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PLANNING WEST

Fall 2019

FORWARD THINKING
SHAPING COMMUNITIES

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ON THE COVER

Our Planning for Health and Well-being issue examines a number of themes, including the *Where Matters: Health and Economic Impacts of Where We Live* study that found people who live in walkable neighbourhoods tend to have better health, are less likely to suffer from stress, and feel a stronger sense of community belonging.

Photo credit: Krzysztof Klowailik courtesy of Unsplash

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PRESIDENT'S MESSAGE

Thinking about achievements in planning, I also wanted to share and acknowledge a significant recent milestone. As most members are aware, PIBC is the professional association of planners across both British Columbia and Yukon, and I'm pleased to acknowledge a truly significant land use achievement in the north. Congratulations to the First Nation of Na-Cho Nyäk Dun, Vuntut Gwitchin First Nation, Tr'ondëk Hwëch'in Nation; the Tetlit Gwich'in of the Northwest Territories and the Yukon Government for approving the Peel River Watershed Land Use Plan after over 15 years of planning and a Supreme Court of Canada decision to uphold the spirit and intent of the modern treaties in the Yukon. The Peel River Watershed, at 68,000 km², is one of the world's largest pristine wilderness areas.

Fall also represents the start of a new academic year. And, as we reach out and connect with students at the four accredited university planning programs in BC and Yukon, we're excited to welcome a number of new student members to the Institute this fall. As previously noted, the Institute continues its commitment to ongoing initiatives and new objectives to support students and our future professionals.

I was very pleased to attend, along with Institute staff and other Board members, our annual student social event in Vancouver with planning students from UBC and SFU. Sincere thanks and congratulations are extended to our student members for organizing and hosting another successful event this year. It was a great opportunity to connect and network, as well as test our planning-related trivia knowledge. We look forward to similar events with students from UNBC and VIU in the coming months as well.

Looking ahead, I'm excited about the many opportunities and objectives reflected in our renewed Strategic Plan, as well as key upcoming Institute events and activities, including: our annual World Town Planning Day gala celebrating our profession; planned government outreach in the new year; our ongoing successful CPL programming; and our next annual conference – the joint national planning conference – being held in conjunction with CIP in Whistler next July. We also look forward to welcoming a new staff team member in the position of 'Member Services Coordinator' later this fall as well.

Best wishes for a productive and enjoyable autumn.

Lesley Cabott RPP, MCIP

Fall is always a season of transition and change, and as we at PIBC enter this fall and find ourselves in the early period of a new Board term, change and renewal are on our agenda. The Board recently met to finalize work on the revised Strategic Plan covering the next two years, to review and finalize our budget and fees for the coming (2020) year, and to look ahead on key issues and tasks for our profession going forward.

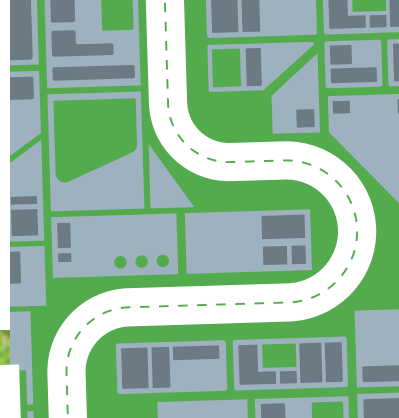
The Board's revised Strategic Plan will continue to move a number of key initiatives forward – in particular objectives related to: advancing the profession and strengthening external relationships; building member value; continued support for students and emerging professionals; engagement on relevant advocacy and issues; enhanced organizational resilience and long-term visioning; looking at diversity and inclusiveness in our profession; and thinking about members' professional challenges and well-being. Watch for the release of the final updated Strategic Plan on the PIBC website in the coming few weeks.

On that note, we were very pleased to complete the roll out of our newly redesigned PIBC website this past summer, which includes a fresh new look and feel, as well as some additional sections and features – such as an online register of members and new consultants' directory. The renewed website also maintains and updates many familiar features and resources members know and use – such as planning job opportunity listings, the online calendar of events, Institute news items, and key membership information. Additionally, our communications team will continue to further update and enhance the new website into the future.

The Institute's recently approved budget for 2020 continues to provide the resources and support for our many core programs and services, ongoing operations, and key strategic initiatives. It also reflects the Institute's continued overall financial health. PIBC's membership fees for 2020 have been adjusted up slightly, in line with current cost of living rates. CIP is adjusting its fees up for the first time in several years, while professional liability insurance premium rates will remain unchanged for 2020. We are also pleased that CIP is continuing its practice of providing complimentary student membership, in keeping with the approach pioneered by PIBC some years ago.

Another exciting development this fall was the Board's decision to acknowledge and designate Dr. David Witty Ph.D, RPP, FCIP as a Life Member of PIBC – the highest honour the Institute can bestow upon a member for their contributions to the profession. He is being formally recognized, along with our annual recognition of new Registered Professional Planners and long-serving members with 25 or more years of professional membership, at our annual World Town Planning Day gala event in November. Congratulations to Dr. Witty, and to everyone being recognized this year.

OUTLINES



What's Trending... Member in Focus ...



Notice some planning gold in the social media universe? Share it @PIBC

Below find links on organizations providing tools for building healthy communities and improved well-being

What's Trending?

> **Cindy Cheung**, PIBC Communications & Marketing Specialist

In this issue, let's take a look at some of the online tools and expertise available to help planners, community influencers, and citizens alike shape their built environments for healthy communities and improved well-being.

Happy Homes Toolkit (www.thehappycity.com)

The Happy City team and its founder Charles Montgomery have been leading advocates for shaping and building happy cities, so it's no surprise their current feature project is the 'Happy Homes Toolkit.' The key objective of this kit is to "use housing design to fight social isolation." With support from BC Housing and the Real Estate Foundation of BC, Happy City Lab has translated evidence-based conclusions into smart design and action items:

- Phase 1: Happy Homes - building sociability through multi-family housing design.
- Phase 2: Designed to Engage - policy recommendations for promoting sociability in multi-family housing

Visit www.thehappycity.com to access these toolkits and get started.

First Nations Health Authority – Region Profiles to Improve First Nations Health www.fnha.ca @fnha

The First Nations Health Authority (FNHA), the first province-wide health authority of its kind in Canada, is the health and wellness partner to over 200 diverse First Nations communities and citizens in BC. Partnering with existing Indigenous primary healthcare centres throughout BC, not only does FNHA support culturally safe care for Indigenous

peoples, but it also provides important information about the First Nation Communities it serves, including an online Wellness Plan and demographics for five coastal regions. Visit <https://www.fnha.ca/about/regions> for more details.

BC Healthy Communities @BC_HC
www.bchealthycommunities.ca

Stay on top of the latest tools & news related to healthy communities by following BC Healthy Communities online. This province-wide not-for-profit organization provides a range of resources, programs and fee-for-service offerings in support of its vision: healthy communities for all. Follow this PIBC 2019 Awards nominee at @BC_HC for brief and informative daily online updates. *See their article on "Health and Housing" in this issue.* ■

Member in the News

Julian Dunster, Ph.D., RPP, MCIP, of Victoria, British Columbia, is the recipient of the 2019 International Society of Arboriculture (ISA) R.W. Harris Author's Citation. This Award of Distinction is given to authors who consistently publish timely and valuable content related to the field of arboriculture. Dunster was recognized during the opening ceremony of the ISA Annual International Conference and Trade Show on August 11 in Knoxville, Tennessee.

Planning West Call for Submissions

Winter 2020 Issue:
**World Town Planning Day
& the Climate Crisis – what
are we doing?**
Deadline December 15, 2019

Spring 2020 Issue:
**Urban Planning and Artificial
Intelligence – good, bad or
terrifying?**
Deadline March 15, 2020

Articles should be 1000-1200 words in length and in an unformatted, MS Word document. **Please note:** not all articles may be accommodated based on editorial decisions and the number of submissions received.

MEMBER IN FOCUS

Michael Gordon RPP, MCIP Vancouver Heritage Commissioner and Adjunct Professor (UBC SCARP)

> **Cindy Cheung**, PIBC Communications & Marketing Specialist



City planner, documentary director, UBC SCARP adjunct professor, writer, music enthusiast and skateboarder; these all describe Michael Gordon, long time senior planner at the City of Vancouver and past president of the Canadian Institute of Planners (CIP). We caught up with Michael as he was taking some well-deserved time off travelling through Europe to find out what has inspired him, the impact of digital technology on planning, and how he stays on top of his own well-being in a demanding profession.

Where did you grow up?

I lived in Toronto for 16 years until 1971 but the Gordon family first arrived in British Columbia (Victoria, Kamloops) in the mid-1870's and to Vancouver in the next decade. They were on the first City of Vancouver voters list. My dad was convinced I should study and work here so I moved back to Vancouver in the early 1980's, completed my M.Sc. in Planning at UBC, and joined the City of Vancouver in 1985.

How did you become a planner? Was there a person or event that motivated you into this profession?

In my teens and early 20's, I considered becoming a community planner, a professional musician or a journalist. I took the opportunity to pursue all three. However, two professors teaching at Waterloo's Planning School - Kent Gerecke and Novia Carter - were very persuasive that I join the profession and complete my Planning degree. They also assisted me in getting my first job as a professional planner at the City of Regina where they hired me in the 70's to prepare an inner-city strategy and to set up community-based neighbourhood planning in the central neighbourhoods. Larry Beasley and Ann McAfee also encouraged me.

Those were three very interesting and diverse professions you were considering. Were there specific things that called out to you as a Community Planner?

I wanted to work closely with the community on neighbourhood planning and



1 A gift from the Staff at the City of Vancouver – a cartoon depicting Michael and his favourite hobby.

Why skateboarding? Is there a particular place you like to go to skateboard?

Skateboarding is a unique activity that combines the challenge of skating plus a community with interests in the built environment, the visual arts and music. It's a very supportive community if you skate.

I wanted to skate since I was eleven but it takes a village to learn how. It's the most fun, most challenging and rewarding thing I have ever pursued. My favourite places to skate are the hills in my neighbourhood and parking lots. I have a pool Santa Cruz deck (I never liked long boards).

You have a lot on the go - what's next?

As I am typing this, I am in Liverpool at a music tourism conference and I'll be heading to Venice. I'm currently the Vancouver Heritage Commissioner. This past year I edited BCSLA's magazine Sitelines and taught my UBC Housing course. I also gave two walking tours and three presentations on Vancouver History and Reconciliation. I'm also a mentor for three Candidate planners.

