

The Voice of the Rural Small Town: How Architecture can inspire locally grounded growth in Parry Sound, Ontario

by

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Abstract

Many rural areas in Canada are financially dependent on tourism. There are negative effects of this dependency on the local working class as these small towns transition from tourism towards a community designed for an aging affluent population. Using Parry Sound as a case study, this thesis attempts to investigate how architecture could serve the neglected local working class by incentivizing investment in the local community rather than catering to seasonal tourism. Covid-19 also emphasized the gap in access to healthcare and lack of overall well-being, issues that the local community faced but the seasonal resident did not.

This thesis found that a grounded design that amplified the voice of the local community would best aid their existing efforts to grow. Discussions with the local community organizations working in these areas provided the perspectives necessary to design an adequate program that would assist local grounded growth in Parry Sound. Through the lenses of housing, health, and food, architecture could support the existing network of community initiatives to achieve self-agency. A mixed-use design provides the necessary community spaces for these initiatives to foster a connection to people and landscape and achieve locally grounded growth.

Keywords:

Well-being, Health, Care, Personalized Care, Healthcare Architecture,

Landscape, Community Health, Personal Growth, Community Growth.

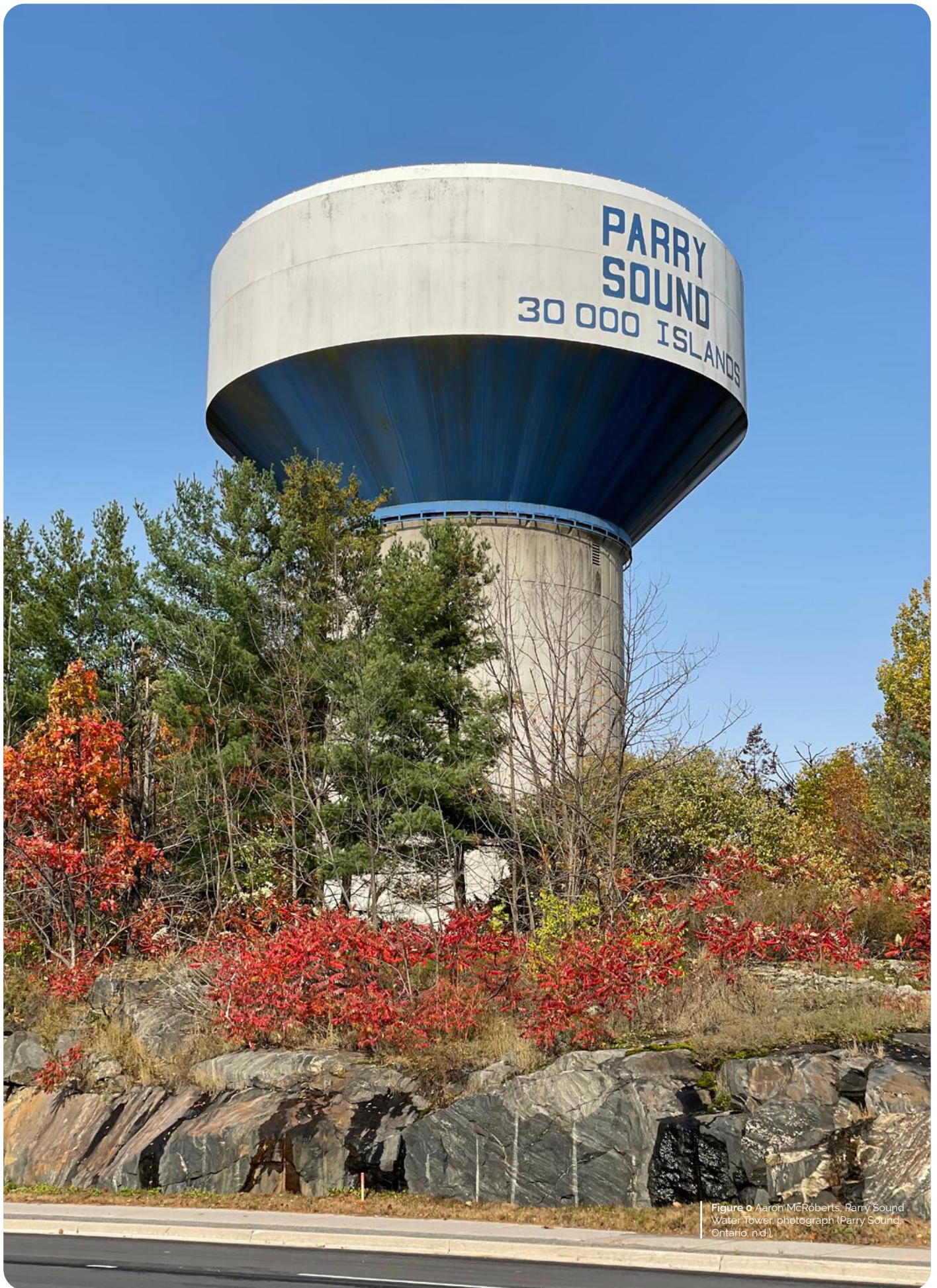


Figure 6 Aaron McRoberts, Parry Sound Water Tower, photograph (Parry Sound, Ontario, n.d.).

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Preface

Parry Sound has been a home away from home for me all my life. Living overseas and moving from place to place, Parry Sound was the only consistent home for me and my family almost every holiday season. Since I moved to Canada permanently, I have been staying in Parry Sound with my grandmother and I have found that the quiet small town of Parry Sound I thought I knew had some deep-rooted issues. Its winters were solitary, the activities in town were seasonal only, and the people seemed to be struggling more and more each year.

As I went through my university education and gained an Architectural degree and a Minor in Environmental Studies during Covid, I learned the importance of self-determination and adaptability. I have gained this through the unique experiences of living overseas and being on my own, which I felt gave me an advantage during the pandemic and let me deal with the added stresses. I never really thought this trait made me different from the average Canadian until the pandemic highlighted how everyone deals with major stress and changes differently. Not everyone can be in a place in their lives, financially or emotionally, to be able to adapt to or cope with significant change. As I experienced many of those around me struggling with the same issues, I tried to help them in any way I could. For the last few years, I have been trying to learn as much as possible to keep a positive mindset and stay on the path of growth, which has informed my thesis today.

I've learned that humans need access to resources and tools to grow, make their own decisions, and have a safe space to experiment, fail, and be themselves. I believe independence starts with having the skills to live your life the way you want; knowing yourself and your place in the world starts at home and in your own community. I think that Parry Sound is a great case study to explore how I can help others achieve growth as well. Using my knowledge of architecture and sustainable design along with my drive to help others achieve growth, I have produced this architectural thesis that hopefully can be used to convince more people to invest in their community.



Figure 2 Aaron McRoberts, Sunset Reflecting on the Water at Boy Lake, photograph (Mc-Dougall, Ontario, n.d.)

Introduction

“Traditionally, small settlements were the focus of agricultural and manufacturing trading activity of the countryside, existing in a ‘symbiotic relationship’ with their surrounding area. Over the past two centuries smaller settlements have faced radical and rapid change and today the picture is complex. The shifting nature of the global economy has dramatically altered the function of rural places and their relationships with city, nation, and world.”¹

– Mathew Jones in his book *Transforming Towns*

1. Matthew Jones, in *Transforming Towns: Designing for Smaller Communities* (London: RIBA Publishing, 2020), p. 7.

From small towns, there is a constant migration of people towards larger urban centres. This can be the result of phasing out of a particular industry, a lack of opportunity for ambitious young professionals or simply, the increasing lure of suburbanization. As a result, these towns usually have an aging population and the community goals and capabilities age along with them. In recent years Parry Sound has experienced a similar phenomenon of young people leaving in search of more, and the aging population staying contentedly.² This would have eventually turned Parry Sound into a quaint small town with a higher quality of life and slow development that is conducive to living harmoniously with nature; however, since Covid-19 an inflow of wealthy seasonal residents has changed that. Seeking to escape the pandemic and further stresses in urban areas, seasonal residents (or cottagers) have decided to turn Parry Sound into a second home. The cottager and the aging population both have similar goals of experiencing nature, improving their mental health, and balancing work and life. Unfortunately, this inflow has overwhelmed the infrastructure that Parry Sound can currently have, as a result, the town has prioritized this growth of infrastructure to accommodate. These services catered to the wealthier demographic and growth in this area and do not consider much of the local population.

2. Merten Nefs et al., “Shrinking Cities as Retirement Cities? Opportunities for Shrinking Cities as Green Living Environments for Older Individuals,” *Environment and Planning A: Economy and Space* 45, no. 6 (January 2013): pp. 1455-1473. <https://doi.org/10.1068/a45302>

For example, a notable development issue with Parry Sound today is the lack of diverse housing. Currently, all medium to large-scale housing developments that are being built in Parry Sound cater to the wealthier and aging demographics. New developments are isolated condos

or remote luxury townhouses that reflect the needs of the seasonal resident and don't reflect the need local residents have for starter homes at affordable prices.³ In addition, the effects of Covid-19 on the housing market and prices of goods and services have given big businesses the advantage over small businesses to provide food, medication, and almost all everyday goods. This has adversely affected the lower and middle classes which are the average Parry Sound residents. As a result, rural communities of Canada have not been able to improve their mental health as much as urban communities due to insufficient access to resources and especially health services.⁴

3. Kathy Hammer, Interview by author, Phone Call, November 12, 2022.

4. Public Health Agency of Canada, "Government of Canada," COVID-19: What Canadians did for their mental health during the pandemic - Canada.ca / Gouvernement du Canada, July 18, 2022). <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/what-did-canadians-do-for-mental-health-during-covid-19.html>

The Parry Sound community is beginning to create a network of programs to provide resources for people who cannot get by on their own. Counselling services, mentorship programs, food drives, cooking classes, and community gardens are all existing local initiatives that have become increasingly important to better Parry Sound's health, self-sufficiency, and sense of community. To aid with this effort, Parry Sound needs the space and tools for local residents to take agency over their health and economic standing, as well as access to the resources and support they need to heal and grow. **How can architecture inspire locally grounded growth in Parry Sound?** Discussions with some of the organizers of these community services identified the characteristics and programs that they feel are vital to community growth. Making a multipurpose space that is safe, reliable, and accessible, would serve as a host to these services to better connect people to the resources they need to choose to take control over their health. Thus, invigorating the programming that considers the needs of the local residents of Parry Sound. This mixed-use campus would greatly improve the quality of health services in Parry Sound, address the concerns voiced by the local population, and inspire everyone to act to improve their lives.

Neglect is not something that can survive for very long. Setting health in the community as the goal of growth can change the destiny of Parry Sound. Switching Parry Sound's mindset from economic or population or capital growth and focusing on circular growth or investing in the quality of the place is a sustainable model that ensures the

small-town identity can last in the next 20 -50 -100 years. Part one of this thesis examines the history of Parry Sound and how systemic the mindset of economic growth is, and how it has overshadowed the true value of the place in its landscape. Part two examines, through interviews, the existing community framework in Parry Sound and investigates the current literature and theoretical framework about individual health and community growth which explores changing the idea of growth from upwards and onwards to self-directed well-being. Part three describes the process of synthesizing the research into architectural language and programs to best answer the question through architecture, landscape, program and thinking; as well as imagines what could happen with growth in the future?



Figure 3 McRoberts, Aaron. Downtown Parry Sound. Photograph: Parry Sound, Ontario, October 16, 2022.

How Can Architecture Inspire **Locally**

y **Grounded Growth** in Parry Sound?

PART



VOICE OF THE RURAL SMALL TOWN



Figure 4 Aaron McRoberts. View of two bridges in Downtown Parry Sound, photograph (Parry Sound, Ontario, n.d).

ONE

How Can Architecture Inspire Local

/ 'lökəl / - adjective

Belonging or related to a particular area or community, typically exclusively

y Grounded Growth in Parry Sound?

ive

ating to a **Place**,
ely.

Parry Sound

Parry Sound's Past

The town of Parry Sound has been an industrial town since 1856, when the first sawmill was constructed in the area by William Beatty.⁵ With several other sawmills opening along the waterfront, the Beatty's established a harbour for trade and a steamship line which connected Parry Sound to other towns on the water like Midland and Collingwood. In 1899 the Ottawa, Arnprior, and Renfrew Railway joined the Parry Sound Railway to form the Canadian Atlantic Railway. This boosted the logging industry by creating proximity and more economic opportunities for the town. This was the beginning of tourism in Parry Sound since railway hotels became one of the first businesses to spring from the logging industry's success. As logging declined over the century (failing in the 1920s and 30s) due to over-forestry and degradation of the natural environment, the tourism/commuter industry became the only business model that lasted. In the 1940s, the same cycle occurred when the town switched to a more globalized market. This time it was the oil market, and the town adapted its waterfront into a field of oil storage tanks that remained until their eventual removal in the 1980s. This industry capitalized on the new highway (HWY 69) that also allowed the distribution of goods by road. This same access led to further growing hotels and hospitality and tourism-based businesses. When a series of unfortunate events (including an oil spill into the bay and a fire at Depot Harbour) led the oil industry's chapter to a close, the tourist industry endured.⁶

5 "History of Parry Sound," *History of parry sound*, accessed October 19, 2022, <http://www.parrysoundonline.com/history.php>.

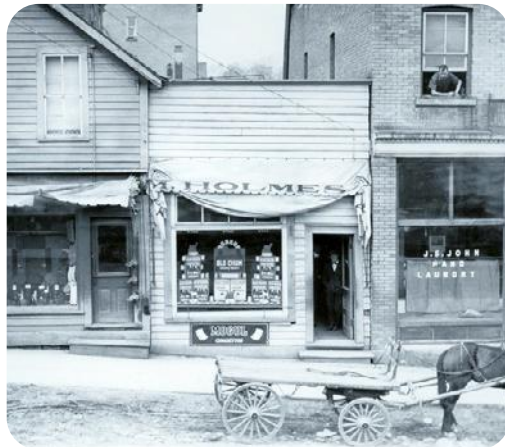
6. Brennan Guse, "LandMark Speaker Series: Parry Sound Waterfront Revitalization with Brennan Guse," *LandMark Speaker Series: Parry Sound Waterfront Revitalization with Brennan Guse (2022)*, <https://www.youtube.com/watch?v=SiHf8oxpwUU>.



Figure 5 Smith. *Winter View over Parry Sound Ontario around 1955.*

In this collection of images [Figures 6-13] we can see the harbour as it was before current construction, as well as a series of other buildings that formed the steel mill [Figure 8], lumber mill [Figure 13], that made up the coastline of Parry Sound. In addition, some examples of the fabric of buildings inland including some typical examples of homes and the original Parry Sound hospital [Figure 9 Top Right] as it was a brick building in the early 20th century. This fabric of the town shows buildings being erected in necessity to serve the industry, and to provide its residents with enough to get by; but not to provide sustainable long term living.





Figures 6-13 IN ORDER FROM LEFT TO RIGHT Historical Photos of notable Parry Sound areas and building typologies

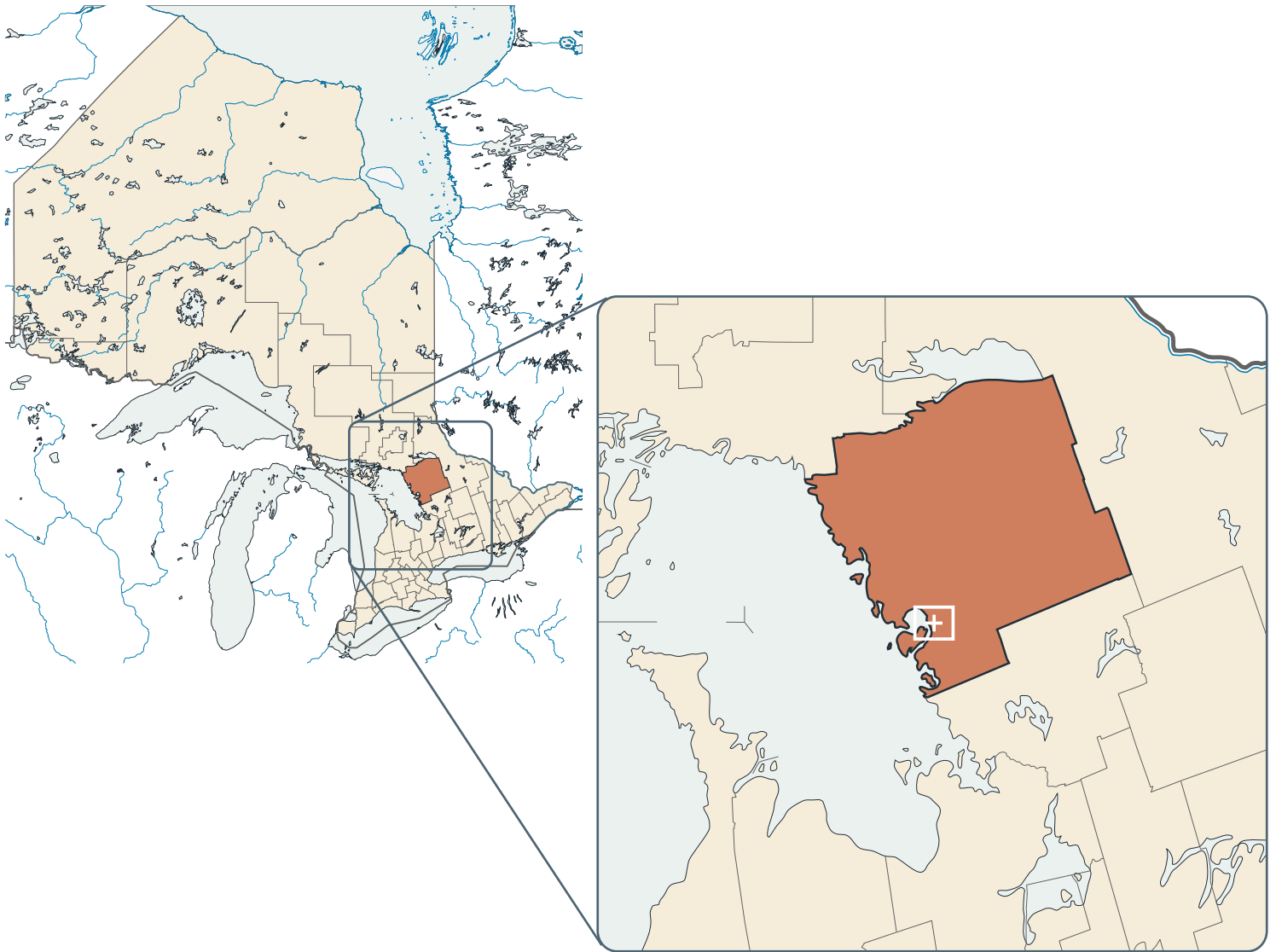


Figure 14 LEFT ABOVE Map of Ontario highlighting Parry Sound District

Figure 15 ABOVE Map of Parry Sound District highlighting The Town of Parry Sound

7. "Demographics." Townfolio. Accessed July 2022. <https://townfolio.co/on/parry-sound/demographics>.

8. "Visit Parry Sound." Parry Sound Tourism. January 17, 2015. <https://www.parry-sound-tourism.com/visit-parry-sound/>.

Present Day Parry Sound

Today, adjacent to the heart of Cottage Country, Parry Sound is a district of 45,000 and a small town of 6,900 full-time residents.⁷ Today, contractors, nurses, artists, and retirees make up many of the full-time residents, while the summer brings in cottagers and tourists that form the body of seasonal residents. In summer months, the town swells to nearly 100,000.⁸ The Town of Parry Sound can receive as many as 1.5 million visitors annually, mainly in the summer, who all want to escape to cottage country. During the hours around summer, long weekends, and holidays, it is understood by locals to avoid driving for errands as it is bursting with the inflow of tourists, cottagers, commuters, and seasonal residents taking work off. As Parry Sound

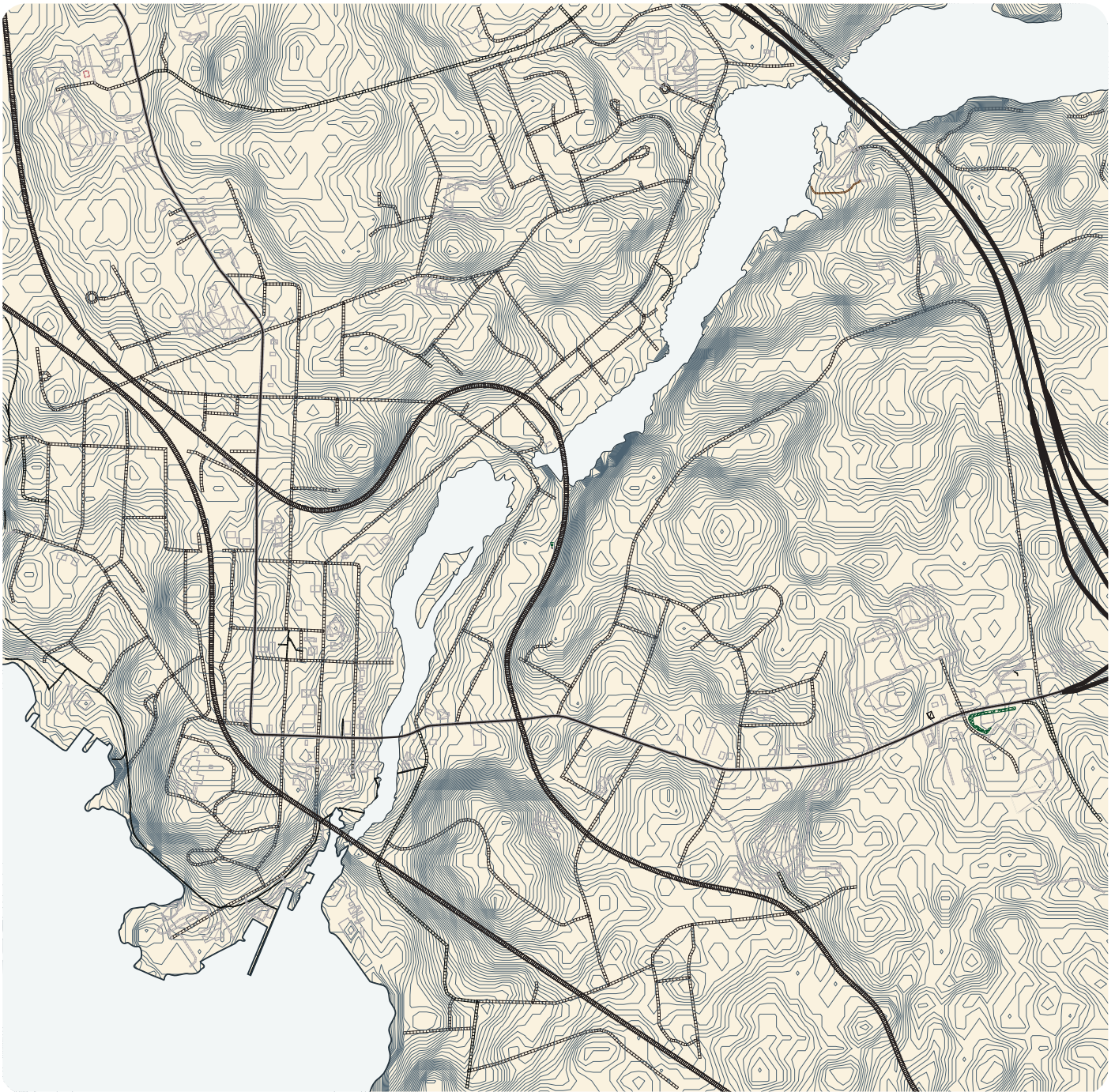


Figure 16 Topographical Map of Downtown Parry Sound

is right off HWY 400, it has easy access to commuters of cottage country with its new commercial development less than a minute from the highway offramp. Parry Sound is right on Georgian Bay; it is nestled in the heart of Cottage Country, one of many cottage country destinations that offer an escape from the city [approximately 90 minutes from the nearest urban center of Barrie].

Industries Working in **Summer**

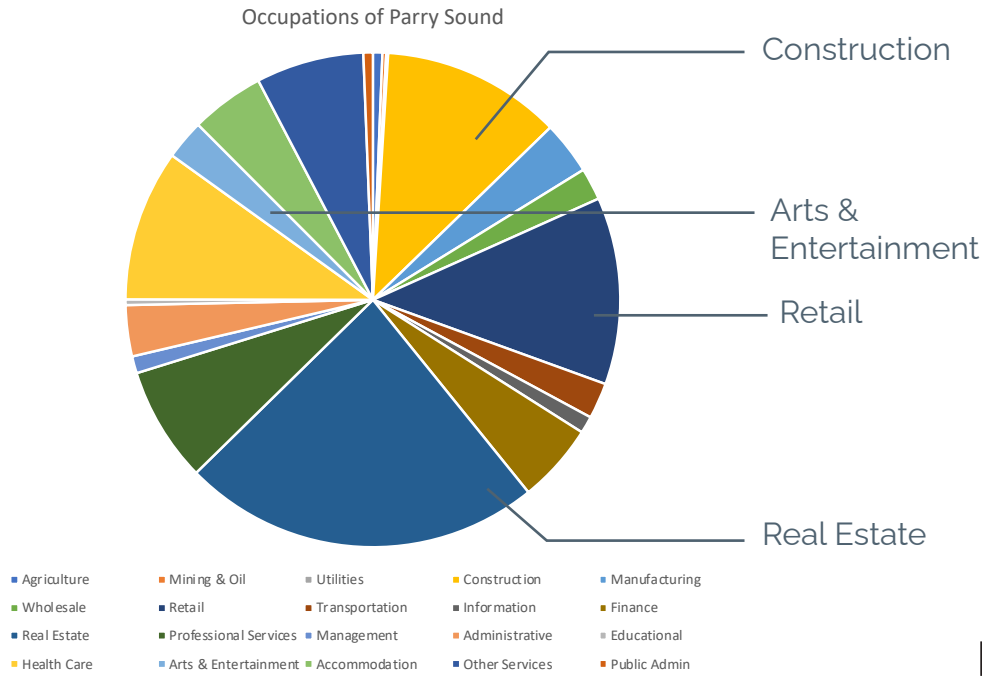


Figure 17 Pie Chart showing Occupation types In Parry Sound

Industries Working in **Winter**

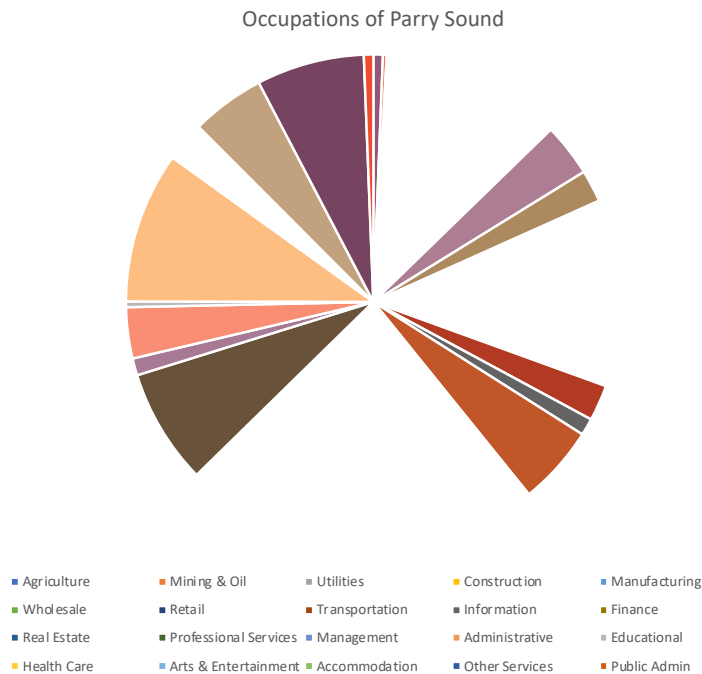


Figure 18 Pie Chart showing fewer Occupation types In Winter

Financial Instability

The town of Parry Sound is a cottage country destination with high tourism in the summer, bringing in just the type of people looking for the spoils of a quaint small town. Its lively Farmer's Market, waterfront, and ease of access from the neighbouring highway make it a popular weekend retreat in the summer. According to the Ministry of Tourism, a study of the district of Parry Sound shows it made 177 million dollars in revenue from tourism alone in 2014.⁹ This appears to fit the pattern of success for "Major Small Towns" mentioned earlier, but in my experience, this success is only seasonal. Given that the town has a population of approximately 6,800 people with a median income of \$62,000 (in 2021).¹⁰ It can be estimated that the money made from tourism is approximately half of the district's revenue. Parry Sound loses its tourism appeal in the colder months, and other major industries like construction, retail, entertainment, and real estate are also slow. These same industries also account for half of the jobs available.¹¹ Therefore, that 177 million representing half of the town's income, is made within 4 months of the year. This reveals that Parry Sound's economic success and QoL significantly depend on these industries in summer.

Covid-19 has significantly impacted many industry sectors like retail, entertainment, dining, and other services. Construction and healthcare are two industries that the pandemic has especially strained; however, it has also benefited the area by creating demand for work in those fields.

9. "Tourism Statistics Parry Sound District - RTO 12" (Ministry of Tourism, Culture and Sport, 2014), <https://rto12.ca/wp-content/uploads/2014/04/CD-49-Parry-Sound-2011.pdf>

10. "Demographics" Townfolio. Accessed July 2022. <https://townfolio.co/on/parry-sound/demographics>.

11. Ibid

There has been a large influx of new cottage residents to the region, all moving away from Toronto to surrounding remote areas. Over the past two years, working from home, living in nature, and biophilic self-care have led to the wealthier seasonal resident making the cottage more of a second home. One result is a massive increase in expensive detached seasonal dwellings, which has driven housing prices significantly higher than in the pre-pandemic era.¹² This has, in turn, attracted big corporations and company chains to the area, now catering to the wealthier demographic, buying up more properties and building capital.¹³ As these franchises grow, a repeated and familiar pattern of small business failure has become prevalent.¹⁴ With this decline in small business growth and inflation on the rise, many current and long-time residents cannot sustain their current lifestyle.

Illustrated in Figure 19, the pandemic resulted in a migration of Canadians towards cottage country; this has slowly and progressively transformed the built environment and connectivity to match the urban centers of which they are accustomed. When Canada started recovering from the pandemic, many of these seasonal residents retreated back to urban areas, and cottage country has been left with a changed built environment that does not cater to their interests.

This altered built environment takes the form of big box stores, which have sprung up conveniently near the highway for easy access by customers from the surrounding rural areas. Unfortunately, this location has also drawn business away from the smaller downtown shops located just a short distance further from the highway. This has created a divide in the fabric of Parry Sound, almost creating a new shopping district separate from the heart of Parry Sound.

All this change is instigated in the summer; as soon as Fall hits, visitors frequent less and less, and residents transition to a new lifestyle and routine for the winter season.

12. Patti Vipond, "The Frenzy Is over' Cottage and House Prices in Parry Sound Becoming More Realistic," *thestar.com* (Toronto Star, August 20, 2022), <https://www.thestar.com/local-parry-sound/life/2022/08/20/the-frenzy-is-over-cottage-and-house-prices-in-parry-sound-becoming-more-realistic.html>.

13. Lucy R. Lippard, *The Lure of the Local: Senses of Place in a Multicentered Society* (New York: New Press, 1998).

14. Davis, Jeffrey Sasha, and Duarte B. Morais. "Factions and Enclaves: Small Towns and Socially Unsustainable Tourism Development" *Journal of Travel Research* 43, no. 1 (2004): 3–10. <https://doi.org/10.1177/0047287504265501>.

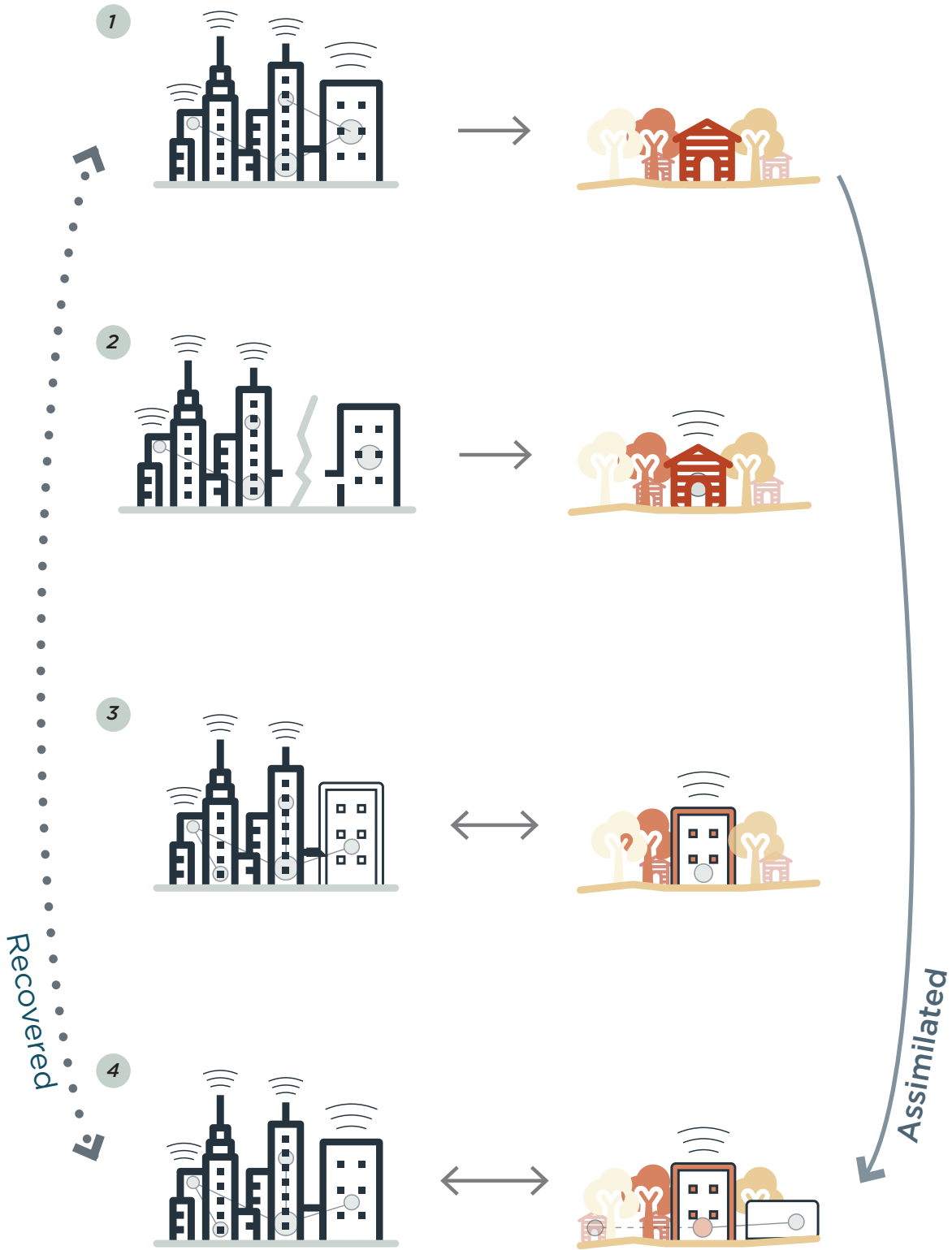
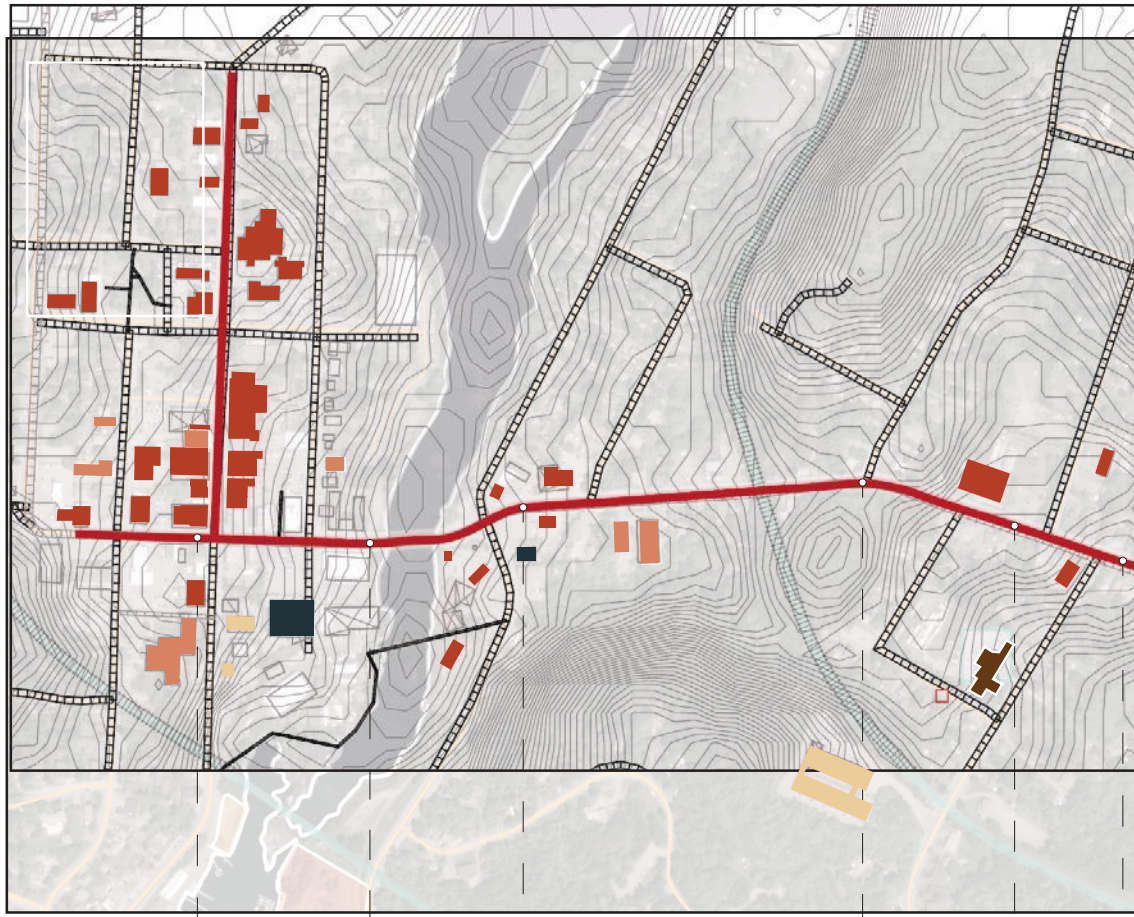
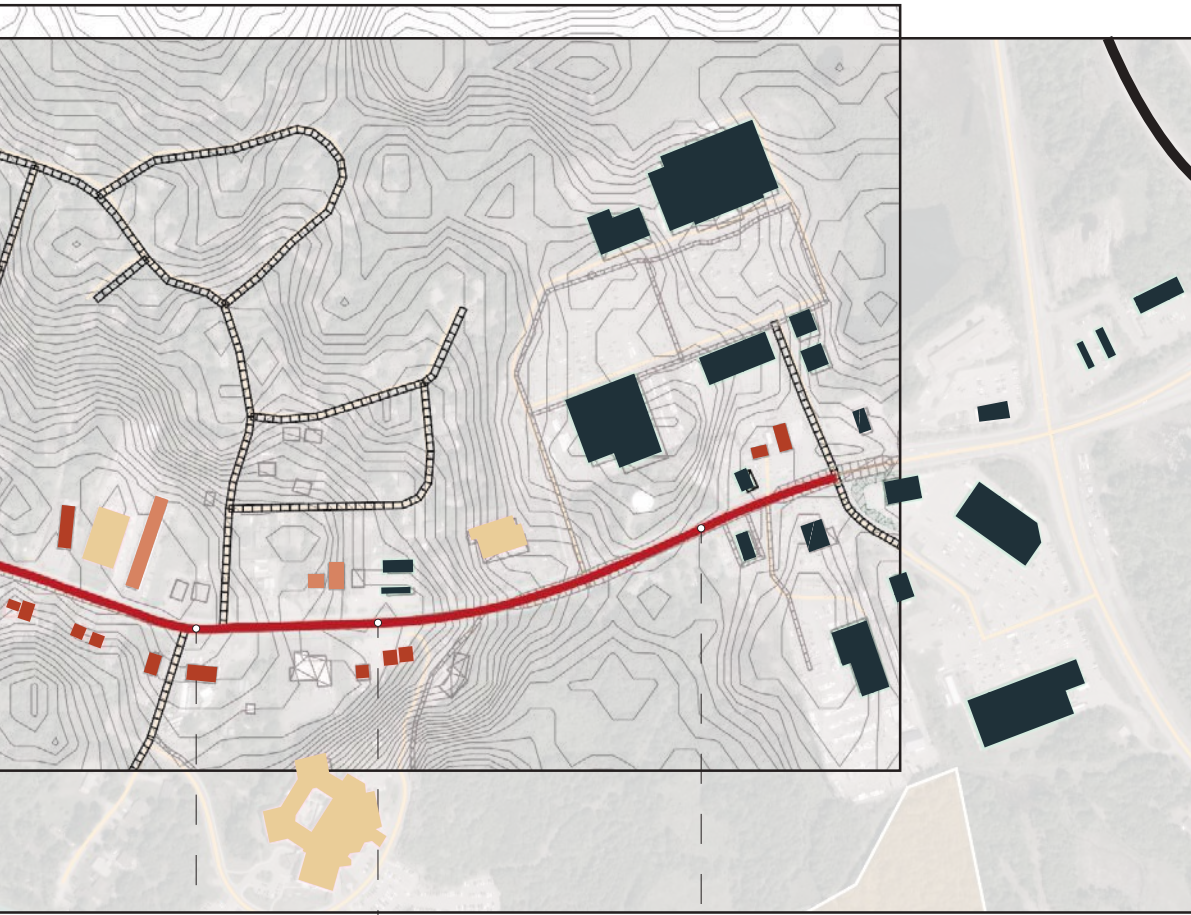


Figure 19 Diagram of migration of Urban residents to Rural areas during the Pandemic





L BUSINESS

BIG BUSINESS



Figure 20 ABOVE
Map of Development in Downtown Parry
Sound

The Hibernating Small Town

This seasonal flux is part of Parry Sound's identity, hosting most programmed events in the summer when everyone wants to be outside. Walking through the streets makes stopping in local shops and supporting small businesses easier. Many locals and seasonal residents enjoy the energy and sense of community that arises in the summer when things are warm and inviting. As we transition to the fall and things get colder, it gets harder to enjoy the same outdoor activities, and many of those events stop around the start of October. Most seasonal residents have stopped frequenting Parry Sound for the year around this time in preparation for the solitary winter, meaning local residents have decreased their interaction and outreach with the community.

