



**THE TOWN OF BRUCE MINES
AND
PLUMMER ADDITIONAL TOWNSHIP**



Community in Action Initiative

Building a Healthy Community

**The Community in Action Committee and The Community in Action Round Table:
Research Findings and Recommendations**

~by Steffanie Date

December 6th, 2009



*Funding for this research was provided by the Community in Action Fund through
the Ministry of Health Promotion.*



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ACKNOWLEDGEMENTS

*Henry Ford stated, "Coming **together** is a beginning. Keeping **together** is progress. Working **together** is success."*
*I would like to thank all the individuals and organizations mentioned below. The success of this initiative is attributed to the culmination of an entire community coming **together** to create a better future for all.*
~ Steffanie Date

Tony D'Agostino of the Ministry of Health Promotion for his continuous direction throughout this process;

The Town of Bruce Mines and Plummer Additional Township for their continued support;

To the **Community in Action Committee, Rhea McAdam, Peter Spik, Mel Baird and Robert Martel**, our regular meetings were a constant source of support. Thanks for the good times!

To the **Community in Action Writing Advisors, Mel Baird, Denise Martel and Robert Martel**, your guidance and fine eye for detail was very much appreciated and kept me on the edge of my seat!

Members of the Round Table:

Allison Dutkiewicz, Algoma Public Health Unit	Jeanie Barnett, Algoma Family Services
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Bruce McNeely, Sno-Glyders Club	Howard Bowes, Volunteer
Don Robert, Business Owner	Melinda Freer, Algoma Public Health Unit
Lorelee Gordon, Bruce Mines and Plummer Additional Union Public Library	
Lars Moffat and Aurora McKenzie Youth Representatives	

Deepest thanks for your time and dedication to this initiative;

Arthur Henderson Elementary School and **The Bruce Mines Fire Hall** for the use of their projector and screen - and thank you **Tom Phillips** for picking everything up each time!

Dr. Gayle Broad of Algoma University for sharing her expertise and for her ongoing guidance;

The Nordik Research Institute of Algoma University for providing on site access to their computer programs and labs;

Donna Brunke, Bruce Mines Town Clerk and **Vicky Gortzen-Cooke, Plummer Additional Town Clerk** for identifying important community links;

Nancy McKenzie for her contribution to this Initiative;

Tania Hazlett for her time and assistance with resources;

Lennie Smith for the loan of his literary resources;

The Bruce Mines and Plummer Additional Union Public Library, Bruce Bay Cottages, Rodney Barber, Larry Brunke, Bruce McNeely, Mel Baird and **the Martels** for sharing their beautiful photographs which have been included in this document;

And to all the **community members** who contributed to surveys, interviews, focus groups and Town Hall meetings- your hopes for the community have translated the vision threaded throughout this report...

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Building a Healthy Community

**COMMUNITY IN ACTION INITIATIVE:
BUILDING A HEALTHY COMMUNITY**

Vision Statement

Our goal is to develop a three year recreational plan that is representative of the needs of all people in both communities, that addresses healthy living from a holistic approach and includes benefits in the areas of: participation in physical activity, healthy eating, support and education that will enable people to make healthy life style choices, encourage the improvement and development of physical infrastructure and strengthen the community fabric.

Mission Statement

The Community in Action Initiative will provide all members of the community opportunities to involve themselves in healthy, creative and enjoyable activities through the development of a comprehensive activity plan. This plan will provide incentives and opportunities for physical, social and cultural activities for the health and well-being of all people.



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SMALL TOWN: ROSETO, PENNSYLVANIA

Conventional wisdom has long taught us that the key to a healthy life is attributed to good genes, a healthy diet, daily physical exercise and an effective healthcare system. While this good common sense cannot be disputed it can be argued that this picture of healthy living is missing an important detail. Concerning the health of individuals the role of *community* is as integral to good health as the four afore mentioned traditional fundamentals.

In Malcolm Gladwell's, *Outliers*, an account of Roseto, Pennsylvania is documented. The little town was formed when 11 Rosetans from the Italian province of Foggia dreamed of greater opportunity and sailed across the ocean to begin a new life. By the 1950's there were close to 2,000 Rosetans living in Roseto, Pennsylvania.

Local doctors began making observations that most Rosetans were dying of old age. And despite not having today's medical interventions to lower cholesterol and fight heart disease, it was next to unheard of that a Rosetan died of a heart attack. This observation was perplexing to local doctor, Stewart Wolf, especially considering that the Rosetans had a diet rich in fat, consumed alcohol every day, smoked and experienced high incidences of obesity. What could possibly explain the longevity of the average Rosetan?

The genealogy and blood tests from locals were researched only to confirm that nobody in the entire population under 55 years of age displayed any heart conditions. Wolf brought in his friend and sociologist, John Bruhn, to help him unravel the mystery. As they strolled through the town of Roseto, they finally realized that the anomaly of exceptional health among Rosetans was the very town itself or rather the *culture of community* which existed among the people that lived there.

"They looked at how the Rosetans visited one another, stopping to chat in Italian on the street, say, or cooking for one another in their backyards. They learned about the extended family clans that underlay the town's social structure. They saw how many homes had three generations living under one roof, and how much respect grandparents commanded. They went to mass at Our Lady of Mount Carmel and saw the unifying and calming effect of the church. They counted twenty-two separate civic organizations in a town of just under two thousand people. They picked up on the particular egalitarian ethos of the community which discouraged the wealthy from flaunting their success and helped the unsuccessful obscure their failures" (Gladwell 9).

In the following pages, it is revealed that the residents of Bruce Mines and Plummer Additional have identified that their needs for physical health encompasses the four traditional pillars of good genes, a healthy diet, daily physical exercise and an effective healthcare system. And they have also naturally recognized the holistic influence of camaraderie, civic responsibility and culture on their overall health and happiness.

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HISTORICAL OVERVIEW

The discovery of a rich deposit of copper in 1846, at what is now Bruce Mines signaled the beginnings of Canada's first copper mining town (Tunnock 4). Cornish miners began moving into the area and in 1869 the population rose to 1,100. Over the years, the community grew and prospered as a company town. Between 1846 and 1944 ownership of the mines would change hands many times. After a structural collapse of one of the mines in the mid 1870's the mining town would begin experiencing a decline in mining profits at an accelerated rate.

Attempts to revive the mining industry were unsuccessful. However, as the mines faced troubled times, prosperous agricultural and logging activity in Plummer Additional Township helped the mining community survive. In 1887, the CPR Line was constructed and was one of two railways that extended from the Town of Bruce Mines north to Rydal Bank and points beyond. Timber was travelled along this line and went into the construction of the mines and underground operations.

In 1891, the Township of Plummer Additional was incorporated and included in the Town of Bruce Mines. The Town of Bruce Mines was separated and incorporated as a municipality in 1903 and in January 1991, annexed 381 hectares from the Township to create the municipalities as they exist today.

The Town of Bruce Mines and Plummer Additional Township both access the Highway 17 route to frequent services and employment in Sault Ste. Marie. In 1990, the Trap Rock quarry experienced a resurgence of activity and provided new opportunities for employment for area residents (Tunnock 4).

Though territorial boundaries have been created over time, the residents of Bruce Mines and Plummer Additional share a history of beginnings, successes and struggles. Residents from the many different geographical divisions all take pride in their unique origins. Despite these distinctions, the town and township folk live together as neighbours and friends.



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EXECUTIVE SUMMARY

When people imagine small town life, idyllic images are conjured of children skating on a frozen pond at night, sitting in the snow bank sipping hot chocolate from paper cups and, as the snow gently falls, with little rosy cheeks they make their way back to brightly lit homes. We imagine the townsfolk enjoying a lazy summer day cooling off in the lake for a swim or catching the breeze off the water as they paddle their canoes exploring each bend of the river.

These picture perfect visions of a small town could be very real somewhere in the universe. After all, a painting doesn't paint itself.

There is nothing wrong with these romanticized thoughts about what living in a small town could be like. In fact, dreams are meant to be idealistic, otherwise our realities would be pretty unspectacular. When the ideals of our dreams and the reality of our circumstances are brought together, a vision is created.

In March of 2008, three residents from the Town of Bruce Mines and Plummer Additional Township recognized a need in the community and did something about it. In the year and a half that would follow both communities would unite and together create one shared vision for all.

Our goal is to develop a three year recreational plan that is representative of the needs of all people in both communities, that addresses healthy living from a holistic approach and includes benefits in the areas of: participation in physical activity, healthy eating, support and education that will enable people to make healthy life style choices, encourage the improvement and development of physical infrastructure and strengthen the community fabric.

The work undertaken to develop this vision was made possible through the Community in Action Fund (CIAF) grant provided by the Ministry of Health Promotion. The CIAF grant aspires to motivate increased levels of physical activity and sport participation rates in Ontario by assisting local, provincial and not-for-profit organizations to create and enhance opportunities for physical activity and community sport and recreation.

In April of 2009, a coordinator was hired to research the recreational needs of the community. The work was supervised by the Community in Action Committee which was comprised of one councillor and one concerned citizen from Bruce Mines and one councillor and one concerned citizen from Plummer Additional. The Community in Action Round Table interpreted the data provided by the townspeople from Bruce Mines and Plummer Additional. Through these processes with the Round Table, 21 final recommendations were developed to be brought forward to Bruce Mines and Plummer Additional councils.

Through a literature review and empirical research in the Town of Bruce Mines and Plummer Additional Township, including surveys, interviews and focus groups, the research project attempted to answer the following questions:

- How do community members define recreation?
- What are the strengths and assets of the community?

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- What are the recreational needs in the community?
- Based on the strengths and assets of the community, how will these recreational needs be met?

The research findings indicate that there are four recurring themes which encompass the interests of all ages ranging from the very young to the seniors in the community and include:

- The need for trail development to include activities such as walking, running, biking, skiing and snowshoeing
- The need for a hub or gathering place
- Improved communication about events and activities offered in the community
- An interest in developing indoor swimming opportunities in the community

The report also identifies the impact of recreation upon the development of social capital and community capacity. In addition, issues such as healthy food programs, lack of transportation and low or fixed income, have been identified as critical factors influencing an individual's ability to participate in recreational activities.

The findings of the research were presented to the Round Table. The Round Table developed their recommendations based on the needs expressed from survey, interview and focus group participants. The list of the 21 recommendations below, suggest actions to be pursued over the short-term and long-term. A small group from the Committee and Round Table will be responsible for moving forward these recommendations in the second phase of this Initiative.

RECOMMENDATION 1

Activity: Policy Strategy

Form a joint committee to coordinate, oversee and implement the activities falling within the parameters of the Healthy Communities Project*.

The implementation of this project needs the support of the participants who have followed this process from its inception. Having participated in the whole process, having reviewed the research findings and having worked with the Round Table members and partners, these participants are best suited to move forward with this project respecting the desires of the community. This committee would oversee the hiring of the coordinator and continue to be the liaison with both Councils.

**The Community in Action Funding program under the Ministry of Health Promotion has now been changed to Healthy Communities Fund and has an expanded mandate. References to this project going forward will refer to the Healthy Communities Fund or Project.*

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RECOMMENDATION 2

Activity: Prepare a grant application to the Ministry of Health Promotion, Healthy Communities Fund requesting funding for a Project Coordinator.

- The role of coordinator will be to provide leadership, co-ordinate and organization for the community groups developed through the Community in Action Fund Process
- The coordinator will work directly with the recommendations developed by the Community in Action Plan and completed Master Plan approved by Councils

The coordinator will also work with a sub-committee responsible for researching and applying for Provincial and Federal funding to develop infrastructure and programming initiatives.

RECOMMENDATION 3

Activity: Improve communication regarding all events and activities organized within the community.

In order to increase participation rates in activities and events, it has been identified that communication strategies need further development. A variety of methods shall be created to deliver information to all members of the community.

RECOMMENDATION 4

Activity: Community Calendar

A community calendar is a visual tool that will allow different groups and committees to present the details of their organized activities and events. This can be accessed by all members of the community.

RECOMMENDATION 5

Activity: Interactive Website

This strategy will appeal to internet users both locally and outside of the community. Creating an interactive website to access an electronic community calendar of events will positively influence participation rates from members of the community and also has great potential to attract tourists to the area.

RECOMMENDATION 6

Activity: Marketing

Marketing strategies will be designed to support improvements to communication regarding community events and activities as well as to contribute to increased participation levels of all community members.

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RECOMMENDATION 7

Activity: The development of safe, interconnecting and accessible multi-purpose trails for all seasons will allow the community to participate in a variety of year round physical activities and leisure activities.

These trails are currently under development. The Sno-Glyders club are clearing and designating 2.4 km of trail specifically for pedestrian use. The remainder of trails that are used for motorized activity, such as four wheeling and snowmobiling, will be shared with pedestrians. To ensure safety in regards to pedestrians and motorists sharing trails, as well as safety in regards to navigation, professional signage will be posted along the trails.

RECOMMENDATION 8

Activity: Walking/Hiking/Jogging/Biking/Skiing/Snowshoeing

Activity groups will be organized according to interests in the aforementioned areas. Organizing activity groups serves two purposes: increasing physical activity in the community and creating venues for people to strengthen their social networks.

RECOMMENDATION 9

Activity: Refurbish Fitness Centre

Research participants would like to improve the existing infrastructure in the Fitness Centre. Community members would like a more user friendly area to access and more modernized equipment to use with the guidance of a professional trainer.

RECOMMENDATION 10

Activity: Increase the physical activity level and organized physical activity choices for children and youth.

