

**Minutes
Mayor's Council on Physical Fitness
December 9, 2009
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on December 9 2009 in the Basement Conference Room of City Hall, 555 Walnut, Abilene, Texas 79601. Pug Parris, Chairperson, was present and presiding. Mayor's Council on Physical Fitness members present were: Dennis O'Connell, Dr. Tanya Brice, Bill Horn, Mary Herron, Dr. Dan Munton, Deonna Shake. Also present were Barbara Boen, Theresa James, Michelle Martin, and Audria Hammond.

1. Call to Order

The meeting was called to order at 4:04 pm by Pug Parris, Chairperson

2. Minutes: Approval of Minutes for July 8, August 12, September 9, October 14, and November 18, 2009 Meetings

On a motion by Deonna Shake seconded by Dr. Tanya Brice, the minutes for the July 8, 2009 Meeting were approved with the following corrections:

Dr. Tanya Brice is listed in the minutes as Tanya Brice should be listed as Dr. Tanya Brice.

The minutes for the August 12, September 9, October 14, and November 18, 2009 meetings were tabled.

3. Staff Liaison Report

a) Mentoring Logs to DSHS

Barbara Boen, Staff Liaison, presented the Mentoring submitted to DSHS for The months of October and November 2009. She noted for the following activities:

October 2009:

Grant funds to the newest group of Phase I cities have not yet been awarded; mentoring activities have therefore been confined to those cities who are currently considering submitting a proposal and who have contacted the Abilene Mayor's Council on Physical Fitness.

- October 9, 2009: Nicole Volek called staff liaison Barbara Boen to request a copy of the City of Abilene's grant proposal to use as an example for filing their grant. A copy of the Abilene MCPF grant proposal and City Council resolution establishing the Mayor's Council on Physical Fitness were emailed to Nicole on Monday, October 12, 2009.

- October 23, 2009, staff liaison Barbara Boen received an email from Jessica Haley in Temple, Texas requesting grant proposal writing information. Jessica had contacted staff liaison Lenka Wright in September, 2009 requesting information about the responsibilities of the Mayor's council members, at which time she was emailed the Rules of Order and Procedure. For this most recent request for information, a copy of Abilene's grant proposal and Abilene City Council resolution establishing the Mayor's Council on Physical Fitness were emailed on Monday, October 26, 2009

November 2009

Grant funds to the newest group of Phase I cities have not yet been awarded; mentoring activities have therefore been confined to those cities who are currently considering submitting a proposal and who have contacted the Abilene Council on Physical Fitness.

- November 6, 2009 phone request to staff liaison Barbara Boen from Chuck Ramm, City of Temple, Recreation Superintendent, Temple Parks and Leisure Services (254-298-5401) about the community assessment conducted by the Abilene MCPF. Emailed on 11/6/09 pertinent portions of PPT presentation, phone scripts and Survey Monkey pages along with executive summary of the community assessment. Also suggested that Chuck look at www.myfitnessabilene.com for fitness opportunities in Abilene.
- November 10, 2009, email request to staff liaison Barbara Boen from Jessica Hailey, City of Temple for information on how Abilene conducted its Excluded Parties listing in the Phase I grant. Emailed Larry Johnson who wrote Abilene's grant proposal for help. Larry responded with instructions on how to do the Excluded Parties search, and I passed the information along to Jessica Hailey on November 10, 2009.

b) Mentoring Report Form

Ms. Boen presented the Mentoring Report form to be utilized for documenting mentoring activities with the newest group of Phase I Mayoral Fitness Councils. The report is to be submitted to Ms. Boen within one (1) week of the mentoring activity.

c) Disability Resources Evaluation Report

The Event Evaluation Report from Disability Resources was presented to the Council. The Council approved \$300.00 for the purchase of a Wii game system to be utilized in the Activity Center of the Disability Resources Center to provide physical exercise through play for the clients that they serve.

d) Stretchband Distribution

Mayor's Council on Physical Fitness Stretch Bands purchased to market/raise Awareness of the Council at events as well the general public were distributed to Council Members. A supply will be maintained for use at fitness related events.

e) Sticker Distribution

Ms. Boen shared with the Council the letter that with accompany the Mayor's Council on Physical decal. She will e-mail the listing of the myfitness abilene.com website supporters to Council members to review for distribution of the decals.

