



MUNICIPALITY OF NORTH GRENVILLE

HEALTH, WELLNESS, FITNESS AND ACTIVE

TRANSPORTATION ADVISORY COMMITTEE AGENDA

Tuesday, April 15, 2025, 5:00 p.m. - 7:00 p.m.
Held in Meeting Room 1, 285 County Road 44

Pages

A. OPEN MEETING

B. LAND ACKNOWLEDGEMENT

The Municipality of North Grenville acknowledges that the Municipality operates on the territory of the Anishnabek.

We recognize all First Nations, Métis, and Inuit peoples who now call North Grenville their home. We respect and support the need for cultivating a strong relationship, and we commit to Indigenous-informed decision making to foster the path towards reconciliation.

C. APPROVAL OF THE AGENDA

D. DISCLOSURE OF INTEREST

E. MINUTES OF PREVIOUS MEETINGS

1. Committee Meeting Minutes - March 20, 2025

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F. DELEGATIONS

1. Rural FASD Red Shoe Triathlon Update

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Rob More

2. Beyond the Label: Embracing Neurodiversity as a New Norm

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Kate Stacey and Rebecca Rafuse, Diversx

G. DECISION ITEMS

H. REPORTS, INFORMATION, AND CORRESPONDENCE

1. Letter of Opinion: Settlers Trail

Anne Jesseau

2. Workplan Review

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3. Terms of Reference

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I. OTHER BUSINESS

1. Items for Next Meeting

J. PUBLIC QUESTIONS

K. ADJOURN



MUNICIPALITY OF NORTH GRENVILLE
HEALTH, WELLNESS, FITNESS AND ACTIVE TRANSPORTATION
ADVISORY COMMITTEE MINUTES

March 20, 2025, 5:00 p.m.
Held in Meeting Room 2, 285 County Road 44

MEMBERS PRESENT Co-Chair Councillor Doreen O'Sullivan
Co-Chair Tanya Deans
Councillor Deb Wilson
Michael Amirault
Robert Angi
Amy Culhane
Robert Matheson

MEMBERS ABSENT Mayor Nancy Peckford
Sherri Guthrie
Anne Jesseau
Mark Kandaluft
Charles McDonald

STAFF PRESENT Senterre McKenna, Committee Clerk
Amy Martin, Director of Planning

A. OPEN MEETING

Co-Chair Tanya Deans called the meeting to order at 5:06p.m.

B. LAND ACKNOWLEDGEMENT

The Land Acknowledgment was read by Tanya Deans.

C. APPROVAL OF THE AGENDA

#HWFATAC-2025- 12

Moved By Doreen O'Sullivan

Seconded By Michael Amirault

*Be it resolved that:
The Health, Wellness, Fitness, and Active Transportation agenda for
March 20, 2025 be approved as presented.*

CARRIED

D. DISCLOSURE OF INTEREST

None.

E. MINUTES OF PREVIOUS MEETINGS

#HWFATAC-2025- 13

Moved By Tanya Deans

Seconded By Deb Wilson

Be it resolved that:

The following meeting minutes be approved as circulated:

1. February 11, 2025

CARRIED

1. Committee Meeting Minutes - February 11, 2025

F. DELEGATIONS

None.

G. DECISION ITEMS

None.

H. REPORTS, INFORMATION, AND CORRESPONDENCE

1. Transportation Master Plan Discussion

There was a discussion regarding the Active Transportation section of the current master plan. It was suggested that Active Transportation be given equal priority and focus through a new study. Amy Martin highlighted the necessary connections for an East-West link.

The Official Plan RFP will be released soon, and there will be a public open house to gather community feedback, as well as input from the committees. Specific committees may also be asked for policy feedback.

2. OVI Phase 2 and eQuinelle Phase 6

Doreen O'Sullivan requested an update on the OVI Phase 2 and EQuinelle Phase 6 plans for Multi-Use Pathways (MUP) and pedestrian access.

Amy Martin provided a high-level update on the future plans for EQuinelle Phase 6, noting that both phases will connect to the existing Settlers Grant Subdivision. She emphasized that careful consideration was given to the trail crossings, with specific measures in place to ensure pedestrian safety during construction. Amy Martin mentioned ongoing discussions with the construction planning teams for both developments.