Waiting for the snow to arrive, the fall has many staying indoors and driving only to services they need instead of exploring. The season of a walkable Parry Sound is over as residents retreat from the weather. This also means that residents are less likely to venture downtown Parry Sound to the local shops. Meanwhile, big box stores get more business from being 'one stop shops' located next to the highway. These stores offer quicker commutes for those who live elsewhere in the Parry Sound area, advertise lower prices, and store a greater quantity of items with more selection.¹⁵ As the snow falls and winter arrives, work slows and many go unemployed, and the line between summer people and winter people is drawn.

For Parry Sound, winter is filled with activities like going out on the snowmobile trails, skating at the arena, snowshoeing, hockey, curling, hiking in the winter landscape, and bundling up and staying by the fire with family and friends. For those who can do all these things, the winter is a great time to connect with family. A stable income or a profitable summer quarter would set up a family well to lavish in the snow. For some who face economic hardships, the winter is a reminder of limited earnings and the activities mentioned before may be an indulgence they can't afford. Those who struggle with their mental health also find winter difficult, especially in northern climates when winters are long and the sunlight is scarce.¹⁶ Anyone can experience Seasonal Affective Disorder and experience symptoms

¹⁵ Carol M. Kopp, "Big Box Stores vs. Small Retailers," Investopedia (Investopedia, December 19, 2022), <https://www.investopedia.com/financial-edge/0212/big-box-stores-vs.-small-retailers.aspx>.

¹⁶ Andres Magnusson and Diane Boivin, "Seasonal Affective Disorder: An Overview," *Chronobiology International* 20, no. 2 (2003): pp. 189-207, <https://doi.org/10.1081/cbi-120019310>, 191.



Figure 21 Connective Town in the Summer vs Hibernating Town in the Winter

17. Ibid

including low mood or energy, loss of interest, lack of focus, and fatigue.¹⁷ For those experiencing Seasonal Affective Disorder the winter becomes less and less a dynamic landscape, and without interacting with others it can be clear why some try to hold out until the summer and the cottage season begins.

This hibernation leads to disassociation from the community and is part of the overall problem of Parry Sound losing its small-town identity. Learning from Jane Jacobs, a community identity is formed "out of people stopping by the bar for a beer, getting advice from the grocer and giving advice to the newsstand man, comparing opinions with other customers at the bakery and nodding hello to the two boys drinking pop on the stoop".¹⁸

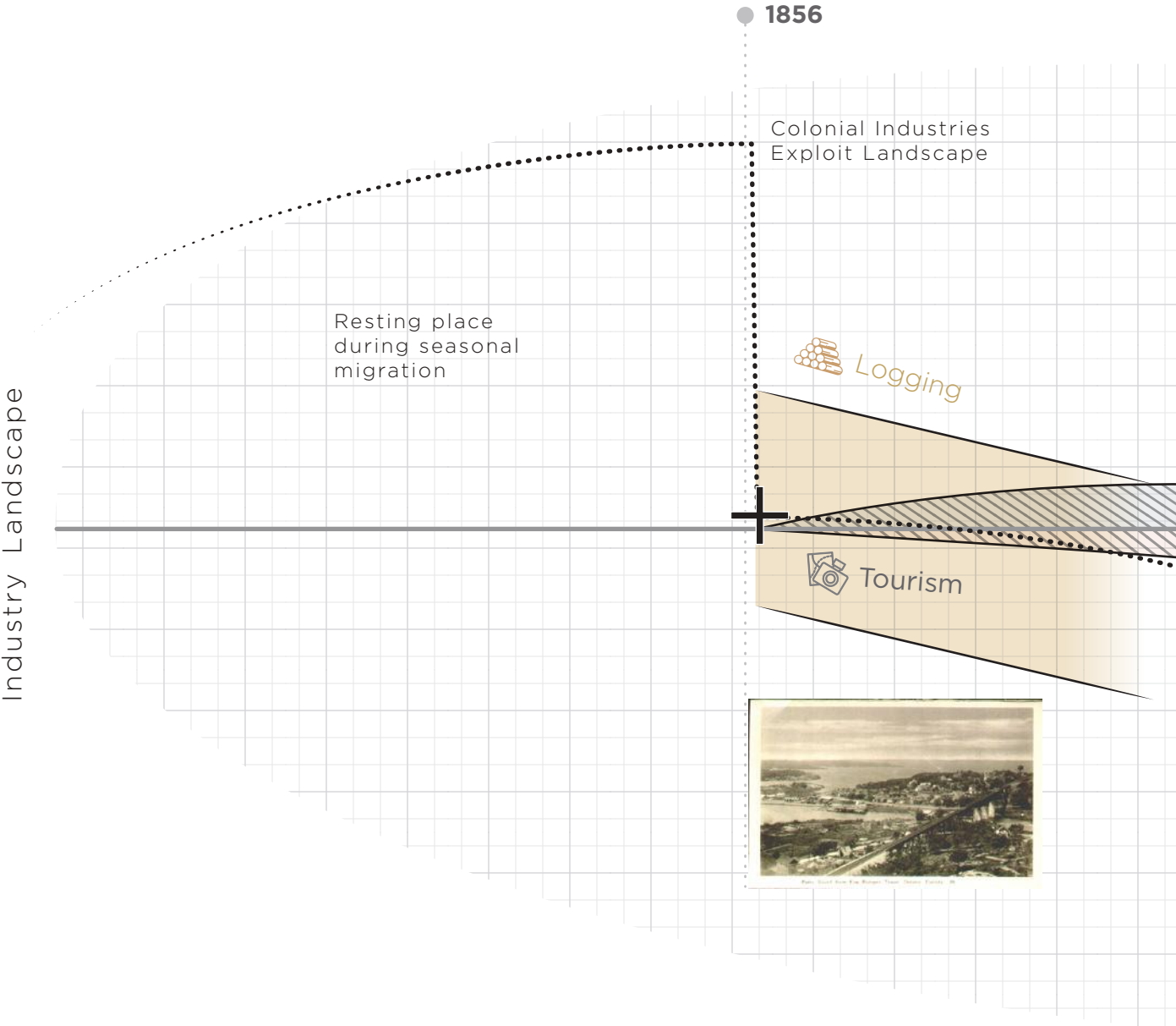
*"The sum of such casual, public contact at the local level. . . most of it fortuitous, most of it associated with errands . . . is a feeling for the public identity of people, a web of public respect and trust, and a resource in time of personal or neighborhood need."*¹⁹ – Jane Jacobs

18. Jane Jacobs and Jason Epstein, *The Death and Life of Great American Cities* (New York, NY: Modern Library, 2011).

19. Ibid

Having these social interactions only in the summer months is not conducive to a thriving community; the problem is giving people a reason to go out and make these connections all year round. To solve this problem, Parry Sound needs to devote resources to this issue and invest in the local community to help it grow beyond just the summer.

In this timeline, we can see these histories placing the focus on Parry Sound as a place of industry and away from its landscape.



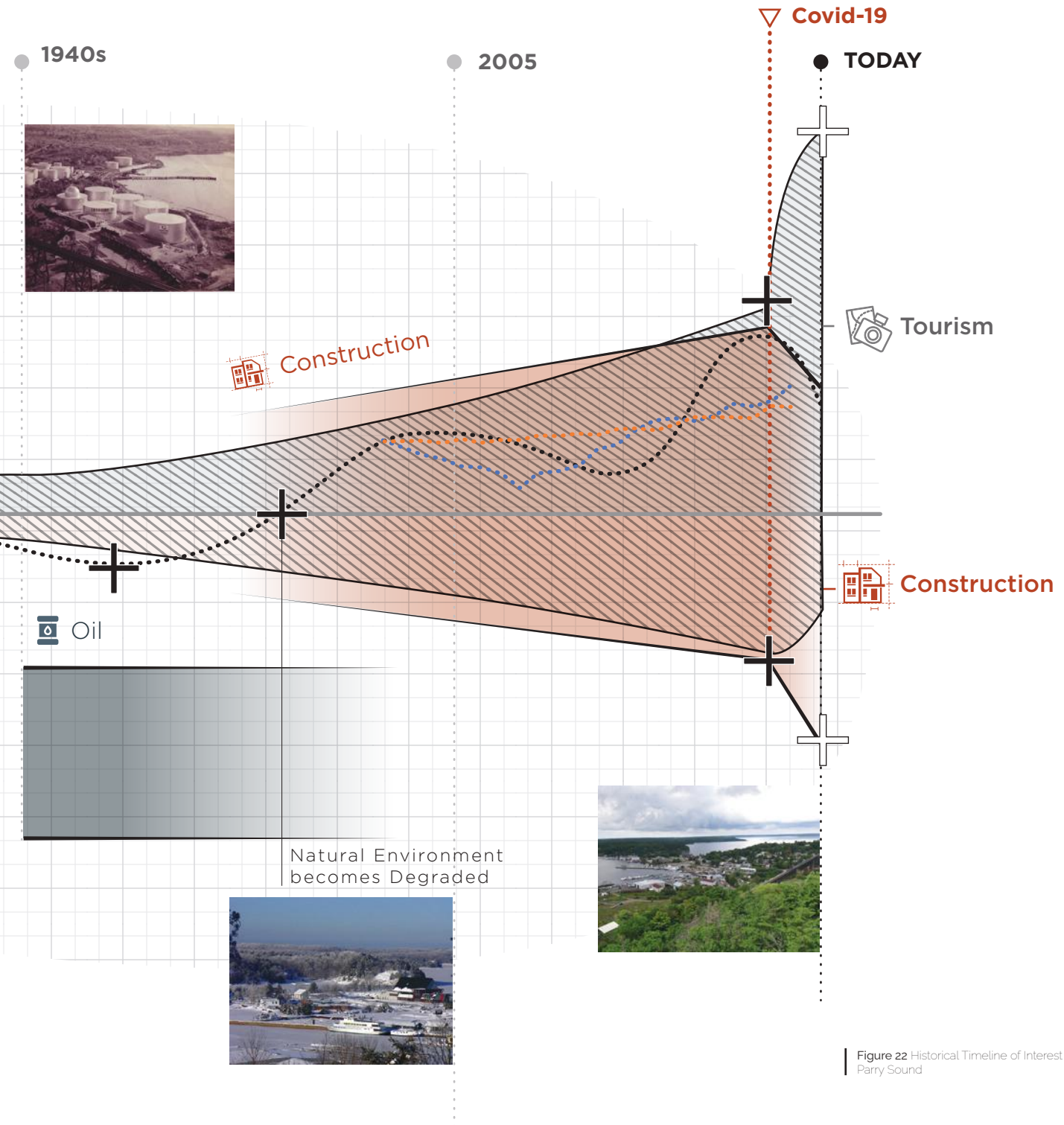


Figure 22 Historical Timeline of Interest in Parry Sound

Choice

Growth starts with a choice. The initial growth of Parry Sound into an industry town began with the choice to turn the landscape's natural resources into profit. Each change in the industry was a deliberate choice to adopt a new form of revenue when the previous industry became nonviable. Historically the transition from one industry to the other only occurs when the evidence is overwhelming that a change was necessary and the industry was nearly depleted or collapsed. The community has started to respond to evidence of a significant shift in Parry Sound by creating new initiatives and refocusing efforts on helping the local community during the pandemic when regular access to public health services was limited. Similarly to the previous industry changes, the local residents have experienced a decline in investment in health services needed; this time, they are choosing to invest in health rather than seasonal economic growth.

At the larger governing scale, it is easy to see why the Town of Parry Sound's government has recently chosen to accept more significant investment into the cottage industry providing job security for a large population of residents. This is not a long-term solution, professor of business management Nick Hansen states:

"If consumers are multiplying and buying more of your product or service, you can face the future with considerably more comfort than if the market is shrinking. An expanding market keeps the manufacturer from having to think very hard or imaginatively. If thinking is an intellectual response to a problem, then the absence of a problem leads to the absence of thinking".²⁰

In Parry Sound's case, the consumer is the seasonal resident, and the manufacturer is the people, place, and landscape. The municipality has made an inflow of residents into profit but at the cost of underinvesting in the local community. Soon the choice will be at the municipal level, to either prioritize the seasonal resident with further economic development towards tourism or to prioritize the health of the local residents and invest in healthcare at the community level.

20. TEDxTalks and Nick Hansen, "Strategy as Choice | Nick Hansen | TEDxWestminsterCollegeSLC," YouTube (YouTube, August 4, 2016), <https://www.youtube.com/watch?v=IQwHlptrYqk>.

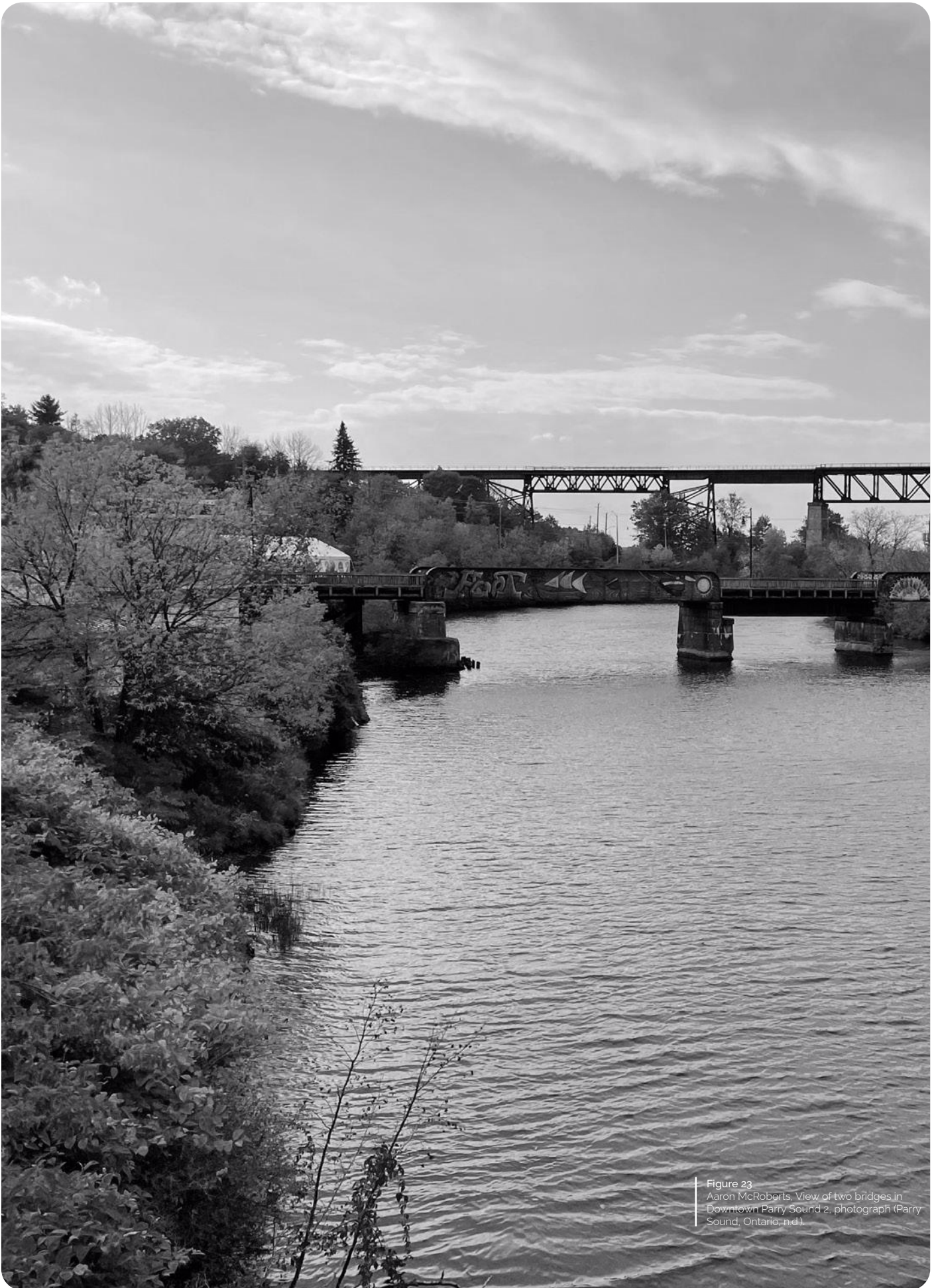


Figure 23
Aaron McRoberts, View of two bridges in
Downtown Parry Sound 2, photograph (Parry
Sound, Ontario, n.d.)

First Path

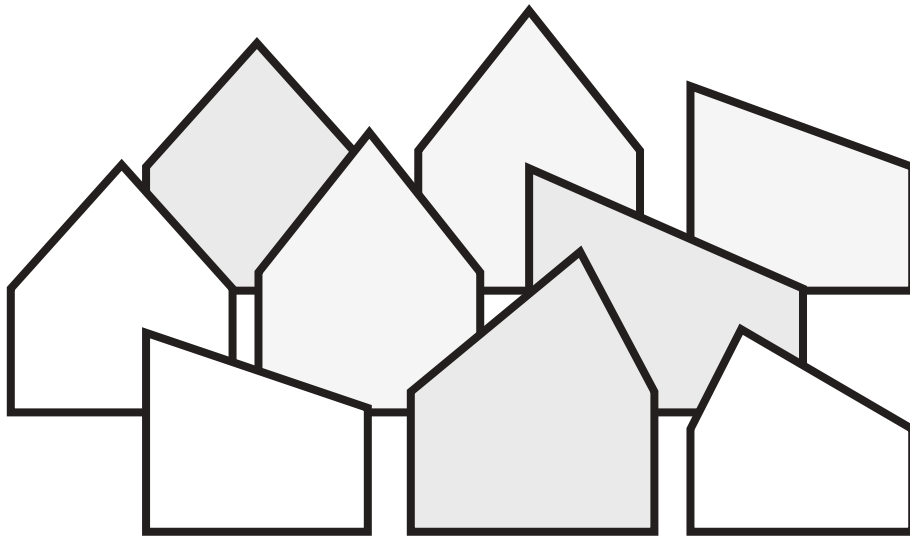


Figure 24 The Fabric of a developed housing in a small area.

Second Path



Figure 25 Developing housing integrated into the landscape in a small area.

First Path

[Current Trajectory]



Figure 26 The Fabric of a developed housing in a small area.

“The situation may worsen in the near future. Despite a recent drop in prices, homes are becoming less affordable as borrowing rates climb quickly, making it tougher for prospective buyers to break into the market.”

Matt Lundy
Economic Reporter for *The Globe and Mail*

PERSONAL FINANCE

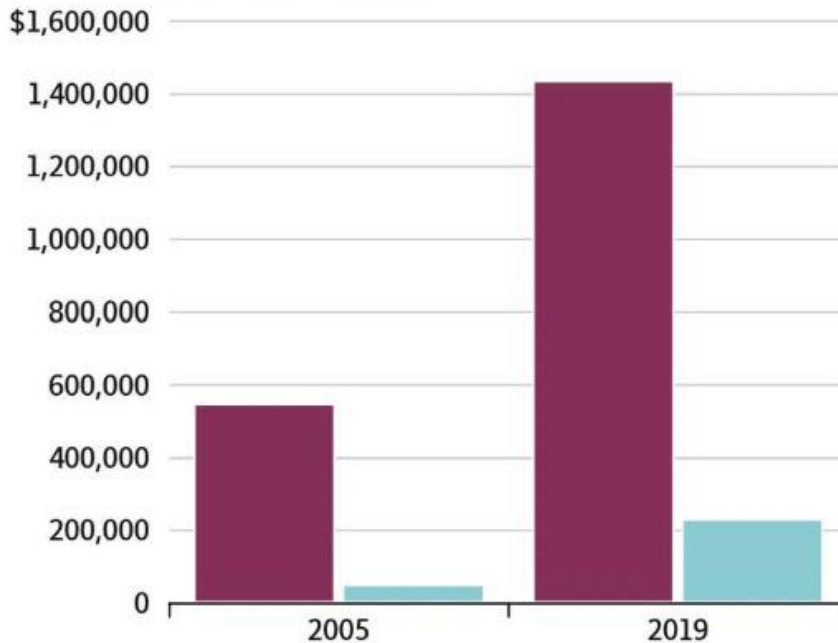
The wealth gap between homeowners and renters is widening quickly

Governments should provide renters with 'targeted' support that allows them to save and generate wealth, a TD Bank report says

Average net worth

Among those born between 1955 and 1964

● Homeowners ● Non-owners



THE GLOBE AND MAIL, SOURCE: TD CALCULATIONS OF STATSCAN DATA / NOTE: NOMINAL DOLLARS



Figure 27 Data From Globe and Mail Article About Growing Gap Between Homeowners and Renters

Housing as a Financial Stress

An increase in the cost of building materials and real estate prices skyrocketing is starting to create a divide between the wealthier seasonal residents and the working-class permanent residents. Combined with a lack of buildable land in its heart, the town of Parry Sound hasn't been able to keep up with the demand for affordable housing. Current housing developments are either too remote, too expensive, or poor in quality. Even the national effort to promote rent-to-own projects, designed to alleviate the financial pressures of a hefty down payment,²¹ requires new housing developments that Parry Sound does not have the resources to support.

21. "Canada Is Buying into the Rent-to-Own Concept. Here's How It Works | CBC News." CBCnews. CBC/Radio Canada. September 5, 2022. <https://www.cbc.ca/news/canada/rent-to-own-housing-affordability-mortgage-developer-home-ownership-canada-16570642>

The current growth in the housing market shows new development of luxury condos and apartments on or with views toward the waterfront. Shown in Figures 28, 29 & 30 | are two of the latest approved developments for condos in Parry Sound. While they will generate money by funding the construction industry, they are still only a short-term solution and still only serve the affluent seasonal resident.

This proposed project is aimed at couples and families who want close access to their boats at the on-site harbour, promoting luxury living and a “unique lifestyle” that you can only get with this view of Georgian Bay. Advertising proximity to provincial parks and 1 of 13 UNESCO sites in Canada, and at approximately \$380/SF, each unit ranges in



Figure 28 Renderings of Future Condo Development 1

Figure 29 Renderings of Future Condo Development 2

price, but most are just under \$1,000,000. Despite claiming its “inspired by the natural elements around it,” there is no indication of local building materials, typologies, or approach to the site. This is a typical example describing the types of development the municipality supports. These contribute to the increase in housing prices while providing little to no benefit to the local population.²²

This series of condos is located just up the hill of the Parry Sound Smelter Warf, aka “Salt docks”. They have revitalized the surrounding landscape to include local vegetation that naturally slopes with the existing landscape. Moving parking underground allowed most of the landscape to be green space. Mimicking its neighbouring Sister

22. “LUXURY TOWNS OVERLOOKING GEORGIAN BAY,” Harbour Hill (Engel & Völkers Parry Sound), accessed October 14, 2022, <https://www.harbourhillgeorgianbay.com/>.



Figure 30 ABOVE
Photograph of Granite Harbour Condominiums

Figure 31 LEFT
Rendering of extension to Granite Harbour Condominiums

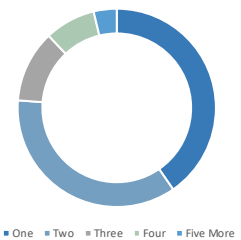
development, "GRANITE HARBOUR CONDOMINIUMS", this development is, again, aimed at the wealthier and aging demographic. It advertises unobstructed natural views and a plethora of unique floor plans accommodating a wide range of lifestyles. It has primarily 2-bedroom apartments with one each of 3- and 1-bedroom types.²³

If we look at the data, in Figures 32 & 33, while the most popular dwelling type is 2-bedroom dwellings, a large population of Parry Sound needs 3-5 bedroom dwellings.

According to the Town's official plan, the current trajectory seems to accommodate these smaller luxury developments while not addressing the housing issues the community has spoken out about.

Conversely, local developments are happening too. Through the collaboration of seven municipalities in the District of Parry Sound, including two First Nations municipalities, a 32-million-dollar investment into winter programming has been devised. "The new facility will help close the existing service gap in the region where Parry Sounders have to complete a 156-kilometre round-trip

Individuals per Household



Individuals in Households

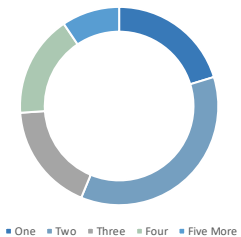


Figure 32 & 33 Chart of Individuals in and per Household

23. "The Lighthouse Condo Georgian Bay: Parry Sound," The Lighthouse Condo, accessed October 14, 2022, <https://www.thelighthousegeorgianbay.ca/>.



Figure 34 Rendering of New Parry Sound Community Pool

commute currently to access an indoor public pool.”²⁴ This pool and recreation center is the type of collaborative project the community wants. However, this project has been long in the making, with many residents not believing progress had been made in a decade. These types of developments are not happening at a productive frequency while the growth rate of other housing developments is increasing.

Imagine what issues could arise if the ratio between cottage and community development is this skewed like this forever.

The Official Town Plan of Parry Sound is intended as a framework to guide the growth of the built environment regarding social, economic, environmental, and public health; however, current development hasn't been able to meet many of their target sectors. Developers have no incentive to meet sections regarding growth and quality of space when they can profit financially from objectives covered in 2.8.1 Economic Development.

These residential developments respond little to the site context, the place of Parry Sound, or the needs of the local population and fit within a narrow margin of the Official Town Plan focused on bringing in a wealthier demographic to boost economic development. These developments are approved because they are aimed to generate tax revenue from catering to tourism and the higher class, meeting targets such as section 2.8.1.1 “...provid[ing] employment opportunities, provide a destination for visitors and provide a sustainable revenue and taxation base” and 2.8.1.2 c) “the transformation of the Waterfront Area into a major

²⁴ Mo Fahim, “Work on West Parry Sound Aquatic and Rec Centre Shifting from Ideas to Action.” My Parry Sound Now, October 14, 2022. <https://www.myparrysoundnow.com/67489/featured/work-on-west-parry-sound-aquatic-and-rec-centre-shifting-from-ideas-to-action/>.

tourist and service centre". However, the developments also avoid section 3.1.1 under urban residential developments in the town, which considers integration into the existing neighbourhood, space, culture, and character. This fails to acknowledge the notion of place and what it means to be from Parry Sound, and therefore isn't providing value to the place or local residents. There's a disconnect between Words and Action from a housing policy; focusing on economic growth will perpetuate increasing housing costs out of reach of Parry Sound residents.

2.8.1 Economic Development

2.8.1.1 Economic expansion is encouraged to provide a high level of service to existing and new residents in the Town and in the surrounding area.

provide employment opportunities, provide a destination for visitors and provide a sustainable revenue and taxation base.

2.8.1.2 Economic development is focused on:

- protection and expansion of the employment land base (commercial and industrial);
- strengthening the Central Business District as the prime location for commercial, office, business services and cultural activities;
- the transformation of the Waterfront Area into a major tourist and service centre;

2.8.3 Commercial Expansion

2.8.3.1 The Central Business District will remain the principal focus of commercial and administrative activity in the Town. This role will be supported by ensuring that the traditional advantages of the area are maintained.

2.8.3.2 Continual upgrading and redevelopment of the existing Downtown will be supported by the Town in conjunction with the business community.

Efforts will be made to:

- maintain an adequate supply of on street and off street parking;
- enhance the appearance of the Downtown through building repair and streetscape improvements;
- improve municipal infrastructure; and

2.8.4 Servicing and Infrastructure

2.8.4.1 An extensive and efficient system of municipal infrastructure is important to maintaining the quality of life in the Town. Existing services will be maintained to sustain the present standard and level of these services. Improvement and expansions of those services will be considered to facilitate development, within the context of sound fiscal management.

2.8.4.2 Development will be directed to locations where an appropriate level of municipal infrastructure exists or can be made efficiently available, and will occur at a density or intensity that is supportable by the Town's servicing and infrastructure.

2.8.5 Residential/Housing

2.8.5.1 The need for and expansion of a diversified housing base reflecting the varied needs of the residents of the Town, is recognized.

2.8.5.2 Developing more affordable housing opportunities both on a rental and home ownership basis is an important component of the Town's development strategy.

2.8.5.3 The Town will explore a variety of means to increase the supply of affordable rental and ownership housing, including:

- encouraging residential conversions, particularly of surplus institutional or school facilities;
- residential intensification in the downtown core and generally throughout the Urban Area;
- support for accessory apartments in existing single detached residential dwellings throughout the Town;
- providing opportunities for the expansion of new residential subdivision development in appropriate locations in the Town;
- the creation of dwellings in conjunction with retail and office commercial uses in commercial designations; and
- ensuring an inventory of a variety of residential lots available for development.

2.8.8 Open Space, Recreation and Culture

2.8.8.1 The open space and recreational resources of the Town are integral components of the quality of life in Parry Sound. The open space system will include a series of nodes and linkages. Linear corridors/trails will be developed to connect major features within and outside the Town, and will enhance the development of the Park-to-Park trail system, and/or other recreational trail systems.

Healthcare

This financial hurdle of affordable living has increased stress on the healthcare industry. A few healthcare professionals working in Parry Sound have come out to state that the cost of living is too high for young working professionals to be able to live there long-term.

From a discussion I had with a candidate for Parry Sound Council, I learned that the municipality had allocated funds to new education programs like the nursing program at Canadore College in hopes of attracting young professionals to Parry Sound Hospital. However, the existing model falls short. Although these students can finish their education here, they cannot stay to work due to a lack of suitable housing.²⁶ Looking to the future, as the population, both local and growing seasonal, ages there will be no one left to care for them.

25. McRoberts, Aaron Joseph. Kathy Hamer door-to-door pitch for running for town council. Personal Interview, August 3, 2022.

*“Long commutes have not been unusual for the staff at the West Parry Sound Health Centre, travelling from as far as Toronto, Coldwater or even Sudbury, ... People need attainable housing though, to make sure that they can live, work and play in West Parry Sound.”*²⁶

Donald Sanderson
Health Centres Chief Executive Officer

26. Taylor Clark. “Health-Care Professionals Battle Parry Sound’s Shrinking Housing Market,” ParrySound.com, September 5, 2022. <https://www.parrysound.com/news-story/10701759-health-care-professionals-battle-parry-sound-s-shrinking-housing-market/>.

*“If they can’t afford to live here, we won’t have them, period. It’s just that simple.”*²⁶

As of Winter 2022, the wait time for a family doctor in Parry Sound is unknown. This is a concern not just for new residents to the Parry Sound area but for many local residents whose family doctors are aging out of the workforce. People’s access to prescriptions to help with chronic pains or addictions is being put on hold while they wait for existing family doctors to accept new patients.²⁷ There is no local solution; the only option is to seek a family doctor in another town or city, or for a quicker solution, visit a walk-in clinic or emergency room. However, visiting the hospital is inefficient and puts further strain on hospital staff. Accessing the closest walk-in clinic means a 60 to 90-minute drive to the Town of Bracebridge or the City of Barrie.

This is an example of how the healthcare system in Parry Sound has limited Person-to-Person care. The Family doctor understands their patients’ personal health and is crucial to helping the growth of residents.²⁸ The current healthcare system has a one model fits all approach, which lacks the person-centred care that research has shown to give patients more agency over their health and is a critical factor in healing and recovering from illness.²⁹ Canada needs more person-to-person interaction and tailored health options.

A one model fits all mentality has been applied to housing and tourism in Parry Sound in following its current model of perpetual upwards economic growth. Given that personalized care is a possible solution for healthcare, the personalized local approach to these other sectors could be a way to avoid the current trajectory of Parry Sound’s decline. A new trajectory, by focusing on personalized growth, may improve the health and well-being of Parry Sound overall. Hopefully, if we change this model from a top-down economic approach to a bottom-up personalized approach, Parry Sound can reclaim its unique identity of the Place, which is its people and their connection to the Landscape.

Marliese Gause
Executive Director of The Friends
Parry Sound

Field of Study in Parry Sound

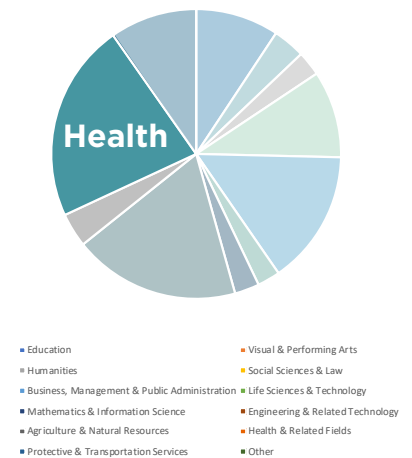
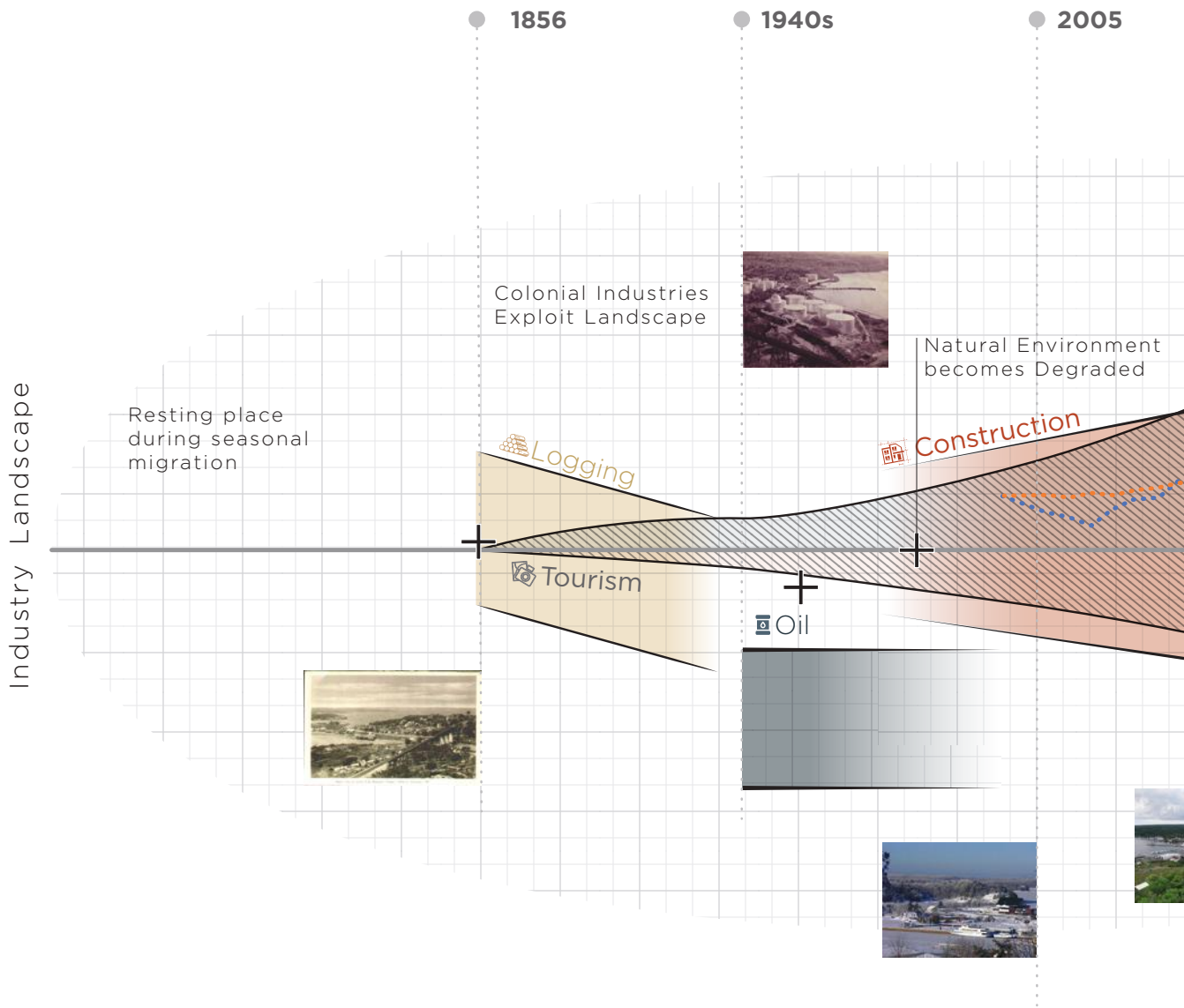


Figure 36 Chart of Fields of Study in Parry Sound

27. “The Value of Family Physicians,” OCFP (2022 Ontario College of Family Physicians. A Chapter of the College of Family Physicians of Canada), accessed January 10, 2023, <https://www.ontariofamilyphysicians.ca/advocacy/the-value-of-family-physicians>.

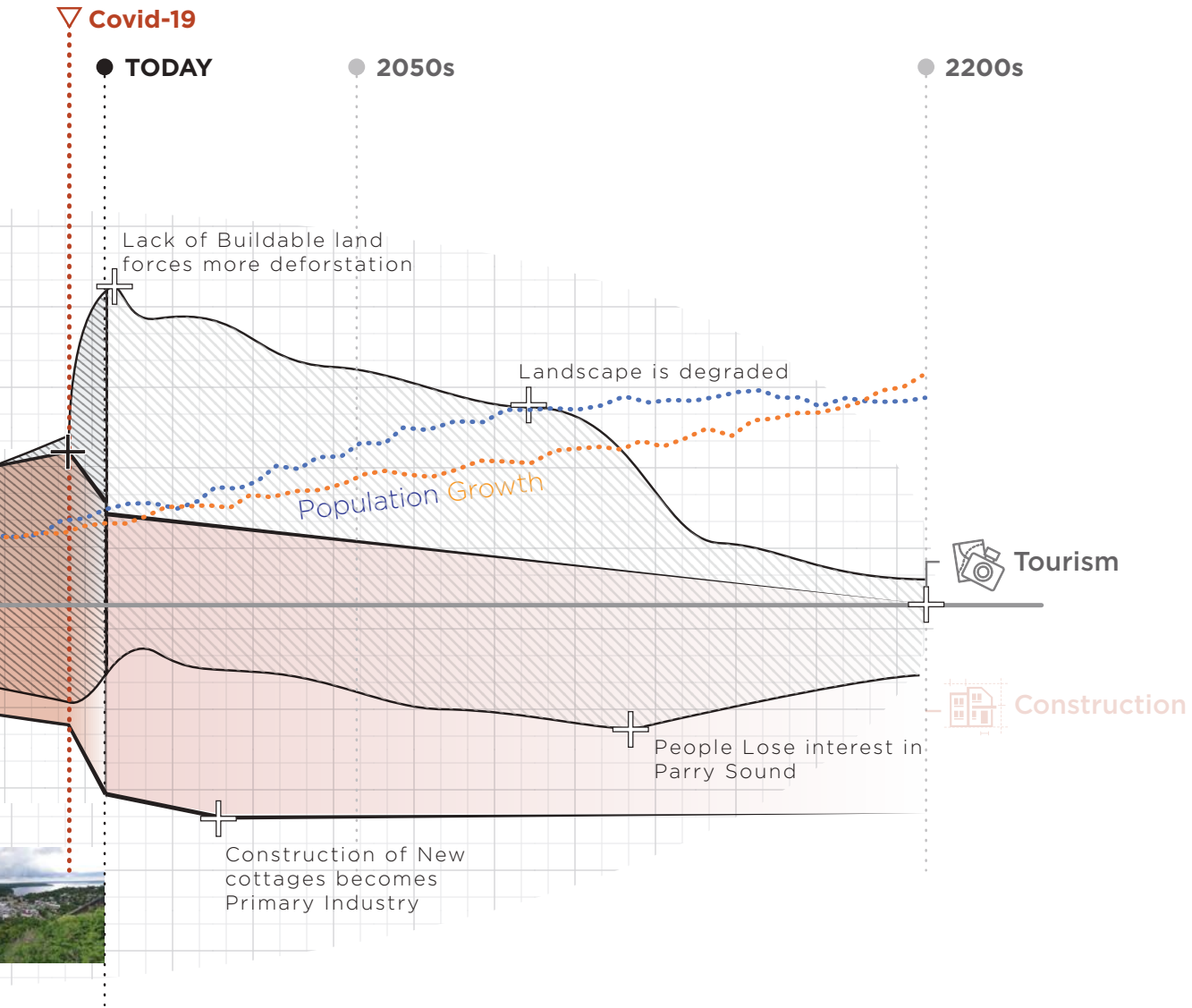
28. “Why Are Family Doctors Important?,” BCCFP (2023 BC College of Family Physicians, August 17, 2022), <https://bccfp.bc.ca/for-the-public/why-family-doctors-are-important/>.

29. Tessa Richards, Angela Coulter, and Paul Wicks, “Time to Deliver Patient Centred Care,” BMJ, October 2015, <https://doi.org/10.1136/bmj.h530>.



