



Sault Ste. Marie

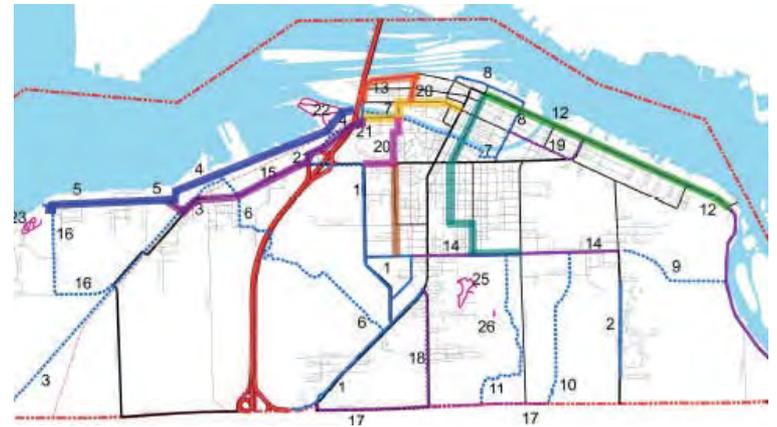
Strategic Alliance for Health
September 20, 2011

Sault Ste. Marie NMT

- Increase the number of miles of bike lanes
- Increase the number of schools offering walk/bike to school initiatives

Bike Lanes

- The city painted 9 miles of bikes lanes
- Has a bike plan



Walk or Roll to Work, School or Play Day

14 Thursday, June 9, 2011

NEWS

COMMUTER CUP CHALLENGE



KAYLEIGH WHITE/THE EVENING NEWS

On Wednesday afternoon, Sault Ste. Marie businesses and organizations that participated in the Commuter Cup Challenge gathered at the Avery Square on Ashmun Street for an award presentation ceremony. Over 150 individuals and 600 students participated in the event, logging more than 116,000 wellness miles on Friday, May 20. In their respective categories from largest organization to smallest, winners included: J.K.L. Bahweting School, the Chippewa County Health Department, The Evening News and Bayliss Public Library (tied), and Feed America. Pictured above are, from left to right: Marsha Mitchell, Mary Badinski, Julie Trotter, Karne Senkus, Joann Barry, Cathy Holmes, Nancy Steinhaus, Lynn Greengtski, Mike McKee, Angela Kipling, Libby Lajoie, Leeann Izzard, Dave Brey, Roxanne Blalock, and Greg Chromy. The "Let's Get Moving — Community Challenge" campaign also kicked off on Wednesday, Newberry, St. Ignace, Kinross, Manistique, Munising and the Sault are challenging each other to determine which community's residents can log the most wellness miles from June 4 through July 29. The program encourages residents to be more physically active, while helping each community vie for financial prizes. The six prizes of \$2,000; \$1,500; \$1,250; \$1,000; \$750 and \$500 are to be used by each community to make changes or improvements that will increase access to physical activity, according to the program's release. The prize money will be awarded based on each community's average wellness miles per participant. For more information or to register for the Let's Get Moving challenge, visit www.walkingworks.com. This site will keep track of everyone's efforts to be the healthier which will determine the winner of the event. Participants will also be able to track how each city is doing and see how many miles have been logged.

Bayliss Beacon

VOLUME 22, ISSUE 1

JULY/AUGUST 2011

Summer 2011

LIBRARY HOURS
Tuesdays & Thursdays
9 a.m. to 9 p.m.
Wednesdays & Fridays
9 a.m. to 5:30 p.m.
Saturdays
9 a.m. to 4 p.m.

PHONE NUMBER
(906) 632-0331

INTERNET ADDRESS
www.baylisslibrary.org

Bayliss Staff Ties for 1st Place in the Walk and Roll to Work, School, or Play Event!



