

Building a bicycle and pedestrian friendly community in the City of Cornwall

Chantal Lalonde, MHS
Health Promotion Specialist
Eastern Ontario Health Unit



Who am I?



- Health Promotion Specialist – Physical Activity
- Chair of the Active Transportation Group of Transition Cornwall+
- Pedestrian, bicyclist, passionate and enthusiastic advocate



Overview

- Getting Started
- Structure
- Actions and Activities
- Benefits and challenges
- Key Learnings



Getting Started

- Bicycle and Pedestrian Master Plan approved - 2010
- 3 key workshop opportunities held in Cornwall in partnership with the Health Unit:
 - ◉ HSF Knowledge to Action – Nov 2010
 - ◉ WalkON Train the Trainer – Sept 2011
 - ◉ Designing a more walkable and bikeable city of Cornwall – Oct 2011



Getting Started

Initial Outcomes

- Increased awareness
- Engaged new and existing partners
- Produced City of Cornwall Walkability Report
- Identified next steps



Getting Started

Formalizing the group

- Held follow-up meeting:
- Confirmed key partnerships
- Decided on group's structure
- Developed strategic plan
- Developed and implemented communication plan



Structure

- AT Group is an Action Group of Transition Cornwall+
- Members include:
 - ◉ Eastern Ontario Health Unit
 - ◉ City of Cornwall
 - ◉ Transition Cornwall+
 - ◉ Cornwall Police Service
 - ◉ Community Health Centre
 - ◉ Community members



Structure

- Why a Community Action Group rather than a Committee of Council:
 - ◉ Council buy-in vs Partner buy-in
 - ◉ Opportunity to partner with Transition Cornwall+
 - ◉ Momentum was high



Actions and Activities

Four main strategies:

- ▶ **Engage** community partners and community members
- ▶ **Raise awareness** of issues related to bicycle and pedestrian friendly communities
- ▶ **Advocate** to decision-makers and stakeholders
- ▶ **Connect** people to information and