I look forward to more of the above and further work on our documentary on the history of Vancouver's live music venues. I'm also interested in the history of our West End villages and the emergence of suburban mixed-use transit-based town centres.

Follow Michael...

... via his twitter account @MichaelVancity and listen to his most recent podcast "The Yin and Yang of Community Planning in Vancouver" with PIBC Honourary Member Gordon Price at <https://pricetags.ca/podcast/michael-gordon-on-the-yin-and-yang-of-community-planning-in-vancouver/>. ■

pursue a balance of community engagement and policy development. In the 1970's into the mid-1980's (and with some later Councils) there was a Council commitment to staff co-leading neighbourhood planning processes with representatives from the community.

You've used video and digital media to enhance the planning process. Uses of these technologies are constantly evolving. What do you think are the latest benefits and challenges these digital tools bring to planning?

There are a number of benefits. The most important is that they help enhance the sharing and communicating of memorable stories and key messages. They are more accessible and more interesting for people than just reports and presentations with lots of words and few images. Videos can also give a voice to marginalized groups and youths, who can be interviewed and "heard."

A challenge is developing an expertise in the video editing software. If there is a planning student who would like to earn some funds mentoring me on the Final Cut Pro (video editing software), I'm down for that!

Can you share an instance where using video or digital media helped you improve a challenging situation?

When we launched the West End Community Plan, we interviewed a lot of residents and businesses on what they loved about the West End, what they did not like and what their dreams were for their neighbourhood. These videos were posted on the City's website and helped build trust with the community.

Planning can be a very demanding profession. How do you unwind and take care of your own well-being?

The sweet spot is a balance of the physical, intellectual, and spiritual. Amongst my favourite pursuits are reading, films, guitar, meditating, yoga, the gym, biking, walking, skateboarding, and socializing.

Graduate Student Research

Public Libraries: Contributors to Community Well-being and Quality of Life

/ Dylan Thiessen, M.A., Candidate Member

Though to the non-user public libraries may seem to spend a fair amount of time operating in the background of an increasingly digital and connected society, what is happening inside their walls tells a different story. In the 21st century, public libraries have evolved and come to life in a variety of fascinating ways. And the transformation they have undertaken has important implications for all residents, as well as for the planners that work to improve and enhance cities, neighbourhoods and communities.

Fraser Valley Regional Library CEO Scott Hargrove goes so far as to say that “libraries are in the business of building communities.” Marylaine Block, academic librarian and firm believer in public libraries’ ability to adapt, also describes the situation aptly. She argues that “librarians have billed libraries as the ‘information place.’” But with information more and more being seen as the internet, “librarians are beginning to emphasize the second word in that formulation: place.”

Having to rethink their *raison d’être* has resulted in public libraries distancing themselves slightly from their initial conception as the information place, something which has often resulted in budget cuts and calls of irrelevance. However, public libraries have embraced a broader and changing role that has allowed them to not just flourish when so many predicted their demise, but to also provide the many value-added services that help increase the quality of life of the communities they serve.

There are scores of studies and research on the relationship between public libraries and a component of quality of life – such as its effect on social capital, physical and mental health, psychological wellbeing, or economic prosperity. However, very little research has focused on public libraries as being central to quality of life more generally. Despite this, it is this issue that is front of mind for British Columbia’s public library managers.

From a survey completed by 85 public library managers (of 102) in B.C.:

- 91% indicated that their libraries offer programming that is designed to increase social connections
- 77% indicated that they offer programming designed to increase cultural understanding
- 66% indicated that they offer programming to help people with employment issues, programming that is specifically tailored to immigrants, and programming aimed to help peoples’ mental health
- 58% indicated that they offer programming to help people engage with the political process
- 53% indicated that they offer programming aimed at increasing physical activity or promoting healthy lifestyles.

When asked about the fundamental role of the public library as an institution, only one-third agreed that it should remain on the storage and distribution of written material and increasing reading literacy. In a follow up question, nearly 84% agreed that the public library’s fundamental role has become community-oriented in a much broader way than it ever was before. Eighty-two percent (82%) agree that public libraries are becoming (if they have not already) their community’s central hub or gathering place.

So where does the planner fit into this story? Sociologist Eric Klinenberg argues that public libraries are the most effective form of ‘social infrastructure’ – the physical places and spaces in the built environment that exist specifically to connect people with one another. Even though Klinenberg does not approach his concept of social infrastructure from a planning perspective, the connection is easy to make. Whenever infrastructure is involved, there is something that can be planned.

Klinenberg’s conception of social infrastructure also introduces a hierarchy of value or social good. A café, for example, has more value as social infrastructure than a retail store for a café encourages people to linger after making their transaction. A public library, however, has more value as social infrastructure than a café, or nearly any other place, as there is no admission cost, no expectation of a purchase once inside, the space is often highly flexible, and patrons are encouraged to linger.

The capacity of the planning profession to encourage the emergence and flourishing of social infrastructure is tremendous – perhaps larger than that carried by any other profession. The widespread and wholesale recognition of this throughout the profession is the beginning step we as planners must take.

There are many tools that municipalities have in their arsenal which can encourage, foster and strengthen social infrastructure. Zoning bylaws can be rewritten to remove zones that only allow for single family



Dylan Thiessen holds an M.A. in Political Science from the University of Calgary and is a Candidate Member studying at Vancouver Island University's Master of Community Planning program.



Bridging the Gap Health and Urban Planning

/ Laura Chow, PIBC Student Member



Around the world, we are hearing more and more about the ways that planning, design, and policy decisions impact people's lives, affecting how individuals live, learn, work, and play. Since 2015, I have worked on Vancouver Coastal Health's (VCH's) Healthy Built Environment Team actively seeking to find the particular "added value" that the health authority can bring to the creation of vibrant, healthy communities. My experience has led me to identify how to move the discussions on health and planning beyond simply acknowledging the impacts.

My hope is that, as both a planner and health professional, I might gain insight to find ways to bridge gaps between the two professions – to identify more specific opportunities to engage health in planning processes, and identify where health may

add value to existing practices by challenging the status quo.

While this quest has yet to yield a key solution, my experience to date has illustrated the existing gaps that may act as barriers to the creation of a win-win relationship between the professions. As with any conversation that works toward breaking down silos, recognition of gaps can help identify opportunities.

GAPS

Timing: Health authorities would love to support local governments' efforts in creating healthier communities. What is challenging, however, is to define the timing of this support. In general, health considerations and related data are needed early in a process in order provide

meaningful input. The sooner 'unhealthy' elements of a project are identified, the sooner they can be addressed. However, often health authorities are brought in late to the discussion.

Interests: Above all else, professionals working in public health are interested in protecting the health of the general public. What this means is not always well understood by planners. As a short primer, health professionals' perspective often emphasizes:

- Vulnerable populations – individuals who are marginalized or are more likely to experience negative health outcomes related to a planning or policy decision
- Exposures – often negative health outcomes associated with issues such as air pollution, noise, and heat

- Equity – consideration of different populations who may be at a structural disadvantage that prevents them from thriving
- Long-term health impacts – positive or negative physical, mental, or social health and wellbeing outcomes as related to either exposure or behaviour change
- Development of health promotive environments – including environments that are accessible, affordable, and do not exacerbate negative health impacts
- Recognition of the potential health impacts of urban design – such as the impact of the built environment to social connectedness or childhood development

Jargon: Professional jargon can often be a barrier when looking to bridge health and urban planning. To start with, some terms have varying definitions. For example, “health” might mean the acute treatment of disease or injury, or prevention of disease transmission, or longer-term chronic disease prevention. Health professionals tend to be guilty of becoming entrenched in our work, forgetting that we have not shared our sector’s definitions attributed to common terms such as “risk” and “benefit,” or our sector-specific terminology with others such as “social determinants of health.”

Limited Capacity: While the health sector receives the majority of the provincial budget, the public health sector only receives between 2-4% of the annual health care budget. This funding supports a number of public health programs including

immunization programs, harm reduction, health inspection work, nutrition, as well as the health professionals working with local governments. To ensure that health is not lost in the work done by local governments, health professionals rely on the development of strategic partnerships and shared priorities and goals to help improve the health and well-being of the population.

In this context, some of the ways that health might help inform local government planning processes and decision-making include:

SUPPORTS

Health Data and Evidence: Locally, VCH and Fraser Health have conducted My Health My Community, a population health survey run in 2013-2014 (to be conducted again in late 2019/early 2020). This survey provides health-specific data sets on self-reported health concerns, and is meant to

help provide insight at a neighbourhood level with respect to peoples’ overall health and well-being.

While this particular data set is not available outside of the Lower Mainland, health professionals can provide interpretation of survey results, provide access to other forms of data (e.g. BC’s Community Health Survey), and provide suggestions for engagement questions that might provide more insight to health outcomes.

Health Expertise: Some health professionals have specific concerns around nutrition, or land uses related to drinking water, waste water or recreational water. In this way, they may provide additional context or suggestions to help address specific legislative health requirements – particularly around water and sewage issues and increasing density in areas not serviced by municipal systems.

Knowledge Translation: Recognizing that health has a very particular perspective, health professionals may help interpret health-specific data and evidence to make them more accessible, such as: identifying health concerns related to conflicting land uses that may pose health impacts (for example, potential impacts related to air quality, noise, water contamination); articulating health impacts related to climate change; or interpreting data sources such as the Early Development Index. Providing this context may enhance cases for further action or encourage additional creativity in problem solving.

Research Generation: As the dialogue between health and planning professionals has grown, it has highlighted the need for

Photo credit: Rodion Kutsaev courtesy of UnSplash

additional research to support these growing relationships. Partnerships with health professionals can help local governments with questions they have about their communities and health impacts to their residents.

Awareness Raising: Part of the role of health is to stay up-to-date with the latest in health research. This means that public health professionals are well-positioned to bring awareness of urban planning issues and their impact on health. Examples might include policy and design considerations for the development of child-friendly cities, or long-term impacts of climate change on community health.

Neutral, Objective Voice: When it comes to planning for marginalized populations, the discussion can often become heated and reflect personal biases and judgements. As a non-political body, health professionals can utilize their voice to support challenging decisions, the caveat being that there be sufficient evidence that links the decision to health outcomes.