A book is like a garden carried in the pocket.
—Chinese Proverb

Ken Miller, Amber Clement, Jennifer Lucas, Susan James, Nancy Steinhaus, Pam Flood, and Ann Marie Smith walked or biked to work Friday, May 20, for the 2nd Annual Walk and Roll to Work, School, or Play event.

Patrons visiting the library on Friday, May 20, may have been surprised and a bit confused to find the employee parking lot empty, leaving some wondering if Bayliss was open or not. The library was open as usual—our staff was participating in the 2nd Annual Walk and Roll to Work, School, or Play event, sponsored by the Chippewa County Building a Healthier Community Coalition and the Sault Tribe Strategic Alliance Health Project.

The event aimed to encourage healthy habits and to raise awareness of the benefits of walkable/bikable communities, as well as to save natural resources and promote environmentally friendly practices.

Ten "Team Bayliss" staff members signed up for the Commuter Cup Challenge; team members walked or biked to work, collectively logging more than 16 miles and reducing our carbon footprint for the day. Staff members greatly enjoyed the event and are looking forward to next year's Commuter Cup Challenge.

Community Challenge 2011



Downtown Lunch Loop

Downtown Lunch Loop

The lunch loop is available to provide an opportunity to be active and exercise in a convenient location. So, enjoy and tell (bring) your friends.

"Just shoe it."



Resources were provided by Blue Cross Blue Shield of Michigan, The Strategic Alliance for Health and the Chippewa County Health Department, Building a Healthy Community Coalition.



There are markers approximately every 1 tenth of a mile.
The loop is approximately 9 tenths of a mile around.
The lunch loop is part of the Promoting Active Communities project.

Accessibility Walk

Sault Ste Marie Accessibility Walk

Do you have any
issues about
accessibility in
Sault Ste Marie?

- Lack of crosswalks
- Sidewalk issues
- Low Vision concerns
- Safety concerns

Come and join us
in two areas to
discuss the
accessibility
needs in our
community!

Aug. 4th, 2011

12:30pm-2pm – Start @ Post Office by Co-op
Grocery Store, End at James Terrace Community
Room

2:30pm-4pm – Start @ Old Goodwill parking
lot, End at Country Kitchen

4pm – Discussion and refreshments at
Country Kitchen

Supplies such as vests, clipboards, and cameras will be
provided.



For more information:
Call SAIL at (800) 379-7245
or
Anny Hubbard at (906) 869-4433