Tanya Deans inquired about additional details regarding the Pedestrian Crossover (PXO) at the Pine Hill Rd. Roundabout. Amy Martin explained that planning and design work for this has been included in the 2025 budget, which will facilitate a connection between Kemptville Lifestyle's new development, Kemptville Mall lands, and Oxford Village Inc. (OVI) Phase 2.

Doreen O'Sullivan added that there had been extensive discussions about the planned MUP from De Pencier Dr. to Pine Hill Rd., and the possibility of completing the work sooner. Amy Martin responded, noting that this planned MUP will return to Council for approval before construction begins, as preliminary infrastructure work needs to be completed for Kemptville Lifestyle's development.

Mike Amirault asked about the construction timeline for the crossing over Settlers Trail. Amy Martin confirmed that construction is still 1-2 years away, though some preliminary work has been completed. She clarified that active construction would not start until then. She also confirmed that there will be two crossings over Settlers Trail: one vehicle crossing connecting EQuinelle and the other through OVI via green linkages.

3. Secured Storage of Kayaks at Curry Park

Robert Angi presented his report and research on potential options for kayak storage at Curry Park. He reached out to Skedaddle Let's Paddle, a local company, but did not receive a response. He also contacted Drifters and discussed kayak storage but encountered challenges with outside storage.

Robert Angi reached out to a local metalworker who could construct two racks for storage, estimated cost at around \$1200. He also

explored similar storage options in North Bay, at a waterfront kayak area, which features a fenced area with a locked gate.

Deb Wilson mentioned that a waterfront development plan is currently in progress and suggested that this could be a potential topic for a CEDAC presentation. She offered to coordinate with Robert Angi in the future to prepare the presentation for a future CEDAC meeting.

The committee expressed support for revisiting this topic in the future.

This item has been added to the workplan.

4. Letter of Opinion Re: Settler's Trail

Moved to the next meeting.

5. Update on Letter of Support for the Rail Trail Funding

Doreen O'Sullivan mentioned that the attached letter was submitted to request a grant for the improvement of the Rail Trail. She also highlighted a request for a connection between Kemptville and Prescott. Doreen pointed out that if this connection is established, it would create a continuous route from Ottawa to Prescott and eventually extend to Niagara Falls.

Deb Wilson inquired about membership, specifically whether Sherri Guthrie is still a member of the committee. She noted that Sherri Guthrie has not attended a meeting in over a year and would like to confirm if she is still interested in remaining a member. The Co-Chairs will reach out to Sherri Guthrie to confirm her continued involvement.

I. OTHER BUSINESS

1. Items for Next Meeting

Tanya Deans would like a future delegation from Kate Stacey from Diversx for support with families with children with autism and there is an initiative in May, to help bring awareness.

Vice President from Kemptville District Hospital and their initiative for a nurse practitioner clinic to North Grenville.

OCISO newcomer services to Canada, to promote awareness and mentorship in North Grenville.

Doreen O'Sullivan would like to give a presentation on heart health to the members.

1. Workplan Review
2. Letter of Opinion: Settlers Trail
3. Terms of Reference

4. Rural FASD Red Shoe Triathlon Update August 17, 2025
5. Delegation: Kate Stacey from Diversx

J. PUBLIC QUESTIONS

None.

K. ADJOURN

#HWFATAC-2025- 14

Moved By Doreen O'Sullivan

Seconded By Robert Matheson

Be it resolved that:

This meeting adjourned at 6:17pm.

CARRIED



Rural FASD Support Network

April 15, 2025 NG HWFATAC

www.ruralfasd.ca

Red Shoes Triathlon,

Sunday, Aug 17



Red Shoe Run Bike

There are five races on Sunday, Aug 17. To register, people can go to <https://ccnbikes.com/#!/events/26592-red-shoes-triathlon>

12/13 Non-draft \$50 starting at 9:45

14/15 Draft Legal \$60 starting at 8:45

Junior U23 Elite Draft Legal \$80 starting at 7am **Anyone 16+ can participate**

Age Group Sprint Non-draft both individual and team \$80 starting at 10:30 **Anyone 12+ can participate**