Healthy Built Environment Linkages Toolkit Version 2.0 (2018): This toolkit and its affiliated documents show the Province's commitment to connect health with urban planning. While its recommended planning principles are largely understood as best planning practices, the toolkit includes evidence-based health impacts linked to: the built environment; social wellbeing; and mental health and well-being. It also provides information on the economic co-benefits of health promoting environments and considerations for small and medium-sized communities.



While I am not sure that I am much closer to bridging the gaps that exist between health and planning, I hope to inspire ongoing dialogue. By asking questions, collaborating on ideas, and building partnerships and databases we can better understand each others' motivations. This can help move the conversation forward and create long-lasting, sustainable, and healthier people, environments, and policy that enable communities to thrive socially, emotionally, economically, and sustainably. ■

Laura Chow is a 2nd year Masters Student at the School of Community and Regional Planning at UBC and an Environmental Health Officer, Built Environment Team, Vancouver Coastal Health.

PIBC's webinar on **Declaring a Climate Change Emergency: Process, Considerations & Legalities** was a timely and very popular session. To obtain a copy of both the webinar recording and slide deck, please call the PIBC office at: 604-696-5031. Cost (+GST) Members \$39, Non-Members \$59

SAVE THE DATES !

Waterfront & Brownfield Development Webinar **Wednesday, November 27, 2019**

This webinar will provide an opportunity to share best practices and lessons learned that would be applicable to any under-utilized brownfield or waterfront site in the Province, and how a local government can be the catalyst to transform it into a thriving new community.

*Thank you PIBC members for your overwhelming support of PIBC webinars! In 2018, nearly 1,000 members watched our programs featuring a variety of timely and relevant topics. As a thank you, PIBC is inviting you to this **FREE** Petcha Kutcha webinar, made possible by the generous sponsorship of the Real Estate Foundation and Urban Systems.*



Petcha Kutcha - PIBC style! **Wednesday, December 11, 2019**

Join us for this light-hearted, entertaining and educational webinar that will be sure to put you in the holiday spirit. The esteemed planning legend Jane Jacobs will offer her words of wisdom and commentary on cities, communities, and planning as if she were still around today, as channelled through the formidable Sue Hallatt.

Enjoy an armchair travel segment from our very own PlanGirl Emilie Adin who will showcase the most 'out there' and unusual planning initiatives she has seen in her travels and written about in Planning West.

And finally, Michael Geller, the 'guru' of all things housing, will present his unconventional (and perhaps slightly controversial) ideas on housing and planning, drawing on decades of practical private and public sector experience in British Columbia and abroad.

There will be draws for all kinds of prizes, including a free webinar group registration for our January 2020 "Provincial Planning Outlook: Strategic Statistics to Get the Job Done!" (a \$100 value). We hope to "see" you there!

Speakers

Sue Hallatt RPP, MCIP

Emilie Adin RPP, MCIP, LEED AP

Michael Geller RPP, FCIP, AIBC

Provincial Planning Outlook: Strategic Statistics to Get the Job Done!

Wednesday, January 29, 2020

Join PIBC for its annual overview of the vital information that planning professionals need "to get the job done." Start the year off right with the economic, demographic, housing, and industrial/commercial market information that will help you formulate a strategic planning perspective for 2020 and beyond. How is the Province's demographic makeup expected to change over the short and long term and what are the implications on household formation and housing demand? What are the key economic forces impacting growth? What trends can we expect in the residential, commercial and industrial markets?

Please see the PIBC website for information about registration for all our webinars.

Where Matters: Walkable Places Support Healthy Lifestyles

/ Erin Rennie, Candidate Member

Designing walkable cities that promote public health is one of the foundations of strong community and regional planning. And for good reason: The *Where Matters: Health and Economic Impacts of Where We Live* study found that people who live in walkable neighbourhoods tend to have better health, are less likely to suffer from stress, and feel a stronger sense of community belonging.

Where Matters quantifies the relationship between the built environment and health outcomes by linking walkability and park access in Metro Vancouver with real health care data. To support this project, a group of interdisciplinary organizations formed a unique partnership spanning land use, transportation, and health expertise.

The three goals of *Where Matters* were to:

- examine how built environment features relate to physical activity, body mass index, and chronic disease
- analyze impacts by age and income
- evaluate whether built environment features are connected to healthcare use and costs

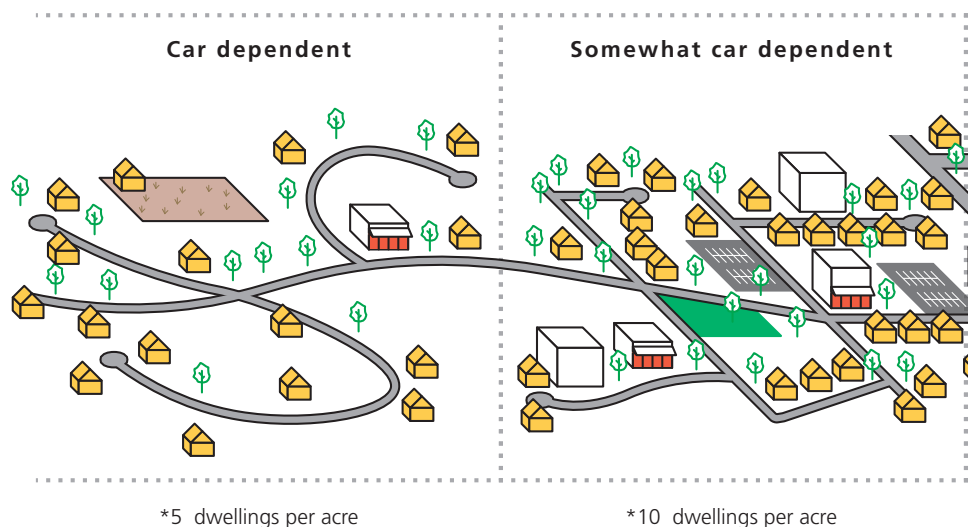




Photo credit: Ryoji Iwata courtesy of UnSplash

Walkability is a measure of the physical characteristics of the built environment that support pedestrian movement. *Where Matters* used the 2011 Walkability Index, which is developed by combining four input variables (residential density, land use mix, street connectivity, and pedestrian-oriented retail density) to predict walking, physical activity, and obesity. The 2011 Walkability Index produces a walkability score for every postal code in the Lower Mainland.

Along with the Walkability Index, two new data layers were added: a measure of regional accessibility (i.e.: distance to key destinations) and a measure of park access (i.e.: number of parks within walking distance). This created the built environment database for the Lower Mainland.

Researchers then linked the built environment database with two large health outcome databases: the My Health My Community dataset and the BC Generations dataset. Researchers could connect for every postal code the walkability score was with health outcomes. The postal codes were then divided into five groups called “place types” (or quintiles) of roughly equal size to allow the researchers to make inferences about how the built environment and health outcomes are related. Finally a “Cost of Illness” methodology

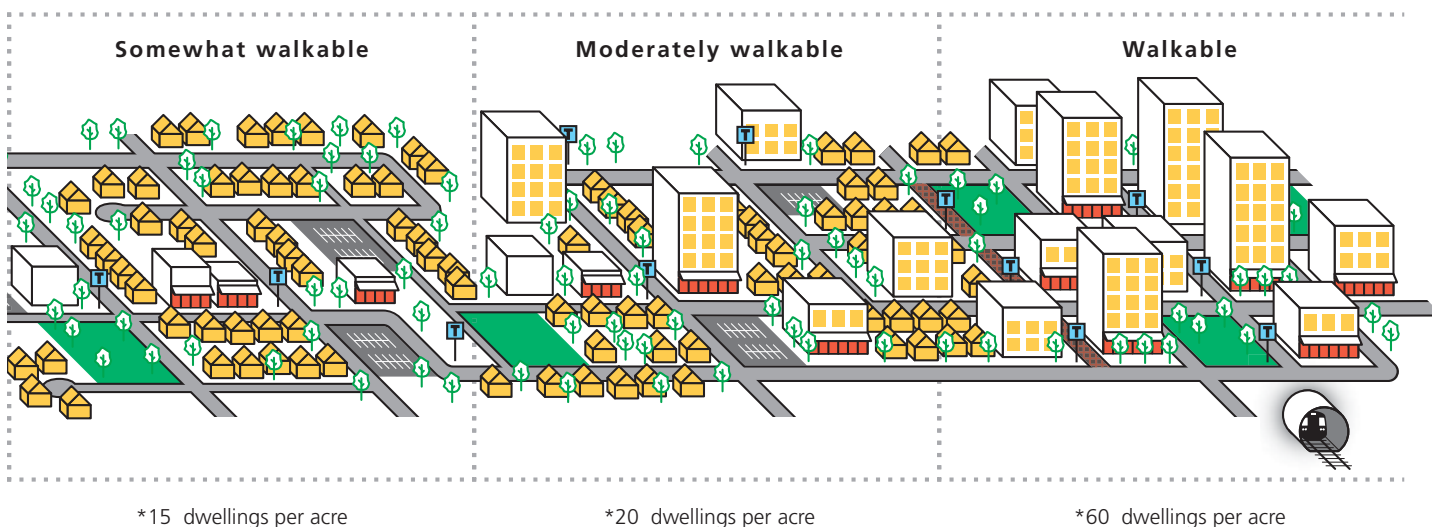
was applied to the health outcomes information to draw conclusions about healthcare costs associated with walkable vs. less walkable neighbourhoods.

Health Benefits of Walkability and Park Access

The study found higher levels of walkability resulted in more people selecting to walk as a preferred mode of transportation, and achieving the recommended 150-minutes-per week of physical activity. This was particularly true for lower income earners (less than \$60,000 per year), who were 51% more likely to achieve the recommended amounts of physical activity if they lived in walkable neighbourhoods.

