



# 4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA



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



[www.infokiosk.ca](http://www.infokiosk.ca)

**Minutes February 2011**

1. The January meeting minutes were reviewed by all Debbie-Layne made motion that the minutes be adopted as read and Greta Seconded, all in favor.
2. Furry in the Foothills will be added to the agenda at the request of Deana Tretiak
3. Round Table
  - a. Community Good food box-this program has been quite successful in the community thus far. So many boxes were ordered in Dec they are concerned they will need to find an additional way to transport them from Calgary to High River.
4. Secretary and communications Coordinator
  - a. Stacey was in touch with Pam but has not heard back. Will try again this month.
  - b. This item tabled until next month
5. Report on Health and Wellness Fair Jan 15
  - a. This was quite a successful event. It was a very wintery day but still a good turn out. Karen will get in touch with Cynthia in regards to an evaluation form to be completed for participants.
  - b. Our 4C banner broke again. Karen will take back to the manufacturer to see what needs to be done to either repair or replace
  - c. Debbie-Layne shared information on the outdoor fitness stations and had people sign up if they were interested in this idea. Quite a long list was compiled.
6. Action Groups
  - a. Information awareness and Outreach
    - i. Library is hosting a video conference on facebook for non profits on Monday March 28 from 12 -1. Stacey to try and attend
    - ii. Working on developing a coffee shop poster for 4C.
    - iii. Kate is posting our minutes on the FCSS Page
    - iv. Stacey will develop an add to be put on the info kiosk



- v. Looking for anyone else interested in being a part of this action group at the moment we have 2 members Sandra and Stacey
- b. Heart Health High River
  - i. **Science in the Cinema** – Syed Kidway, manager Wales theater is unable to run this program in February due to other scheduling commitments.
  - ii. **#1 Way to prevent stroke-** poster in the Times first two weeks of February. Also mentions locations one can get their blood pressure tested in the town.
  - iii. **Free skate/swim** – Continues into the New Year
  - iv. **Community Stroke Project Evaluation** – Evaluator Sharlee Dunn has completed data collection and will be writing report by end of February.
  - v. **Health Fair** – January 15 coalition had table: thanks to Debbie-Layne, Marianne and Stacey and Karen for manning the station. Good response on the Outdoor gym equipment question.
  - vi. **4C folders compiled**
  - vii. **Next Meeting: TODAY: Tuesday February 1 right after 4C meeting at SNAPS everyone welcome!**
- c. Early Years – Early childhood development mapping
  - i. \$50 000 grant received for this project. In the process of hiring a coordinator.
- 7. Furry in the Foothills
  - a. This is a street hockey tournament being held on June 11 and 12 is a fundraiser for Rowan House. More information will be in local media discovering foothills website etc. Also recommended information could be posted on Info kiosk at no charge.
- 8. Gifts for Past Chairs
  - a. Motion was made by Debbie-Layne that we spend up to \$50.00 on a thank you gift. Motion seconded by Kate. Motion passed.

