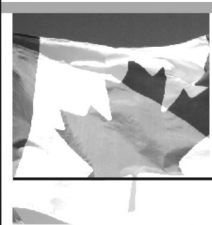


Brian MASSE

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.

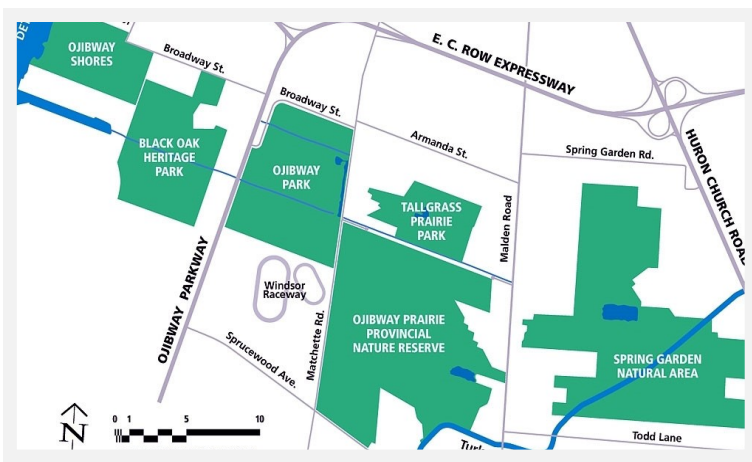
Residents can connect with Ojibway Shores. It's a place to share this natural environment with our children and grandchildren for generations to come. It's a place to learn about species native to our region, to enjoy natural outdoor activities within the city limits, like hiking and cycling while still 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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Federal Concussion Initiatives

Concussion Awareness

Sport and physical activity play a significant role in the lives of many Canadians – from creating a sense of belonging and community, to producing tremendous health and emotional benefits. To increase sport participation and active lifestyles, we need to work towards reducing the incidence and impact of serious injuries and keep sport safe.

The Government of Canada recognizes that too many individuals experience concussions during sport and recreation activities, sometimes with tragic outcomes. Concussions in sport are a recognized public health issue because of their frequency and their potential short and long-term consequences.



FACTS

- ◆ 64% of visits to hospital emergency departments among 10-18 year-olds are related to participation in sports, physical activity and recreation.
- ◆ Among children and youth (10-18 years) who visit an emergency department for a sports related head injury, 39% were diagnosed with concussions, while a further 24% were possible concussions.
- ◆ Football, soccer and hockey have all shown a greater than 40% increase in rates of reported head injury (relative to other injuries) between 2004 and 2014 for children and youth.

Federal Initiatives

The government is now working with stakeholders including provincial/territorial governments, national level sport organizations, and health partners to support a Pan-Canadian Concussion Strategy to help prevent and manage concussions. The education sector is also a key partner in addressing concussions.

The Canadian Institutes of Health Research (CIHR) support research on injury prevention, including providing funding for 19 research projects on mild traumatic brain injuries, with a focus on improving the prevention, diagnosis and treatment for populations most at risk of suffering from these injuries, including children and youth, athletes, and seniors.

When should I replace a hockey helmet?

The life-span of a hockey helmet is not easy to determine, and there are no expiration guidelines for hockey helmets in Canada. Hockey helmets are multi-impact helmets, they are designed to protect against more than one impact, but must be replaced when you see damage. The recommendation from CSA (Canadian Standards Association) is for consumers to exercise good judgement as to the suitability of a hockey helmet for play. Helmets that are cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow should be replaced.



Get The App Now!



Concussion Ed is an app available from Parachute Canada and is designed to give Canadians free access to critical concussion resources.

This free mobile app was primarily developed for youth, parents and educators, but covers concussions throughout different scenarios for a wide audience. Available in English and French, Concussion Ed is organized into Prevent, Recognize, Manage and Track.

Parachute worked under the guidance of its Expert Advisory Committee and with selected members from the Canadian Concussion Collaborative to select relevant, evidence-based material for Concussion Ed. The development of Concussion Ed was supported by the Public Health Agency of Canada.