DÉFI

On roule, ça marche

Walk and Roll

CORNWALL & SDG **CHALLENGE**



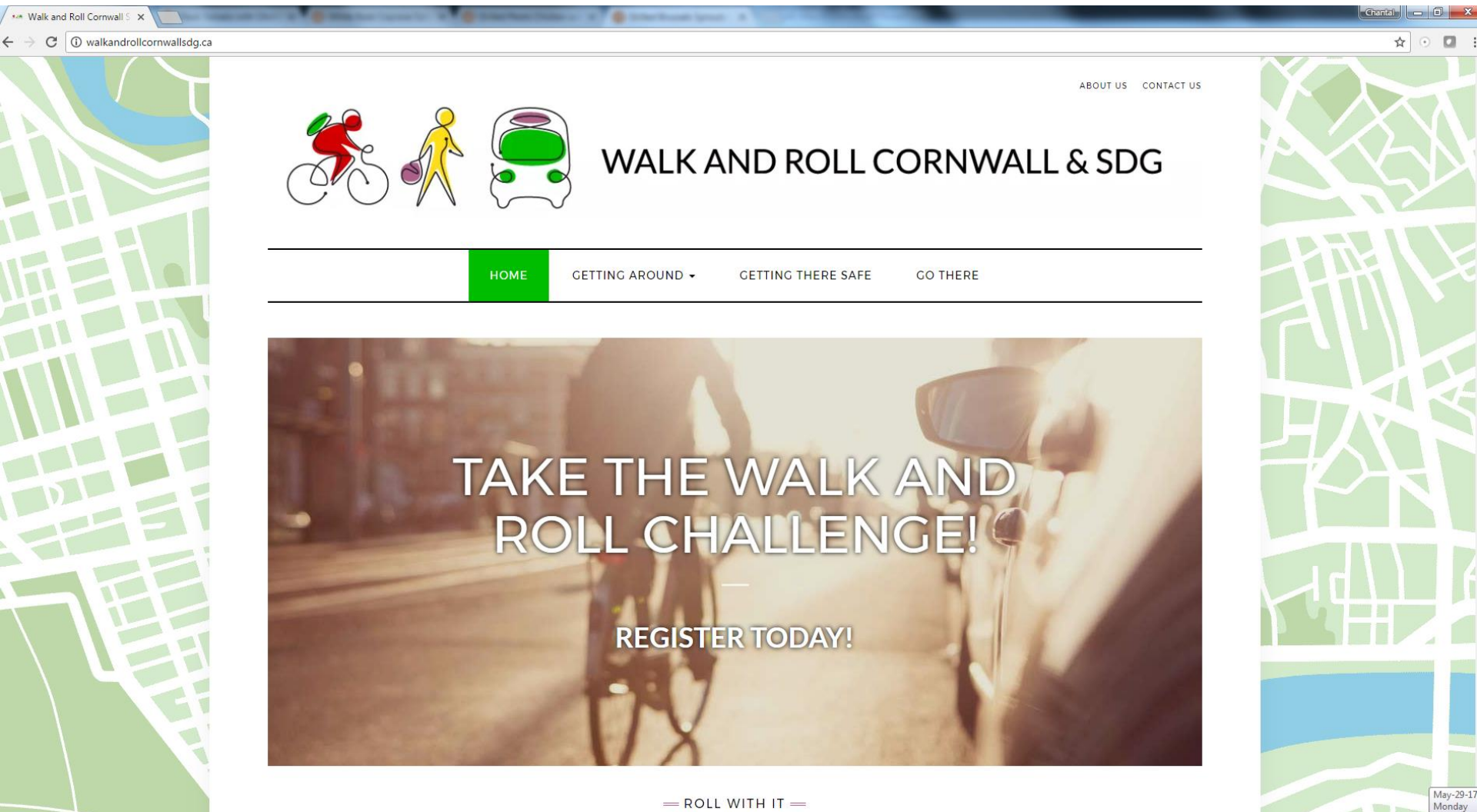


Bicycle friendly = Better business





www.walkandrollcornwallsdg.ca



<https://www.facebook.com/walkandrollcornwallsdg/>

Leeds, Grenville & Lanark District **HEALTH UNIT**

Miscellaneous

- Advocacy:
 - ◉ Second Street Conversion
 - ◉ 13th, St Felix and Anderson Streets Sidewalks
 - ◉ Municipal and County Official Plans review
 - ◉ Economic Development Strategic Plan
 - ◉ Annual Council Presentations
- Support provided for:
 - ◉ CycleON Grant application
 - ◉ Canada 150 – Celebrate by Bike grant



Miscellaneous - continued



- Resource development
- Participation in various learning and networking events
- Event Presentations
- Collaboration on development of Eastern Ontario Active Transportation Network





Benefits and Challenges

- **Challenges**

- ◉ Communication with City Council and Staff
- ◉ Time and resource commitment from Health Unit



Benefits and Challenges

- **Benefits**

- ◉ Committed partners
- ◉ Less rigid structure
- ◉ More autonomy
- ◉ More opportunity for community engagement



Key Learnings

- ✓ Identify a lead organization/individual
- ✓ Involve your early adopters
- ✓ Identify and recruit key stakeholders
- ✓ Develop a shared vision/strategic plan
- ✓ Make your group an asset



*Start where you are.
Do what you can.
Use what you have.*

-Arthur Ashe



**This has been a presentation by the
Eastern Ontario Health Unit.**



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Your health... our priority



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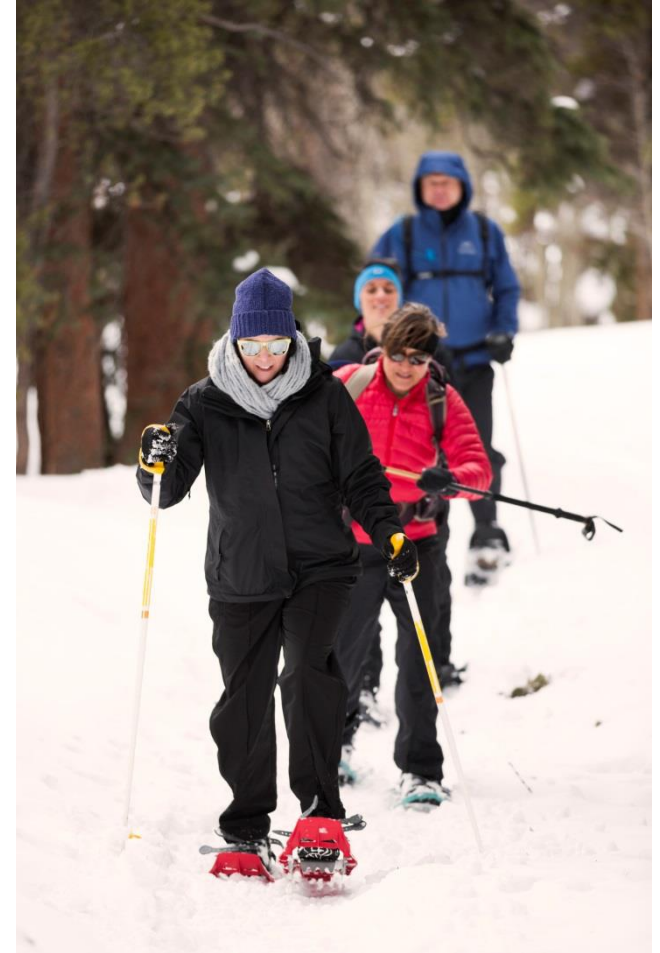
Active Transportation in Mississippi Mills

- Danielle Shewfelt
- Public Health Nurse



Who am I?