The role of coordinator will be to ensure that there are a variety of organized activity choices for children and youth.

RECOMMENDATION 11

Activity: Waterfront Expansion and Recreational Activities

Development of the North Shore is an interest shared among many members of the community. This report recommends cooperation between volunteer groups and local recreation entrepreneurs.

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RECOMMENDATION 12

Activity: Rock Climbing

This is an activity that is not currently offered in the area and in which individuals have expressed high level of interest. A qualified guide with all necessary equipment and insurance coverage could be contracted to provide this experience without undue expense. (Refer to local School Board experiences)

RECOMMENDATION 13

Activity: Late Bus Option

Providing transportation for elementary and secondary students will encourage increased youth participation in after school activities which are offered at the arena and Arthur Henderson Elementary School and Central Algoma Secondary School.

RECOMMENDATION 14

Activity: Develop a Drop-in Center for the community.

Improvements and renovation to the Bruce Mines Community Centre are recommended to respond to requests for a gathering place which will provide a wide variety of activities from arts and crafts, to cooking and much more.

RECOMMENDATION 15

Activity: Form a Senior Drop-in Centre

The coordinator will be responsible for organizing activities for seniors that will work towards increasing physical activity as well as developing social networks.

RECOMMENDATION 16

Activity: Welcome Wagon/Friendly Visitors

Individuals in the community who are newcomers or are physically isolated for health or geographical reasons will benefit from the outreach offered through a committee of visitors. This is also a strategy that will be effective in spreading information about the variety of activities and events offered in the area.

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RECOMMENDATION 17

Activity: Heritage Week

The area has a rich cultural history that needs to be celebrated. Many community members have special skills and talents that could be shared as an organized annual event.

RECOMMENDATION 18

Activity: Healthy Food Choices

Ensuring that all people in the community have access to healthy food that is affordable is a significant priority. While this supports a basic human need it also makes it possible to have enough energy to be physically active and to participate in activities and events which encourage the development of social networks.

RECOMMENDATION 19

Activity: Kids in the Kitchen Program

Educating children about preparing healthy meals that are economical will encourage positive habits that will follow them into adulthood.

RECOMMENDATION 20

Activity: Get Out of Dodge

Providing transportation to access what is not presently offered in the community, will allow people to pursue healthy choices which support many aspects of healthy living, including participation in physical activity, access to healthy food that is affordable and strengthening of social networks.

RECOMMENDATION 21

Activity: FEASIBILITY STUDY for swimming pool and/or sports complex.

In response to an overwhelming interest in the provision of a local swimming pool, it is recommended that an investigation of the feasibility of such a possibility be conducted.

The recommendations made in this report directly respond to the interests expressed by the community members who provided information by participating in surveys, interviews or focus groups. The next phase of this initiative will be referred to as the Healthy Communities Initiative. It will be during the second phase that the recommendations made in this report will be moved forward by a small group of members who formed the Community in Action Committee and the Community in Action Round Table. As this ongoing process unfolds, new members may come forward and contribute to this good work.

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THE COMMUNITY IN ACTION INITIATIVE: BUILDING A HEALTHY COMMUNITY FINAL REPORT

1.0 INTRODUCTION

The communities of Bruce Mines and Plummer Additional have a rich history of sharing resources, collaborating on new projects and celebrating the area's unique cultural history and talents. While there are a number of events organized between both communities there have been long standing concerns about the need to provide more opportunities to promote physical activity to all residents in both communities. Three motivated citizens came together with the shared purpose of increasing local resident's opportunities to participate in structured and unstructured physical activities.)

As a result of their efforts, the Town of Bruce Mines and Plummer Additional Township were awarded a grant from the Ministry of Health Promotion through their Community in Action Fund program (CIAF) in June of 2008. The CIAF grant aspires to motivate increased levels of physical activity and sport participation rates in Ontario by assisting local, provincial and not-for-profit organizations to create and enhance opportunities for physical activity and community sport and recreation.



In April of 2009, a coordinator was hired to conduct an eight-month research project that would include the input of as many local residents as possible. The goal of the project was to uncover the needs of the community. Then, based on those needs, an activity plan was to be developed for the community. This work was guided by a committee of four being comprised of one councillor and citizen from the Town of Bruce Mines and one councillor and citizen from Plummer Additional Township.

Fitness Canada defines recreation as “comprising all socially acceptable activities in which a person may choose to take part that will make his or her leisure time more interesting, more enjoyable, and personally satisfying.”(Four Hypotheses 2). It was decided among the committee members that research participants should be given room to develop a personal definition of recreation. Allowing research participants to create their own definition of recreation expanded the scope of possibilities for the development of a meaningful community recreation plan.



Through a literature review and empirical research in the Town of Bruce Mines and Plummer Additional Township which included surveys, interviews and focus groups, the research project attempted to answer the following questions:

- How do community members define recreation?
- What are the strengths and assets of the community?

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- What are the recreational needs in the community?
- Based on the strengths and assets of the community, how will these recreational needs be met?

From this point on in this report, the term ‘community’ will collectively refer to the Town of Bruce Mines and Plummer Additional Township unless otherwise clarified.

The research findings indicate that there are four recurring themes encompassing the interests of all ages ranging from the very young to the seniors in the community, which includes:

- The need for trail development to include activities such as walking, running, biking, skiing and snowshoeing
- The need for a hub or gathering place
- Improved communication about events and activities offered in the community
- The interest in developing indoor swimming opportunities in the community

The report also identifies the impact of recreation upon the development of social capital and community capacity. In addition, issues such as healthy food choices, lack of transportation, inadequate communication and low or fixed income, have been identified as critical factors influencing an individual’s ability to participate in recreational activities.

2.0 METHODOLOGY

An ongoing literature review was conducted during the course of this research project. Literature included regional, provincial and national studies which examined all the benefits and implications associated with physical activity and other types of recreation, in an individual’s life and the community as a whole. The literature also addressed methods to encourage healthy participation rates and to provide opportunities through education, variety of choices and provision of services that would foster the development of active lifestyles.



Two Town Hall meetings were organized so that the community could gather as a group to be informed about the progress of the project and to also share their ideas around recreation in the community. The first Town Hall meeting formally launched the project and was also an opportunity for community members to express their interest in participating at the Round Table, in focus groups and/or one to one interviews. A survey was distributed at this time also. The second Town Hall meeting was for the purpose of sharing the research findings and to encourage the community to offer their suggestions in the form of a recommendation for the Round Table’s final considerations.

Two surveys were created to gather quantitative data that included demographic information, areas of recreational interests and participation levels. The surveys were distributed at the first Town Hall meeting and a mass mail out was organized for Bruce Mines, Plummer Additional and unorganized areas north of the community.

A general survey entitled ‘Community in Action Survey’ (Appendix 1) was designed to extract information about what types of activities people are participating in, what types of activities

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they would like to have offered in the community, barriers to their participation in activities and any additional comments. Additional information requested was costs expended on activities offered in other communities and health concerns.

Surveys were sent out in a mass mail out to 600 households in Bruce Mines, Plummer Additional and unorganized areas. One hundred and two surveys were completed and returned for a response rate of 17%. Given the response rate, consistency of responses and the small size of the combined communities, findings in the survey have a high degree of accuracy. Individuals who participated in the survey had the option of requesting a one to one interview and all respondents interested in the interview were contacted.

A second survey entitled 'Community in Action Youth Survey' (Appendix 2) was especially created for youth between the ages of 11 and 19 years old. The survey was structured to identify what activities youth were participating in and what they weren't participating in. The survey also asked respondents to clarify why they weren't indicating in a particular activity. Forty-four surveys were completed and returned.

There were 22 one to one interviews conducted and were constructed as open platforms for people to share 'other' thoughts about activities in the community. Most individuals that expressed an interest to interview came with, not just personal comments about recreational and leisure pursuits, but also with insights they acquired through their experiences in volunteer or leadership roles in a variety of committees, clubs and organizations that facilitated a diversity of activities. Therefore, during the interview it was not unusual for participants to reference two separate perspectives: 1) personal interests and 2) civic interests and observations.



There were 7 focus groups that ranged from 5 to 10 participants per group and were formed to flush out a diversity of observations from a group perspective. The groups represented a broad spectrum of ages and sectors of the community and included:

- Newcomers
- Seniors
- Youth
- Recreation Committee
- Agricultural Society
- The Chamber of Commerce
- Arts and Culture

To assist with the interpretation of the data gathered from the various research methods, a Round Table was assembled to further inform the project. The group was encouraged to share their expertise and resources thereby enhancing the existing knowledge base. The primary functions of the Round Table were to identify the needs of the community based on the research data and to then develop recommendations to address those needs.

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An inventory of the community's assets, opportunities and challenges (appendices 3, 4 and 5 respectively) were created by the Round Table to assist in the recommendation process. The Round Table was formed by members from the Town of Bruce Mines and Plummer Additional Township. Also present at the Round Table were two youth representatives.

3.0 LITERATURE REVIEW

An ongoing literature review was conducted over the course of the research and that provided information about recreation participation and influences on participation at the regional, provincial and national levels. The purpose of the literature review was to benchmark local needs as well as the development and delivery of programs and services in the community.

3.1 Impact of Income on Participation

The implication of low income on recreational participation levels is significant. The low income cut-off (LICO) is used as a determinant of poverty. People living at or below the low income cut-off measurements are naturally at greater risk to experience higher incidents of health concerns. This is attributed to a variety of factors that can result in isolation, unhealthy eating and inadequate physical activity.

Information from Statistics Canada 2005 Census Report indicates the overall poverty rate in Canada (persons living in low income after tax) was estimated at close to 11%. Closer to home, just over 10% or 124 people, of the combined population in Bruce Mines and Plummer Additional are living at or below low income measurements.

There are several methods which are used to determine LICO but there are two primary definitions commonly used to define the measurement. In 1961, Statistics Canada determined the average amount spent by families for items of necessity based on the results of a 1959 family expenditure survey and a 70 percent income rule was adopted as a cut-off point, "Families or individuals that spent more than 70 percent of their gross annual income on essentials would have little or no income left for transportation, health care, personal care, education, household operation, recreation or insurance." The LICO standard would eventually be adjusted to 50 percent of gross annual income spent on essentials and remains at that level today.

Family size and community size are two factors also used to determine LICO, resulting in 35 separate low-income cut-offs. The chart below provides a breakdown of LICO measurements specifically for individuals living in rural areas.

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INCOME CUT OFF MEASUREMENTS

FAMILY SIZE	RURAL AREA
1 person	\$ 9, 947
2 people	\$12, 138
3 people	\$15, 352
4 people	\$19, 120
5 people	\$21, 371
6 people	\$23, 622
7 people or more	\$25, 872

Source, Statistics Canada

Ten percent of the community is struggling at or below the LICO measurement. Many people living slightly above those cut-offs will experience the same challenges as those living at or below the LICO measurement: healthy eating, physical activity and social isolation.

3.2 Youth and Children

National research has shown that:

- Participation in physical activity peaks at ages 10-13
- By ages 15-19, 48% of females are inactive
- By ages 15-19, 28% of males are inactive
- Almost one third of Canadian youth do not get enough physical activity for adequate development of cardiovascular fitness, muscular strength and flexibility
- Canadian youth ages 12-17 watch an average of 14.1 hours of TV per week
- Individuals that watch TV more than 5 hours per day have a significantly greater caloric intake than those who watch less than an hour of TV per day

Source, Sault Active 2010, High School Student Physical Activity Forum Report

A national study conducted by Canadian Policy Research Networks (CPRN) draws attention to many critical factors that influence youths' ability to participate in organized physical activities. Of primary interest for this study is the correlation found within the report that indicates low-income and rural living, are two major issues that affect participation rates as well as choices for young people. Ten percent of this rural community live at or below low income cut off measurements and these two combined truths present a very difficult situation when attempting to develop and deliver organized physical activities for the youth of this community.



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It was identified that, “There are significant differences in levels of participation between youth from low-income families and those from middle and high income families. Participation in physical and artistic activities is particularly low and irregular for children from low-income families,” (*Four Hypotheses 6*).

Regarding rural living the report goes on to state, “More often than not, inactive children and adolescents live in communities with fewer than 1,000 residents. Some research findings suggest that small municipalities are less successful than larger municipalities in meeting young people’s needs for physical activities. Participation in structured recreation is highly dependent on availability and proximity to activities,” (*Four Hypotheses 7*)

3.3 Seniors



Rural living can present unique challenges to the community and especially to its senior members regarding participation in recreation activities. In addition to providing enough choices, distance, transportation and lifestyle can be major factors that are influencing local seniors to lead more active lifestyles.

In a study conducted by the Alberta Centre for Active Living, researchers focused on the activity levels of seniors living in rural areas. “So many older adults’ lives were and still are tied to the land. Mechanization of farming, retirement, winter weather, the distance between destinations and perceptions of active living all contribute to the sedentary lifestyle of many rural adults,”(Dechaine and Witcher 6).

This study also goes on to point out that often physical activity and social activity are tied to meaningful tasks such as helping a neighbour build a barn, picking blueberries to make a pie and being involved in church bazaars.

The Physical Activity Guide to Healthy Active Living for Older Adults, reports that:

- 60% of older adults are inactive
- Sitting or lying for long periods is a serious health risk
- Inactivity leads to declines in bone strength, muscle strength, heart and lung fitness and flexibility
- Inactivity is as harmful to your health as smoking

Aging is a continuous process. Older adults who maintain active lifestyles can slow down the onset of many non-communicable diseases such as heart problems and remain agile and mobile. Physical activity among seniors means that it is possible for them to live independent lives and remain involved in their communities.

