



Physical Activity Coalition of Manitoba

**General Membership Meeting Minutes
Thursday March 1, 2012
at the Victoria Inn**

Present:

<i>Keith Patterson</i>	<i>MB Education</i>
<i>Justin Mikulik</i>	<i>Heart and Stroke MB</i>
<i>Dean Luchik</i>	<i>Reh-Fit Centre</i>
<i>Jessica Jaques</i>	<i>Manitoba in motion</i>
<i>Kristine Hayward</i>	<i>Winnipeg in motion</i>
<i>Mike Tutthill</i>	<i>Health in Common</i>
<i>Jim Evanchuk</i>	<i>ALCOA</i>
<i>Karin Whalen</i>	<i>Wellness Institute at Seven Oaks General Hospital</i>
<i>Elizabeth Harland</i>	<i>Cancercare Manitoba</i>
<i>Jaymi Derrett</i>	<i>RRS Children and Youth Opportunities</i>
<i>Shawna Leonoff</i>	<i>Cancer Care Society</i>
<i>Kaley Maksyntyk</i>	<i>Healthy Schools in Motion</i>
<i>Stephanie Jeffrey</i>	<i>Manitoba Fitness Council</i>
<i>Cara Fisher</i>	<i>PACM</i>

1. Welcome and Introduction :

Stephanie Jeffrey welcomed everyone to the meeting

2. Agenda Adopted

Motion: Jaymi Derrett

Seconded by: Mike Tutthill

3. Review of Survey (Stephanie Jeffrey)

- PACM embarked on a survey of the membership to see what direction we should be targeting our efforts in the next year.
- We had a very small response rate
- Cara has offered to call PACM members to ask them the questions to get a higher response rate
- Members did not feel this was enough of a response to hold- up as a survey of the membership

4. Project review (Cara Fisher) Active Transportation Conference March 21, 2012

- Keynotes from Nova Scotia and BC will be brought in
- Conference to take place on March 21, 2012 in Portage
- Currently have 60 people registered
- Target for registration is 100 participants
- Conference is attracting a wide variety of AT focused people including Municipalities and non-profit organizations
- 2-3 new brochures will be launched at the conference
 - o How to start a community bikeshop
 - o Healthy Wealthy and Wise
 - o Dirt Cheap- Economic benefits of AT
- PACM membership brochure will be launched as well

- Anders will be back before the conference
- There will be no extensions for the project
- Just finishing up work with the pilot communities: Thompson, Morden
- Committee is thinking of letting people do presentations on inspiring stories regarding AT projects

5. Partner Updates

Winnipeg in Motion (Kristine and Jan)

- Getting started planning for the Red River Ex
- And the go for Health expo
- Conversations in motion
 - o Using Physical Activity and health information to offer to both professionals and local citizens
 - o May 9th next session : Using Social media to promote physical activity
- Encourage project- Fitness for Primary Care patients
 - o Have access to Rivereast district
 - o Trying to promote the Kinesiology profession
- Encouraging all PACM partners to collaborate to work on the inclusion of physical activity as a pillar of health

Heart and Stroke (Justin)

- March is Nutrition Month
- New Heart smart cookbooks have now been released
- Lisa Scarf is returning to work and will be taking on a new Heart healthy children portfolio
- Heart and stroke is now target children's health as well
- Heart and Stroke MB is now amalgamated with Heart and stroke National

Canadian Cancer Society (Shawna)

- Sun sense program is now working with schools and daycares in MB
- Training for daycare playground staff is being included
- Have a new train the trainer program
- Promoting the Dragon Boat event as an opportunity for groups to get active and help raise money for research

Manitoba Education (Keith)

- MB education is involved in many areas
- Is partnering with Healthy Child MB on a project Behaviour Game and life Skills challenge
- Have been working closely with the safety committee for active transportation of school children
- Have partnered with Coaching Manitoba to develop a respect in schools program

Health in Common (Mike)

- Health in Common is moving
- Health in Common is currently organizing their Vibrant communicates conference that will be held in Manitoba April 25th and 26th, 2012
- Evaluation workshop is back again this year and will take place in June 2012 more details to be released soon.

Manitoba in motion (Jessica)

- Physical activity Tracker is now available online
- New guidelines for physical activity are now available through their office there are guidelines for preschool right up to older adults – copies are free of charge
- Soon they will be announcing the new intake dates for the in motion grants

Healthy Schools (Kayley)

- Working on hosting a Championship workshop- this year it will feature a geocaching theme

Reh-Fit Centre (Dean)

- Developing a first steps fitness program that links programs with doctors
- Working with Cardiac and Stroke patients to develop a focus more on recreation and empowerment of the clients
- Will be hosting a bonenefit workshop in September cost fir the workshop is \$400.00

Cancercare (Elizabeth)

- Have been working with Partners in Planning to plans for and administer the second round of youth surveys
- Working on sun survey as well

Wellness Institute (Karin)

- Will be hosting a commit to get fit run at the wellness in June 2012
- Hosting a diabetic open house on April 29th and are expecting 500-600 participants to drop by during the day

ALCOA (Jim)

- 55 plus games will be held in June in Arborg
- Looking for advertising dollars
- This year there will be online registration available to those who wish to use it
- Working on an Active Aging Campaign
- Attempting to market “ changing the way we age”
- Active aging week will be held September 23-29,2012
- Hoping to have other members participate

Children and Youth Opportunities (Jaymi)

- Working on developing a joint use agreement to allow school divisions and communities
- Have developed a new grant opportunity to help ease some of the costs that are occurred when facilities open their to doors to programs

Manitoba Fitness Council (Stephanie)

- The MFC has been working on the development of a prenatal and postnatal fitness certification, this is the first one of its kind for the NFLA and the hopes is that it will be adopted by other partners across the country
- Made in Manitoba conference is coming up on March 17 and 18, 2012 we expect approximately 100 fitness leaders to be present

- The MFC is hosting a Drums Alive Workshop that will teach people how to teach a fitness class that utilizes the stability ball as well as drumsticks to create a fitness class that utilizes drumming movements and cardio physical activity

6. Roundtable

- Website
 - o As PACM moves forward the group questioned whether or not PACM needs their own website
 - o Should we not just utilize other websites to get our word out?

7. Next Meeting Date: TBA