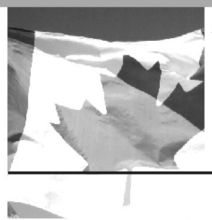


Brian MASSE

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.

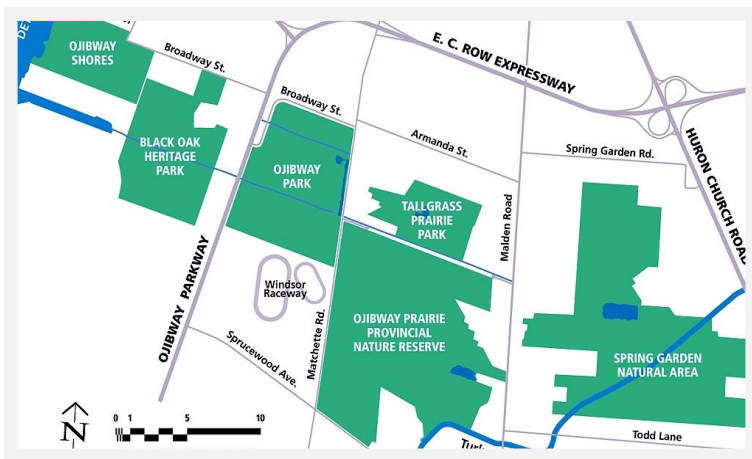
Residents can connect with Ojibway Shores. It's a place to share this natural environment with our children and grandchildren for generations to come. It's a place to learn about species native to our region, to enjoy natural outdoor activities within the city limits, like hiking and cycling while still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

What is Active Transportation?

Active transportation refers to any form of human-powered transportation – walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school/work.

Active transportation includes many active modes and methods of travel such as:

- walking/jogging/running;
- cycling;
- in-line skating;
- skateboarding;
- non-mechanized wheelchairs; and
- snowshoeing/skiing.

There are numerous benefits from active transportation:

- Health – Active transportation provides an opportunity to be physically active on a regular basis.
- Social – Active transportation is accessible to Canadians and increases social interactions.
- Transportation – Active transportation reduces road congestion.
- Environmental – Active transportation is environmentally-friendly and can contribute to reductions in greenhouse gas emissions.

Economic – Active transportation saves money on gas and parking.



Physical Activity

Tips to Get Active

Adding physical activity to your day

Take a step in the right direction by adding physical activity to your daily lifestyle. Start by slowly increasing your physical activity to meet the new physical activity recommendations.

Physical activity doesn't mean only sports – it can include everyday things like walking the dog, planting a garden, playing tag, building a snowman, tobogganing, and even household chores like raking the leaves, or sweeping the garage.



Take the BE ACTIVE Quiz!

<http://www.phac-aspc.gc.ca/app/pag-gap/facebook/beactive/>