



# 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)

May 3, 2011

Meeting started at 9:40 am

Review of previous minutes move to accept by Karen, second by Greta.

Additions to agenda – none

Good Food Box – The group organizing the community good food box program would have liked to have attended the meeting; but were not able, will move to June or September.

## Round Table

***Lit for Life*** – Conversations with Camelot June 26<sup>th</sup>, George Lane Park, fundraiser, there will be food for sale, and a place for donations. Sandra will forward info to Stacey for distribution.

***Movie Night*** – 90 people attended! Great success, reports were positive, people seemed to want a longer discussion time, raised over \$300 in donations. Half the proceeds go to the library and the other half to SNAPS Deadline for fall submissions is week of May 10<sup>th</sup>.

***Greta*** – contacted the high school about nutrition; bring more discussion into the phys ed classes and looking at a hot lunch for Senator Riley in the fall.



2011-06-23

**Big Cook** – good response, the next one will be a Little Big Cook in June, last one until the fall.

**FCIS** – accepting resumes for Okotoks position.

**Cargill foods** is hosting a Community focus meeting on May 12.

**Trade Fair** – FCSS provided a table for agencies to display information, it seemed to go well. Pam Groeneveld distributed information on behalf of 4C Stacey sent a thank you e card to FCSS for facilitating Pam is going to the resource fair in Nanton and will take the 4C bookmarks. Thank you Pam for donating your time!!

## **Action Groups**

### **Info/Outreach –**

- Facebook page has been launched. Stacey will need to get pics from her work computer to put on the Facebook page. Stacey is administrator; suggestion to put video of outdoor fitness park on page.
- New posters are ready; committee members, please take and hang in various locations around town. The extra's will be in the library cupboard if you need more.

### **Heart Healthy**

- **Movie Club/ Science in the Cinema** – partnering with library and PCN for a series of movies. 90 people attended Temple Grandin. **Diving Bell and the Butterfly (stroke theme) May 12 @ 7 pm with Heart and Stroke Foundation guest speaker, Ev Glasser. Please plan on attending and help with advertising.**
- **Free skate fall 2011** – Karen to speak with Darren Goldthorpe re possibility of extending
- **Community Stroke Project Evaluation** Nearing completion. Executive summary last item.
- **Budget** – Final funds for stroke project have been received by fiscal agent (\$2500). Initiatives to spend on active living/healthy eating always welcome.
- **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 May 7, will be one Little Cook session in June and no events over the summer.



- **Community Wellness Challenge** – met and initial planning completed. Meeting again in fall.
- **Choosewell “Regional Iron Chef competition” Aug 12-28 Expression of interest circulated**
- Karen’s position terminated at end of June and working on exit strategy with Action team
- **Next Meeting: Tuesday May 10, 09:30-11:00 at SNAPS everyone welcome!**

### **Early Years**

- working on electronic parenting newsletter, Stacey has been contracted to review content of newsletters
- have developed top 10 parenting messages that will be coming out to communities.

