

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)
1701 W. Ash Street, Columbia, Missouri
Thursday, Dec. 4, 2025

Meeting Minutes

Members Present: Candace Rodman, Chris Harrison, Susie Miller, Teresa Gooch, Leslie DeSha, Allicyn Allen, John Coleman, Lance Foulk

Members Absent: Cathy Dolles, Rob Walker, Jamie Szabo

Members Absent (unexcused): Gwendolyn Jones

Staff Present: Tammy Miller, Brian Higginbotham

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

Introductions: Three new members, Allicyn Allen, John Coleman and Lance Foulk introduced themselves. Rodman talked about the Council and some of the initiatives they are working on.

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

Approval of Minutes: Minutes were approved on a motion by Harrison, seconded by DeSha, 8-0.

Treasurer's report: No funds have been expended this fiscal year, although two mini grants have been awarded, so funds will be expended soon.

Old Business

Winter Well Being Expo: The Council discussed the Expo which will be held Feb. 28 from 9 a.m. to noon at the ARC. Eleven vendors have signed up so far. Tammy Miller will send the flyer to the Council to share and promote the event.

Volunteers are needed the day of the event, to help set up in the morning, during the event itself and to clean up afterward. Higginbotham will purchase snacks for vendors. Council members volunteering to help were DeSha, Susie Miller, Harrison and Gooch for the last half.

Higginbotham said ARC staff could set up the room on Friday. The Council discussed room layout and booth space.

The Council also discussed a giveaway item for vendors. Higginbotham suggested campfire cups, similar to ones that Parks and Rec staff received at a staff meeting. Council agreed, and on a motion by Susie Miller, seconded by Harrison approved the purchase of 100 campfire cups. Motion passed 8-0.

Awards: The deadline for award applications is March 2, with the ceremony set for April 15 in Council chambers. Tammy Miller will send the application out to members to share and circulate.

New Business

January meeting: Tammy Miller pointed out that the next meeting, the first Thursday of the month, will fall on New Year's Day. After discussion, the Council decided to reschedule the meeting to Jan. 8.

General Comments by Public, Members and Staff

None.

Next Meeting:

Thursday, Jan. 8, 2026 at 4:30 p.m.

Meeting adjourned at 5:19 pm on a motion by Susie Miller, seconded by Harrison.