

Past SSR Lectures

SSR Lecture: Harvesting Rainwater and Greywater

Wednesday, November 11th 2015, 6:30-8:00pm

SRCA Community Center- 11885 Cypress Canyon Rd 92131

Reducing water use is the most cost-effective way for Southern California to create more water resources for our increasing population. 75% of our residential water use is outside. Brook Sarson of H2Ome , www.h2o-me.com/ , will discuss ways to decrease outdoor water needs by reusing your gently used laundry and shower water in the garden. She will cover costs, materials, resources, and options for a variety of different setups including yours! She will also dispel a common myth: "What's the point of a rainwater tank when it never rains here?" Rebates still available.

A conversation with the San Diego Public Utilities Customer Advocate on services, drought and conservation

Wednesday, October 14th 2015, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

This Department has recently launched a new and improved Customer Advocacy Program.

David Akin, Esq. presentation will include the following topics:

- Understanding your residential water/sewer bill
- An overview of fixed and variable fees and charges
- Go Green! Online self-service option
- Overview of key infrastructure and services
- What you can do when your utility bill is higher than expected
- Drought Response
- The Pure Water Project
- Focusing on the "big picture" end-to-end customer experience;
- Helping navigate our often complex procedures/organization;
- Acting as a cross functional go-to person;
- Engaging, facilitating and expediting resolution of customer service issues.

Emergency Preparedness: Will the drought mean earlier and/or more intense wildfires?

Friday, June 19th 2015, 10:00am-11:30am

Scripps Ranch Library Community Room 10301 Scripps Lake Dr. 92131

What is SDG&E's Community Fire Safe Program? What apps are available to help you stay informed? What should you have in an Emergency Supply Kit? What should be covered in your Personal Emergency Plan? What is meant by the "Defensible Space" around your home? What should you do in an emergency? What additional resources are available to you?

Hydroponics and Aquaponics

Wednesday, May 13th 2015, 6:30pm-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Aquaponics/hydroponics is easy, fun, and productive: 6 to 10 times the harvest compared to traditional gardening methods, 95% fewer pests, 90% less water, fertilizer, and labor.

Alex Kallas of AgPals, will explain the basics of this bio-integrated system that links recirculating aquaculture with hydroponic vegetable, flower, and/or herb.

"Green Your Ride": Clean Vehicle Trends

Wednesday, April 8th 2015, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Kevin Wood, Clean Transportation project manager at the Center for Sustainable Energy, will talk about the models now on the market, incentives available, and how to charge at home or in public. He will also talk about steps the region is taking to encourage the deployment of other clean vehicle technologies, such as biofuels, hydrogen, natural gas, and propane.

"Kill the Kritters with Kindness"

Scripps Mesa Garden Club monthly meeting

Tuesday, April 28th 2015, 5:45pm

Scripps Ranch Library Community Room, 10301 Scripps Lake Dr. 92131

Carol Fuller will discuss how to use Integrated Pest Management in your landscape. Pesticides are not always the answer to your insect and disease problems. Learn a few tips and tricks to make your landscape self-sufficient.

San Diego Water, What's New for You?

Wednesday, March 11th 2015, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Civil engineer, Mehhdhi Khalili, will discuss Pure Water San Diego, the City's program to provide a safe, reliable drinking water. We'll learn results of the Water Purification Demonstration Project and the plans for full-scale purification facilities.

Jeremy Crutchfield, an engineer from the County Water Authority will discuss the Carlsbad Desalination plant-the desalination process, and other diversification efforts. It will be the largest, most technologically advanced and energy-efficient seawater desalination plant in the Western Hemisphere.

Backyard Birding by Wild Birds Unlimited of Scripps Ranch

Scripps Mesa Garden Club monthly meeting

Tuesday, February 24th 2015, 5:45pm

Scripps Ranch Library Community Room, 10301 Scripps Lake Dr. 92131

Join the Garden Club's monthly meeting to learn how you can encourage and support birds in your backyard. Wild Birds Unlimited presented a similar talk to Sustainable last year.

Landscaping Scripps Ranch and Moving toward Zero Waste

Wednesday, February 11th 2015, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Michael Rasmusson, the MAD Manager for the Miramar Ranch North, will describe transitioning our landscaping from a full maintenance landscape to a low-water, sustainable landscape. These changes include the Butterfly Park at the Scripps Ranch Community Center, a Dry Creek fire-resistant demonstration garden and Oak Glen Native Garden.

