



PACM Annual General Meeting  
Thursday, May 26, 2022

Present: Stephanie Jeffrey, PACM Chair, Manitoba Fitness Council  
Kylo Harris, Sport Manitoba  
Kristine Hayward, WRHA  
Louise Hutton, AAIM  
Neil Johnston, Lung Association – Manitoba  
Shane Ray, Recreation Manitoba  
Karin Whalen, AAIM  
Krystle Seymour, PHE Manitoba  
Cheryl Pearson, Southern Health  
Roy Mulligan, PACM  
Dana Kliewer, Guest Presenter, Deer Lodge Centre

1. **Welcome** - Stephanie welcomed all participants and provided some direction on the operation of the online meeting
2. **Review agenda for the 2022 AGM**

**Motion** “That the agenda for the 2022 Annual General Meeting of the Physical Activity Coalition of Manitoba be approved as presented”

**Moved by:** Neil Johnston **Seconded by:** Kristine Hayward

**Motion carried**

3. **Minutes of May 20, 2021 Annual General Meeting (Stephanie)**

There were no formal pending items from the 2021 AGM minutes

**Motion:** That the minutes of the 2021 Annual General Meeting of the Physical Activity Coalition of Manitoba be approved as presented

**Moved by:** Neil Johnstone **Seconded by:** Kristine Hayward

**Motion carried**

#### 4. Executive Committee Report

- Pandemic Impact - As a result of the pandemic all PACM membership and Executive meetings have been held online since summer 2020. PACM held online webinars rather than in-person workshops or presentations during the pandemic. Some long term member organizations were unable to renew their usual memberships due to the financial impact and organizational or focus changes related to the pandemic. Most of these organization have continued with some form of contact with PACM. This has impacted the PACM operating budget. There has been some impact on the participation of some members and stakeholders in initiatives and events, as they may be reassigned to different and/or additional responsibilities in response to the pandemic.
- Common Vision - Common Vision document was developed to give national direction to PA. Successful organization proposals were announced in late November 2019. PACM has been seeking updates on the related activities:
  - Canadian Parks and Recreation Association-Spaces and places – no update;
  - Sports North Federation – Cultural Norms – no update;
  - ParticipACTION – Public Engagement - developed Engaging Newcomers resource;
  - CFLRI - Progress; - National Monitoring of Common Vision – no update
  - Centre for Active Living – Leadership and Learning; - organization closed due to funding issues
  - National Coordinating Centre for Indigenous Health – Partnerships - focus on Reducing barriers for Indigenous participation
  - PACM has requested additional information from contact with SPARC – Sport, Physical Activity and Recreation Committee responsible for Common Vision document

- General Membership Meetings –

The Nov 2021 membership meeting provided updates on PACM and member activities as well as presentation on *Association of Membership at a Medical Fitness Facility with Adverse Health Outcomes* by Ranveer Brar, Chronic Disease Innovation Centre and Sue Boreskie, Reh-Fit Centre.

The April 2022 meeting provided updates and member sharing as well.

- Cultural Safety in Sport and Physical Activity – in Sept 2021 PACM partnered with Winnipeg Newcomer Sport Academy for a webinar presentation followed by an active event at Sport for Life Centre with partners Sport Manitoba, Fit Kids Healthy Kids and WNSA
- Recreation Manitoba Program partnership - PACM entered a program partnership with the Recreation Manitoba hybrid conference in March and May. As part of the partnership PACM members were invited to attend one of three sessions at the conference. PACM was provided with a booth at the in-person tradeshow as well.
- Community of Physical Activity Champions - PACM membership is currently comprised of 19 coalition, network and associate members along with government partners. Members were thanked for their involvement and non-member organizations were encouraged to consider membership to support the goals of PACM.

