

Mayor's Council on Physical Fitness and Health
Activity & Recreation Center (ARC)
1701 W. Ash Street, Columbia, Missouri
Thursday, Jan. 8, 2026

Meeting Minutes

Members Present: Candace Rodman, Chris Harrison, Rob Walker, Jamie Szabo, Susie Miller, Allicyn Allen, John Coleman, Lance Foulk, Leslie DeSha, Teresa Gooch, Mel Frieders

Members Absent: Cathy Dolles

Members Absent (unexcused): Gwendolyn Jones

Staff Present: Tammy Miller, Brian Higginbotham

Call to order: Meeting called to order by Chair Candace Rodman.

Introductions: Members introduced themselves with

Approval of Agenda: Rodman asked to add the election of officers to the agenda. Agenda was approved as amended on a motion by Walker, seconded by Harrison. Motion approved 9-0.

Election of Officers: Rodman asked for nominations for the seat of Chair. Harrison nominated Rodman. With no other nominations, Rodman was appointed chair, 9-0.

Rodman asked for nominations for the seat of Vice Chair. Harrison nominated Walker. Walker nominated Frieders, seconded by Susie Miller. Motion passed 9-0.

DeSha and Gooch arrived.

Approval of Minutes: Minutes were approved on a motion by Walker, seconded by Gooch. Motion passed 11-0.

Treasurer's report: Higginbotham said that the smoking cessation grant for \$500 was completed. The balance is about \$4,900.

Rodman reminded the Council of the mini grant process, with each one up to \$500.

Gooch asked about the possibility of setting a deadline for grant recipients to provide their items for purchase.

Old Business

Winter Well Being Expo: Rodman described the event and type of vendors that attend. It will be Feb. 28 from 9 a.m. to noon. Most Council members will volunteer. Fifteen vendors have signed up; Harrison will start making phone calls.

Members talked about the spreadsheet. Tammy Miller will send the list of committed vendors to the whole Council and others will help recruit. Miller will also send a bitly link to the group with the address for the application.

The Council discussed having a table at the Farmers Market the day of the event to encourage attendance. Rodman will reach out the Corrina Smith with the Market to see about reserving space there. John and Ally will man the booth at the Market.

Tammy Miller will reach out to former member Sasha Pass to ask about parking at Shelter Gardens. Door prizes are in place, as well as raffle tickets. Rodman asked to place raffle items on the agenda for the February meeting.

Awards: Nominations are due March 2 for the ceremony on April 15. Tammy Miller will send the application out again to the group along with a list of past winners. Rodman will gather all information into another draft email to send to everyone so that all pieces are all together.

General Comments by Public, Members and Staff

Rodman shared a thank you note for the mini-grant from the team at MU.

Next Meeting:

Thursday, Feb. 5, 2026 at 4:30 p.m.

Meeting adjourned at 5:25 pm on a motion by Walker, seconded by Susie Miller.