Compared to those in the least walkable, car-dependent neighbourhoods, residents in walkable places were also:

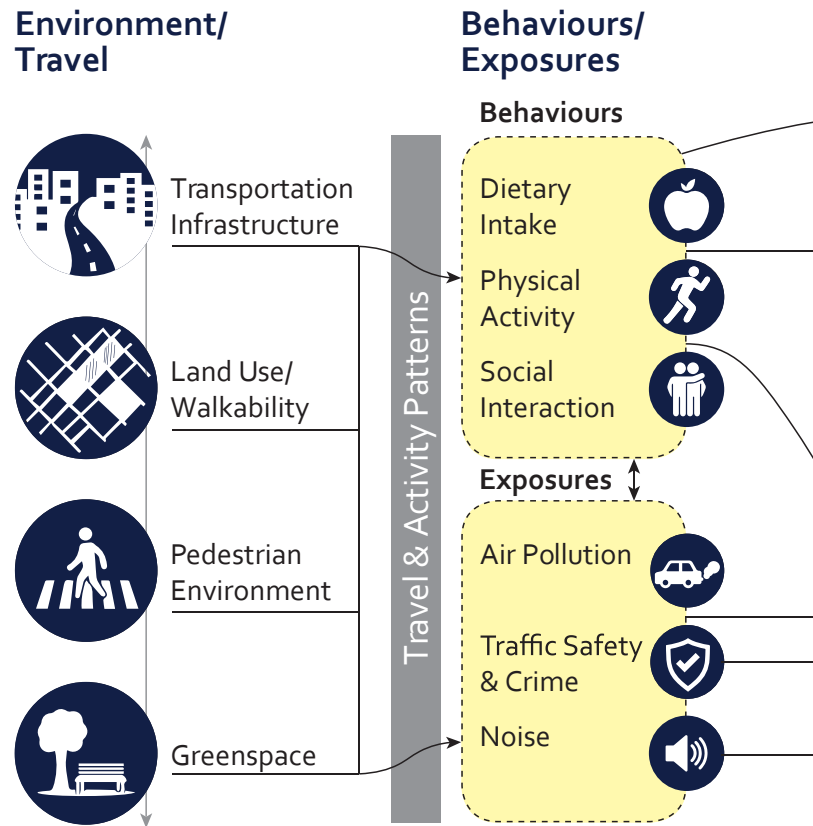
- 39% less likely to have diabetes
- 28% less likely to have hypertension
- 23% less likely to suffer from stress



*Numbers represent median value for each place type.

Casual Pathway Linking Environments, Health, and Cost

Source: Frank et al, 2017



Living close to a park also appears to improve those odds. The study found residents in neighbourhoods with the greatest park access were 20% more likely to walk for recreation and 33% more likely to meet the recommended weekly physical activity rates compared to the neighbourhoods with the lowest park access. As a result, 53% were less likely to have diabetes, 39% less likely to have heart disease and 35% less likely to suffer from high blood pressure.

Both walkability and access to parks could be associated with lower healthcare costs. By using the “Cost of Illness” method – multiplying the annual direct healthcare cost of chronic diseases by the prevalence in a population – the study found that compared to neighbourhoods with low park access (zero to one park) to a neighbourhood with high park access (six or more parks), direct “in-patient” healthcare costs could be:

- 75% lower for diabetes
- 69% lower for hypertension
- 69% lower for heart disease

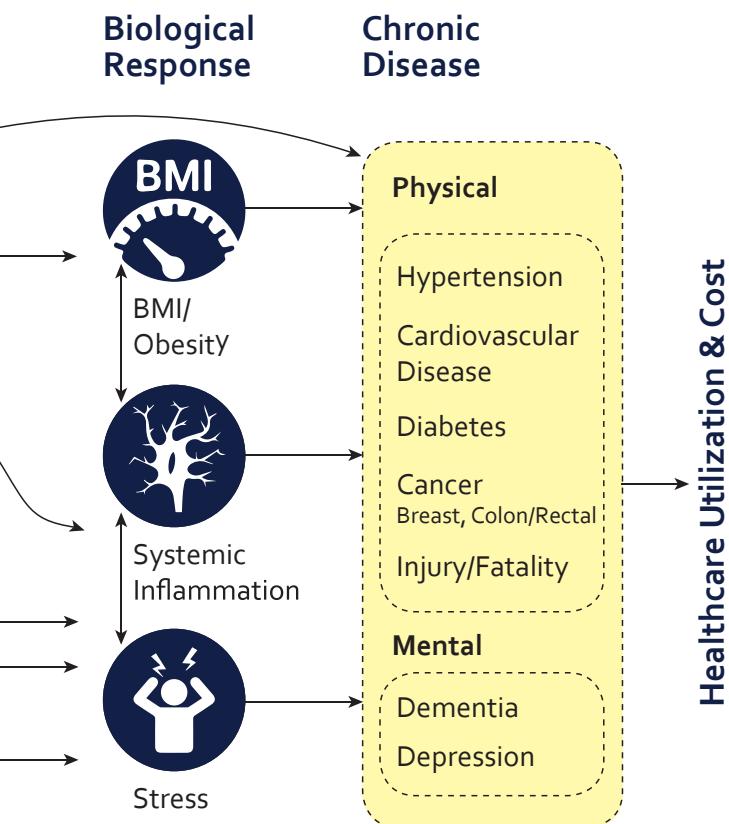
Furthermore, residents in walkable neighbourhoods were 46% more likely to report a strong sense of community belonging compared to the least walkable places. People over the age of 60, for instance, were 91% more likely to report having a strong sense of community if they lived in the most walkable places.

What does it mean for planners?

Where Matters demonstrates the benefits of investing in improved walkability and park access, in terms of both health benefits and related healthcare cost savings. Communities can support better health outcomes by building compact residential areas, increasing intersection density, supporting compact commercial development, building mixed-use neighbourhoods, and improving access to parks. Focusing growth in areas that are already walkable and with good park access could mean improved health for more residents and workers and a reduced health care cost burden overall.

A sprawling, unwalkable development pattern dilutes from the vibrancy of centres and corridors; contributes to increased traffic congestion, air pollution, and greenhouse gas emissions; and results in negative health outcomes for residents and workers. This study demonstrates that it also drives healthcare costs. Renewed commitment to growth management principles is required to ensure more of the region’s residents have access to healthy, walkable neighbourhoods.

Unfortunately, there are challenges: housing affordability is a growing concern in many of the region’s highly walkable neighbourhoods. More work is required to support inclusivity of all income groups in existing and emerging walkable neighbourhoods, including policies that increase the supply of affordable rental and family-friendly housing. Failing to do so is likely to result in widening inequities in health outcomes across income groups.



Where Matters provides strong evidence for the health benefits of many of the growth management and community planning practices that are already part of the planner's toolkit. Focusing growth in compact, complete, and walkable communities is a core principle of both the *Metro Vancouver 2040: Shaping our Future*, the regional growth strategy, and the *Regional Transportation Strategy*. *Where Matters* allows planners to quantify the benefits of walkability and park access in terms of reduced chronic disease and reduced healthcare costs.

The strong inter-agency partnership formed through this work will help strengthen ongoing collaboration across disciplines and between agencies so that planning and public health can continue to be mutually supportive as we look towards the future of the region.

Where Matters was led by researcher Dr. Larry Frank with UBC's Health and Community Design Lab. It was supported by Metro Vancouver, TransLink, Vancouver Coastal Health, the City of Vancouver, the Real Estate Foundation of BC, and Fraser Health. ■

Erin Rennie is a Senior Planner at the Metro Vancouver Regional District working with the Regional Planning Division.

In memory of Jay Simons RPP, MCIP



Jay Simons passed away suddenly July 25th, while camping in the Cowichan region.

A graduate of the 1972 class of University of Waterloo's Community and Regional Planning program, Jay never saw himself as a "career planner" with one local government, institution, or business. Jay's planning and CAO career included the Old Man Regional District (Alberta), Metro Vancouver, the Agricultural Commission, Bulkley Valley Regional District, Esquimalt, Slave Lake, and the Columbia Shuswap Regional District.

Jay was instrumental in reinvigorating PIBC in the 1990s and served as President in the mid-90s. At a time when there were no women on Council, Jay encouraged several women to stand for office. Four women were elected who went on to serve in leadership positions with PIBC and CIP.

As the photo shows, Jay loved the outdoors, travelling extensively, skiing, canoeing, and camping. How many planners travel to the Everest base camp? Jay did!

Jay is greatly missed by his beloved family, and his many friends and colleagues.

Memoriam submitted by Linda Allen RPP, FCIP, along with Jay's wife and planning colleagues.

Through an Equity Lens: Planning for Healthy and Equitable Communities

/ Victoria Barr, MHSc PhD (PLANNING)

Over the past 10 years, it's been exciting to see the growing interest in planning for healthy communities. And while all the attention on healthy communities is great, it's important to consider the complex factors that underlie health and well-being so that our efforts to support good health can have the most impact.

Many indicators of health – from life expectancy to disease rates to obesity – are linked to social inequities which have their roots in colonialism, racism, discrimination and imbalances of power. This isn't just about poverty, although it's easy to see how poverty and poor health go together.

High levels of inequity, especially related to income, negatively affects the health of all of us, even those with higher incomes. Greater social inequity reduces social connections within a community and can contribute to stress, fear and insecurity for everyone. In order to build healthier

communities, we must ensure our work will serve and benefit all residents so that everyone can have access to decent housing, open space and recreation, affordable and accessible transportation options, and safe neighbourhoods.

Faced with these complex issues, how can planners consider equity in their work to foster healthier communities for all? Many cities, including Toronto, Hamilton and Ottawa, have recently introduced policies that encourage city staff and elected officials to use an equity lens - a framework that introduces a set of questions to consider when planning and making decisions about new policies, programs or initiatives. Applying an equity lens means continually asking:

- Who will benefit from a policy, program, initiative or service?
- Who might be excluded from those benefits and why? Indeed, who might be harmed?

- How might some population groups be unfairly burdened today or in the future? How might existing privilege be further entrenched?
- Have important decisions been made with the direct input of those who will be most affected by those decisions?
- From whose perspective is the 'success' of the project or policy being evaluated?

Why Use an Equity Lens?

Communities that are more equitable are stronger economically. Greater equity gives more people the opportunity to participate in the local economy at a higher level, and that adds strength to the economy. The process is also important; broad, inclusive community engagement is also linked to a thriving, resilient economy.

The use of an equity lens is consistent with a comprehensive approach to sustainability.

Equality



The assumption is that **everyone benefits from the same supports.** This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action") thus producing equity.

Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed.** The systemic barrier has been removed.

Defining sustainability beyond a “green” / environmental approach, by adding in the other two Es (economy and equity), allows for a stronger, more integrated triple-bottom line approach that benefits all.

Using an equity lens is consistent with principles and action towards reconciliation. One of the essential components of authentic efforts towards reconciliation with Indigenous peoples is to recognize the ongoing legacies of colonialism, and the ways in which racism and discrimination reinforce the gaps between the well-being of Indigenous peoples and non-Indigenous populations. The process of using an equity lens can help to uncover these injustices and foster greater learning and connection for all.

How can Planners Apply an Equity Lens?