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3.4 Healthy Eating

A recent study conducted by the Ontario Association for Food Banks released a report stating, “The number of Ontarians who rely on food banks each month grew by 20 percent over the past year. Operating expenses at Ontario food banks rose 84% on average, presumably as they try to meet demand,” (Munroe).

The difficulty supporting food banks at a national level is then exacerbated by the specific challenges faced in rural communities. A study conducted by the Chief Medical Officer of Health Ontario clarifies that, “Obesity is higher in more rural and remote areas, like Northern Ontario,” (*Healthy Weights, Healthy Lives*).

According to a study entitled, *Overweight Canadian Children and Adolescents*, “In 2004, the 59% of Canadian children and youth aged 2 to 17 who consumed fruits and vegetables less than 5 times a day were significantly more likely to be overweight or obese than those who ate fruits and vegetables more frequently,” (Shields). These findings emphasize the significance of food banks in communities as well as the delivery of community programs targeted directly at children to improve opportunities for healthy eating and education about the importance of making healthy choices to improve diet.

Change must also occur at the provincial and national levels to support the provision of services in addition to the provision of ongoing education for all ages in order to reshape the way people interpret healthy eating. “While most Ontarians believe that health is a personal responsibility, there is a large gap between what we know and what we do. Challenges to healthy eating and active living can often be difficult for individuals to overcome on their own. And, while some individuals can make immediate changes to improve their health, it can take several years to improve the health of a community of population,” (*Ontario’s Action Plan 4*).

When basic needs, such as healthy eating, affordable health care, affordable housing and affordable transportation are provided for people in the community, there is the likelihood of increasing activity levels in the community. It is much easier and possible to participate in physical activities and community events when the burden of an empty stomach is eliminated.

3.5 Benefits of Active Lifestyle



Physical activity has an obvious affect on physical health but its benefits are long reaching and influence many elements within the lives of individuals and community. Communities that are physically active experience a reduction in social costs, a higher quality of life and the overall well being of the family as well as community are improved. As well, offering a diversity of activities in a community can run as an economic generator which further contributes to the well being of the people that live there.

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The Canadian Policy Research Network conducted a study in 2001 entitled, “Asking Citizens What Matters for Quality of Life in Canada: A Rural Lens”. The paper flushes out what indicators need to be present that will encourage the development of rural communities that have a strong social fabric and a vibrant economy. Among their findings, it was discovered that people believe that in order to determine quality of life in a rural community, “...indicators should be developed related to time use, the ability to establish balance in one’s life, diet or nutrition, and leisure and recreation opportunities (18).

This study also concluded that it was important for people to feel a sense of connectedness in terms of, “...social cohesion, mutuality, or connectivity to others at the neighbourhood or local level” (18). It is stated in Heidleberg’s Guidelines for Promoting Physical Activity Among Older Persons that, “Participation in physical activity, particularly in small groups and other social environments, stimulates new friendships and acquaintances” and “Physical activity frequently provides individuals with an opportunity to widen available social networks” (World Health Organization). The above statements certainly ring true for all ages.

4.0 RESEARCH FINDINGS

This research was primarily used to isolate the activity needs in the community and to identify mechanisms to deliver to those needs. Qualitative data was collected through the development and distribution of a survey. Quantitative information was gathered through the process of one to one interviews and focus groups. A high return rate of surveys and a combined total of 76 participants from one to one interviews and focus groups have provided an accurate snapshot of the community’s perception of recreational activities and events. It should also be noted that contributions to these findings were suggestions expressed by approximately 80 community members present at two Town Hall Meetings.

These high participant rates support a high degree of confidence in four findings that have presented as recurring themes in the research. Of significant interest to youth, adults and seniors are: 1) The need for improved communication in regards to informing the community about recreational events and activities; 2) A common interest in developing pedestrian trails for a variety of outdoor activities; 3) The desire for a ‘hub’ or ‘gathering place’ in the community and 4) indoor swimming facilities.

Barriers to participation in activities and events have also been identified in the research findings. Figures from Statistics Canada 2006 Census Report, reveals that 10% of the community are living at or below the LICO measurements. Participation in recreational activities and events are of low priority for individuals living on low or fixed incomes. For these people it is a daily struggle to make ends meet and provide for the very basic living requirements that include healthy eating and affordable transportation. Until these essential needs are met, involvement in physical activity and community events is a secondary concern.

Building a Healthy Community



4.1 Characteristics of the Population

One hundred and two general surveys were returned. Sixty-five surveys were completed by females and 37 surveys were completed by males. Sixty-one surveys were completed by Bruce Mine residents and 41 surveys were completed by Plummer Additional Township residents.

Ninety-seven respondents provided information about highest levels of education completed. Three individuals had an elementary diploma, 12 possessed some high school, 23 possessed a high school diploma, 15 possessed some post-secondary, 23 possessed a college diploma and 19 possessed a post-secondary degree.

Sixty-four individuals responded that they are married, 14 are common-law, 3 are divorced, 7 are single and 8 are widowed.

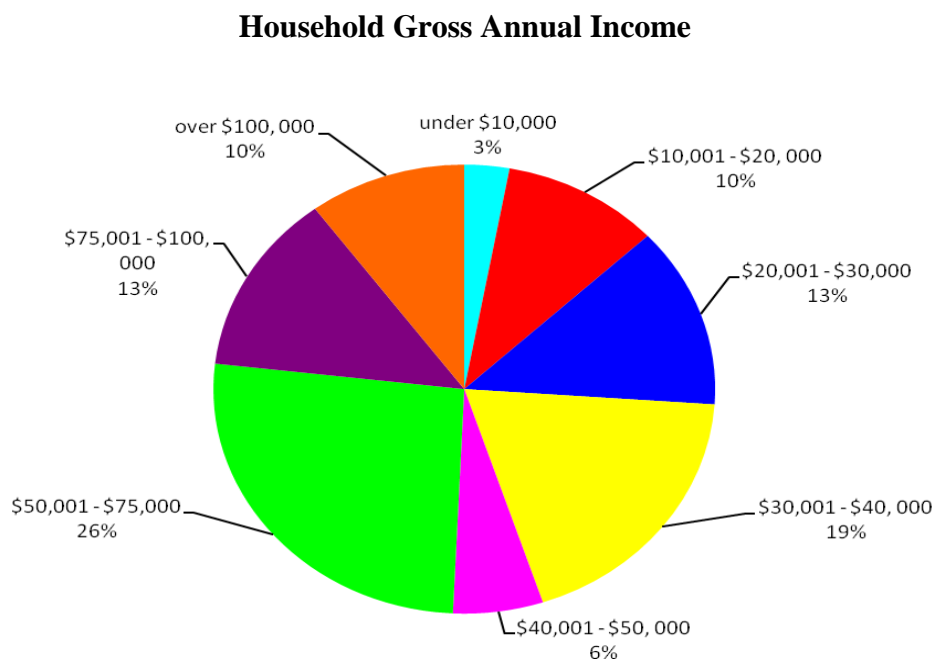
Of the 102 survey respondents, 16 individuals fell within 19-29 years age bracket, 15 within 30-39 years, 33 within 40-45 years, 31 within 55-69 years, 11 within 70-80 years and 3 were 81 years or older.

The total number of children between 0 – 4 years was 13, 5 -13 years totalled 35, 14-18 years totalled 12, 19-29 years totalled 17, 30-39 years totalled 27, 40-54 years totalled 65, 55- 69 years totalled 58, 70- 80 years totalled 19 and 81 years and older totalled 4.

Regarding employment, 14 respondents indicated that they were not employed at the time, 51 are employed and 38 are retired.

Household income may influence ability to participate in activities. The chart below illustrates a breakdown of household gross annual income among respondents.

Figure 1



Building a Healthy Community

Thirty-six percent of respondents have a combined income of \$30,000 or less. Only 7 individuals out of 64 respondents provided information that indicated they were living at or below the Low Income Cut Off. However, information from Statistics Canada indicates that just over 10% of the community are living at or below low-income cut offs.

4.2 Activities

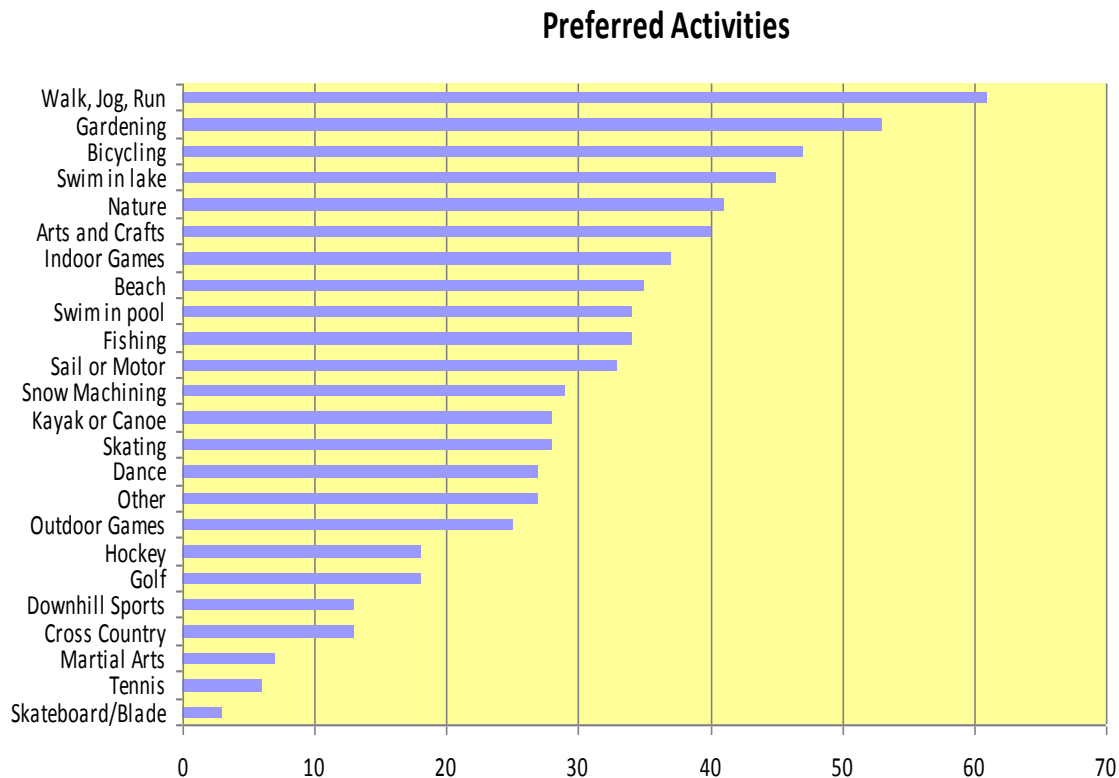


Research participants were asked to check off what activities they most often participated in. Many of these activities were being enjoyed locally though some respondents clarified that some interests were being pursued outside of the community. These details are clarified below.

The top five areas of interest can occur and often do in Bruce Mines and Plummer Additional. Popular outdoor activities such as walking/jogging/running, gardening, bicycling and enjoying nature are all pastimes pursued in this beautiful area. Swimming in a lake was a top interest but most people are travelling outside the community to do it. Unclean lake bottoms and the need for more developed beaches detracted interest from swimming in the lakes covering the geographical area.

Respondents were asked to indicate the activities in which they participated. The chart below illustrates those responses.

Figure 2



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Respondents also indicated interests in other activities not presently offered in the community which included yoga, swimming in a pool, figure skating, arts and crafts, canoeing, kayaking and accessing trails for walking, jogging, biking, cross country skiing and snowshoeing. It was also identified that respondents were interested in:

- The development of trails for the above mentioned pedestrian activities
- Better use of the arena in regards to the development of more programs and expansion of the arena's infrastructure
- 1 coordinator to organize activities for the community
- Better cooperation among both councils to achieve common interests shared by Bruce Mines and Plummer Additional Township

When individuals were asked what they could do now to increase their physical activity level responses included:

- Walk more (most frequent response)
- Swim more
- Ride a bike more
- Access a physical trainer

4.3 Out of Town Activities and Expenses

Out of town activities included swimming in a pool, hockey, curling, golfing, dancing, cross country skiing, downhill skiing, snowboarding, yoga, bowling, gymnastics, 4-wheeling and attending concerts or theatre events. People are travelling to Thessalon, Desbarats, St. Joseph Island, Echo Bay and Sault Ste. Marie to participate in these activities.