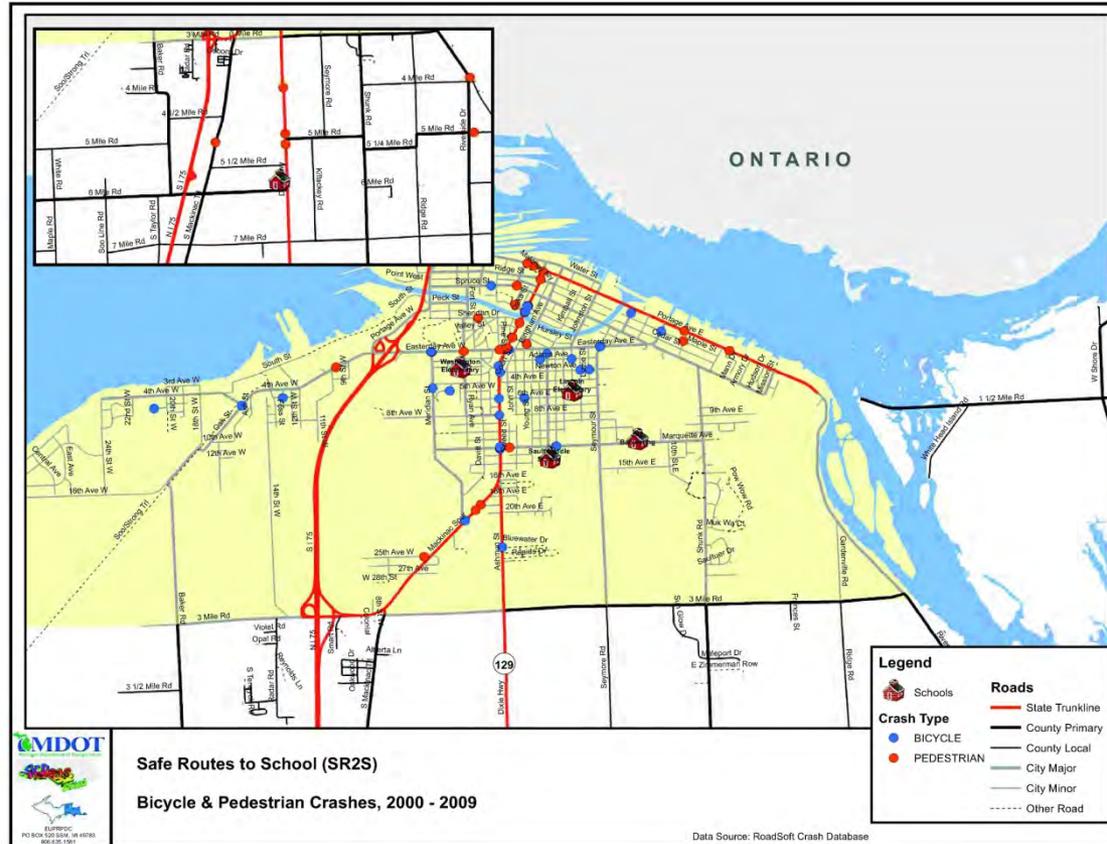
Safe Routes to School JKL Bahweting



Spring Bike Festival



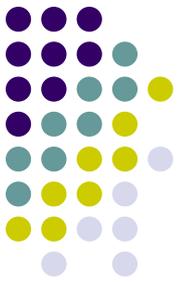
Crash data



Walk to School Day



St. Ignace Successes 2008-2011

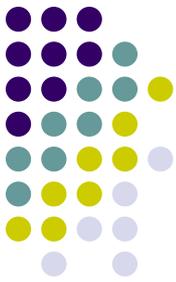


- Complete Streets Ordinance
- Crosswalks
- Walk and Bike to School
- Bike to Work Week in May
- Let's Get Moving Community Challenge
- North Country Recreational Trail

Complete Streets Ordinance

Jul 26, 2011 10:11AM

No. 1792 P. 2



Complete Street Ordinance No. 627 City of St. Ignace

THE CITY OF ST. IGNACE ORDAINS:

Article III. Design Standards for Public Streets

Sec 74-71. General Requirements:

- (a) Complete Streets. The City of St. Ignace will plan for, design, and construct all transportation improvement projects, both new and retrofit activities, to provide appropriate accommodation for bicyclists, pedestrian, transit users, and motorists of all ages and abilities in accordance with City of St. Ignace pedestrian and bike plans.

In furtherance of that policy:

- (1) The city of St. Ignace pedestrian and bike plans shall be referenced and their implementation considered prior to construction or re-construction within city rights-of-way.
- (2) All street plans will include, at a minimum, accommodations for accessibility, sidewalks, curb ramps and cuts, trails and pathways, signage, bike lanes, and shall incorporate principles of complete streets and maximize walkable and bikeable streets wherever feasible within the City of St. Ignace.
- (3) The accommodations shall also be designed and built using guidance from the most recent editions of the American Association of State Highway Transportation officials (AASHTO) Guide for Development of Bicycle Facilities, the Michigan Manual on Uniform Traffic Control Devices (MMUTCD) (MDOT), and the Americans with Disabilities Act Accessibility Guidelines (ADAAG). Methods for providing flexibility within safe design parameters, such as context sensitive solutions and design, will be considered.
- (4) It will be the goal of the City to fund the implementation of Complete Street Projects which shall include expending State Act 51 funds received by the City annually in accordance with Public Act 135 of 2010, as amended.