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Figure 37 Timeline of Path 1's Trajectory into the Next Two Centuries

Second Path

[Possible Future]

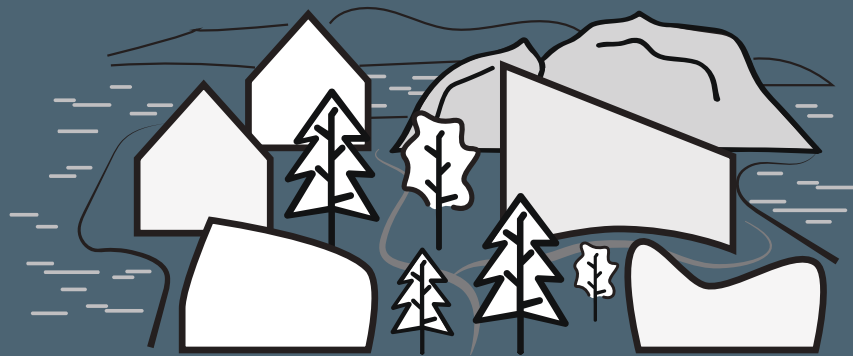
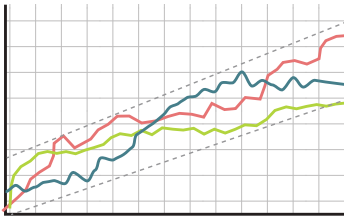


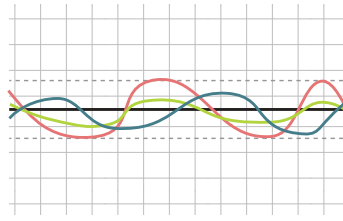
Figure 38 Developing housing integrated into the landscape in a small area

"Today we have economies that need to grow, whether or not they make us thrive. What we need are economies that make us thrive, whether or not they grow"³⁰

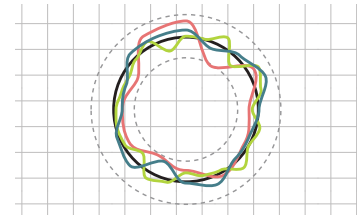
30. Kate Raworth, "Forward: Who Wants to Be an Economist," in *Doughnut Economics: Seven Ways to Think like a 21st-Century Economist* (London: Penguin Books, part of the Penguin Random House, 2022).



| Figure 39 Diagram Illustrating Upward Growth



| Figure 40 Diagram Illustrating Stability



| Figure 41 Diagram Illustrating Circular Growth

New growth starts with a different choice. Identifying a new trajectory for Parry Sound requires a new definition of growth that doesn't prioritize economic success over local health. Degrowth is a movement of 1100 scientists, scholars, and climate activists from over 60 countries to demolish the existing capitalist system that pursues upwards economic growth "At All Costs"; and instead advocates for prioritizing social and ecological well-being.³¹ However, achieving this goal demands a substantial alteration in the existing structures of society. It requires looking at housing, transportation, food, and materiality through the lens of community, locality, adaptability, and reuse.³² A new path for Parry Sound can improve local health and well-being without restructuring the way the local population lives within it by focusing on the community's needs and refocusing on the aspects of the Place that make Parry Sound unique.

Looking back, what first brought people to Parry Sound was its beautiful views of the water, nature, and landscape. The landscape was hospitable to the indigenous groups as a point of rest between migrations before its beauty attracted settlers who stayed for its abundant natural resources.³³ Today, the beautiful landscape is still the main factor attracting visitors and residents because it is integral to the identity of Parry Sound. However, what makes up a Place is its people as well as its landscape.

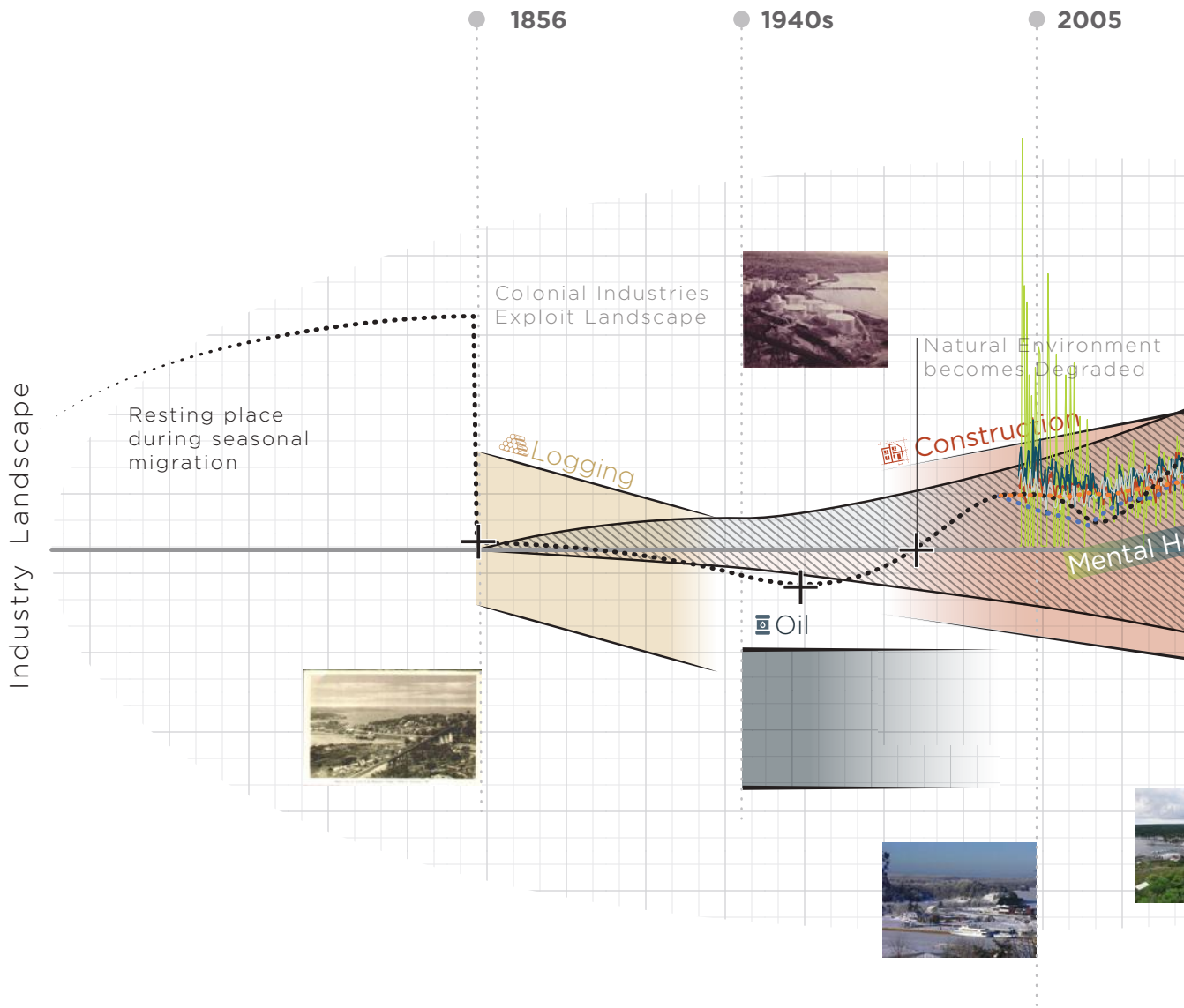
For Parry Sound's local population, living in the landscape isn't enough. They need growth that responds to current conditions for living where health and well-being are somewhat lacking. A new definition of growth for Parry Sound's population starts with finding a path toward self-sufficiency and helping residents gain self-agency. This can be accomplished without sacrificing Parry Sound as a holiday destination by investing more in current services that already support the local population. This way of thinking can raise the priority of mental health and give more focus to sustainable industries that support balanced living.

31. *Degrowth: Is It Time to Live Better with Less?* | CNBC Explains, YouTube (YouTube, 2021), <https://www.youtube.com/watch?v=la8u5P0KbPO&t=29s>.

"Degrowth Definition," Degrowth, accessed April 18, 2023, <https://degrowth.info/en/degrowth-definition>.

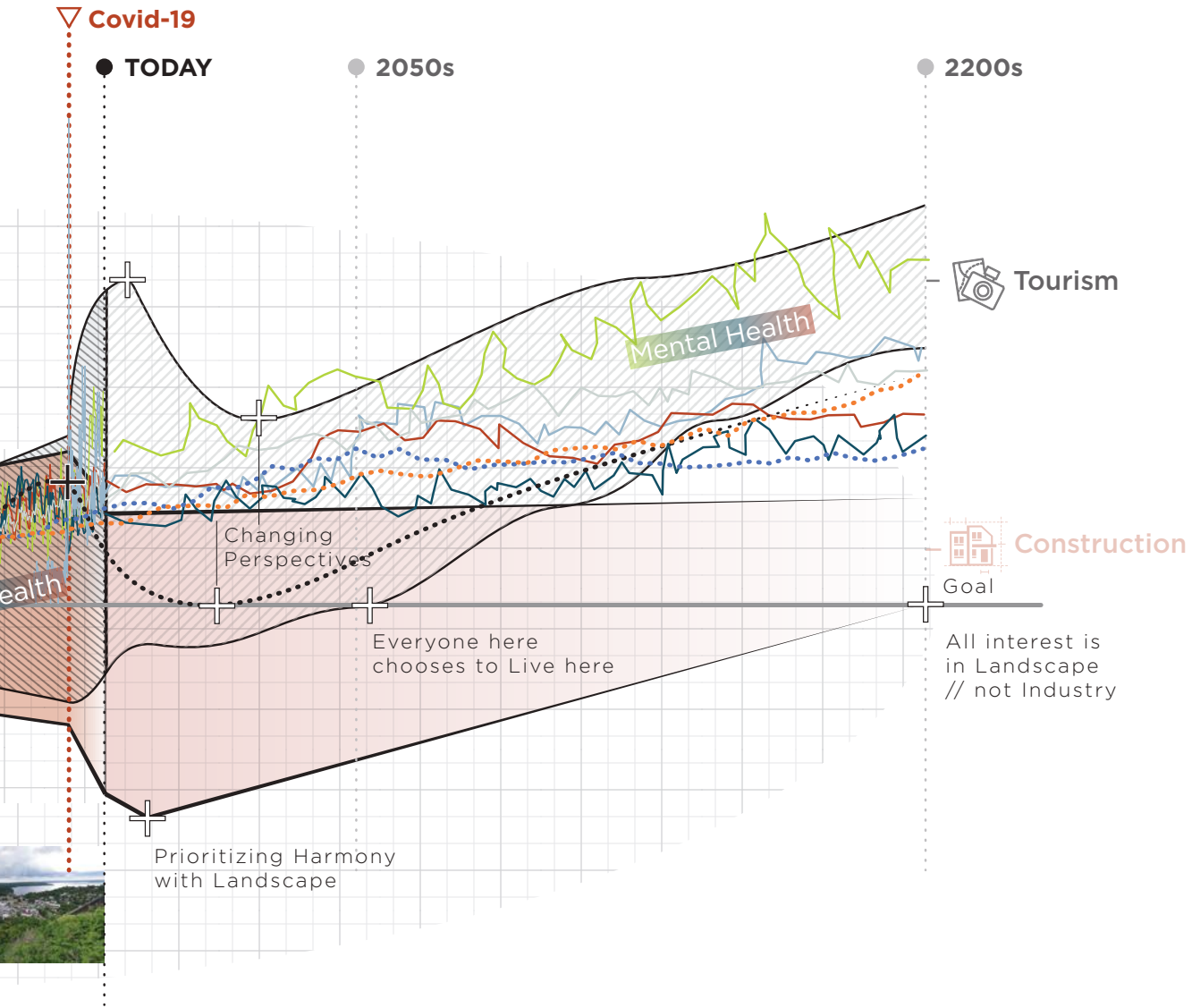
32. Tejvan Pettinger and Kamiel Choi, "Degrowth - Definition, Examples and Criticisms," Economics Help, April 27, 2020, <https://www.economicshelp.org/blog/164203/economics/degrowth/>.

33. *Waaseyaakosing: Wasauksing First Nation - Ojibway, Odawa & Pottawatomi - Parry Island, Ontario*, YouTube (YouTube, 2022), <https://www.youtube.com/watch?v=LHSsnp3M6bw>.



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countrynow.ca/special/parrysound/gallery/albums.php?gRedir=1

Figure 42 Timeline of Path 2's Possible Trajectory into the Next Two Centuries

Well-being in Canada

How humans live and work in the modern world was picked apart and put back together because of the Covid-19 Pandemic. Priorities were questioned as people learned more about the systems and services around them. People had the time to assess their living situation, financial security, access to food and services, relationship with burnout, mental health and quality of life. Recent trend data shows that Ontario residents, young and old, are increasingly prioritizing health and well-being. The government of Canada issued a statement about the success of implementing flexible work schedules and other means of achieving work-life balance; it stated that 75% of employees felt work satisfaction when able to work from home, compared to 27% satisfaction without the option to work from home.³⁴ Some Canadians took this time away from work to make changes in their lives for the better, taking the initiative over aspects of their health they hadn't considered and learned to cope and heal. Still, many others were unable to do this.

Straying further from hustle culture and seeking work opportunity accommodating to a work-life balance mentality, Ontarians are deciding to get out into their communities and prioritize physical activity, leisure, self-care, and experiencing nature. Canada is known for its beautiful forests, lakes, and landscapes, which makes escaping to experience nature easy for Ontarians. Urban residents can easily travel just a few hours into the rural countryside and get all the health benefits of escaping the city. However, many rural Canadians living in the natural landscape are too remote to access health services like walk-in clinics, physical therapy, and counselling that are abundant in the city.

The pandemic limited growth for many Canadians. Covid-19 strained many aspects of healthcare in remote or rural areas, which meant many residents could not get help from the existing infrastructure near them. Unlike urban centers, Canadians in rural areas were less able to change their food habits, change their sleep patterns, or gain access to professional help.³⁵ Hospitals were preoccupied with a myriad of public health concerns and often didn't have the ability to give thorough individual care. Infrequent access to essential physical, mental, and economic resources causes stress, exhaustion, and financial dependency. These limitations can stop people from living happy lives and prevent them from ever changing their circumstances.³⁶

34. "Focus on Work-Life Balance and Workload," Focus on Work-Life Balance and Workload § (2015), <https://www.canada.ca/en/treasury-board-secretariat/services/innovation/public-service-employee-survey/focus-work-life-balance-workload.html>.

35. Public Health Agency of Canada, "Government of Canada," COVID-19: What Canadians did for their mental health during the pandemic - Canada.ca / Gouvernement du Canada, July 18, 2022, <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/what-did-canadians-do-for-mental-health-during-covid-19.html>.

36. "Martin Seligman," Pursuit of Happiness, accessed December 20, 2022, <https://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/>.

The pandemic showed us that inadequate access to health stops people and communities from growing.

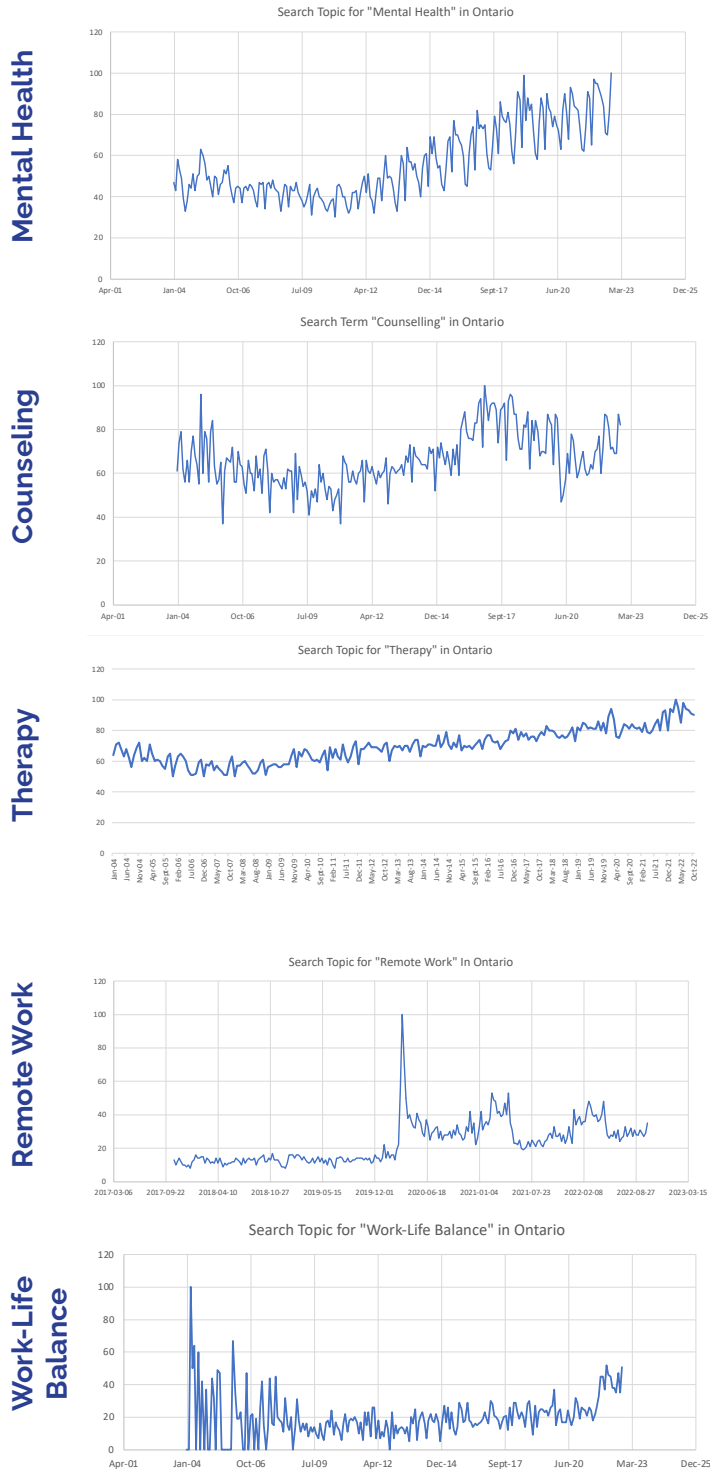


Figure 43 Google Search Terms over the years for Keywords related to Mental Health

Health Helping Circumstance

Successful personal growth requires having access to the necessary resources and tools to improve a person's mental health, attitude, and then emotional or financial circumstances. Stress on the working class caused by financial decline, long working hours, and physical labour, coupled with limited access to healthcare since the pandemic, can lead to a feeling that they lack control over their circumstances. Growth can start with being in control of your own health.

Focusing on increasing yield from tourism serves as a short-term solution to financial struggle. It forces locals to give power to the seasonal residents by extending the dependency of the town on their continuing developments. The decisions at the scale of the town and municipality shift to serve tourism, and as that industry grows, it will also dictate growth that happens locally. To gain control over the town's development, we need to [similar to personal growth] take control and take action towards improving local yield and fostering local growth.

If we try to give people self-agency and understand that their lives are under their own control, we can slowly dismantle tourism's dependency and power on the working class. If we give them a choice, they can choose their own path. Giving them self-agency over their health is where it starts. Once we understand that we can improve ourselves, we can improve our situation. Then by giving people better access to health services they can improve their financial situation and, over time, become financially independent.

The current healthcare system in Canada, Ontario, and Parry Sound has prioritized crisis management, expedited by the pandemic, which has highlighted a gap in services around Person-to-person care [See figure X]. Canadians need to invest more in pre-Acute care and re-evaluate community purview regarding personal health and well-being. This area of health is where Parry Sound residents can have the most control and input regarding their health and well-being. That human touch of Person-to-person care can lead to better and more sustainable health while addressing issues before they become critical. Since 56% of rural Canadians feel connected to their community, compared to 42% in Urban areas,³⁷ this kind of personal care is best suited to succeed in a community like Parry Sound's.

37 David Korzinski, 'Community Connections: For Young Adults, 'Belonging' Has Little to Do with Neighbourhood,' Angus Reid Institute, July 18, 2022. <https://angusreid.org/community-connections-covid-19-belonging-canada/>

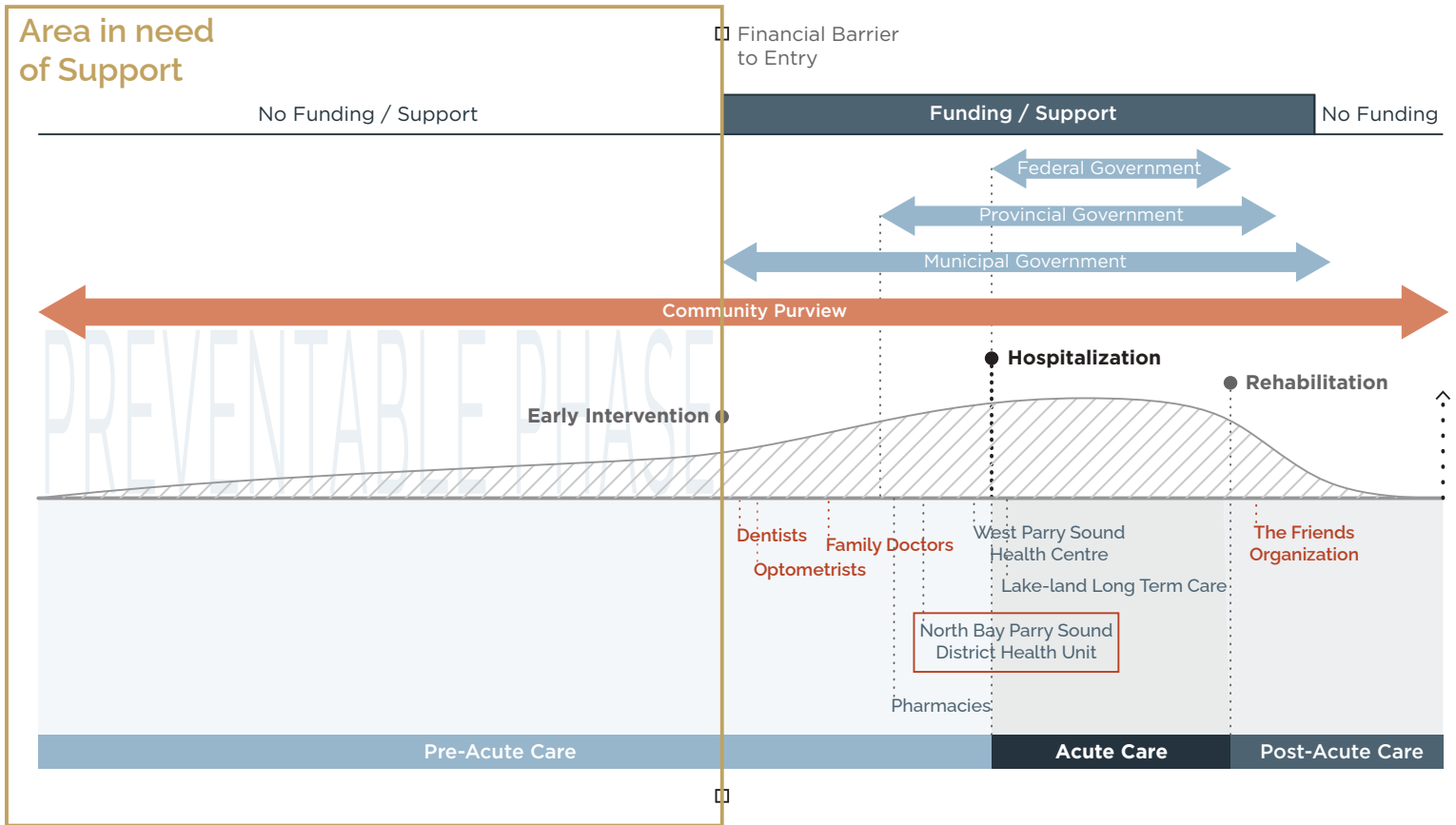


Figure 44 Timeline of Services available to Parry Sound Residents as illness progresses

What is Pre-Acute Care?

Regarding this thesis, the pre-acute stage contains any and all Preventative measures or health considerations that can prevent major illness or hospitalization, meaning having easy access to vaccines, counselling, community prevention services, etc.³⁸ Pre-Acute care can also be finding a local health professional that you trust; typically, this is a family doctor, a dentist or an optometrist, but it can go further.

38. "Preventive Care," Preventive Care - Healthy People 2030, accessed February 5, 2023, <https://health.gov/healthypeople/objectives-and-data/browse-objectives/preventive-care>.

Benefits of traditional medicine.

More and more Canadians are considering the benefits of traditional medicine and other alternatives to Western medicine.³⁹ Strong values like protecting individuals' mental health and understanding they need emotional, mental and spiritual needs on top of their physical care are what's attracting Canadians to traditional medicine methods. Understanding that Wellness is just as important as medication. In the current healthcare system, these aspects of Wellness and well-being are placed in reference to rehabilitation and not a prescription. We always hear the story of the doctor prescribing a day in the sun, but it is not what is being invested in from a corporate perspective. These aspects of Wellness are more preventative in pre-hospital pre-acute phases of health. This Wellness can prevent the need for much Acute care, and seeing a gap in this type of infrastructure indicates the need for further growth and investment at this level of health.

Traditional medicine aligns with the values of self-agency, independence and well-being.⁴⁰ These values align with the need for a growth mindset to break from financial dependence by giving people more control of their health. Independence is just as important in medicine as having autonomy over your own health can be the difference between recovering and not. Choice and self-agency go hand in hand, and healthcare has an opportunity to foster this type of growth.

Locally Grounded Health

Degrowth, community health, and traditional medicine are all gaining traction in the world today because they describe a way we can prioritize well-being. This personalized model of growth means investing in the Parry Sound community, fostering the relationships that already exist and creating spaces that are democratic with room to grow naturally. This can help Parry Sound residents solve their problems without relying on external forces such as money from seasonal residents or the big industries that they have attracted. Engaging in discussions with local community organizers is the next step in defining locally grounded growth for Parry Sound.

39. Stephanie Cram, "Mohawk Woman Blends Western and Indigenous Medicine to Fight Cancer | CBC News," CBCnews (CBC/Radio Canada, April 29, 2016), <https://www.cbc.ca/news/indigenous/mohawk-medicine-cancer-1.3555988>.
Amy Legate-Wolfe, "Traditional and Western Medicine: It's Not One or the Other" (Western University Report, March 17, 2015), <https://westernreport.fims.uwo.ca/index.php/traditional-and-western-medicine-its-not-one-or-the-other/>.

40. Pamela Williamson and Angela Recollet, AHACs and Aboriginal CHCs Response to Patients First: A Proposal to Strengthen Patient-Centred Health Care in Ontario, AHAC Patients First Response (Southwest Ontario Aboriginal Health Access Centre, March 2016), <https://soahac.on.ca/wp-content/uploads/2015/01/AHAC-Patients-First-Response.pdf>.

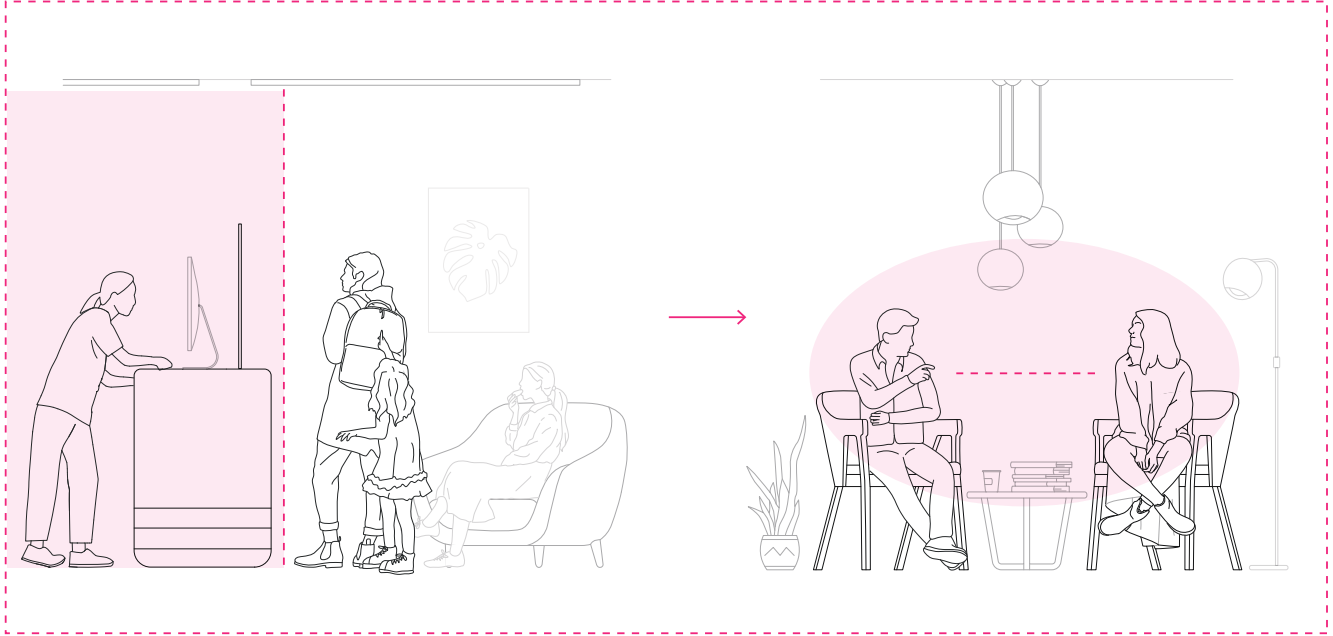
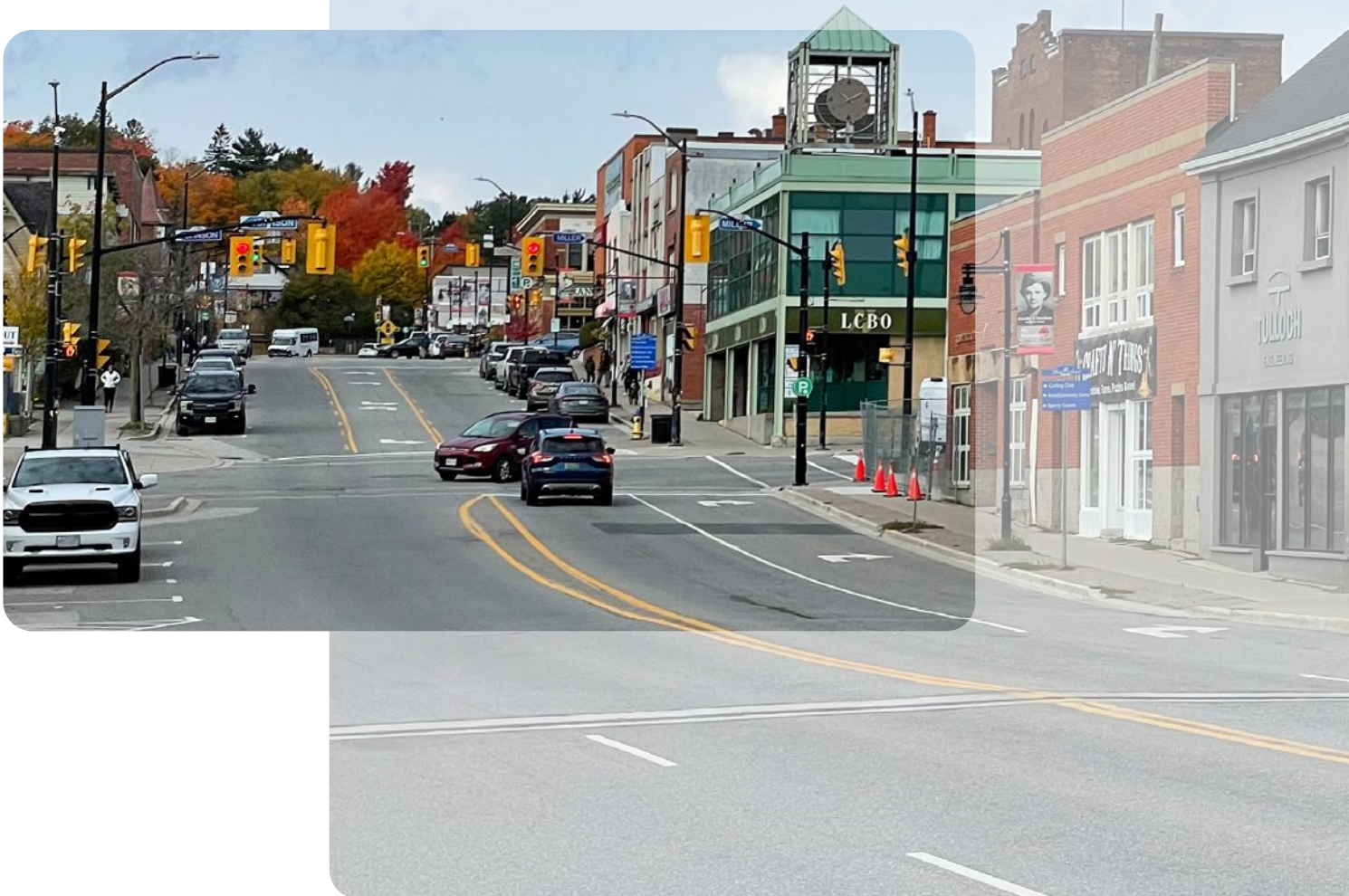


Figure 45 Diagram illustrating a Shift from normative Healthcare to Person-to-Person care

PART TV



VO



Figure 46 View of Logging Mural in Downtown Parry Sound

How Can Architecture Inspire Locally?

y Grounded Growth in Parry Sound?

/ 'graʊndɪd / - adjective

Deeply or **strongly rooted**;
firmly fixed or established.

Community

Grounded Design

With an architectural design centred around personal growth and identity, there is great importance in making the design grounded in the community. Scientifically, “Grounded Theory Methodology” is a form of data collection for social sciences that combines structured observation, drawing, and mapping with qualitative in-depth interviews, transcripts, and memos to produce a substantive theory.⁴¹ Put simply, this is an empirical way to try and understand space and how people use it. Architects may employ community outreach strategies to connect with local opinions and perspectives. The feedback can be invaluable to understanding the social and cultural characteristics that top-down design can miss; such as incorporating colour and art, making activities and meeting spaces open to view, or making areas more accessible to a broader range of the community. For this design, getting input from the community organizations and members’ design is aimed to help is crucial to formulate a grounded strategy for growth. This means talking to people with the same goals to strive for people-centred growth, to help others, to instill values of self-learning and self-agency, and who know the importance of person-to-person interaction.

41. Fermanto Lianto, “Grounded Theory Methodology in Architectural Research,” *Journal of Physics: Conference Series*, July 1, 2019, <https://doi.org/10.1088/1742-6596/1179/1/012102>.

Parry Sound Initiatives

Several small initiatives in Parry Sound are already aimed at increasing quality of life and community participation.

Sound Youth Counselling

In partnership with local schools, this organization helps students deal with mental health and stress. In conversations with this group, one of their members expressed that their main concern was helping students and young adults deal with issues around identity and their future and helping them gain confidence in themselves and an understanding of their emotional well-being.

One of the obstacles preventing them from helping more of the community was the stigma towards accepting help, expressing that it would be preferable to locate their services closer to other community health initiatives. This would provide anonymity as to what service a person was consulting.³⁸



Figure 47 Sound Youth Counselling Logo and Discussed Design Nodes

42. Colleen McLean, Interview by author, Phone Call, November 11, 2022.

Harvest Share

Food banks like "Harvest Share" give struggling residents access to food that otherwise would have been thrown out by big box stores. One regular event is catered by volunteer professional chefs, which is free for those in need as well as open to those who wish to donate money for a professionally prepared meal. Harvest Share serves a couple of dozen people a week through a community kitchen event held at a nearby church and has expressed the desire to host these events at a location with a properly stocked kitchen.³⁹



Figure 48 Photo of Outside of Harvest Share Food Drive and Logo and Discussed Design Nodes

43. Harvest Share Volunteer, Interview by author, James Street Parry Sound, November 11, 2022.

Community Support Services

This organization is satellite to the long-term care homes in Parry Sound and is constrained by space and budget. After downsizing, due to the pandemic, they can host fewer events than they used to and cannot accommodate as many people. Even though they know how to serve the needs of the community with their active shuttle system that allows those with handicaps to access their services still, they have been unable to provide the same quality of service since the pandemic. They expressed the need for a community space that could accommodate a range of programs and have minimal to zero rental fees. The difference between \$20 and \$50 an hour for an event space can be enough to prevent community kitchens and food drives from happening when needed.⁴⁴



Figure 49 Community Support Services Logo and Discussed Design Nodes

⁴⁴ Linda Taylor, Interview by author, Phone Call, November 11, 2022.

Kathy Hammer

In a phone conversation with town councillor Kathy Hammer, she brought up issues of healthcare services and health education and the affordability of housing for young healthcare workers. She suggests that a community health campus is possible if we accommodate health-oriented programs that require less oversight. She explains that given that several healthcare students are unable to find affordable housing with jobs at the existing Parry Sound District Health Unit, programs like physiotherapy, parental clinics, and other preventative [pre-acute care] programs would give these students an opportunity to gain valuable work experience to further their career in health.⁴⁵



Figure 50 Town Council Logo and Discussed Design Nodes

⁴⁵ Kathy Hammer, Interview by author, Phone Call, November 12, 2022.

The Friendship Center

Some organizations like The Friendship Centre specialize in dealing with the Indigenous community in Parry Sound and neighbouring Wasauksing First Nations. While speaking with elder Delores McKay, in charge of some of the wellness activities at the friendship center, she highlighted how many community members fear accessing help from organizations they don't know. Acknowledging that the consistency of place and people play an essential role in earning trust, and constant changing of employees and locations affects the perception of an organization's ability to help the community. They employ nature walks and host events at the same place every day to ensure trust that this is a safe and reliable service. However, many of their community lunches do not have a successful turnout because they cannot host these events in the same area every week. They desire a space that is reliably available for public use, that is capable of indoor and outdoor learning, and be able to host ceremonies.⁴⁶



Figure 51 Parry Sound Friendship Centre Logo and Discussed Design Nodes

46. Delores McKay, Interview by author, Video Call, November 17, 2022.

GBBR [Georgian Bay Biosphere Reserve]

Grown by the Bay is an initiative started by the Georgian Bay Biosphere that helps residents buy locally grown food by making it easier to find small business owners in the food industry.

The Reserve works with community gardens and small grocery stores to improve food quality and the environment. Their hope is to be able to expand their growing season into the winter, as their winter programming is limited to infrequent informational events, which puts a pause on their efforts to promote local food.⁴⁷



Figure 52 Georgian Bay Biosphere Reserve Logo and Discussed Design Nodes

47. Teryl Faulkner, Aliena Hoskins, and Delaina Arnold, Video Call, November 18, 2022.

These initiatives could form a stronger community network for the people of Parry Sound if they were able to inhabit a permanent or consistent space. Reliability and consistency are crucial for these organizations to earn the trust of the people they serve. The pandemic has limited the spaces these organizations can reliably rent, inhabit, or afford, and as a result limiting how effectively they can help the community. These initiatives are in dire need of an open, reliable, and stigma-free built infrastructure to succeed in their efforts.

4.1.2 Sudbury Community Organizations

The area of Greater Sudbury is one example of small-scale community organizations making health and community a priority through food initiatives in Northern Ontario. At an event to empower local food initiatives in Sudbury entitled Reflections on Current Projects and Visions for the Future, a large group of community organizers came together to discuss the importance of food and community, dignity, and mentorship. They discussed that successful community organizations make changes through a balance of program, partnerships with others, and making changes in policy at the local level [Figure 53].

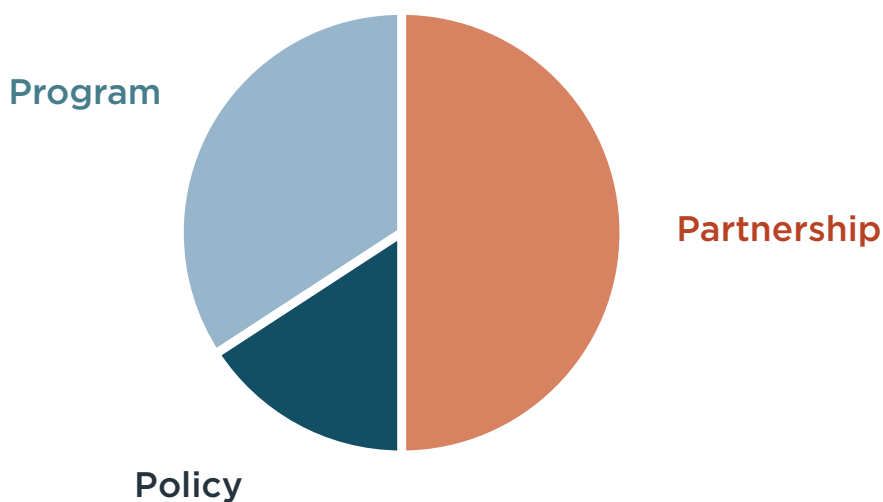


Figure 53 Diagram of Program, Policy, Partnership, Drawn by Author

YAM [Youth Agricultural Mentors] Program

Youth Agricultural Mentorship Program explains that there are 3 Pillars to fostering identity: 1) Connection to Self, 2) Connection to Land, and 3) Connection to Community. Another advocated for improving community participation in troubled youth through programs that gave them Advocacy and Agency, expressing that having mentorship and feeling invested were key to their healing. Overall, these programs' perspectives on individual growth and identity aimed to combine the act of growing food and making with ideas of growth and healing.⁴⁸

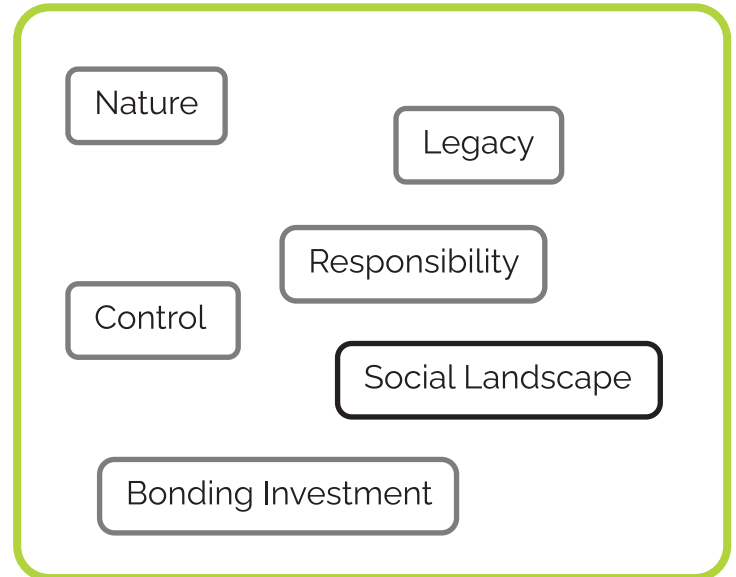


Figure 54 YAM Discussed Design Nodes

48. Fiona Tough et al. "Empowering Local Food Initiatives: Reflections on Current Projects and Visions for the Future," *Empowering Local Food Initiatives: Reflections on Current Projects and Visions for the Future* (November 24, 2022).