- Public Health Nurse
- Physical Activity Lead for Health Unit
- Facilitator for the Almonte School Travel Planning Committee
- Member of the Mississippi Mills Active Transportation Advisory Committee (ATAC)



Roadmap for Today:

Active Transportation (AT) Work in Mississippi Mills

- When did AT work get started?
- How did we get inspired to do more?
- What were the first steps forward?
- How is our AT Advisory Group structured?
- What have we done and what are some benefits and challenges of this group?



The Starting Line

- Mississippi Mills Bicycle Month June 2009 - Current
- 2013 an Almonte school was chosen as one of two pilot sites for school travel planning
- **Membership included**
 - Town staff
 - School staff
 - Community members
 - Public Health staff
 - Police
 - Healthy Community Partnership rep



Got Inspired

- 2014 We planned the first annual Eastern Ontario Active Transportation Summit in Almonte
- Planning Committee included:
 - Bicycle Month
 - Health Unit
 - Town of Mississippi Mills



It was very well attended! People were Inspired to get moving on Active Transportation (AT)....



Got Started

- 2014 The Town hired consultants to work on an Active Transportation Plan
- 2014 and 2015 Community consultations
- 2015 Active Transportation Plan developed
- 2016 Achieved Bicycle Friendly Designation (Bronze level)



MUNICIPALITY OF MISSISSIPPI MILLS
Active Transportation Plan
Final Report



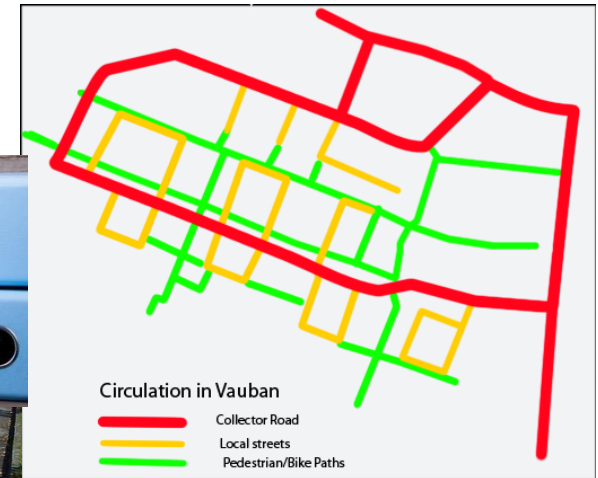
Got working

- In 2016 an Active Transportation Advisory Committee of Council (ATAC) was established
- **Membership includes:**
 - 3 members of council
 - 1 Bicycle Month committee member (chair)
 - 1 Public Health rep
 - 4 Community members
 - 3 Municipal Staff (Recreation, Roads and Public Works)
 - 1 Admin/Recorder (from town of MM)



What do we do?

- Provide advice and recommendations to Council related to active transportation matters:



How we roll...

- Structure is formal
- Smaller working groups work on tasks
- Items are brought to ATAC for approval
- Work within our yearly budget! Do the most we can with what we have.



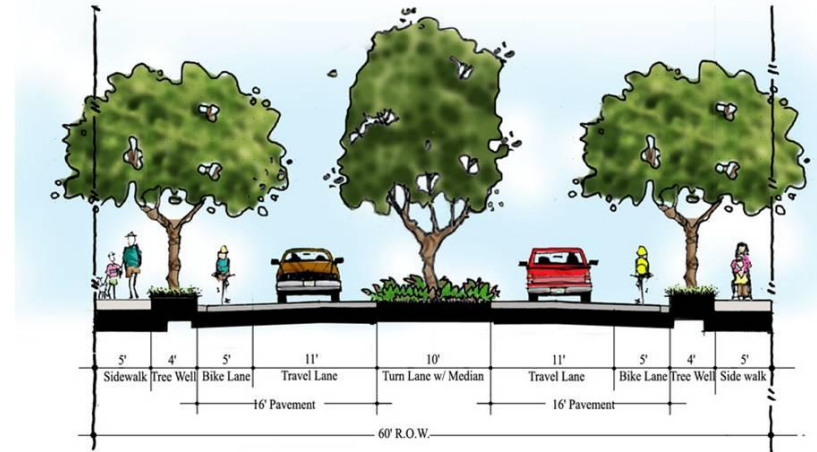
Gearing Up For The Long Haul!