Thinking about applying an equity lens can be daunting – but it’s okay to start with one project and grow from there. There are several excellent tools and resources available to help apply an equity lens to planning work. In general, these tools suggest the following components to consider:

1. Create opportunities for people from all walks of life to participate in planning and decision-making processes. Design those opportunities so that priority populations can participate and fully engage in the process. This will take some creative planning - a process I call “extreme outreach”.
2. Ensure diversity and inclusivity in the workplace, through explicit policies, leadership, training and continuous learning for every staff member at every level.
3. Use many sources and types of data, gathered with the assistance of

community partners, to better understand the diversity of the community and the day-to-day lives of residents. Health authorities can be good partners in the effort to find and understand data.

4. Carefully examine proposed policies or initiatives to understand the potential impacts of those initiatives regarding access, equity, and inclusion for diverse communities and groups that experience racism, discrimination and prejudice.
5. Ensure that all stakeholders and anyone likely to be impacted by the initiative receive information about it and are able to respond. Communicate information in clear, direct, easy to understand ways, and use several communication tools, including video, graphics and sound. Use a variety of communication channels to prevent unintended exclusions.
6. Continually evaluate the new policies or initiatives developed, the process of developing them, and the equity framework itself. Seek to understand using a wide variety of types of data and knowledge – from statistics to stories. The effectiveness of an inclusive policy, once implemented, is measured by the extent to which it creates an environment within which all stakeholders feel included and empowered to access resources, opportunities, and see themselves reflected.

Committing to using an equity lens means demonstrating the courage to uncover power differences among individuals or groups, acknowledging privilege, and working to dismantle systemic barriers that can make it difficult for some community members to participate in, and benefit from, local decision-making processes. The result can be policies and strategies that are more responsive to local needs and have more potential to foster better community health and well-being. ■

Victoria Barr is a consultant for LevelUp Planning and Consulting, a multidisciplinary consulting collaborative focused on supporting organizations and communities to become stronger, healthier and more equitable.

What have Canadian Cities Done?

The idea of using an equity lens is still quite new in North America, but some cities have recently implemented equity lens policies:

Toronto, Ontario – The City of Toronto has developed an Equity Lens Tool to assist in identifying and removing barriers for the city’s most marginalized populations. The Equity Lens is used to develop Equity Impact Statements, which are required for all major policies and reports to City Council. The City also uses an Equity Responsive Budgeting process, which ensures that equity, especially regarding gender, is considered in the City’s budget process.

Hamilton, Ontario – in February 2019, Hamilton City Council passed a motion to develop an action plan for the implementation of an equity, diversity and inclusion (EDI) lens. The implementation of the lens will include steps to integrate a consideration of equity into program development, service delivery, budgeting, business planning and prioritization.

Ottawa, Ontario - In 2011, Ottawa’s Transit Commission prepared a review of bus routes and their frequency. Members of the community brought their concerns to City Council about the potential impact of proposed changes in their neighbourhood. The community requested that a study be undertaken using an equity lens to consider the impact on groups of people who may be most at risk of exclusion. The study documented that the reductions had indeed a disproportionately negative impact on women, seniors, immigrants, people in poverty, youth and people with disabilities. As a result, the Transit Commission initiated a policy to apply an Equity and Inclusion Lens going forward in all their operations. Community groups work with the Commission to help make sure that happens.



Messy Cities: Mental Health and Urban Planning

/ Maria Stanborough RPP, MCIP and Aaron Licker

The origins of urban planning are often identified as planning for better health. At the turn of the 20th century, sewage, water and clean air were of the utmost consideration in designing and maintaining our cities. In the 21st century, when most (but not all) communities in BC have the infrastructure needed to ensure basic needs, mental health has risen to be one of the key health issues for communities everywhere.

By 2020, depression will be the second leading cause of global disability¹, with a 10-25 year life expectancy reduction in patients with severe mental disorders². In keeping with the history of planning for better health, urban planners have the opportunity to explore how mental health is impacted by the communities we create in both physical and intangible forms.

When looking at mental health indicators, one of the main areas of concern is the issue of social isolation – people are not connected to each other as we once were. This is perhaps best known from Robert Putnam's study *Bowling Alone* which documented the loss of participation in group activities in favour of being alone. More recently, the Former U.S. Surgeon General sounded the alarm on the loneliness epidemic: "It turns out that loneliness is associated with a reduction in your lifespan that is as severe as the lifespan you see with smoking 15 cigarettes a day."

Photo credit: Matthew Henry courtesy of UnSplash

“Messy Cities” explores how public spaces can work to either bring people together or keep them apart.

“Messy Cities” explores how public spaces can work to either bring people together or keep them apart. The project was originally inspired by the redesign of a dog park in East Vancouver, where an open, communal off-leash area was relocated and fenced. The results of the dog park redesign have been mixed, but initial anecdotal experience was a loss of a sense of community. The park previously had allowed for family and friends to gather in the open space with their pets; the park now only permits limited activity which only works well for one person and their dog.

Contrasted to this is another nearby park which has mixed uses including a children’s day care, a hospice, a playground, tennis courts, and an open, off leash dog area. The second park allows for a mix of people to come together, including parents who come to the park with both their children and pets.

Whether one park is more successful in breaking down social isolation, and thus forging better links to mental health, is in itself a post-doctoral study. But the experience of the parks did invite the idea of examining what physical features of our cities encourage more socialization, and thus may have a positive impact on mental health.

For the Messy Cities study, we looked at data from the “Our Health, Our

Community” survey completed by Fraser Health and Vancouver Coastal Health. The survey provided neighbourhood level data on self-reported health and well-being, including mental health. By looking at data for two of the larger cities in this study – Vancouver and Surrey – we explored whether there was a link between self-reported mental health and neighbourhood design.

Elements that we considered in the study included:

- Number of street trees
- Park space per capita
- Mix of zoning types (e.g. all single family housing vs. residential mixed with commercial/institutional)
- Size of neighbourhood blocks (e.g. shorter blocks encourage more pedestrian flow)
- Population density
- Density of social housing



Photo courtesy of UnSplash

The study was admittedly limited by the data available, and provides analysis at a high level of consideration. We also had to identify that income is still the greatest indicator of mental health – the more money you have the better your self-reported mental, and health in general, will be. When looking at Surrey and Vancouver, both cities with significant income inequity, the data showed that higher ratios of poverty were generally associated with lower levels of mental health.

However, there were a few urban design features that did show a positive or negative impact on mental health across the study areas. The first significant finding was that population density is co-related to a higher level of poor mental health. It seems that after a certain point, the more people who share a space, the less healthy they may feel. This finding was also identified in the

Vancouver Foundation's "Connections and Engagement" study that found that young people living in apartment towers in downtown Vancouver often felt more alone than any other demographic in the city.

As our cities grow, density is a key factor. As cities chose neighbourhoods that will carry more density than others, the likelihood is that residents of those neighbourhoods will experience more mental health issues than in other, less dense areas.

The second significant marker was the amount of park space per capita. Generally, the higher level of park space per capita, the happier and healthier the residents. While the importance of street trees was inconclusive – we did not find a relationship between positive mental health and street trees – there was a positive relationship with park space.

The Messy Cities study is really a first look at how mental health and community design are linked, and can suggest many more questions than answers. However, if

urban planning is going to consider community design through a mental health lens, then we may want to carefully consider the directions we are taking in planning our communities.

For urban planners, there are questions we can consider as we move forward. As we increase density across our communities, are we balancing this with increases in public amenities that will connect people? If our communities are becoming more dense, how are we off-setting this negative mental health factor with more positive factors? Are buildings being designed with connectivity as a major concern? For example, a coffee shop and lounge in the main floor of an apartment tower may be far more important than an underused gym in the basement.

The second major factor is whether we are providing adequate park space across our communities, and especially in neighbourhoods where income equity is a noted concern, or where there is greater population density. While parkettes and street

trees may add to an overall aesthetic, from the data we analyzed they don't show any significant impact on mental well-being. What is important is open green space that can provide a mental reprieve for residents with the opportunity to relax and find, if only for a moment, a sense of community and connection. ■

Maria Stanborough is the editor of *Planning West* and the Principal of C+S Planning Group based in Vancouver

Aaron Licker is the principal of Licker Geospatial Consulting Co. based in Vancouver

¹https://www.researchgate.net/publication/317387155_Premature_Mortality_Among_People_with_Mental_Illness_Advocacy_in_Academic_Psychiatry

²https://www.who.int/mental_health/management/info_sheet.pdf



Photo credit: Alvin Balemesa courtesy of UnSplash

Climate Strike in Vancouver

The biggest Climate Strike in British Columbia took place in Vancouver on September 27. More than 80,000 youth and their supporters came out to march from City Hall to downtown. These are a few images from that day. Other similar gatherings and marches took place across Canada and around the world.



Photos courtesy of Maria Stanborough



Nourishing our Communities: Food System Planning for Health and Well-being

/ Dr. Tammara Soma, Candidate Member

The theme of planning for health and well-being is an important reminder that historically our profession has been focused on tackling matters of sanitation, waste, and pollution to protect the health and well-being of our communities. In this context, the significance of planning for food is long overdue.

By 2050, the global population is projected to be 9 billion. For world-wide health and well-being it is critical that we understand the role of food system planning, particularly when considering the issues of climate change, water scarcity, and energy instability.

Almost two decades ago, planners Kameshwari Pothukuchi and Jerome Kaufman wrote a pivotal article, “The Food System: A Stranger to the Planning Field,” published in the *Journal of American Planning Association*. This article sparked a movement in the planning field that identified the important role of food systems in planning for more sustainable, healthy, and resilient communities.

The legacy of their work also spawned a growing number of planners identifying as ‘food systems planners,’ who integrate food system considerations to community planning. Due to the growth of this emerging

specialization, *Maclean’s* magazine (2016) published a feature article which noted the increasing contributions made by food system planners in municipal policy.¹

According to the EAT-Lancet commission - a commission of 37 leading scientists from 16 countries - “food is the single strongest lever to optimize human health and environmental sustainability on Earth.”

Community planning that includes food as an integral part of the system can improve opportunities for local food production, reduce GHG emissions through management of food waste, protect biodiversity, and promote the health of both farmers and farm workers. Local planning policy can also improve residents’ access to healthy foods, facilitate opportunities for mobile food markets, remove barriers for small and medium scale food enterprises, and enable residents to participate in community food growing programs.

