

Walking & Wheeling

Quarterly



Nova Scotia's Active Transportation Newsletter - Spring 2004

Published by Pathways for People, a project of the Ecology Action Centre and the Nova Scotia Office of Health Promotion, Sport and Recreation Division

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A conference promoting Active Transportation

Submitted by **TED SCRUTTON, NS Office of Health Promotion**

“Moving Actively Through Atlantic Canada: The Transformation of Transportation”

On Friday, April 2 and Saturday, April 3, 2004, the four Atlantic Provinces, the City of Moncton and Go for Green (supported by Health Canada and Transport Canada) are hosting a conference in Moncton, New Brunswick.

The purpose of this gathering is to bring together a broad range of individuals from across Atlantic Canada who have a personal and/or professional interest in moving people actively in, around and between their communities.

Active transportation is the art of using human power as a means of transportation for utilitarian and/or recreational purposes and includes: walking, running, cycling, skateboarding, in-line skating, scootering, wheel chairing in more urban/near urban settings; and cross-country skiing, snowshoeing, hiking, backpacking, llama packing, etc. in more remote trail settings. Active transportation utilizes a continuum of infrastructure: roadways, sidewalks, bike lanes, road rights-of-way, abandoned roads and rail lines, logging roads, trails to wilderness.

Who should attend:

Practitioners: those who earn a living in fields related to or affected by the Active Transportation movement such as planners, architects, engineers, recreation and environment personnel, transportation officials, educators and health professionals within federal, provincial and municipal governments and the corporate sector.

Volunteers: those community champions, interested citizens, elected officials, trail enthusiasts, not for profit associations, bike and hiking/walking clubs, Scout and Guide leaders, environmental groups and companies that exist at the community, regional, provincial and national levels.

Young Adults: those who are 17-25 years of age and want a say in how their communities are developed and maintained including students from high schools, universities, community colleges, Scouts, Guides, skateboarders, in-line skaters, cyclists, members of environmental groups, etc.

For more information and registration go to www.gov.ns.ca/src/whatsnew/matac.htm.

Wellness by Design Conference

Happening on March 25 to 27 in Halifax, Wellness by Design is a conference on community design and health organized by the Dalhousie School of Planning, Architecture and Planning Department.

The great thing about this conference is that it is not just for planners! It is for those who work in or have an interest in health, physical activity, recreation, environment, community design, etc. Another great thing about this conference is that it is free! But you must register if you plan to go. This is a great opportunity to get people from many different sectors together to discuss human settlements and how they affect our health and well-being. Go to www.dal.ca/%7Earch/planning/download/wellness.pdf for information on registration. It is also a wonderful lead-up to the Active Transportation conference happening the following week in Moncton on April 2-3, 2004 (see above).

Bike Again! Organizes innovative Funktional Bike Art Show

Submitted by Bike Again! Volunteer SUSANNA FULLER

Despite the cold and last minute change of location, the Funktional Bike Art show, organized and hosted by the Ecology Action Centre's Bike Again! Community Project, was a great success. The five month project culminated in an evening of art, crepes, music and bike schmoozing at the Italian Cultural Centre on January 16th, 2004.

Bike Again! offered grants up to \$500.00 for people who applied to the Bike Art project. Applications had to include a drawing of the proposed piece, a brief background of the applicant and budget for supplies. A diverse selection committee, made up of artists, gallery curators, provincial government employees and entrepreneurs selected 14 out of 21 pieces for funding.



Bike Again!'s recycled bicycle project ends up creating a lot of unusable parts from bike frames, to chains and wheels and tires. The goal of the project was to generate ideas and objects that could be made from bicycle parts – but would also serve a purpose in everyday life. Some examples of pieces in the show included a chair, two tables, a shelf, bike racks, a lamp, a computer desk, trailers made out of recycled materials, handbags made from inner tubes...to name just a few! Over 200 people attended the art opening, exposing artists to cyclists and cyclists to artists. Bike Again! hopes to make this an annual event. (Photos by Neil Fraser)



Commuter Challenge 2004

Ahhh spring! With the extra sunshine and warmer weather many of us will buff up our bikes, lace up our sneakers and head outdoors. Halifax and several other Nova Scotia communities will celebrate the warmer seasons with a week of special events celebrating biking and all things active during Environment Week (May 30 – June 5, 2004).

During Bike Week many public events will take place in the HRM including bike-to-work pancake breakfasts, a Bike Awards night, a bike movie night, cyclists' rights workshops and more.

The Commuter Challenge is a friendly competition between Canadian cities to see which one can cut its air pollution the most by using active and/or sustainable modes of transportation. More than 50 corporations and government agencies across Nova Scotia will be participating this year by walking, jogging, cycling or in-line skating (active transportation) and/or bussing, carpooling or teleworking (sustainable transportation).