- Prioritizing
- Taking a deeper look!
- Collaborating and connecting with other interested groups
- Collaborating with the County



Getting Results!

- New bike lanes
- New crossing lights
- Advocating for AT on the rail trail
- Advocating for being part of the Waterfront Regeneration trail
- Planning for two traffic calming crossings
- Drafting a Complete Streets Policy



What Works Well?

- Having an AT Plan
- Having many different stakeholders with the common interest of AT
- Working closely with staff and council



Road Blocks!

- Advocacy work can be a challenge
- Sometimes the process of going through committee and then council can take longer
- Public consultation and input can be difficult
- Having a mix of very rural and urban areas

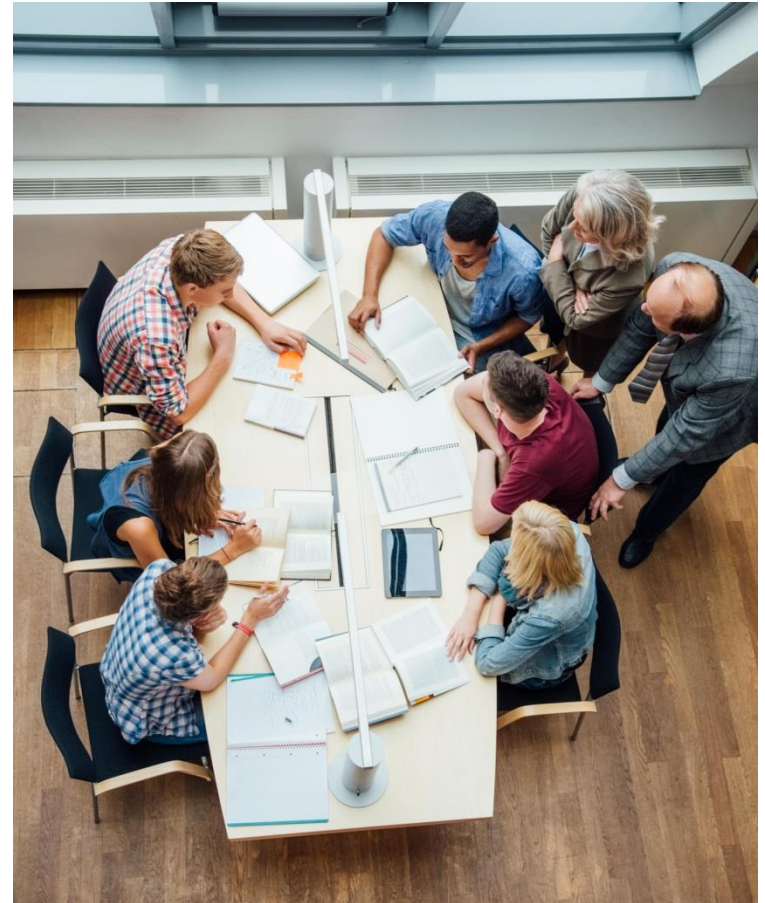


Questions?



Eastern Ontario AT

- Active Transportation in Eastern Ontario is Unique!
- Many of us are working on AT and learning a lot!
- We discovered a need to connect and share!
- We thought other partners also need to be part of the discussion



What About A Network?

- **We need a network!**
 - To learn, share, advocate and collaborate.
- We drafted a Terms of Reference
- Ask at this EOAT Summit who wants to join us?



What's in it for you?

- Connect with others who share your passion
- An easy way to stay on top of what's happening provincially.
- A stronger voice to advocate for the unique needs of Eastern Ontario
- Sharing resources and information
- Learning, developing, and connecting across our borders
- We can do more together



Membership

- Anyone and everyone who is interested in improving Active Transportation in Eastern Ontario!



Our bright ideas!

- ◉ Regular teleconferences to stay connected
- ◉ Webinars to share our wisdom
- ◉ In person meetings at the Eastern Ontario Active Transportation Summit (EOATS)
- ◉ Supporting the organizing of the EOATS
- ◉ Ongoing sharing of information and resources through list-serve.
- ◉ Other members bright ideas?



What's Next

- Join us in our Open Spaces Conversation to brainstorm this afternoon!
- Finalize Terms of Reference
- Establishing a core planning group
 - Discussing how we will plan and coordinate the network.
- Creating a contact list of interested members