A handful of communities in British Columbia, including Burnaby and Vancouver, are actively working with public health departments through food policy councils and food organizations on initiatives to improve access to healthy and sustainable food. Still we need to do more. Our professions’ capacity to integrate food systems into planning is still a relatively niche field,

While food is essential to our collective survival and well-being as a society, the planning profession may not be doing enough to protect access to food, especially for the most vulnerable populations.



Photos: Tamara Shulman

especially in comparison to other specialties such as transportation or housing.

As a faculty member at Simon Fraser University's School of Resource and Environmental Management (planning program), I have the privilege of teaching a course entitled 'Building Sustainable Food Systems.' I also lead the Food Systems Lab (foodsystemslab.ca), a social innovation lab to tackle food systems issues in a collaborative manner, with a view to securing a sustainable and just food system for all. We work with numerous stakeholders across the food system to identify equitable solutions. The food system we envision is one that improves access to healthy food, reduces food waste, and mitigates against climate change.

Our team, along with co-investigators at UBC, is working with community members in Vancouver, Port Alberni and Terrace to develop a citizen-led food asset mapping project. This project will not only identify food-related infrastructures such as grocery stores, food banks, and community gardens, but we will also work with a team of ethnobotanists to identify plant species and natural systems critical for local food sources.

As a planner, it is important to consider the inter-related nature of planning decisions and how these decisions impact both the built and natural environments. Our

research team is not only mapping physical food infrastructures; we are also identifying the natural assets and keystone species that are crucial for food system resiliency now and into the future.

We began the project with a community food workshop and visioning exercise to better understand community goals and identify gaps around food access. We are using photovoice methodology to document citizen stories through photos, interviews and an interactive online map.

Final recommendations from this project will be based on the everyday food experiences of residents, especially those who might face challenges around access to food. We hope to include interventions that improve health and well-being without negative trade-offs.

In terms of learning opportunities for planners and city builders, SFU's Faculty of Environment and the Food Systems Lab are organizing a professional development workshop called "Whole in One: Six Ways Food Can Transform Cities and Institutions" led by Dr. Wayne Roberts, former manager of the Toronto Food Policy Council and author of *Food for City Builders*.

Dr. Roberts has been an important figure in raising awareness about the role of food system planning for cities in Canada and internationally. The workshop demonstrates

to planners, policy makers, and sustainability professionals how planning for food can contribute to better community health, economic, environmental and social outcomes.

The global trend towards urbanization is transforming how people grow, shop, consume and waste food, and the impacts of climate change pose to disrupt our food supply chain. While food is essential to our collective survival and well-being as a society, the planning profession may not be doing enough to protect access to food, especially for the most vulnerable populations.

We cannot afford to have food system planning as an afterthought. To ensure community health and well-being at every step of the way, planners should consider how our decisions positively or negatively impact food system resiliency in order to serve and protect the present generation and those yet to come. ■

Dr. Tammara Soma is Assistant Professor at the School of Resource and Environmental Management (Planning Program) at Simon Fraser University

¹2016, Wiart, N. Food-systems planners are playing a growing role in municipal policy. Maclean's Magazine. Retrieved from: <https://www.macleans.ca/education/food-systems-planners-are-playing-a-growing-role-in-municipal-policy/>

Health and Housing: New Perspectives for Practice

/ Sandy Mackay, Candidate Member



What determines health? When we talk about our health, it's often understood as the sum of our choices: our diet, exercise habits, our mindfulness practices. However, evidence shows that our individual behaviours have very little to do with improving longevity and quality of life. There are factors outside our personal control affecting our health in ways that dwarf the impacts of individual choice.

Collectively referred to as the social determinants of health, factors such as income distribution, unemployment, food security, aboriginal status, gender, and housing influence our health status to a greater degree than our genetics or lifestyle choices. Research in Canada suggests as much as 60% of what makes us healthy is determined by our social, economic and built environments.¹

As planners, we may not think about our relationship with health in our day-to-day practice. However, planning and public health have a long history of partnership, particularly when it comes to housing: some of the earliest planning and land use restructurings emerged as a response to unsanitary, dangerous and overcrowded housing during the industrial revolution.

Planning reforms focused on improving the conditions of workers' housing,

including new building codes, water supply and sewage management, and later zoning bylaws that regulated land use.

While these considerations are less prominent in our practice today, for public health practitioners, housing remains a key social determinant of health and a key area of research and intervention.² The choices we make when developing contemporary housing policy have a tremendous impact on the health and well-being of individuals and populations. The types of housing we allow, tenure models, locations and connections impact who is able to belong in our communities.

If our goal is to create communities where everyone can thrive, we need to expand the tools and partnerships we use when we address housing. How we go about making decisions, our partners and our engagement techniques can reduce the costs associated with primary healthcare, contribute to an increased sense of safety, increase social well-being, and improve quality of life. "Healthy housing" is the emerging practice that links public health and planning to implement housing that meets the needs of communities, while positively impacting health of individuals.

Healthy housing has three key components:

1 Foundational

Healthy housing is not a specific kind of home or tenure type. Rather, it is a process of rethinking our relationships to different professions, partnering across sectors, and altering power structures. New, broader partnerships and innovative community engagement that prioritizes equity are important aspects of healthy housing.

Most important, however, is the redistribution of the services and resources of the urban planning profession to those who need them the most. Healthy housing is more than residential development. It is a process of social reform.

The City of Kelowna's 'Healthy Housing Strategy' is an innovative planning practice that attempts to bring together multiple housing actors and frames housing through the lenses of health, equity and resiliency. The five year plan addresses the community's most pressing housing issues while incorporating learning and partnership with their colleagues at Interior Health.

The strategy is informed by best practices in planning and public health, and aligns with the 'Journey Home Strategy' to prioritize action on homelessness and housing diversity. Though led by the City of Kelowna, implementing the plan will require collective effort from all levels of government, public and private sectors, community partners, non-profit organizations and residents. By incorporating partnerships across sectors, mutual learning with health authority colleagues, health research and planning best practices, and a commitment to the needs of the most underserved populations in Kelowna, the 'Healthy Housing Strategy' pushes housing planning into new and innovative territory.

Collectively referred to as the social determinants of health, factors such as income distribution, unemployment, food security, aboriginal status, gender, and housing influence our health status to a greater degree than our genetics or lifestyle choices.

2 Connected

Healthy housing is not just four walls and a roof. It describes a system of supportive policies and programs that ensure housing enriches all aspects of health and well-being for all people. This includes availability, affordability, appropriateness, structural safety, access to services, social connection, autonomy, and equity.

Along with diverse forms and tenure types, healthy housing should offer specialized supports for those who need them, should be located in areas that are safe and free of environmental hazard, and should be located near to transportation networks, green space, education and employment opportunities, as well as essential community services and amenities.

Housing options that connect people with health services are becoming more common across British Columbia. The Vernon and District branch of the Canadian Mental Health Association, for example,

operates homes for people with low incomes who live with mental illness through partnerships with BC Housing and Interior Health. Community support workers are co-located at the apartment buildings, allowing residents to access support while living independently. Residents of the units have access to community based health-supporting programs like shared meal preparation, recreation and social activities, peer support, and job training.

Other housing strategies have focused on defining need across regions, recognizing that many smaller communities access primary services in larger centres. The Mount Waddington Community Health Network, in partnership with the Regional District, recently commissioned twinned housing and transportation strategies. Recommendations from both reports support the common goals of an affordable, connected community.

3 Disruptive

Most importantly, healthy housing is a disruptive exercise. Housing, and who benefits from housing policy, can change the distribution of power in our communities and influence belonging and connection. Disruptive housing models reinforce the importance of the lived value of housing, rather than its commodity value.

Many communities across British Columbia and Yukon are feeling the impact of commoditized housing markets as numbers of absentee owners, vacation rentals, as well as rental prices, skyrocket. Housing models that prioritize lived experience over capital accumulation are foundational to healthy housing systems.

When the Strathcona Community Health Network, Strathcona Regional District, and the City of Campbell River jointly funded a Housing Needs Assessment, they wanted the study to provide information on the types of housing



1 Bellingham Co-Housing, photo courtesy of Mackenzie Stonehocker RPP, MCIP

2, 3 Photos courtesy of the Whistler Housing Authority of rental and affordable home ownership units.

that were needed in their communities. More importantly, they wanted to capture extensive qualitative information in addition to quantitative housing data. The engagement process was designed to gather and prioritize information from community members who had not regularly participated in planning activities.

The result was an assessment that included a formal document as well as a series of community snapshots — brief, infographic-heavy documents that blend numbers with quotes and stories from community members. These documents incorporated the unique experiences of hard-to-reach populations through a public survey, lived-experience and key-informant interviews, informal engagement at community places, and public forums. By focusing on qualitative engagement with traditionally underrepresented populations, the assessment helps planners understand homelessness and tenuous housing circumstances, and why those community members do not have the support they need.

Alternative housing models can similarly prioritize and elevate populations that are not being served appropriately by market housing. Co-operative housing and community land trusts are not just vestiges of old federal housing regimes, but viable alternatives to market development that can be encouraged through policy and partnership.

Planners can also play an important role in connecting non-profit service providers with training and funding to build and maintain a wide variety of housing units. The Whistler Housing Authority (WHA), for example, has actively de-commodified its housing. WHA has instituted covenants to maintain housing affordability in perpetuity by restricting the maximum resale and rental price for properties in its inventory. Nearly half of Whistler's permanent population now lives in properties that prioritize residents' full-time occupancy and local employment over speculative value. Rates for resident restricted properties in the

WHA property inventory are about half the market price for local employees. These are viable alternatives to the standard practice of regulating and incentivizing private development.

Across Canada, and especially in British Columbia, planners are being asked to expand our knowledge of housing systems to meet increased demand for affordable, accessible, high-quality homes. Healthy housing principles can inform our response to the current housing crisis and promote better housing action that addresses a broad range of planning issues.

Healthy housing is a new way of conceptualizing housing as a tool for community development and social reform. When implemented, healthy housing policies have the ability to build homes for people who need them, change power relationships in communities, and elevate

voices that have been underserved by traditional planning practices.

For more information, read our new Healthy Housing Action Guide at planh.ca/healthyhousing, or view our on-demand webinar on integrating health and equity into the Housing Needs Report process at planh.ca/housingneeds. ■

Sandy Mackay is a Healthy Community Planner with BC Healthy Communities.