Future North

Future North believes that by bringing advocacy and agency to young people you can create an atmosphere and place that gives troubled youth a feeling of mentorship and that someone is willing to invest in them. At their gardens, young people look to other generations for knowledge. It is a meeting point for intergenerational connection and mentorship and gives everyone the opportunity to learn about the differences in generations and demographics through the shared experience that is food. They believe that nurturing plants is a metaphor for the Self, and the more care you give them the higher chance they will thrive; you must give them patience, feed them, give them time in the sun, and plant it in a community of other plants to help it thrive.⁴⁹

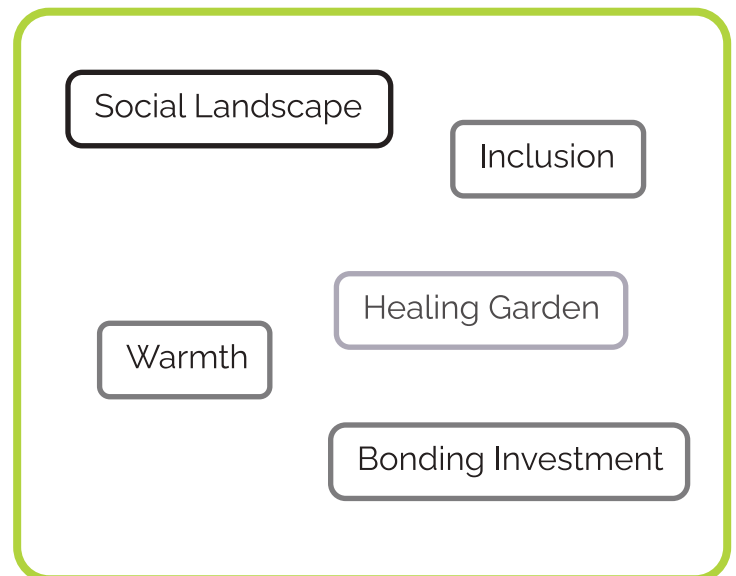


Figure 55 Future North Discussed Design Nodes

49. *ibid*

Flour Mill Community Garden also uses Art & Expression to let its users explore the land and themselves. People are better able to process hard times and connect to land by painting landscapes, and in doing so a shared experience fosters a connection to people through painting. This creative act can bring you closer to the community and give people validation through seeing others share a connection to the place and growing and healing. Seeing in others similar aspects that youth may be discovering about themselves can really change their perspective on life, and cultivating those stories and connections is extremely important to healing a person and a community.⁵⁰

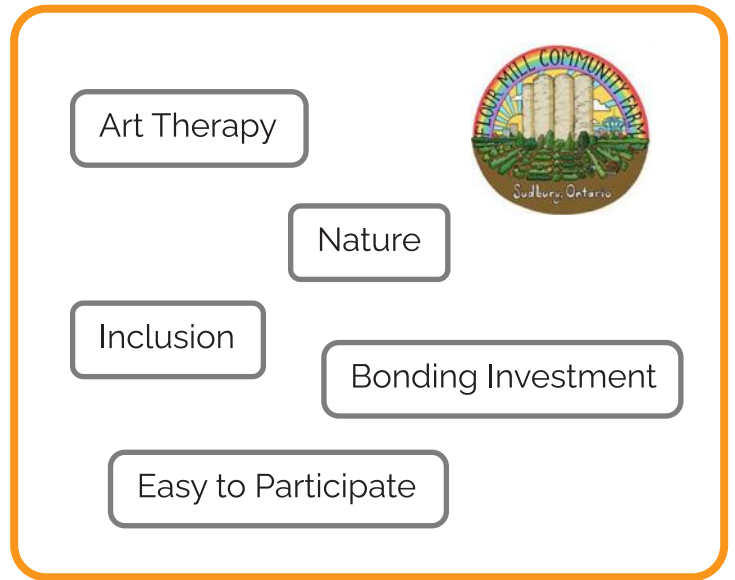


Figure 56 Flour Mill Community Farm Logo and Discussed Design Nodes

50. ibid

Airin Stephens

Keynote speaker Airin Stephens, Program Director of Education, Employment and Advocacy at the Roots Community Food Centre, spoke about her experiences working with children. At her organization food is a tool for education, funding, and access to resources for kids and youth to gain self-reliance. The environment is a safe learning space, highlighted by the fact they let children use fire and give them trust to handle responsibilities they normally wouldn't be allowed. In giving them this freedom, they can learn to expect more from themselves. In addition, their paid opportunities for youth give them more incentive to get involved and experience more opportunities and responsibilities at their centre.⁵¹

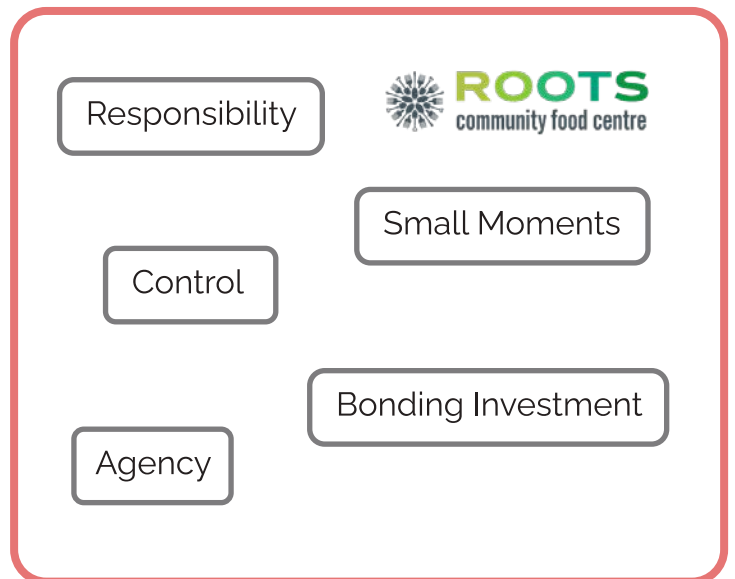


Figure 57 Roots Community Food Centre Logo and Discussed Design Nodes

51. Airin Stephens, "Keynote – Roots Community Food Centre: Place, Community and Dignity," *Empowering Local Food Initiatives: Reflections on Current Projects and Visions for the Future* (November 24, 2022).

In these discussions with the community organizations around mental health and well-being, empowering identity was an important goal for them. Believing in yourself, who you are, where you come from, and what you can accomplish is important to making healthy choices on your path to growth. This illustrates the benefit of the community and social well-being as it pertains to the pre-Acute phase of healthcare; through social interaction and belonging these organizations reduce stress and improve mental health.

“Regular social interaction reduces people's risk of developing depression, anxiety, symptoms of dementia and suicidal thoughts, increases their self-esteem and feelings of belonging and can improve brain function.”⁵²

52. Jenny Roe and Layla McCay, in *Restorative Cities: Urban Design for Mental Health and Wellbeing* (Bloomsbury Visual Arts, 2022), pp. 195.

Helping just one person in need can be a rewarding challenge, and to successfully scale this to help a greater population of Parry Sound, we need to scale and strengthen a network of people. One way architecture can help is by giving these existing Parry Sound initiatives the space and resources to achieve a the social healing that similar organizations are already doing in other parts of Canada. These small volunteer groups are effective at supporting the community around them and offering that person-to-person care with all the services they provide. Architecture can create a space where these organizations can connect and collaborate to bring about more meaningful change.

Identity

Through the interviews with Parry Sound's community organizations, the issue of an identity crisis, finding one's place in the world, and searching for a purpose has come up often. Part of why Parry Sound's identity has been washed away has been because the local population finds it hard to tie their individual identity to the identity of the place. While Parry Sound's identity has been transfigured through excessive development, as it enters this next stage of growth, residents need to feel pride in themselves and their place in Parry Sound. Looking at YAM's 3 Pillars model to foster identity: 1) Connection to Self, 2) Connection to Land, and 3) Connection to Community. These pillars serve to connect the identity of people and the identity of place together.

Some people can be searching for personal identity their entire lives; one thing organizations and architecture can do is give people the space to explore their understanding of self. Many creative activities, like painting, include teachings on the emotion of colour and line, symbols and structures, and exploring personal stories, cultural identity and understanding of self.⁵³ Learning from The Friendship Centre, communities in Parry Sound and Wasauksing use physical activities to engage people with the landscape as a method of understanding the self. In speaking with their Executive Director, it is unmistakable that their success in fostering belonging and identity is through the landscape. Creating a relationship with the land can help people escape stress and better understand their state of mind.⁵⁴ They firmly believe that when people go out to learn together or participate in collective activities, the outcome is sharing, connecting, and ultimately, healing.⁵⁵ The sharing of stories can also help create bonds within a group or a community. In a study done at Duke University, at-risk young people who listened to and read the experiences of their peers gained a better understanding of who they were, having reflected on their past accomplishments, their families, their landscapes, and their challenges and were less likely to drop out.⁵⁶

53. "Empowering Identity in Art," The Art of Education University, October 20, 2022, <https://theartofeducation.edu/flex/collections/empowering-identity-in-art-ca/>.

54. Sophie Wilkinson, "A Psychological Perspective on Landscape - JSTOR," Landscape Architecture Australia (JSTOR), accessed November 13, 2022, <https://www.jstor.org/stable/48513810>.

55. Delores McKay, Interview by author, Video Call, November 17, 2022.

56. The Identity of Place | Mary Woster Haug | TEDxBrookings, YouTube (YouTube, 2015), <https://www.youtube.com/watch?v=8S6wP-weGRYs>.

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

Eleanor Roosevelt
U.S. FIRST LADY, DIPLOMAT,
HUMAN RIGHTS ACTIVIST

“I am the Captain of my Fate, I am the Master of my Soul”

William Ernest Henley
AUTHOR OF THE POEM ‘INVICTUS’

“Place is space infused with meaning”

Lois Phillips Hudson
ACADEMIC, EDITOR, AND
NOVELIST.

Through the collective community journey of discovering identity, as described in the experiences of other community organizations, Parry Sound and its residents can bolster their ability to make decisions and become more confident in making choices to better their health and well-being.

Self-led Growth

Being able to ask for help takes a lot of strength, and likewise, so does being able to accept help. Even though Parry Sound's community seems to be on track to fill the gap in healthcare for the local community, the services to be found in urban areas within reach of the seasonal resident are significantly greater than the services available here and now to the local resident. A strong foundation of services would be the best way to incentivize growth in a community. Investigating Maslow's hierarchy of needs, compassionate design, and emotional architecture brought to light certain needs that architecture would meet to help an individual on their journey towards growth.⁵⁷

Personal growth starts with a personal choice. Whether someone has found their purpose or not, whether they are comfortable with who they are or not, that person has the right to choose to do more, to learn more, or be more. In health and well-being, the right to choose is as much an expression of individual identity as an exercise of autonomy.⁵⁸

"Advocates of patient-centred medicine argue that the best protection for patients from excessive paternalism is to be gained by emphasizing the central role of patients in decision-making about their clinical care. Like evidence-based medicine, patient-centred medicine too has been described as marking a fundamental shift in medical practice, a 'Copernican revolution.'"⁵⁹

What Parker states above is an excellent example of how changing a mindset towards person-centred issues reframes thinking of a solution from a patriarchal or top-down approach to an individual choice or bottom-up solution. The takeaway for Parry Sound, as was learned from the community, is that by creating people-centred initiatives and providing alternatives to institutional health services, we can shift to better health for all residents. We can give residents back the choice to invest in health

57. Jenny Donovan, *Designing the Compassionate City: Creating Places Where People Thrive* (New York (NY): Routledge, 2018).
Maslow, A. H. "A Theory of Human Motivation." *Psychological Review* 50, no. 4 (1943): 370-96. <https://doi.org/10.1037/h0054346>.

58. Yusrita Zolkefli, "Evaluating the Concept of Choice in Healthcare," *Malaysian Journal of Medical Sciences* 24, no. 6 (2017): pp. 92-96. <https://doi.org/10.21315/mjms201724.6.11>

59. Michael Parker, "The Ethics of Evidence-Based Patient Choice," *Health Expectations* 4, no. 2 (2001): pp. 87-91. <https://doi.org/10.1046/j.1369-6513.2001.00137.x>

Learning from Each other

One way to prompt healthy choices in others is by leading by example. Parry Sound initiatives bring people together to learn and work collectively through workshops, classes, and group activities. These 'encounter-based impressions' can help foster growth in interaction around common goals where people can acquire new skills and attitudes by working together.⁶⁰ However all of these interactions are personal and require like-minded people to be present and bond over shared experiences. For individuals who may be dealing with an internal struggle, sharing space and conversation can be difficult, they need space and time alone to reflect or heal. These two types of growing are typically separated in counselling facilities due to the difference in privacies; however, opening some of the public spaces for spectators may be a step between the two.

Activities like gardening, painting, dancing, and cooking classes are perfect to hold the grasp of spectators, i.e., people watchers, who are content in merely observing for now. For those who may be healing privately, people-watching allows them to see others' emotional states, expressions, body language, and responses to these activities or types of healing.⁶¹ Healing through making can be one activity style that lets those involved achieve new skills and foster personal connections. This can also let recluse participants learn through observation,⁶² they can learn at their own pace, in their own company, which will ultimately help them make healthy choices.

60. Susanne Quadflieg and Ian S. Penton-Voak, "The Emerging Science of People-Watching: Forming Impressions from Third-Party Encounters," *Current Directions in Psychological Science* 26, no. 4 (2017): pp. 383-389, <https://doi.org/10.1177/0963721417694353>

61. Susan Krauss Whitbourne, "The Expert's Guide to People Watching," ed. Jessica Schrader, *Psychology Today* (Sussex Publishers, April 18, 2015), <https://www.psychologytoday.com/us/blog/fulfillment-any-age/201504/the-experts-guide-people-watching>.

62. Susanne Quadflieg and Ian S. Penton-Voak, "The Emerging Science of People-Watching: Forming Impressions from Third-Party Encounters," *Current Directions in Psychological Science* 26, no. 4 (2017): pp. 383-389, <https://doi.org/10.1177/0963721417694353>

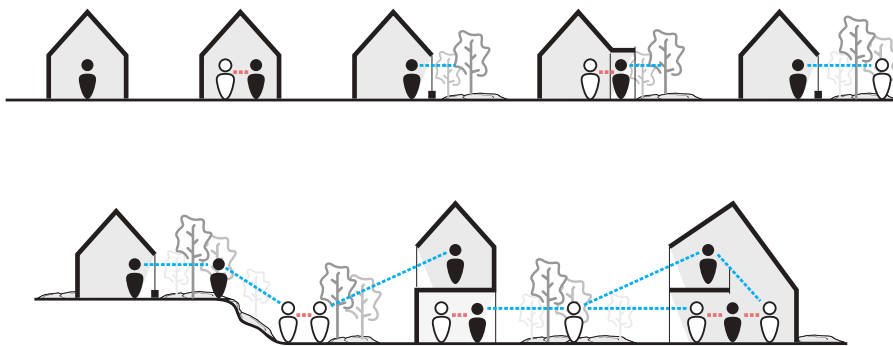


Figure 58 Diagram of a kit of parts of healing, incorporating people watching

Community organizations in Parry Sound and Wasauksing first nations use physical activity to allow people to interact with the landscape as a method of healing. For these local organizations, it's unmistakable that their success in fostering belonging is through the landscape. They firmly believe that when people go out to learn together or participate in collective activity, the moral is about sharing and connecting, but ultimately about healing.⁶³ Creating a relationship with the landscape can help people escape stress, and better understand their state of mind.⁶⁴

63. Delores McKay, Interview by author, Video Call, November 17, 2022.

64. Sophie Wilkinson, "A Psychological Perspective on Landscape - JSTOR," *Landscape Architecture Australia* (JSTOR), accessed November 13, 2022, <https://www.jstor.org/stable/48513810>.

Spaces

To better understand the relationship between healing and the natural and built environment, part of the methodology of this thesis is examining successful case studies. These examples employ evidence-based design for wellness, biophilic therapy, natural materials, thermal and acoustical comfort, and democratic spaces to create an environment conducive to healing and growth.

Case Studies

In 2022 the Architects of the Springfield University Hospital, C.F. Møller Architects, won a first-place prize in the Building Better Healthcare award under the category of Best External Environmental Project.⁵⁹ The project won because its exterior spaces have the same attention to designing well-being as the interior spaces.

"We were very focused on creating planted gardens and not sterile courtyards. Planted gardens within which you can observe the changing seasons and experience the sights, smells, and textures of living nature. Gardens to bring biodiversity and therapeutic relief into a high-density health institution,"⁶⁰ says Sam Whatman, architect and director of C.F. Møller Architects' London branch.

Springfield University Hospital exemplifies C.F. Møller Architects' design philosophy around well-being. The Campus program includes inpatient and outpatient wards, Recovery College, teaching facilities, support services, and 133 beds in the hospital and expecting further growth with surrounding residential developments.⁶¹ Evidence-based healing design maximizes growth through designing with all the abiotic factors that impact wellbeing. Through examining published evidence in the field, their design includes aesthetic views of surrounding nature, access to natural daylight, intuitive wayfinding, adaptable floorplan, varying public and private spaces, and comfortable acoustic design.⁶²

59. "Springfield University Hospital Wins Building Better Healthcare Award," November 9, 2022, <https://www.cfmoller.com/g/Springfield-University-Hospital-wins-Building-Better-Health-care-award-i19616.html>.

60. *ibid*

61. "Springfield University Hospital, Mental Health," C.F. Møller, accessed January 17, 2023, <https://www.cfmoller.com/p/Springfield-University-Hospital-i2959.html>.

62. "Springfield University Hospital Wins Building Better Healthcare Award," November 9, 2022, <https://www.cfmoller.com/g/Springfield-University-Hospital-wins-Building-Better-Health-care-award-i19616.html>.



Figure 59 TOP
Springfield University Hospital Outdoor Campus



Figure 60 LEFT
Interiors of Housing at Springfield University Hospital Campus



Figure 61 MIDDLE
View outside of Housing at Springfield University Hospital Campus



Figure 62 RIGHT
Public Atrium Space in Springfield University Hospital

The firm Mahlum based in the United States has done work in the healthcare field that caters to well-being, values community input, and is designed with users in mind. "Mahlum envisions a world where healthy human and environmental systems thrive. We believe community empowerment will be the game-changing force that leads to sustainable, transformational ways to make that possible."⁶³ The following two projects by Mahlum are carefully curated to merge personal and public spaces with other evidence-based design elements for wellness.

63. "Design for Good, Impact through Empowerment," Mahlum, accessed January 18, 2023, <https://www.mahlum.com/premise/philosophy-values/>.



Figure 63 Waiting area of Rainier Beach Clinic



Figure 64 Floor Plans showing Concept behind layout of Rainier Beach Clinic

The Rainier Beach Clinic utilizes an evidence-based design approach for practice innovation, comprising primary qualitative and quantitative data collected by the firm. This evidence from surveys and in-depth observation of existing clinics led them to conclude a biophilic design approach would be a crucial design element to incorporate throughout their design. After a post-occupancy evaluation, they found that the biophilic design contributed to less stress and tension among patients and healthcare workers.⁶⁴

64 "Rainier Beach Clinic," Mahlum, accessed January 17, 2023, <https://www.mahlum.com/projects/rainier-beach-clinic/>.



| Figure 65 Peace Island Medical Centre Lobby

65. Ben Channon, in *Happy by Design* (RIBA Publishing, 2019), p. 57.

66. "Peace Island Medical Center," Mahlum, accessed January 18, 2023, <https://www.mahlum.com/projects/peace-island-medical-center/>.

67. *Ibid*

68. American Institute of Architects, "Peace Island Medical Center," *Architect Magazine (THE JOURNAL OF THE AMERICAN INSTITUTE OF ARCHITECTS)*, July 11, 2013, <https://www.architectmagazine.com/project-gallery/peace-island-medical-center>.

Any kind of access to views of nature can improve our mood.⁶⁵ The Peace Island Medical Centre uses natural materials and similar evidence-based health designs to create a welcoming atmosphere that reflects and benefits the unique environment and place.⁶⁶ Located in the remote rural county of San Juan, this project is meant to be a vision of rural healthcare through the design of the area's first hospital.⁶⁷ Situated among rocky terrain, thriving vegetation, and surrounded by a forest, the building responds to the terrain and plant species in accordance with Living Building Challenge to not just respect but design for the landscape.⁶⁸ Its unique position within the landscape allows each space to have different views of the surrounding environment.



| Figure 66 Peace Island Medical Centre Hallway



| Figure 67 Peace Island Medical Centre Exterior

The firm Duda|Paine Architects PA based in North Carolina, prides itself in designing spaces for the mind, body, and spirit. The firm intentionally designs for wellness through views and access to nature, natural materials, flexible spaces, comfortable and mobile furnishings, and clear wayfinding throughout the project. In the example below, we can see all these features in action.⁶⁹

The facility was a category 'A' winner of the AIA National Healthcare Design Awards 2010, it blended the natural environment with the demands from "the man-made requirements of modern clinical care". With a "mission to provide a comprehensive, customized, whole-person approach to health care" it uses materiality, expansive views of nature, and meditation spaces to complement the facilities' integration of traditional and alternative medicine.⁷⁰ The project also won an Architectural Lighting Magazine Commendable Achievement Award for its strategic use of lighting throughout the building.

"[...] In many areas, light is used to evoke a mood or emotional response. In the interior meditation room, for example, lighting can be varied for a range of settings, from bright and airy to peaceful and contemplative. The center's lighting supports its mission: to approach healthcare as a holistic endeavor embracing the mind, body and spirit."⁷¹

Lighting in spaces is even more important for an architect to consider when designing for wellness. Evidence-based design in health and architecture shows that increased daylight improves mental well-being, and different lighting strategies can drastically change the feeling of stress in space. Patients experiencing seasonal affective disorder can be prescribed light therapy which involves being exposed to natural daylight for an extended period.⁷² To integrate this into the façade design of spaces, High-level windows can provide natural light and views to exterior spaces while maintaining privacy for users on the interior.⁷³ Using artificial lighting can delineate functions like task lighting, create privacy, make a space feel more relaxing or even enable a sense of escapism in a space.⁷⁴

69. "Duke Integrative Medicine," Duda|Paine architects, February 17, 2023, <https://www.dudapaine.com/all-projects/wellness/duke-integrative-medicine/>.

70. *ibid*

71. "Duke Integrative Medicine (Lighting Design) by Cline Bettridge Bernstein Lighting Design," Architizer, January 21, 2016, <https://architizer.com/projects/duke-integrative-medicine/>.

72. Andres Magnusson and Diane Boivin, "Seasonal Affective Disorder: An Overview," *Chronobiology International* 20, no. 2 (2003): pp. 189-207, <https://doi.org/10.1081/cbi-120019310>.

73. Ben Channon, in *Happy by Design* (RIBA Publishing, 2019), p. 17.

74. Ben Channon, in *Happy by Design* (RIBA Publishing, 2019), p. 25.



Figure 68 ABOVE
Atrium space with interior vegetation and rock garden and bent wood columns

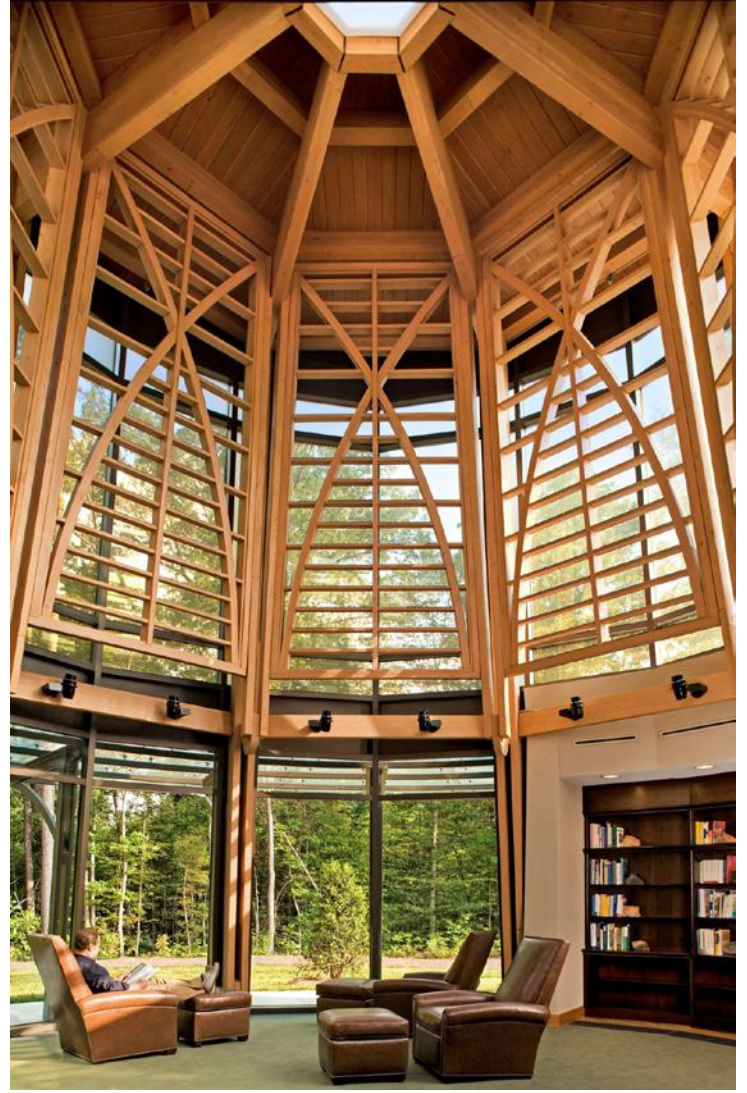


Figure 70 ABOVE
Vaulted Library space with Large Glass facade and Walkout to Exterior Green space

Figure 69 BELOW
Curved Corridor with Interior lighting, Daylighting, seating, and curvilinear carpeting to connect visually to the exterior landscape



Figure 71 BELOW
Health Centre at night with interior lighting making the wood interior glow.



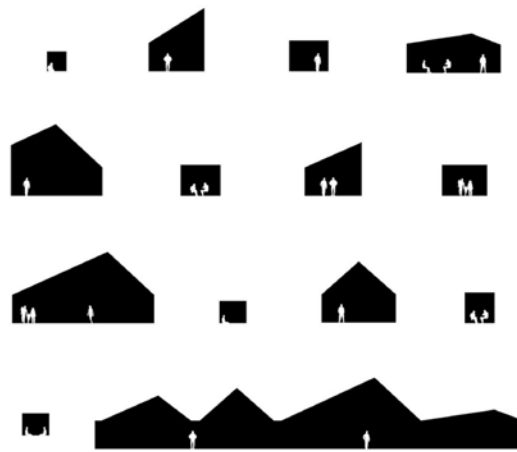


Figure 72 LEFT
Sit in bookshelf casework in Livrum Cancer Counselling Centre

Figure 73 RIGHT
Partii Diagram showing varying volumes of spaces created by roof height, angle, and room size

Figure 74 BELOW
Diagrammatic Section showing Roof height Variations



The Livrum Cancer Counselling Center distinguishes itself from its surrounding hospital buildings through its varying roof pitches and heights.⁷⁵ This creates interior spaces that vary from large gatherings to narrow passages, private personal space to public open spaces, or quiet calm nooks to less quiet and more active spaces. Some smaller spaces employ quiet restfulness, allowing physical rest and escape from the more active spaces.⁷⁶ Regardless, every type of space is given access to light and nature with its two central courtyards: "one where you sit and meditate in silence and one that promotes physical activity and social interaction."⁷⁷ Circumambulating these two courtyards in the undulating ceiling are a range of rooms, each with its own architectural character, for informal points of healing like therapy and other intrapersonal interaction.⁷⁸

75. "Livrum Cancer Counselling Center," effekt, accessed March 2, 2023, <https://www.effekt.dk/livrum>.

76. Ben Channon, in *Happy by Design* (RIBA Publishing, 2019), p. 95.

77. "Livrum Cancer Counselling Center," effekt, accessed March 2, 2023, <https://www.effekt.dk/livrum>.

78. https://www.archdaily.com/464296/livrum-cancer-counseling-center-effekt?ad_source=search&ad_medium=projects_tab



Figure 75 LEFT
Formline Multi-purpose Gathering Space

Figure 76 RIGHT
Formline Open Communal space

With their circular forms and natural materials, the feeling of these spaces is calming and non-evasive; they offer anonymity and openness to the types of events that any user can hold. This adaptability of space has been shown to empower users and increase happiness.⁷⁹

79. Ben Channon, in *Happy by Design* (RIBA Publishing, 2019), p. 41.



Figure 77 LEFT
BCIT Lobby, BCIT Aboriginal Gathering Place, 2011.

Figure 78 RIGHT
Ibid alternative view

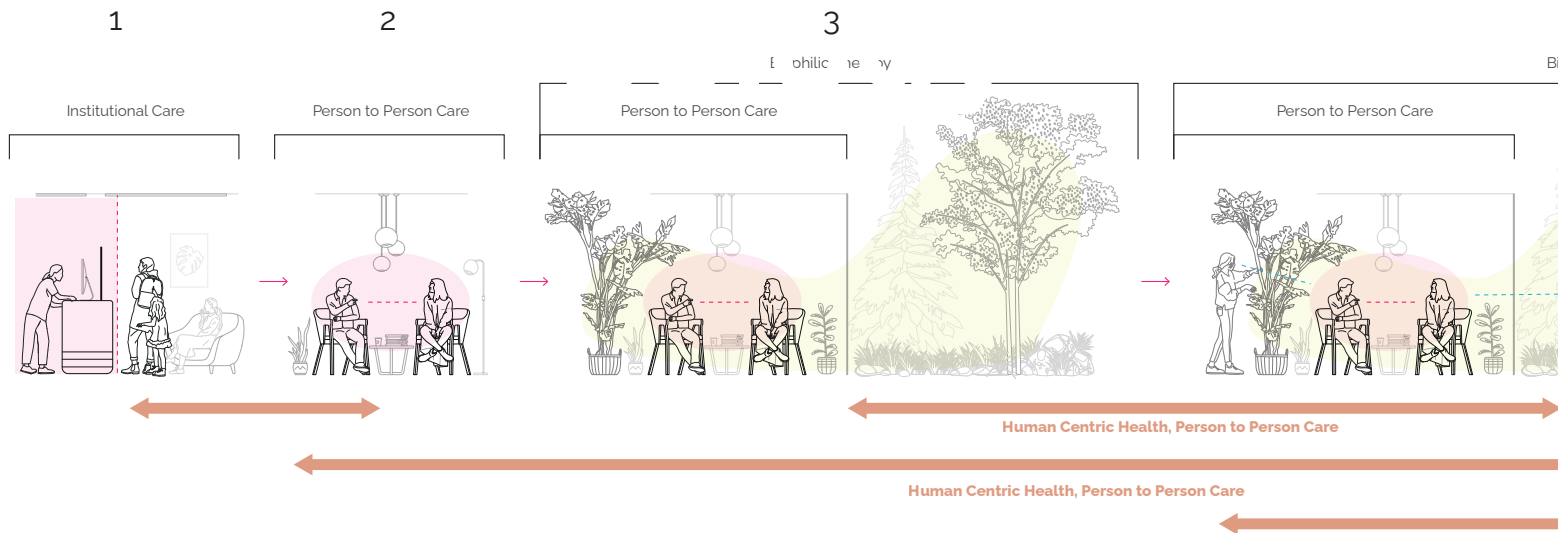
Introducing New shapes, materials, and textures to reinvent sterile hospital space can make it feel more human-centric, decreasing the negative feelings associated with harsher clinical environments.



Figure 79 LEFT
The Wampum Learning Lodge, Glulam Bentwood Pavilion

Figure 80 RIGHT
Thunder Bay Spirit Garden at sunset. Photo by Tom Arban.

Combining architectural design, natural forms, and the landscape can create a gathering space that is open and democratic for any and all users to fill with life. Bentwood pavilions can be placed on rocky terrain or concrete parking lots, anywhere from the natural to built environments.



A New Typology

Stig Versterager Gothelf extracts from literature about growth and self-actualization ways in which architecture can contribute to the wellness and well-being of patients at a hospital. Architecture can design for the individual, foster social interaction, and incorporate cultural values. Designing for the individual includes allowing for access to natural light, adequate space, connection to nature, and overall creating a sense of comfort and safety. To foster social interaction, providing a framework of support around the individual in creating accessible services and places for family and friends and community to reside. Incorporating cultural values can take the form of expressing a sense of place, valuing local identity and being respectful of the history and story of the people and place while contributing something new.⁸⁰

3 - Individual

The next stage of design for healing is to integrate the environment. This allows patients to experience natural light, give views of nature, and experience the place in a way that some may take for granted. It can be as easy as putting plants in offices, as many interior designers do. The rocky terrain, trees and views of the lake are great assets synonymous with Parry Sound that would connect the patient to nature and grounds their experience to the place.

80. "Scandinavian Patient Environments," Architects for Health, June 4, 2021. <https://www.architectsforhealth.com/2021/06/scandinavian-patient-environments/>.

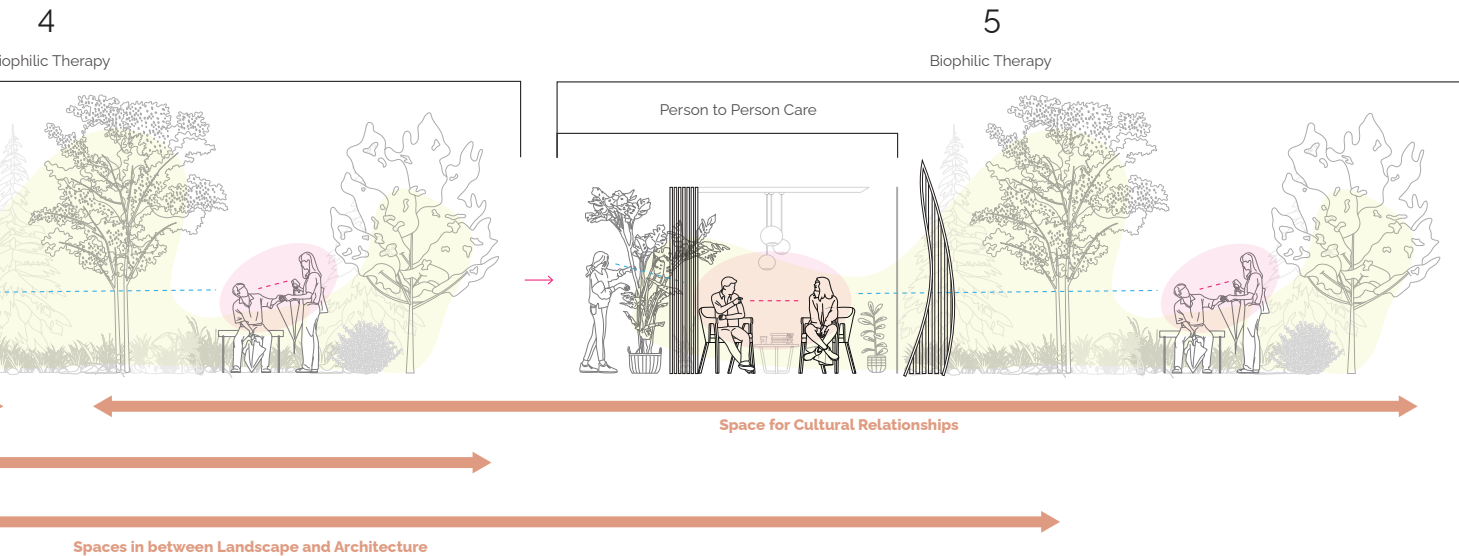


Figure 81 Diagram Illustrating Progression of Spaces as they incorporate more aspects of Evidence Based Design for Wellness

4 - Social

Input from many organizations showed that having shared experiences with others greatly improved well-being. Having opportunities for more connection, interaction, or just observing others on their journeys can promote the same aspects of healing. Degrees of privacy and openness provided by spaces of various sizes allow users to heal in their own time and with whom they choose

5 - Cultural

Architecture that adapts to the types of community organizations that Parry Sound has to offer; users can change the fabric of the building and the feeling of the space to match the cultural identity of day-to-day Parry Sound, giving power over the identity of the space to the user. Interpretive spaces with movable furniture and partitions allow the space to conform to the desired activities

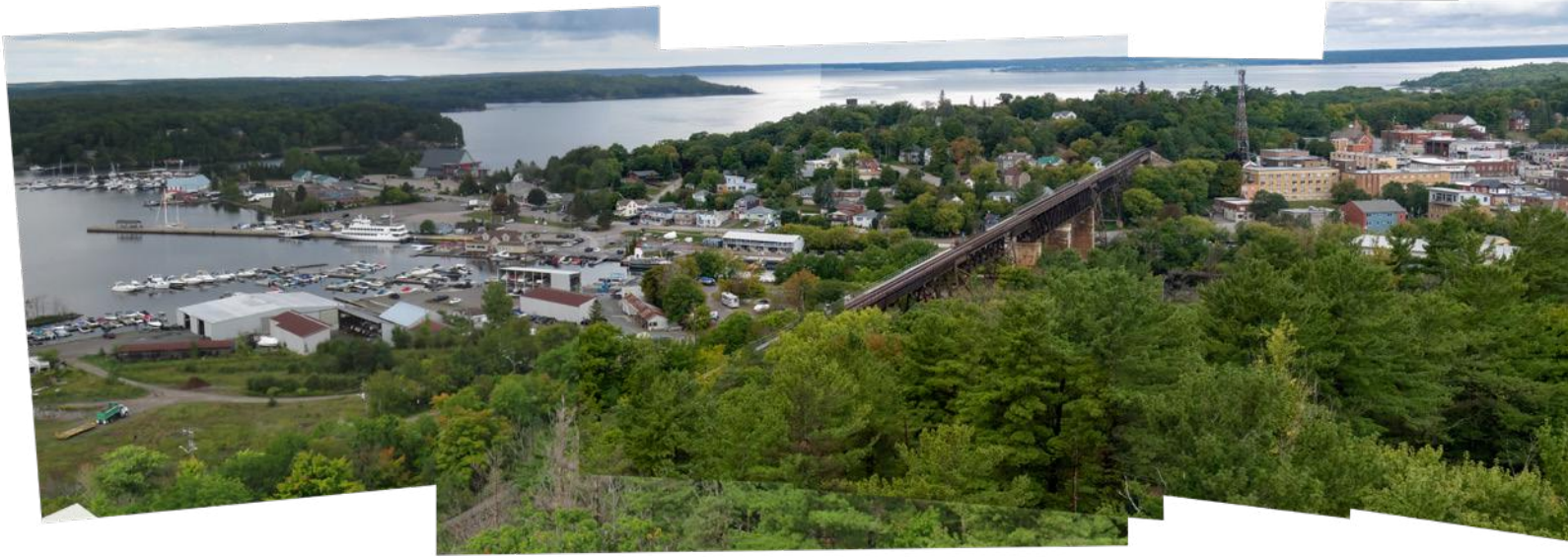




Figure 82 Photo-stitch Panorama of Downtown Parry Sound

PART THREE

How Can Architecture Inspire Locally

y Grounded Growth in Parry Sound?

/ grōTH / - noun

The process of developing or maturing physically, mentally, or spiritually:

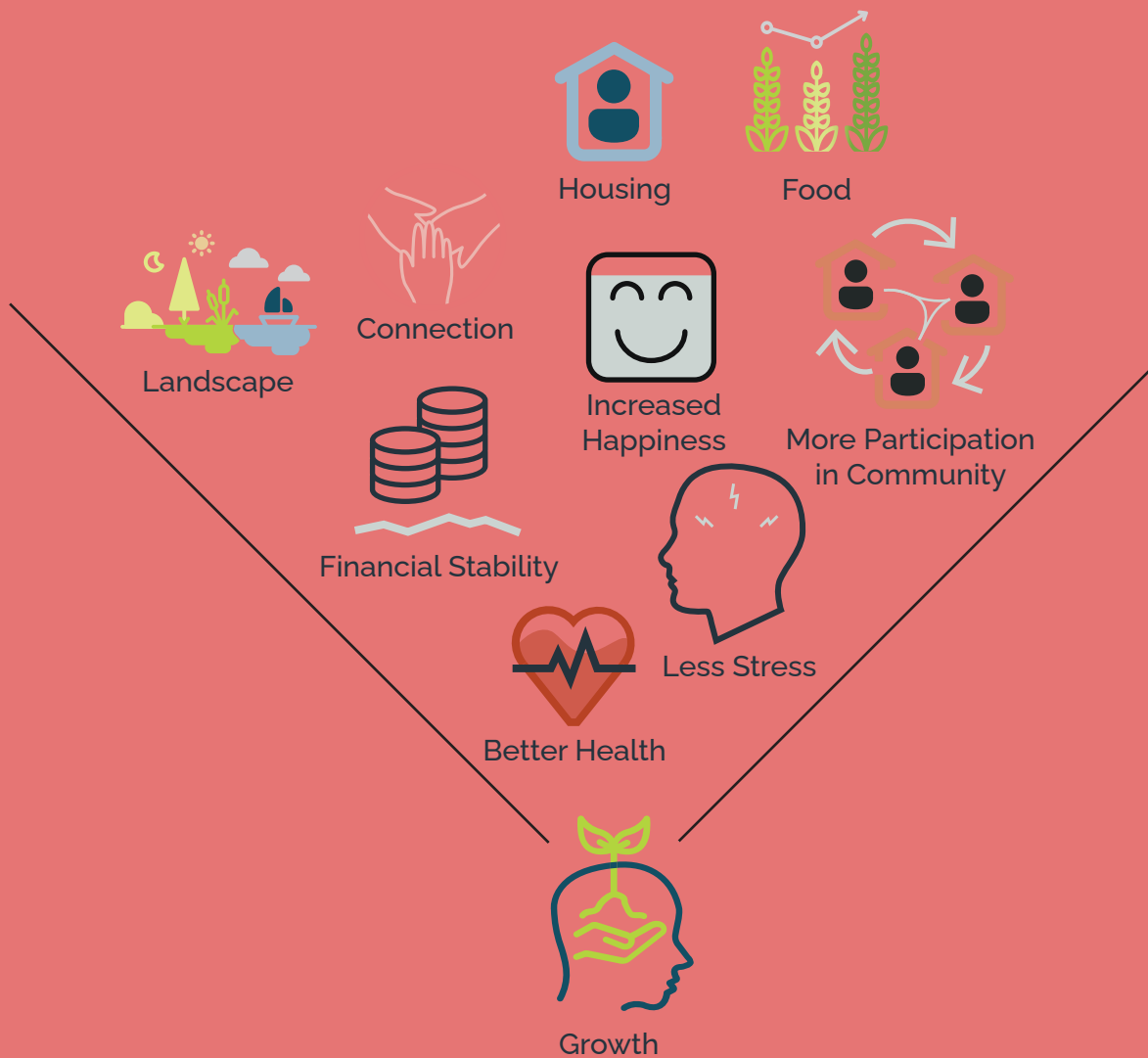
or

An increase in the size or importance of something.

or

The increase in ability to produce goods and services

Designing for Growth



Locally Grounded Growth

For Parry Sound, Growth looks like addressing the town's seasonal dependency, improving local health services, and providing a Centre for the local community that is accessible in all seasons. Uncoupling this dependency means finding economic agency outside of the tourism and construction sectors. While some community voices urge for more affordable housing, some hope for more opportunities to grow food locally, almost all the voices stressed the importance of more localized development around Health.

