

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)

1701 W. Ash Street, Columbia, Missouri

Thursday, Aug. 1, 2024

Meeting Minutes

Members Present: Candace Rodman, Liz Harrison, Sasha Pass, Chris Hawf, Robert Walker, Susie Miller, Chris Harrison

Members Absent (excused): Michael Nguyen, Julie Calfee, Lauren McQuade

Members Absent (unexcused): Gwendolyn Jones, Teresa Gooch, Clair Jobes

Staff Present: Brian Higginbotham

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

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

Approval of Minutes: Minutes approved on a motion by Pass, seconded by Hawf, 7-0.

Treasurer's report: Brian Higginbotham reported a balance of \$2,578.

New Business

Expenditure of remaining budget

\$2,578 remains in the budget. \$500 of funds were allocated to South Providence Medical Park - Pediatrics for their use in developing a StoryWalk. Materials have not been purchased yet; L. Harrison will contact Dr. Anuradha Rajagopalan to determine if the clinic plans to receive materials by September 1.

A motion for remaining funds was made by L. Harrison and seconded by Hawf to spend remaining funds in priority order as follows:

- re-stock promotional items (reusable water balloons, stress balls, journals, water bottles, etc.)
- two 2-sided vinyl banners with grommets and ways to attach to building and/or ground (example - t-posts). Mayor's Council on Physical Fitness and Health name and logo on one side, Logo and "Winter Well-Being Expo event this Saturday, 9am-Noon" on the other
- Canvas tote bags with Mayor' Council on Physical Fitness and Health logo and saying on one side for giveaway at Winter Well-Being Expo
- Thank you gifts for vendors at the Winter Well-Being Expo
- 3 baskets for raffling off at the Winter Well-Being Expo
- materials for Mayor's Awards 2025
- sandwich board signs (indoor/outdoor) for use at events

Motion passed 7-0.

Rodman and L. Harrison will create a detailed list of prioritized items and send to treasurer Higginbotham prior to the September meeting.

Rodman requested that an attendance clicker and sandwich board be included with materials set aside for future Mayor's Council on Physical Fitness and Health events.

Old Business

Splat and Family Fun Fest recap

Walker volunteered at Parks and Recreation's Spla event. He said it was a good time other than the continued issue with safety pins coming off race tags in the bounce house.

Hawf and Rodman volunteered at the Mayor's Council on Physical Fitness and Health booth at the Family Fun Fest event. Hawf said beach balls were a big success, but participants LOVED the reusable water balloons. Hawf and Rodman estimated 200 individuals at Family Fun Fest.

Rodman suggested brainstorming new activities to offer at events due to a comment made by a participant that every table had a spinning wheel for activities.

Winter Well-Being Expo

The subcommittee met on Aug. 1 prior to the full council meeting and reported out that the event is confirmed for Saturday, Nov. 2 from 9 a.m. to 12 p.m. at the ARC. The Winter Well-Being Expo is an annual event supported by the Mayor's Council on Physical Fitness and Health and is a resource for the public for mental and overall well-being resources. The subcommittee (Hawf, C. Harrison, L. Harrison, Walker) will work on marketing and promotional materials and seek out vendors/exhibitors. Volunteers will be requested for set-up on Friday, Nov. 1 at 5 p.m., Saturday morning prior to the event, during the event, and for help cleaning up the event by 1 pm on Saturday. The next subcommittee meeting will be 3:30 p.m. on Wednesday, Sept. 4.

Mayor's Awards 2025

Current subcommittee members are Calfee, Nguyen, and Rodman. A subcommittee meeting will be scheduled, hopefully prior to the September meeting.

General Comments by Public, Members and Staff

A check for \$120 was presented to Children's Grove personnel along with Tammy Miller (City of Columbia liaison), Candace Rodman (Chair), Liz Harrison (Vice Chair), and Mayor Barbara Buffaloe. The funds were raised from the 2024 Mayor's Mile event during Bike Walk and Wheel week.

Next Meeting:

Thursday, Sept. 5, 2024 at 4:30 p.m. (Liz Harrison and Susie Miller said they will not be able to attend).

Adjournment: Meeting adjourned at 5:16 p.m.