



# 4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA



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



**2010 June 1**

*Attendees: Alise, Marianne, Sandra, Gil, Debbie-Layne, Pam, Karen, Carol.*

- Alise brought beaded lanyards as part of a SNAPS fundraiser - \$20.00.
- **Saturday, June 5 Community Garage Sale** - the 4C sign is fixed - Karen will pick it up and give it to Marianne. Alise and Marianne will be at the table from 9-12; Alise will also be there from 12-2 along with Pam from noon-2 pm. There will be 4C Welcome packages, wellness challenge sheets for June, and free swim/skate cards.
- **Gil gave brief update on Youth Group** - commented on the slow progress of this project.
- Debbie Layne suggested that a flip chart be put by the 4C table at the garage sale for people to mark down on it what they feel is needed in High River. Everyone agreed that this is a good idea.
- Pam - is talking to George Groeneveld about the Tricomunity Coalition to help pay for venue, etc...
- Marianne brought a copy of the receipt of \$2500.00 from the Stroke Project which has been deposited in the 4C account.



2010-06-25

- Letter to Jim Morgan has been created asking for contributions to free skate; awaiting reply.
- Letter drafted for "Help Build a Garden" project - Marianne needs a list of where the letter has been sent to.
- Fresh Food Box - no updates today.
- **Joint Coalition Workshop** - through High Country and 4C  
Debbie Layne has applied for money through health foundations. 2/3 for Sheep River Health Trust - Okotoks/Black Diamond; 1/3 for High River. Debbie Layne drafted a budget for this for submission.
- Alberta Culture and Community Development speaker will be free. Debbie Layne contacted her to see if she's available Fall - late Sept or early Oct. Travel costs, if cost is a deterrent for people to attend. Venue fee, \$20/person for food (these costs will come out of the original money reserved for speaker fees.
- Gil suggested that 4C invite a person from the Town Planning department.
- Marianne presented an e-mail from Kim regarding Youth Group. Jennifer Norheim and Joyce Kooistra will be speaking to the group in June.
- Kim also asked if she could have a link on her business web page about 4C - it was discussed that there would have to be a partnership agreement criteria established for business endorsement, and it was agreed that private businesses weren't like non-profit agencies that could advertise the 4C.
- Discover Foothills is willing to cover events
- Kim also contacted the Chamber of Commerce about future speakers.



- **C.O.W. Bus** - Carol brought up the Classroom on Wheels that will be at the High River Library on October 6 from 11am-7pm. Mentioned that it would be a good opportunity for 4C to get out and get seen. Perhaps produce from the community garden; donations of food would be greatly appreciated for participants, as well as manpower to help facilitate with activities. For further information, contact Carol.
- **Action groups** - June is Heart and Stroke Month. There will be a Happy Trail Map in the Tuesday edition of the HR Times, which people can cut out and keep for reference.
- Evaluation of GO2 challenge is ongoing.
- Colleen will be having another Big Cook in June.
- BP clinic at the Farmer's market - LPNs will be stationed along with the firefighters for extra coverage in case the firefighters are called away to an emergency.
- Community Stroke Prevention Accreditation - Karen's hoping to get that into the National report.
- June 17 from 1:30-3pm is the next Heart Healthy Action Group meeting; upstairs room at the Recreation complex.
- **Awareness & Outreach** - the info kiosk is up and running; administered by the Town. It's important for all members of 4C to put their information in there so that a proper evaluation about its efficacy can be done.
- PCN - Wellness challenge is ongoing until the end of June.
- June 13 - family triathlon.
- **Next meeting: Tuesday, September 7 @ 9:30 am at the High River Library Craft Room**

Happy summer everyone!