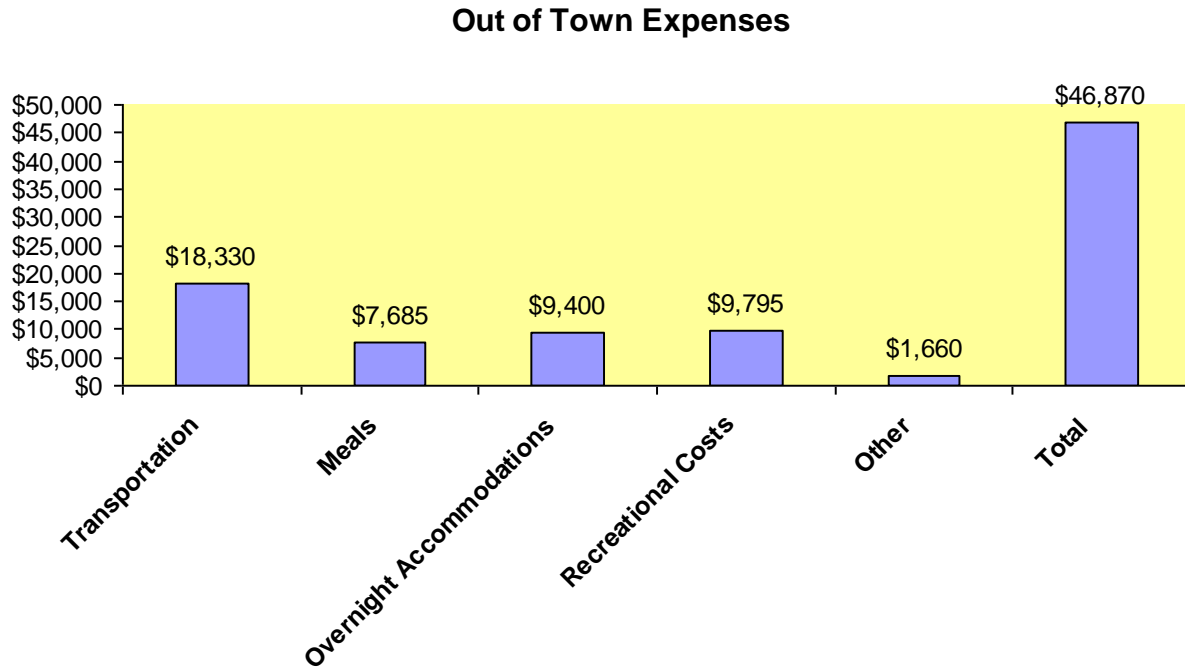
Only 33 individuals responded to the survey question regarding clarification of costs associated with participating in activities outside of the community. Just **33 households** are spending a total of **\$46, 870** on activities in other communities.



Building a Healthy Community

The breakdown of out of town expenses is illustrated in the chart below.

Figure 3



4.4 Health Concerns

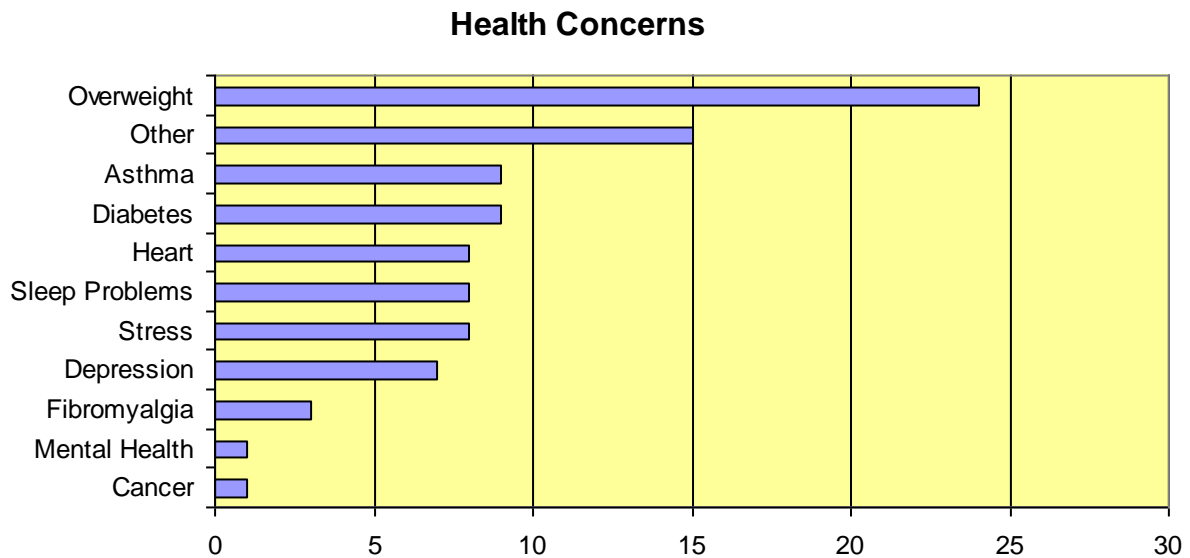
Forty-five individuals responded to clarification regarding health concerns. Fifty-three percent expressed a concern with being overweight. Thirty-three percent indicated a concern with other health concerns which included arthritis, osteoporosis, vision impairment, kidney problems, migraines, high blood pressure and multiple sclerosis.



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The chart below illustrates the health concerns as indicated by respondents.

Figure 4



People who require physiotherapy or other types of medical therapy are driving into Sault Ste. Marie to receive their treatments. Given the higher percentage of senior residents in the area in combination with other community members with illness or injury, these day trips are common to a significant portion of the community. Treatments administered to alleviate discomfort are often effective until the individual has to make the forty-five minute drive back home.

“Me and my husband both go to the Sault for physiotherapy. You always feel so good after but it’s all undone when we have to drive back home. It takes us just over an hour and that’s not good for somebody who has a bad back or hips to sit in a little car for that long. It makes no sense to go to the physio if by the time I get home I’m in pain again. It would be great if we had someone at the Fitness Centre who could do that sort of thing. There’s a lot of us that would go.”

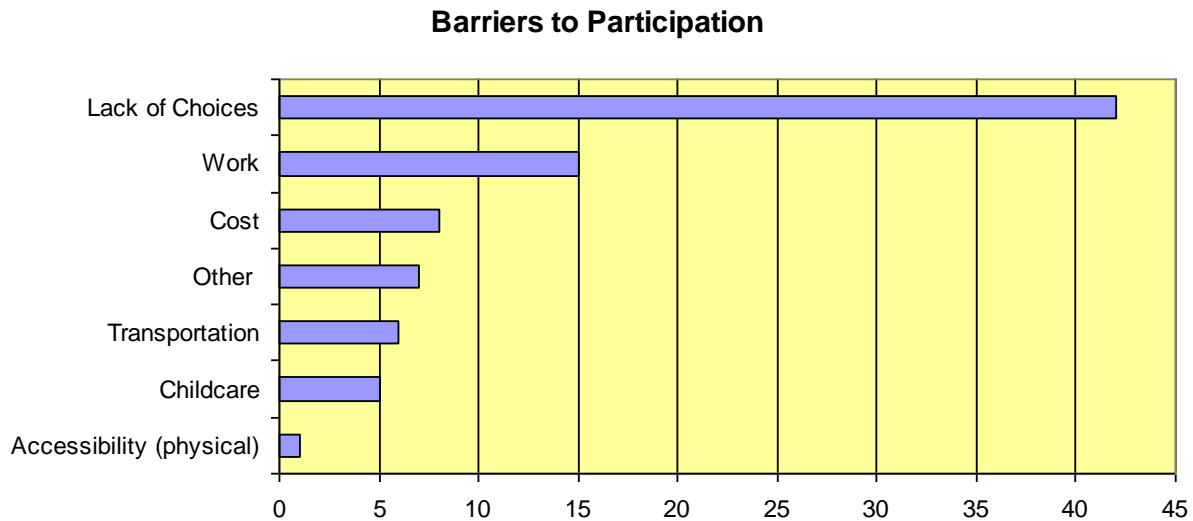
5.0 BARRIERS TO PARTICIPATION

Regarding questions about barriers to participation in activities and events 21 responses were from Plummer Additional residents and 28 responses were from Bruce Mines residents for a total of 49 responses. Other barriers to participation strongly suggested that communication and poor advertisement contributed to low turn outs at activities and events.

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The chart below illustrates barriers as indicated by respondents.

Figure 5



When asked about enough activities in the area it was indicated that:

- 52 individuals believe that there are not enough activities for children
- 62 individuals believe that there are not enough activities for families
- 48 individuals believe that there are not enough activities for people with physical limitations
- 49 individuals believe that there are not enough activities for retirees

5.1 Transportation as a Barrier



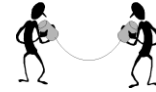
This area of concern was strongly indicated through interviews and focus group processes. People's ability to participate in local activities as well as activities organized throughout the region have been greatly influenced by access to transportation. Limited or no access to transportation may be reflective of low-income/fixed wages, inability to drive and lack of public/community transportation.

Not having the freedom to travel outside a specific parameter often imposes a sense of isolation and loneliness for people. For some, this situation may compound the experience of depression and poor mental health. Accessing transportation is important to ensure food security, medical care and to maintain vital social relationships in the community. Our connections to other people nurture our spirit in addition to providing links to services in the community. In rural areas, the provision of community transportation is a basic need that should be delivered to all residents.

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5.2 Communication as a Barrier

Research indicates poor communication may positively correlate with the perception that there are not enough recreational choices in the community. The Round Table developed a local inventory of assets which included a lengthy list of activities and events offered year round in the community (Appendix 3). Many activities and events did not have the desired turn out hoped for by organizers. Almost half of survey participants stated that there wasn't enough to do in the community and when an event or activity was scheduled it was often after the event or activity had taken place that they heard about it.



“There’s plenty of activities but nobody has a clue about them...Advertisement has got to be in your face. I would push for highway signage and I would push for gazebo-type bulletin structure.”

It has been consistently expressed that there needs to be a more effective way to communicate events and activities to the entire community. Methods of communication currently include:

- Distribution and posting of flyers
- Use of local media
- Posting of events and activities on Chamber of Commerce website, Bruce Mines website and Bruce Bay Cottages website
- Word of mouth
- Occasional use of billboards
- Teachers/School

Frequently, it was stated that word of mouth was the most common and effective way to communicate happenings with the community. However, not all individuals agreed on this point.

“It’s hard to find out about what’s going on. And then somebody will talk about something that happened and you’ll be like ‘oh when did that happen’ and they’ll say ‘oh it happened here.’ And then ‘so how did you find out’ and they’ll say ‘oh so and so told me’. So you know its always like word of mouth....which is a great way to get people to come but then there are people that might be interested in it that don’t hear about it, the people that nobody says anything to.”

The challenges presented by poor communication makes it difficult to determine if people are not participating because there is not enough to do or because there is not enough accessible information about what there is to do. However, it is important to note that many people have indicated that they would like to increase the variety of activities offered in the community.

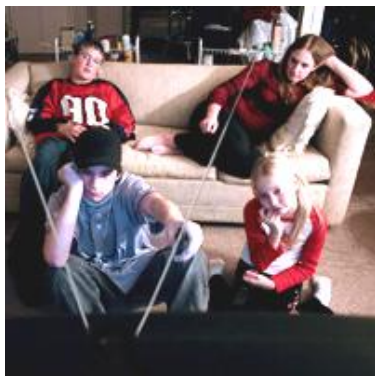
6.0 LIFESTYLE CHARACTERISTICS

This section breaks out specific information regarding three demographic groups. They are youth, retirees and newcomers. At the onset of this research, it was anticipated that there would be specific focus on the youth and retirees/seniors of the community. Survey information identified an unexpected group of interest, newcomers.

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6.1 Youth and Children

When referring to youth in this section, it should be noted that unless stated otherwise, this age group is between 12 and 18 years of age. Many sectors of the community would like to continue to be involved with young people and increase opportunities for youth. Individuals involved with arts and culture, agriculture, recreation and education have all consciously expressed that they



would like to see more structured activity for young people. There is genuine concern among locals that there simply is not enough opportunity or choices of activities for the young people of the community.

The Canadian Council on Social Development and the Family Network of Canadian Policy Research Networks concluded that, “There is evidence consistent with the argument that involvement (of youth) in structured recreation promotes higher levels of social involvement and future civic competence,” (*Four Hypotheses 5*).

Discussions with youth and individuals working with youth clearly indicate that young people are interested in more opportunities to participate in organized sport in this community. Young people have stated that they would like their fields and courts to be better maintained, access to sport equipment and a greater variety of opportunities for all types of physical activity.



“We’ve lost kids to the soccer program because the nets are so poor. They’ve actually fallen down and hit kids on the head while they’re playing. We’ve requested new nets but it’s been really tough getting the funding. If you go to any other community they have proper nets to play with. We’ve been using wood posts with mosquito- mesh netting. It’s pretty silly.”

“Our basketball court isn’t any better. Our courts are all cracked. When I go to Thessalon their courts are all fresh and newly paved looking.”

A total of 44 elementary and high school students participated in a youth survey (Appendix 4). The survey requested information regarding activities in which they were participating. Clarifications provided for not participating were: not interested, lack of transportation, too expensive, not offered or other.

The overwhelming response for not participating in activities was that the respondent was not interested. This response occurred 677 times throughout the survey. This finding is concerning as it could imply that a culture of idleness is being created among local youth. This could be due to several reasons that include lack of activities for young people or inability to access activities in other communities. Regardless of why, this was indicated as the most common reason for not participating in activities, this is a red flag issue. It will be a priority in the second phase of this initiative to increase opportunities for physical activities as well as inspire motivation levels and enthusiasm for physical activity among the local youth population.