4. Discussion on the following:

a) Possible Mentoring Activities

Mrs. Parris led a discussion on how best to assist the new Phase 1 Grant Cities should the Mayor's Council be contacted by one of them. Bill Horn suggested inviting the "Mentor Cities" to the annual Mayor's Race scheduled for April 2010. The availability of Mayor's Council Members to for meeting, discussions, and conference calls with the "Mentor Cities" was also discussed.

Ms. Boen will work on putting together a welcome/congratulatory packet for the new Phase 1 Grant Cities.

b) AISD's Decision to Reduce the Number of Required PE Credits

Mary Herron updated the Mayor's Council on the Abilene Independent School District's decision to reduce the number of required PE credits for students to the minimum number required by the State. She requested that members of the Mayor's Council write letters to the School Board and to send a representative to the Council to the next School Board Meeting to encourage them to exceed the minimum requires by the State. Because the Mayor's Council is a City of Abilene Board, Theresa James of the City's Legal Department will speak with City Administration for approval. If approved, Dr. Munton will represent the Mayor's Council at the School Board Meeting. Item will be placed on the January Agenda.

c) Future goals, target populations and future activities of the Mayor's Council on Physical Fitness

Discussion of the future goals, target populations and future activities of the Mayor's Council on Physical Fitness were tabled until the January meeting.

5. Discussion and possible action on the following:

a) November, December and January Monthly events

October 2009

Dennis O'Connell updated the Council on the October Christian Home's Family event held at PrimeTime Family Entertainment Center. The Council donated 8 cases of water and Mayors Council on Physical Fitness Flyers were distributed during the event.

November 2009

Deonna Shake updated the Council on the November Disc Golf Event. There were 90 participants comprising 45 teams.

December 2009

Mrs. Parris shared that low impact aerobic classes, led by Janet McMurray, will be offered on Monday, December 7 and Wednesday, December 9 at 5:30 p.m. Mrs. Parris will lead Salsa Aerobics on Tuesday, December 8, also at 5:30 p.m. All classes will be held in room 200 of Hunt PE Center on the McMurry University campus.

January 2010

Bill Horn, sponsor of the January 2010 Favorite Fitness Activity, shared that the Abilene Runners Club Steamboat Mountain 13.1 Mile Run will take place on January 1, 2010,.

Council members sponsoring the Favorite Activities for the months of February, March, April, and May 2010 are:

- February 2010 – Dr. Tanya Brice
- March 2010 – Liz Rotenberry
- April 2010 – Mayor's 5K
- May 2010 – Karen Stover and Mary Herron

b) Fundraising sponsorships process

Dennis O'Connell presented the Guidelines for Sponsoring the Mayor's Council on Physical Fitness and the Purchase of Advertising for the Council's review. Discussion was tabled until a meeting with Kayla Christianson, InFocus Digital.

c) Projects for grant consideration

Mrs. Parris informed the Council that she had been contacted by Ken Bomar of the State of Texas "Texercise" program. A meeting will be held on December 10, 2009 in Classroom 202 of the Hunt P. E. Center on the Campus of McMurry University.

Other Projects for grant consideration discussed:

- Ms. Parris - Establishment of a Speaker's Bureau
Guest spot on Television /Radio to discuss exercise programs for the new year. Dr. Dan Munton informed the Council that he has a Radio Talk Show.
- Mr. O'Connell - Laura Bush Health Institute scheduled for January 23, 2010.
Continue the "On the Move" Day in September.
- Dr. Brice - "Biggest Loser Pound per Pound Challenge benefiting local Food Banks. Ms. Boen will contact Joy Hedges regarding piloting the Program with City of Abilene employees.

6. Set next meeting date

The next meeting date for the Mayor's Council on Physical Fitness will be held on January 13, 2010 in the Basement Conference Room on City Hall.

7. Adjournment

There being no further business, the meeting adjourned at 5:05 pm.