Getting around in a way that doesn't use a car not only reduces air pollution and greenhouse gas emissions, but it's fun, healthy, and saves you and your municipality money.

For information on Bike Week and the Commuter Challenge during the week of May 30 – June 5, check out www.trax.ns.ca or call TRAX at (902) 429-0924.



Sydney Road Expansion Raises Shared-Use Debate

Active Transportation has taken centre-stage as a result of a debate over a shared-use pathway in the Cape Breton Regional Municipality. A road-widening project on a portion of Kings Road, a major route into the downtown, is a point of contention between local bike advocates and the Municipality. Bike advocates say that a shared-use pathway should have been considered in the design of the project. The CBRM says that it would cost too much money to expropriate land and that the route is not the ideal place for such a pathway.

Looking on the bright side, both sides of the debate recognize the need for an active transportation plan for CBRM and intend to move forward on its creation.

AT Tidbits

Teen Sues Over Lack of Safe Routes and Wins

A Saskatchewan quadriplegic teen and her family were awarded \$13 million on February 12 as a result of the girl being hit by a car on her way to school. It happened in Moose Jaw ten years ago when she was in kindergarten. The teen now has no mobility from the neck down, needs a respirator to breathe and requires constant care. The lawsuit was based on the teen's argument that children have the right to walk to school in safety. Defendants included the driver of the vehicle, the City of Moose Jaw, the former police chief (responsible for the school safety patrol program at the time) and the Moose Jaw public school division. The jury found the driver to be 35 per cent negligent, the city 45 per cent and the former police chief 20 per cent.



Three Canadian Cities On the Path to Creating Bike Plans

The Ottawa Cycling Plan will be completed over the next year. For

more information see ottawa.ca/public_consult/cycling/index_en.shtml. The Niagara Bikeways Master Plan Study is being developed as part of the Regional Niagara Transportation Strategy. For more information see www.transportationiagara.com/bikestudy.html. And finally, Kingston, Ontario recently released a final report on the Kingston Cycling and Pathways Study, a review of a pathway network for cyclists and pedestrians. View the report at www.cityofkingston.ca/pathways.

Bikes Belong "Bike For Life" Campaign

Bike for Life is a multiyear, multimillion-dollar campaign to get more Americans moving by bike in order to reduce obesity and improve the health and well-being of citizens. Bikes Belong, a bicycle advocacy group, and Pacesetter, a marketing company, partnered up to launch Bike for Life.

bikesbelong.org/site/intro.cfm,
www.chron.com/cs/CDA/ssistory.mpl/sports/cycling/2376058

Shaming of Residents who don't shovel sidewalks

The Hall of Shame at Buffalo City Hall highlights the worst offenders who neglect to shovel their sidewalks during winter months. Pedestrian, disabled and seniors' advocates were the driving force behind this strategy to help make the city more walkable in winter.

An honour roll also highlights those who are diligent in shovelling walks in addition to a Walkable Winter Wonderland Challenge that recognizes and awards prizes to neighbourhoods, business areas and city properties considered to be "most walkable" by judges. www.ci.buffalo.ny.us



Crosswalk enforcement reduces Oregon ped-Car Collisions

In just three years, cities in Oregon reduced the incidence of car-pedestrian collisions. Injuries were reduced by 16% and fatalities reduced by 19% through diligent enforcement of pedestrian laws and through fining drivers who don't stop for pedestrians at crosswalks. This was done by using a decoy police officer and video taping instances where the officer attempted to cross in a crosswalk. www.odot.state.or.us/techserv/bikewalk

Resources



TECHNICAL HANDBOOK OF BIKEWAY DESIGN, 2ND EDITION 2003

Produced by Velo Quebec, this is a comprehensive handbook for creating bike lanes in your community. www.velo.qc.ca/english/home.lasso

GREEN PRESCRIPTIONS GET PATIENTS ACTIVE

Health Canada, Go for Green and the College of Family Physicians of Canada got together to create this new resource for doctors and other health professionals. www.goforgreen.ca/goforgreen_prescription/index.htm

ACTIVE TRANSPORTATION POLICY ISSUES

A backgrounder by Todd Litman of the Victoria Transport Policy Institute. www.vtpi.org/act_tran.pdf

CHILDREN AND TRANSPORTATION

Children and transportation is the focus of The Sustainable Transportation Monitor (Issue 9, December 2003), a publication of the Centre for Sustainable Transportation. www.cstctd.org/CSTadobefiles/STM9English.pdf

INCREASING PHYSICAL ACTIVITY THROUGH COMMUNITY DESIGN – A GUIDE FOR PUBLIC HEALTH PRACTITIONERS

This guide, published by the National Centre for Bicycling and Walking, is not just for health practitioners. www.bikewalk.org/PubHealth.htm

