



City of Port Moody

Minutes

Parks and Recreation Commission

Minutes of the meeting of the Parks and Recreation Commission held on Wednesday, April 14, 2021 via Zoom.

Present

Councillor Hunter Madsen, Chair
Councillor Steve Milani, Vice-Chair
John Callaghan
John Grasty
Kate Le Souef
Wilhelmina Martin (arrived at 7:10pm)
David Parker
Rajeev Sharma
Cleone Todgham
Megan Traverse

Absent

Haven Lurbiecki (Regrets)
Chris Zhao (Regrets)

In Attendance

Jim LaCroix – Manager of Recreation
Philip Lo – Committee Coordinator
Robbie Nall – Parks Superintendent
Julie Pavey-Tomlinson – Director of Environment and Parks

1. Call to Order

Call to Order

1.1 The Chair called the meeting to order at 7:02pm

2. Adoption of Minutes

Minutes

2.1 PRC21/006
Moved, seconded, and CARRIED
THAT the minutes of the Parks and Recreation Commission meeting held on Wednesday, March 10, 2021 be adopted.

3. Unfinished Business

4. New Business

Forest Therapy

4.1 Presentation: Dr. Melissa Lem, MD, CCFP, FCFP Attachment: PaRx - A Prescription for Patient and Planetary Health

File: 01-0360-20-10

Dr. Melissa Lem gave a presentation regarding forest therapy, noting the following:

- the nature prescription (PaRx) program is looking for partners who can provide nature experiences for patients who have been prescribed nature therapy;
- there two theories about why nature if good for brain: busy urban environments are difficult for the brain; nature does not require constant attention, and helps to restore power of attention, improve energy level, and reduce stress;
- the ability to immerse in green biodiverse environments has been an evolutionary advantage;
- one study in Toronto concluded that planting ten more trees per block increased health and age perception;
- one study concluded that a 20-minute walk in the park improved performance on the Digit Span Backwards test, and could rival the effects of prescription medication;
- one study concluded that there is a decrease in cortisol and stress levels after 20- to 30-minute nature experiences;
- the recommended nature dosage is for two hours a week, with positive associations peaking between 200-300 minutes per week;
- personal health is a significant motivator for personal change; focusing the messaging on the health benefits of nature can lead the public to value nature as an asset;
- health care is a major contributor to global carbon dioxide emissions;
- nature is one of most effective ways of combatting climate change, according to the UN Environment Programme (UNEP);
- children who have more nature experiences are more likely to become adult environmentalists;
- PaRx is a national nature prescription program, endorsed by BC Family Doctors, Nurse Practitioners of BC, the BC Parks Foundation, and other health organizations;
- before the pandemic, nature therapy was offered in conjunction with Metro Vancouver parks, but not the official PaRx program; conversations with Metro Vancouver have been on hold due to the pandemic;

- research on the benefits of nature exposure has mostly focused on forest and ocean environments; it is not known if there has been research done on non-green and blue environments such as deserts;
- while there is a lot of research on the benefits of nature exposure, there is not as much research on nature prescription; a mood rating scale can be used as a way to produce measurable results;
- there is a certification program for PaRx guides, from the Association of Nature and Forest Therapy Guides; and
- posts along some nature therapy trails have QR codes that can be scanned to provide information.

The Commission noted the following in discussion:

- self-reporting using apps can be anecdotal but maybe not be measurable; considering a way to gather measurable evidence;
- the Riverview Horticultural walk is highly recommended;
- some forest therapy walks are available in Stanley Park; it is not known if there are any licensed Indigenous guides involved in those walks;
- there is some interest locally in this program, which could become a tourist attraction for the City;
- the health benefits of this program can be important; however, it is important to promote respect for nature, and promote enjoying nature rather than using nature;
- a guide can be someone with a broader background to provide a better quality program; volunteers can be recruited to become guides;
- consider programs and locations that would divert people from Rocky Point Park;
- this program can be revisited and reconsidered after pandemic restrictions have been lifted; and
- there is an opportunity to expand this program to include educational programming that incorporates the First Nations, the shorelines, and forested areas.

Staff noted the following in discussion:

- this program could be explored as a potential scheduled activity that people can register for, and can be offered initially as a pilot program;
- there may be a need for programming of this type in the future after the pandemic; and
- nature walks currently led by parks staff have been very popular; additional Recreation staff or external guides with broad backgrounds can be recruited to lead nature walks.

