

**Minutes
Mayor's Council on Physical Fitness
January 13, 2010
Abilene City Hall
Basement Conference Room**

The Mayor's Council on Physical Fitness met on January 13, 2010 in the Basement Conference Room of City Hall, 555 Walnut, Abilene, Texas 79601. Dr. Dennis O'Connell Vice Chairperson, was present and presiding. Mayor's Council on Physical Fitness members present were: Dr. Pug Parris, Bill Horn, Joy Hedges, Liz Rotenberry, Deonna Shake, and Karen Stover. Also present were Barbara Boen, Kelley Messer, and Audria Hammond – City of Abilene Staff.

1. Call to Order

The meeting was called to order at 4:04 pm by Dr. Dennis O'Connell, Vice Chairperson.

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

On a motion by Bill Horn, the minutes for the November 18, and December 9, 2009 Meetings were approved by the Council with the following corrections:

Dr. Pug Parris and Dr. Dennis O'Connell are listed as Pug Parris and Dennis O'Connell. They should be listed as Dr. Pug Parris and Dr. Dennis O'Connell

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

3. Staff Liaison Report

a) Mentoring Logs to DSHS (December 2009)

Barbara Boen, Staff Liaison, presented the Mentoring Log submitted to DSHS for December 2009. She noted for the following activities:

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.

- December 10, 2009 Manoj Mate from the City of San Antonio called staff liaison Barbara Boen to ask about how the City of Abilene came up with costs associated with creating a website. I told Manoj that we'd also used the same company for a marketing plan. He requested information on both. Emailed copy of professional services contract between The City of Abilene and IN-Focus to Manoj on 12/10/09.

b) Congratulations letter and package to grant recipient cities

A sample congratulations letter and package containing samples of items utilized by the Mayor's Council to promote fitness was presented by Ms. Boen. The following is the wording for the letter:

January 13, 2010

Dear Mayors' Fitness Council,

Congratulations on being chosen by the Governor's Advisory Council on Physical Fitness to be a Mayors' Physical Fitness Council city! With our best wishes, enclosed are samples of the items we used to promote fitness in Abilene. We're happy to share with you the things we've learned along the way and invite you to contact us if we can be of help.

Mayor's Council on Physical Fitness, City of Abilene

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The grant recipient cities are: Corpus Christi, Seagraves, Sugarland, San Antonio, Nacogdoches, Tri-City, and Temple.

c) Future FFAM leaders for June through December 2010

Future FFAM Leaders for June through September 2010 are as follows:

June 2010 – Mayor's Hike

July 2010 – Splash Day

August 2010 – Senior Citizens Rose Park: Dr. Pug Parris

September – September/Abilene on the Move Day

Activities for October, November and December were not finalized.

d) Sticker distribution

Ms. Boen distributed stickers (decals) to the Council members to be delivered to Users of the myfitnessabilene.com website.

e) Pound for Pound Challenge

Ms. Boen contacted Ronnie Kidd, Food Bank of Abilene Board Member, regarding the “Biggest Loser Pound for Pound Challenge”. He confirmed that The Food Bank of Abilene is a partner in the challenge.

She shared the following new release for approval for release by the Council:

**The Mayor’s Council on Physical Fitness supportive of
The Pound for Pound Challenge**

ABILENE, Texas – By losing weight, you can help feed our community. The Mayor’s Council on Physical Fitness asks interested citizens to consider taking part in The Pound for Pound Challenge. Participants can join the challenge by logging onto www.PFPCChallenge.com, pledging to lose weight and selecting the Food Bank of West Central Texas to benefit from their weight loss. The Food Bank serves a 13 county area and provides donated and purchased food to 180 non-profit organizations that feed the hungry.

The Pound For Pound Challenge website said based on the amount of pounds pledged, it will donate up to \$800,000 to Feeding America® which will deliver millions of pounds of groceries to local food banks across America. The challenge ends on June 30, 2010. For eligibility requirements, rules and frequently asked questions, go to www.PFPCChallenge.com.

Always contact your doctor before starting any weight loss program.

Citizens serving on the Mayor’s Council on Physical Fitness are: Dr. Pug Parris (Chair), Dr. Dennis O’Connell (Vice-Chair), Dr. Tanya Brice, Joy Hedges, Mary Herron, Bill Horn, Dr. Dan Munton, Liz Rotenberry (former Chair), Deonna Shake and Karen Stover.

For fitness activities in Abilene, go online to www.MyFitnessAbilene.com.

On a motion by Dr. Parris, seconded by Karen Stover the Council approved the news Release.

4. Discussion on the following:

a) Senior Citizen coalition

Discussion of the Senior City Coalition was tabled.

b) City’s response to December 2009 discussion item regarding AISD’s decision to reduce the number of required PE credits

Kelley Messer stated that she had spoken by City Manager, Larry Gilley, regarding the Mayor’s Council requesting the AISD not to reduce the number of required PE credits and he felt that the Council should not make this request. Mrs. Stover noted that the item had already gone before the School Board.

c) Open Meeting Training Reminder

Ms. Messer reminded the Council members of the requirement for Open Meetings Training.

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

Ms. Rotenberry stated that she would like to have a meeting for general discussion of the future goals and activities and target populations for the Mayor's Council on Physical Fitness. Dr. O'Connell added that he felt that a meeting of this type would be beneficial to the Council. Ms. Rotenberry will host the meeting. The suggested time for the meeting is May 2010. The item will be placed on the April Meeting Agenda to determine the date of the meeting. Ms. Messer reminded the Council that an Agenda including items for discussion must be posted for the meeting.

5. Discussion and possible action on the following:

a) Favorite Fitness Activity of the Month February, March, April

February:

Ms. Boen reported that Dr. Brice will not be able to do the February Fitness Fashions Style Show event at the Mall of Abilene because of the costs associated with using the Mall.

March:

Ms. Rotenberry stated that there is a conflict with the March Volksmarch Fitness Event. A meeting is scheduled for March 23rd for physical education teachers and Spring break is the March 10-19th. She stated that she will contact Dr. Brice regarding the possibility of having the Volksmarch as the February. Event.

April:

The Mayor's 5K Run/Walk/Wheel is scheduled for Saturday April 10, 2010.

b) Marketing Subcommittee sponsorships recommendation

Dr. O'Connell stated that there was no report as the Marketing Subcommittee has been unable to meet because of scheduling conflicts. Ms. Boen is working to get a meeting scheduled. Kayla Christianson, InFocus Digital will be invited to attend.

6. Set next meeting date

The next meeting is set for February 10, 2010.

7. Adjournment

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