

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)
1701 W. Ash Street, Columbia, Missouri
Thursday, April 6, 2023

Meeting Minutes

Members Present: Candace Rodman, Liz Harrison, Sasha Pass, Chris Hawf, Teresa Gooch, Kathleen Darchuk, Mandi Vaughan, Susie Miller, Julie Calfee, Thomas Simmons, Tyler Travers

Members Absent (excused): Robert Walker

Members Absent (unexcused): Sean Nevills

Staff Present: Brian Higginbotham, Tammy Miller

Call to order: Meeting called to order.

Approval of Agenda: Agenda was approved on a motion by Hawf, seconded by Susie Miller, 8-0.

Approval of Minutes: Minutes approved on a motion by Vaughan, seconded by Calfee, 8-0.

Treasurer's report: Higginbotham did not have a printed report but said he would provide one at the next meeting that listed recent purchases for the Awards ceremony.

Pass, Darchuk, Gooch arrived.

Old Business

Mayor's Awards Recap

Rodman opened the discussion of the ceremony held the previous evening and asked members to share any changes they'd like to make for next year. The discussion included these items:

- Mail invitations to award winner and nominators; some did not receive the emails. Add mailing address to the nomination form.
- Remove tobacco cessation from the list of categories.
- Allow multiple category clicks on the Google form.
- Send next year's nomination form to this year's winners and nominators, inviting them to make nominations.
- Get a group photo of winners with with Mayor.
- Change weight loss category to something like lifestyle changes / healthy habits.
- Provide brief descriptions of each category.
- Add an inclusive category, something similar to making accommodations or adjustments for mobility and improving accessibility.
- Adding leading questions on the nomination form to help the nominator and also to make the nominations a bit more uniform.

The Council discussed a timeframe for the next Awards. They agreed to keep it in April and tentatively set a deadline of Feb. 15, 2024 with judging at the March 7, 2024 meeting. The

awards would be the second or third week of April to allow more time for notification and to avoid being right after spring break, which was a challenge. They discussed a Mayor's Council email address; Tammy Miller said she would look into that to see if it is possible. Rodman asked for members to bring potential edits to the nomination form to the May meeting.

Mayor's Mile 2024

Rodman said the Mayor would like the event to be fully attached to Bike, Walk and Wheel Week so it will be tabled until May 2024. Rodman asked about a fall event. Council discussed events such as an event similar to Kids on Track but geared toward everyone. They also discussed a version of 100 Miles in 100 Days and Glow Zumba. Other topics focused on other health topics, such as a blood drive, mental health focus, health fair or a bingo card with health/fitness activities.

Survey

Harrison mentioned the surveys and asked for feedback by the next meeting.

New Business

2023 Events

Tammy Miller shared Parks and Recreation events for the summer including Family Fun Fests and Splat in case the Council would like to support those activities, in addition to scheduling their own activity.

The Council discussed the prize wheel for a booth for Family Fun Fests as well as other potential activities.

Council decided to participate in the Family Fun Fest on May 17 from 6-8 p.m. at Cosmo Park, taking the prize wheel and listing activities, plus prizes and popsicles or another food item. Volunteers for that date: Hawf, Susie Miller and Vaughan. Hawf said he would pick up items at the ARC.

General Comments by Public, Members and Staff

None.

Next Meeting:

Thursday, May 4, 2023 at 4:30 p.m.

Adjournment: Meeting adjourned at 5:30 p.m. on a motion by Calfee, seconded by Travers.