## 5. Task Group Report

- Connecting People to Physical Activity - Prescription to Get Active

Since summer 2021 PACM has been communicating with various representatives within the health system in Manitoba to discuss the RxTGA program and potential interest and involvement. The program has been positively received as a concept, with some potential initial delivery models identified. (My Health Team and Community Health Centres)

Funding of the program (estimated at \$140,000 annually) cannot be covered within PACM's current operating budget – as such the approach was to get a sense of interest before pursuing funding options.

PACM has a meeting scheduled with the Minister of Mental Health and Community Wellness on May 30, 2022 to discuss provincial interest and potential support for the program. The outcome of that meeting will impact future direction on this program.

## 6. Financial Reports

- **2021/2022 Financial Report**

See attached financial report.

Membership revenues were down somewhat as some organizations were unable to support a membership because of pandemic impacts. On the expenditure side, a new laptop was purchased but due to online meetings no expenses were enquired for meetings.

**Motion** That the 2021-2022 financial report be accepted as presented.

**Moved by:** Neil Johnston      **Seconded by:** Kylo Harris

**Motion carried**

- **2022/2023 Budget**

See attached budget.

The budget projects a return to more usual level of membership revenues. No change to the Provincial Service Purchase agreement is anticipated for the 2022 – 2023 fiscal year. A return to in person meetings, if feasible, will result in some additional related costs. Pending discussions on the Prescription to Get Active program some adjustments to budget may be required.

**Motion** That the 2022 – 2023 budget be accepted as presented

**Moved by:** Kristine Hayward **Seconded by:** Krystle Seymour

**Motion carried**

## 7. Proposed 2022/2023 PACM Workplan

The annual work plan outlines the goals, objectives and related activities for the upcoming year. A report is provided annually to the Province on our progress in meeting the goals.

For the 2022/2023 fiscal year the objectives and action steps are focused on:

- Promote and support the implementation of the Manitoba Physical Activity Action Plan MPAAP including Connecting People to Physical Activity; Common Vision document followup; tracking evaluation indicators
- Continue implementation of PACM Review Recommendations around the PACM Model, Governance & Membership
- Enhance membership and partnerships that support collaboration and networking includes membership meetings; membership recruitment & retention; and ongoing collaboration
- Communication & Knowledge Sharing – through website, newsletters, education and information sessions
- Promoting the 2022 ParticipACTION Report Card on Children & Youth

The workplan will be posted on the PACM website.

## **8. Host Organization Update**

According to the Terms of Reference for PACM, host organizations are to generally commit to a minimum of 2 years up to 6 years as the host. MFC has been host for the past six years. A request for expression of interest to become the PACM host organization was sent out to eligible Coalition level PACM members with a request to respond by April 23, 2022. No expression of interest was received.

PACM will continue to request an expression of interest to be the host organization from eligible Coalition member organizations each year. In the interim MFC has agreed to continue as the host organization.

## **9. Call for Nominations for the PACM Executive Committee**

PACM was seeking nominations for three at-large positions (two-year term) with the Executive Committee. Two nominations were received – Karin Whalen, AAIM and Krystle Seymour, PHE Manitoba.

**Motion:** To accept the nominations of Karin Whalen and Krystle Seymour for two year terms in at-large positions on the PACM Executive Committee

**Moved by:** Neil Johnston **Seconded by:** Kylo Harris

**Motion carried**

PACM Executive will identify and approach a PACM member to fill the third vacancy. The appointment will be ratified at an upcoming PACM membership meeting.

## 10. Coalition Announcements

**Manitoba Fitness Council** – will hold retreat in Hecla this fall; working with Big Brothers/Big Sisters Move for Mentoring fundraising event; holding a Kayaking networking/social event in July; have released a new MFC Registered Personal Trainer book and course.

**Manitoba Lung Association** – Lungtivity program – a rehab activity program with Andrea Smith coordinating; have a funding partner announcement pending

**Active Aging in Manitoba** – 55+ Games in Selkirk June 7 -9 with over 800 registered participants; Virtual Games – June 10 – July 11 – participants register and complete activities to be eligible for prizes; New Horizons grant received for a volunteer diversification project; Active Aging Month is October will hold online activities.