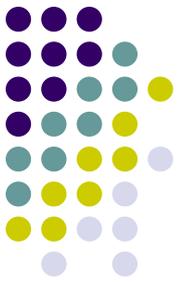
(b) Exceptions:

Facilities for bicyclists, pedestrians, transit users, and motorists of all ages and abilities are not required to be provided instances where a documented exception is recommended by the City Manager and granted by the City Council based on findings of one or more of the following conditions:

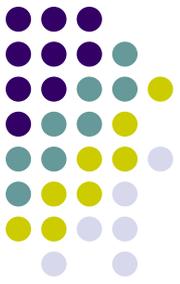
- (1) Where their establishment would be contrary to public health and safety,

Adopted by City of
St. Ignace
July 5, 2011

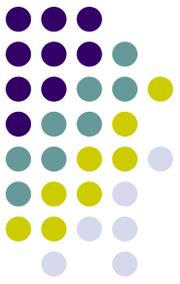
Crosswalks- Before and After



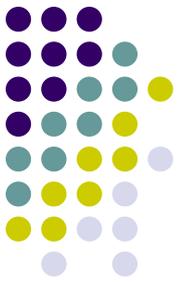
SAFE ROUTES TO SCHOOL SIDEWALKS



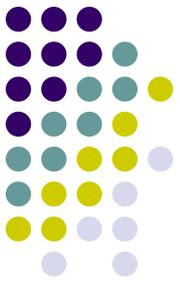
SCHOOL ZONE SIGNS



WALK FROM SCHOOL



Let's Get Moving Community Challenge 2011



Kinross Windshield Survey





Workplan

Community-At-Large Sector **Physical Activity**

- Bike facilities
- Complete streets plan

Successes

**From
this**



To this

Complete Streets

- Complete Streets resolution presented to the Kinross Planning Commission
- The Planning Commission passed a motion to recommend the Complete Streets resolution draft
- Was presented to the Township Board for approval on Sept. 19

Let's Get Moving Community Challenge



Kinross

- Kinross had 41 participants who logged 1,361 miles with an average of 33 miles per participant
- Will use the \$500 prize money for stencils and paint for the bike lanes

Newberry Workplan

Community-At-Large Sector

Physical Activity

- **Sidewalks**
- **Complete streets plan**
- **Parks, shared-use paths and trails, or open spaces**
- **Public recreation programs and activities (e.g., walking, biking, or other physical activity opportunities) for all**

Successes

About Dan Burden:



- Dan Burden is an internationally recognized authority on livable and sustainable communities, complete streets, traffic calming, and bicycle and pedestrian programs.
- Dan is Founder of the Walkable and Livable Communities Institute. This nonprofit organization focuses on teaching how transportation planning and urban design build communities.
- Dan is a master facilitator that connects with his audience. The more controversial a topic, the more people turn to Dan to address change, provide the latest ideas and best practices. Cities of the future will require more complexity, more attention to detail, more collaboration, and Dan helps deliver that.
- The League of American Bicyclists has named Dan as "one of the 25 most significant leaders in bicycling for the past 100 years."
- In 2001, Dan was named by TIME magazine as "one of the six most important civic innovators in the world."
- Dan has spent the last thirty-eight years developing, promoting, and evaluating active, equitable and balanced transportation systems and sustainable communities at national, regional, state, and local levels.
- He has helped more than 3,000 communities become more livable and walkable.
- Visit www.walklive.org for more information.



Donna Norkoll
Sault Tribe Community Health
2864 Ashmun Street
Sault Ste. Marie, MI 49783



**Building Healthy,
Prosperous
Communities
through
Walkability
Workshop!**

Join Dan Burden, a nationally recognized authority on livable and walkable communities for a workshop on the principles and practices needed to create healthy, harmonious, and successful environments in our very own communities!

Please RSVP:
Registration form
included!

