Eastport Peninsula

Rec & Wellness Meeting Minutes 11/06/2018

Happy Adventure Council Office

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# **Attendees**

Roger Bull, Carolyn Burke, Monica Bull, Audrey Moss, Amanda Handcock, Tonya Lane, Cayla Turner, Candace Babstock, Bessie O’Grady, Kim Powell, Genevieve Squire, Donna Martin, Denise Piercey, Melvin Matchim, Lesley Matchim, Cathy Hodder

Special Guest: Colin Holloway, MHA

**Review of minutes**

Amendments:

Motion to adopt:

Seconded by:

**Wellness Moment:** The amount of sugar found in various products. Presented by Roger.

**Business Arising from minutes:**

1. **Sub-committee reports**

* **Community Walk** – Tonya reported that the walk around Happy Adventure was organized by Kevin. It rained, so only about 20 people participated. The next walk is St. Chad’s on June 30, and the route will be from the Church into Big Pond and back. July’s walk will be in Burnside.
* **Running Club –** Amanda reported that this club, which is not a subcommittee, was started in March. Participants can choose to run or walk. A Mother’s Day 5k run was held and about 50 people participated. On Sunday July 22 some members will be running the Tely 10. Others will likely complete a Highway to Home run or walk, which can be geared to various distances depending on individual choice. Amanda also related a personal Healthy Living Tribute. Her seven-year-old son Noah has won a national competition from the Kids Food Network for developing a healthy food recipe. He will be going to Ottawa on October 21st, and his recipe will appear in a cook book.
* **Community Garden** – Tonya reported that the school is building a workshed, which will allow the greenhouse to be used entirely as a greenhouse. The spring ground work has been completed. There has been communication with the Sign Factory regarding signage. The cost will likely be around $250. A picnic table has been placed inside the garden. Grades three and four from the school are planting the vegetables that will be used for the Town of Eastport Senior’s Dinner. A discussion was held on how to best till the soil in the boxes. Colin suggested that we could contact the Conservation Corp or the Green Team for support of the community garden. The Dept of Agrifoods could also be contacted for funding and ideas for farming/farm mentoring.

1. **Logo –** Carolyn emailed a selection of logos for the group to vote on. Logo 2 is ahead. Carolyn motioned that it be adopted as our logo. Genevieve seconded. However, the motion did not pass the group vote as there was discussion why a new logo was needed. It was decided that the motion would be suspended. Some revisions were suggested for Logo 2.

**Action items:**

* Arrange for revisions of Logo 2 to include 7 hearts instead of 8, and fruit and vegetables inside each heart (Roger)
* Circulate a photo of the old logo to group members (Cayla)

1. **Website –** url has been purchased. Roman Parsons has agreed to construct the website without cost. Roger noted that it will be on hold until a decision is made about the logo since the logo is needed for the rebranding.
2. **Update on infrastructure** – Kim spoke to proposed development of Recreation Grounds, which would include a Mountain Bike Park; redevelopment of the rink area to move in the sides and add a warming shack and washrooms; upgrade of trail around School House Pond, which will allow access from the Seniors Complex, the SUF building, and the school; and maintenance of Play Ground. The Town of Eastport will be applying for a CEEP grant for funding for the School House Pond Trail. This grant pays for labour and materials to the amount of 25% of the total labour. The Town of Eastport has also already applied for $13000, which along with volunteer hours and ‘In Kind’ donations from G&R Contracting for the Mountain Bike Park, should be enough to complete the proposed changes. A sketch of the proposed changes to the rink area was provided by Roger.

**New Business:**

1. **Discussion with Colin Holloway**

* His attendance means by default that he supports the committee and its focus
* He has shown our proposal to Minister Dempsey and he can arrange a meeting with her Thursday night (June 14) in Clarenville.

**Action items**:

* Several members of our committee will meet with Minister Dempsey on Thursday June 14
* The mountain biking program has been funded.
* Bessie queried if a letter of support from the Town of Happy Adventure would help the funding chances of the funding proposal put forward by the Town of Eastport for redevelopment of the Recreation Grounds. Reply was that it was too late for this proposal, but going forward support from the other communities would help. Any plan we submit should tie all communities on the peninsula together.
* Bessie queried if Summer Students hired from grant funding can be shared. Answer was yes.
* Monica spoke to our predecessor committee, which was a pilot under the previous government for around 4 years. She asked if this type of program could be revisited. Colin did not know, but suggested it could be something that could be asked of the minister.

**Action items:**

* Obtain copy of Regional Rec Directors Pilot Project final evaluation and forward to Colin (Monica)
* The upgrade of the trails in Salvage and Salvage to Sandy Cove is funded by ACOA. It was queried whether this funding would also support building the Mountain Bike Park. The answer was maybe. The possibility would need to be explored with ACOA.
* Roger spoke to his hope for this group to have a presence at the Agricultural Exhibition, and get people from the Department of Health and private industry to set up displays as a mini trade show. Colin suggested he write a letter to the Department of Health and copy to him. Others commented that the mini trade show sounds like a Health Fair, which might better be held at another time because of the limited venue space available during the Agricultural Exhibition and the probable problems of attracting exhibitors/presenters during the Thaanksgiving Weekend.
* Colin asked if we have a Strategic Plan. Roger responded that we have his ideas as presented in the EP Wellness Strategy.

1. **Motion for Signing Authority**

* Genevieve made a motion that the signing authority for the committee be any 2 of the 3 signing officers, who would be Roger Bull, Cynthia Bull, and Donna Martin. Bessy seconded the motion, and the motion was approved.

**Action items:**

* Genevieve will take this information on the motion to Venture Credit Union, and Donna and Roger will go into the credit union sometime soon to sign**.**

1. **Motion for Play Ground Spruceup Money**

* Kim made a motion to obtain $300 for funds to buy plants and needed materials for the Play Ground Spruceup. Bessie seconded the motion, and the motion was approved.

1. **Motion for formal adoption of EP Wellness Program and mission** – did not occur
2. **Awareness campaign –** no discussion
3. **Agriculture committee to develop plans for EP wellness booth** – discussion from Roger about his hope for this to occur but no report from the Agriculture committee.
4. **Update on Trails Upgrade Project**

* Cathy Hodder stated that the Road to the Beaches Tourism Association obtained a grant from ACOA. The project worked from May to October 2017, and are now back working. The Salvage Trails have been completed. Part of the Old Trail from Salvage to Sandy Cove has also been upgraded. The committee is waiting for a license to occupy from Crown Land to continue to Sandy Cove, which will involve a partial re-routing of the old trail. The damage to the High Tide Trail in Eastport caused by Hurricane Igor has also been fixed. Future plans include an upgrade of the Old School House Trail from Sandy Cove to Happy Adventure.

1. **Additional Updates**

* Friday June 15 will be a volunteer day with work on the rink starting at 9am, and Play Ground Spruceup starting at 1pm.
* CFB Gander will probably be coming to Eastport next week to discuss the work on the rink. They supply expertise and labour.
* Carolyn completed a First Aid course at the Fire Hall. She wishes to extend thanks to the Volunteer Firemen for this opportunity.

Audrey moved that the meeting be adjourned. Monica seconded.

**Next Meeting: July 16, 2018 at Happy Adventure Council Office**