Rebecca Hays, an Environmental Specialist with the City of San Diego, will explain the principles and practice of Zero Waste, which calls for handling discarded materials as resources rather than waste. Zero Waste programs aim to conserve these resources through waste prevention, recycling, composting, and other technologies.

Scripps Mesa Garden Club monthly meeting

Tuesday, January 27th 2015, 5:45pm

Scripps Ranch Library Community Room, 10301 Scripps Lake Dr. 92131

A Holistic Approach to Sustainable Gardening

Gisele Schoniger, Organic Gardening Educator at Kellogg Garden Products. Whether you want a lush lawn, glorious trees or delectable fruits and veggies, the key to a productive garden is healthy soil. Learn gardening techniques that mimic Mother Nature by using sustainable and organic practices to improve the health of your soil and the health of your garden, yourself and the planet.

Harvesting Rainwater and Greywater

Wednesday, January 14th 2015, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Brook Sarson of H2Ome and the San Diego Sustainable Institute will discuss ways to decrease your outdoor water needs by reusing your gently used laundry and shower water in the garden. She will cover costs, materials, resources, options for a variety of different setups that will include yours! She will also be dispelling the myth "what's the point of a rainwater tank?"

We'll also have a short presentation from Good Neighbor Gardens. They farm yards in San Diego homes to deliver organic, locally grown, pesticide-free produce through a CSA model.

"One Smooth Ride": Using the New Rapid Bus System

Wednesday, November 12th 2014, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Judith Leitner from MTS (Metropolitan Transit System) will present information about the TWO new express buses available locally for residents, the new infrastructure, and busses. The Rapid 235: express service downtown from early morning until late at night, seven days a week. The Rapid 237: express service across Mira Mesa Boulevard and over to UTC and UCSD. How to park and catch your bus at the new Miramar College Transit Station.

Water Conservation in the City of San Diego

Wednesday, October 15th 2014, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Chris Robbins from the City Water Department will discuss the current state of water management in San Diego, including: Current drought status, Water conservation in the City of San Diego. How to save money on your water bill, from no-cost surveys to rebates.

Backyard Birding for Scripps Ranch

Wednesday, June 11th, 2014, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Want to bring a greater variety of songbirds and hummingbirds to your backyard? Want to know how to discourage squirrels and rodents from raiding your bird feeders? Jerry Martin of Wild Birds Unlimited to learn the secrets of successful Backyard Birding!

Solar Water Heating Basics for Homeowners

Wednesday, May 14th 2014, 6:30–8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

A free workshop to learn all about the energy- and cost-saving benefits of solar water heating systems for your home.

Experts from California Center for Sustainable Energy (CCSE) will explain the

fundamentals of solar water heating, how to apply for valuable incentives and some consumer awareness. Topics will include the different solar water heating systems available and their appropriate applications, researching and comparing solar water heating contractors and evaluating bids and contracts.

Soils as a Living Organism: How to build soils holistically and healthfully

Wednesday, February 12th 2014, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Gisele Schoniger, Manager and Organic Gardening Educator at Kellogg Garden Products. will emphasize the living aspects of soil, including microbial and fungal soil health. She has a wide range of experience and knowledge, including a degree in Ornamental Horticulture from Cal Poly San Luis Obispo, worked for the State Department of Agriculture, a practice as a horticultural therapist, and now a sales career.

All About Recycling

Wednesday, January 8th 2014, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Julie Sands Tyne, Environmental Specialist with the City of San Diego's Environmental Services Department (ESD) and current manager for education outreach with the San Diego County Office of Education will discuss the recycling ordinance that passed in 2008 as well as: what is recyclable, what is not, construction and demolition recycling, ESD for 2014.

Healthy Garden, Healthy Home: Integrated Ant & Pest Management

Wednesday, November 13th 2013, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Scott Parker from the University of California Cooperative Extension Healthy Garden will speak on managing ants and other pests in your home and garden through a method called Integrate Pest Management (IPM). IPM, a scientifically based approach for pest management, includes cultural, mechanical, biological and chemical options as part of an overall pest management program. The primary focus of this program is to use a non-toxic or least-toxic approach in addressing pest concerns

Water-Sensible Landscape Strategies: Reducing Outdoor Water Use & Pollution

Wednesday, October 9th 2013, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

A water-efficient landscape and irrigation system reduces outdoor water use and minimizes urban runoff entering the storm drain system. We will get updates on our water supply and water quality protection efforts, help you navigate rebate programs, and offer strategies to help renovate your yard to a more sustainable and beautiful landscape. Speakers will include JoEllen Jacoby, Supervising Landscape Conservation Designer for the City of San Diego's Water Conservation Program, and Lana Findlay from Think Blue.