November 8, 2010: Newberry, MI





Zellar's Trail



Complete Streets Resolution

- Adopted by Village Council on May 23, 2011
- Budget increased for sidewalk repair
- Paint for crosswalks purchased and plans to repaint many crosswalks have begun

Let's Get Moving Community Challenge 2011

- Newberry finished in fifth place
- 69 participants logged 11,088 wellness miles for an average of 64 miles per participant
- \$750.00 prize money will be used for maintenance and promotion of Zellar's Trail for next summer

Let's Get Moving Community Challenge Starts

Local residents are stepping up to the challenge of living a healthier lifestyle by participating in the Let's Get Moving Community Challenge 2011—an eight-week competition created in collaboration with Blue Cross Blue Shield of Michigan, Blue Care Network and the Sault Ste. Marie Tribe of Chippewa Indians Strategic Alliance for Health Project.

Individuals from Newberry, Kinross, Sault Ste. Marie, St. Ignace, Manistiquie and Manistique will compete for a variety of prizes, including a grant from the Blues that will be used toward enhancing physical activity opportunities in the community.

The community recording the highest participation levels over the course of the Challenge will receive the Grand Prize grant of

\$2,000 from BCBSM. In order of their ranking, each participating area also will receive a grant from BCBSM for leading their communities toward better health, to be used for the same purpose as stated above. Prize amounts are as follows:

Grand Prize:	\$2,000
2 nd Place:	\$1,250
3 rd Place:	\$1,250
4 th Place:	\$1,000
5 th Place:	\$750
6 th Place:	\$500

"The Let's Get Moving Community Challenge encourages people to improve their health by staying active and eating right," said Michael Fedrizzi, BCBSM regional manager. "This approach is more sustainable in the long run because it helps people adopt lifestyles that support overall good health."

Each participant will keep a log of the minutes he or she is physically active from June 4 through July 29, using a free online tool provided by the Blue Cross and Blue Shield Association WalkingWorks® program.

When a participant enters his or her activity time, the online tools will convert the minutes to miles. At the end of the contest the total number of wellness miles logged per each community will determine the winner.

The grant amount each community receives will vary depending on where they place in the final rankings.

"The Sault Tribe Strategic Alliance for Health is pleased to be partnering with Blue Cross Blue Shield of Michigan and the Newberry Strategic Alliance for Health Coalition led by LMAS District Health Department to offer this opportunity to express the importance of physical activity within our communities," said Donna Norkoli, Strategic Alliance for Health project coordinator. "We are excited for the challenge and look forward to encouraging people to seek out different ways to be more active in their daily lives and provide community support for physical activity."

The Newberry kick-off for the Let's Get Moving Challenge was held at the Newberry Farmers



Lynn Kihm (left), Diabetes Educator at Helen Newberry Joy Hospital, provides information about the Let's Get Moving Community Challenge to Newberry residents Jar Pittman at the Newberry Farmers Market.

Market on June 2. Terry Webb, Village president, encouraged Newberry residents to join the challenge and offered a challenge to the participating communities on behalf of Newberry.

There will be a weekly community walk on Mondays at various locations at 5:15 p.m. led by a Let's Get Moving committee member. The Moving Mondays schedule is as follows: Monday, June 20, 5:15 p.m., meet at Canada Lakes Trails

Monday, July 11, 5:15 p.m., meet at Hamilton Lakes Trail
 Monday, July 18, 5:15 p.m., meet at Ribunk parking lot for a Downtown Loop
 Monday, July 25, 5:15 p.m., meet at the LMAS Health Department parking lot for a walk on Zellar's Trail

Weekly drawings for a tote bag full of goodies from the Newberry Farmers Market will be held. This week's winner is Jon Brown. Winners can pick up their prize on Thursday from 4:00 to 7:00 p.m. at the Farmers

Let's Get Moving t-shirt.
 For more information on the Let's Get Moving Challenge, contact Norkoli at 293-8181 or www.healthysaulttribe.net for registration material.

