



HEALTHY COMMUNITY NETWORK

Minutes of Meeting

Thursday, January 17, 2019 Town Hall Classroom

PRESENT:

Nathan Wukasch- Chair
Ruth McArthur – Secretary
Peter Willmott
Sylvia Bray
John Ferguson
Irene Bell
Fiona Ryner
Tim North
Wesley Ferdis

REGRETS:

Fred Heyduk
Greg Forbes
Joel Simpson
Courtney O'Neill

1. CALL TO ORDER at 7:07 pm

Welcome to new and returning members by Nathan Wukasch, who will Chair the committee until formal elections take place at the February meeting. There are currently 7 vacancies – 6 community members + 1 youth member An advertisement has gone out by the clerk and there are new applications being reviewed. Introductions were made by committee members.

2. DISCLOSURE OF PECUNIARY INTEREST – none

3. CONFIRMATION OF AGENDA –Two additions made to the agenda including the Smoke Free Bylaw, Opiate Strategy. A motion to accept amended agenda by Peter Willmott, seconded by Sylvia Bray, carried.

4. MINUTES OF PREVIOUS MEETING: November 15, 2018

There were no formal minutes of the November meeting due to no quorum. Notes were taken and circulated through email.

5. DEPUTATIONS/PRESENTATIONS : None

6. UNFINISHED BUSINESS: None

7. STANDING ITEMS

2018 Committee Goals updates (if not discussed in business arising)

1. Harold Culham Trail/Bike Friendly

The subcommittee has worked on the blazing of the 7 km Harold Culham multi-use trail over the past year, with the goal being a full loop. In 2015 the Town became a Bike Friendly community with a bronze designation. The HCN is working towards an increase designation of Silver through bike initiatives such as a community ride, bike valet services at Town events. Next meeting for this group will be February or March.

Action: Nathan to bring the valet package to the February meeting to show members and will find out the deadline for the reapplication of Bike Friendly Designation

2. 10th Canoe Trip

This annual event has been very successful. The paddle route changes each year and is supported by Free Spirit Tours, NVCA (Scott Martin) and a local ecologist Dave Featherstone. Feedback would be for a shorter route this year.

3. Community Garden/Art on the Fence

This project has been extremely successful over the years and there is always a waiting list for the 56 plots. The project is managed by the recreation department. Two years ago an 'Art on the Fence' festival was hosted at the site.

4. Community Food Center/South Georgian Bay Food Champions Committee Support

The center continues to run the 6 week Food Fit Programs for residents. There is an upcoming program at the Wasaga Stars Arena in February. The group has been speaking with the County of Simcoe about the development of a garden at the Zoo Park affordable housing build location.

5. Support the Age Friendly Advisory Committee

Fiona attended the first AFC meeting. A new application/process for the Senior of Year Award has been developed and will be distributed to services clubs and community. The award will be handed out at the Seniors Expo.

Action: Motion for Fiona and Irene as an alternate to represent the HCN on the AFC committee appoint – Peter/Sylvia

6. Communications Strategy to raise awareness for the HCN

Goal is to broaden exposure of the committee and the role of HCN. Over the past year we have completed an update of the website, created a facebook page. We will need a member who is interested in updating the website and taking a lead on this issue. The committee has developed t-shirts, name tags, advertising banner with HCN logo, attendance at the wellness fair, Fall Hootenanny attendance, purchase of table promotion supplies. The committee has an annual budget of \$3000.

Consider taking our goals and writing about them for the paper – could focus on one per month to enhance exposure – time them with the events that are occurring.

7. Wasaga Beach Provincial park Green Prescriptions Project

This initiative continues to move forward – partners include Ontario Parks, the Provincial Park Wasaga Beach, SMDHU, SGBCHC, HCN, Town of Wasaga Beach (Recreation Dept). The group is promoting the concept of spending time in nature to enhance health. John Fisher brought the topic from Healthy Parks Healthy People Day which runs across the province. The group is working on submission of a Trillium SEED Grant for \$90,000 (including \$36,000 in-kind dollars) to run a pilot for a Green Prescription (Rx) in Nature at the SGBCHC. There are 1700 clients at the community health center and 150 will be in the pilot. The funding will flow through the Health Center if successful. The group has submitted an abstract for a conference "Healthy Parks Healthy People" in Ottawa in May 2019 through Healthy Parks Healthy People in May.

8. Nottawasaga Watershed Improvement Project

This group looks for opportunities on the watershed system and typically meet 3-4 times per year. Initiatives have included tree planting activities. Could potentially capture this goal together with the with the Canoe Trip.

9. Walk Friendly Designation

This designation was awarded in 2014 with a bronze level through Green Communities Canada. We did receive a feedback report at that time to increase the level of the designation.

The Simcoe Muskoka District Health Unit has recently submitted a grant for the Ontario Active School Travel Grant. The Health Unit submitted a Regional Grant with two local grants of \$60,000 each. There is a Barrie Grant and a local municipal grant which included (Wasaga Beach, Clearview, Collingwood, Innisfil, Bracebridge).

10. Expand HCN presence at Public Events

Need to consider some public events for 2019. Could potentially hand out some of our promotional items (lights, shirts).

11. Advocate for complete streets and improved walkability/cycle safety

John mentioned that the community policing committee is advocating to get the police incident reports on bike/skateboard incidents in the community.

Bike Safety education in the community – last year we identified this with Dawn Braid

8. NEW BUSINESS

8.1 Committee orientation

Nathan provided a summary of the procedural bylaws and referred the PPT presentation provided by the clerk.

8.2 Collection of Accessibility Standards, Consent forms

All forms need to be signed and sent to deputy clerk.

8.3 Healthy Community Network Overview & Terms of Reference

Sent to committee members by deputy clerk through email. Need to review these for the next meeting.

8.4 Nomination of Chair, Vice-Chair, and Secretary

Deferred to February meeting.

8.5 Discussion of Goals for 2019

- Suggestion from Peter to review the Community Food Assessment completed in Wasaga Beach to determine if there are any potential goals that could be addressed.
- Dark Sky Preservation of Wasaga Beach through the use of responsible outdoor lighting.

ACTION: Peter to circulate the community food assessment to committee members

8.6 Smoke Free Bylaw

Ruth has been asked to approach HCN members about their interest in receiving a presentation from the Health Unit Tobacco Program Manager Martin Kuhn and Public Health Nurse Penny Rush. They would provide information on the new Smoke Free Ontario Legislation. There was interest from members to receive a presentation.

Action: Ruth to follow up with SMDHU Tobacco Program Manager Martin Kuhn & Public Health Nurse Penny Rush to provide a presentation on the new Smoke Free Legislation for Ontario for March.

8.7 Opiate Strategy

There is now a Simcoe Muskoka Opiate Strategy that has been developed. We discussed in past meetings to have Dr. Lisa Simon provide a presentation to Council on the new strategy.

Action: Nathan to follow up with Clerk for a Council deputation date for Dr Lisa Simon and follow up with Peter

9. **Items for Future Meetings:**
10. **Date of Next Meeting: February 21, 2019 7-9pm**
11. **Adjournment** – Motion to adjourn at 8:55pm by Peter Willmott, seconded by John Ferguson carried.