

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)

1701 W. Ash Street, Columbia, Missouri

Thursday, Nov. 6, 2025

Meeting Minutes

Members Present: Candace Rodman, Chris Harrison, Rob Walker, Liz Harrison, Susie Miller, Sasha Pass, Teresa Gooch

Members Absent: Cathy Dolles, Leslie DeSha, Jamie Szabo

Members Absent (unexcused): Gwendolyn Jones

Staff Present: Tammy Miller, Brian Higginbotham

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

Approval of Agenda: Agenda was approved on a motion by Walker, seconded by Pass, 7-0.

Approval of Minutes: Minutes were approved on a motion by Liz Harrison, seconded by Walker, 7-0.

Treasurer's report: No funds have been expended this fiscal year.

Old Business

Winter Well Being Expo: New date will be Feb. 28 from 9 a.m. to noon with set up on Feb 27 beginning at 4 p.m. Volunteers needed Saturday at 7:30 a.m. tear down at 1 p.m. Reuse graphics from previous years, Chris will create an FB page. Tammy Miller will send a bitly link to Chris. Could possibly accommodate 40 vendors, had about 30 last year. Also, vendors from 2025 will get dibs on the event for 2026. Their deadline will be Dec. 1 (Chris will communicate). Advertise via vendor list first and then move toward wider promotion.

Awards: The Council discussed and agreed to keep the same categories as last year. Only change would be to possibly purchase less food for the reception. Marketing should start soon. The Council discussed other ways to promote outside of the contact list and past flyers, possibly a mailing and inserting in the City Source newsletter that comes out with utility bills. Nominations will be due March 2.

New Business

Mini grant reviews: Council followed up on the Girls on the Run application that was reviewed at the last meeting. There were a couple of questions regarding shoes. Rodman said the shoes are for spring 2026. Logistics: City could directly purchase the shoes. That answers both questions. Grant request was for \$500. Chris Harrison made a motion seconded by Liz Harrison to award the mini grant for \$500. Motion passed 7-0.

Second grant: MU Health Care's Ambulatory Health division submitted a grant application for their smoking cessation program. The request is for quit packs that may include nicotine gum, fidget spinners, mints, fidget rings, oral fixation tools, blank cards for affirmations and lozenges. The request is for 24 of each pack, totaling \$491. The Council discussed the application which seemed very thorough. Gooch made a motion, seconded by Susie Miller to award grant for \$491. Motion passed 7-0.

General Comments by Public, Members and Staff

The Council wished Liz Harrison and Pass well; they are not reapplying for their seats.

Next Meeting:

Thursday, Dec. 4, 2025 at 4:30 p.m.

Meeting adjourned at 5:28 pm on a motion by Susie Miller, seconded by Pass.