Edible Landscapes for Yourself and Others

Wednesday, September 11th 2013, 6:30-8:00pm

SRCA Community Center, 11885 Cypress Canyon Rd 92131

Master Gardener Janice Schock presentation will cover basic gardening concepts needed to start evolving an edible landscape. Gather some landscaping tips and ideas and learn about plant basics, including fertilizers, compost and plant selections.

Learn about the Backyard Produce gardening project and information about how some community gardens are adapting to support production-style donations.

Educational Presentation on Home Energy Upgrades

Monday, August 5th 2013, 6:00–7:30pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

California Center for Sustainable Energy (CCSE) will host an educational event on the benefits of home energy upgrades and incentives for Scripps Ranch residents.

Energy Upgrade California™ is a program of the California Public Utilities Commission in collaboration with the California Energy Commission, California counties, cities, nonprofit organizations and the state's investor-owned utilities. Funding comes from the utilities ratepayers under the auspices of the California PUC in addition to incremental funding from the DOE.

I-15 Bus Rapid Transit Info

Wednesday, April 10th 2013, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

"Bus Rapid Transit", a major upgrade and revamp, is coming to the I-15 Corridor in 2014. It includes a new transit center at Miramar College; improved service to the north, south, and west; and possible future feeder service to/from Scripps Ranch. This presentation would provide an update on that project.

California Center for Sustainable Energy (CCSE) Presentation: Home Energy Upgrades

Thursday, April 18th 2013, 6:00–7:30pm

Scripps Ranch Recreation Center, 11454 Blue Cypress Rd 92131

CCSE is sponsoring a community educational event to help Scripps Ranch residents learn about home energy upgrades and available incentives.

Rattlesnake season will peak soon, Get prepared, Not scared!

Wednesday, March 13th 2013, 6:30–8:00pm

Innovations Academy, 10380 Spring Canyon Rd 92131

Jeff Lemm, herpetologist and leading authority on local reptiles and amphibians, will cover rattlesnake awareness, natural history, and safety, as well as an overview of some of our other local reptiles and amphibians.

Low Carbon Diet Workshop (first session)

Wednesday February 13th 2013, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Are you interested in meeting your neighbors, living a little more sustainably, helping combat climate change, building a healthier and thriving community, and reducing your carbon footprint? The Low Carbon Diet Workshop is a four-session class based on a hands-on workbook by David Gershon.

Three Ways to a Sustainable Landscape

Wednesday, January 9th 2013, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Lynlee Austell-Slayter, MBA, UCCE Master Gardener, Sustainable Landscape Expert, & Edible Landscape Trainer. will share her work as a sustainable landscaper. Creating a sustainable landscape can be rather simple, but keeping it sustainable requires sustainable maintenance practices. These techniques save time, money and habitat while providing conscientious stewardship of our environment

[Online Resource List \(PDF\)](#)
[Sustainable Maintenance Handout \(PDF\)](#)

Great Food and Less Stuff

Thursday, November 8th, 2012

Food Truck Extravaganza 5:30 PM

Movie and Discussion 6:30pm

Innovations Academy, 10380 Spring Canyon Road 92131 Multi Purpose room
We'll help you envision a quality life with less "stuff". We'll watch *The Story of Stuff*, which uses great graphics to lay out the costs of extracting, producing, distributing, consuming, and disposing of all that stuff.

It can also be viewed at <http://www.storyofstuff.org/>

Farmers' Markets, Community-Supported Agriculture, Farm-to-Table & More **Wednesday, October 10th 2012, 6:30-8:00pm**

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Buying local involves buying food produced, grown, or raised as close to home as possible. Local produce is usually fresher, supports local farmers, helps protect the environment, and preserves agricultural diversity

The San Diego County Farm Bureau is a non-profit organization that represents San Diego agriculture through public relations, education, and public policy advocacy. Eric Larson, Farm Bureau's Executive Director, will give us details about California and San Diego Agriculture, local trends in sustainable agricultural and ways we can obtain local agricultural products. www.sdfarmbureau.org

Yes, you CAN Live in Scripps Ranch and Ride the Bus!

Wednesday, September 12th 2012, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

This is a nuts-and-bolts talk about how to use existing MTS busses and trolleys: Practically speaking, what destinations make sense for public transit from Scripps Ranch. How to plan your trip, how to catch the bus, and how to pay.

What Do Food Labels Really Mean?