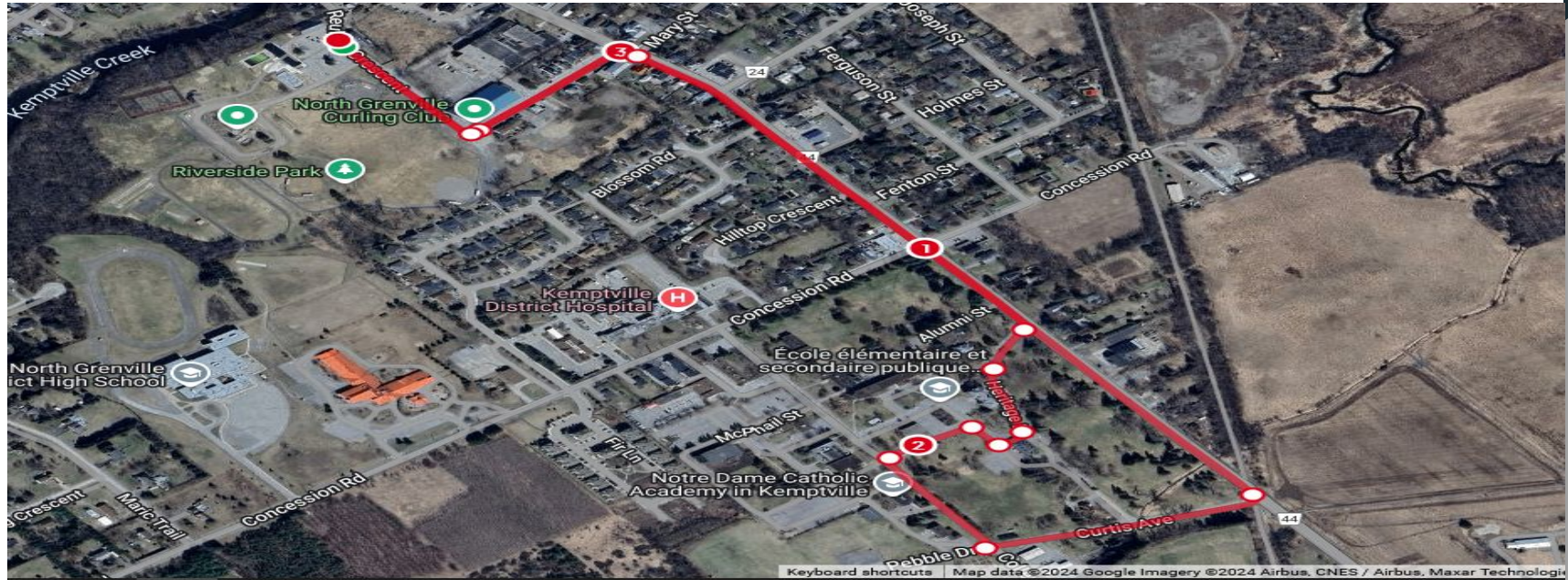
Try-a-Tri Non-draft both individual and team \$60 starting at 12:30 **Anyone 12+ can participate**

This is the only triathlon east of Toronto offering the draft legal option and one of two offering the 14/15 draft legal option in Ontario.

