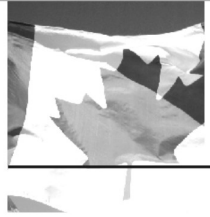


Brian MASSE

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.

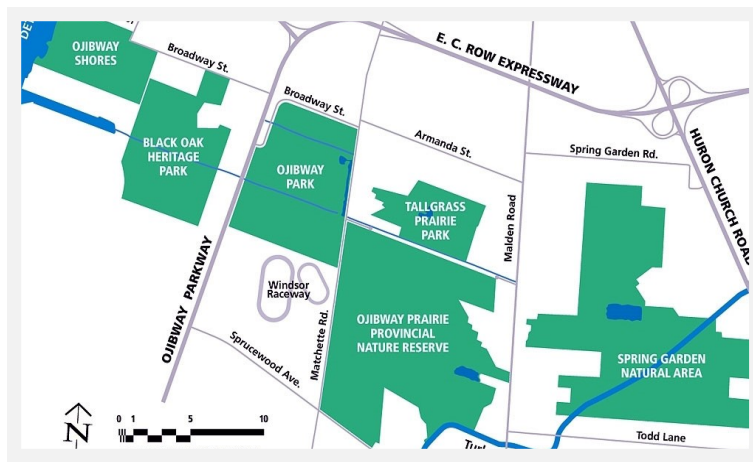
Ojibway Shores is home to hundreds of endangered species that rely on migration through surrounding local parks for survival. This includes Ojibway Park, Spring Garden Natural Area, Black Oak Heritage Park, and the Tallgrass Prairie Park, to name a few. If connected, this area including the Detroit River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

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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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Physical Activity for Seniors

Physical activity plays an important role in your health, well-being and quality of life. These tips will help you improve and maintain your health by being physically active .

Take part in at least **2.5 hours of moderate to vigorous intensity aerobic activity each week.**

Minutes count — increase your activity level 10 minutes at a time.
Start slowly, Listen to your body, Every step counts!

It is beneficial to **add muscle and bone strengthening activities** using major muscle groups **at least 2x a week.**



The Health Benefits for Being Active



Reduce falls and injuries

Improve Posture & Balance

Help you stay independent longer

*Help prevent heart disease, stroke, osteoporosis,
type 2 diabetes, some cancers and premature death.*

AEROBIC ACTIVITY like pushing a lawn mower, taking a dance class, or biking to the store, is continuous movement that increases breathing.

STRENGTHENING ACTIVITY like lifting weights or yoga, keeps muscles and bones strong and prevents bone loss. It will also improve your balance and posture.

What is moderate aerobic activity?

Moderate intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk but not sing. Examples walking quickly or bike riding.

What is vigorous aerobic activity?

Vigorous intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath. Examples include jogging or cross-country skiing.

What are strengthening activities?

Muscle strengthening activities build up your muscles. With bone strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger. Examples of muscle-strengthening activities include climbing stairs, digging in the garden, lifting weights, push-ups and curl-ups.

Examples of bone strengthening activities include yoga, walking and running.

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 65 years and older who do not have a suspected or diagnosed medical condition. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

