



MINUTES

"4C THE FUTURE – HAVE A HAND IN TOMORROW"

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HIGH RIVER

Meeting: 4C – Caring Citizens Committed to Healthy Communities

Date: 2010 February 2

Time: 09:30-11:00

Location: [High River Library](#)

Attendance: Marianne, Kate, Cheryl, Debbie-Layne, Leeann, Pam, Sandra, Gil, Joyce Elise, Stacey

1. Minutes

- Lee-Anne moved to accept the minutes from January's meeting and Debbie-Layne 2nd, all in favour

2. Additions to Agenda

- #8 Metro Quest
- #9 South Calgary Health Campus
- #10 Mental Health Wellness Planning

3. Terms of Reference

- Revised terms of reference from January 2010 reviewed and accepted into 4C terms of reference
- Stacey has not added any historical information about 4C to the diagram. Needs more time to do this and perhaps incorporate it into the welcome package being done by the awareness and outreach action group

4. Trade Fair April 16 & 17 2010

- Other years we have partnered with another organization and shared a table.
- Joyce Brown shared that Youth Justice usually has a table and they look to partner with another group so help distribute information during the trade fair.
- Joyce will approach youth Justice on Monday at their meeting and see if they are interested in sharing a table with 4C. If so we will distribute a sign up sheet for volunteer hours to man the booth on April 16 & 17
- Elise was also going to explore if SNAPS is going to have a booth and would be willing to share space as another alternative.

5. Program planning Boot Camp

- This is a one day session that is being offered in Calgary, registration is full Sandra from Literacy for life is attending on behalf of their organization
- This one day workshop was developed in response to an identified need within the non-profit community for assistance in taking ideas through development and planning to successful implementation. More than ever we

need to work more effectively and minimise risk of failure as we respond to the challenges that we face in today's changed environment.

- Stacey approached the organizer Ian Kershaw to see if he would be interested in facilitating this type of course in our area. Possibly with 4C, HOC and Black Diamond Coalition. He will get back in touch with Stacey about this opportunity later in February. She will find out more details about # of participants, cost etc.
- Debbie-Layne will present this idea to other coalitions in our area.

6. Action Groups

Awareness and Outreach

- Had a meeting In January. Group is working on developing a welcome pkg for 4C. Plan to have a draft to present to 4C @ March meeting.
- Leeann is working with Kate Tystra on publishing our agendas and meeting minutes for the general public, ie town website, kiosk, and discovering foothills website
- Sandra is trying to get in touch with local newspaper and radio stations to have our meeting times advertised. Also will try and arrange an interview with 4C the week prior to the trade fair. Marianne agreed to be the interviewee.

Adolescent Wellness (youth outreach)

- Have had 2 meetings with a variety of stakeholders, approximately 20 people in attendance
- Are still in the preliminary stages of gathering interested stakeholders and generating ideas
- Will be a long project probably 2- 3 years and perhaps be larger than just the town of High River
 - Next meeting is Feb 12, 2010 @ 10am at the High River FCSS
 - Shared ideas of involving family liason counsellors from schools, local youth church groups.

Primary Care Network (PCN)

- Debbie-Layne is wondering if 4C is still interested in a presentation on the PCN? We requested that Debbie-Layne present on the PCN at our April meeting. Debbie-Layne agreed
- Kate Also wondered if this was something that might also be useful at an interagency meeting
- Debbie-Layne is going to do a thank you letter on behalf of 4C to the PCN for their donation to the free swim in High River. Will also do one for Community stroke prevention for sponsoring the free skate

Hearth Healthy High River H1N1 clinics

- interrupted action team meeting in November and December as both Karen, Debbie-Layne and Stacey were deployed for other duties.
- **Science in the Cinema** – Looking at other venue options as well as movie right charges for winter/spring event. Commitment from Dr. Norm Campbell U of C to lead post film discussion on Saturday April 17.

- **Happy Trails pathways sign**– 22 signs are now completed and are on the pathways!
- **Active Living and Go2** – Debbie-Layne, Cynthia Farrow (rec department) and Karen meeting this month to discuss and plan.
- **Nutrition seminars** with Greta continuing at the library until end of March.
- **Big Cook** pilot project with Colleen Oliver (collective kitchen coordinator) in the planning stage with Karen and Jen Awde (Airdrie nutritionist who is running them there.)
- **Community garden** – Karen and Orvella had initial meeting with Jane Janzen with FAS. Looking at feasibility of piloting a small plot in the backyard of their office/house.
- **Free skate/swim** underway and stats continue to indicate increase in use. Suggestions for other organizations to take on free skate next year?
- **Grant from Servus Credit Union** was reapplied for, but no response. Action team will no longer pursue this.
- **Teleconference – “Working with communities to Promote Health”** – Karen had presented along with Teree Hokanason and Stephanie Patterson. Was very well received and 58 sites had called in. Karen received an honorarium and will forward this to 4C coalition c/o Wild Rose Connection (who is the fiscal agent.) Please let Karen know if you would like further information or copy of the Pp.
- **Next Meeting:** Wednesday February 17 1:30-3:00 SNAPS office across from Memorial Centre. Everyone welcome!!
- **Also if anyone wants to be a part of any of these initiatives** e.g. Big cook, community Garden, Active living, Science in the Cinema please let Karen or an action team member know. If you have other ideas that you would like to see happening in the community!! We would love to have you at our monthly meetings or bring your ideas forward!

Info Kiosk

- Kate to facilitate a meeting with Debbie-Layne and staff at the town who work on the Kiosk to see how we get the word back out into the community about the kiosk and how 4C can support the town in this initiative.

7. South Calgary Health Campus

- Debbie-Layne shared that 2 representatives from this health campus will come out and do a presentation on the new campus
- Kate wondered if this would be something that we could do at interagency as well.
- Debbie-Layne to email the contact information to Kate for this presentation.

8. Metro Quest

- The town of High River is inviting everyone to a workshop called metroquest. It is an interactive computer simulation where you choose options and can imagine our town in 50 years.
- If you are interested details are posted on the town website.

9. Mental Health planning

- A meeting for mental health wellness planning is taking place on Thursday Feb 11, 2010 @ 9:30 am at the High River Mental Health Office if anyone is interested.

**NEXT MEETING
2010 MARCH 2
7-9 PM
HIGH RIVER LIBRARY
PLEASE NOTE THIS IS AN EVENING MEETING**