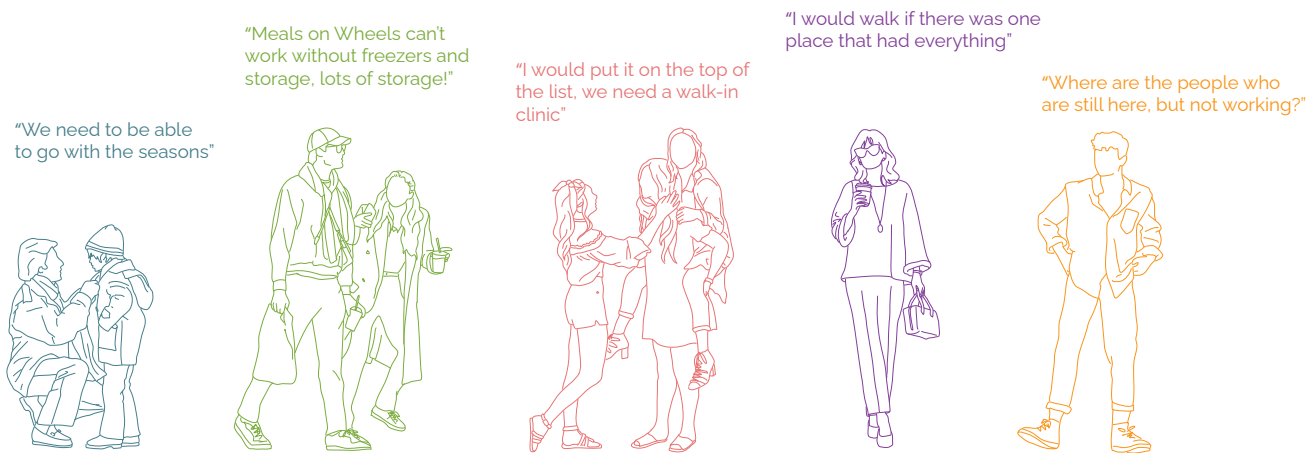


Figure 84 Diagram Illustrating Voices of Parry Sound

Through discussions with several community organizations and key figures, a better understanding of Parry Sound and its needs has developed. Each group provided insight into How the local population of Parry Sound is asking for help: How Parry Sound has operated in the last few years; how Covid-19 has changed their focus; how it impacted their ability to help. That understanding has developed into a select few architectural programs that would aid their existing efforts to achieve local growth.

Programming

These are the programs that came up in the discussions. The ones that they felt would benefit their organizations' efforts to help and would be best to engage the community to improve their health. I've synthesized it to these select programs under the scope of Housing Health and food. The community's answer to locally grounded growth is through these providing these services and programs to the community and having a singular and reliable space to do so, along with the themes of adaptability, seasonality, and connection to nature.

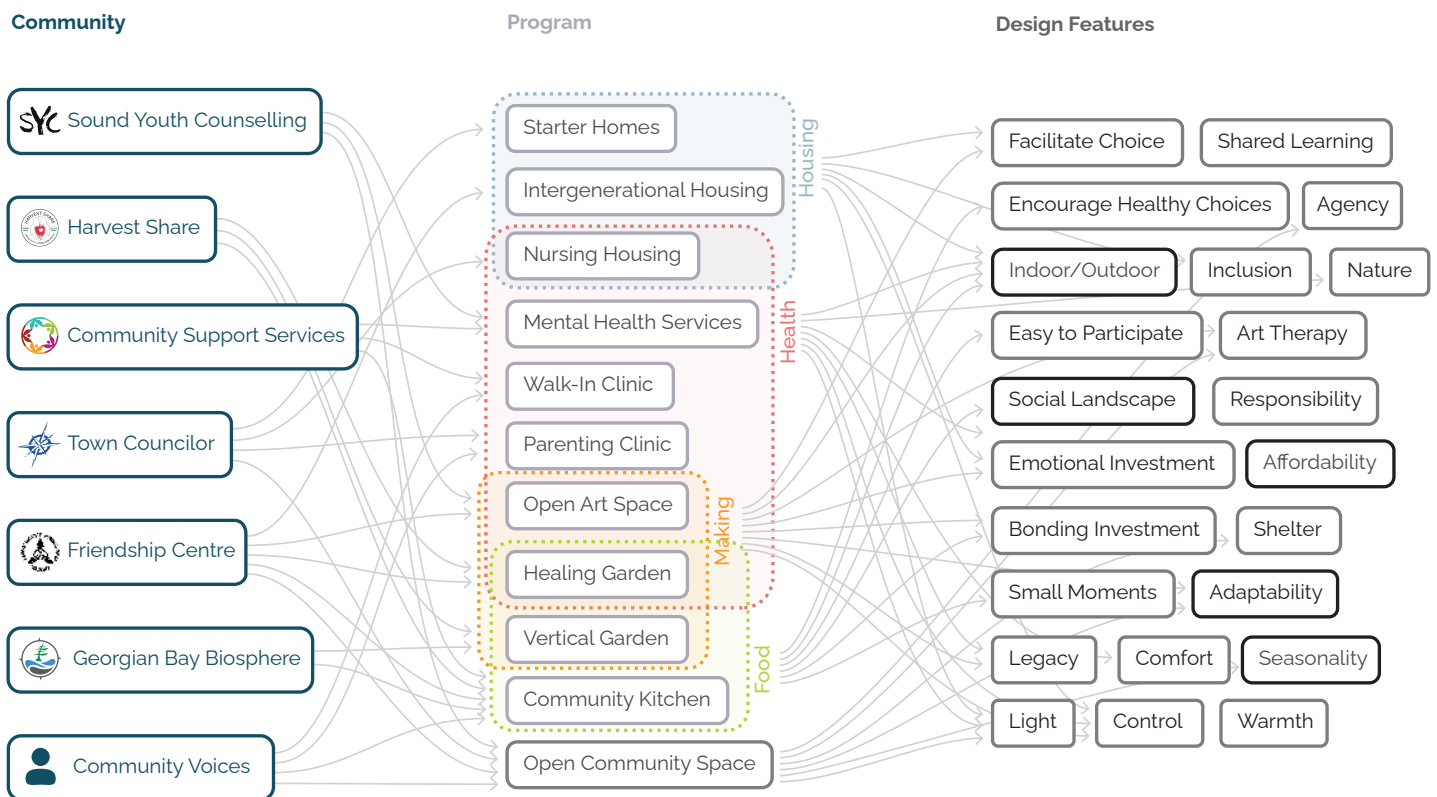


Figure 85 Diagram of Community Organizations connecting to Programs and Design features

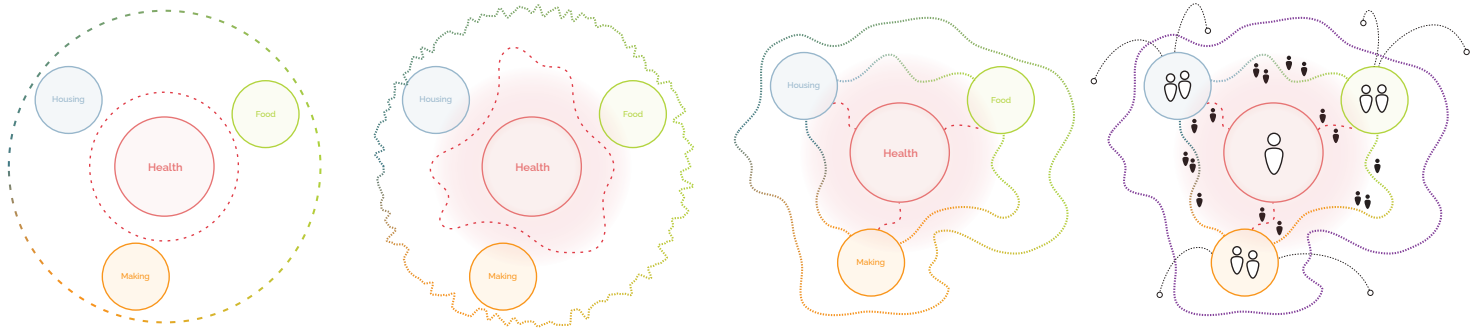


Figure 86 Partii Diagram of personal and circular growth in continuing stages of connectedness

Concept

Addressing financial instability and prioritizing well-being and community in Parry Sound places Health at the core of this New Growth. While Housing, Food, and Making are also important to well-being and financial stability, they are peripheral to Health. This donut-like shape represents the new path for Parry Sound. After addressing personal health first and foremost, then residents have the capacity to explore these other aspects of stability and growth. Then as the boundaries between health and the other spaces overlap, these shared spaces offer special interaction and collaboration as residents connect over common experiences, tell stories and inhabit the landscape.

If, in 50 years, Parry Sound's needs change, this concept can work with a multitude of new programs. Ensuring this concept succeeds in its goal to bring locally grounded growth to Parry Sound, with changing programs and buildings over the years, it is important that the site remains consistent. This site will need to be a Place within Parry Sound that will still be relevant to its story of growth for the next 50 to 150 years. Embedding the project into a natural landscape that is in proximity to downtown Parry Sound for easy access by local residents would increase the longevity of this new Health Centre and its usefulness to the community.

Site Analysis

The story of the harbour and its history connects to all demographics of Parry Sound. It has the indigenous story of a resting place between migrations to admire the natural archipelago and views of Georgian Bay, the colonial story of being set up as a logging port providing jobs and infrastructure, and the tourist story of celebrating the natural landscape.

Today the harbourfront is being used as a docking bay for smaller ships and the locally famous Island Queen cruise ship that tours through the archipelago. Along the edge of the waterfront, many local restaurants have come to serve tourists locally-grown food. From there, tourists would be able to look out at the views of the water, see the planes landing on the water, and watch as the boats from Georgian Bay come into shore.

On the other side of the Sound, there is a new development along the water. Once a brownfield site caused by an oil spill in the 50s, the land has now been ecologically restored enough for new development. Over the next few years, passersby can see the new construction of luxury condos and a business center that will one day bring in more economic opportunities for the Parry Sound coastline.

The road to the waterfront ends on a peninsula where, other than a few special occasions during the summer, a new visitor would never know what was there. Three distinct zones make up the peninsula: the Stockey Centre, ServiceOntario, and scattered boat storage sheds. The current site of the Stockey Centre is large but rather underutilized. It's neighbour is an old police station turned ServiceOntario building, whose parking lot hosts several small satellite temporary office structures that block views to the water's edge. Dilapidated boat storage and a smaller harbour mark the point of the peninsula. The site doesn't reach its full potential to connect visiting tourists and the neighbouring community to the site's unique features that represent Parry Sound's landscape.

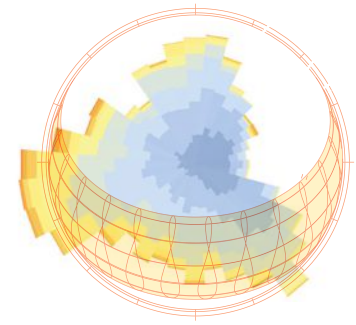


Figure 87A Solar Path and Wind Rose
Diagram adjusted for coordinates of Parry Sound

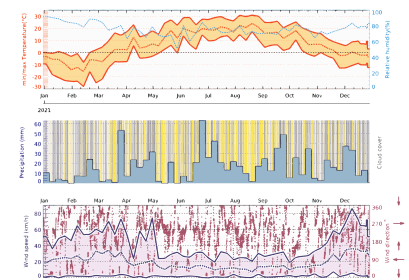


Figure 87B Annual Statistical information of
Parry Sound's Climate patterns

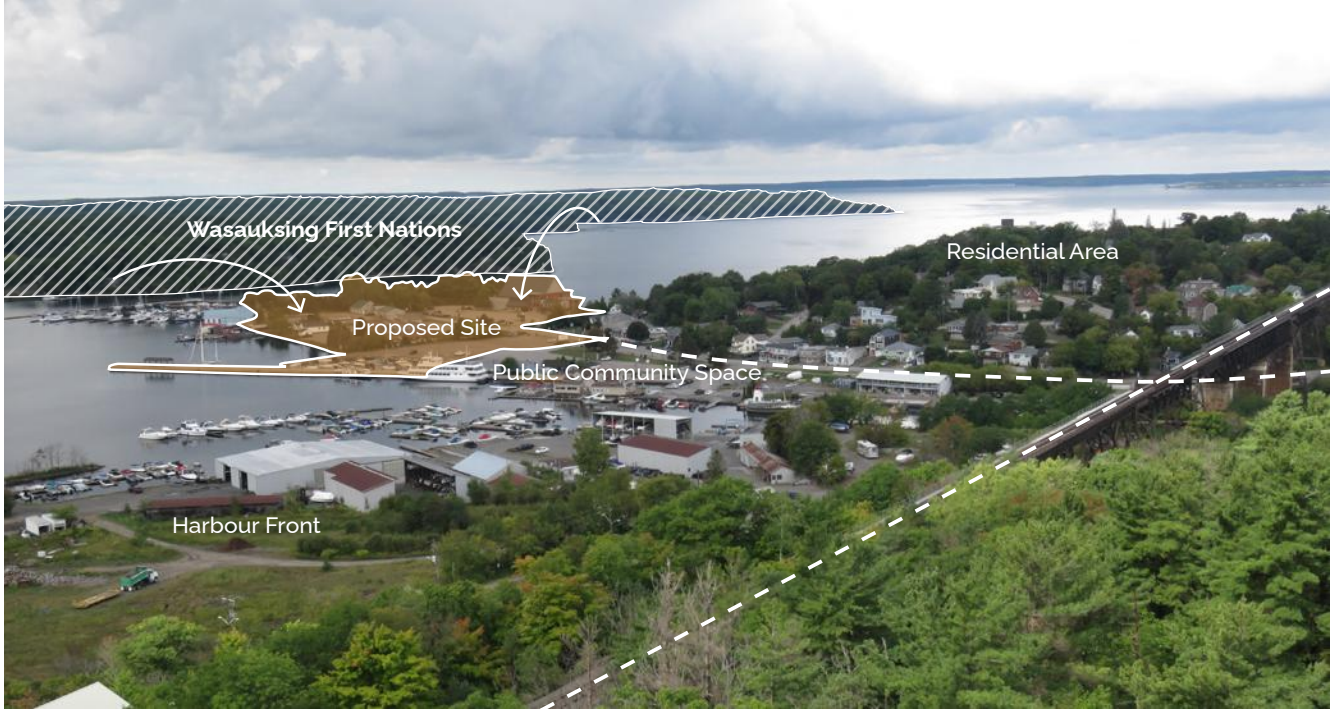


Figure 88 Photo of Site from Parry Sound Fire Tower

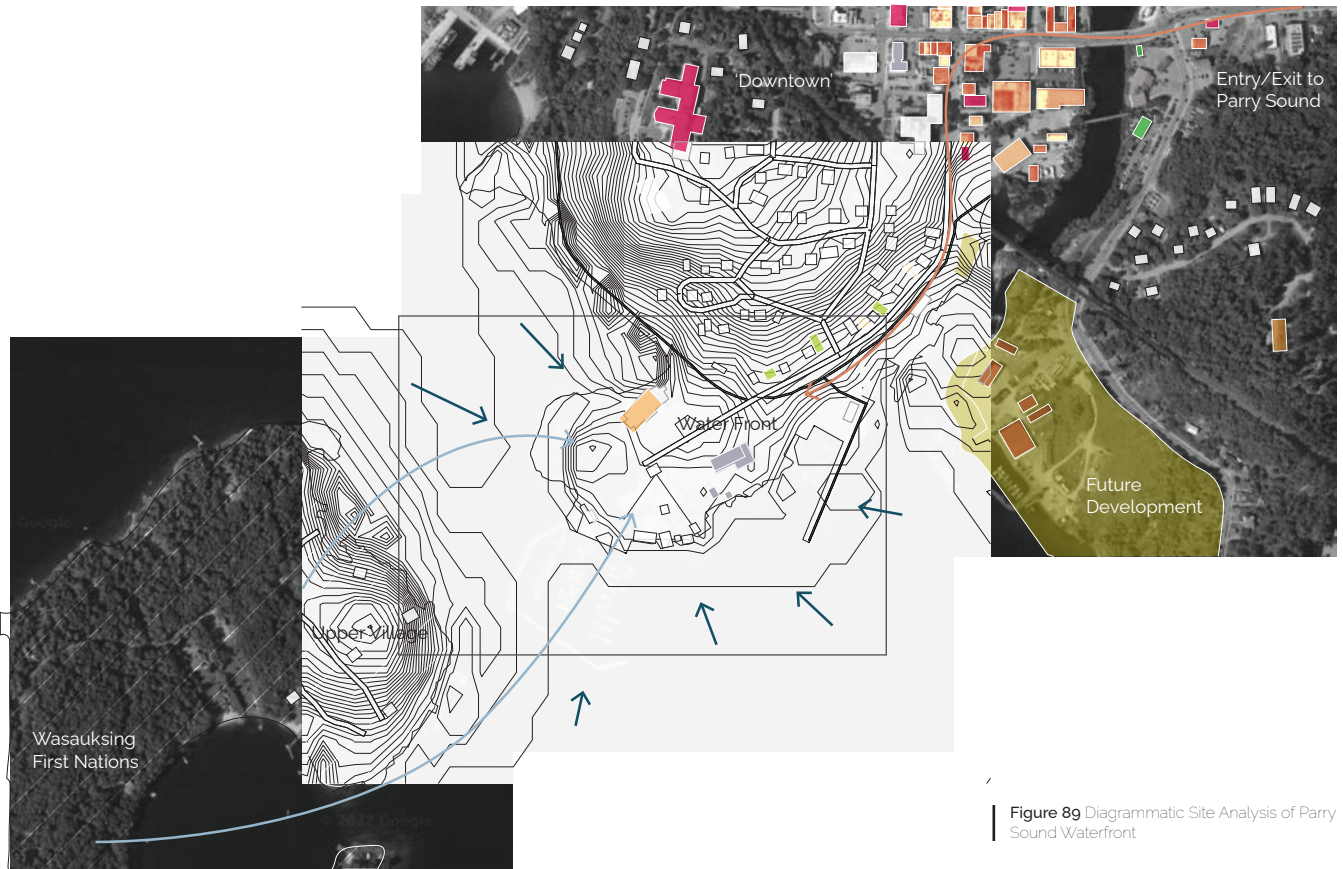


Figure 89 Diagrammatic Site Analysis of Parry Sound Waterfront

Stockey Centre:

The annual Festival of the Sound music festival is a famous part of Parry Sound's culture and is largely hosted at the Stockey Centre. With a 480-seat performance hall, this year's upcoming celebrations include musical performances, string quartets, gala dinners, and musicals that are all in concert with the Stockey Centre's 20th anniversary. The building also has a fully equipped kitchen and an outdoor gathering space overlooking Georgian Bay that is accommodating to a wide variety of events.⁸¹ However, the Festival of the Sound only runs in July, and part of August and a lack of other major events in the fall and winter means that the Stockey Centre is woefully under-utilized. This building could greatly benefit the community if it provided programs throughout the year. Connecting the programs of this thesis to the Stockey Centre's theatre space would partner well with the Making and Creating spaces by adding Performance to the list of possible activities.

⁸¹ Charles W. Stockey Centre for the Performing Arts, "Festival of the Sound, September 23, 2020. <https://festivalofthesound.ca/about/stockey-centre/>.



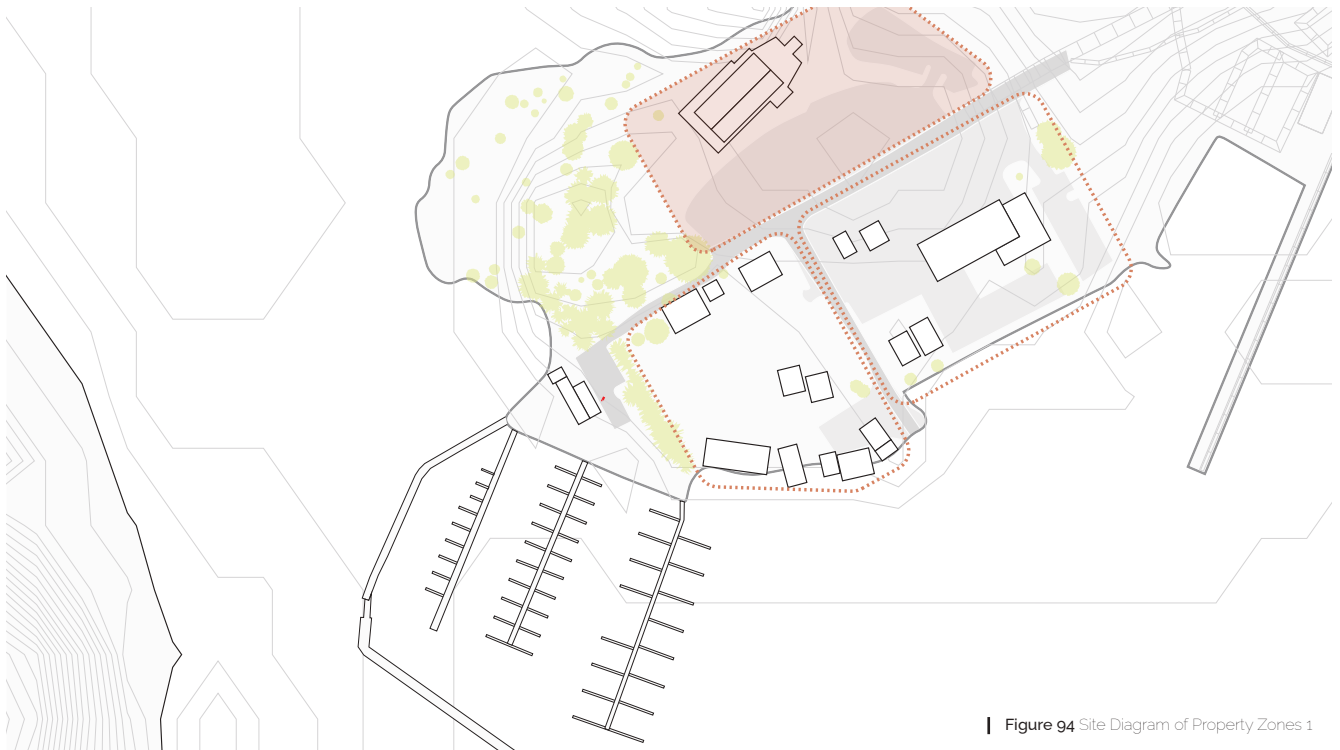
Figure 90 Photo of Entry to Stockey Centre 1

Figure 91 Photo of Entry to Stockey Centre 2



| Figure 92 Photo of Exterior of Stockey Centre

| Figure 93 Photo of Theatre space within Stockey Centre



| Figure 94 Site Diagram of Property Zones 1



Figure 95 Photo of Parry Sound Town Dock and ServiceOntario Building 1

Figure 96 Photo of Parry Sound Town Dock and ServiceOntario Building 2

Service Ontario:

In 2017, OPP detachment was accepting proposals for a new facility in a more optimal location near the highway, as their current building at 7A Bay St was too small and remote for their growing program and staff.⁸² In 2020 their new 17,000 SQFT building was erected across town closer to the highway for faster dispatch to the district of Parry Sound.⁸³ Meanwhile, their old property now houses only some small office space reserved for ServiceOntario, the Ministry of Natural Resources, and the Ministry of Northern Development and Mines. These take up a fraction of the existing floor plan, and the rest of the space has been available for lease ever since. The existing parking lot is unnecessarily large and mostly barren, it is unused space that could easily be retrofitted with a new design.

What residents remember most about when the ServiceOntario was the police station was the annual Ribfest and barbeque the officers would host on their property that overlooked the water. Starting in 2012, the Town of Parry Sound has hosted its annual Ribfest,⁸⁴ its location has changed over the years and was once held at the Bobby Orr Community Centre. Each year it has taken place over a few days and brings together a diverse range of restaurants, food suppliers, and small businesses to compete and showcase their culinary arts to the public. This site near the waterfront has hosted its own version with a combination of the OPP, where the police officers would bring their own BBQs and have a backyard cookout. In recent years it has been held across the road at the Stockey Centre. The site is in the perfect location to host large community events like this, and with it centred around food is more likely to bring in all walks of life..

82. Eric Wickham, "OPP Accepting Proposals for New Parry Sound Building," My Parry Sound Now, July 25, 2017, <https://www.myparrysoundnow.com/27285/news/opp-accepting-proposals-new-parry-sound-building/>.

83. BayToday Staff, "New Opp Detachment Opens in Parry Sound," BayToday.ca, September 13, 2020, <https://www.baytoday.ca/local-news/new-opp-detachment-opens-in-parry-sound-2704907>.

84. Parry Sound Tourism, "Parry Sound Ribfest," Parry Sound Tourism, July 8, 2014, <https://www.parrysoundtourism.com/experiences/parry-sound-ribfest/>.



Figure 97 Google Street View Capture of Parry Sound's ServiceOntario

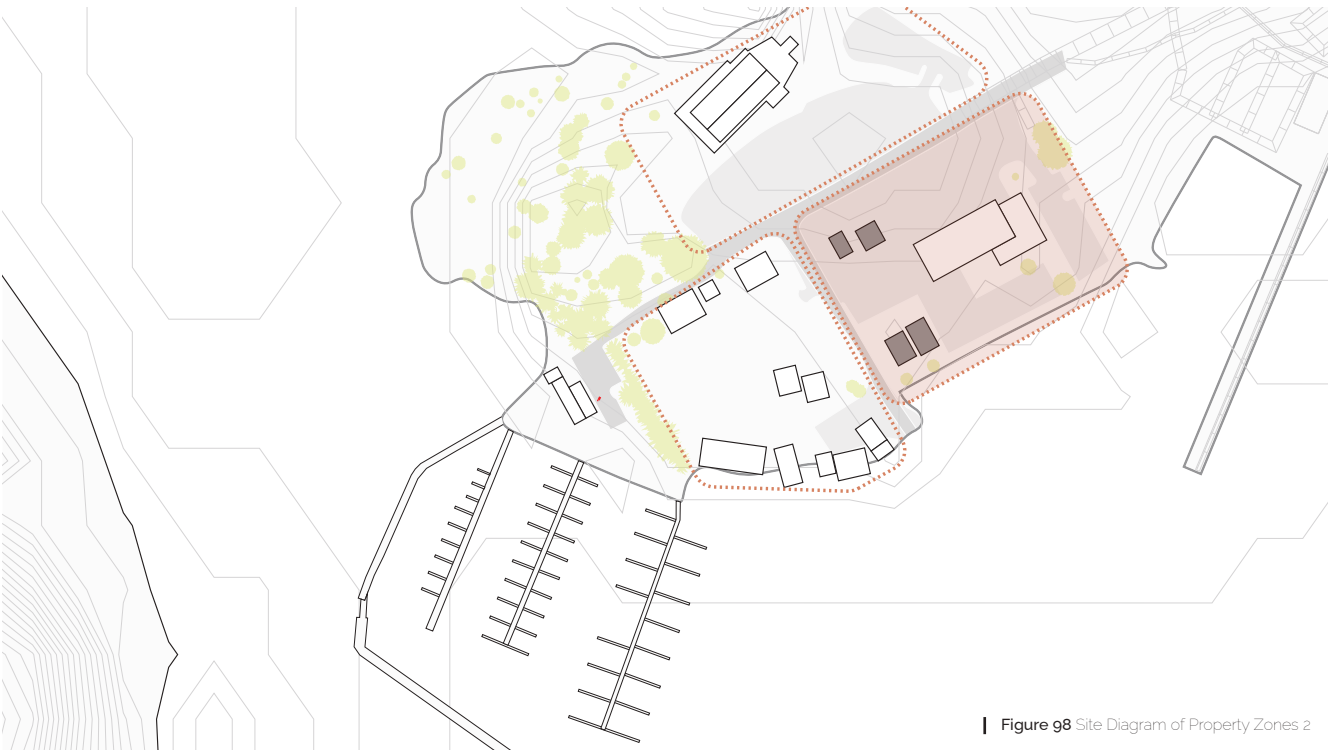


Figure 98 Site Diagram of Property Zones 2



Harbour:

Currently, the site is the property of Conger Lumber, one of the original companies that started lumber mills along Parry Sound's waterfront. This photo shows the original structure of the mill occupying the space of the current ServiceOntario building. The surrounding area was also responsible for smelting, oil reserves, and many other resources that required several harbours to be established along the shore. What remains on this site today is a series of aged above-ground boat storage sheds accompanying the existing adjacent harbour; however, this has currently become obsolete due to the newer facility across the water to the east.

These sites are prime candidates for an adaptive reuse approach to retrofitting the harbourfront and would provide new life to these mostly uninhabited buildings. Adaptive reuse is not a new notion to the residents of Parry Sound since the retrofit of 88 Gibson St, an abandoned elementary school turned daycare and affordable housing development.



Figure 99 Photo-stitch Panorama of a Parry Sound Harbour on Site

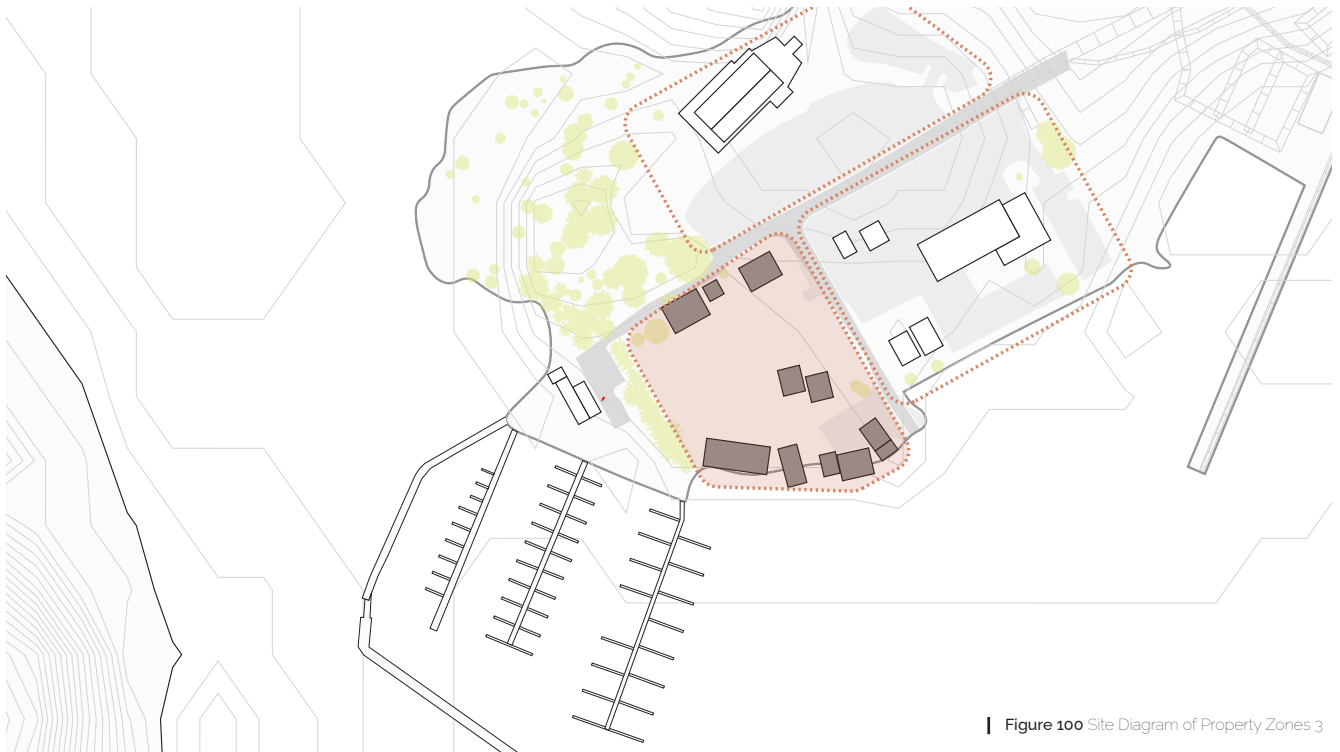
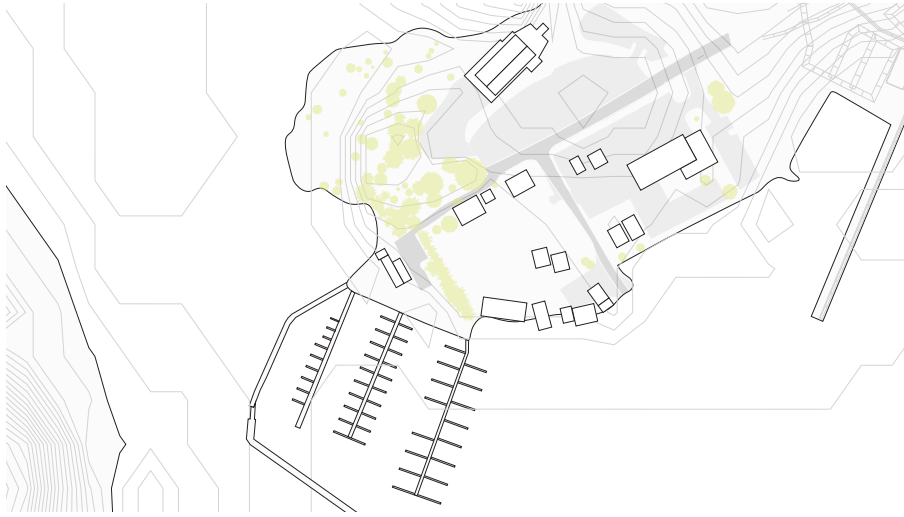


Figure 100 Site Diagram of Property Zones 3

Site Strategy



The site is a peninsula extending from the existing town dock, and is within view of Wasauksing First Nations.

| Figure 101 Site Diagram of Peninsula



In compliance with the township's bylaws, any new development must abide by a certain setback, which frees up the waters edge.

| Figure 102 Site Diagram of Peninsula with Setbacks



The setback provides an opportunity to Naturalize the shoreline and extend the walking trail to encompass the site. Important natural features on the site can connect to the paths.

| Figure 103 Site Diagram of Peninsula with re-greened shoreline up to setbacks



Identifying and removing derelict buildings from the site makes room for new development, and introduces new life into the existing landscape.

Figure 104 Site Diagram of Peninsula with Property Zones



Re-mediating the topography by removing the paved area and bringing back a gentle slope allows for growth into a more complex topography over time.

Figure 105 Site Diagram of Peninsula with Re-mediating Site Features



This part of the site is what is left of the original rock-scape. The rest has been flattened for parking lots and the existing structures. Building at this edge between the natural and the developed would be important to reclaiming the site from the commercial developments and for the locals of Parry Sound.

Figure 106 Site Diagram of Peninsula Showing Natural and Developed Area of Site



| Figure 107 Isometric site Diagram of Peninsula

Building Typology

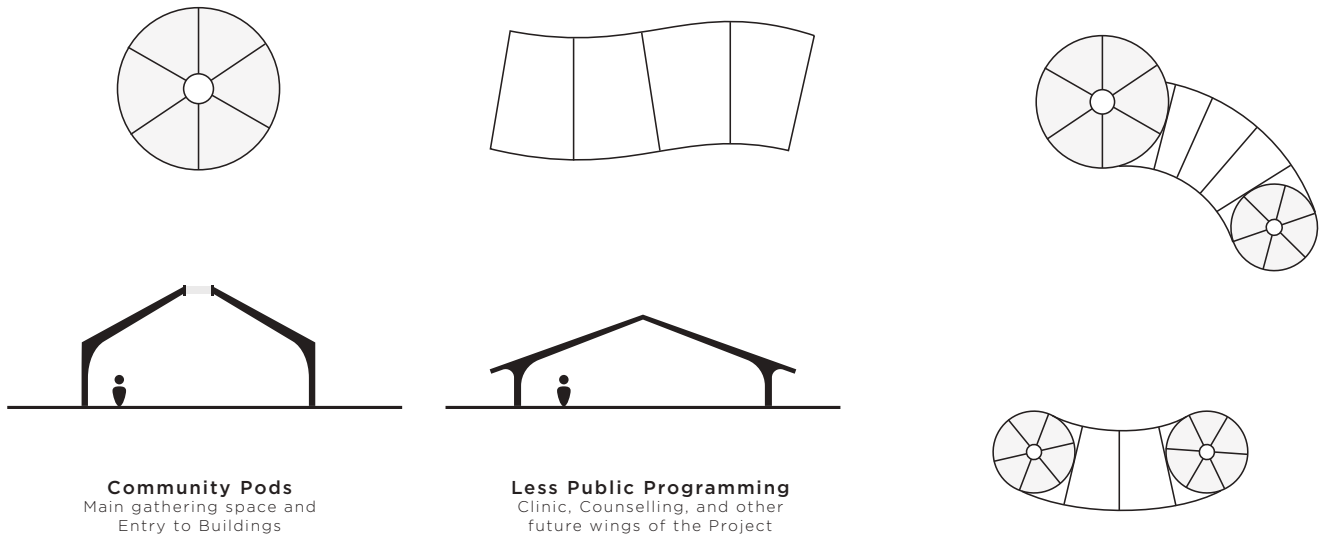
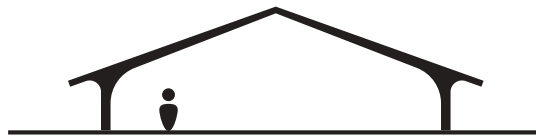


Figure 108 Diagram of Building Typology and Structural type

The site selected offers a wide range of topographies, views, and proximities to services; all of which would be valuable connections to the programs in this community hub. Building a gentle form on top of the shallow rocky shore would integrate the design into the landscape without being too invasive. For the building typology, circular forms mark the open spaces, entry points, and gathering areas within the project; while the other transverse forms hold more of the programming spaces. This typology is simple and repeatable, and can be adapted to increase the size of the building should the community want to expand it in the future.

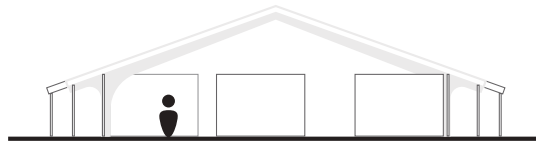
Construction Phasing



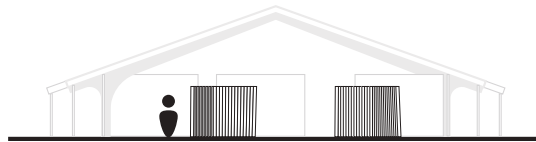
Glulam Structure
50-100+ Year lifespan



Steel Roof
40-60 Year lifespan



Exterior + Interior Walls
6 Month - 40 Year lifespan



Partitions
At Any Interval

Figure 109 Elements of Construction and Time-frame of Longevity

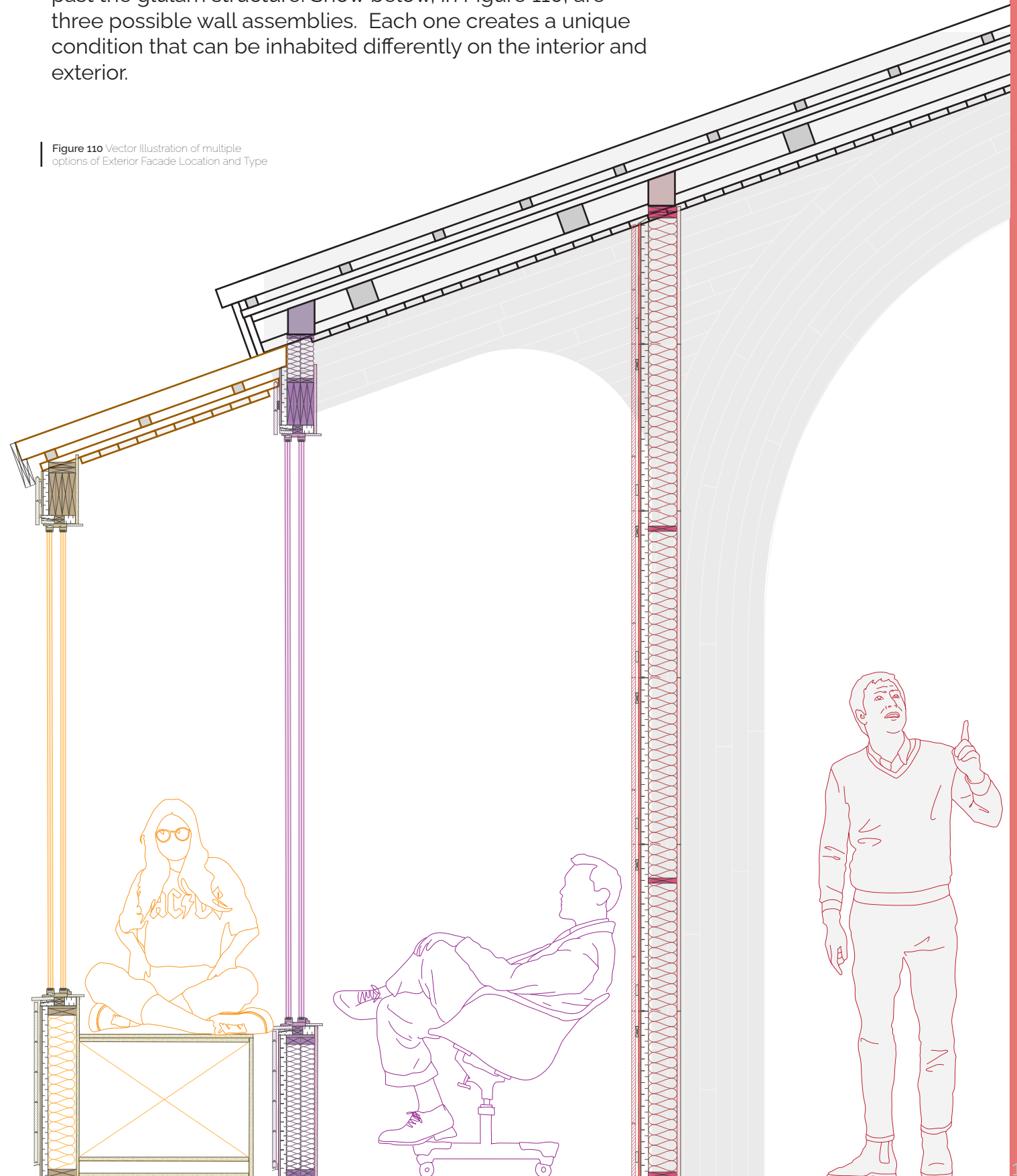
Incorporating adaptability and longevity into the structure of the building was an important design aspect. Since the site has been an important area for Parry Sound throughout the last century and a half, it should ideally be a important point in Parry Sound's landscape for the next century as well.