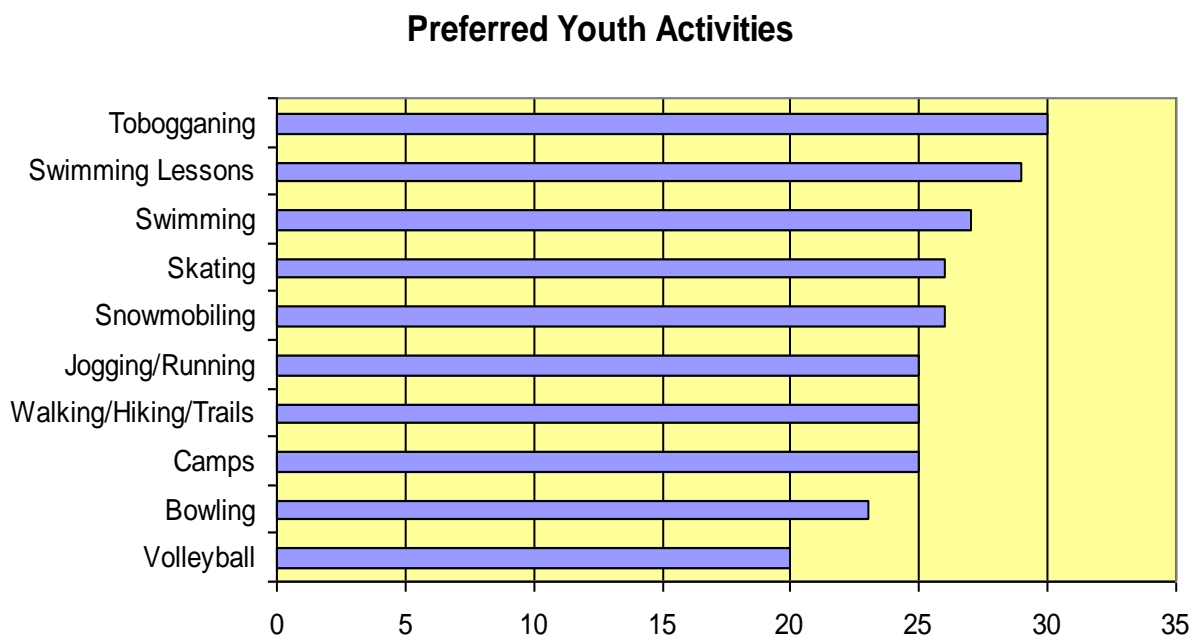
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The second greatest response to this question was that the activity was not offered and this response occurred 226 times.

The top activities that youth are participating in are listed below. Tobogganing is the activity most young people are engaging in with 30 (68%) participating followed by, 29 (65%) involved in swimming lessons, 27 (61%) involved in just swimming, 26 (59%) involved in skating, 26 (59%) involved in snowmobiling, 25 (56%) involved in jogging or running and 25 (56%) involved in walking, hiking or following trails.

The chart below indicates the involvement of youth in specified activities.

Figure 6



Activities that youth do not show a high interest in are indicated in the chart below. Totals indicate how many respondents out of 44 indicated they were not interested in a specific activity. Among the top areas of disinterest are bird watching with 27 (61%), 26 (59%) not interested in photography, 25 (56%) not interested in yoga, 24 (55%) are not interested in geocaching or cross country skiing, 23 (52%) are not interested in skateboarding or theatre arts and 21 (47%) are not interested in gardening.

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The chart below indicates activities of low interest to youth.

Figure 7



It should be noted that there is not enough information to determine why certain activities scored as low interest areas for youth. It is possible that the sampling of respondents may not have been large enough or that youth have not had enough exposure to certain activities to determine a positive interest.

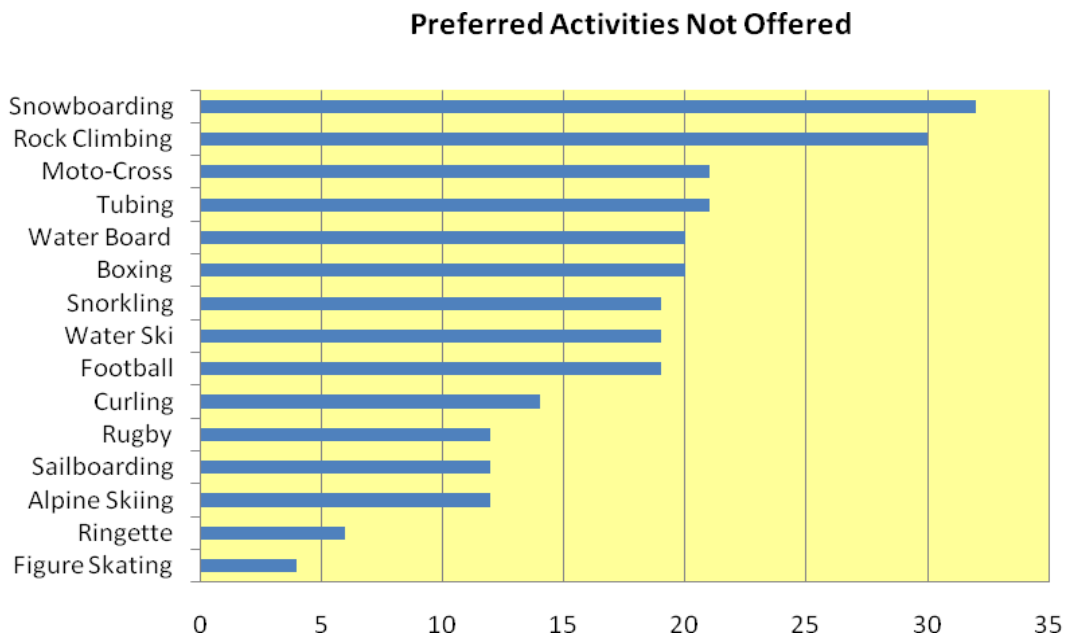
The top areas of interest for activities not offered in the community are; 32 (72%) respondents interested in snowboarding, 30 (68%) interested in rock climbing, 21 (47%) interested in tubing, 21 (47%) interested in moto - crossing, 20 (45%) in boxing and 20 (45%) interested in water boarding.



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The chart below provides a breakdown of these interests.

Figure 8



The social outcomes of structured activities for youth are undeniable. “The psychosocial impact of structured recreation reports a positive correlation between physical activity, structured outdoor programs and extra-curricular activities, which increased self-esteem, self-concept, acceptance among peers, and self-empowerment,” (*Four Hypotheses 11*).

6.2 Retirees/Seniors

Retirees/Seniors form over 38% of the community and are critical to the social and economic health of the community. This population is strongly represented in the volunteer sector and they are important connectors to social networks. This group contributes to the capacity of the community by sharing years of expertise generated from a variety of professions, skills, trades and life experiences. Individuals who have spent a lifetime here protect the history and heritage of the area and newcomers, those who have chosen to retire in Bruce Mines or Plummer Additional, bring with them new ideas and different experiences that add to the richness of the community.



- 45 (44% of surveys) were completed by people 55 yrs. or older
- The top 5 interests of retirees was walking/hiking/following trails, gardening, swimming, bicycling, and indoor activities which may include arts and crafts

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A significant number of retirees expressed through interviews that they would like to see the development of walking trails.



“It would be lovely to develop more walking trails. My husband and I love nature...that’s why we moved here, and it would be nice to walk somewhere that’s in nature but on a path that is safe to walk...a flatter surface so we don’t have to worry about killing ourselves over a tree root.”

This group of people also felt very strongly that there was a need to develop a community hub or gathering place for the entire community.

“We’ve lost our connectedness. We need to be a community again and maybe a recreation centre will help bring everybody together again. We used to be such a close community.”



Some retirees have expressed difficulty participating in physical activity due to physical limitations such as arthritis, heart conditions, poor vision and osteoporosis. Many local seniors have expressed that health problems and physical challenges affect their ability to participate in activities that require physical motoring. These seniors have also stated an interest in acquiring new skills so that they can maintain social connections and feel connected to the community.

Seniors are the fastest growing group of internet users so it was not too surprising that many senior participants indicated a keen interest in learning how to surf the web and use internet, if they didn’t already know how.

“I got a 35 year old mind and a 74 year old body. And I don’t remind myself but my body pays me back for forgetting. But now I’ve learned how to operate a computer I email, correspond with friends and family and conduct business. It can be a great source of entertainment for me.”

“I can’t afford a computer but I use the library. Thank god for the library. A lot of people can’t afford a computer, and that’s their life line to the outside world.”

The Bernard Betel Centre for Creative Living located in Toronto, Ontario has responded to this growing interest. The Betel Centre offers recreational, educational, wellness and community supports to people 55 yrs. and over. The aim of the Centre is to create an environment that is committed to maximizing the quality of life for seniors. “It is a place where one may redefine their identity outside of the workforce, after the loss of a spouse or post child rearing years...” (<http://www.betelcentre.org>).

For the past five years, Michael Jamison has been instructing entry level and advanced level computer courses at the Betel Centre. In a telephone interview on November 17th, 2009 Jamieson shared that his students range in age varies between 55 and 92 years old, with the average age

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being somewhere in the mid-seventies. “I have found that a lot of times seniors are coming to us and they feel stupid that they don’t know how to use a computer and they feel isolated. More and more people in their seventies want to know about Facebook, Twitter, blogging and using Skype to make cheap phone calls. The driving force about being on-line is being connected to loved ones and the world.”

The benefits attending a computer class translates into the development face to face social networks as well. Students are not only making connections on-line but forming new friendships in the classroom with other students. “A lot of the students get together and form these little coffee cliques. It’s a bit sad and beautiful at the same time but three women in the classroom found out they both shared in common that they’re husbands were struggling with Alzheimer’s. They formed their own support circle and still get together today. And I’ve even had two students fall in love in my class and they’re married now!”



As students gain more confidence and expertise working with computers so does their contribution to their community and importantly their peers. “Many of my students become proficient enough that they are able to move on and volunteer in the classroom providing support to students in the entry level and advanced level classes.” This mentor support is inspiring to new students who can be motivated by a peer who has conquered the computers challenges and mysteries.

Classes such as these provide an excellent example of how recreation is structured for fun as well as the development of new skills. We can also recognize how the acquisition of these new skills contributes to the individuals’ capacity to give back to their peers and the community. Students are learning, making new friends and practicing civic engagement simultaneously.

Other retirees have said that they are too busy to participate in organized activities and feel that their physical activity occurs naturally throughout the day. This is not an uncommon sentiment among people who have lived in rural communities and spent a lifetime farming, fishing or performing daily physical chores. Often recreation was pushed to the margins and ‘playtime’ only occurred after all the necessary duties were completed.

Leisure time was a great luxury and expense to many of these hard working members of the community. Retirees who have grown up in a rural setting are more likely to find their physical and social activity in meaningful and productive ways.

“We don’t get too involved with community activities due to time restrictions. We get pretty busy with renovations at the house and the cottage, doing repairs, yard work and gardening...And we’re busy with the church and volunteer work too.”

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6.3 Newcomers

Newcomers to the community represent a wide demographic and include young people, families and retirees. Newcomers are entrepreneurs, professionals, skilled workers and have a diverse background of experience to contribute to the community.

For many newcomers, attraction highlights include the beautiful landscape, many lakes, access to a variety of resources and the friendliness of the community.



“The people here are great. Everyone is so easy to get along with. I didn’t have a hard time meeting people at all.”

Some newcomers have expressed difficulty developing social networks locally and may even feel socially isolated at times. There are a variety of factors that may influence this response and these feelings were represented by several newcomers that participated in interviews and focus groups.

“I’ve had a hard time fitting in. I have tried to join different committees but my ideas aren’t well received. It’s very isolating and I’ve resorted to making my own fun.”

“The area is so beautiful and so are the people. It’s just hard to figure out what’s going on here and that makes it hard to meet people.”

7.0 INFRASTRUCTURE

There are 3 themes common to all ages regarding the maintenance or development of infrastructure; trail development and a hub or gathering place for the community and a swimming pool. Participants expressed a strong interest in bringing a swimming pool to the community and have often stated that it would be the only one available between Sault Ste. Marie and Elliot Lake.

“I was thinking of something that would be good for everyone - a pool would be perfect for the area, for kids that would like to swim, maybe get an instructor in for lessons and a lot of older people might like to swim for aerobic therapy in the pool.”

Also a number of participants who have indicated high interest rates in walking, running, bicycling and nature have expressed that they would be interested in the development of more trails to serve those purposes.

“It would be lovely to develop more walking trails. My husband and I love nature...that’s why we moved here, and it would be nice to walk somewhere that’s in nature but on a path that is safe to walk...a flatter surface so we don’t have to worry about killing ourselves over a tree root.”

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Many children, parents and community members have expressed the need for a hub in the community - a place for the youth to hang out and a place for all to gather. This venue could be used to the advantage of all sectors and further strengthen feeling of community.

“We need a multi-purpose centre that could house a variety of services. It could have different social services, a toy lending library and maybe a room or something that is used for community events.”

“We have a beautiful waterfront and gazebo. It would be wonderful if we could expand that and maybe put in a rack for kayak rentals and put up some tents for a market. It could be a real heart beat for us. It would be nice to have somewhere to go where you would know that there’s going to be something going on. And it would attract people traveling through town and slow down the traffic.”

People also feel very strongly about maintaining existing infrastructure and the continued development and improvement of existing assets. Several people also strongly feel that any new physical developments should reflect the present landscape and compliment many of the present heritage sites. Infrastructure not only serves a purpose as a venue but it also contributes to the culture of the community.

“Why do we keep getting architects from down south? We should be hiring northern developers who could design something that fits in with the museum, the churches - all the heritage sites. A new building that looks 21st century is going to spoil the uniqueness and heritage of the area.”

“The question always is ‘should we close the arena or not’ not a vision of a new arena with a swimming pool but ‘should we close it or not’. We’re not even framing things in a way that is helpful.”