¹Keon, W.J. & Pépin, L. (2008) Population Health Policy: Issues and Options. <http://www.parl.gc.ca/Content/SEN/Committee/392/soci/rep/rep10apr08-e.pdf>

²Shaw, M. (2004). Housing and Public Health. Annual Review Public Health, 25. <https://doi.org/10.3828/tp.15.1.y01377q513717887>

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Animals, Well-being and Community Planning

/ Amy Morris MPP

Providing space for animals and the people who care for them has significant social and health benefits. Scientific research has demonstrated that animals help us with lowered blood pressure and increased heart health.

Mental health is improved through companionship and taking pets out for a walk. In 2015, the *Journal of the American Board of Family Medicine* published a summary of the available studies, concluding that “pets enhance emotional well-being and physical health, are sources of social capital, and strongly affect nonmedical determinants of health.”

When people are in public spaces with their pets, they have an opportunity to connect with each other. Pet owners frequently hear, “Wow what a nice dog,” a compliment that can improve the owner’s well-being as well as that of the person giving the compliment. Cats on leash is an increasingly common phenomenon, too, leading to delight from onlookers and breaking down social isolation.

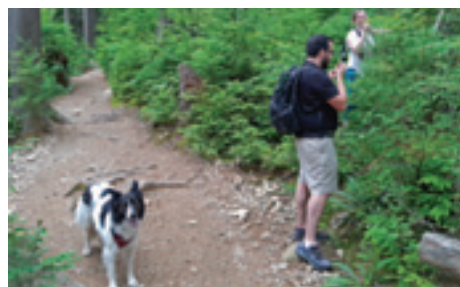
Getting a degree in urban planning prepares you to design spaces for people, but does it prepare you for the non-human animals that people share their lives with? How can urban planning improve people’s well-being through creating places welcoming to animals while reducing conflict? Designing spaces that appropriately accommodate animals can be tricky, and we have put together a few tips to address the most common animal scenarios.

Livestock

For many years, urban communities have restricted zoning for livestock. However, while it may not make sense to have a jersey cow for milk in an urban setting, pigs and chickens can live comfortably in smaller, dynamic spaces.

Micropigs as pets was a trend for some time, with many people not realizing that pigs grow progressively over four years. Now the number of pet pigs in rescues is astounding. Communities can design zoning that allows for rescue pigs based on property size. Pigs can be cared for on a half acre as long as they are given enough enrichment opportunities; they are social and benefit from having a compatible friend to live with. Zoning that makes accommodation for pigs can create better urban environments for people who grew up with pigs and have attachment to them, people who have allergies to traditional pets, and people who experience mental health benefits from rescuing and caring for an animal in need.

Egg-laying hens can provide similar benefits as pigs, and also assist with local food sustainability. Many municipalities across Canada, including Vancouver and Calgary, permit chickens in dense urban settings. Zoning bylaws can restrict the number of chickens, as well as the type of housing and distance from other properties. While allowing for these animals, zoning restrictions can help to mitigate conflicts around noise, rats, flies, and wildlife. The BC SPCA has sample bylaws available for review (spca.bc.ca/localgovernment).



Pets

When it comes to pets, the biggest focus for urban planning is to ensure dogs have access to on and off-leash public spaces. One third of Canadians have one or more dogs at home, and a dog’s needs are as varied as people’s needs. Some dogs need social time in a safe fenced area; others need the ability to chase a ball off-leash in a big open space. Small dogs may also benefit from having separate spaces from bigger dogs. Providing access to drinking water and places to dispose of pet waste also ensure that a dog-friendly space can meet dog and human needs.

People who don’t drive, don’t have access to pet-friendly transportation, or have mobility challenges are just as likely to have a dog. For these residents, having no nearby dog-friendly spaces can restrict their opportunities to exercise their pets. Ensuring off-leash spaces are walkable and within a 15-20 minute distance throughout municipal areas is critical to ensure dogs can get the socialization and playtime that they need. When looking to locate and design dog-friendly public spaces, planners may want to focus on low-income neighbourhoods where people may not have the



opportunities to take their pet outside of their neighbourhood.

Bonus points go to urban planners who design agility-like public areas that encourage diverse play. Spaces that mimic nature with different levels to jump to, ramps, hoops and more can provide a fun place for children and pets to safely share, even while pets are on leash. Spaces that allow guardians to safely cycle or skateboard with their dog off-leash make great destinations and are even more beneficial when water is available at consistent intervals. Recreation destinations, such as lakes, beaches, rivers, forests and snowy areas all benefit when having on and off-leash areas, based on the ecological sensitivity, to allow pets to join in on family fun.

Including accommodation for pets in social and drop-in housing is critical to prevent people who have pets from living on the streets out of necessity. While no-barrier shelters increasingly exist, conflict between pets in these tight spaces can be problematic, with many people choosing to sleep outside instead of subjecting their animals to the stress. Design considerations should be made as to how to house a number of pets in limited spaces.



Planning for new housing, social or market, also requires ensuring spaces where dogs can urinate and defecate and where there is an easy way to dispose of the waste. Dogs develop preferences for their toileting habits based on their early life experiences, so spaces should include a grassy area and edging that includes rocks and plants that can withstand urine.

Always keep in mind that animals, like humans, are unique. Animals will use spaces differently than may be anticipated, such as cats using unmulched landscaping soil as a toileting area. Dogs may also make noises at times. While barking non-stop is likely a sign of stress, barking is a normal form of communication for dogs. Some dogs bark while they play, or to communicate a message to their owners such as, “Stop looking at your phone and let’s have an adventure!” Design spaces with natural sound buffers and minimum echo to ensure neighbours are not disturbed by the sounds of happy dogs having fun.

Wildlife

The ability for people to observe wildlife also provides a significant health benefit, which has been demonstrated through many willingness-to-pay studies over the years. In 2015, The journal *Environmental Health Perspectives* published a summary focusing on the connections between urban nature, environmental health and the economic benefits of well-being.¹

A recent study from the University of Exeter published in *BioScience* in 2017² found that people living in neighborhoods with more birds and tree cover are less likely to have depression, anxiety and stress. Trees

are important habitats for birds and insects, providing food and housing for both. Planting native trees as densely as is reasonable, including in urban centres, ensures that birds passing through have a safe space to hide from predators and access to a meal.

In terms of wildlife, not all relationships are beneficial to the animal. Giving food to wild animals can be extremely harmful. At best, it artificially inflates the population leading to increased human-wildlife conflicts; at worst, animals die from the type of food fed, or become aggressive to people when they are not willing to give up their food. Bylaws around wildlife feeding can help to address issues.

If you are considering any changes to zoning, animal control, or business licensing bylaws related to animals, or are designing spaces to accommodate animals, please reach out any time to Amy Morris at amorris@spca.bc.ca. ■

Amy Morris has a Masters in Public Policy from Simon Fraser University and is the Manager of Policy and Companion Animals for the BC SPCA.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4421766/>

² <https://www.sciencedaily.com/releases/2017/02/170225102113.htm>

PIBC BOARD NOTES

On **MAY 8TH, 2019** the PIBC Board of Directors met at the 2019 BC Land Summit conference in Vancouver.

PRESIDENT

Andrew Ramlö RPP, MCIP provided an update on various activities, including continued work at the national level regarding potential coordinated branding activities for the “RPP” designation, and a new national compensation and benefits survey being undertaken by CIP in partnership with the other professional institutes across Canada, including PIBC. The President also acknowledged and thanked all Board members for their time and work on behalf of the Institute over the two-year term.

BOARD & GOVERNANCE

The Board reviewed the work to-date on the various goals and tasks from the 2017-2019 Strategic Plan and discussed the completed objectives from the two-year Board term.

The chairs of the Institute’s Continuous Professional Learning, Governance & Nominating, Policy and Public Affairs, Member Engagement, and Professional Conduct Review Committees provided brief updates on recent activities for their respective committees.

The Board reviewed and approved the adoption of a revised Administrative Policy 2.13 (Local Chapters). The Board also directed staff to explore further potential revisions to the policy to strengthen liaison between Board members and local chapters.

ADMINISTRATION & FINANCE

Executive Director, Dave Crossley, reported on ongoing and key activities at the PIBC Office.

The Board ratified and confirmed the recommendation, stemming from a recent ‘request for proposals’, to refer the appointment of Tompkins Wozny LLP, Chartered Professional Accountants as the Institute’s new auditors to the members at the 2019 AGM for approval.

Secretary-Treasurer, Carole Jolly RPP, MCIP, also presented the Institute’s internal, unaudited 2019 year-to-date financial statements (to March 31st) for information.

NATIONAL AFFAIRS

The Board received and reviewed the recently released CIP Policy on Planning Practice & Reconciliation. The Board endorsed the policy in principle and referred it to the Institute’s Policy & Public Affairs for further review and consideration within the PIBC context.

The Board considered and approved the adoption of a policy and consistent practice of normally listing the “RPP” (Registered Professional Planner) designation followed by the affiliated national membership designation of “MCIP” when noting members’ professional qualifications and designations. It was noted that this would be communicated to members, and they would be encouraged to follow the same consistent practice.

PIBC member and former President Lindsay Chase RPP, MCIP was designated as the Institute’s nominee to the Board of Directors of the national Professional Standards Board (or PSB).

COMMITTEE REPORTS & BUSINESS

Professional Standards & Certification: The Board approved the admission of a number of new members, and a number of membership transfers and changes.

Policy & Public Affairs: The Board reviewed and approved the adoption of a new framework and Administrative Policy 2.14 (Advocacy) to structure and guide the Institute’s work on issue advocacy and policy matters. The new policy provides a framework for potential PIBC responses to emerging public policy issues as well as for future proactive advocacy work on key issues by PIBC.

LOCAL CHAPTERS

Fraser Valley: The Chapter’s 2018 annual report was reviewed. The Board approved receipt of the report and the release of the Chapter’s 2019 annual seed funding. The Board also approved the appointment of the members of the Chapter Committee.

Yukon: The Chapter’s 2018 annual report was reviewed. The Board approved receipt of the report and the release of the Chapter’s 2019 annual seed funding.

INSTITUTE REPRESENTATIVE REPORTS & BUSINESS

The Student member representatives from the accredited university planning programs at UBC and SFU provided brief updates regarding activities at their respective schools and programs.

NEXT MEETING(S)

It was noted that the next regular Board meeting would be held on Friday, June 21, 2019 in Kelowna (in conjunction with the new Board orientation and strategic planning retreat).

On **JUNE 5TH, 2019** the new PIBC Board of Directors met briefly by telephone teleconference.

PRESIDENT

President Lesley Cabott RPP, MCIP welcomed returning and newly elected members to the new Board term. Board members also introduced themselves.