NEIGHBORHOOD WALKING GUIDE

Use this guide to figure out why people aren't walking in your neighbourhood and how to get them to start. www.walkinginfo.org/cps/guide.htm



CREATING GREAT NEIGHBOURHOODS: DENSITY IN YOUR COMMUNITY

This new publication shows how density can transform communities into great places to live, challenging the current perceptions and stereotypes about denser neighbourhoods. www.epa.gov/smartgrowth/density.htm
GIS as a tool for improving community livability

A fact sheet called A Tool for Improving Community Livability explains how GIS can be applied by communities in the planning process. www.lgc.org/freepub/PDF/Land_Use/fact_sheets/gis.pdf

HEALTHY SCHOOLS FOR HEALTHY KIDS

Polls show that parents and teachers agree that schools should offer access to healthy food and daily physical activity to students. www.rwjf.org/news/release/healthyschools

Sources for some of the preceding AT tidbits and Resources include:

University of South Carolina Prevention Research Center Notes e-newsletter (prevention.sph.sc.edu/Newsletter/index.htm)

Streetwork list serve from the Conservation Law Foundation Transportation Project (www.clf.org/transportation)

CenterLines e-newsletter from the US-based National Center for Bicycling and Walking (www.bikewalk.org/technical_assistance/resources_information/ri_int)

BUILT ENVIRONMENT AND HEALTH

There is a special feature on this topic in the Journal of Urban Health: Bulletin of the New York Academy of Medicine (December 2003 Issue).
jurban.oupjournals.org



Events

- **March 1 – 5** Traffic Safety Awareness Week
- **March 3 -5** National Bike Summit, Washington, DC (www.bikeleague.org/events/natlsummitmarch2004.htm)
- **March 15 – 19** Making Cities Livable Conference: The Healthy Community and the Built Environment in Sarasota, FL (www.livablecities.org)
- **March 24 – 26** Nova Scotia Safety Council 22nd Annual Conference, Halifax, NS (www.nssafety.ns.ca)
- **March 25 – 27** Wellness by Design conference, Halifax, NS (www.dal.ca/~arch/planning/news/index.shtml#wbd)
- **March 31** The Promotion and Marketing of Cycling, Knottingham University, UK (www.nationalcyclingstrategy.org.uk/fileuploads/events/promotecycling.pdf)
- **April 2 – 3** Moving Actively Through Atlantic Canada: The Transformation of Transportation Active Transportation Conference, Moncton, NB (www.gov.ns.ca/src/whatsnew/matac.htm)
- **April 7** World Health Day (www.who.int/world-health-day/2004/en)
- **April 22** Earth Day (www.earthday.ca)
- **May 5 – 7** 22nd National ASTDHPPE/CDC Conference on Health Education and Health Promotion, Orlando, FL (www.dhpe.org/nationalconference/default.asp)
- **May 6 – 8** 4th National Congress of Pedestrian Advocates, Silver Spring, MD (americawalks.org/congress)
- **May 7** International School Grounds Day (www.evergreen.ca)
- **May 24 – 26** Obesity and the Built Environment: Improving Public Health Through Community Design, Washington, DC (www.niehs.nih.gov/drcpt/beoconf/home.htm)
- **May 30 - June 5** Canadian Environment Week (www.ec.gc.ca/e-week)
- **May 30 – June 5** Commuter Challenge (www.commuterchallenge.ca)
- **June 2** Clean Air Day (www.ec.gc.ca/cleanair)
- **June 5** Trails Day (www.internationaltrailsday.com)
- **June 9 – 11** Walk21 Conference, Copenhagen (www.citiesforpeople.dk)
- **June 27 – 30** Canadian Road Safety Conference, Ottawa, ON (www.cmrrsc.ca)

*Pathways
for People
Active Transportation*



About Walking & Wheeling Quarterly

Walking & Wheeling Quarterly is a publication of Pathways for People, a project of the Ecology Action Centre (www.ecologyaction.ca) in partnership with the Nova Scotia Office of Health Promotion – Sport and Recreation Division and part of the Active Kids/Healthy Kids Physical Activity Strategy for Nova Scotia (www.gov.ns.ca/src). It is meant to share information on active transportation (walking, biking, in-line skating, skateboarding, scootering, etc.) initiatives in Nova Scotia and beyond. Walking & Wheeling Quarterly is published four times per year in September, December, March and June. Submissions are due by the 24th of August, November, February and May. Contact us at:

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Anyone interested in active transportation in Nova Scotia may sign onto the distribution list for Walking & Wheeling Quarterly. Send a message to asrts@ecologyaction.ca and ask to be added to the list. Please send this to a friend or colleague!