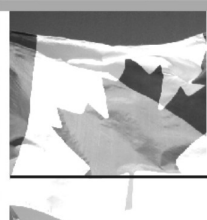


Brian MASSE

M.P. Windsor West



WINDSOR WEST UPDATE

Spring 2018

PROTECTING OJIBWAY SHORES FOR THE HEALTH OF OUR COMMUNITY

In the past year you may have heard a lot of discussion about protecting Ojibway Shores. This vital 33 acre greenspace is the last remaining, undeveloped natural shoreline in Windsor-Detroit, and I am working—with you, and for you—to protect it for the long-term.

Ojibway Shores is home to hundreds of endangered species that rely on migration through surrounding local parks for survival. This includes Ojibway Park, Spring Garden Natural Area, Black Oak Heritage Park, and the Tallgrass Prairie Park, to name a few. If connected, this area including the Detroit River could become one of North America's treasures. Ojibway Shores is a vital piece. It serves not only as a home and larger ecosystem to these species, but also provides natural heritage areas that our community can enjoy, appreciate, and use for healthy living space and ecotourism.

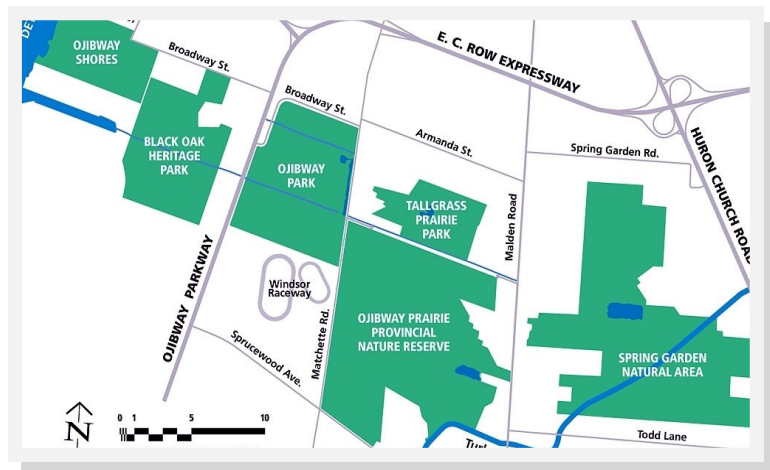
Residents can connect with Ojibway Shores. It's a place to share this natural environment with our children and grandchildren for generations to come. It's a place to learn about species native to our region, to enjoy natural outdoor activities within the city limits, like hiking and cycling while still appreciating and respecting this invaluable natural ecosystem that is a unique place being taken for granted. We should be able to enjoy our land, as a park, and protect it for the long-term. We need to protect and enjoy what is ours.

This fight for protecting Ojibway Shores is a fight for our environment, and our community. I encourage you to stand up and fight for Ojibway Shores by downloading and signing the petition at www.brianmasse.ca.

When I was a member of City Council we saved the Spring Garden area, Peche Island, and restored our riverfront to a park from a railroad and hotel. These decisions were good for our environment, image, and economy.

Ojibway Shores A Plan for Ojibway Shores

- Canadian taxpayers own the Windsor Port Authority, who own and oversee Ojibway Shores. They tried to develop it for industrial use, were stopped, but are still trying.
- The Port wanted money from Sandwich Towne, or from city taxpayers, in order to pay for maintaining this land.
- Instead, Brian wants to transfer Ojibway Shores from the Port Authority to the Ministry of Environment or City of Windsor for its long-term protection.
- Work towards and environmental/ recreational/ ecotourism use for the connecting properties.



Learn More: Healthy Living

The back page of this mailing describes one aspect of being active and healthy. Science and research has proven the long-term benefits of even light exercise can decrease stress, and your risk of developing such diseases as diabetes, heart disease, and arthritis. It also helps boost our immune systems and better sleep!

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Canadian 24 Hour Movement For Children and Youth

The *Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years)* are the first evidence based guidelines to address the whole day. Kids are inactive and may be losing sleep over it. They aren't moving enough to be tired, and they may also be too tired to move.

Research strongly shows the need for a new movement paradigm that emphasizes the integration of all movement behaviours occurring over a whole day, shifting the focus from the individual components to emphasize the whole. The new guidelines encourage Children and Youth to "Sweat, Step, Sleep and Sit" the right amounts for a healthy 24 hours.

These guidelines were developed by the Healthy Active Living and Obesity Group (HALO) of the Children's Hospital of Eastern Ontario (CHEO) Research Institute, the Canadian Society for Exercise Physiology (CSEP), ParticipACTION, The Conference Board of Canada, the Public Health Agency of Canada and a group of leading researchers from around the world, with the input of over 700 national and international stakeholders. For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A Healthy 24 Hours Includes



Sweat

Moderate to Vigorous Physical Activity

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.



Step

Light physical activity

Several hours of a variety of structured and unstructured light physical activities.



Sleep

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times.



Sit

Sedentary behaviour

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