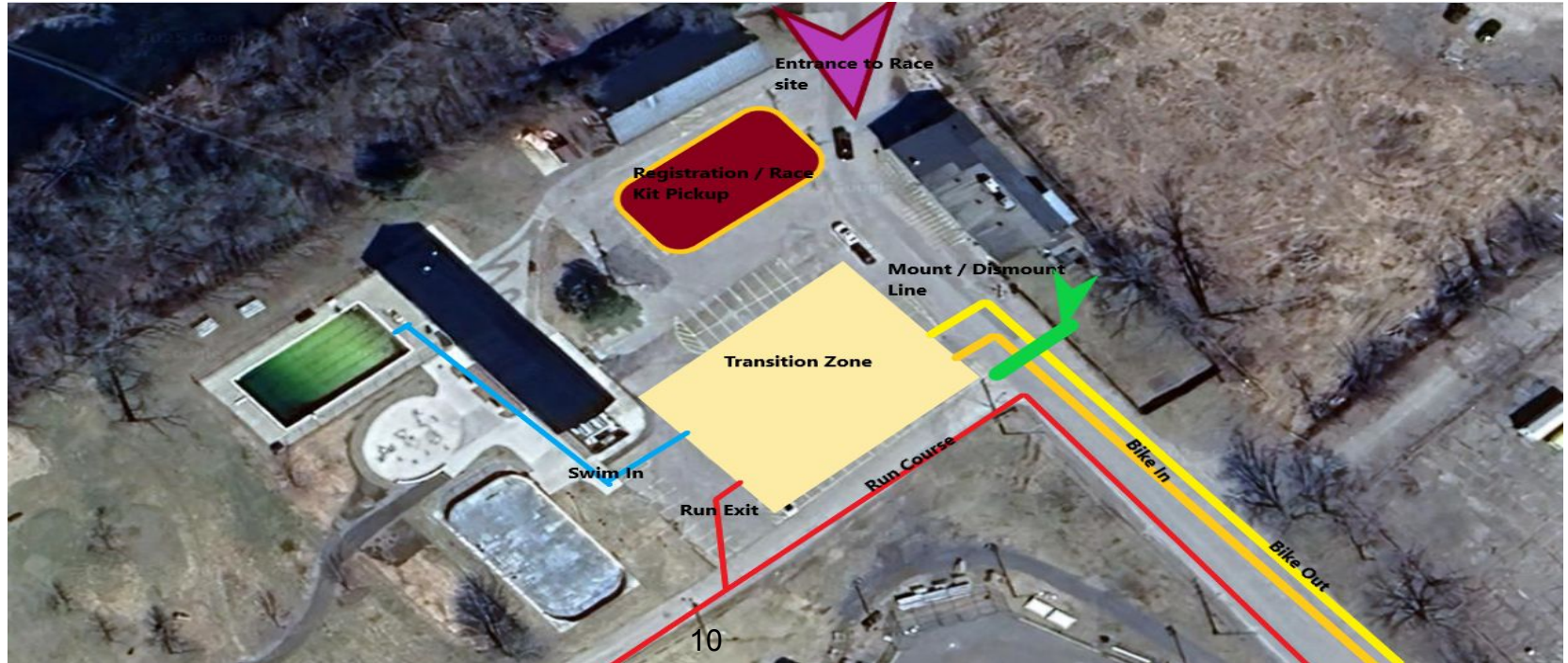
Draft Legal - Cycling



Non-draft



Riverside Park - Transition Zone



Run Course



Red Shoe Triathlon Swim and Run

- Riverside Park will be the central location with registration, transitioning, swimming and running and start/finish being hosted. Medical, food, timing tents, official's room and informational booths also located in the park.
- Cycling will leave the park, go south on County Rd 44 which will be closed through the Campus and down to Bedell twice for the sanctioned portion. The recreational portion will go south on 44 through the Campus and back to the park four times on the southbound lane.



Red Shoe Triathlon Current Needs

- 1) 15 experienced volunteers to barricade side roads - Parade volunteers ??
- 2) 2 drivers for equipment pickup Aug 14 and dropoff Aug 18 in Milton - Public Works ??
- 3) First Aid certified medical officer - Tanya Deans
- 4) A Sweeper with motorbike for cycling portions
- 5) Swim, Cycling, Run Director reporting to Race Director Rob More and coordinating volunteers
- 6) Food sponsor
- 7) Flyer distribution to residents on August 4
- 8) Approximately 80 volunteers in various roles - spotters primarily
- 9) Sponsors- both cash and in-situ
- 10) Permission for spectator parking at High School

Beyond the Label: Embracing Neurodiversity as a New Norm

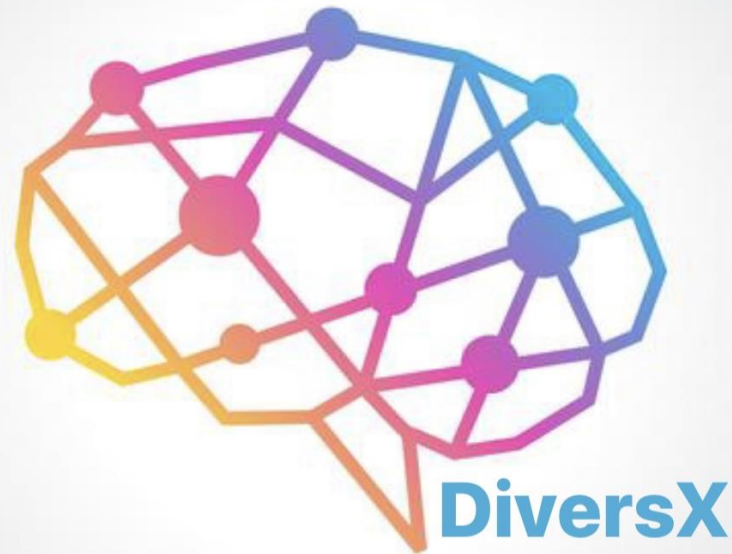
Rebecca Rafuse and Kate Stacey – Limestone
Psychotherapy/ DiversX

What is DiversX

Where differences are celebrated, inclusivity is nurtured, and neurodiverse journeys find support.