The ribs of the buildings are created with glulam posts and beams mimicking a truss form familiar to Parry Sound's building typology. This wood framing represents the future of sustainable building in Canada, and would have a predicted lifespan of close to 100 years with current building technologies.⁸⁵

⁸⁵ Anna Ryberg Ågren, "Glulam and the Environment," Swedish Wood, accessed April 27, 2023, <https://www.swedishwood.com/building-with-wood/about-glulam/glulam-and-the-environment/>.

The exterior building envelope can be integrated at any point past the glulam structure. Show below, in Figure 110, are three possible wall assemblies. Each one creates a unique condition that can be inhabited differently on the interior and exterior.

Figure 110 Vector Illustration of multiple options of Exterior Facade Location and Type



Design Strategies

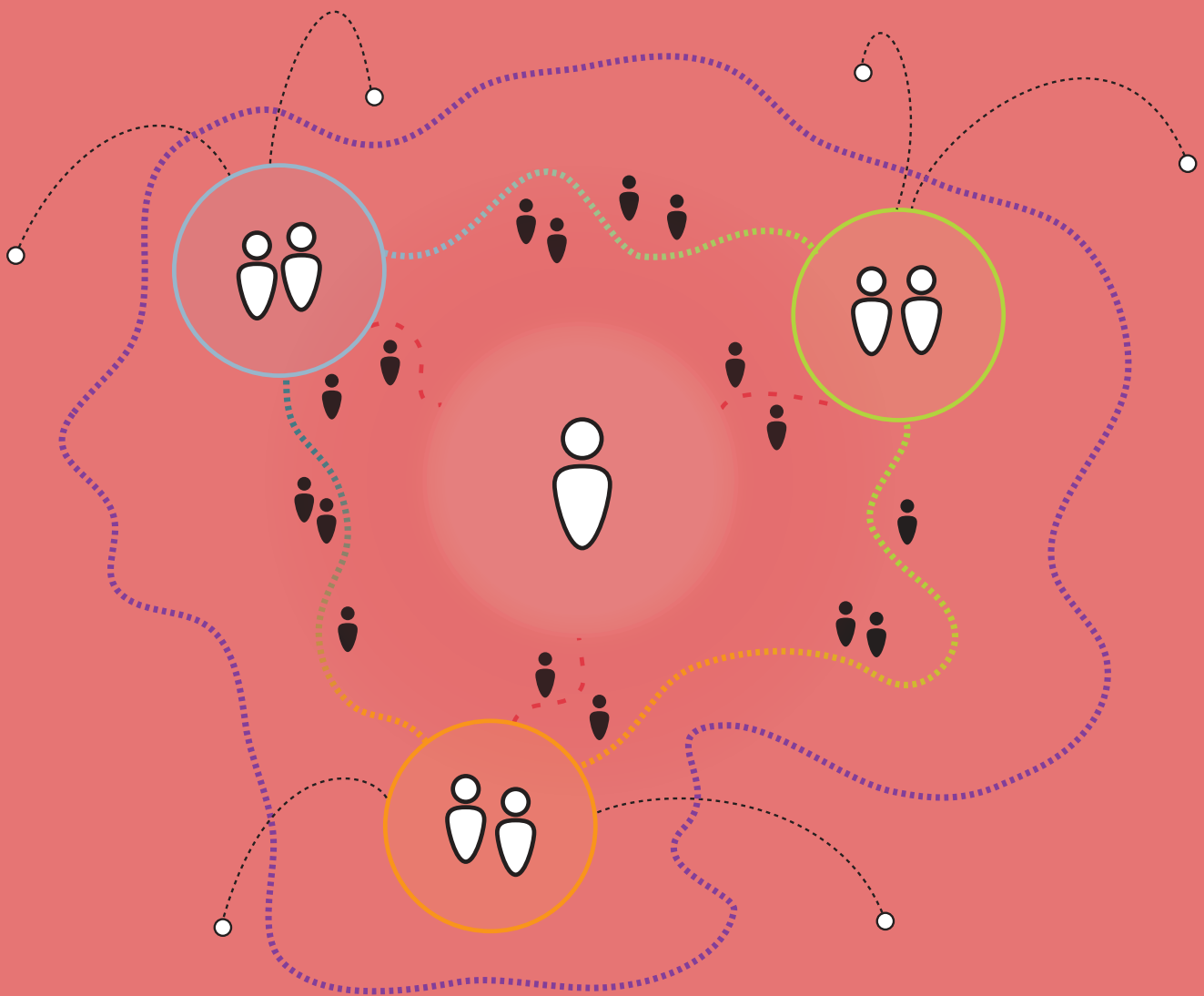


Figure 111 Partii Diagram of Fourth iteration of a Campus of Personal Growth

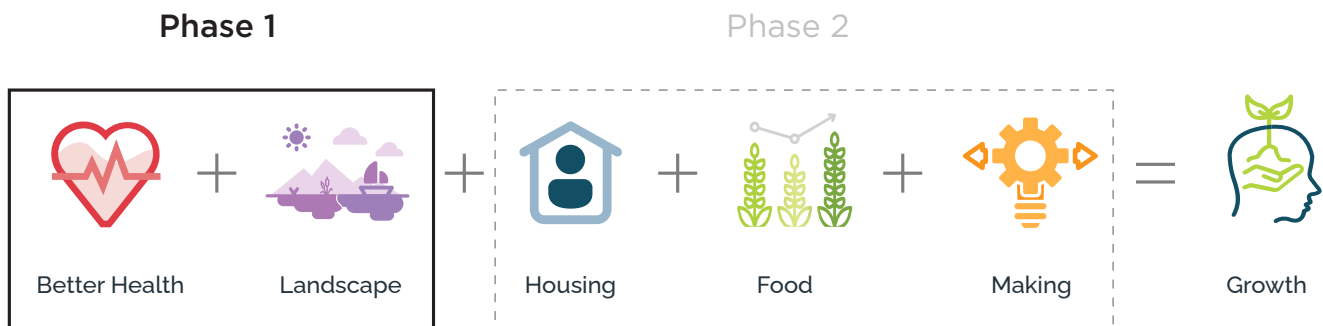


Figure 112 Diagram of Contributors to Growth, and the Phasing of Development

As previously stated, grounding this project into the landscape will be crucial to its success as a long-standing Community Health Centre. Health and Landscape are at the centre of Parry Sound's new growth and will be the focus of this thesis and the first phase of the project. This thesis will curate a design language focused on integrating healthy spaces within Parry Sound's landscapes that would be adaptable and repeatable for future phases of development.

Health

 Community Support Services

 Community Voices

Light Warmth

Emotional Investment

Nature

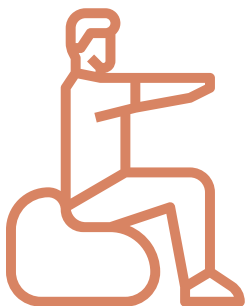
Figure 113 Nodes Informing Design for Health in Parry Sound

The voices of Parry Sound call for more health services that provide immediate and personalized care. Parry Sound District Hospital receives lots of patients that would otherwise be treatable at a walk-in clinic. Currently, the hospital does not have the staff or infrastructure to operate a walk-in clinic. What Parry Sound needs, in addition to a walk-in clinic separate from the hospital, is more space dedicated to health away from Acute-Care. Focusing on preventative health like physical therapy and counselling where residents can learn skills and habits that benefit their health and could be done at home. Placing this space near the heart of the Centre is important to showcase the importance of mental health and all its avenues to recovery.



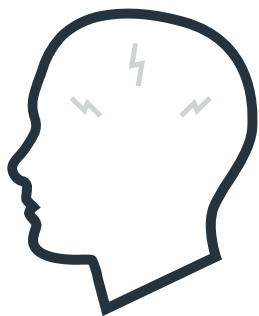
Including myself, many local residents are currently on a wait-list for a local doctor. Access to prescriptions are put on hold as there is currently no walk-in clinic, within an hours drive

Walk-In Clinic



In connecting to Parry Sound's Nursing Program, some aspects of a walk-in clinic are not required to be supervised by the District Hospital. Programs including Physical Therapy and Baby clinics, can be staffed by the students alone

Physical Health



Trying to destigmatize needing help by locating counseling services in proximity to other programs included in this thesis can help increase the likelihood of seeking help

Mental Health

Figure 114 Title Card Diagram for Aspects of Design for Health

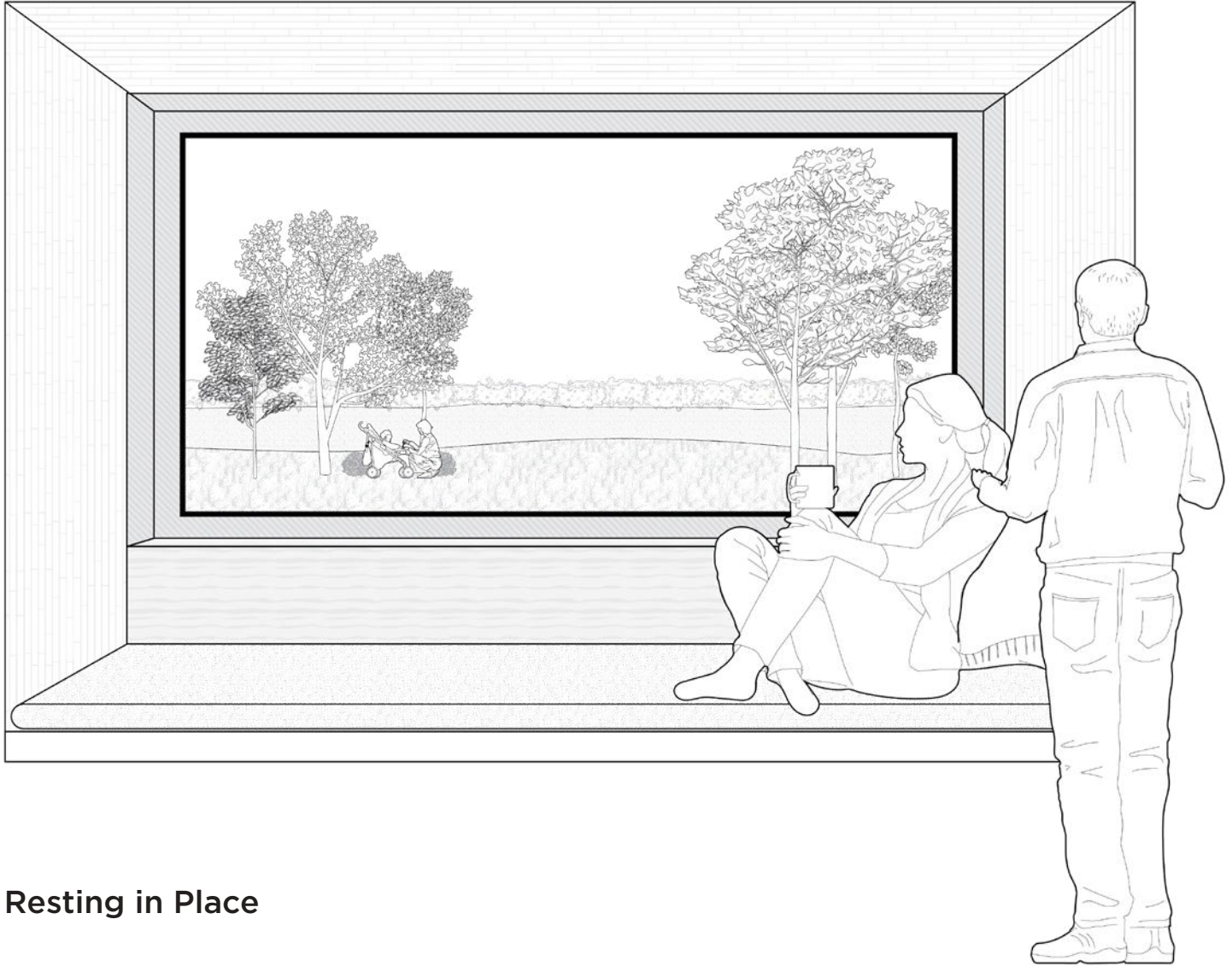


Figure 115 Vector Illustration of A Pair of People Looking Out at the Landscape

Resting in Place

Incorporating evidence found in case studies stated earlier, moments of solitude and reflection throughout the healing space can aid in the healing process. Specifically to Parry Sound, these spaces can be as simple as a bench with a view of the landscape. Moments like these can be incorporated at any point throughout the design and have a powerful healing effect.

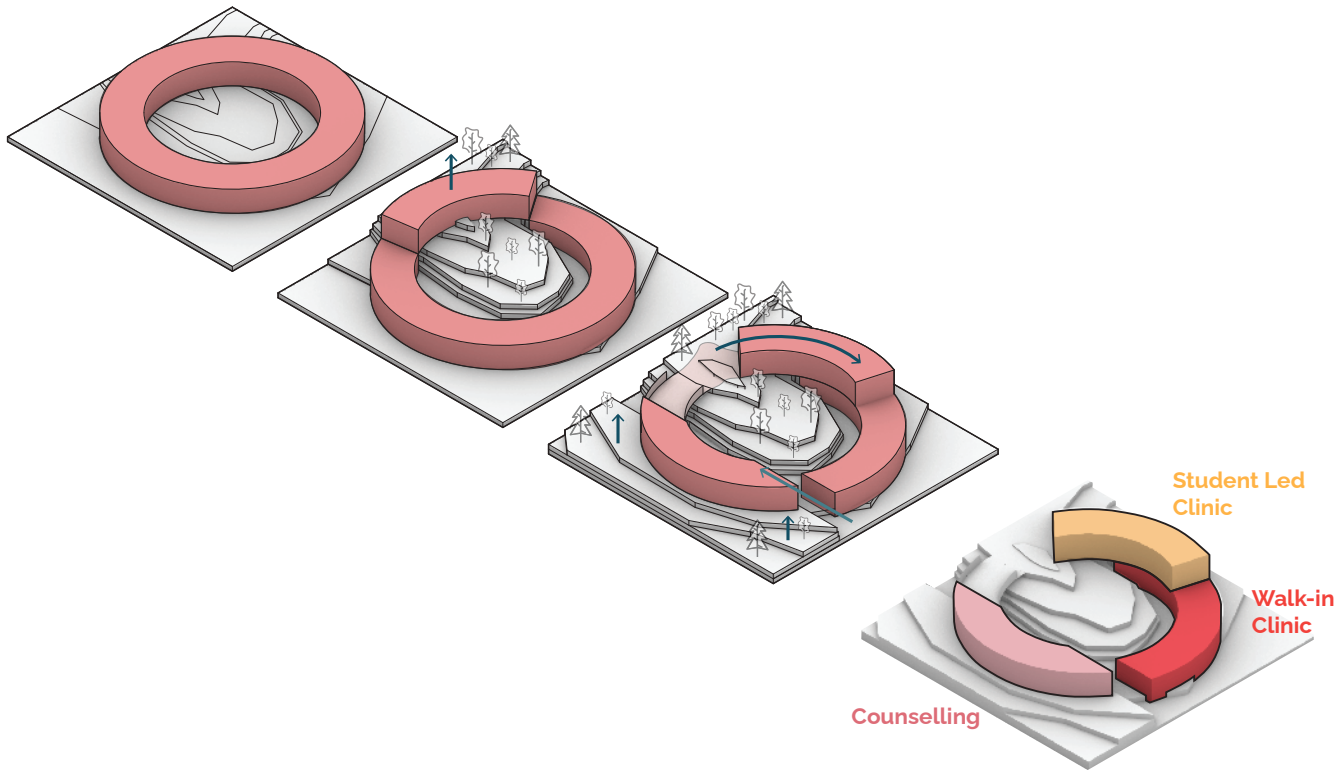


Figure 116 Isometric Diagram of Clinic Massing and Programming

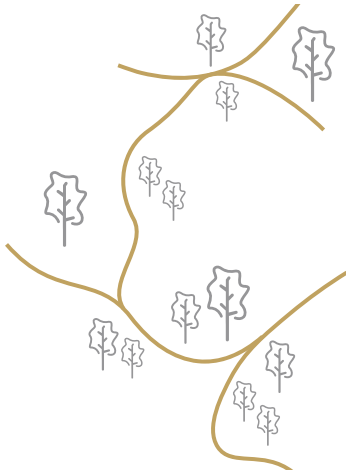
The circular form allows for views of nature throughout the site; either looking inward or outwardly from the center, users can see the landscape. The volume is split into three sections, Walk-In clinic, physical therapy, and counselling. Breaking up the Health Centre in this way gives more opportunities for moments of interaction between these programs and the landscape. Placing the Walk-in clinic on the first floor gives easy and ready access for patients to get the care they need. The physical therapy space has access to the landscape and the Parry Sound walking trails. And locating the counselling space separately gives it proximity to staff but also privacy for users.

Landscape



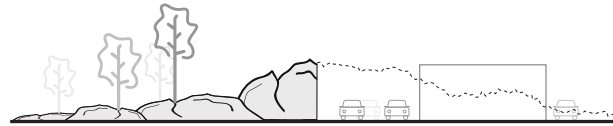
Figure 117 Nodes Informing Design for Landscape in Parry Sound

As previously stated, the landscape that is Parry Sound was what first attracted First Nations people to use the place as a resting area. Its easy access to the water in river systems, along with the hospitable environment and large rocky outcrops made and still makes this area distinct to passersby. Part of this design needs to be about celebrating the story of the Place. Softscape design and creating inhabitable moments throughout the landscape while allowing space for activities to take place would integrate the unique site features into the program of this design. Expanding the healing process outdoors is crucial to grounding the healing programs into Place. This design can celebrate the natural features of Parry Sound using landscape through walking trails, reclaiming the landscape, and creating a natural refuge from the built environment.



Connecting to existing nature trails this promenade can be a way to encompass the site with nature and bring public space back to the site.

Nature Promenade



Before most of the site became a couple of buildings surrounded by a suburban parking lot, it was a gentle sloped landscape. Reintroducing the walking path gives opportunity to reclaim the topography

Restoring Topography

Canada is known for its beautiful forests, lakes, and landscapes, which make it easy for Ontario residents to escape and experience nature.



Escapism

Figure 118 Title Card Diagram for Aspects of Design for Landscape

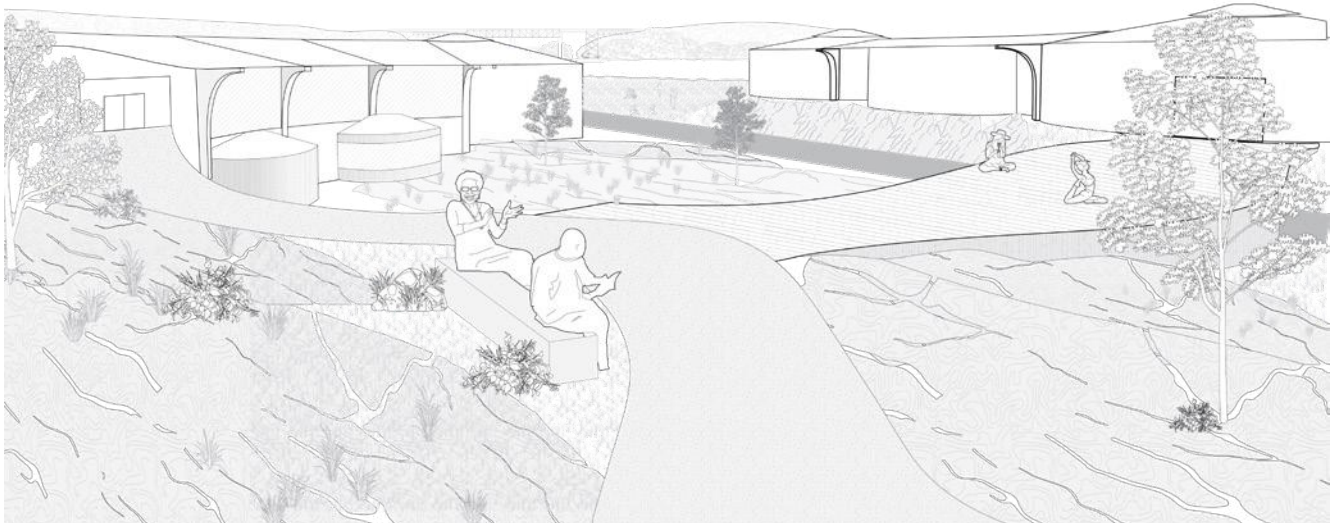


Figure 119 Vignette View of Building in Landscape

Celebrating Natural Forms

Currently, The Friendship Centre must host sweat lodges, moon ceremonies and other events above a water treatment facility which is not easy to access, far from the center of town, and further isolated from Wasauksing first nations territory on Parry Island. This site and its landscape can provide not only the space to host such gatherings, but also be a meeting point between the local downtown population and the Wasauksing territory across the water.

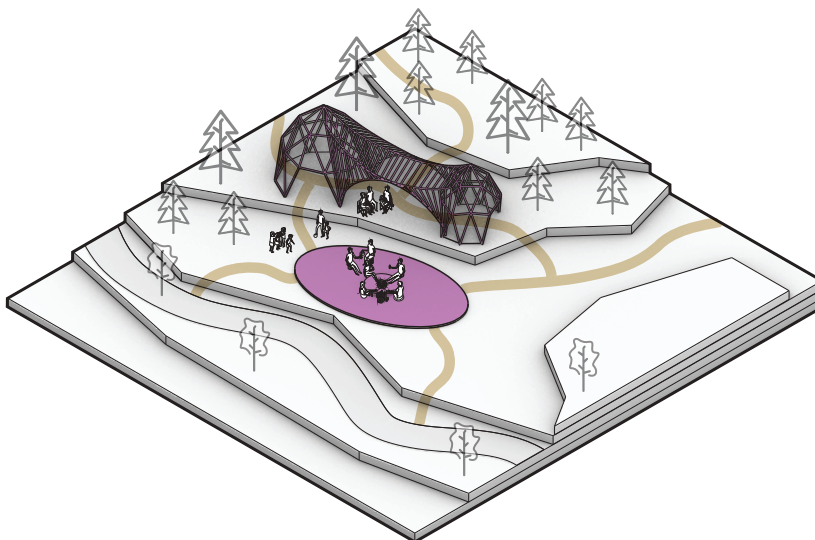


Figure 120 Isometric diagram of Pavilion and gathering space on Landscape



Figure 121 Vignette of Pavilion and people interacting with Landscape

Reclaiming the topography doesn't mean re-greening for Parry Sound; its landscape is perfect for meandering pathways, small groupings of trees, and pockets of open space where you can see panoramic views of the water and trees. Grounding this design into the landscape of Parry Sound requires connecting those moments within and around the building. Softscape design, like creating accessible paths and moments of rest through seating, is all the intervention that the landscape needs to encourage users to experience nature at their own discretion. At the moments expressed in the vignettes above two people can get glimpses of views of water on both sides of the peninsula. From this point they can see people inhabiting the landscape as well as an outdoor pavilion, or see patients entering or exiting the different programs offered by the building.

Housing

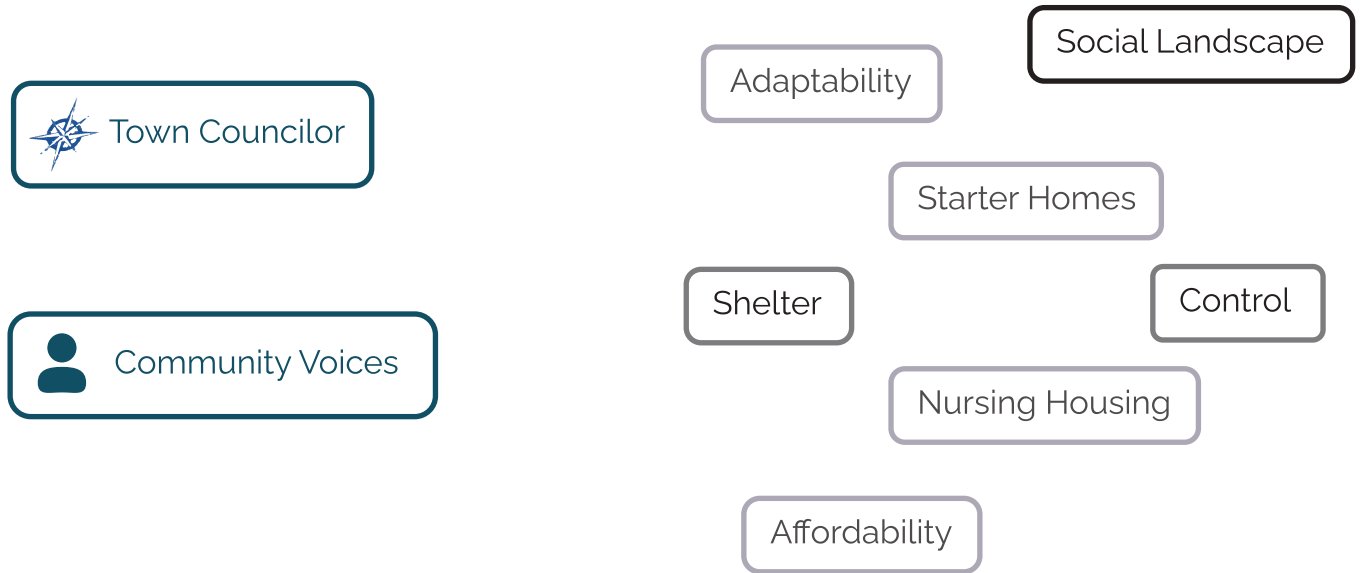
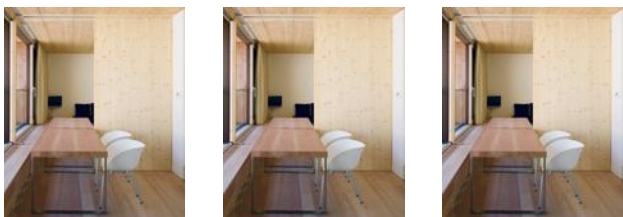


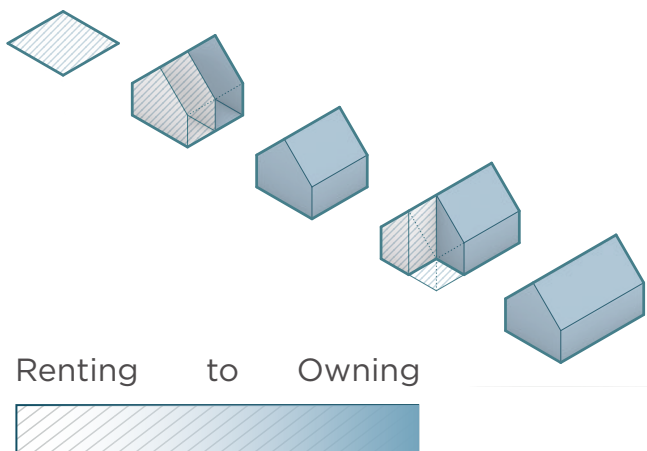
Figure 122 Nodes Informing Design for Housing in Parry Sound

Parry Sound needs a lot of new and more affordable housing for the elderly, large families, and young professionals. Solving this issue is going to be a long process involving lots of developments and goes beyond the scope of this thesis. Starting the journey to help alleviate the financial struggle of Parry Sound residents would be to begin with a strategy for starter homes to help Parry Sound residents build capital. The goal is to reframe housing as a tool to improve self-agency and financial literacy through adaptability, policy, and creating neighbourhoods not developments.



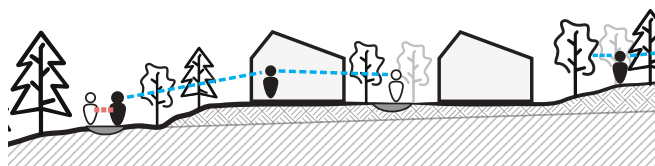
Adaptable Interior

Having control over your own domain is important in building self-esteem. Financial freedom can seem out of reach, but being able to customize your living space should be easy. Adding screens and room dividers can make that difference between under- and overwhelming for those in need.



Rent to Own

Building financial capital through government initiatives like Rent-to-Own, and with the help of HFSA's these starter homes are more attainable for young working professionals



Neighborhoodness

Current developments are suited for the seasonal resident who values privacy, and they are not designed with a neighborhood in mind. Making spaces in between private residences is one way to foster social wellbeing.

Figure 123 Title Card Diagram for Aspects of Design for Housing

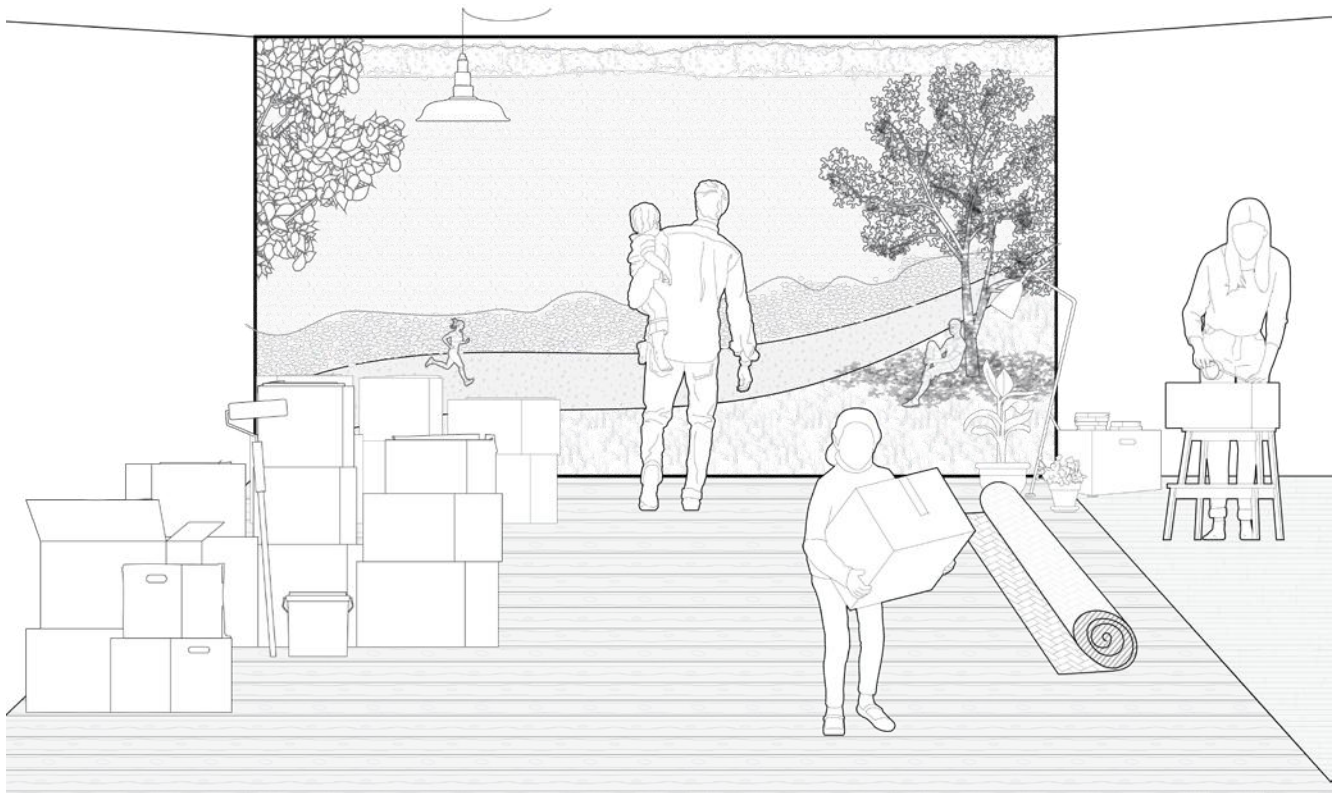


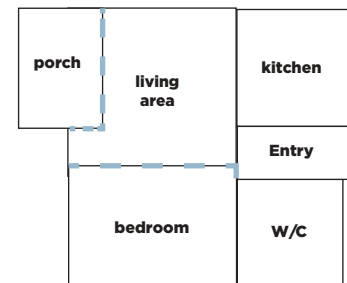
Figure 124 ABOVE
Vignette of Young Family moving into Starter Home looking out to landscape

Figure 124 BELOW
Potential Floor Plans with options for screens and room dividers

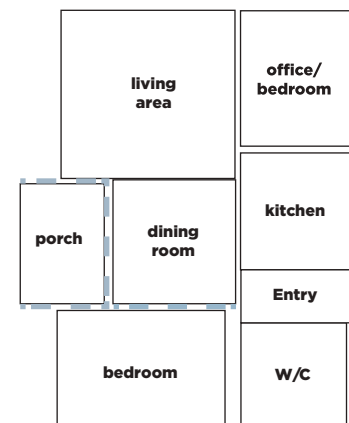
Starting the Journey

Most of the seasonal residents seek out Parry Sound as their cottage country destination because of the expansive views of the water and landscape they can get from their living room; yet most locals aren't afforded the same waterfront access. By placing these starter homes in proximity to the water we can give these families a reminder of why Parry Sound and its landscape are so special.

Homes are needed that can adapt and grow with a tenant by having flexible spaces designed to accommodate working from home or provide an extra bedroom for young families.



1-2 Tenants



2-3 Tenants

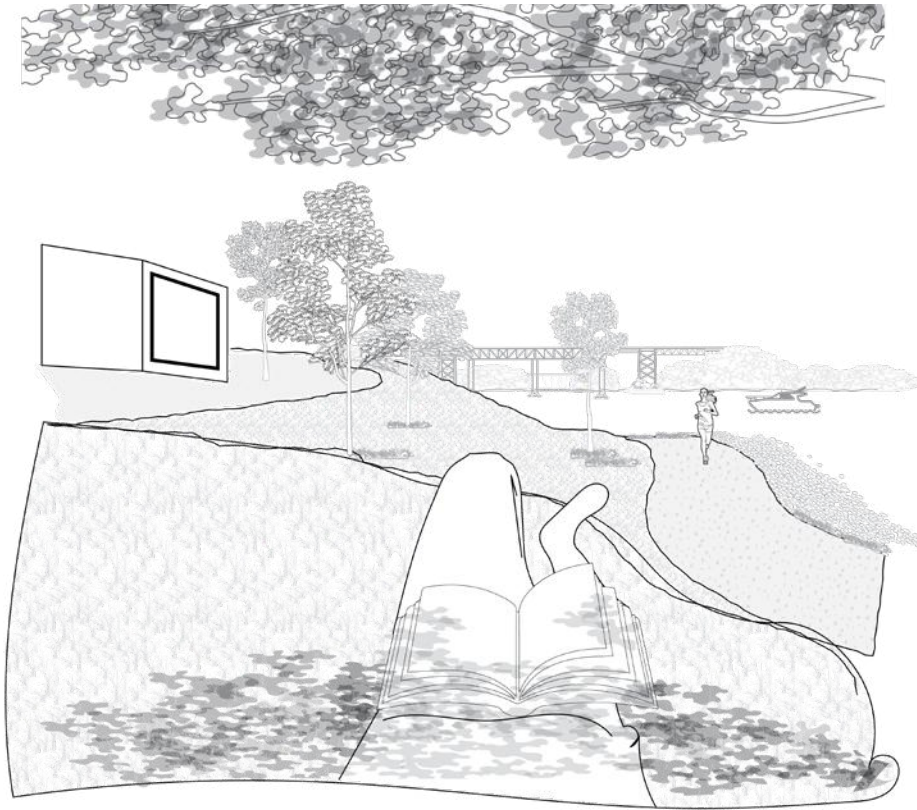


Figure 126 Vignette of Person sitting under tree canopy viewing housing and landscape

Building close to the water and the natural promenade means a greater sense of connectivity between the building and the landscape; which also affords more social connectivity. Providing spaces to relax in nature and opportunities to move throughout the building forms invites more social interaction to bring people together.

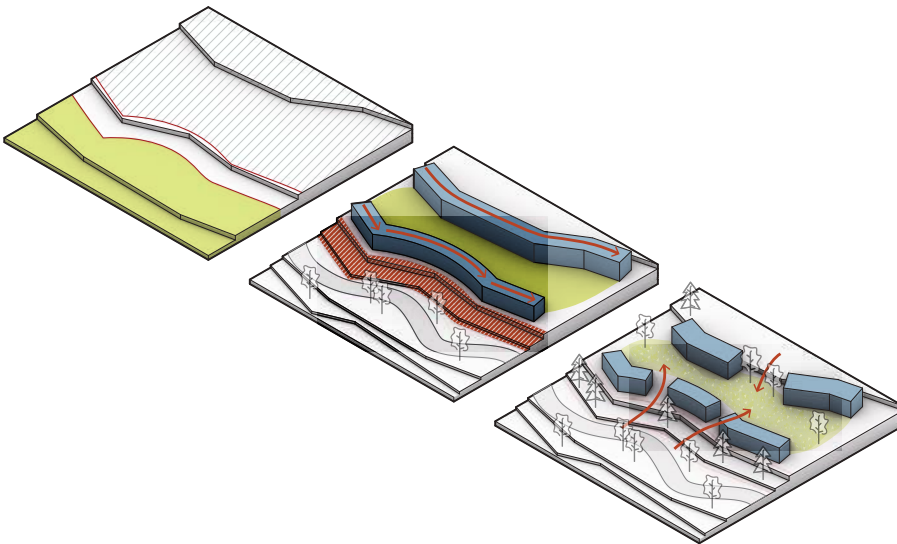


Figure 127 Isometric diagram showing how new housing can be grouped together as a community and contour landscape

Food

 Community Support Services

 Harvest Share

 Georgian Bay Biosphere

Easy to Participate

Inclusion

Seasonality

Shared Learning

Social Landscape

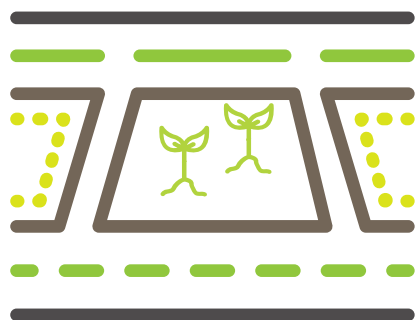
Responsibility

Indoor/Outdoor

Encourage Healthy Choices

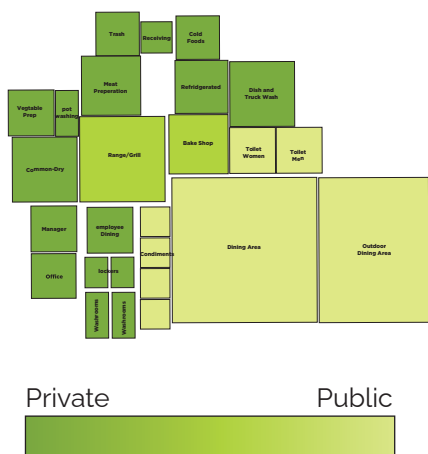
Figure 128 Nodes Informing Design for Food in Parry Sound

In Parry Sound, multiple community initiatives have organized food drives, and community lunches (similar to Meals on Wheels), and their perspectives are that an open and welcoming design can help reach more local residents who need support but are too proud to accept help. The current network of food drives, community kitchens, and drop-in centres is fragmented and can't coordinate their efforts. What Parry Sound needs is one hub for these initiatives to work together to provide food security to those residents in need. This hub would need to accommodate food growing, and community kitchens, as well as provide suitable conditions for these initiatives in winter.



