

# 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.

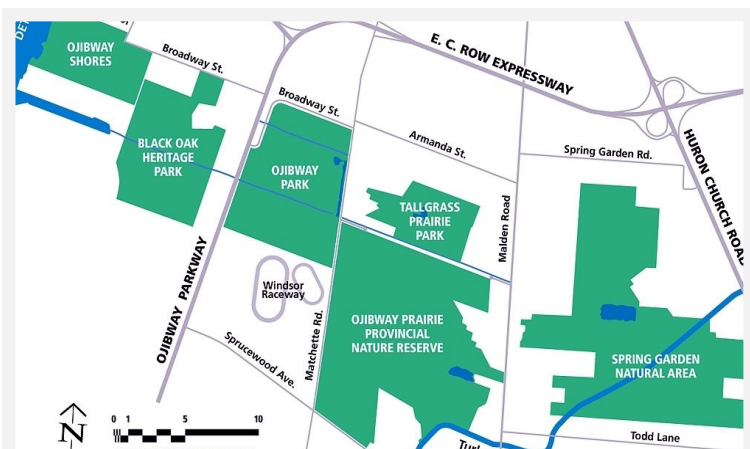
Residents can connect with Ojibway Shores. It's a place to share this natural environment with our children and grandchildren for generations to come. It's a place to learn about species native to our region, to enjoy natural outdoor activities within the city limits, like hiking and cycling while still 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](http://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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# CHILDREN AND PHYSICAL ACTIVITY

## Benefits of Physical Activity

Children who aren't active enough are at a higher risk of developing chronic diseases like type 2 diabetes, high blood pressure, high cholesterol, and other cardiovascular illnesses.

Children and youth aged 5 to 17 should get 60 minutes a day of medium to intense physical activity. Currently only 9% of this target group meets the recommendation.

Physical activity is an important part of healthy living at any age, and it's essential for children.

Physical activity helps children:

- **develop cardiovascular fitness, strength, flexibility, and bone density**
- **maintain a healthy body weight**
- **reduce the risk of chronic disease and health problems**
- **lessen the likelihood of tobacco, alcohol, and drug use**
- **feel better every day, through improved mental health and well-being**



## Ways to Encourage Physical Activity

Physical activity can include everyday activities like walking the dog, planting a garden, playing tag, building a snowman or tobogganing, and even household chores like sweeping or shoveling the driveway.

Here are a few tips to help teach children the importance of daily physical activity:

- **Encourage them to walk or ride their bikes to school instead of taking the bus.**
- **Schedule active time for your children after school.**
- **Combine periods of moderate activity like walking or biking with vigorous activity such as running or playing soccer or tag.**
- **Activities like swimming, soccer, baseball, dancing, gymnastics, skiing, and basketball provide opportunities to learn new skills while having fun. Check with local schools and community centres for affordable programs.**
- **Balance the day with physical activities that are informal and unstructured, like playing tag or building a snowman. This is particularly important for children who tend to shy away from competition.**