BOARD VACANCY

It was noted that the Candidate member representative recently elected to the Board at the 2019 AGM had stepped down, and therefore the position on the Board was vacant. The Board approved, in accordance with the Institute’s bylaws, the appointment of Keltie Chamberlain to the vacant position for the remainder of the 2019-2021 Board term.

KEY BOARD APPOINTMENTS

The Board reviewed, discussed and considered a number of key Board appointments for the new Board term. Several appointments were approved by the Board including:

The appointment of Kenna Jonkman RPP, MCIP as Secretary-Treasurer; the appointment of Alex Taylor RPP, MCIP to the Institute’s Executive Committee (along with the existing officers); and the appointment of members of the Professional Conduct Review Committee, including Lui Carvello RPP, MCIP as the chair.

It was further noted that other key standing committee appointments would need to be made, and Board members were encouraged to consider what committees they might be interested in leading or what roles they might wish to volunteer for.

BANKING & SIGNING AUTHORITY

The Board reviewed and approved a revised resolution confirming the updated designation of authorized signers on behalf of the Institute (for banking and other official purposes) for the new Board term.

ORIENTATION & STRATEGIC PLANNING

It was noted that there would be a full in-person Board orientation and strategic planning retreat held in Kelowna, June 21st to 23rd.

NEXT MEETING(S)

It was noted that the next regular Board meeting would be held on Friday, June 21, 2019 in Kelowna (in conjunction with the new Board orientation and strategic planning retreat).

On **JUNE 21ST, 2019** the PIBC Board of Directors met in Kelowna, BC.

PRESIDENT

Lesley Cabott RPP, MCIP provided an update on various activities, including noting that there were a number of upcoming key national meetings scheduled to take place at the July CIP conference in Ottawa.

BOARD & GOVERNANCE

The Board reviewed the work undertaken on the various goals and tasks from the previous Board term on the 2017-2019 Strategic Plan, for information. It was noted that the Plan would be revised and updated for the new term.

Governance & Nominating Committee: There was discussion regarding the structure and nominating process under the Governance & Nominating Committee. It was agreed that the current President should normally chair the Committee and that the terms of reference should be updated accordingly.

The Board reviewed, discussed and considered a number of key Board appointments for the new Board term. Several appointments were approved by the Board including:

The appointment of Lesley Cabott RPP, MCIP as chair of the Governance & Nominating Committee; the appointment of Chani Joseph-Ritchie RPP, MCIP as chair and Deborah Jensen RPP, MCIP as co-chair of the Policy & Public Affairs Committee; the appointment of Patricia Maloney RPP, FCIP as chair of the Professional Standards & Certification Committee; and the appointment of Kenna Jonkman RPP, MCIP as chair of the Member Engagement Committee.

The Board also noted the appointment of a number of members to various operational

committees for the new term, including: The Communications Committee and the Continuous Professional Learning Committee.

The Board reviewed, discussed and approved the regular Board meeting schedule for the 2019-2021 Board term.

ADMINISTRATION & FINANCE

Executive Director, Dave Crossley, reported on ongoing and key activities at the PIBC Office.

Secretary-Treasurer, Kenna Jonkman RPP, MCIP, also presented the Institute's internal, unaudited 2019 year-to-date financial statements (to May 31st) for information.

The Board approved a re-allocation of unutilized student funding within the 2019 operating budget to other student funding and support elsewhere within the budget.

NATIONAL AFFAIRS

The Board considered and approved a formal declaration celebrating the centenary of the Canadian Institute of Planners (CIP).

The Board received, reviewed and approved the proposed work-plan and budget for the national Professional Standards Committee (PSC), which is responsible for coordinating shared national policy-making related to the standards for professional member certification and university program accreditation.

The Board also received an update report regarding the national Professional Standards Board (PSB) Professional Education & Examination Committee (PEEC) – which oversees the implementation of the assessment of standards for professional member certification and university program accreditation.

COMMITTEE REPORTS & BUSINESS

Professional Standards & Certification: The Board approved the admission of a number of new members, and a number of membership transfers and changes.

LOCAL CHAPTERS

Central North: The Chapter's 2018 annual report was reviewed. The Board approved receipt of the report and the release of the Chapter's 2019 annual seed funding.

Sunshine Coast: The Chapter's most recent update report was reviewed. The Board received the report for information and approved

the appointment of the members of the Chapter Committee.

INSTITUTE REPRESENTATIVE REPORTS & BUSINESS

The Student member representatives from the accredited university planning programs at UBC, UNBC, SFU and VIU provided brief updates regarding activities at their respective schools and programs.

NEXT MEETING(S)

It was noted that the next regular Board meeting would be held on Friday, Oct. 4th, 2019 in Vancouver (in conjunction with a UBC-SFU student event and the annual Board budget workshop).

REMINDER: PIBC BOARD OF DIRECTORS FOR 2019-2021

The members of the new PIBC Board of Directors (2019-2021), who will serve for a two-year term ending as of the 2021 AGM, are as follows:

President

Lesley Cabott RPP, MCIP

President-Elect

David Block RPP, MCIP

Members

Lui Carvello RPP, MCIP

Patricia Dehnel RPP, MCIP

Deborah Jensen RPP, MCIP

Kenna Jonkman RPP, MCIP

Chani Joseph-Ritchie RPP, MCIP

Patricia Maloney RPP, FCIP

Sara Muir-Owen RPP, MCIP

Alex Taylor RPP, MCIP

Candidate Member Representative
Keltie Chamberlain

Please Note: In the summer 2019 issue of *Planning West*, Board member Patricia Maloney was not correctly designated as a Fellow of the Canadian Institute of Planners (FCIP). We regret this oversight and are happy to correct it here.

For more information about the PIBC Board of Directors visit the Institute's website at: www.pibc.bc.ca

MEMBERSHIP COMMITTEE REPORT May 8, 2019

New Members

Congratulations and welcome to all the new PIBC Members!

At its meeting of May 8, 2019, it was recommended to and approved by the Board to admit the following individuals to membership in the Institute in the appropriate categories as noted:

CERTIFIED:

Rebecca Chaster
Emma Chow
Angele Clarke
Andrew Cuthbert
Chris Fay
Caitriona Feeney
Nicole Foth
Graeme Jones
Brianna Labute
Camille Lefrancois
Andrea Renney
Dan Ross

Jaleen Rousseau
Brittany Tuttle
Daniel Watson

CANDIDATE:

Leanne Bilodeau
Jocelyn Black (Transfer from APPI)
Emily Hansen
Devon Harlos
Ernette Hutchings-Mason
Kevin Keresztes
Donald McArthur
Corey Scott
Dayna Wlasoff

PRE-CANDIDATE:

Andrea Antifaeff
Ian Cowan
Lyndon Hunter
Rajan Sandhu
Jacint Simon

STUDENT:

Spencer Croft (VIU)
Alex Haalboom (SFU)
Tara Lamothe (SFU)
Cora McIntosh (UNBC)
Fiona Titley (Queen's)

Member Changes

It was further recommended to and approved by the Board to approve and/or acknowledge the following membership transfers and changes in membership status for the following individuals as noted:

FROM CERTIFIED TO MEMBER ON LEAVE:

Chloe Fox

FROM MEMBER ON LEAVE TO CERTIFIED:

Holly Adams
Jane Koh

DECEASED:

Helen Popple

RESIGNED:

Jane Evans
Yat Heng (Jeffrey) Fong
André Kolbér
Katelyn Stewart
René Tardif
David Thomsett

Membership Renewals & Removals

At the PIBC Board meeting of May 8, 2019, it was also reported and confirmed that the following individuals had not renewed their membership in the Institute for the current year (2019) and in accordance with the Institute's bylaws ceased to be members effective as of May 8, 2019:

CERTIFIED:

Sarah Burger
Bruce McWilliam
Cameron Nelson
David Rafael
James Van Hemert

CANDIDATE:

Nicholas Danford
Lauren English
Andrea Haber
Katherine Isaac

RETIRED

Blake Hudema

PRE-CANDIDATE:

Ingrid Weisenbach

In addition a total of **31 Student** members did not renew their membership in the Institute for the current year (2019) and also ceased to be members.

MEMBERSHIP COMMITTEE REPORT June 21, 2019

New Members

Congratulations and welcome to all the new PIBC Members!

At its meeting of June 21, 2019, it was recommended to and approved by the Board to admit the following individuals to membership in the Institute in the appropriate categories as noted:

CERTIFIED:

Brad Clifton (Transfer from OPPI)
Paulina Csicsai
Lea Hastie (Transfer from MPPI)
Wendy Holtom
Shawn Low
Lyndsay MacKenzie (Transfer from APPI)

CANDIDATE:

Scott Bagg
Tyson Baker
Michael Blatz
Graeme Buffett
Priyanka Chakrabarti
Mikayla Roberts
Craig Townsend

PRE-CANDIDATE:

Emel Nordin

STUDENT:

Alexander Hallbom (Transfer from MPPI)
Cody Kenny (Reinstate - UBC)

Member Changes

It was further recommended to and approved by the Board to approve and/or acknowledge the following membership transfers and changes in membership status for the following individuals as noted:

FROM CERTIFIED TO MEMBER ON LEAVE:

Jennifer Miles

FROM CANDIDATE TO MEMBER ON LEAVE:

Jenna Dallmeyer
Jingsi (Jessica) Jin

FROM MEMBER ON LEAVE TO CERTIFIED:

Renee De St. Croix



Sunder Nursery New Delhi, India

Nested in the crowded and bustling capital of India, you will discover New Delhi's first arboretum. The Sunder Nursery, formerly called Azim Bagh or Bagh-e-Azeem, is a renovated 16th-century heritage park adjacent to the Humayun's Tomb, and a United Nations Educational, Scientific and Cultural Organization (UNESCO) World Heritage site. Its renovation (which began in 2007 and completed in early 2018) was part of the larger Nizamuddin Urban Renewal Project of the Aga Khan Trust, a master plan that included restoration work on 30 nearby heritage structures.

The "Sunder" part of its name comes from the Sunder Burj tomb located onsite. Spreading over 90 acres (36 hectare), the nursery re-opened to the public as a heritage park. It contains over 300 types of trees and 15 heritage monuments (6 are UNESCO World Heritage sites) and has been called 'Delhi's Central Park'.

Future plans for the Sunder Nursery include connecting it with a nearby zoo and fort to continue building this sanctuary of greenery.

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