**Fees and Charges
Bylaw Review**

4.2 Manager of Recreation
Attachment: Proposed Fee Report

File: 01-0360-20-10

The Manager of Recreation noted the following:

- there are not many proposed fee increases due to the pandemic year;
- housekeeping changes to the written parts of the document were also made;
- there are some fee increases for in-demand usages, such as for the boat launch, private businesses renting public space for classes, and multi-sport boxes;
- a curling practice fee has been added in order to manage booking frequency; and
- activity passes have been combined into one pass, and a children's fee and a super-senior fee (for seniors 85 and older) have been added.

The Commission noted that the summary sheet of changes was very helpful in highlighting the changes.

PRC21/007

Moved, seconded, and CARRIED

THAT the Parks and Recreation Commission support the fee proposal as presented to the Commission on April 14, 2021.

**Community Garden/
Food Security
Update**

4.3 Parks Superintendent
Attachments:

- a) Report to Council: Food Security – Food Production in Parks, considered at March 23, 2021 Council meeting
- b) Art Wilkinson Park Community Garden
- c) Ioco Road Community Garden
- d) Community Garden Guidelines (Draft)
- e) Presentation: Community Garden Expansion

File: 01-0360-20-10

The Parks Superintendent gave a presentation on community gardens and food security, noting the following:

- staff presented a report to Council on March 23, 2021 on food production in parks in relation to food security;
- staff proposed the expansion of the community garden system to two new locations: Town Centre Park (Ioco Road at Knowle Street) and Art Wilkinson Park (behind the tennis courts);

- the Parks and Recreation Masterplan recommendations include exploring opportunities for community gardens and food production on City lands;
- the new community garden plots aim to reduce community garden wait lists;
- staff consulted with local community garden and food security groups, and reviewed a number of locations in the City for potentially appropriate community garden sites;
- limiting location factors include solar access, transportation, and current use;
- staff met with Janine de la Salle from Urban Food Strategies regarding best management practices, which is to provide community groups stewardship of the gardens, and build a collaborative environment;
- Council approved the creation of 80 plots at the two new locations (60 plots at Art Wilkinson Park, and 20 plots at Town Centre Park), and \$62,000 in funding; and
- staff are seeking feedback from the Commission on the guidelines for future community gardens, and on food security issues.

The Commission noted the following in discussion:

- the Inlet community garden should have better guidelines on communicating with interested people, and the City can consider requesting the group to report back on statistics such as plot turnovers and inquiries received;
- ensure that high-demand plots are utilized, or ensure their turnover if they are not utilized; and
- consider ensuring that plots are owned by unique, identifiable owners who do not own multiple plots.

The Parks Superintendent noted the following in response to discussion:

- the City will request annual updates from community garden organizations on wait lists and turnovers in the future;
- there are guidelines and terms of reference for each community group including for plot usage, planting, and clean-up; warnings are issued to users who do not adhere to the guidelines;
- the City can request further information annually and more frequent updates; and
- the best practice is have community groups retain stewardship of the plots.

The Parks Superintendent reviewed the draft Community Garden guidelines.

The Commission noted the following in discussion:

- considering prioritizing people living in multi-family housing or who do not have the opportunity to grow in their own homes;
- the allocation and accessibility of plots should follow a transparent process; this issue concerns access to greenspace;
- there should be a clear and transparent turnover process; consider using lotteries to assign new plots;
- there should be clear criteria for how new people can join and acquire new plots;
- plots should not be permitted to be passed down generationally;
- the City should provide oversight by requesting groups to provide information such as turnover and average length of occupation; and
- concerns were expressed that the proposed draft guidelines may not achieve the City's objectives.

Staff noted the following in response to the Commission's discussion:

- the City is not involved in the operations of external organizations, but can request information from them;
- staff have not encountered language regarding prioritizing multi-family home residents in other examples of similar guidelines;
- additional stipulations can be added to the guidelines under point seven (annual information provided to the City) under Project Design.
- community gardens can be included in developments; however the City is not responsible for managing these;
- the Glenayre community association will be consulted before the Art Wilkinson garden project proceeds; and
- the revised draft guidelines will be brought back to the Commission for review.

Parks and Recreation Master Plan Review

4.4 Parks and Recreation staff
Link: [Parks and Recreation Master Plan](#)

This item has been postponed to a future meeting.

5. Information

Staff Updates

5.1 The Director of Environment and Parks noted the following:

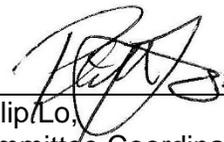
- a new General Manager of Community Services, Theresa Cochran, has joined the City and is planning on attending the Commission's meeting next month; and
- the Rocky Point Park boat ramp repairs are substantially completed.

6. Adjournment

6.1 The Chair adjourned the meeting at 8:51pm.



Councillor Hunter Madsen,
Chair



Philip Lo,
Committee Coordinator