

## Active Campbell River Meeting Minutes

Thursday, June 12<sup>th</sup>, 2008  
Strathcona Gardens, 10:30 – 12:00

**Attendance:** Richard Boehm, Jan Sandholm, Lynn Wark, Kris Johnson, Susan Bullock, Brenda Wagman, Ted Foster (Rotary), Cheryl Jordan (Success by 6), Erin Hackett (VIHA), Terryl Bertagnolli, Steph (Co-op student), Craig Gillis, June Hinshaw (S.D.)

**Introductions:**

**Additions to Agenda:**

2. 5c. Updates from ACR Coordinator
- 5d. Food policies in schools

**Guest: Ted Foster from Rotary Club of Campbell River re trails, signage and mapping:**

- Rotary – long time interest in Seawalk and are completing a project involving an interpretive centre and 12 info posts along Seawalk.
- Grant monies are supporting this initiative. A focus is on the history of First Nations and there is a significant educational component involved. Involves coordination with City as well for locations.
- 3 of the info posts are completed and Rotary is looking for ideas and ways in which we can collaborate to share the Active Campbell River message.
- Susan Bullock to follow up with information about walking areas and info, pedometer steps and ACR logo.

### Business Arising From the Minutes

- 4a. **Newsletter submissions** – No May issue yet. Will combine a July/August Newsletter – Susan  
Volunteers will be coordinator from Community Centre for delivery  
Submissions to Susan by June 20<sup>th</sup>.  
**Action:** Meghan – to send BTWW info for newsletter to Susan and Jan to submit photos of Move for Health Day  
Discussion of possible alternatives to newsletter for September - TBC
- 4b. **VIHA Involvement** –  
Welcome to Erin Hackett; Public Health Nurse.  
Erin will update ACR info board at immunization clinic and will attend meetings regularly.
- 4c. **Events**
  - a. **Move for Health Day Saturday, May 10**  
Mixed feedback – tent was successful with good information; however event was not well attended (other than Greenways Gallop)  
Will involve a change for next year and it will be considered to have a more social and family fun style event eg. Mother's Day walk or pancake breakfast and walk  
Important to also focus on a measurement tool for this event and others.

Follow up with ActNow BC about collaborating with them and expressing concern with lack of communication with the community – Terryl to write email to ActNow

b. **Bike to Work Week, June 2-8**

Very positive; huge success overall. Great opportunity for people to learn about commuting, try it, get to know bike routes. Non bike riders also used alternative transport during the week.

~ 70 teams with over 120 attending breakfast station. Numbers for BBQ celebration station not known.

Issues of racks and bike parking arose – big problem with security in community and at schools. Indoor parking is important and perhaps an employer responsibility?

More info and summary at next meeting

4d. **Pedometers** – Most have been distributed and report has been written up by Susan

For potential future programs – important to establish desired outcomes of program and have a measuring tool of usage and success.

Various community groups have registered on an on-line tracking system and the social and team connection to this is valuable

Pedometer distribution very successful throughout community to those that are not as active and in which walking is critical.

4e. **“Places to Walk in Campbell River”**

Susan has finalized newspaper insert and map flier and handed it off to Meghan. Many formatting challenges and project is being delayed.

Kris to follow up with help to work with Meghan and to apply edits as per Lynn Wark

Newspaper insert is a priority and flier to follow.

4f. **Active Communities Grant deadline** in May 31,

Ineligible for Active Communities Grant Stream.

Follow up needed for tracking how many grants have been and can be submitted per year.

**Everybody Active Grant** – ACR received a \$1,500 grant to focus upon increasing the activity levels of people between 35-54 and that are economically challenged.

Kris will continue with this once in receipt of final agreement from Everybody Active. Brenda to help on a subcommittee.

The grant is to be applied to hosting a meeting to involve a variety of stakeholders to look ways to improve activity levels and the meeting and final report must be concluded by the end of November.

4g. **Professional Development Days** for SD72 teachers in August

August 26 from 9:00 to Noon.

Presentation by VIHA nutritionist Anthea Kennelly; followed by a Parks, Recreation and Culture session about active classroom tips and games. Session is for elementary teachers.

4h. **Second Year Report to Council** –

Will present in the Fall after onset of new council and after our TRACE Evaluation

- 4i. **Soccer for Youth**  
No report – deferred to next meeting
- 4j. **Pro Motion Grant** – Grant for girls and women only as an incentive to encourage participation. Deadline is June 23.  
No application being sent from ACR – very involved process and program planning
- 4k. **Trace Evaluation Meeting**  
Valuable measure of ACR  
To be held Tuesday, June 17 at 12:00Noon in Room 2 at the Community Center.

### **New Business**

- 5a. **BCRPA Press Release from Patricia Hall**  
Deferred to next meeting
- 5b. **Beaver Lodge Signage**  
Deferred to next meeting.
- 5c. **Updates from ACR Coordinator**  
Web Page Proposal – will be circulated to committee and interested parties to work with Kris  
Focus Groups and Beginner Groups – deferred  
Kris will write an ACR piece for Synergy Magazine for each publication (every 2 months) with a focus on activity and recreation, not sport and discuss social involvement, education about what is active etc.  
Potential partnerships with Campbell River Mirror in their activity challenges
- 5d. **Food Policies in Schools**  
As of January 2008, there are policy changes and guidelines for schools as part of the Healthy Schools Initiative.  
Foods are rated in 4 categories and food service and vending machines (any food sales) in schools must adhere to regulations  
Good support resource material is available from Craig.  
Local businesses are also partnering to restructure menus

**Next meeting is Thursday, July 10<sup>th</sup>, 10:30 at Strathcona Gardens**