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8.0 HEALTHY FOOD CHOICES



As the research process naturally unfolded the need to ensure healthy and varied food choices for all citizens became evident. Through interviews with individual stakeholders as well as professionals and volunteers in the community it has been identified that individuals living on fixed incomes or at low-incomes struggle with day to day expenses such as paying rent and putting food on the table. Given the fact that 10% of the community are living at or below low-income cut-offs this finding is not surprising.

It has been reported in the 2007 Report on the Integrated Pan-Canadian Healthy Living Strategy that in 2004, more than 1.1 million households (9.2%) were food-insecure at some point in the previous year as a result of financial challenges faced in accessing adequate food. These health disparities make it difficult for people to participate fully in the economic, social and cultural life of their communities. “Health disparities are also inconsistent with Canadian values, threaten the cohesiveness of community and society, challenge the sustainability of the health system and have an impact on the economy,” (14).

Challenges unique to rural living are a factor in this situation and are numerous. Transportation can eat up a lot of disposable income or may not be present at all, limiting an individual’s ability to purchase or make choices when replenishing their pantry shelves. Also, there is not the diversity or availability of services in smaller communities as there are in larger cities. And simply, people just don’t have enough money. For these people, recreation is a luxury not a necessity.



At this time, the community offers three services in response to this need:

- Breakfast, Nutrition and Veggie Program

The Breakfast, Nutrition and Veggie Programs have been offered at Arthur Henderson Elementary School for two years. Of the 105 students in attendance, 45-50 students access the program every morning. The program is open to everyone. In addition to being supported by donation from the community, grants are received from Algoma Family Services and The Algoma Public Health Unit. The program has been operating for 2 years.



- Community Food Bank

Thirty households per month use the Community Food Bank. The Community Food Bank provides access to non-perishable food for anyone who may need it. Funding comes

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from the Homelessness Initiative and is funneled through Algoma District Services Administration Board. It also relies on community donations.

- Community Kitchen

The Community Kitchen is open to all community members. Participants are taught how to prepare economical meals that are healthy. Despite the number of households accessing the Community Food Bank, the Community Kitchen is not well attended. Cost to participate in the Community Kitchen program is 2 dollars per individual and 1 dollar per child. This provides them with one serving of the four dishes they prepare during the meeting, soup, 2 main entrees and a dessert. Everyone contributes vegetables though this is not enforced. Nobody is turned away if they do not have money.

These three programs offer some resources for individuals struggling with food insecurity but more needs to be done. While the Breakfast, Veggie and Nutrition Programs are well supported by the community, the Community Food Bank and Community Kitchen often run short of healthy food for individuals requiring the service.

As stated by a professional working in the health sector of Algoma:

“Food security is an ongoing issue in Bruce Mines and Plummer Additional. There’s unemployment, there’s low wages, social isolation, lack of transportation. There’s young women with children, young couples, people on fixed incomes - they often run short of formula or food. They won’t be able to buy things like fruit or meat or they buy the cheaper meat that’s a day overdue. We have families that aren’t eating very much. And when they’re eating, they’re eating junk food because it’s cheaper.”

9.0 HEALTHY COMMUNITIES:

The Impact of Recreation on Social Capital and Community Capacity



The spirit of community is energized by every person that lives there. No one person is so autonomous to function singularly by their own motivation. It is a part of our natural design that we need one another to survive and thrive. As we move through what seems to be the automatic functions of our day, we may be unaware of how reliant we are upon one another when performing our daily tasks. The casual conversations at the grocery store, the courteous driver that lets you break into the stream of traffic, the helpful clerk in the town office, the

knowledgeable nurse at the health centre and the caring neighbour that shovelled out the end of the driveway after the early morning plough went by, have all contributed to the success of our day.

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The fundamental connections found in our regular routines have a tremendous impact on overall health which includes physical, emotional, social and spiritual/cultural well being. These ties to one another and various supports in the community are often known as *social capital*.

Social capital refers to the web of connections that exist for individuals. These are our informal or formal relationships which are vital to the health of the individual and each person in the community. Neighbours keep an eye out for one another, people come together to address a cause in the community or people with similar interests unite to create a new club.



Research findings strongly suggest that many individuals are struggling with that feeling of social connectedness. Finding new ways to strengthen the social ties in the community may be facilitated by increasing opportunities for people to network. This may happen through a combination of improving communication, creating a new club or increasing services and opportunities to participate in events or activities in the community.

“Social events that were specific to helping newly arrived retirees would help involve them in the community and in community events.”

“It would be nice if there was a place for people to congregate. People are congregating in the restaurants right now.”

“I look at the window while I’m working and there’s no place for kids to go. They’re hanging out at the gas station and skateboarding along the highway.”

“We need someplace to go and have fun. There’s no place for us to hang out”



Community capacity simply refers to the human expertise and skills present in a community. Capacity is developed in school, at work, volunteering and participating in the life of the community. There is a symbiotic relationship between community capacity and social capital. Access to a diversified social network means greater awareness of opportunities for participation which impacts skill development. A healthy social network provides processes for people to share their strengths through employment,

volunteerism and participation. Social networks often create venues for the continued development of a community’s knowledge base or capacity. Therefore, recreational activities and events simultaneously support the expansion of social capital and community capacity.

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“I know tons of kids that are busy with doing something or playing sports all the time. These kids are confident and are always involved with anything going on in town.”

“Young people who are involved with sports or group activities really have a great opportunity to develop their leadership skills.”

A press release on December 6, 2001 from the Canadian Council on Social Development provides comments from researchers regarding two studies entitled *A Data Analysis: Learning through Recreation* by Jackson, Roberts and Harman, and *A Literature Review on Learning through Recreation* by Caroline Beauvais. Both reports emphasize that recreation should be treated as a basic fundamental in the development of all people and a key factor in building healthy communities.

As stated by Andrew Jackson, “Our findings point to one conclusion in particular. Policy makers need to see structured recreation as a public good.” Caroline Beauvais supports and expands upon Andrew Jackson’s comment by stating, “In sum, these papers bear a three-pronged message: Treat structured recreation as a public good; Take steps to remove the barriers to participation and: Move ahead with research to make our efforts more effective.”

Eliminating barriers to recreation encourages the continued growth of social capital and community capacity. In the little town of Roseto, mentioned at the beginning of this report, the townsfolk lived their lives as an extended super family. Almost 2000 residents worked and played together, shared meals together, celebrated together, worshipped together, uplifted one another’s strengths and supported one another’s shortcomings. This *culture of community* nurtured not only good health and happiness, but real chances to rise up to one’s potential and spread that wealth among all the townsfolk of Roseto. *This is the strength of a small community. This is the potential for the community of Bruce Mines and Plummer Additional.*



ROUND TABLE RECOMMENDATIONS



*"Never doubt that a small group of thoughtful, committed citizens can change the world.
Indeed, it is the only thing that ever has."*

~ Margaret Mead

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10.0 RECOMENDATIONS

Recommendation 1

Activity: Policy Strategy

Form a joint committee to coordinate, oversee and implement the activities falling within the parameters of the Healthy Communities Project*.

The implementation of this project needs the support of the participants who have followed this process from its inception. Having participated in the whole process, having reviewed the research findings and having worked with the Round Table members and partners, these participants are best suited to move forward with this project respecting the desires of the community. This committee would oversee the hiring of the coordinator and continue to be the liaison with both Councils.

***The Community In Action Funding program under the Ministry of Health Promotion has now been changed to Healthy Communities Fund and has an expanded mandate. References to this project going forward will refer to the Healthy Communities Fund or Project.**

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
The Joint Committee will coordinate productive and effective partnerships that are successful through the provision of a workable, open and cooperative atmosphere. The Joint Committee will also facilitate the development of supportive strategies that will encourage cohesion among partners to accomplish a variety of projects, access funding and set priorities and deadlines.		<ul style="list-style-type: none"> • Bruce Mines Council • Plummer Additional Council • Community in Action/ Healthy Communities Committee 	None	Immediately	Establishment of the joint committee to be known as Healthy Communities Committee

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Recommendation 2

Activity: Prepare a grant application to the Ministry of Health Promotion, Healthy Communities Fund requesting funding for a Project Coordinator.

- The role of coordinator will be to provide leadership, co-ordination and organize the community groups developed through the Community in Action Fund Process
- The coordinator will work directly with the recommendations developed by the Community in Action Plan and Master Plan approved by Councils

The coordinator will also work with a sub-committee responsible for researching and applying for Provincial and Federal funding to develop infrastructure and programming initiatives.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
The Coordinator's responsibilities will include the organization of programs, activities and events developed for the purposes of promoting physical activity, social networking, healthy eating and all other aspects involved in healthy living. In addition, the Coordinator will assist with developing and practicing effective communication strategies and marketing to the community.	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Community in Action Committee/ Healthy Communities Committee • Bruce Mines Council • Plummer Additional Council 	Centrally located office space	January 2010	Coordinator in place by March 2010

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Recommendation 3

Activity: Improve communications regarding all events and activities organized within the community.

In order to increase participation rates in activities and events, it has been identified that communication strategies need further development. A variety of methods shall be created to deliver information to all members of the community.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
Through a variety of means, develop communication and marketing strategies to increase participation in local activities and events, contributing to a healthier community.	Youth/Adults/ Seniors	<ul style="list-style-type: none"> • Coordinator • Chamber of Commerce • Municipalities 	Organized collection of information i.e. Website	2009-2010	Participation in activities increases

Recommendation 4

Activity: Community Calendar

A community calendar is a visual tool that will allow different groups and committees to present the details of their organized activities and events. This can be accessed by all members of the community.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>All groups and committees will be encouraged to forward their activities and events to their municipality.</p> <p>Information will be organized in a community calendar and distributed in the form monthly newsletters to inform residents of events and activities.</p>	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • Chamber of Commerce • Municipalities (Clerks) 	Organized collection of information	2009-2010	Participation increases in activities

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Recommendation 5

Activity: Interactive Website

This strategy will appeal to internet users both locally and outside of the community. Creating an interactive website to access an electronic community calendar of events will positively influence participation rates from members of the community and also has great potential to attract tourists to the area.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
The development of an interactive website will allow users to send activity information to the community. This may be presented as an electronic calendar. Each group would have their own login and password to update the electronic calendar as required.	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • Community organizations, committees and clubs 	Technology	Summer 2010	Functional interactive website available to community to input and access information

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Recommendation 6					
Activity: Marketing					
The following suggested marketing strategies will be are designed to support improvements to communication regarding community events and activities, as well as to contribute to increased participation levels of all community members.					
Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>The following suggested activities are possible marketing strategies:</p> <ul style="list-style-type: none"> Contest to recruit Town Crier Community Radio Station. This could be managed as a student/senior project. Initially this could start off small and include spotlights such as music, swap shop phone in and community announcements. This could be organized for autumn 2010 To promote pedestrian trails there could be organized bike clinics, a rider safety day, bike rodeo and a scavenger hunt of the trails. Bring-a-buddy to Senior Drop in Centre (this is discussed in Recommendation # 14) Run a Welcome Wagon out of the Senior Drop in Centre 	Youth/Adults /Seniors	<ul style="list-style-type: none"> Coordinator Municipalities 	<ul style="list-style-type: none"> Appropriate venue Radio Station Notice Board 	<p>Spring 2010</p> <p>Spring 2010</p> <p>Fall 2010</p> <p>Summer 2010</p>	<ul style="list-style-type: none"> Town Crier-spring 2010 Notice Board RadioAvailable Trails

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Recommendation 7

Activity: The development of safe, interconnecting and accessible multi-purpose trails for all seasons will allow the community to participate in a variety of year round physical and leisure activities.

These trails are currently under development. The Sno-Glyders club is clearing and designating 2.4 km of trail specifically for pedestrian use. The remainder of trails that are used for motorized activity, such as four wheeling and snowmobiling, will be shared with pedestrians. To ensure safety in regards to pedestrians and motorists sharing trails, as well as safety in regards to navigation, professional signage will be posted along the trails.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>The development of multi-use trails will be ongoing. Proper signage will be utilized throughout the trails to ensure everyone's safety. Flyers that include maps for trails should be provided to the community to promote the trails and to encourage physical activity.</p> <p>Promotion may also occur through the creation of groups for walking, biking, jogging, cross-country skiing, snowshoeing and nature enthusiasts.</p> <p>Trails may also be promoted as an educational venue for children and adults. This would have numerous benefits not limited to promotion. Community members will be able to learn about the local flora and fauna and be physically active as they explore the trails.</p>	<p>Youth/Adults /Seniors</p>	<ul style="list-style-type: none"> • Coordinator • Municipalities • Bruce Mines Sno-Glyders • Sault College Fish and Wildlife Program • Voyageur Trail • Nip and Tuck (old rail tracks that are no longer used) 	<ul style="list-style-type: none"> • Trails that have a safe flat surface • Resurface existing sidewalks 	<p>2010-2014 (5 year plan)</p>	<ul style="list-style-type: none"> • 2010 - 10 km of trail • 2011 – 20 km of trail • 2012 – 30 km of trail • 2013 – 40 km of trail • 2014 – 50 km of trail • Professional signage throughout trail system

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Recommendation 8					
Activity: Walking/Hiking/Jogging/Biking/Skiing/Snowshoeing					
Activity groups will be organized according to interests in the aforementioned areas. Organizing activity groups serves two purposes: increasing physical activity in the community and creating venues for people to strengthen their social networks.					
Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
Responsible partners and organizations will organize groups relating to walking, hiking, jogging, biking, cross-country skiing, and or snowshoeing on a safe terrain.	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • Municipalities • Bruce Mines Sno-Glyders 	<ul style="list-style-type: none"> • Well maintained and groomed trails 	2010-2014 (5 year plan)	<ul style="list-style-type: none"> • An increasing and ongoing number of people enjoying the trails and benefitting from physical activity • Organized groups in one or more of the possible activities

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<p>visual equipment for the community.</p> <p>There will be a sign that is updated regarding times of use to the community.</p> <p>The grant committee would need to explore grants for long term development of new facilities to enhance the renovations to the fitness centre. Also new programs and activities in conjunction with medical and treatment centre for local residents need to be developed.</p>					
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Recommendation 10

Activity: Increase the physical activity level and organized physical activity choices for children and youth.

