

**Minutes  
Mayor's Council on Physical Fitness  
April 14, 2010  
Abilene City Hall  
Basement Conference Room**

The Mayor's Council on Physical Fitness met on April 14, 2010 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: Deonna Shake, Bill Horn, Tanya Brice, Mary Herron, and Dennis O'Connell. 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 4:00 pm by Pug Parris, Chairperson.

**2. Minutes: Approval of Minutes of February 10 and March 10, 2010 Meetings**

Approval of the minutes of the February 10 and March 10, 2010 meetings was tabled.

**3. Staff Liaison report (Boen)**

**a) Mentoring log to DSHS (February 2010 and March 2010)**

Barbara Boen, Staff Liaison, presented the Mentoring Logs submitted to the Department of State Health Services for February 2010 and March 2010:

DSHS Contract Number 2008-027707, Program Attachment 001C  
City of Abilene  
Mayor's Council on Physical Fitness  
Phase III Mentoring Activities

**SECTION II PERFORMANCE MEASURES**

Measure 1 – Mentor other cities by hosting representatives of those cities, answering their questions and providing follow up guidance and coaching via phone, email or fax regarding the development and implementation of those cities' Mayoral Fitness Councils and work plans.

**February, 2010**

- February 24, 2010: On behalf of the MCPF, Pug Parris (Chair), Dennis O'Connell (Vice-Chair) and Barbara Boen (Staff Liaison) extended an invitation offering two free registrations to the April 10, 2010 Mayor's 5K Run/Walk/Wheel to each of the seven current Phase I cities. A Mayor's 5K registration form and route map were included with the invitation. Phase I cities are Tri-City (San Juan, Alamo, Pharr), Nacogdoches, San Antonio, Sugar Land, Seagraves, Corpus Christi, and Temple.

**March 2010**

- March 11, 2010, Jeffrey Trinker had requested a copy of the Mayor's Council on Physical Fitness work plan. Staff Liaison Barbara Boen sent a copy of the March 2008 Grant Application.

**b) Mayor's Hike**

The 3<sup>rd</sup> Annual Mayor's Hike has tentatively been set for June 5, 2010 at Abilene State Park. Ms. Boen will meet with Mayor Archibald to confirm date.

**4. Discussion on the following:**

**None**

**5. Discussion and possible action on the following:**

**a) Heart and Stroke Healthy City Program Task force representative**

Henry Loza, Abilene-Taylor County Public Health District Health Management Coordinator, stated that the City of Abilene is forming a task force to assist with implementing the Heart and Stroke Healthy City Program. He invited members of the MCPF to attend an informational meeting on Tuesday, April 20, 2010, from 1:00 pm to 4:00 pm at the Abilene-Taylor County Public Health District to discuss the purpose of the task force and the Heart and Stroke Healthy City Program. Ms. Parris and Tanya Brice will attend the meeting.

**b) Favorite Fitness Activity of the Month - March, April, May**

**March**

The Favorite Fitness Activity report for the month of March was tabled as Liz Rotenberry was unable to attend the meeting.

**April**

Ms. Boen presented the report from Joy Hedges for the 7<sup>th</sup> Annual Mayor's 5K Run/Wheel /Family Fun Run held on April 10, 2010:

428 registered in the 5K.

175 plus in the fun run.

Estimated amount raised: \$4,800.

Thanks to our sponsors:

Abilene Regional  
Blue Cross Blue Shield  
Hendrick Health Club  
Shoe Carnival  
InFocus Digital  
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In kind:

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## **May**

Mary Herron presented plans for the May Favorite Fitness Activity. "Field Day" is held at each elementary school during the month of May. Plans are for a representative for the MCPF do an announcement over the PA system on the day of the school's field day. She will work with Karen Stover to develop schedules for each school and a sign-up sheet for members of the MCPF.

### **c) Favorite Fitness Activity of the Month for remainder of the calendar year**

The Favorite Fitness Activity of the Month for the remainder of the calendar year was finalized. The activities are as follows:

June 2010 – Mayor's Hike

July 2010 – July 4<sup>th</sup> Swim Day

August 2010 – Rose Park Senior Citizens

September 2010 – "Steptember" Abilene on the Move Day

October 2010 – Miles for Miracle Marathon

November 2010 – Turkey Trot

December 2010 – TBD

### **d) Mayor's Council on Physical Fitness Recognition Award establishment and awardee nominations.**

Dennis O'Connell, Co-Chairperson, presented a draft proposal for the creation of an "Outstanding Physical Fitness Award". He noted that the purpose of the award will be to publically acknowledge individuals, organizations and/or events that promote physical fitness as defined by the Mayor's Council and to promote the work of the Mayor's Council on Physical Fitness. Members of the Marketing Sub-committee will finalize proposal for presentation to the MCPF.

### **e) Finalize date/plans for May 2010 MCPF workshop**

Finalization of the date and plans for the May 2010 MCPF workshop was tabled until the new MCPF members are appointed.

### **f) Agenda topic suggestions for May workshop**

The Agenda topic suggestions for the May workshop was tabled.

## **6. Set next meeting date**

The next meeting date was set for May 12, 2010.

## **7. Adjournment**

There being no further business, the meeting was adjourned at 5:10 p.m.