Wednesday, June 13th 2012, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

A chance to understand what we do and don't know about those food labels: "organic", "certified organic", "chemically free", "natural", "fresh", "grass-fed", "animal welfare approved", "salmon-safe", "Food Alliance Certified" versus "Fair Trade Certified"... Can food be "organic" and yet have been grown using green manure? And, are items sporting these labels worth their higher prices? Do the labels verify that "sustainable" practices are being used?

Edible Gardening 101

Wednesday, March 14th 2012, 6:30pm-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Master Gardener Karan Greenwald & Marian Marum LEED Landscape Architect and SR resident will present the basics of edible gardening and answer your questions. Topics will include preparing our soil, raised beds, container plantings, what and when to plant, watering, fertilizing, mulching, insect/critter issues, educational resources, and, of course, tomatoes.

Cost-Effective Upgrades to your Existing Landscaping

Wednesday, February 8th 2012, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Eric Breceda from Breceda Landscaping, will introduce cost-effective strategies for upgrading existing landscape water systems. He'll give examples and take your questions about ways to provide more uniform watering, placements for maximum effectiveness, and how to retrofit existing systems with smarter controllers.

Mother Nature's Child- a thought-provoking film and discussion:

Wednesday, January 11th 2012, 6:30 pm-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Mother Nature's Child explores nature's powerful role in children's health and development through the experience of toddlers, middle childhood and adolescents. The effects of "nature deficit disorder" are now being noted across the country in epidemics of child obesity, attention disorders, and depression.

Why do children need unstructured time outside? What is the place of risk-taking in healthy child development? How is play a form of learning? Why are teachers resistant to taking students outside? How can city kids connect with nature? A discussion with Janice Swaisgood of Family Adventures in Nature will follow.

SDCWA Water Information Extravaganza

Wednesday, November 9th 2011, 6:30- 8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Where's our water come from? How is it used? What limits the supply? Why does it cost so much? What are the "new sources" of water that may be available (Desal; "purple pipe" water; advanced water treatment for potable, conservation, etc.)

CCSE Clean Vehicle Symposium and Showcase

Wednesday, October 12th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

During this symposium you will: learn about the sustainability objectives of clean vehicles, learn about current state of clean vehicle technologies, where the technologies are headed.

CCSE: Reduce then Produce

Wednesday, September 14th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

California Center for Sustainable Energy (CCSE) will explain how a qualified contractor can diagnose your house and help you pick your best paths to reducing energy use. A qualified home can also take advantage of group savings on solar. With the Energy Upgrade California program you're can earn rebates and federal tax credits.

California Center for Sustainable Energy (CCSE)

Cash Rebates for Home Energy Retrofits

Wednesday, June 8th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Energy Upgrade California (EUC) program promotes a whole house performance approach that focuses on the many elements within a home that affect energy use, and how they interact and influence health and safety.

Sustainable Organic Practices, Designed by Nature for our Community"

Wednesday, May 11th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Kevin Fretz of Green Alliance will discuss how we can best manage our gardens and green space with organics? Why should organics be considered more sustainable than chemicals? Are all organic products considered sustainable? Are they all safe for your family and the environment?

Family Adventures in Nature: "Children and Nature: Taking the Next Steps with Your Family"

Wednesday, April 13th 2011- 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

This interactive program is about the disconnect between children and nature, relevant research and simple ways you can connect your kids and nature in the great outdoors. Learn about free nature club and local outings too.

CCSE presents Introduction to Solar

Wednesday, March 9th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Are you interested in solar power for your home and want to know more, but also want to avoid possible high-pressure sales approaches from vendors? The California Center for Sustainable Energy (CCSE) provides un-biased, free workshops and information resources about sustainable energy technologies and incentive programs.

MCAS Miramar talks

Wednesday, February 9th 2011, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Did you know that there is a rare National Natural Landmark (NNL) – called the Miramar Mounds here in our backyard? Did you know that protecting that Landmark is their responsibility and is one of the largest users of recycled water in San Diego and the recipient of four major energy and water management awards in recent years? Two experts from MCAS Miramar will key sustainability areas that the base supports. Dr. Charles Black will describe their Natural and Cultural History preservation programs. Randy Monohan will then discuss MCAS approaches to increasing their energy security.

Introduction to Water Harvesting

Wednesday, Nov 10th 2010, 6:30-8:00pm

Scripps Ranch Community Center, 11885 Cypress Canyon Rd 92131

Brook Sarson of H2Ome will cover the practical aspects of residential rainwater harvesting and greywater harvesting, including cost, materials, legal, and location considerations. For more information, download her presentation here: [Gray water\Water Harvesting Presentation Nov 10 2010.pdf](#)