



City of Columbia, Missouri

Meeting Minutes

Mayor's Council on Physical Fitness and Health

Thursday, November 7, 2019

4:30 PM

Regular

ARC Meeting Room

1701 W Ash

I. CALL TO ORDER

Meeting called to order at 4:30 p.m.

Present: 8 - Sasha Pass, Elizabeth Harrison, Karen Reider, Jane Church, Avila Nilon, Sarah Schlemeier, Susan Miller and Matthew Ogle

Excused: 5 - Laura O'Neil, Kara Truitt, Teresa Gooch, Christopher Hawf and Lisa Kinser

II. APPROVAL OF AGENDA

The agenda was approved on a motion by Reider, seconded by Church. Motion passed 7-0.

III. APPROVAL OF MINUTES

The minutes were approved on a motion by Church, seconded by Ogle. Motion passed 7-0.

IV. OLD BUSINESS

Awards ceremony

The awards ceremony will be on Nov. 20 at City Hall with reception starting at 5:30 followed by the awards at 6 p.m. The subcommittee will help set up but anyone is welcome to come and help. Staff liaison Brian Higginbotham has bought the plaques and will take care of refreshments. Harrison drafted the notification emails, which staff liaison Tammy Miller will send. There will be 17 individuals awarded.

Discuss 2020 events

Pass said she would like to increase productivity at meetings by first considering everyone's activity ideas, and then proceeding with those the Council selects. To this point, Tammy Miller has collected ideas on a spreadsheet.

(Nilon arrived).

The Council discussed possibly holding a Glow Zumba event twice in 2020.

Susie Miller asked about incorporating programs that are more far-reaching and global in nature. She would like to reach more people. Pass agreed, saying that the Council could find a balance between smaller activities and larger ones. She said the amount of work involved would have to be kept in mind.

Pass referred to the idea spreadsheet and said she would like to discuss specific activities that Council members had mentioned. Ogle had referred to Austin, Texas as having a similar Council with mission and goals.

Ogle brought up a corporate challenge which would allow businesses to compete in the areas of fitness and wellness.

Nilon said she liked the idea with the added possibility of networking more with fitness centers in town, possibly adding ad hoc members.

Pass mentioned the possibility of inviting others to meetings to discuss opportunities. She asked about developing a specific list with names and businesses?

Church commented that following up would be key to the success of any corporate networking.

Pass asked members to bring some ideas to the December meeting of who they would like to see involved in a networking opportunity. She'd like to develop the list before discussing logistics. If anyone has names, they should send to Tammy Miller. Harrison offered to assist with editing the list. Harrison added that a Chamber of Commerce list may work, and could be passed around at a meeting.

Another idea from the spreadsheet is a million mile walk. Council discussed and decided to not pursue that idea, so it will be removed from the list. Tammy Miller suggested the Council vote on ideas they would like to pursue.

Church made a motion, seconded by Susie Miller to pursue the community-corporate engagement activity. Motion passed, 8-0.

The Council discussed a walking school bus idea. Reider said a group in Ashland volunteers and does a walking school bus. Harrison commented that she had researched and there is no funding for one in Columbia though it has been done in the past. Pass suggested tabling this idea and maybe revisiting it down the road. The Council agreed.

The Council also discussed surveys and using QR codes and info tables at the Farmers Market to get community feedback. Another possibility would be high school health fairs, though Higginbotham said that those have mixed results with most people just looking for giveaways. Nilon agreed, and added that the key is to follow up from fairs like that. The Council agreed to remove it from the list, but keep the future Ag Park healthy food event on the list.

Harrison mentioned that there is a community wide block party at the Ag Park in the spring 2020.

Reider had submitted some ideas including a Mayor's Minute on the radio highlighting wellness events. She thought that that could translate to Council members doing something similar. Pass asked her to research the idea. She had also mentioned a park visits prize; Tammy Miller mentioned that the department does a Visit Your Park Playground challenge every summer so that is already being done.

Nilon said she would like to see a Seniors event added, Tammy Miller said she would add to the spreadsheet.

V. NEW BUSINESS

January meeting date

Tammy Miller mentioned that the January meeting would be scheduled on Jan. 2, right after the holidays. In the past, the Council has preferred to change the date when it was close to school vacations and holidays. Council agreed to discuss at the December meeting and reschedule the January meeting.

VI. GENERAL COMMENTS BY PUBLIC, MEMBERS AND STAFF

Jamie Kleinsorge and Sharon Jones of the Como Roller Derby Dames introduced themselves. Kleinsorge said she is reaching out to the City to build a formal record of advocacy for her organization. She would like to go on record as advocating for a city-owned or other facility for non-traditional sports such as roller derby, which she feels has been overlooked. Kleinsorge mentioned the benefits of roller derby such as promoting physical activity and health. She wondered if there would be a way to work together.

Kleinsorge said the group skates in Hallsville but would like to find a place in Columbia. They had been excited about the Sports Fieldhouse, but that is not going to work out, she said. She added that they had attended public meetings and expressed interest but felt pushed out.

The Council asked about the type of space they were seeking?

Kleinsorge and Jones said they needed a 90' by 63' floor with audience space. They type of floor could be wood, concrete or tile.

Higginbotham asked if they had looked at the facility at Midway?

Kleinsorge said they had considered the side of the antique mall but it's too small. They have also talked to commercial realtors and Chamber of Commerce. They had played once at the dog training center, but had about 600 people which was too many for the space.

Higginbotham mentioned the large metal storage building at the Waters-Moss property. Tammy Miller advised them to meet with Parks and Recreation Director Mike Griggs about possibilities.

Church asked if they knew of other groups with similar issues?

Kleinsorge said that the City of Rolla had built a facility similar to the Fieldhouse with wood floors, and that had worked for roller derby.

VII. NEXT MEETING DATE

Thursday, Dec. 5 at 4:30 p.m.

VIII. ADJOURNMENT

Meeting adjourned at 5:40 p.m.

Members of the public may attend any open meeting. For requests for accommodations related to disability, please call 573-874-CITY (573-874-2489) or email CITY@CoMo.gov. In order to assist staff in making the appropriate arrangements for your accommodation, please make your request as far in advance of the posted meeting date as possible.