"Let's Get Moving" Challenge Supports Zellar's Trail

The communities of Newberry, Kinross, Manistique, Manistiquie, St. Ignace and Sault Ste. Marie have issued a challenge to each other to determine which community's residents can log the most wellness miles from June 6 through July 29. The "Let's Get Moving - Community Challenge 2011," sponsored by the Sault Tribe Strategic Alliance for Health Project and Blue Cross Blue Shield of Michigan, encourages residents to be more physically active, while helping each community vie for financial prizes.

The six prizes of \$2,000, \$1,500, \$1,250, \$1,000, \$750

and \$500 are to be used by each community to make changes or improvements that will increase access to physical activity. Some possibilities the communities are considering include purchasing bike racks and bike lockers, and signage to help pedestrians and bikers reach points of destination. The prize money will be awarded based on each community's average wellness miles per participant.

In the 2010 "Let's Get Moving - Community Challenge," more than 500 participants logged more than 116,000 wellness miles. For 2011 two Strategic Alliance for Health

partnering communities, Newberry and Kinross, have been invited to the challenge and will have weekly Farmers' Market prizes for active participants.

All residents in the six communities are encouraged to participate in the "Let's Get Moving - Community Challenge." Registration began May 15. For further information contact the local Strategic Alliance for Health coordinator or log on to www.healthysaulttribe.com.

Newberry residents will be working towards earning prize money to improve the Zellar's Trail. A kick-off event will be held at the June 2 Newberry Farmers Market at 4:00 p.m. The Strategic Alliance for Health Coalition will host a scavenger hunt on the Zellar's Trail offering free incentives and door prizes.

For more information in Newberry contact Donna Norkoli at 293-8181 or dnorkoli@saulttribe.net.

Healthy Lifestyles Pay Off for Newberry

On June 4 the Sault Tribe Strategic Alliance for Health Communities of Manistique, Manistiquie, Sault Ste. Marie, St. Ignace, Newberry and Kinross began a 61-day "Let's Get Moving" Community Challenge in partnership with Blue Cross Blue Shield of Michigan.

Miles were earned through physical activity, nutrition and other healthy behaviors. Each community will be receiving a check from Blue Cross Blue Shield of Michigan to be used toward infrastructure changes that will help increase access to physical activity for residents and visitors.

A celebration of the successful challenge will take place August 4 at 4:00 p.m. at the Newberry Farmers Market in the American Legion parking lot. At that time a check will be presented to LMAS District Health Department to maintain and improve the Zellar's Trail. Sue Nelson, senior community liaison for Northern Michigan

and Upper Peninsula for Blue Cross Blue Shield of Michigan will be coming to Newberry to present the check to Nick Dorusha, health officer of the LMAS Health Department.

"Let's Get Moving" participants and other community members are invited to attend this celebration to find out the amount of prize money Newberry has earned. The community with the most miles logged per participant will be awarded a check for \$2,000, with the other communities receiving smaller amounts based on their final standings in the challenge.

Event organizers also will be announcing the Newberry participant with the most miles logged during the challenge and presenting him or her with a prize. Other prizes and giveaways will be distributed to many of those attending.

"The Sault Tribe Strategic Alliance for Health Project is pleased to be partnering with Blue Cross Blue Shield of

Michigan to provide this opportunity for our U.P. communities to participate in a program which encourages physical activity, healthy eating and tobacco free lifestyles. It also brings the community together to work towards sustainable changes to make it easier for people to be active," stated Donna Norkoli, Strategic Alliance for Health project coordinator. "Many community businesses and agencies, including Luce County MSU Extension, Helen Newberry Joy Hospital, LMAS District Health Department, Tahquamenon Area Schools, LP of Newberry, Forest Insurance Agency and the Newberry Sault Tribe Health Center promoted this challenge and helped to make it a success."

For more information regarding the Newberry "Let's Get Moving" Challenge or August 4 event, contact Norkoli at 293-8181 or dnorkoli@saulttribe.net.

Check Presentation

