian reference was. While the standard American home is 100, the Canadian baseline is 97 – slightly better because plumbing standards call for more efficient toilets and Canada has provincial requirements for drain water heat re covery, he says.

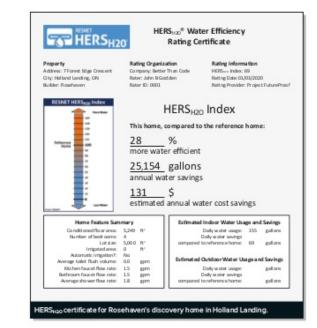
Similar to HERS, HERS+00 allows builders to meet local standards while getting a third-party rating, rather than having the municipality force builders to do things they might not want to do. "If a municipality is having constraints on water and sewage, this is a way of giving builders a choice on the different water-saving features they can put in a house," Godden says.

It's a situation we saw played out in East Gwillimbury a couple of years

28

ago (see "Leading Edge" in Betterit's 319Builder Magazine issue 28), whenthat's IRosehaven Homes wanted to use theThatHERS scale as opposed to locallyis partprescribed ENERGY STAR. In the end,after allowing Rosehaven to build a test2019 M

it's 31% better than the reference house that's being use d as a baseline. That very same Rosehaven home is part of a HERSH20 pilot program that Godden is performing as per a 2019 Memorandum of Understanding



home, East Gwillimbury was convinced enough to alter the prescriptive language of its Sustainable Development Incentive Program, thereby allowing builders more options. Rosehaven's discovery home – the first in Can ada to receive a rating on the HERS<sub>tro</sub> scale – scored a 69, meaning (MOU) he signed with CRESNET. The pilot consists of Godden applying this new standard and ultimately providing labels for specific homes.

Phase B of the pilot – which is being done in conjunction with a discovery home program in Enbridge's Savings by Design program – involves several

## Municipal requirement for ENERGYSTAR or equivalent and Water Conservation checklist

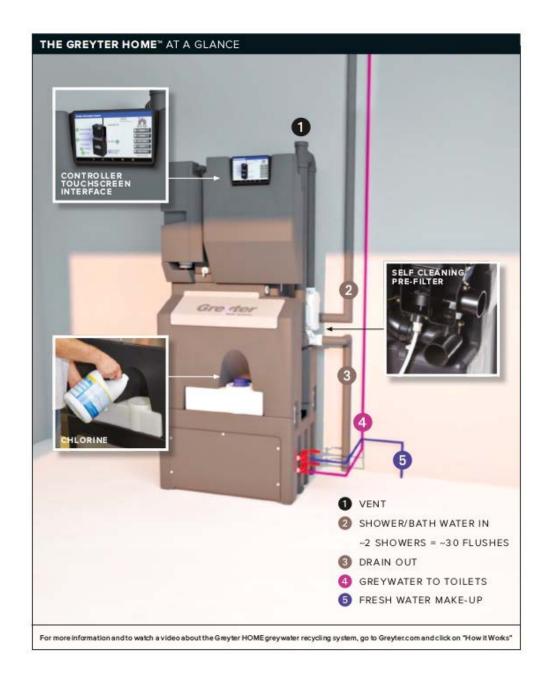
Water Conservation Measures	
Indoor Measures	
WaterSense labeled toilets installed (maximum 4.0 LPF single flush or 3/6 LPF siphonic dual flush toilets)	
WaterSense labeled lavatory faucets installed (B.A.V)	$\square$
WaterSense labeled shower faucets installed	$\square$
Energy Star dishwasher (<20 litres per cycle) installed	
Energy Star clothes washer (water factor of $\leq 6$ ) installed	Π,
On-demand hot water recirculation system installed to one 2 <sup>nd</sup> storey full bathroom or main floor bathroom in a bungalow.	Ø
Installation of approved furnace-mounted whole-home water-efficient humidifier	
Outdoor Measures	, .
No irrigation system has been provided (B.A.V)	$\overline{\mathbf{M}}_{i}$
A minimum of 6 inches of topsoil has been provided throughout (B.A.V) development	$\square$
Native or drought-tolerant landscaping has been provided throughout the development $(B.A.V)$	