The role of coordinator will be to ensure that there are a variety of organized activity choices for children and youth.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>Indoor and outdoor venues and resources will be provided to promote physical activity among youth.</p> <p>Teams for competition or intramural play will be organized in soccer, basketball, baseball and hockey.</p>	<p>Youth (3 and up)</p>	<ul style="list-style-type: none"> • Coordinator • Municipalities • Recreation Centre • Volunteers • School Board 	<ul style="list-style-type: none"> • Developed fields and courts that are safe to play on • Ice for indoor and outdoor activities • Equipment such as nets, soccer balls, helmets, hockey sticks and team jerseys 	<p>Spring 2010</p> <p>Fall 2010</p> <p>Spring 2010</p> <p>Fall 2010</p>	<ul style="list-style-type: none"> • Increased participation in physical activity by youth • Increased use of recreation centre • Healthy volunteer base • Organized fundraiser events to raise dollars or donations for equipment eg. helmet drive • Organized athletic programs eg. soccer program, summer leagues- basketball, baseball, 3 on 3 hockey, family programs such as shinny hockey night

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Recommendation 11

Activity: Waterfront Expansion and Recreational Activities

Development of the North Shore is an interest shared among many members of the community. This report recommends a cooperation between volunteer groups and local recreation entrepreneurs.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>The goal of this activity is to promote greater use of natural resources in the community and increase physical activity. Suggestions include:</p> <ul style="list-style-type: none"> • Develop a swimming beach and swimming area • Provide swimming lessons, boating lessons and lifeguard supervision • Develop facilities to hold sailboats, canoes and kayaks to increase the physical activity for youth and adults • Development the boardwalk along waterfront to increase walking and bicycling venues • All of these developments must be accessible to all ages, abilities and to people who use wheel chairs. Developments also need to be well lit and safe for children. 	<p>Youth/Adults/Seniors</p>	<ul style="list-style-type: none"> • Coordinator • Municipalities • Recreation Committee 	<ul style="list-style-type: none"> • A building to hold equipment • Boardwalk • Swimming Beach • Parking Area • Proper Signage 	<p>Start up in summer 2011 and completed in 2013</p>	<ul style="list-style-type: none"> • Proper signage • 1 beach developed • 1 boardwalk built

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Recommendation 12					
Activity: Rock Climbing					
This is an activity that is not currently offered in the area and in which individuals have expressed a high level of interest. A qualified guide with all necessary equipment and insurance coverage could be contracted to provide this experience without undue expense. (Refer to local School Board experiences)					
Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
To provide an opportunity for people to climb in a safe, structured and supervised environment This activity will be offered through a professional who has worked with students in many of the communities along Highway 17.	Youth(12 yrs. and up)/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • Guide teacher 	Climbing equipment provided by the guide	Fall 2010	<ul style="list-style-type: none"> • A number of community members participating and enjoying the activity

Recommendation 13					
Activity: Late Bus Option					
Providing transportation for elementary and secondary students will encourage increased youth participation in after school activities which are offered at the arena, Arthur Henderson Elementary School and Central Algoma Secondary School.					
Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
To provide a late bus option between 3:30 p.m. and 5:00 p.m.	Elementary and Secondary students	<ul style="list-style-type: none"> • Coordinator • Board of Education • AJ Bus Lines • Recreation Committee • Parents 	<ul style="list-style-type: none"> • Bus 	Spring 2010	<ul style="list-style-type: none"> • Number of users of Late Bus Option

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Recommendation 14

Activity: Develop a Drop-in Center for the community.

Improvements and renovations to the Bruce Mines Community Centre are recommended to improve responsiveness to respond to requests for a gathering place which will provide a wide variety of activities from arts and crafts, to cooking and much more.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<p>A Drop-in Center could be used to promote leisure activities to residents such as dancing, family movie night, arts and crafts, children programs etc.</p> <p>A Seniors' Group that meets regularly could be organized and operated under a vision statement.</p> <p>Relocating the kitchen upstairs would make it more accessible and make the community centre a more appealing option to host events and activities.</p>	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • Municipalities • Service Clubs • Recreation Committee 	<ul style="list-style-type: none"> • Renovated building • Kitchen is updated • Outside needs to be painted or covered • Wood floor refinished 	2010-2011	<ul style="list-style-type: none"> • Renovated Community Centre • Recreational Department stays here • Proper use of stage • Senior's Club • Kids in the Kitchen • Youth Drop-in Centre • Programs made available in the facility: craft classes, fitness classes and more

Building a Healthy Community

Recommendation 15

Activity: Form a Senior Drop-in Centre

The coordinator will be responsible for organizing activities for seniors that will work towards increasing physical activity as well as developing social networks.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> • Offer weekly activities such as cards, shuffleboard, and Wii-bowling • Bring in guest speakers • Book club • Movie night • Offer classes instructing in computer programs and internet 	Seniors	<ul style="list-style-type: none"> • Coordinator • Municipalities • Volunteers with expertise in areas of interest eg. computer use • All interested parties 	<ul style="list-style-type: none"> • Community Halls • United Church basement 	Winter 2009	<ul style="list-style-type: none"> • Weekly drop in with minimum of 10 participants • A variety of programs or classes will be offered on an on-going basis

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Recommendation 16

Activity: Welcome Wagon/Friendly Visitors

Individuals in the community who are newcomers or are physically isolated for health or geographical reasons will benefit from the outreach offered through a committee of visitors. This is also a strategy that will be effective in spreading information about the variety of activities and events offered in the area.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> • Organize a committee of volunteers to visit new comers (often retirees) to welcome, inform and invite to community events and activities. • Inform newcomers of community resources • Organize potluck dinners etc. • Engage in friendly visiting to those who are confined to their homes 	New comers and people who are confined at home	<ul style="list-style-type: none"> • Municipalities • Library • Chamber of Commerce • Churches and places of worship • Legion and Lions brothers and sisters • Seniors and interested adults • Volunteer • Coordinator • Working committee of volunteers 	None	Fall 2010	<ul style="list-style-type: none"> • 10 volunteer visitors recruited and trained • Volunteer coordinator • Working committee • Policies and procedures in place

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Recommendation 17

Activity: Heritage Week

The area has a rich cultural history that needs to be celebrated. Many community members have special skills and talents that could be shared in an organized annual event.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> Week of cultural activities eg. sausage making, Cornish pasties, spinning/weaving, dance programs, art studies 	Youth/Adults/Seniors	<ul style="list-style-type: none"> Coordinator Local organizations Aboriginal partnerships 	<ul style="list-style-type: none"> Hall Can be self-funded except for supervisor. 	2010	Participation and interest demonstrated.

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Recommendation 18

Activity: Healthy Food Choices

Ensuring that all people in the community have access to healthy food that is affordable is a significant priority. While this supports a basic human need, it also makes it possible to have enough energy to be physically active and to participate in activities and events which encourage the development of social networks.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measurable Outcome
<p>Develop all or some of the following programs:</p> <ul style="list-style-type: none"> • Grow a Row (ask farmers to plant an extra row that they donate to the Community Food Bank) • Community Gardens • Teach people especially in isolated areas to grow their own gardens. • Schools can grow their own gardens. 	<p>Youth/Adults/ Seniors</p>	<ul style="list-style-type: none"> • Algoma Family Services • Algoma Public Health • School Boards • Local Farmers • Agricultural Society • Horticultural Society • Community Food Bank • Coordinator 	<p>Existing infrastructure eg. backyards, school yard</p>	<p>2010</p>	<ul style="list-style-type: none"> • Number of healthy eating programs available • Number and types of media to promote programs

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Recommendation 19

Activity: Kids in the Kitchen Program

This program has been developed to educate children about preparing healthy meals that are economical and will encourage positive habits that will follow them into adulthood.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> • Learning to cook • Find a facility to hold program 	Youth	<ul style="list-style-type: none"> • School Boards • Home and School Association • Community Centre 	Kitchen in Community Centre	Fall/ Winter 2010	<ul style="list-style-type: none"> • 1 program running in community per year • 12 children in program

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Recommendation 20

Activity: Get Out of Dodge

Providing transportation to access what is not presently offered in the community, will allow people to pursue healthy choices which support many aspects of healthy living, including participation in physical activity, access to healthy food that is affordable and strengthening of social networks.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> • Regular bus schedule to and from the Sault with regular drop off points eg. YMCA, City Bus Terminal • Transportation once a week to a ski/snowboard hill for organized outings for all community members. • Drive share board • Volunteer drivers 	Youth/Adults /Seniors	<ul style="list-style-type: none"> • Coordinator • A.J. Bus Lines • Volunteers 	<ul style="list-style-type: none"> • Mini-bus/van • Notice board for drive share 	Fall 2010	<ul style="list-style-type: none"> • Regional participation • Bus running regularly to SSM • 10 drive share participants • 10 volunteers willing to drive people to medical appointments

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Recommendation 21

Activity: FEASIBILITY STUDY for swimming pool and/or sports complex.

In response to an overwhelming interest in the provision of a local swimming pool, it is recommended that the partners and organizations mentioned below investigate the feasibility of such a possibility.

Description of Activity	Target Group	Responsible Partner/Organization	Required Infrastructure	Timeline	Measureable Outcome
<ul style="list-style-type: none"> Investigate partnerships with private businesses, school boards, neighbouring communities, provincial and other funding sources to enable the community to build or consider building some infrastructure to increase the physical activity and leisure activities of residents in this area. (for similar projects refer to Hornepayne, Blind River, Penetang, Elliot Lake) 	Youth/Adults/ Seniors	<ul style="list-style-type: none"> Neighbouring municipalities School board ADSB Private Business Provincial and Federal Infrastructure Funding 	<ul style="list-style-type: none"> Pool Sports Complex 	2010 to 2012	Final document outlining costs, interested partners and potential funding sources.

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11.0 CONCLUSION

At the onset, this research set out to determine what the residents in the Town of Bruce Mines and Plummer Additional Township required to lead healthy and active lifestyles. *Many specific areas for improvement were discovered along this eight-month journey but perhaps the most important finding of the study was that residents of both communities share many commonalities. When findings were broken out by individual community, it was exposed that precedence in responses are almost identical.*

The majority of residents would like to see improvements or developments in terms of:

- 1) Continued construction of pedestrian trails
- 2) The need for a hub or gathering place
- 3) The need for better communication to promote activities and events in the community
- 4) The feasibility of an indoor swimming pool

A final theme, firmly cementing the shared beliefs of residents from both communities, punctuates the shortage of structured and unstructured activities for young people in the community. This sets off alarm bells among the involved members of the community. Increasing opportunities to partake in organized activity creates conditions for positive role modeling and mentorship offered through coaching, teaching and volunteering. These natural relationships support the development of leadership, confidence and healthy behaviour in our young people.



Young people fashion the rudimentary texture of the community's social fabric. Therefore, the tactile sensation of any community begins with how a child is fed, exercised and conditioned. This is all accomplished by providing for our youth the right to eat, play and learn. Their involvement in structured physical activity and community events establishes a pattern of involvement and enthusiasm in our town. In later years, this pattern may bear influence upon whether or not they remain in this community and how they choose to involve themselves while here. Creating more opportunities for young people in our town may retain our youth as well as attract young families and newcomers to settle in the area.

The natural challenges of rural living combined with a high number of our people living on fixed or low incomes exacerbates the fact that participation rates in community activities and events have a low turn-out rate. An individual's ability to afford or secure transportation for the sake of participation within the community is often difficult. Existing in straitened circumstances where there are no provisions for public transportation means that there is limited or impossible opportunity to develop social networks, contribute to others or to acquire new experiences.

Of greater concern is the ability to put food on the table. Low income, lack of transportation, limited choices and shortage of services in rural communities makes putting food on the table an ongoing concern for many families in the area. It would not be enough to have an abundance of rice or pasta for some of the hungry locals but that they will have access to food that is healthy

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also. The need for enough nutritious food is significant. Nourishing food makes it much easier to enjoy a hike on a trail or a get together at the community centre.

Over 50% of residents expressed weight as a concern, specifically too much of it. This could be attributed to people not being able to afford or access healthy food, not being aware of healthy eating choices and not getting enough physical activity in their day.

Working towards the fruition of recommendations developed in this report will be contingent upon four critical factors:

- 1) The preservation of a committee comprised of former Community in Action Committee and Community in Action Round Table members. These individuals will be accountable in keeping the spirit of the original project vibrant and growing. They also bring with them an understanding of the work that has already been done and *why* it has been done.
- 2) One coordinator to choreograph the community as it pursues recommendations made in this report. Among other responsibilities, this coordinator will assist with the development and delivery of programs and create an effective communication strategy.
- 3) A healthy volunteer base comprised of a wide representation of all people in the area.
- 4) If the recommendations in this report are to be achieved, partnership and co-operation among both councils is **essential**.