Our Mission

Build a supportive and understanding community that champions diversity. We strive to create spaces where neurodivergent individuals, trauma survivors, and those seeking empowerment can find resources, understanding, and a sense of belonging. Through education, advocacy, and practical tools, we aim to foster a world that appreciates and celebrates the richness of neurocognitive differences.



Our team... Our stories... Our voices.

Rebecca Rafuse, RP – Founder of Limestone Psychotherapy & DiversX

- Rebecca is a neurodivergent Registered Psychotherapist, speaker, and educator with a background in behavioural psychology and trauma-informed care. Diagnosed with ADHD as an adult, she brings both lived experience and clinical expertise to her work. Rebecca founded DiversX and Limestone Psychotherapy to shift the narrative around neurodiversity from deficit to difference—empowering individuals to thrive through connection, education, and inclusive practices.

Kate Stacey – Peer Support Facilitator: Family and Women

- Kate is a passionate mother of five neurodivergent children, diagnosed with ADHD herself later in life. She brings warmth and firsthand knowledge to her work supporting families navigating diagnosis, advocacy, and access to care. Kate offers workshops and peer support that resonate deeply with those walking similar paths.

Matthew Bell – Peer Support Facilitator: Youth and Young Adults

- Matthew is an autistic advocate, peer mentor, and storyteller. His work centers on supporting neurodivergent youth and young adults in navigating transitions, social life, and employment. Matthew brings a strengths-based perspective that helps others see the beauty in thinking differently.

Kathy-Ann Laman – Registered Psychotherapist (Qualifying)

- Kathy-Ann is a trauma-informed psychotherapist with a focus on grief and recovery, particularly in the context of domestic violence. With a background in victimology and a deep sense of empathy, she walks alongside those on complex healing journeys, offering insight, support, and empowerment.

It acknowledges that individuals with neurodivergent conditions, such as autism, ADHD, dyslexia, and others, have unique strengths and perspectives that can contribute to society and should be embraced rather than pathologized or stigmatized.

Few people can claim to have coined a term that changed the world for the better.
Judy Singer can.

- Steve Silberman, Author of "Neurotribes"

NeuroDiversity

The Birth of an Idea

neuroDiversity

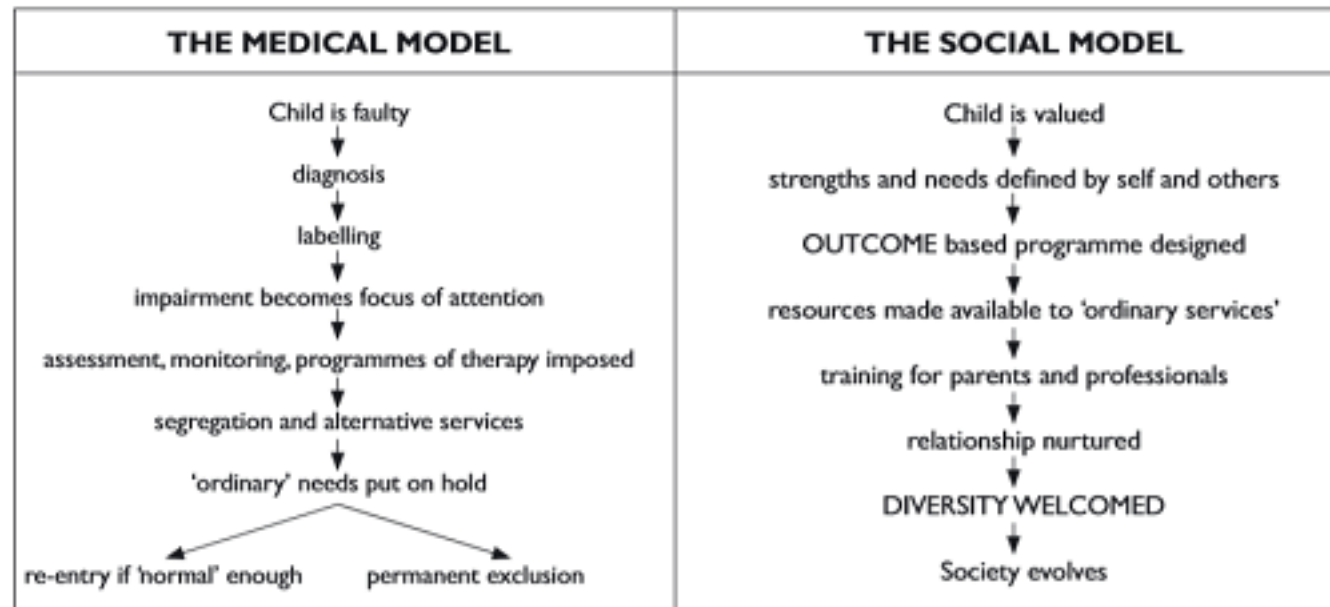
JUDY SINGER

The ground-breaking sociology thesis that prefigured the last great liberation movement to emerge from the 20th century

