



4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

 **4C** *The Future, Have A Hand in Tomorrow* 

www.infokiosk.ca

April 5th, 2011

Attendees: Myrna Scovoranski, Karen LaValley, Alise Kuipers, Pam Groeneveld, Nicole Warin, Greta Kubis, Sandra Oleksiw, Joyce Brown, Nyree Bond, Debbie-Layne MacLeod, Stacey Christianson

Agenda accepted as presented

The March meeting minutes were reviewed by all Debbie-Layne made motion that the minutes be adopted as amended and Pam seconded, all in favor.

Round Table

FCIS-will be presenting level 2 of the Survivors of Torture workshop on June 9th at the Ramada in High River. Level 1 was well received please see poster attached with the minutes. Also they are currently planning the second CSI Day summer event to be held in conjunction with High River First responders and the Foothills School Division. The age group this year will be 6-11 years and will be a full day event.

Debbie-Layne attended the teleconference hosted by the High River Library on E Readers. Many helpful hints picked up there, how to use one, how to order books. Joyce Brown added that the High River Library does not currently have a large selection of E books and commented that if everyone "adopted" one book, the selection would increase exponentially.

Salvation Army-brought up the "Dignity Project" that sheds light on poverty and homelessness, each community is encouraged to host an event that would bring awareness. Brainstorming around different events, pass any idea's to Nyreen.



Cargill has offered to help fund the building of a new walk in fridge/freezer or the foodbank and to donate meat on a monthly basis.

Secretary and Communications Coordinator- Debbie-Layne MacLeod has taken over the position of communications coordinator. In the past few months people have taken turns taking minutes; should this continue or is someone able to look after it for the next couple months. Pam G and Myrna S will share the responsibility until the summer.

Trade Fair-April 15th and 16th in High River, FCSS has purchased a table and agencies are welcome to display their brochures etc. in exchange for working one, two hour shift. Debbie passed out a signup sheet that she will drop off to Shelly Koot at the HR FCSS office. Whoever will be volunteering on behalf of 4C, Stacey will prepare everything to take. Pam G might be able to provide water to give away on behalf of FAS; discussion around putting agency labels over the water bottle company label, will possibly tie a card around the neck to promote FAS.

Action Groups

Awareness and outreach has worked on revamping the former price cards, now using a bookmark type that will match the new poster that will be put up around town recruiting volunteers for the committee or just for specific events. A couple of changes were made, Stacey to contact GECKO with the changes. Stacey and Debbie-Layne will discuss the number to order etc. Debbie-Layne has contacted the High River Times about advertising for April, May, August and September, try to put in an ad that looks similar to the poster. Nicole will contact High River Online to place awareness ads. The poster will also be added to the screens at the Rec Plex.

Stacey attended the Facebook for non profit library conference. Very informative session facebook has a separate section for non profits very effective and free way to get word out about your organization. Recommended that advertising and media policies be looked at in the organization and designate 2-3 administrators to manage the page. People who use facebook like quick responses to questions and inquiries. They also encouraged to keep site up to date with current videos and pictures for people to view. If anyone would like more information or the notes from the session they are posted on the brooks library facebook page.



It has been decided that Stacey will put together a 4C Facebook page, but not while she is working as AHS has policies about Facebook being used from their computers. Discussion about how much info to post, minutes, agenda's etc Coffee Sleeves-looking at doing them to promote awareness. GECKO will be asked to provide quote; everyone felt that local businesses would use them and that they were a good idea. Need to look into cost before a decision is made Heart Healthy- Gill says hello and wanted to let everyone know he was doing well in his new home and would like to stay on the email string.

Heart Healthy

Movie Club/ Science in the Cinema - partnering with library and PCN for a series of movies. (autism theme): Temple Grandin April 15 @ 7 pm. Diving Bell and the Butterfly (stroke theme) May 12 @ 7 pm with Heart and Stroke Foundation speaker, Ev Glasser Moovie Ranch donates movie, upcoming dates are June 9th, Water Safety, Sept. 15th, Oct. 13th, Nov 17th, Dec. 8. Partner or co-sponsor is responsible providing the speaker, printing posters etc. The PCN and the Stroke Fund each contributed money towards the royalty costs. April partner is SNAPS. The fall dates are still open.

Free skate/swim - completed another successful season of skating

Community Stroke Project Evaluation Karen to bring executive summary to May meeting.

Budget - Final funds for stroke project have been received by fiscal agent (\$2500). Initiatives to spend on active living/healthy eating always welcome.

4C folders compiled - completed and stored at library

Healthy Eating Updates Greta part of nutrition session at High River High School in conjunction with their phys ed class (April/May)

Little Cook - with Colleen Oliver Saturday April 9

Community Wellness Challenge - meeting to plan another event for spring 2012 (PCN, Town, Action team) April 19 @ 0930 Public Health office)

Karen's position terminated at end of June and working on exit strategy with Action team

Physical Activity Station (outdoor) the town of High River will donate land, maybe look to service clubs for funds, possibly talk to Cargill each park costs between 30 and 60 thousand dollars. Was decided to take this picture off the new poster since it hasn't happened yet and maybe replace with Movie Club.



Good Food Box-overwhelming response, but mixed messages coming from the community, some people hear that they are not able to keep up with demand; others hear that they aren't in need of help. It was decided to invite them to the next meeting to get more information. Stacey will do the inviting.

Early Childhood Development Mapping- High Country Wellness Coalition book out a resource guide; excellent job! High River FCSS offered the use of their template, made things much easier; thanks High River FCSS. Mapping group will meet on Wednesday at HR town office L03, everyone welcome. Debbie-Layne handed out "top ten parenting messages" Myrna from FCIS will assist in getting them translated so everyone is included. Debbie-Layne to email them to Myrna.

Library windows have some availability for display, speak to Joyce.

Meeting adjourned at 11:25 am. Next Meeting May 3rd,