### **B.A.V-Builder** Applicant Verification

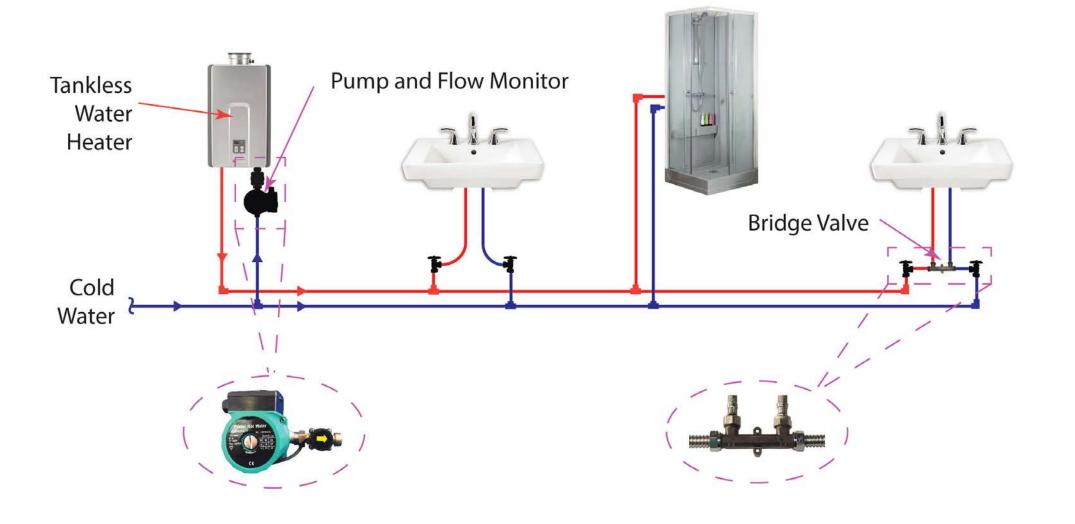
## Example 4

Water use reduction using the HERS H2O index. Water is liquid energy. The city of Toronto spends more money on electricity for water pumping stations then they do on running the TTC annually. Greywater recycling saves water from 2 showers per day for 30 toilet flushes per day. (family of 4)

This means 25% less water use per house and 25% less sanitary outflow to waste treatment plants.



## Recirc on Hot Water Lines reduces usage by 10%



## Clothes Washer – Single most important appliance

Of the 200 Energy Star certified washers available in Canada – 91 are top load

For electricity - Front Loads range from 60 kWh – 159 kWh

- Top Loads range from 92 kwh - 311 kWh

For water - Front loads range from 1728 gallons/yr to 4909 gal/yr (Canadian)



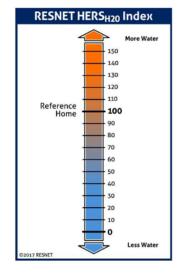
- Top Loads range from 4624 gal/yr to 7827 gal/yr



HERS<sub>H20</sub><sup>®</sup> Water Efficiency

#### **Rating Certificate**

Property Address: City/Pr./PC: Mount Albert, ON Builder: Averton



Rating Information HERS<sub>H20</sub> Index: 78 Rating Date: 11/20/2020 Rating Provider: Better Than Code

HERS<sub>H20</sub> Index: 78

This home, compared to the reference home:

22 % more water efficient

59,552

Litres, annual water savings







#### Notes:

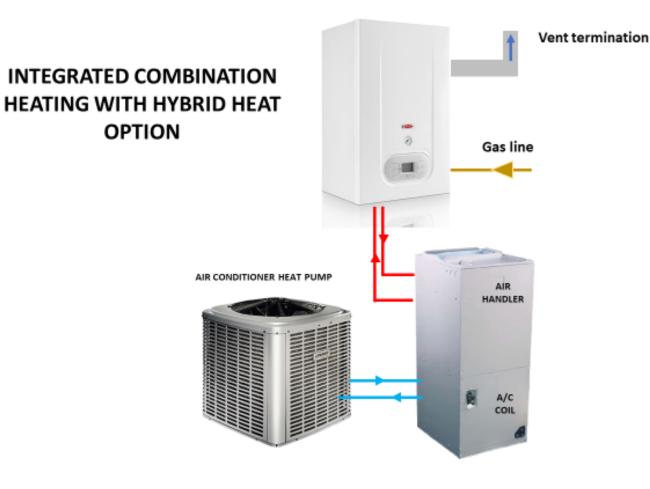
- Low Flush toilets@ 4litres
- Lo flow fixtures and faucets
- Hot water circulation system
- Front loading ENERGYSTAR clothes washer and dishwasher
- INSTALL GREYTER greywater recycling system and HERS H2O is 69 or 31% better.



## Example 5

Integrated combination heating system reduces gas consumption by up to 20%.





Integrated combination heating uses 20% less gas than separate furnace and hot water tank



## Where does actual change begin?





## **QUESTIONS?**