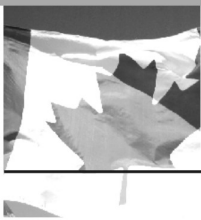


Brian MASSE

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.

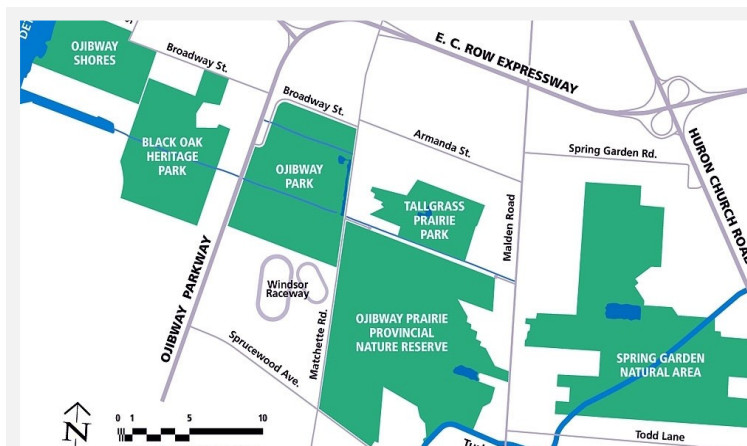
Ojibway Shores is home to hundreds of endangered species that rely on migration through surrounding local parks for survival. This includes Ojibway Park, Spring Garden Natural Area, Black Oak Heritage Park, and the Tallgrass Prairie Park, to name a few. If connected, this area including the Detroit River 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



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!

- 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 it's long-term protection.
- Work towards and environmental/ recreational/ ecotourism use for the connecting properties.

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Benefits of Physical Activity

Let's get moving!



Physical activity improves health and well being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and disability. Health Canada encourages Canadians to integrate physical activity into their every day life; at home, at school, at work, at play and on the way ... that's active living!

For children, regular physical activity is essential for healthy growth and development. For adults, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.

For seniors, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity also maintains strength, flexibility, balance, and coordination, and can help reduce the risk of falls.

Being physically active not only strengthens your body, it also makes you feel good about yourself.

What Can You Do?

Physical activity is something that everyone can do. You don't need to run a marathon or spend hours at a gym. Look for simple ways to be physically active every day.

You could:

- Take a walk once a day;
- Take the stairs instead of the elevator;
- Spend less time in front of the television or computer
- Play actively with your kids;
- Walk, wheel or cycle for short trips