Not a
disorder... It's
a difference!

A different
perspective
on disability.

People Do Well IF THEY CAN...
they just don't know how yet



Why It Matters for Municipal Committees

You are part of this social model. You CAN BE the change makers!

- Public health and wellness initiatives must reflect diverse cognitive and physical needs.
- Barriers in access, transportation, fitness, and community life still exist.
- Neurodivergent folks are often excluded or unsupported in public spaces.

Neurodiversity and Wellness

- Stress, stigma, and sensory overload are major health concerns.
- Supportive design and inclusive practices foster well-being.
- Movement, mindfulness, and nature are therapeutic—and must be accessible.

“Building on Our Success: What’s Next for Inclusive Active Living?”
Let’s keep leading by example and go from good to ground-breaking.




📋 Universal Design Suggestions for an Inclusive Municipality

- **1. Sensory Mapping of Public Spaces**
Invite community members (especially neurodivergent folks) to help **map sensory hotspots**—places that are too loud, bright, or chaotic. This informs future design, signage, or mitigation strategies.
- **2. Co-Design with Neurodivergent Residents**
Go beyond consultation—**invite neurodivergent people to co-create** spaces, transit policies, or signage. Lived experience brings insights no checklist can.
- **3. Flexible & Multi-Use Spaces**
Design areas that serve different needs throughout the day (e.g., quiet rest areas by day, community events by evening). Flexibility = accessibility.
- **4. Visual Schedules & Predictability Tools**
Like in schools, transit and public spaces can offer **visual guides** that explain what to expect and when (e.g., busier times, quiet hours, or sensory-friendly zones).
- **5. Inclusive Communication**
Ensure all wayfinding, public info, and announcements use **clear language, visual supports, and multiple formats** (text, audio, images).
- **6. Neurodiversity Training for Staff & Planners**
Offer municipal employees training on **neuro-affirming practices** and **how to engage diverse sensory experiences** in planning and programming.

Beyond the Label Conference: From Inclusion to Integration

2nd Annual Beyond The Label Conference

Saturday, May 24th, 2025 (8:30AM – 4PM)

- Purpose: Shift the narrative around neurodiversity from deficit to strength.
- We're calling on **educators, employers, leaders, neurodivergent professionals, and community members** to help reimagine schools, workplaces, and communities to work **for all minds**, not just the majority.
- Let's come together to create spaces that are:
 - **Inclusive**
 - **Accessible**
 - **Neuro-affirming**
- **Get Involved:**
 -  **Speak or lead a session** on universal design or accessibility
 -  **Volunteer** to support event accessibility and engagement
 -  **Showcase** your neurodivergent-led business at our vendor market
- If you're passionate about equity and rethinking how we design systems—**we want to hear from you.**

Let's Build a Village That Works for Everyone

“Something is wrong with our village—let's collectively change it.”

Together, we can make our communities places where everyone belongs.

Thank You

- Contact Info:
- ✉@ Rebecca.diversx@gmail.com
- 🌐 www.diversx.ca

Committee:	Health, Wellness, Fitness and Active Transportation Advisory Committee
Subject:	Committee Work Plan 2023-2024
Date:	Revised March 20,2025

Updates in Green

INTRODUCTION:

On May 21, 2019, By-Law 47-19 was established by the Council of the Corporation of the Municipality of North Grenville to create eight Committees of Council. These committees were created to allow for more focused and timely investigation of a specific matter, to have members of the public add their perspectives for a specific matter and allow additional opportunity for participation and comment on specific subjects.

Include specific committee purpose here.

GOALS:

Committee to outline Goals based on objectives noted in the terms of reference for the specific committee.