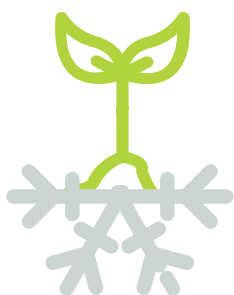
Social Wellbeing plus being able to give your energy and support to others or plants can improve your mental health and sense of accomplishment

Community Plots



Public to Service, But accessible to learn from the kitchen staff too. Workshops with local chefs to come in and take over the kitchen and teach a class, and feed more of the community

Community Kitchen



Building off of the winter growing workshops that the Georgian bay biosphere coordinates, they do not have the facilities for winter gardens. Introducing interior growing crops would allow for the growing season to be extended

Winter Growing

Figure 129 Title Card Diagram for Aspects of Design for Food

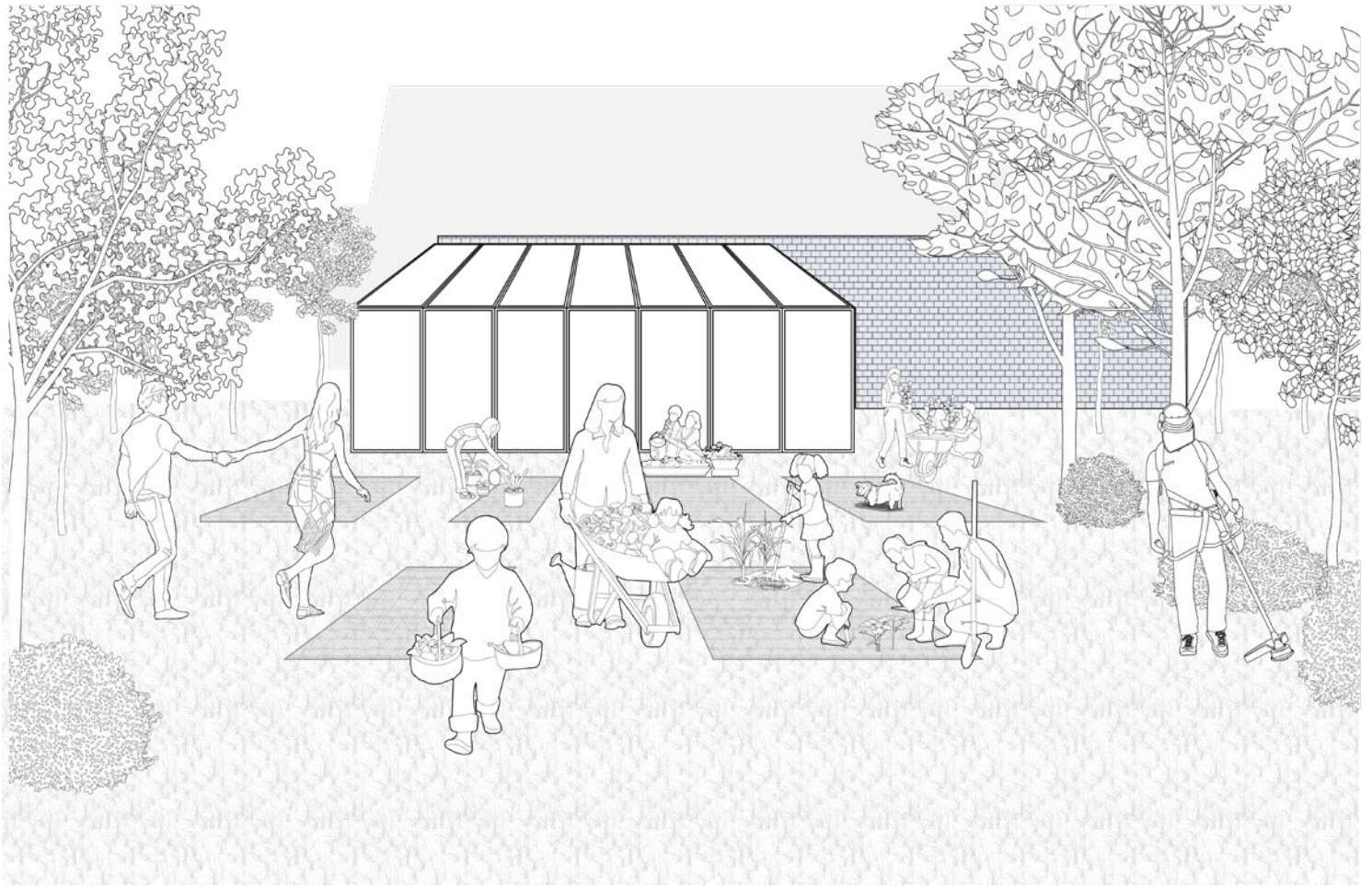


Figure 130 Vignette of Community Gardens
Outside Service Ontario Building Addition

Growing in Warm or Cold

Community gardens are one program that can allow for more connection and collaboration between different demographics within Parry Sound. The feedback received from community organizations around food and growing all said that the relationships made in these types of spaces can foster healing and growth better than the act of gardening. Making these environments open and welcoming, as well as incorporating interior growing to allow for all-season use, can help counteract hibernating tendencies of the local population.

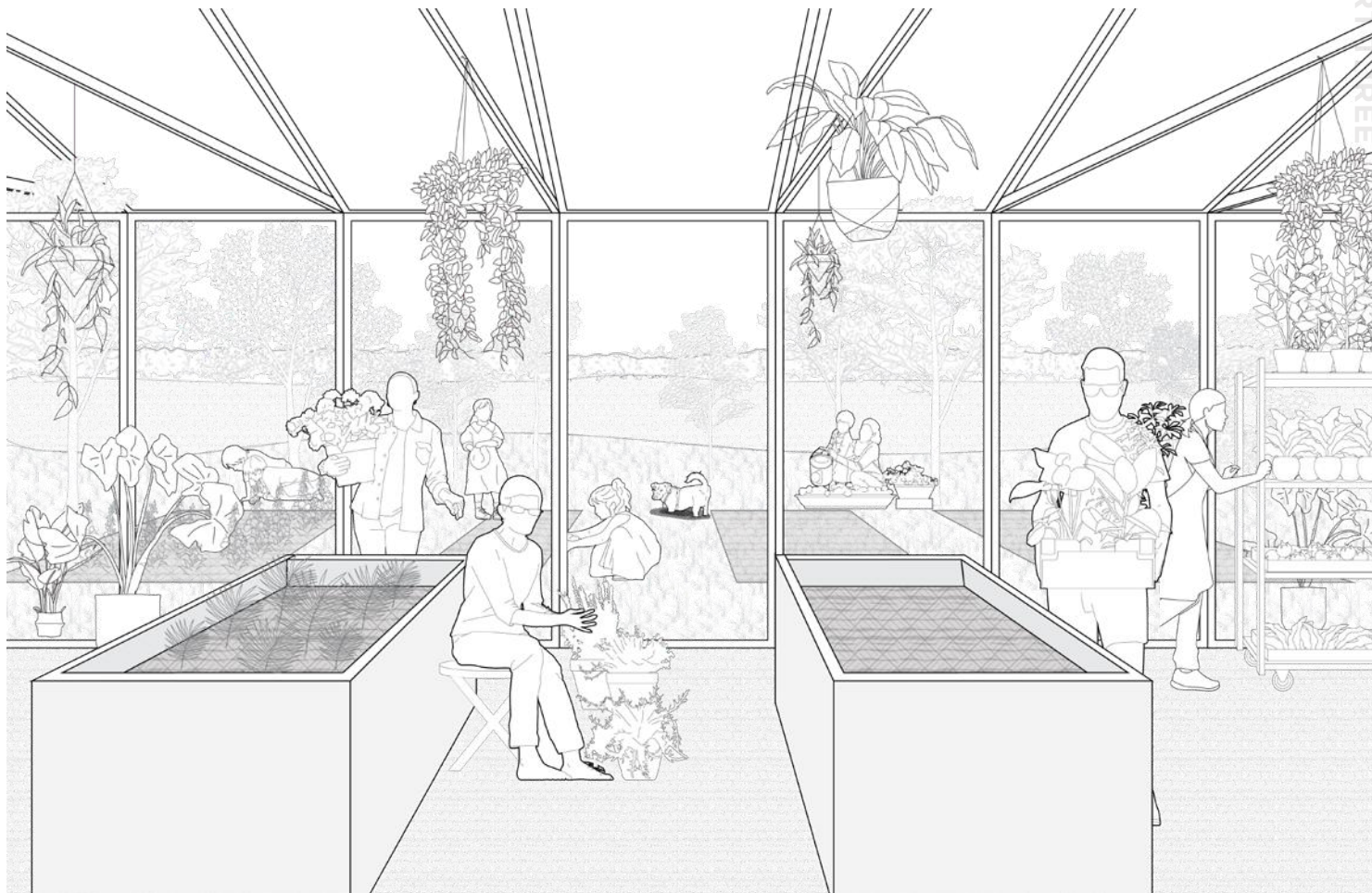


Figure 131 Vignette of interior community garden space with views out to landscape

With the current ServiceOntario building's lack of programming and history of community outreach through hosting summer BBQs, it would be the ideal location for new community food programming. Extending the building form right up to the setback line from the water's edge and populating the excess parking space with light-framed greenhouses and community plots could revitalize the existing property into a new local food-growing center.

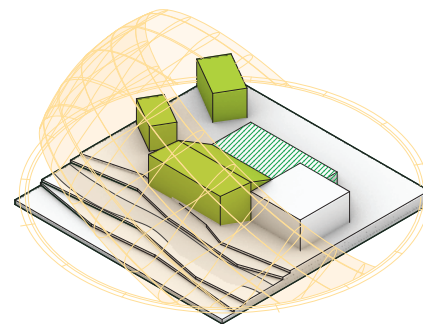


Figure 132 Isometric Diagram of food programming pouring form existing building

Making

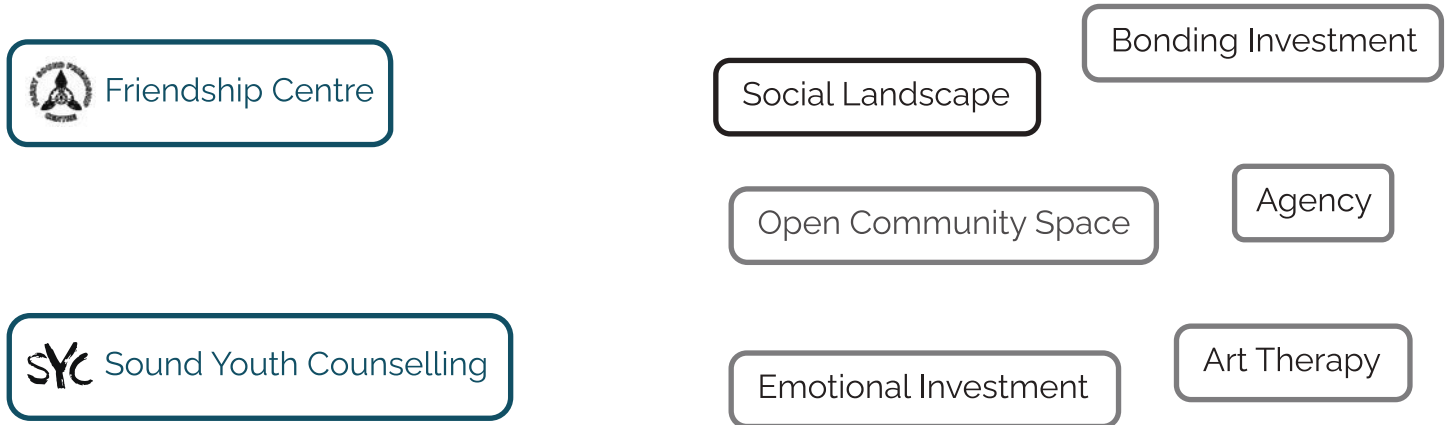
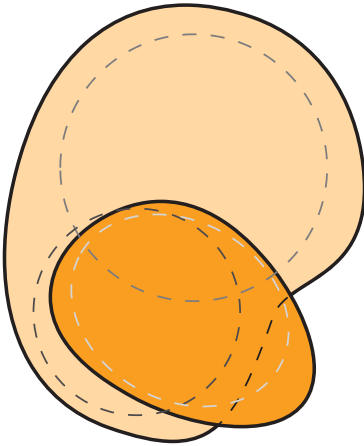


Figure 133 Nodes Informing Design for Making in Parry Sound

Part of Parry Sound's identity is its frequent summer makers' markets, including aspects of healing through making by designing a workshop space that would give residents confidence through craft. Healing through making is achieved through 1) creation and expression 2) cathartic doing/making with others 3) sharing their stories. Healing through making can "decrease anxiety, depression and pain, and increase quality of life", it can improve "self-esteem, promote emotional release", and it can give a "sense of control and change their perspective about their situation".⁸⁹

86. Heiney, S.P., Darr-Hope, H., Meriwether, M.P. and Adams, S.A. (2017). Healing by Creating: Patient Evaluations of Art-Making Program. *J Creat Behav*, 51: 35-44. <https://doi.org/10.1002/jocb.84>



Interpretive Space, non specific form to accommodate a range of activities, with quick access to tools and supplies built into the walls allows for maximum open interior space, and flexibility of program.

Open Workshop



The emotional effect of working with stained glass comes from it being rooted in its mystery and romance, the medium of light and colour really captures the imagination and has historically been used only to convey special meaning and to express deep emotions through sophisticated craft and line design.

Stained Glass



In the modern era, we have the tools and technologies to bring more dimensions to stained glass art! We can get the same expression from solar panel art as with stained-glass art, the same colours, interaction with light, and cathartic making process; however, with additional benefits of making something lasting, sustainable, and possibly illuminating.

Fabrication

Figure 134 Title Card Diagram for Aspects of Design for Making

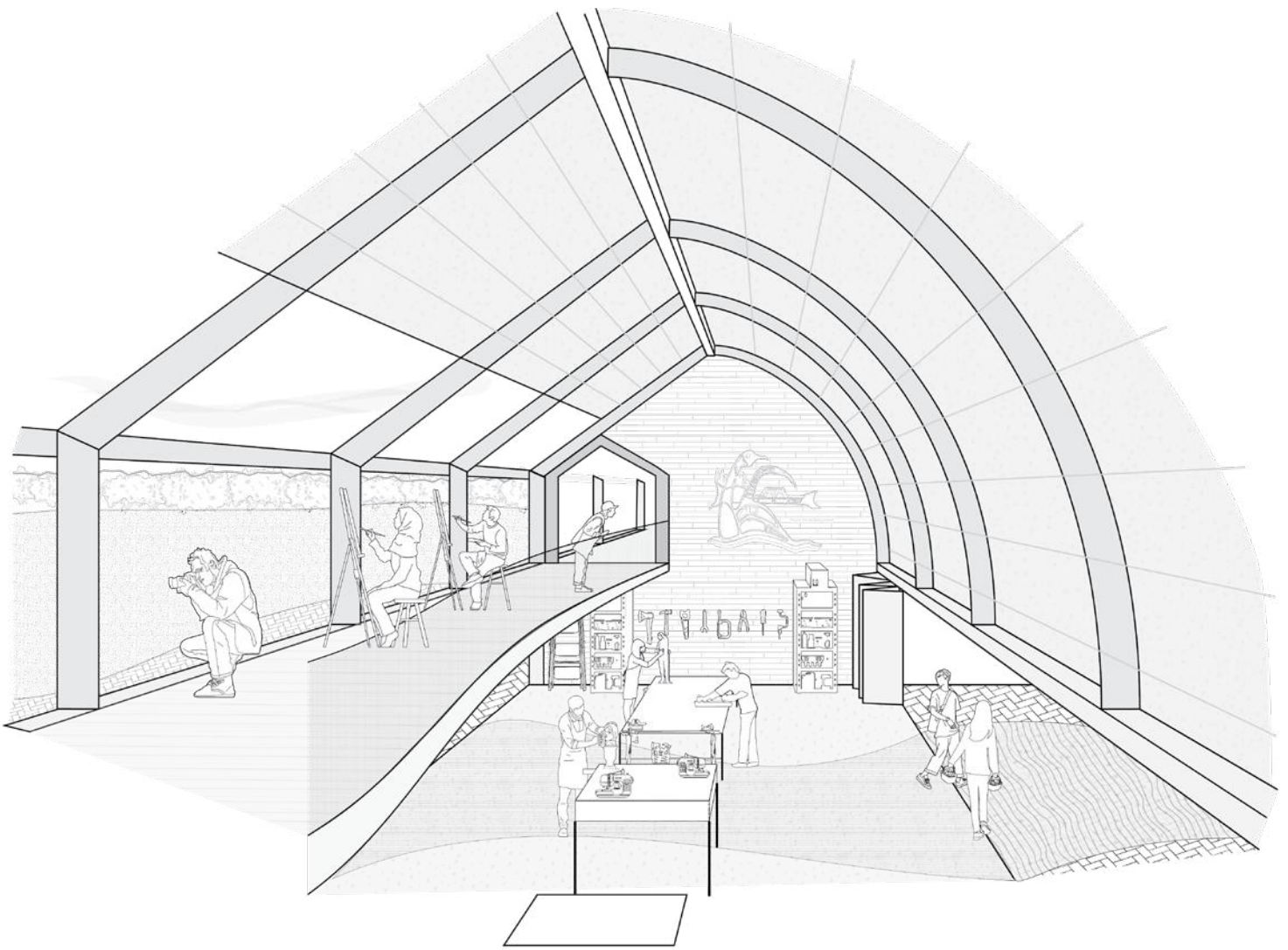


Figure 135 Vignette of People using tools at hand in a space designed for arts and crafts

Anywhere is an Artists Studio

Combining the current drive for craftsmanship in the Parry Sound community with the motifs of adaptable spaces and designing for the next 10 to 20 years means looking at the future of craft and fabrication. Making spaces and fabrication spaces require different tools and machinery for all types of craft; therefore, the designed space needs to be versatile and have lots of storage for quick access to equipment. Opening up the space to the exterior with sliding door panels as well as bringing in lots of light and views of the exterior, would connect the users to the landscape and encourage others to be curious about the making processes.

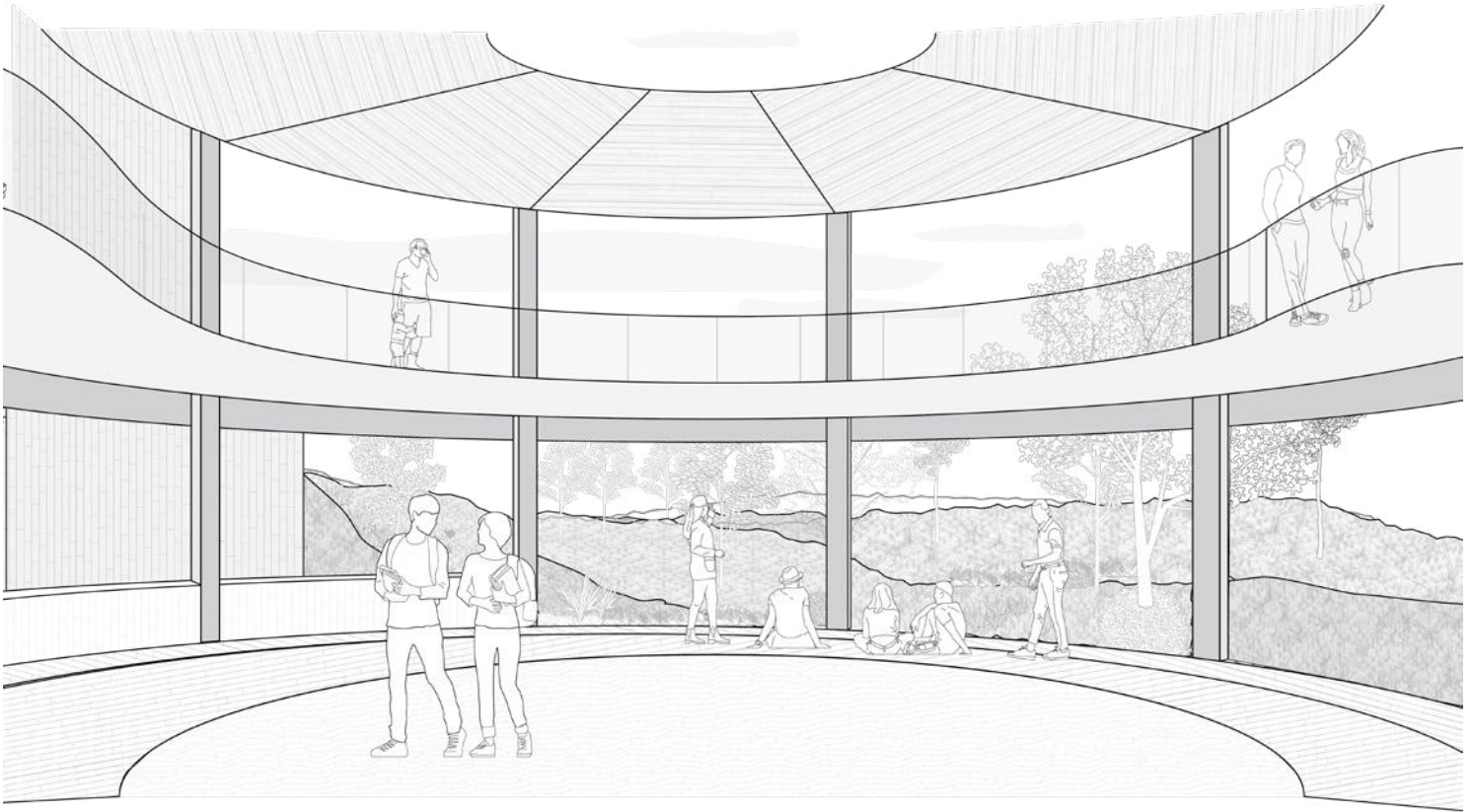


Figure 136 Vignette of Open Community Space that could be adapted to Making or Community Classes

Some patients can be 'passive recipients' in the creation or experience of Making and gain similar benefits. This could be achieved through exhibition, in both a formal and informal setting, through scheduled performance and/or showcase or simply through allowing the making spaces to be visible to outsiders.



With health at the Centre of Parry Sound's new definition of growth, this site could be home to a campus of community-oriented and run programs that foster many paths towards self-agency for residents. All these facets of growth can populate the site outwardly from the Health Centre and combine to provide moments of connection for residents that may otherwise never cross paths. The landscape in between allows users to make new connections and explore more aspects of their community through this multiphase collective design.

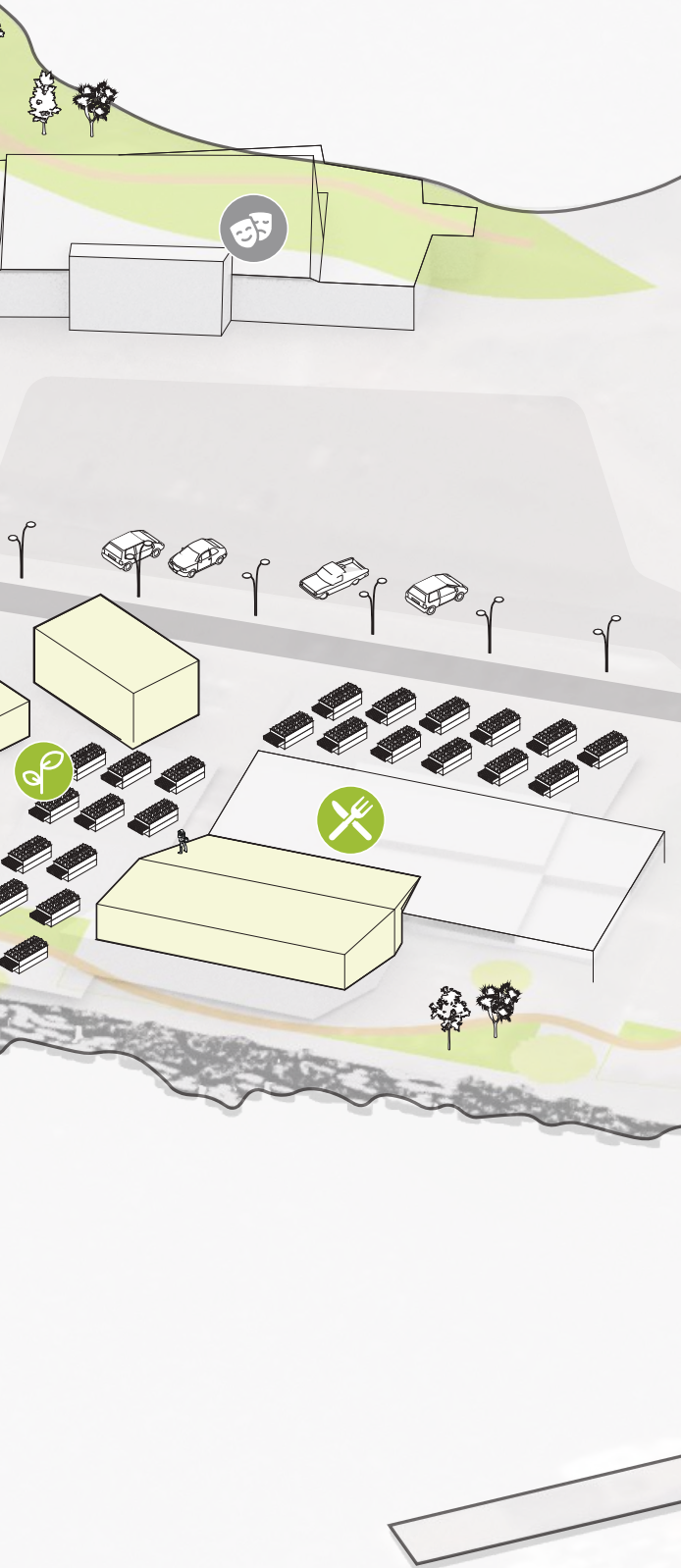


Figure 137 Isometric Vector Drawing of Full Campus with Programming and Landscape

Architectural Design

 Sound Youth Counselling

 Harvest Share

 Community Support Services

 Town Councilor

 Friendship Centre

 Georgian Bay Biosphere

 Community Voices



Taking a closer look at how Architecture at the human scale can foster growth, This design takes the themes of nature, warmth, comfort and inclusivity from evidence-based design for wellness and applies it to the programs voiced by the Parry Sound Community. The following design is focused on the open community space, walk-in clinic, and physical and emotional therapy spaces.



Natural colours, neutral interior design allow for soft escapes

Comfort

Materials Delineating circulation or resting areas



Multipurpose Curvilinear Space

Social Landscape

Inclusion

Impromptu seating areas overlooking the landscape

Warmth



Emotional Investment



Light

Small Moments

Nature



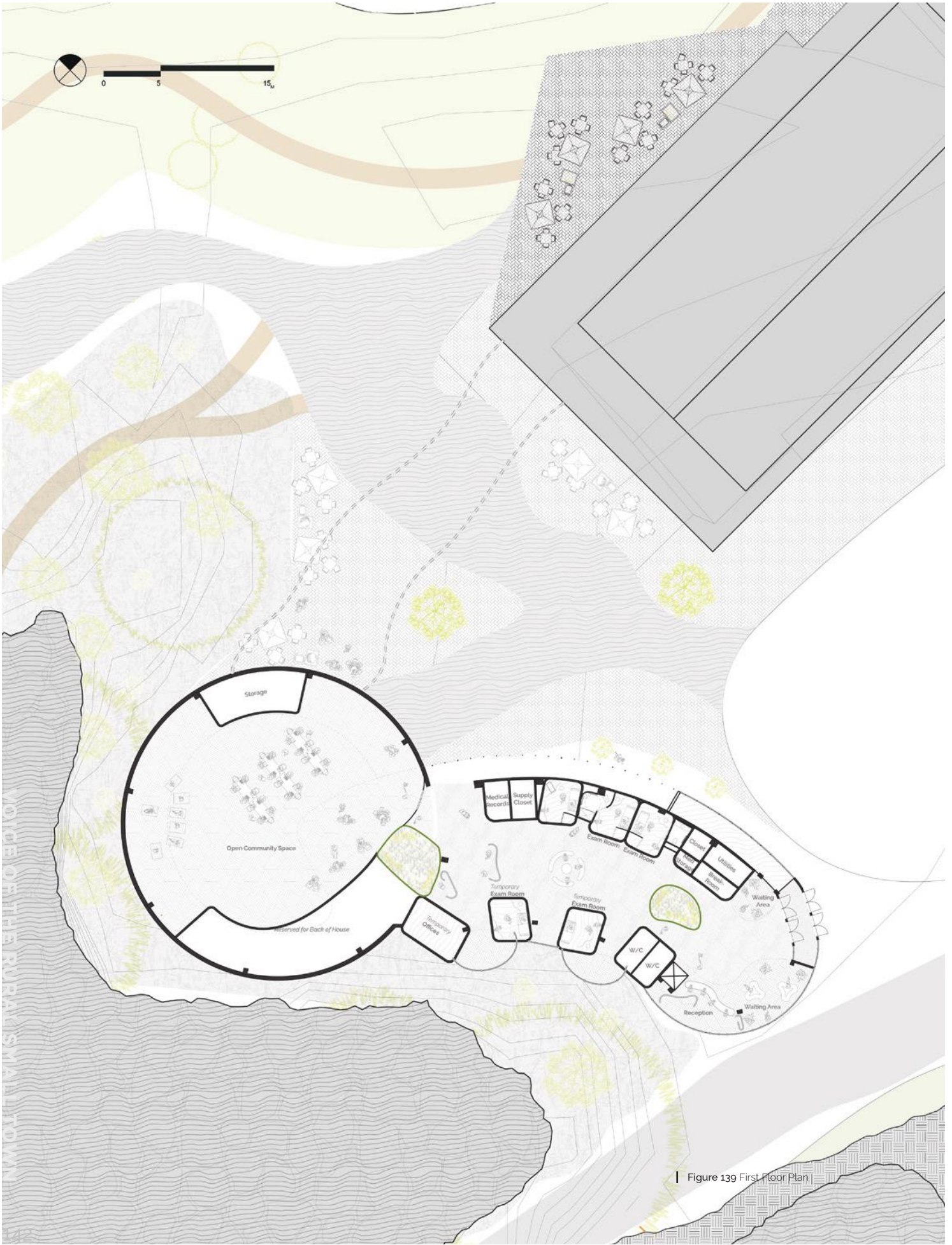
Interior/exterior Green space always within view of natural light and vegetation



Skylight and ability to walk out to nature

Indoor/Outdoor

Figure 138 ALL OF THE ABOVE Collage of Images from Case studies with Community Design Nodes regarding Health and Well-being



VOICE OF THE RURAL SMALL TOWN

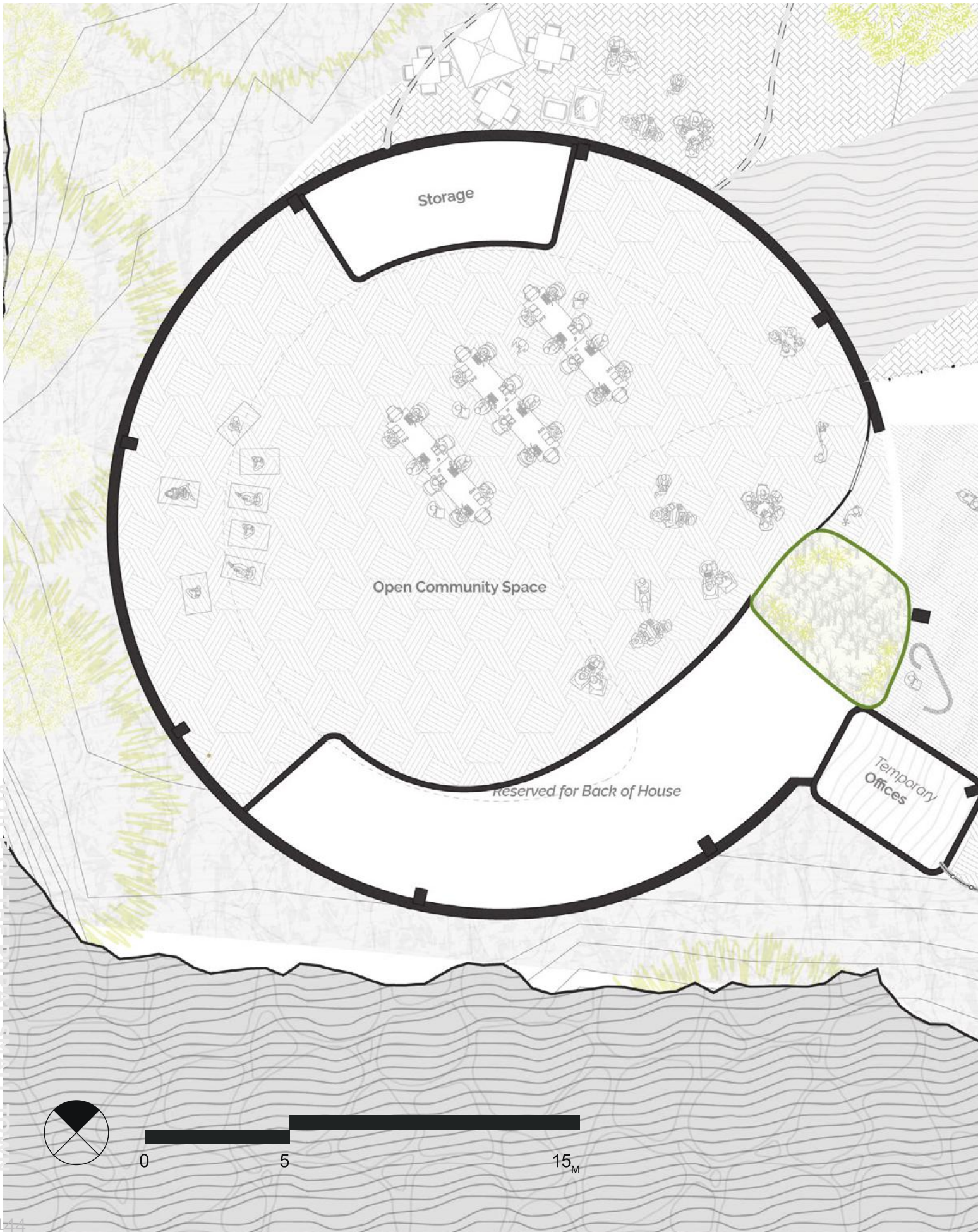
| Figure 139 First Floor Plan |

First Floor

The building form contours the existing rocky terrain, with patches of rocks and dirt between the building at the water to the west and stone pavers and planted trees marking the entry to the east. There are two points of entry on the main floor, one for the walk-in clinic and the other for the community space.

Placing the walk-in clinic closest to the entry of the site in case of emergency is the first program you see as you arrive. The entry to the walk-in clinic uses a change in flooring material to clearly and immediately indicate a path toward reception or to an exam room. This double-height space has waiting areas, also marked by flooring changes, to provide points of rest and calm before entering the clinic area. Within the clinic area, closed-door programs like exam rooms, physician offices, and washrooms are pushed to the exterior to provide natural exterior light. These rooms can be arranged to provide negative space in between that would be optimal places of quiet rest in a stressful clinical environment. The centre of the space is open to allow free movement as well as views from the nursing station to provide quick and easy service if needed.

The community space has a visual connection to the clinic through an enclosed garden area, giving both views of nature and partial privacy of between the two programs. The circular space gives large expansive views of the rocky terrain and lets in lots of natural southwest light through the curtain wall as well as a circular skylight at the centre. This space is meant to be undefined and open to a range of programs like conferences, community events, concerts, or painting classes.



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| Figure 140 Zoomed in First Floor Plan

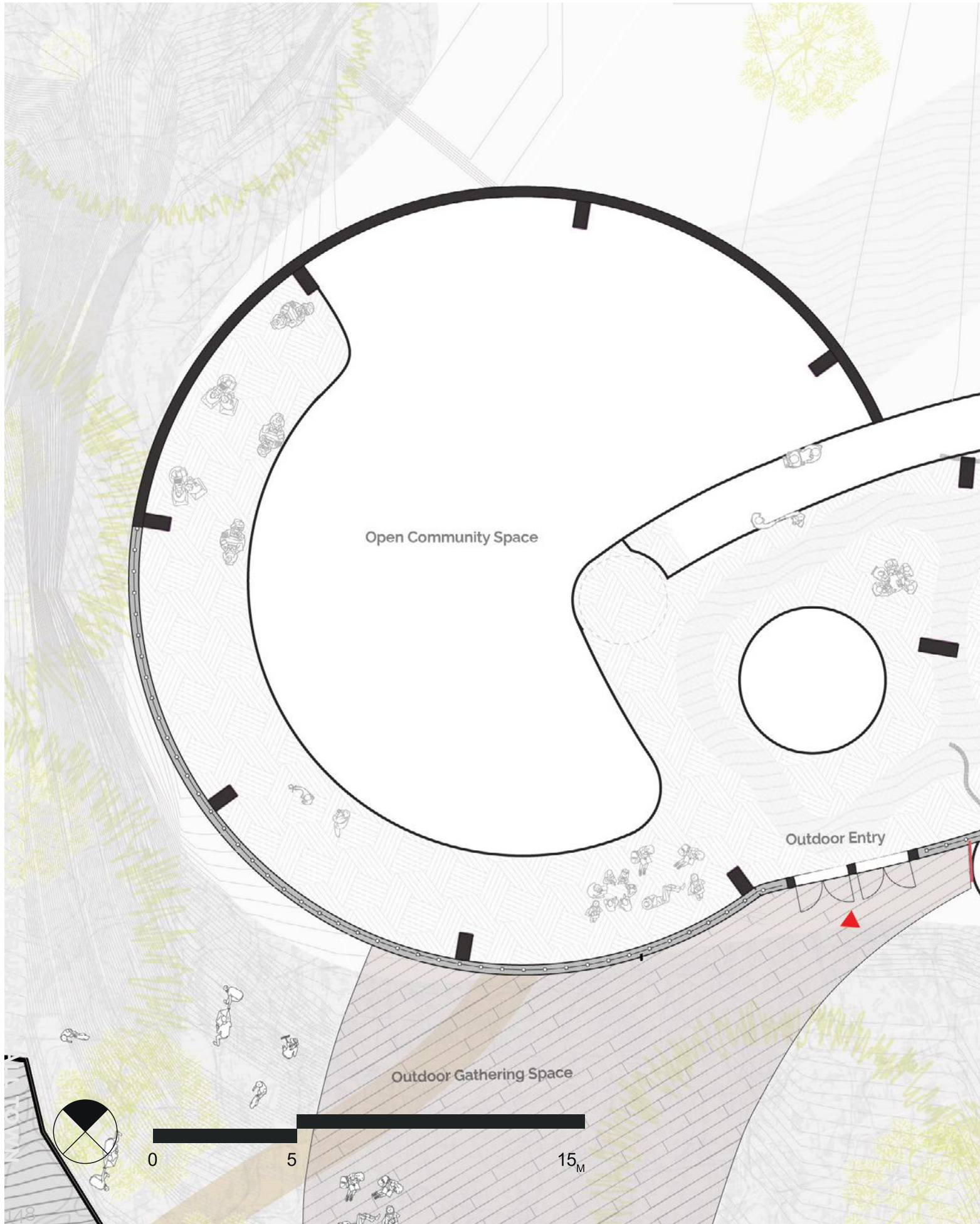


| Figure 141 Second Floor Plan

Second Floor

Using the same footprint of the walk-in clinic and community space, the second floor similarly provides views outwardly towards the landscape, and also provides an opportunity to look inwardly at the spaces and occupants below. Based on the needs of the community today, the portion directly above the walk-in clinic acts as a physical therapy space with temporary walls and lots of partitions. This has spaces that could change to fit the needs of a particular program. Without the need for the privacy of a doctor's office, nursing students could make certain spaces suitable for baby clinics and others for physical therapy. Both the upper and lower spaces have views to the entry points to the building to allow people to view the more public spaces and for wayfinding between levels.

The second floor also has an entry giving direct access to the landscape, connecting to a path leading to the separate counselling building. It was important for the community to have the counselling space a bit more secluded from the other programs to allow for private conversations regarding deep trauma. This building can host two or more private counselling sessions at a time and it also has the space to host larger group sessions. Utilizing the same partitions, these open spaces are adaptable and can separate this space from the rest of the building. This means that programs can run at any time of the day. In addition, having two entrances means that patients and users accessing these programs can have little to no interaction with one another, allowing for patient privacy when needed. Each of the offices has permanent and semi-permanent tenants so that certain ones can be reserved for different practices like therapy, youth counselling, or any type of closed-door meeting.

