

Active Campbell River Meeting Minutes

Thursday, Sept. 11th, 2008
Strathcona Gardens, 10:30 – 12:00

Attendance: Cheryl Jordan (Success by 6), Erin Hackett (VIHA), Carla Valentine (VIHA), Susan Bullock (Strathcona Regional District), Richard Boehm (Access Awareness Committee), Michele Sirett (City of CR, Culture, Parks, and Rec), Kris Johnson (Active Campbell River Coordinator), Terryl Bertagnolli (B.C. Cancer Agency Prevention Programs), June Hinshaw (SD72), Sandra Milligan (North Island College), Jan Sandholm and Megan Best (City of CR, Parks, Recreation and Culture), Brenda Wagman (previous Success by 6), Lindsey McDonald (VIHA/SRD and CVRD)

1. Introductions

Welcome to new VIHA rep Carla Valentine to replace Eric Hackett and to the Lindsey McDonald, Healthy Communities Facilitator from VIHA/CVRD and SRD

2. Additions to Agenda

Added item 4.6 Wellness Fair for SD72 Employees; 4.7 Active Minds, Active Bodies Training

3. Business Arising From the Minutes

3.1	<p>Newsletter submissions and circulation Kris to forward ACR events and project news to Susan Erin Hackett/Carla Valentine to forward Health Check item to Susan Delivery for newsletter will be done by the SRD up to December</p>	<p>Actions Kris Johnson Carla Valentine Susan Bullock</p>
3.2	<p>Events: Move for Health Day Saturday, May 10 Terryl will write a follow up letter to ActNow BC to coordinate timing of their visits to the community and work together.</p>	<p>Terryl</p>
3.3	<p>“Places to Walk in Campbell River” Brochure Kris has circulated the brochures to numerous locations including: Community Centre, Sportsplex, Tourist Information, Chamber of Commerce, John Howard Society, Family Services, Shorersrunners, VIHA, McDonalds, Additional locations for distribution could include: Robron Center, Retail sports stores Kris will order a display similar to what the CVRD has in the Driftwood mall for our Campbell River Commons Press Release to be written to inform the public of the new brochures Comment was made by Richard from Access Awareness that all trails remain inaccessible to someone, due to the range of disabilities. The brochures currently have a wheelchair symbol to indicate wheelchair accessibility. This issue will be discussed for a future draft of the brochure, with the potential for a point of information on the brochure to indicate that this has been a consideration. Kris will discuss this issue with Dave, who has been hired to work with Access Awareness on trail accessibility.</p>	<p>Kris Kris and Michele Meghan Kris</p>
3.4	<p>Everybody Active Grant RECEIVED! We have received a \$1,500 start up grant to increase access to active living by low-income adults. Brenda Wagman, Lindsey McDonald, Cheryl Jordan and Kris are organizing two meetings at the Community Centre to obtain public input on accessibility issues for low income adults. Focus Group meeting (for the target group): Thurs., Oct. 23, 1-2:30 and 7 – 8:30. Stakeholder meeting (for those working with the target group): Tues., Oct. 28 2-4.</p>	