Goal	Key Actions	UPDATE
1. Increase safe active transportation connectivity	<ul style="list-style-type: none"> - Determine areas needed and what is needed. - Submit recommendation to Director of PRC for budget consideration. - Multi use path from Raina Way along Vanburn St to the Rail Trail (S side of Vanburn St.) - Multi Use path runs north South to Pine hill from Oxford Village to Tempo. Then from Depencier to 43 at Pine Hill, with a crosswalk 	<p>NOT STARTED- Formalized pathway between Cranberry Crescent and Galen's Way thereby creating a safe pedestrian passage to Clothier Street West – approved by Council and in 2024 budget. To be installed summer 2024. This has been contracted</p>
2. Ensure central active transportation for new developments.	<ul style="list-style-type: none"> - Advocate for residents moving into those communities. - Consult with Planning Department - Ensure it is done. 	<p>Oct. 18, 2023 - Request for review of eQuinelle Phase 6 and the Oxford Village draft plans.</p> <p>Oct. 18, 2023 – Director of PRC to ensure this goal is reached during DRT (Development Review Team.) Council can refuse site plan if it does not meet this ATAC goal.</p> <p>Amy Martin, Director of Planning and Development presented</p>

		<p>design guidelines to the Committee on Sept. 20, 2023.</p> <p>Mike Finley, Director of Public Works attended the April 9, 2024 meeting providing much information. Refer to minutes.</p>
3. Promotion of what we have, what we have accomplished and what is to come.	<ul style="list-style-type: none"> - What format? - Municipal staff resources to assist – Tourism Coordinator to discuss ways of promoting -Participate in the active summit and attend future workshops and conferences 	
4. Review and provide input on proposed capital projects for upcoming budget year.	<ul style="list-style-type: none"> - Directors presents to committee. - Committee reviews and makes recommendations to Directors for budget consideration. 	Viewed and made recommendations to council of outdoor fitness stations and shade structures. Shade structures will be placed in the Spring.
5. Continue provide advice on integrated and networked trails with North Grenville and adjacent municipalities	<p>Provided with document regarding NG - Osgood Rail trail Final Report.</p> <ul style="list-style-type: none"> -Expand rail trail from North Grenville to Prescott 	
6. Advise safer transportation on County Roads paved shoulders.	<ul style="list-style-type: none"> - Connect with UCLG in December 2023. -Review the Countys Active Transportation plan before September meeting. Charles McDonald to share with members. 	No action taken
7. Adult activity in parks for our kids to model after.	<ul style="list-style-type: none"> - Similar MUP design/fitness stations. - Show our children that physical activity does not stop when you grow up. - Determine where and how. - 	<p>Completed- Riverside Park MUP to be paved in June 2024. Fitness stations to be installed July 2024.</p> <p>Director PRC to continue to advise and update on park changes and updates.</p>

8. Naloxone	Resolution to Council HWFAC-2202-09 for adding naloxone to Municipal first aid kits in public settings.	Carried by Council on Monday, December 11, 2023. Resolution was sent to Parks, Recreation and Culture Facilities Superintendent for action. Completed and approved at select locations.
9. Explore and advise on Future Community Park	- Director of PRC will assist with advising on future community park locations.	
10. Active School Travel	Kathryn Allwright presentation	Monitor and promote Active School Travel.
11. Curry Park kayak storage	Robert Angie	Coordinate a delegation at CEDAC for contributory ideas for storage options

Health Wellness and Fitness and Active Transportation Advisory Committee

Purpose

The mandate of the Health, Wellness, Fitness and Active Transportation Advisory Committee is to support and advise on the implementation of health, wellness fitness and active transportation initiatives within the Municipality.

The Health, Wellness, Fitness and Active Transportation Advisory Committee shall:

- a) Research and gather information on best practices active transportation networks. Active transportation networks may include pedestrian and cycling facilities and multi-use pathways (MUPs), trails, walkways, sidewalks, shoulders and waterways that support non-vehicular transportation;
- b) Provide information on active transportation, health wellness and fitness initiatives for North Grenville residents.
- c) Advise on the maintenance or development of MUP's within or connecting Municipal parks (existing or proposed), including signage or trail markers;
- d) Review and advise on the Master Transportation Plan, Commuter Cycling Plan, and Official Plan, ?waterway access strategy? as applicable to active transportation and community health;
- e) Review and advise on the Parks and Recreation Master Plan, and the ;
- f) Review and advise on proposed capital purchases related to Health, Wellness and Fitness, and Active Transportation.