**Sport Manitoba** – sport leagues, etc. are increasing activities; preparing for Canada Games in Niagara this summer; Winter Games to be held February 2023; Manitoba Games in Dauphin in 2024; Pathway to Safer Sport initiative includes governance, policy and communications support for PSO's and a 3<sup>rd</sup> party contact for participants to identify issues; Fit Kids Health Kids and summer multisport Sport Camps are gearing up; Anti-Racism in Sport program – looking at funding opportunities to provided training for sport partners

**WRHA** – Physical Activity Promotion position will be reporting through Manitoba Health and Mental Health and Community Wellness – transition be worked out;

involved with City of Winnipeg Parks and Recreation Plans, Urban Forestry Plan and Active Transportation.

**PHE Manitoba** – new Safety in Schools resource will be introduced for 2022/2023 school year; held Traditional Games workshop with MASRC in April, looking at continued involvement; there were 4 PHE National award recipients from Manitoba this year; Movement Skills Manitoba will become part of PHE Manitoba

**Southern Health** – there were many secondments during the pandemic and people are returning to the team now; working on Safe Kids Week, Community Conflict resource and workshops, Mental Health grant rollouts and Food Bank Morden Front Porch project

11. **Presentation: Managing exercise and physical activity in post-covid condition (long covid)**

**Presenter - Dana Kliewer, Physiotherapist, Deer Lodge Centre**

A very informative, interesting and timely presentation identified what long covid is, various ways it impacts the body, and the implications for participation in physical activity. The recorded presentation is available on the PACM website. <https://www.youtube.com/watch?v=qrXLNLqDxDM>

12. **Adjournment**

Stephanie thanked everyone for participating in the meeting. Meeting was adjourned.

**PACM Financial Report 2021/2022 & Budget 2022-2023**

	2021-22	2021-22	2022- 2023 Budget
	BUDGET	ACTUAL	BUDGET
<b>REVENUES</b>			
<b>Membership</b>	\$ 3,000.00	\$ 2,400.00	\$ 3,000.00
<b>Provincial Grant</b>	\$ 15,200.00	\$ 15,200.00	\$ 15,200.00
<b>Additional Project funds from PACM Reserve</b>	\$ 9,642.50	\$ 9,642.50	\$ 12,052.00
<b>Total Revenues</b>	<b>\$ 27,842.50</b>	<b>\$ 27,242.50</b>	<b>\$ 30,252.00</b>
<b>EXPENDITURES</b>			
<b>Photocopying</b>	\$ -	\$ -	\$ -
<b>Printing</b>	\$ -	\$ -	\$ 200.00
<b>Equipment purchase</b>	\$ 1,000.00	\$ 1,144.10	\$ -
<b>Telephone</b>	\$ -	\$ -	\$ -
<b>Website</b>	\$ 810.00	\$ 918.75	\$ 1,000.00
<b>Meeting Expenses</b>	\$ 3,000.00	\$ -	\$ 2,000.00
<b>Travel (Air/Accom/meal)</b>	\$ -	\$ -	\$ -
<b>Admin Fee to Host Org</b>	\$ 3,600.00	\$ 3,450.00	\$ 3,450.00
<b>Educational Sessions</b>	\$ 2,000.00	\$ -	\$ 2,000.00
<b>Salaries/ Contractor</b>	\$ 14,000.00	\$ 9,677.22	\$ 14,000.00
<b>Total Expenditures</b>	<b>\$ 24,410.00</b>	<b>\$ 15,190.07</b>	<b>\$ 22,650.00</b>
<b>EXCESS (DEFICIT)</b>	<b>\$ 3,432.50</b>	<b>\$ 12,052.43</b>	<b>\$ 7,602.00</b>