



4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

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

4C Minutes – Tuesday, March 2, 2010

7:00 – 8:00 pm – High River Library Craft Room

Attendees: Stacey, Gil, Carol, Marg, Sandra & Cheryl

1. Review of February Meeting Minutes

- February 2010 meeting minutes were reviewed; Gil moved to accept; Marg seconded the motion.

2. Additions to agenda

- Rowan House Gala was an addition to the agenda.

3. Trade Fair April 16 & 17

- Youth Justice and SNAPS aren't having a table at the trade fair. Cynthia Farrow from Town Recreation is having a community garage sale at the Recplex on the Saturday of that weekend and it may be a possibility for 4C to have a booth for information in this area.-Stacey will follow up.

4. Program Planning Boot Camp

- Stacey described the outline of this program; it's possible to get one in conjunction with Black Diamond, HR, and Okotoks – Debbie Layne is exploring these other coalitions' interest. If it's a go, 2 facilitators would be required at a total cost of \$3000.00. Once we find out if we have enough interest in the three communities we will explore options for funding such as FCSS. Query whether May or June would be a good time frame for this boot camp. People in attendance all agreed that this is an excellent opportunity – Sandra attended one in Calgary, and recommended our participation as it covers all groups.

5. Awareness and Outreach

- the goal to increase visibility. Leanne is going to ask Tawndra from the Town if the ad is going to be on the TV at the Recplex. Sandra talked to the radio station about ad. A Welcome Package is being created for the Trade Fair/Garage Sale. Programming Boot Camp is also part of this subgroup.

6. PCN

- nothing to report

7. Heart Healthy Action Team

- **Go2 Community Wellness Challenge** Launch– need volunteers for April 3, 11:00 am to 1:00 pm at the Easter Egg Hunt in George Lane Park. Contact Debbie Layne. We are expecting 300-500 people in attendance at this event. There will be monthly prizes; participants will be given a score card. Themes are: Eat Well, Feel Well; Stress Reduction; Go2 whatever gets you going! The winner will receive a \$200.00 gift certificate for business of their choice.
- **Big Cook** – March 20 @ HR Full Gospel Church. 9 different recipes – each participant receives 18 meals in total. Minimum: 8 people; cost \$170-\$240/person. Time commitment is approximately 5-6 hours. March 12 is registration deadline.
- **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 the FAS 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?
- **Accreditation Report** from APSS (Alberta Provincial Strategy) is in. Please ask Karen to forward an e copy if you are interested.
- **Nutrition** – Nutrition classes at the library are going well. Next one is March 22 – Diabetes and Nutrition.
- **Science in the cinema**– Partnering with PCN Saturday March 13 2-4:30 for free admission to: **AWAY FROM HER** at **Wales Theater**. (Alzheimer’s theme) April date to be finalized but will show Diving Bell and the Butterfly (stroke theme). Please take and distribute posters and flyers for this event and plan on attending.
- **Next Meeting:** Wednesday March 24 1:30-3:00 SNAPS office across from Memorial Centre. Everyone welcome!!

8. Info Kiosk – Stacey will check on the status of this.

9. Adolescent Wellness – “at risk” teens are being gathered to give information about what they view as important. Gil will provide details later

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10. Hope & Healing Fundraiser for Rowan House – April 17 \$200 ticket/person. Chris’s on Fifth have donated catering services, however, 30+ volunteers are required for full table service, set up, clean up, etc.

Next 4C Meeting is April 6, 9:30 am @ the library

2010-03-05