The Committee shall consider the shared priorities of the Community Strategic Plan, Committee Handbook, and Procedural By-Law.

Membership and Commitment

The Committee shall be comprised of a minimum of four (4) and a maximum of nine (9) volunteer members, the mayor as an ex-officio member, and up to two (2) members of Council, all of whom have voting rights. A representative from the Ferguson Forest Centre and the Kemptville Campus Education and Community Centre may be appointed at the discretion of the Council. A staff person(s) from Parks, Recreation, and Culture may also attend meetings as a liaison(s) to the Municipality.

In considering the appointment of members to the Committee, Council shall consider the following:

- a) influential decision makers (current and retired) from various business/industry sectors;

- b) individual members willing to take on specific responsibilities for specific areas of the program;
- c) the individual's qualifications and commitment as they relate to the Council adopted programs/policies; and
- d) availability of members to participate in the programs/policies and attend Committee meetings.

The Municipality of North Grenville is committed to advancing equity, diversity, and inclusion in every aspect of its work, including appointments to advisory committees. An increase in diversity can help promote equal opportunities and memberships with a diversity of lived experiences. A more diverse membership will contribute to the work of each advisory committee. Each advisory committee shall endeavour to have balanced representation from various equity- and inclusion-seeking groups including, but not limited to, people with disabilities, francophones, Indigenous people, newcomers, older adults, racialized community members, rural residents, 2SLGBTQIA+, those facing socioeconomic disadvantage, women, minority faith-based and spiritual group members, and youth.

Can we add something in here about committee member commitment expectations? In light of low attendance at times and the inability to meet quorum. Or is there any way we can adjust the quorum requirements to include a secondary way to move items forward such an email vote, if an item is stalled for a specified time?

The Committee, by a majority vote of its members, may recommend to the Council to remove any member of the Committee who does not fulfil their obligations under their appointment.

Committee Chair

The Committee shall elect a Co-Chair from among its volunteer members. The position will be elected by a secret ballot by most of the Committee's voting members. A Member of Council will act as a Co-Chair.

The Co-Chairs will have a concurrent four-year term. In the absence of the Co-Chairs, the Committee shall appoint an Acting Chair.

The Co-Chairs will present the Committee's reports and recommendations to the Council, as required, with staff support.

Advisory Experts

The Committee may invite additional content experts to attend regular meetings and present at specific meetings to meet its mandate.

Meetings

The Committee shall meet at least six times a year – either in person or via an accessible virtual platform. Additional meetings shall be held at the call of the Co-Chairs. Agenda packages will be sent out the week prior to the meetings and published on the Municipality’s website. Draft minutes will be distributed by email to each Committee member by the Parks, Recreation, and Culture department within one (1) week following the meeting.

Quorum

The Quorum of the Committee shall be a majority of the appointed.

Votes by the Committee will be held at regular or special meetings. The decision making of the group shall be by majority vote.

Department Jurisdiction

Parks, Recreation, and Culture - The Director is responsible for ensuring that all associated legislative responsibilities to the Committee are fulfilled.

Staff Contact

Parks, Recreation, and Culture Clerk

Administrative Support

The Clerk delegates authority to the Parks, Recreation, and Culture Executive Assistant to provide minute taking. Agenda preparation and distribution will be done by the Parks, Recreation, and Culture Executive Assistant and the Co-Chairs. The Clerk’s division will post the agenda on the Municipal website and via the meeting calendar invitation.

Budget

The Committee will prepare an annual work plan including any budget requests ahead of the budget cycle. The Director of Parks, Recreation, and Culture shall bring forward budget requests of the Committee as part of the Municipal budget process.

Glossary of Terms

Health: “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity”. “The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition”. In order to be healthy, “an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment”. “Health is seen as a resource or an asset that helps us lead our everyday lives.” (World Health Organization)

Wellness:

Fitness:

Active Transportation: “Active Transportation is using your own power to get from one place to another.” Examples include walking, cycling, skateboarding, snow showeing. (Government of Canada, 2014)

References

1. World Health Organization. Constitution. Accessed 2024 JUN 10
<https://www.who.int/about/accountability/governance/constitution>
2. World Health Organization. Health promotion. Accessed 2024 JUN 10
<https://www.who.int/teams/health-promotion/enhanced-wellbeing/first-global-conference>
3. Government of Canada (2014). Active Transportation. Accessed 2024 JUN 10
<https://www.canada.ca/en/public-health/services/being-active/active-transportation.html>

END