	<p>Kris is working on incentive packages for participants with potential sponsorship from Thrifty Foods, the City of CR (bus pass), the Regional District, and Active Campbell River (pedometer).</p> <p>A diverse group has already been invited including: John Howard Society, Salvation Army, City of CR Parks, Recreation and Culture, Evergreen, VIHA, Mental Health, Family Services.</p> <p>All members can send invitations to potential participants.</p> <p>All members are welcome to make suggestions about potential facilitators</p>	<p>All</p> <p>All</p>
3.5	<p>Trace Evaluation and Plan Update Meeting Oct 23rd, 9 – 12, at the Community Centre</p> <p>All members of the working committee or any other interested party is welcome to join us to update our Active Campbell River plan. Preparation for the meeting will involve reading the current Active Campbell River Plan (Sept. 07), Trace Evaluation (July 08), and thinking about an action plan for the coming year.</p> <p>Note that VIHA staff will not be available.</p>	<p>Jan to book room</p> <p>All</p>
3.6	<p>Beaver Lodge Signage</p> <p>Recreational Use surveys were completed over Labour Day weekend. The signs have been ordered and are scheduled to be installed the first week of October. Sandra will oversee installation as per Beaver Lodge Land Trust Commission input. The second recreation survey will be done Thanksgiving weekend.</p> <p>All members can help by spreading the word about the new signage and the survey on Thanksgiving weekend to facilitate data collection.</p>	<p>Sandra</p> <p>All</p>
3.7	<p>Active Campbell River Web Page</p> <p>The webpage is complete. September 22nd is the launch date. Site address is www.activecampbellriver.ca. All members are encouraged to visit the site after launch and provide feedback to Kris. Linda Kubinec of the City will receive information and update the site as required.</p>	<p>All</p>
3.8	<p>Campbell River Mirror partnerships</p> <p>This item is deferred until after the Active Campbell River Plan update</p>	
3.9	<p>Guidelines for Food and Beverage Sales in BC Schools</p> <p>Sandra will contact the District Parents Advisory Council to provide information to help implement the new Guidelines (specifically, what foods fall into the Choose Most and Choose Sometimes categories). Gary Falk (principal of Discovery Passage school) has been trained on the guidelines and may be another useful contact.</p>	<p>Sandra</p>
3.10	<p>Rotary Signs</p> <p>Susan has provided feedback to Rotary and signs are being installed.</p>	
3.11	<p>Canyon View Trail Rerouting Survey</p> <p>Trail surveys on preferable options for trail rerouting were completed over a weekend on site. Sandra provided some surveys to be completed by Active Campbell River committee members and will forward to Stephen Watson.</p>	<p>Sandra</p>
4.	New Business	
4.1	<p>Publication “Communities in Action for a Healthy BC”</p> <p>Campbell River is one of 2 island communities highlighted in this publication “Active Campbell River’s Squad off to a Flying Start”. Michele will forward link to Council.</p>	<p>Michele</p>

4.2	<p>Funding for continuation of Coordinator's position Potential funding sources include requests to the City and Regional District for contact or permanent part-time position to continue the work of Active Campbell River. Advantages of a contract position include more control over hiring, whereas permanent part-time position would allow for work on projects with longer timelines. Kris is not available from Dec through Feb., which gives some time to pursue funding sources. Michele will consider Active Campbell River's need when working on proposed budget for the coming year. All will look for potential funding sources for a contract position.</p>	<p>Michele All – Susan and Michele</p>
4.3	<p>Canada's Healthy Workplace Month Sept 29 – Oct 26, 2008 www.healthyworkplaceweek.ca/index.php Kris has applied for an Active Communities grant of \$300 to create resource packages for businesses to start their own Active Workplace project. Package will include: Canada Food Guide, CD with Workplace wellness resources, information for pedometer programs and other resources. The Chamber of Commerce is having a small business fair on October 22nd and Kris will be on hand to provide information on workplace wellness programs.</p>	<p>Kris</p>
4.4	<p>Financial Assistance Flier This has been completed; another check on the Active Campbell River Plan! This 2-page flier contains a concise summary of subsidy information from a wide range of funders. This flier will be distributed to all involved in servicing low-income residents, in particular at the meetings for the Everybody Active Program. Committee members can get copies from Kris to distribute at their own organizations</p>	<p>All</p>
4.5	<p>Walk BC Regional Training On Oct 20th in Nanaimo training will be given to those involved implementing local walking programs. City staff will attend. Anyone else interested can contact Kris Johnson.</p>	
4.6	<p>SD72 Employee Wellness Fair Oct. 20 and 21st from 2-6 June reported on the SD Fair: Employees will have flu shots available, as well as a wide range of information and activities including Health profiles, cholesterol, blood pressure, abdominal girth checks. Regional District and City Parks, Recreation and Culture staff will be on hand with program information tables. Note that SD72 staff can apply for funding from EFAP committee (Employee Family Assistance Program) for wellness projects at the workplace (e.g. bike racks)</p>	
4.6	<p>Active Minds, Active Bodies Training session for those working with the preschool group on Saturday, October 18th from 8:30 – 3:30 in Parksville. Note: Session was fully booked as of Sept 18th.</p>	

5. **Next meeting** Thursday, October 9th, 10:30 at Strathcona Gardens.
Trace Evaluation and Plan Update meeting is **Thursday, October 23rd from 9-12** at the Community Centre
Questions or information: Kris.Johnson@campbellriver.ca; Sandra.Milligan@nic.bc.ca