

Mayor's Council on Physical Fitness and Health

Activity & Recreation Center (ARC)

1701 W. Ash Street, Columbia, Missouri

Thursday, Dec. 7, 2023

Meeting Minutes

Members Present: Candace Rodman, Chris Hawf, Susie Miller, Sasha Pass, Lauren McQuade, Clair Jobes, Chris Harrison

Members Absent (excused): Teresa Gooch, Jullie Calfee, Liz Harrison, Gwendolyn Jones

Members Absent (unexcused): Robert Walker

Staff Present: Tammy Miller

Call to order: Meeting called to order.

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

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

Treasurer's report: Not available.

Presentation: StoryWalk project

Dr. Anuradha Rajagopalan of MU Health Care Pediatrics made a presentation to the Council about the StoryWalk initiative at the South Providence Medical Park. The Council supported the initiative in the past by purchasing \$500 worth of incentives for the program. Dr. Rajagopalan made a similar request for support, and also stated the need for volunteers for the program. She presented information about the project with some details about the different facets, including StoryWalk, Fit-tastic.

The Council asked her about specific needs and offered some possible resources for volunteering. Since it is easiest for the Council to purchase items or products as a donation, rather than a service, they asked what it would cost to install poles and produce laminated pages for the StoryWalk. Dr. Rajagopalan said she could provide some of that detail. Pass made a motion, seconded by Hawf, that the Council support the project with another \$500 donation. They will discuss details at a later meeting. Motion passed 7-0.

New Member Introduction

There are four new members of the Council, appointed by Columbia City Council on Nov. 20: Chris Harrison, Clair Jobes, Lauren McQuade and Gwendolyn Jones. The new members introduced themselves as did the rest of the Council and staff.

Old Business

Winter Well-Being Expo review

Rodman described the event to the new members, which took place Nov. 4. Multiple vendors participated to provide information on health and wellness related topics. Hawf said he had counted 33 visitors to the event, a little lower than the Council had hoped. Rodman thanked the planning committee for their work with the event. She suggested that it would be good to pick a location and date soon. She also said she had given surveys to the vendors and will share that feedback with the Council.

Mayor's Mile discussion

The Council discussed the event briefly, which would be held as part of Bike, Walk and Wheel Week (BWWW), per the Mayor's request. BWWW will be May 12-18, 2024. They discussed the possibility of holding the event as a kickoff on May 12, which is Mother's Day, or Monday, May 13. Rodman said she would reach out to Lawrence Simonson of LocalMotion to see what his thoughts would be. The Council also discussed potential locations of the MKT Trail (starting at Flat Branch Park), Stephens Lake Park or downtown.

Mayor's Awards confirmation of timeline

Rodman described the event to the new members; individuals and organizations in the community are nominated for their outstanding contributions and achievements in health and fitness-related areas. The 2024 Awards ceremony is tentatively planned for April 2024, with the deadline in February. Tammy Miller said she would add the item to the January meeting agenda for a full discussion.

General Comments by Public, Members and Staff

None.

Next Meeting:

Thursday, Jan. 4, 2024 at 4:30 p.m.

Adjournment: Meeting adjourned at 5:33 p.m. on a motion by Hawf, seconded by Pass.