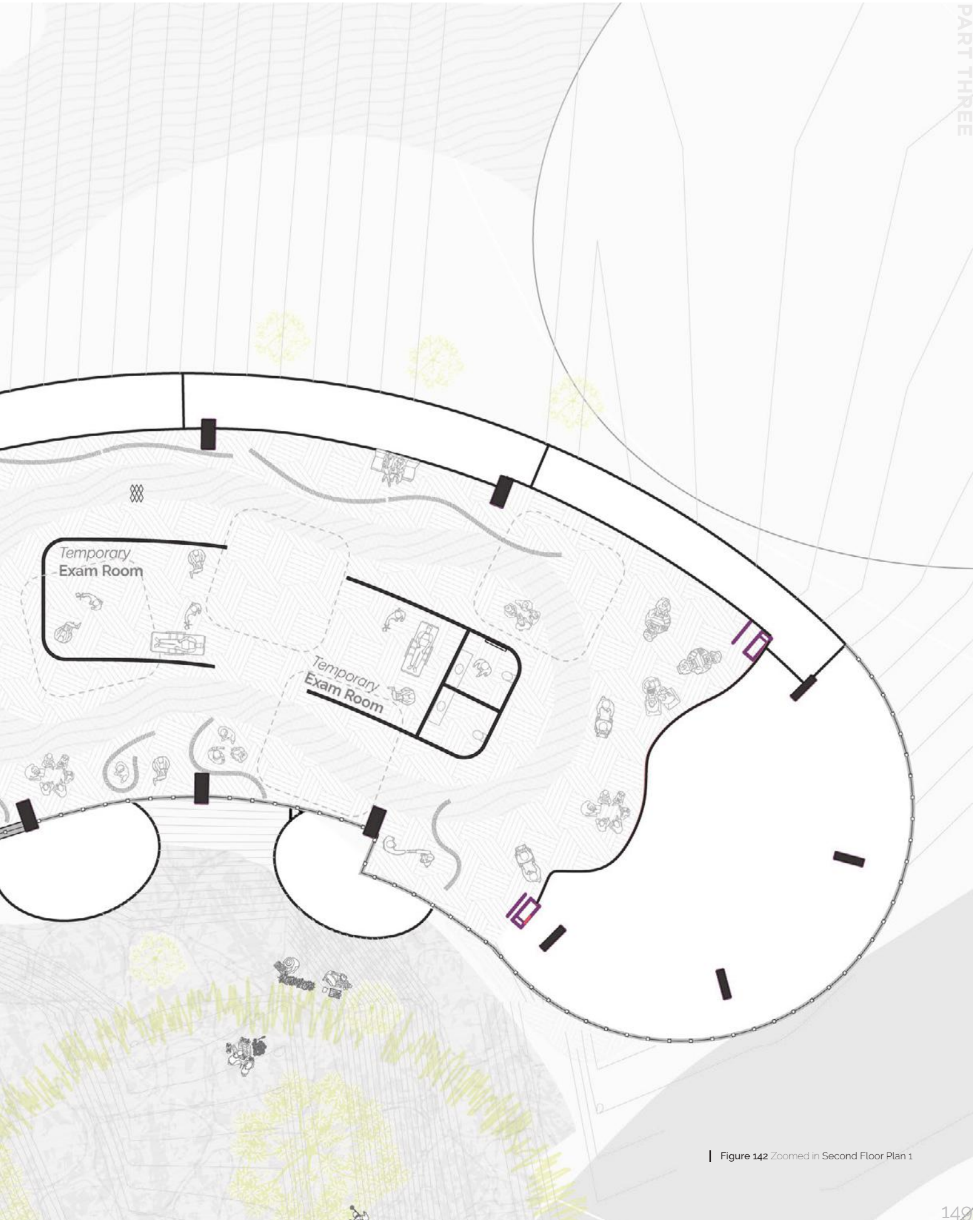


Open Community Space

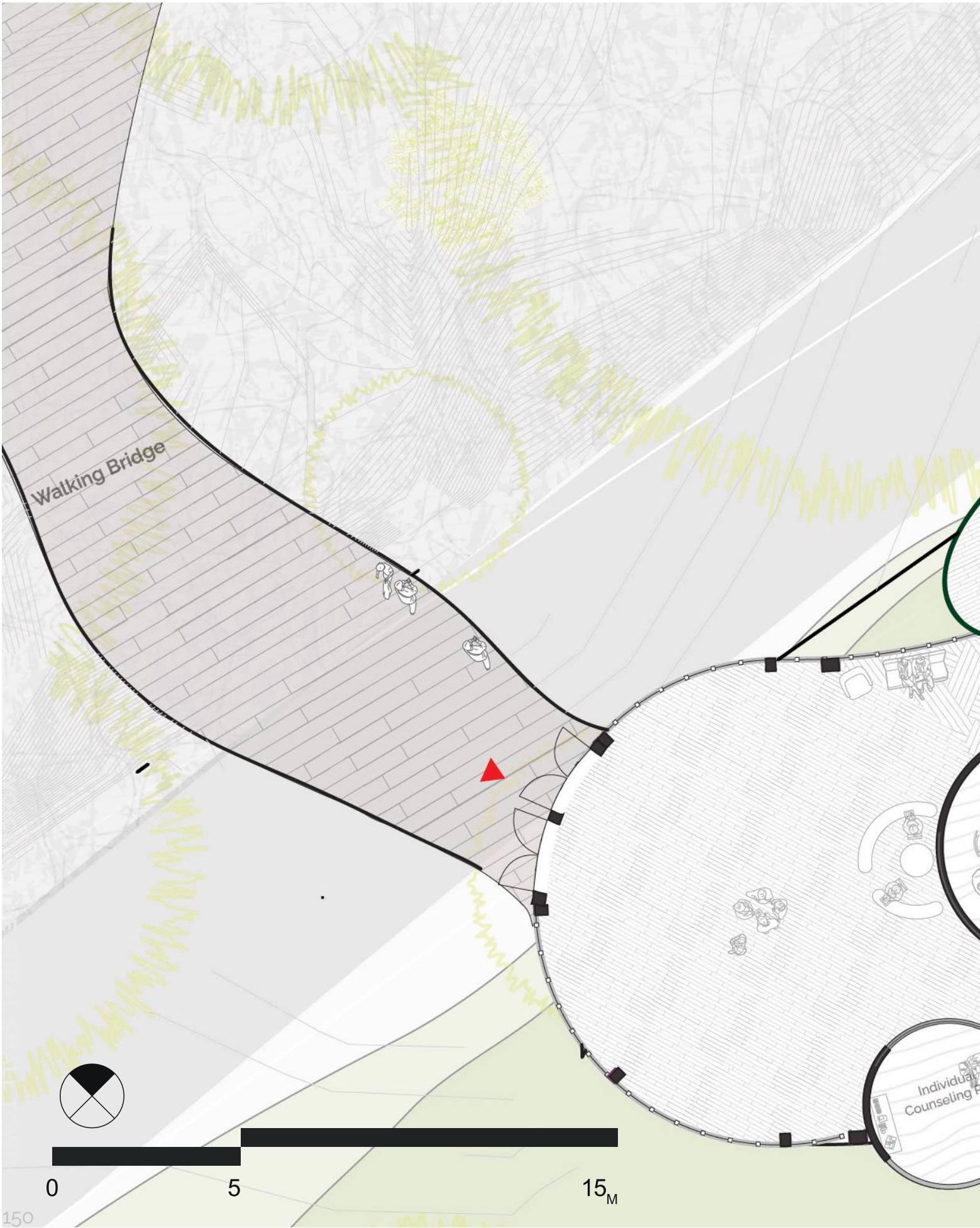
Outdoor Entry

Outdoor Gathering Space

0 5 15_M



| Figure 142 Zoomed in Second Floor Plan 1



Walking Bridge

Individual Counseling Room

0

5

15_M

150

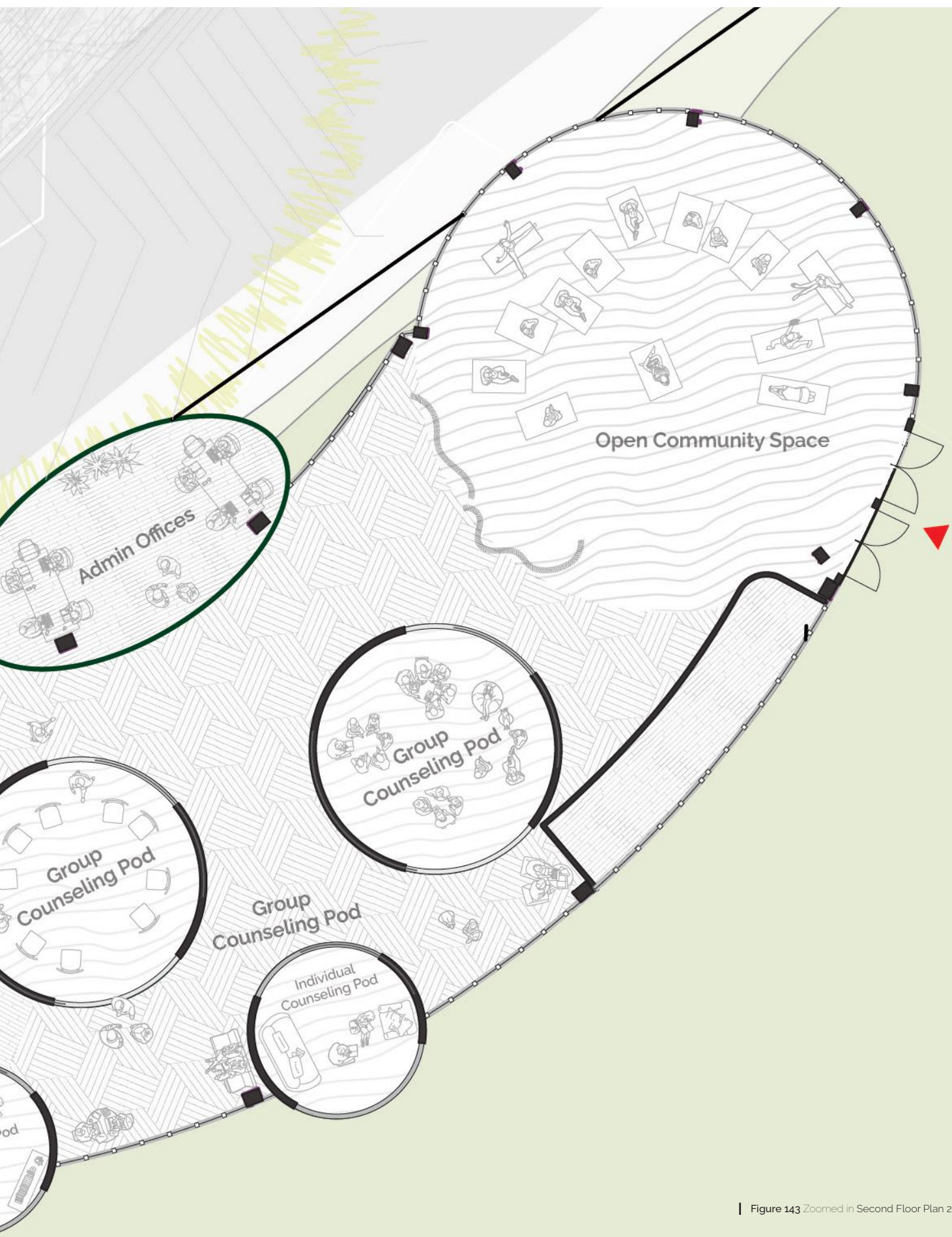
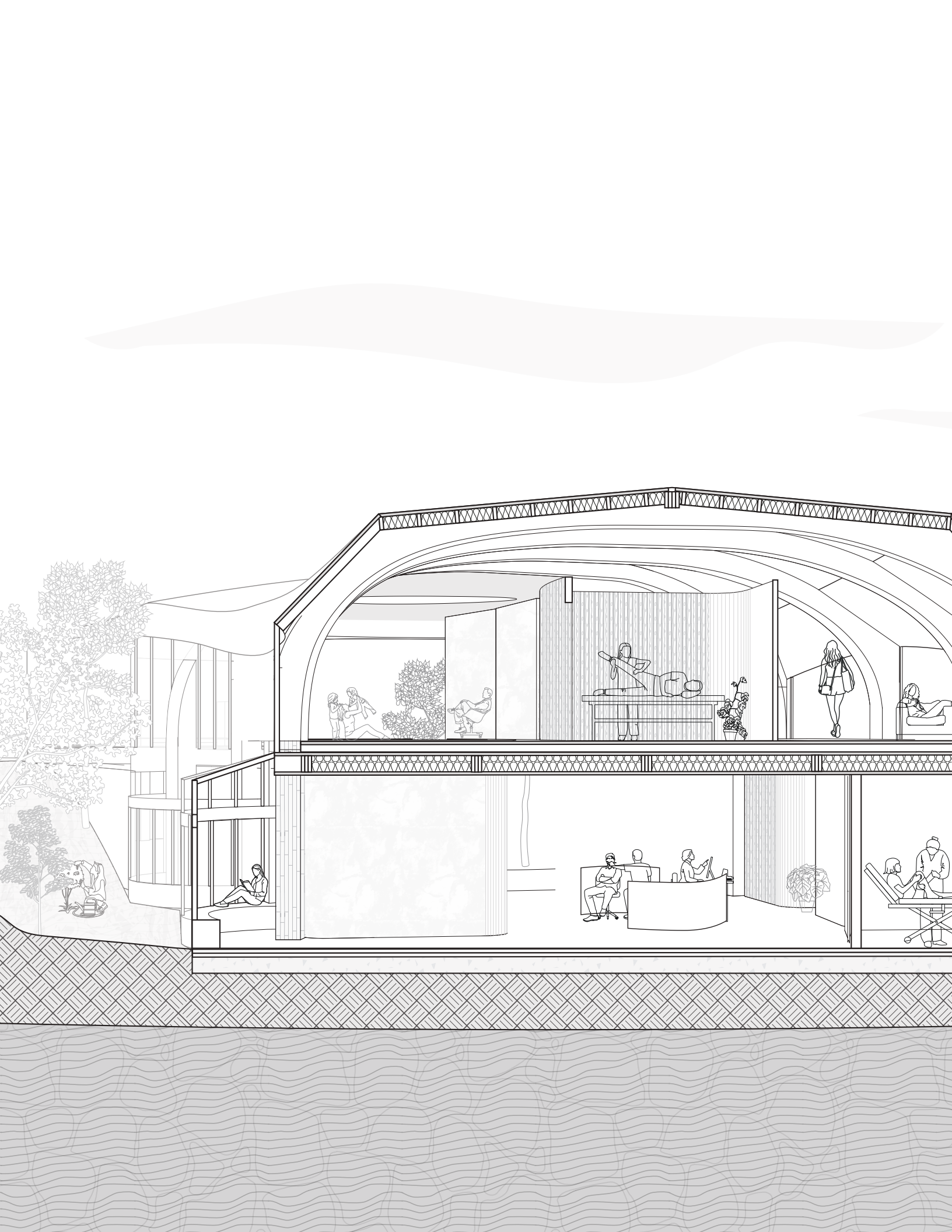


Figure 143 Zoomed in Second Floor Plan 2



In this section, cut through the clinic in physical therapy space, are multiple points of open and private healing. In addition, this diagram illustrates the openness created by the wood structure, which allows for an open concept floor plan on both floors and creates a grand vaulted ceiling for the upper space.

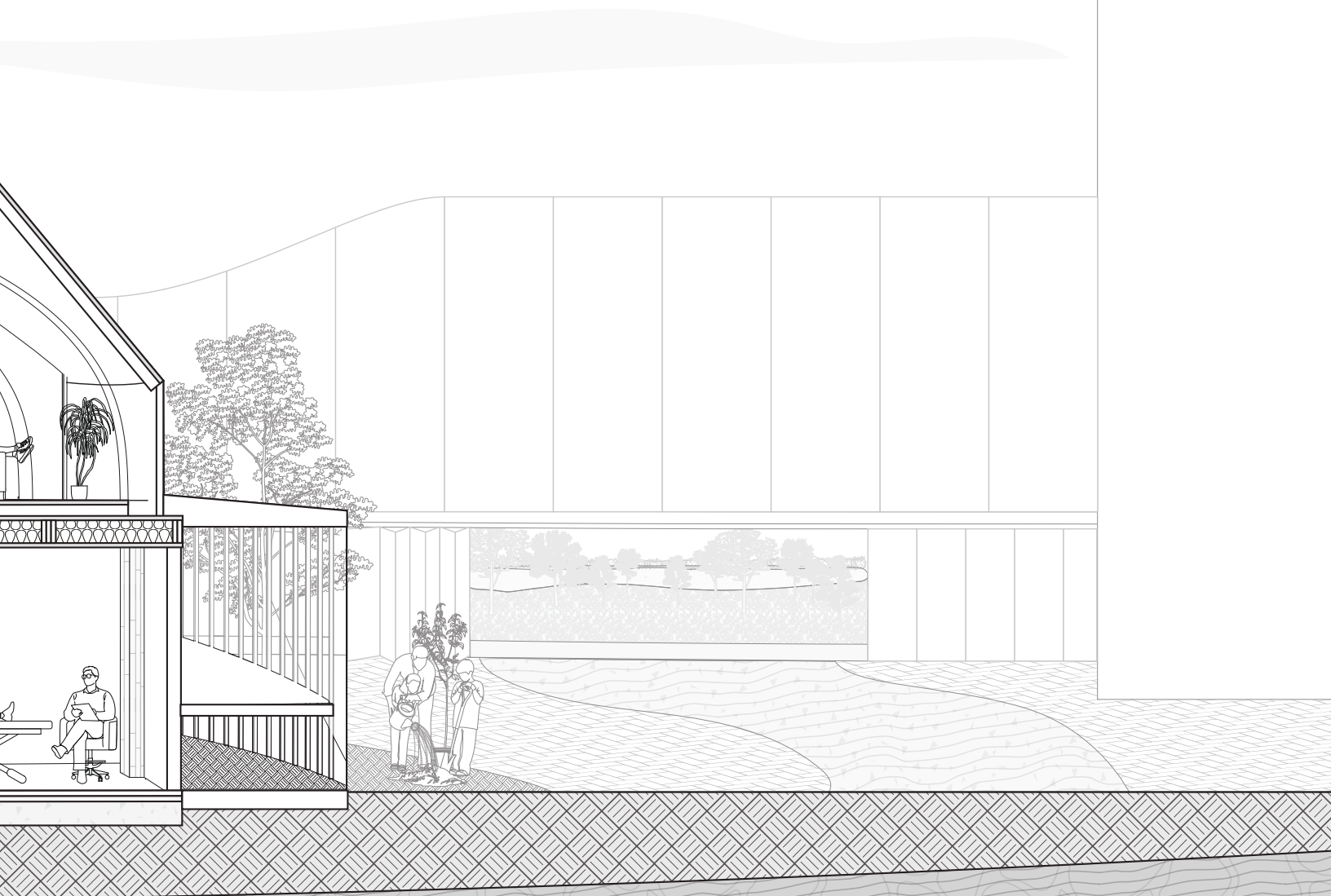
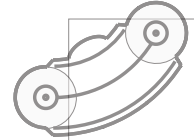
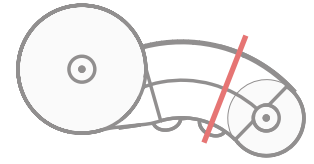
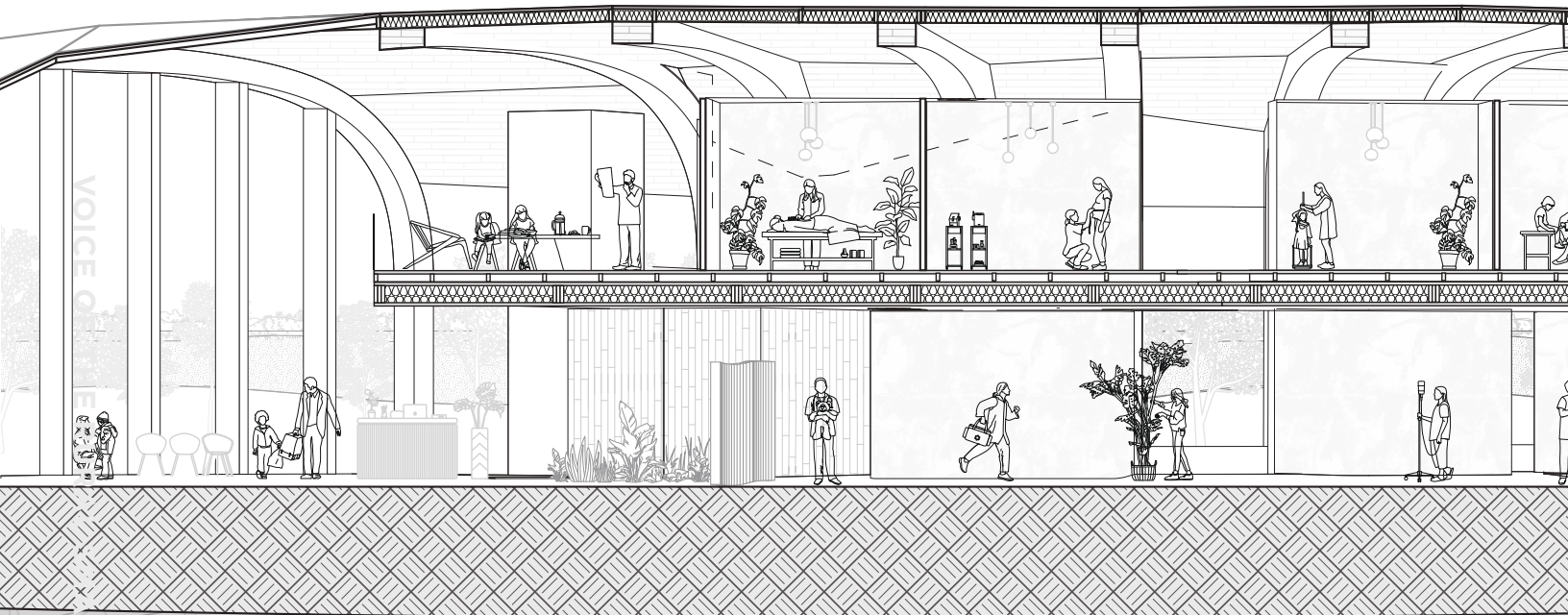
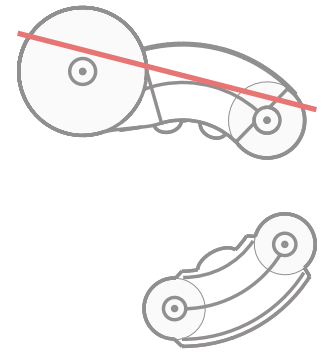
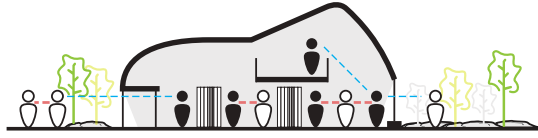


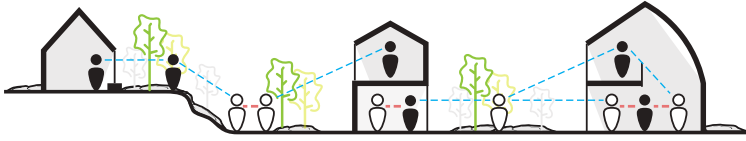
Figure 144 East West Building Section

From left to right, we have the walk-in clinic entry, physical therapy and clinic spaces, and open community space with a mezzanine overlooking the centre. This section demonstrates that many programs can be happening at once, by use of temporary walls and partitions to adapt these areas into smaller zones and initiate privacy between each space. These partitions give agency to the user by allowing them to change the space around them. Within the more open spaces of the entry and the community space, the idea of people watching is present, even with these different zones and allows users to connect a wider range of events that otherwise would be conducted behind closed doors in disjointed parts of Parry Sound





Changing Spaces



People Watching

Figure 145 ABOVE
Diagram of People Watching in Undefined Spaces

Figure 146 ABOVE
Diagram of People Watching

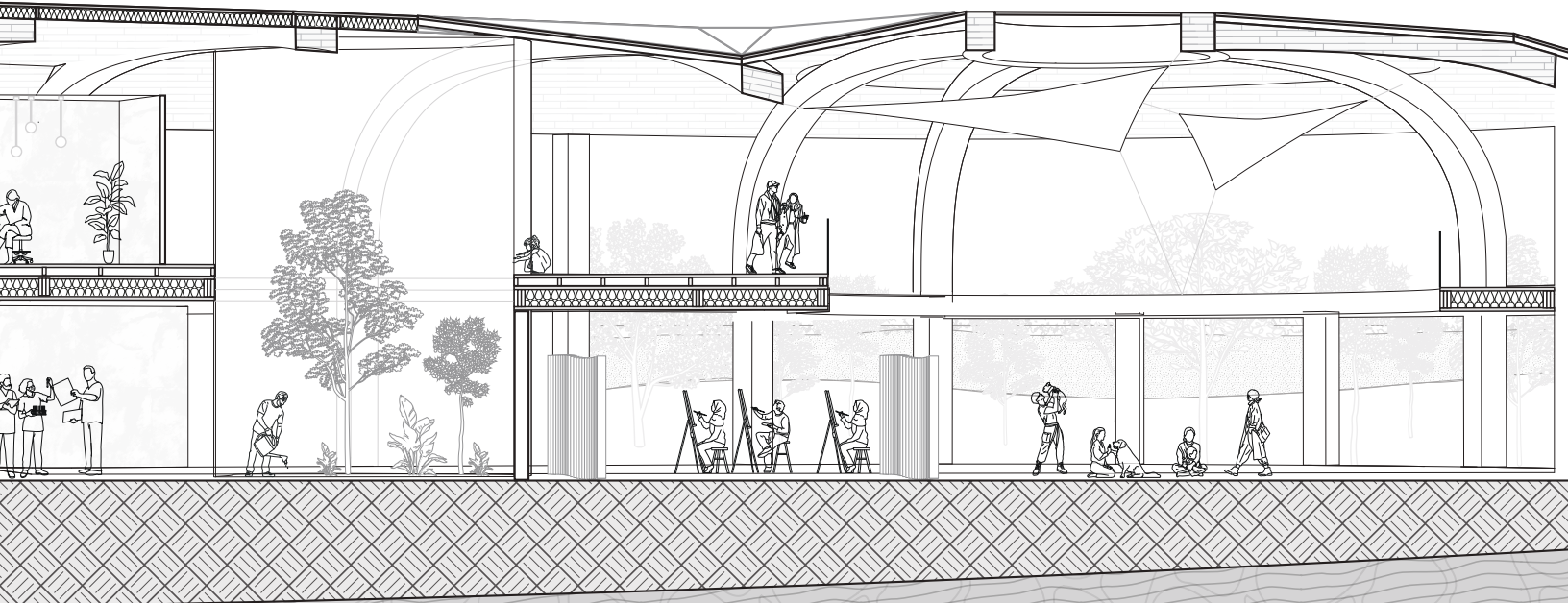


Figure 147 North/South Building Section

Adaptability

The demands and requirements of a Health Centre as they are today will not be the same in 20 years or in special unforeseen circumstances; the activities within a multipurpose community space will be even more unknown from day to day. The ability to change and adapt these spaces quickly and easily is a critical feature to ensuring the usefulness of the building over time. Screens, partitions, and temporary walls within larger open-ended spaces can provide adaptability and radically change the way the community uses the building.

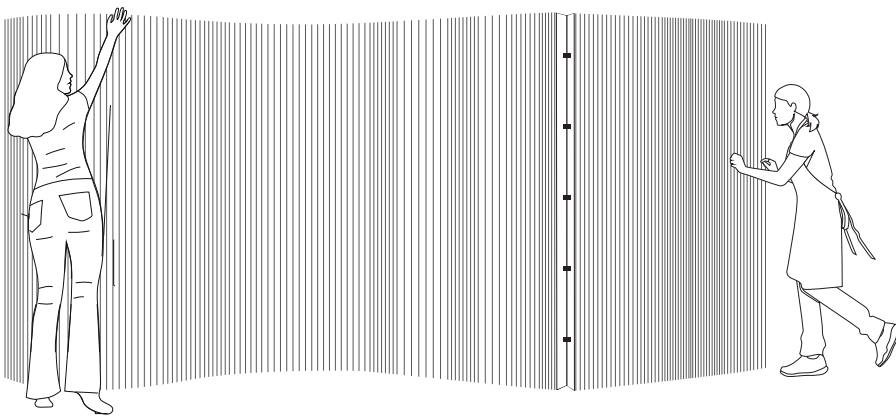


Figure 148 LEFT
Diagram of Two people stretching out an accordion like partition wall

Figure 149 RIGHT
Image of paper material screen/partition

With stackable accordion-like paper screens, users would be able to change a space to their liking. In increments of 15 feet, and with the ability to connect, these soft paper walls by Molodesign can be put up and taken down by one or more users and require very little storage.⁸⁷

87. 'Paper Softwall: Folding Wall Partition,' molo, accessed March 28, 2023, <https://molodesign.com/collections/space-partitions/paper-softwall-folding-wall/>.

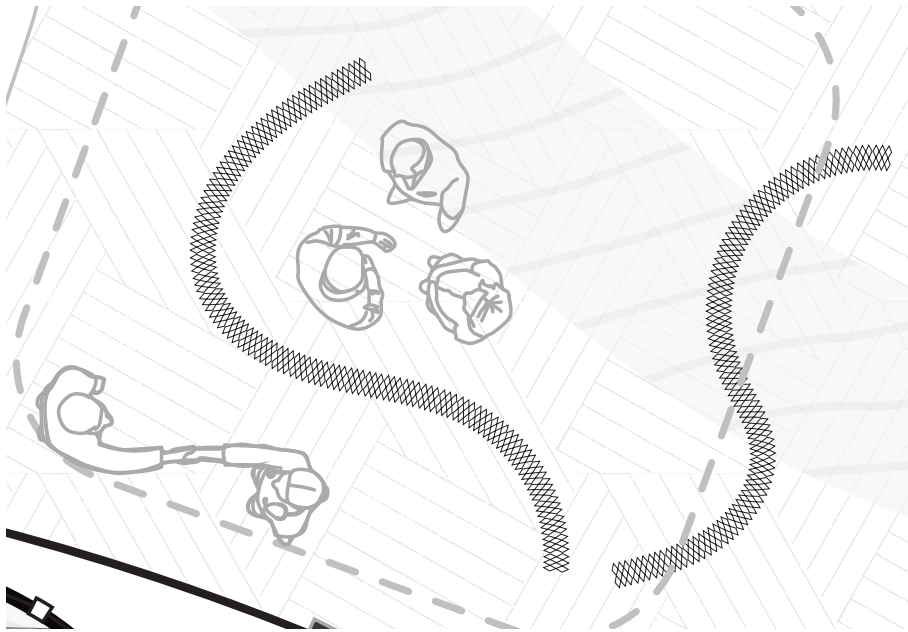
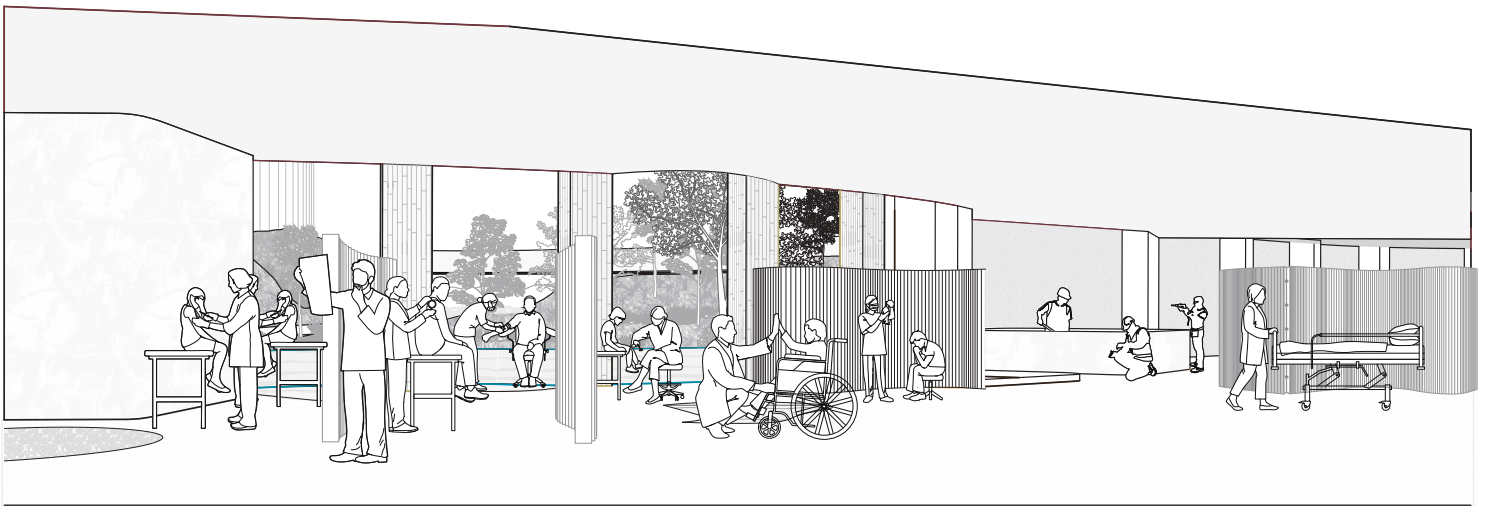


Figure 150 LEFT
Zoom in of Floor plan showing users creating smaller private spaces with screen partitions

Figure 151 BELOW
Vignette of Walk-In Clinic space being adapted into a vaccine clinic in event of emergency



This vignette shows the possibility of a pop-up vaccine clinic within moments of a crisis; staff can use partitions to create separation and prescribe movement and flow in the space. At the same time, some staff are actively removing temporary walls in the background to make way for more emergency programming.



Private Spaces

These smaller counselling spaces are designed to have sliding screen doors for users to open and close to their liking. These rooms are circular as to have panoramic views of nature and the waterfront but can still provide enough privacy for a patient's anonymity. Screens, curtains, a cozy interior finish and comfortable furniture, are all meant to give the patient a safe space to express themselves.

Figure 152 LEFT
Vignette of two people inhabiting quiet zone offshoot form clinic space

Figure 153 BELOW
Visualizaion of two people inhabiting Private Counselling spaces



Indoor/Outdoor

By allowing the gap between exam rooms to be inhabited, users can find refuge and more private spaces within the sometimes hectic clinic environment. One example can be seen in Figure 155, which showcases the ability of colour and materiality to reinvent the space away from a sterile clinical space to a warm, natural, and inviting environment.

While providing large windows allows users to access the exterior landscape, nature can also be brought within the clinical space. Taking large portable plants and placing them within the floor assembly allows for pop-up gardens and vegetative spaces like this one to take root and break up the open spaces, absorb sound, provide life and be used as screening for more private moments.



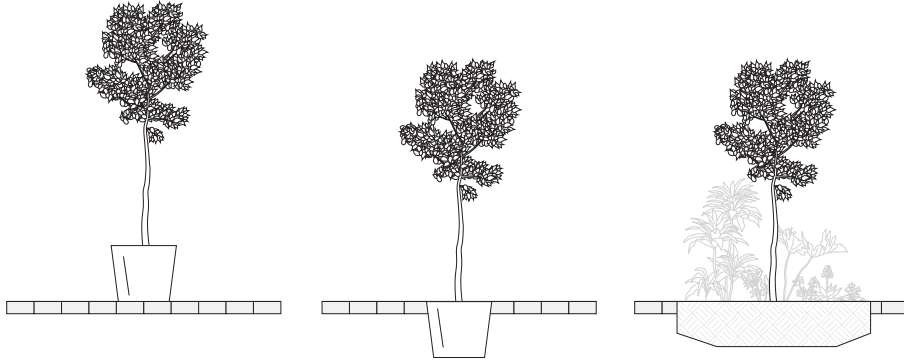


Figure 154 ABOVE
Diagram of potted plants being inserted into floor assembly

Figure 155 BELOW
Visualization of people inhabiting quiet zones and transverse through corridors of the clinic spaces





Figure 156 Visualization of people inhabiting entry space to Walk-In Clinic





This campus design fosters locally grounded growth in Parry Sound by giving residents the space and the resources to go on a journey of self-actualization. This architectural solution has achieved the first step in Parry Sound's new growth through the design of Parry Sound's first walk-in clinic; allowing views to nature from every space, and letting in lots of natural light, the clinic is designed with well-being in mind. The next steps are achieved by bringing fractured community organizations together. The adaptable spaces and opportunities for connection will make this campus a one-stop shop for residents seeking to improve their well-being. Reclaiming Parry Sound's waterfront away from more commercial development and for the benefit of the community.



Figure 157 Diagrammatic isometric vector drawing showing parti diagram overlaid onto the site and buildings

Conclusion

Initially, this thesis aimed to solve the lack of winter programming in Parry Sound, and investigate the root cause of a hibernating small town. However, my research uncovered more urgent issues, such as lack of revenue available in winter, rising housing prices, inflated cost of food, and long wait times to access healthcare. Further research found that the root cause was seasonal financial dependency and a lack of investment in community health services. Should this favouritism towards improving summer industries and generating seasonal revenue continue, the research suggests that the residents' health and quality of life will decline. Although current efforts are slow-moving, lackluster, and uncoordinated, they do show promise in gathering the community together.

Upon uncovering current initiatives, more and more of the community's grit in supporting one another became evident; hence, the thesis shifted from a top-down approach to a grounded bottom-up approach. Thus began a methodology of conversing with Parry Sound community organizations and gathering a theoretical framework for designing adaptable and healthy spaces. These investigations provided clarity about Parry Sound's challenges and the role of architecture in its journey. The voices of this small rural town desired a fundamental shift in its current growth. Parry Sound's new path starts with redefining growth as prioritizing health while providing a stable income instead of providing adequate healthcare while prioritizing revenue. The first step on this journey is connecting pre-acute care with existing community health initiatives to incentivize residents to improve their own well-being. Through architecture, this new growth translates into creating a campus of adaptable programs centred around health, well-being, and financial stability. For Parry Sound, the first step is a walk-in clinic and community centre with room to grow.

This thesis showcases how to employ evidence-based design for well-being with a grounded community to provide person-centred care. The strategies of biophilic therapy, private and social healing, and creating a relationship with place are scalable to all types of healthcare spaces. Utilizing

this thesis's methodology and theoretical framework, other designers in rural areas of Canada can start a conversation in their community to begin reframing growth to better suit their obstacles, concerns, and aspirations.

Moving forward, I will be listening more, asking more questions, and investigating how I can use architecture to help provide softspoken voices with a better foundation to be the change they want to see in the world.

A handwritten signature in black ink, appearing to be 'A. Smith' or similar, located in the bottom right corner of the page.

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Appendix

Healing through Making!

Healing through making is achieved through 1) creation and expression 2) cathartic doing/making with others 3) through sharing their stories. The patient can 'passive recipients' in the creation or experience of it and gain similar benefits. This may could be achieved through exhibition, in both a formal and informal setting, through scheduled performance and/or showcase or simply through allowing the making spaces visible to outsiders. Having these spaces community driven instead of lectured classes may yield better results or more acceptance

Healing through making can be expressed through visual art, written, or spoken language, or performance. This is called "creative art therapies" in the current literature and doesn't necessarily require the individual to take part in the act of expressing. The patient can be a 'passive recipient' in the creation or experience of it and gain similar benefits. Healing through making can "decrease anxiety, depression and pain, and increase quality of life", it can improve "self-esteem, promote emotional release" give them a "sense of control and change their perspective about their situation". Overall it has been noted that these experiences or activities can be emotionally healing.

Art therapy and healing through making have the most effective healing effects when in smaller more focused groups. This may indicate the need for smaller breakout space for activities to be held as suggested, that could work in tandem or tangentially with the larger open spaces.]]]]

The act of creating art is a personal experience that can help people deal with emotions and aid in the healing process. Healing through making has been proven to aid in healing cancer patients but can also be translated to all forms of illness. Making art can allow the artist to express themselves in different mediums, create a cathartic and therapeutic experience, and be a form of sharing or storytelling. Art therapy can decrease anxiety, improve self-esteem, and sometimes provide a sense of control.¹ Providing the space and the tools that community members could greatly improve their state of health.

I believe that making stained glass can be a cathartic hands-on process that aids in self-growth. Making stained glass artworks takes the act of craft and combines it with creative pursuits all within the healing medium of natural light and colour. Through experiencing the materiality and learning through doing I wish to not only create stain glass art, as it would ideally occur within the proposed building's program but also integrate it into the building fabric via its envelope. Parry Sound has many examples of stained glass art on display, whether it is featured prominently as a mural in a public building or sold at booths by craftspeople in summer farmers markets. Exhibiting stained glass art created by the community for the community will aid in my efforts to foster growth. Learning from my grandmother, a parry sound resident most of her life, the collaborative learning process of gaining new skills is sure to embed individuals into the community of makers.

What we think of as traditional stained glass today came about from the Roman empire, incorporating cultural and religious artworks of stained glass to be placed in most Romanesque architecture from the 12th century. Translating into gothic architecture and the renaissance era, it was adopted by early American settlers in the early 17th century, quickly taken in by many craftspeople, and turned into the traditional style we know in North America today. In the mid-19th century, it became increasingly popular in Europe and even Canada, with each country developing their unique style and technique. It has continued evolving around the world, even today.² Through this global innovation the access to creating art through this medium is very beginner friendly. Starting with the basics of leaded and painted glass, it is a slippery slope to learning more challenging techniques such as faceted glass, fused/kiln-formed glass, etched glass, carved glass, laminated glass, and glass combined with other materials.³

The emotional effect of working with stained glass comes from it being rooted in its mystery and romance, the medium of light and colour captures the imagination and has historically been used only to convey special meaning and to express deep emotions through sophisticated craft and line

1. Heiney, S.P., Darr-Hope, H., Meriwether, M.P. and Adams, S.A. (2017). *Healing by Creating: Patient Evaluations of Art-Making Program*. *J Creat Behav*, 51: 35-44. <https://doi.org/10.1002/jocb.84>

2. "History of Stained Glass," *The Stained Glass Association of America*, December 27, 2022. <https://www.stainedglass.org/learning-resources/history-stained-glass>.

3. "Varieties of Stained Glass," *The Stained Glass Association of America*, October 20, 2022. <https://www.stainedglass.org/learning-resources/varieties-stained-glass>.

design. In the modern era, we have the tools and technologies to bring more dimensions to this art form by letting it come alive at night by combining it with the craft of solar-powered art. The award-winning kickstarted campaign SolarSunne based in The Netherlands firmly believes that solar design can be beautiful too.⁴ We can get the same expression from solar panel art as with stained-glass art, the same colours, interaction with light, and cathartic making process; however, with additional benefits of making something lasting, sustainable, and possibly illuminating.

What makes this part of the Parry Sound story is the generations of people who have moved to and lived in the town that made their living with their hands. The construction industry there has produced carpenters, electricians, and all kinds of labourers to Parry Sound; all with the passion for making things that last. Through the years these talents have been showcased through art less and less over the years. I wish to re-establish a legacy of art and creation for Parry Sound residents. Through making the object of a stained-glass + solar window fenestration, I can experience the explorative and creative thinking process that would benefit peoples healing within the programmed space in my thesis. I can step in the shoes of patients or curious locals that are wanting to learn new skills and start their path toward healing and growth.

During this experimentation, I referenced traditional Anishinaabe forms and designs to inform the colours and shapes used in my stained-glass element of the object. Even though creating curves in stained glass is harder than a linear design, it was important to the Parry Sound story to explore a design that pushes the user to adapt and create something new based on the tools at hand. Integrating it into a screen to be showcased meant relearning woodworking skills that I once used as a framer, working summers in Parry Sound and working along the making community. Throughout the project, I learned [and messed up] soldering skills, glass cutting, glass beveling, routing, woof planning, and basic fabrication techniques that gave me a new appreciation for the craft and improved my confidence as a Parry Sound Maker, that I hope to translate into design for the next generation of Makers

4. "Sunne the Solar Light That Brings the Sun Indoors. Team," Sunne, January 12, 2023, <https://solarsunne.com/team/>.



Figure 158 Rendering of screen door with Stained Glass and Solar Cells embedded within the frame

Figure 159 Photo of corner detail prototype of screen with stained glass and wood frame made by author



