

Stettler Wellness Network  
Minutes of Meeting  
Tuesday, January 7, 2014, 11:30 a.m – 1:00 p.m.  
Stettler Rec Centre

In attendance:

Stacie Pederson (Chair)  
Devon McMann (HEaRT)  
Barb Gano (Clearview Public Schools),  
Cindy MacDonell (FCSS- Stettler Community Support Centre)  
Molly Hanson-Nagel (Healthy Communities [Thrive], AB Health Services)  
Barbara-Lynn Goodwin (business owner, interested in senior wellness)  
Lee Penner (Stettler Parks and Leisure Services)  
Debora VanLanduyt (AB Health Services, AHL P)  
Graham Scott (Heartland Beautification Committee)  
Grace Fix (Heartland Beautification Committee)

1. Introductions were made and agenda was approved.
2. The Terms of Reference and the Guiding Principles for Project Funding documents were reviewed and amended.

Moved by Lee Penner that the Terms of Reference and the Guiding Principles for Project Funding be approved as amended. Seconded by Barbara-Lynn Goodwin. Carried.

3. Communication Strategies were discussed. It was decided that Graham Scott will set up a Facebook page that will contain links to our documents to enable easy access by groups/individuals that may be interested in applying for funding.

Groups working on projects can converse on Facebook and will also report at the quarterly meetings of the Stettler Wellness Network.

A Communications sub-committee will be formed at the next meeting.

4. Projects:

A. **Encouraging Block Parties**

To provide a block party kit that makes it easy to organized a block party (permits to close streets, suitable activities, etc.)

Could encourage block parties in conjunction with the Spring Clean-Up.

Block Party Sub-Committee members:

Graham Scott (lead), Devon McMann, Barbara-Lynn Goodwin, Lee Penner, Cindy MacDonell, Stacie Pederson, possibly Becky Baltimore

**Block Party Sub-Committee meeting:**

**Thursday, Jan. 16, noon – 1 p.m., Stettler Rec Centre**

B. **"Let's Walk N Roll" (project details attached)**

To encourage Stettler residents to walk or cycle to their destination (school, work, errands, etc.) in order to incorporate exercise into their daily routine, to get residents outdoors, and to save fuel emissions.

Put up signage to indicate the time and distance to walk/cycle to important Stettler locations.

Organize a "Let's Walk N Roll" Day or Week, declared by the Mayor, each year.

Offer incentives to people who walk or cycle to a public event (i.e. West Stettler events, Rodeo, Fly-In Breakfast) such as a free swim/fitness centre pass.

Walk N Roll sub-committee members:

Grace Fix (lead), Stacie Pederson, Barbara-Lynn Goodwin, Molly Hanson-Nagel, Debbie VanLanduyt, possibly members of the Traffic Safety committee (Len Wagner, Melissa Robbins, among others)

**Walk N Roll sub-committee meeting:**

**Wednesday, April 16, 1:00 p.m., Stettler Rec Centre**

**5. Stettler Wellness Network – next meeting:**

**Tuesday, March 4, 2014 at 1:00 p.m.**