



4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

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

www.infokiosk.ca

March 1, 2011

1. The February meeting minutes were reviewed by all Debbie-Layne made motion that the minutes be adopted as amended and Joyce seconded, all in favor.
2. Round Table
 - Article from Calgary Herald presented. Study released from Salvation Army on perceptions of homeless people, called Dignity Project.
 - Prevention -based dental program for disadvantaged families will be starting April 20, 2011. Will be knee-to-knee visits, with parent discussion and possible fluoride treatments. Free of charge with referrals. Posters to agencies coming soon.
 - Joyce made room in cupboard for 4C items (packages, coffee supplies). Thanks to library for opening doors early for meetings. Joyce to inquire whether this is OK with library.
 - Window displays now have a sign-up book. Please sign up if you want space for a particular month.
 - Science in the Cinema, PCN funding for the \$600 annual fee to cover copyrights. Information to be taken to inter-agency to discuss logistics regarding film choice, discussions following etc.



2011-05-13

- Not 4 Sale. Community fundraiser to free sex slaves in Thailand and Cambodia.
3. Secretary and communications Coordinator
 - a. Stacey was in touch with Pam but has not heard back. Will try again this month.
 - b. Debbie-Layne volunteered to act as communication coordinator.
 - c. Leanne Murakami to remain as treasurer.
 - d. Rotating secretary, approximate commitment of 1 hour per month.
 - e. Item tabled to next month
 4. 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 website.
 - iv. Stacey will develop an ad to be put on the info kiosk
 - v. Nicole and Debbie-Layne joining group.
 - b. Heart Healthy High River
 - i. Free skate/swim - Continues through the winter.
 - ii. Community Stroke Project Evaluation -Evaluator Sharlee Dunn, data compiled and now writing report for distribution. Decision needed for Sharlee to come to High River to present April/May or else Karen can summarize report. Group happy to have Karen share the report.
 - iii. Budget - Final funds for stroke project have been received by fiscal agent (\$2500). Initiatives to spend on active living/healthy eating always welcome.
 - iv. Ad in Times X2 in February re: #1 way to prevent stroke is to get your blood pressure checked and cited locations in Town where you can get this done.
 - v. Healthy Eating Updates Greta part of nutrition session at High River High School in conjunction with their phys ed class (April/May).
 - vi. Rotary Club presentation - Debbie-Layne presented to Rotary Club re outdoor gym equipment.