There is a changing network of citizens who recognize what needs to be done to help this community shine a little brighter. These people have all been represented in this body of observation and report. It is you who are reading this, have created this and have responded to this that will move forward the vision which has been so clearly defined upon these pages.

“Things do not change; we change”.

~Henry David Thor





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APPENDICES

Appendix 1

COMMUNITY IN ACTION SURVEY

Background Information

Please select what community you are from.

- Bruce Mines
- Plummer Additional
- Unorganized (Please specify):

Please select highest education level completed.

- Elementary School
- Some high school
- High School Diploma
- Some Post-Secondary
- College Diploma
- Post-Secondary Degree (Please specify):

Are you currently employed?

- No
- Retired
- Yes (Please specify):
 - Farming
 - Government
 - Sales/Retail
 - Business Owner
 - Education
 - Health
 - Social Services
 - Legal
 - Labourer
 - Clerical
 - Arts
 - Recreation
 - Tourism
 - Other (please specify):

Do you commute outside of the community to work?

- No
- Yes (Please specify)_____

Please select your gender.

- Female
- Male

Please select current family status.

- Married
- Divorced
- Common Law
- Single
- Widowed

Please select your age.

- 14 - 18 years
- 19 - 29 years
- 30 - 39 years
- 40 - 54 years
- 55 - 69 years
- 70 - 80 years
- 81 years and above:_____

Please select the appropriate age bracket for every individual, including yourself, in your home.

- 0 - 4 years: _____person(s)
- 5 - 13 years: _____person(s)
- 14 - 18 years: _____person(s)
- 19 - 29 years: _____person(s)
- 30-39 years: _____person(s)
- 40 - 54 years: _____person(s)
- 55 - 69 years: _____person(s)
- 70 - 80 years: _____person(s)
- 81 years and above: _____person(s)

What is your household's gross annual income?

- Under \$10, 000
- \$10,001 - \$20, 000
- \$20, 001 - \$30,000
- \$30, 001 - \$40,000
- \$40, 001 - \$50, 000
- \$50,001 - \$75, 000

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- 75,001- \$100,000
- Over \$100,000

Survey Questions

1. Please indicate any conditions or symptoms you are presently experiencing. Please check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Drug Problems |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Mental Health Problems |
| <input type="checkbox"/> Heart Condition | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Overweight |
| <input type="checkbox"/> Sleep Problems | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Alcohol Problems | _____ |
| | _____ |

2. a) What activities best describe your current recreation interests? Please check all that apply.

- | | | |
|---|--------------------------------|---------------------------------------|
| <input type="checkbox"/> Bicycling | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Walking, jogging or running | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Going to the beach | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Fishing | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Boating (kayak or canoe) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Boating (motor or sail) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Enjoying nature (birding, hiking) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Golfing | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Playing tennis | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Swimming in the lake | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Swimming in a pool | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Skateboarding or Rollerblading | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Martial Arts (Yoga, Tai Chi, Karate etc.) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Outdoor games (horseshoes, badminton etc.) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Gardening | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Skating | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Cross Country Skiing | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Downhill Skiing/Snowboarding | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Snow machining | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Indoor games (playing cards, chess etc.) | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
| <input type="checkbox"/> Arts and Crafts | <input type="checkbox"/> Often | <input type="checkbox"/> Occasionally |
|
 | | |
| <input type="checkbox"/> Other (Please specify): | | |
| _____ | | |
| _____ | | |

b) Are any of the interests you indicated above not offered in your community?

- No
- Yes (Please specify): _____

c) Do you ever travel out of town to participate in recreational activities not offered in Bruce Mines and Plummer Additional?

- No

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_____ Yes (Please specify what the activity and where you travel for it): _____

If you have responded 'Yes' to part 2.(c), please respond to parts (d) and (e) below.

d) Please provide an estimation of how much money you spend annually when you are out of town to participate in recreational activities outside of your community.

Transportation Expenses: \$ _____ per year. Other Expenses (please specify):
 Meal Expenses: \$ _____ per year Item: _____ Expense (\$): _____
 Overnight Accommodation: \$ _____ per year _____
 Recreational Expenses: \$ _____ per year _____

e) If the activities that you attend out of town were offered in Bruce Mines and Plummer Additional would you participate?

No
 Yes: Often Occasionally

3. Do you feel there are enough recreational activities for the following groups of people living in Bruce Mines and Plummer Additional?

Children Yes No I don't know
 Families Yes No I don't know
 People with physical limitations/disabilities Yes No I don't know
 Retirees Yes No I don't know

4. a) Are you satisfied with your/your family's current level of recreational participation in the community?

Yes, I am satisfied with my/my family's recreational participation in the community.
 No, I would like to increase my/my family's recreational participation in the community.

b) If you answered 'No' to part 4.(a), please select what issues may be preventing you from increasing your/your family's recreational participation in the community.

Transportation Hours of work
 Cost associated with recreational activity Accessibility (physical limitations)
 Poor health Other (please specify): _____
 Lack of recreational choices in Bruce Mines and Plummer Additional _____
 Lack of affordable/reliable childcare _____

5. How would you rate your physical activity **6. Would you consider your present level of**

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Appendix 2

COMMUNITY IN ACTION YOUTH SURVEY

The Town of Bruce Mines and Plummer Additional Township want to know what you think about recreation in our community. Please take a few minutes to fill out the survey below. This is your opportunity to let us know what activities you would like.

You can make a difference! Thank you!

Please select which community you are from.

- Bruce Mines
 - Plummer Additional
 - Unorganized
- Please specify: _____

Please select your age.

- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years
- 19 years

Please select your gender.

- Female
- Male

<u>Activity</u>	<u>Do You Partipate?</u>		<u>If 'no', why not?</u>				
	Yes	No	Not Interested	Transportation	Too Expensive	Not Offered	Other
1. Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Swimming Lessons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Fishing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Canoe/Kayak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Walk/Hike/Trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Jog/Run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Photography	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Dance Class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Martial Arts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Geocaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
13. Weightlifting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
14. Biking Trails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
15. Archery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
16. BMX Track	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Building a Healthy Community

<u>Activity</u>	<u>Do You Participate?</u>		<u>If 'no', why not?</u>					<u>Other</u>
	Yes	No	Not Interested	Transport- Aion	Too Expensive	Not Offered		
17. Baseball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
18. Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
19. Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
20. Ball Hockey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
21. Hockey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
22. Lacrosse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
23. Drawing/Painting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
24. Rollerblading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
25. Tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
26. Badminton	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
27. Cross Country Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
28. Snowmobiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
29. Skating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
30. Tobogganing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
31. Dog Sledding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
32. Snow Shoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
33. Horseback Riding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
34. Rodeo Events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
35. Camps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
36. Bird Watching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
37. Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
38. Bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
39. Theatre Arts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
40. Fitness Class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	
41. Skateboarding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	

Please select from the list below other activities you would like to participate in if you had the opportunity to do so.

- | | | | | |
|--|------------------------------------|-------------------------------------|--|---|
| <input type="checkbox"/> Water Board | <input type="checkbox"/> Water Ski | <input type="checkbox"/> Tubing | <input type="checkbox"/> Sailboarding | <input type="checkbox"/> Snowboarding |
| <input type="checkbox"/> Snorkling | <input type="checkbox"/> Boxing | <input type="checkbox"/> Moto-Cross | <input type="checkbox"/> Curling | <input type="checkbox"/> Ringette |
| <input type="checkbox"/> Rock Climbing | <input type="checkbox"/> Rugby | <input type="checkbox"/> Football | <input type="checkbox"/> Alpine Skiing | <input type="checkbox"/> Figure Skating |

Other Activities:

Building a Healthy Community

Appendix 3

DEVELOPING A COMMUNITY PROFILE: THE TOWN OF BRUCE MINES AND PLUMMER ADDITIONAL TOWNSHIP ASSET INVENTORY

NATURAL RESOURCES

- Waterfront
- Trails
- Multiple Lakes
- Forest Lands
- Geological Landscape

PHYSICAL INFRASTRUCTURE

- Arena:
 - Soccer Field
 - Baseball Diamond
 - Fitness Centre
 - Tennis Courts
 - Ice Rink
 - Multi- purpose room
 - Canteen
 - Horse Arena
- School
- Walkable Community
- Rail
- Trails
- Library
- Several Community Halls

ARTS AND CULTURE

- Heritage Sites:
 - Rydal Bank Church
 - Museum
 - McKay Lighthouse
 - Bruce Mines United Church
- Simpson Mine Shaft
- Rydal Bank Historical Society
- Bruce Mines Historical Society

BUSINESSES

- Accommodations
- Community Schools and Halls
- Construction
- Industrial
- Legal
- Local Resources
- Restaurants
- Retail
- Services
- Tourist Attractions
- (See complete list under the Bruce Mines and Area Chamber of Commerce)

Building a Healthy Community

CLUBS AND ORGANIZATIONS

- Bruce Mines and District Lions Club
- Royal Canadian Legion Branch 211
- 4-H
- Central Algoma Basketball Club
- Bruce Mines Sno-Glyders
- Bruce Station Horticultural Society
- Algoma Horse Association
- Central Algoma Agricultural Society
- Chamber of Commerce
- Parent's Council
- Home and School
- Churches
- Community Theatre
- Bible Chapel Children's Camp
- Youth Group (Bible Chapel)
- Karate Classes
- Moms and Tots Program
- Hockey Development
- Archery Classes
- United Church Women (UCW)

SOCIAL/HEALTH/GOVERNMENT

- Medical Clinic/Doctor
- Emergency Services
- Community Food Bank
- Community Kitchen
- Municipal Government:
 - Recreation Committee
 - Library Board
 - Marina Committee,
 - Medical Committee
- Government Agencies:
 - Algoma District School Board
 - Algoma Family Services
 - Algoma District Services Administration Board
 - Ontario Ministry of Food and Agricultural Affairs
 - Post Office
 - Liquor Control Board Ontario

ACTIVITIES AND EVENTS

- 4-H
- Camping
- Exhibition and Annual Fall Fair
- Demolition Derby and Dance
- Four and Friends Art Show
- Sylvan Circle Artists and Artisan Tour
- Teddy Bear Picnic (Library)
- Cool Kids Camp (Library)
- Annual Thanksgiving Turkey Dinner (Rydal Bank Historical Society)
- Turkey Dinner (Legion)
- Halloween Party (Library)
- Halloween Party (Arena)
- School Based Events
 - Terry Fox Run
 - Jump Rope for Heart
 - Christmas Concert
 - Screen Free Challenge
 - Family BBQ's
 - Spaghetti dinners/teas
 - Winter carnival
 - Annual Geography Challenge
 - Annual Spelling Bee
 - Go Active Fitness Challenge
 - Pitch in Week
 - Waterfront Clean Up Day
 - Dodge Ball Extravaganza
 - Monthly Spirit Assemblies

Building a Healthy Community

- Seniors Christmas Dinner (Lions)
- Skating Party
- Citizen of the Year (Bruce and Plummer)
- Bruce Mines Sno-Glyders Beef BBQ
- Sno-Glyders Christmas Dinner and Dance
- Great Northern Opry
- Fiber Fest (Meadowview Alpaca Farms)
- Events organized by community members such as garage sales and craft shows
- Canada Day
- Crusin' Car Show
- Darts (Legion)
- Cribbage (Legion)
- Book Fair
- Legion Public Speaking
- Track and Field Day
- Summer Playday
- Earth Day Events
- Kindergarten and Grade 8 Graduation
- Breakfast Program

Building a Healthy Community

Appendix 4

THE TOWN OF BRUCE MINES AND PLUMMER ADDITIONAL TOWNSHIP OPPORTUNITIES FOR RECREATION, ACTIVITIES AND EVENTS

Physical Features that enhance opportunities for recreation, activities and events.

- Waterfront space which includes gazebo and marina
- Voyageur trails
- Tennis Courts
- Crown Land\School Gym
- Local playgrounds and parks
- Arena
- Physical Fitness Centre
- Royal Canadian Legion Branch 211 facilities
- Several Community Halls
- Vacant buildings to develop programs or hubs
- Storefronts

Organizations, individuals and other methods to promote recreation, activities and events.

- School teachers
- Community Information Board
- Use of School buses for transportation after regular busing hours
- Bruce Station Horticultural Society
- Welcome Wagon for newcomers
- One coordinator to manage programs, activities, communication etc.
- Community Health Centre

Existing Programs, events and community activities to consider for the final plan.

- Canada Day family tournaments
- Eco-tourism (regional)
- Fall Fair

Potential Community Partners

- Recreation Committee
- Lighthaven Retirement Home
- Long-term residents

Building a Healthy Community

Appendix 5

THE TOWN OF BRUCE MINES AND PLUMMER ADDITIONAL TOWNSHIP IDENTIFICATION OF LOCAL CHALLENGES

- **Politics – two councils**
- **Communication**
- **Volunteers – people wait to be asked**
- **Lack of leadership**
- **Variety of interests to satisfy**
- **Personality differences**
- **Transportation**
- **Finances**
- **Research and Development**
- **Effective marketing and advertising**
- **Size of community – small**
- **Aging population**
- **Lack of community gathering spots**
- **Lack of activity coordinator**
- **Regular grooming of trails**
- **Policy Development: Destiny Charter to ensure safe, clean and pleasing community.
Pedestrian Charter to widen roads to walk safely and develop sidewalks**
- **Possibility of running into aggressive animals**
- **Inclement weather –harsh winters**
- **Cleanliness of streets and water**

Building a Healthy Community