

GOVERNOR'S COUNCIL ON PHYSICAL ACTIVITY & HEALTH

MEETING NOTES

Date: **April 19, 2011**
 Time: **4:00-5:30pm**
 Location: **Local Government Center** (Council Chambers not available)
 Dial-in number: **N/A** Participant code: **N/A**

#	Invited Members		#	Invited Advisory	
1	Nancy Miller	P	1	Peter Ames	A
2	Travis Horne	P	2	Rick Holder	P
3	Terry Johnson	P	3	Barbara French	A
4	David Gill	A	4	Louise McCormack	A
5	Dianne Rappa	P	5	Tammi Martin	A
6	Lilyan Wright	P	6	Chuck Cappetta	A
7	Delbert "Skip" Haley	P			
8	Kathy Sherman	P		Invited Potential Members	
9	Paul Mertzic	A		Lisa Marzoli, Wellness Coordinator, Anthem	P
10	Heather Fairchild	P			
11	Nancy Puglisi	P			
12	Jason Aziz	P		Guests	
13	Joil Bergeron	A			
14	John Hikel	A			
15	Deb Clark Valentine	A			

MEETING MINUTES

----- DECISIONS -----

Description

----- ISSUES & DISCUSSION -----

Description
<p>I. Call to Order: Meeting called to order at 4:14 p.m. Due to location change, additional time provided.</p>
<p>II. Review meeting minutes: Last set of meeting minutes, February 15, 2011 reviewed and amended; section VI. Item c, add: The annual Award Ceremony was separated from the IGWW, thereby providing two annual events for the GCPA&H. There was no meeting in February due to inclement weather. Committee members met separately to work on projects. Chris Morrill will be removed from the attendance matrix since he resigned as member due to other commitments.</p>
<p>III. Review goals, mission & vision: These are reviewed at the annual retreat in June, and updated as needed.</p>
<p>IV. Introductions of visitors/potential new members: Kathy Sherman introduced Lisa Marzoli, Wellness Coordinator from Anthem who is working with the State of NH Wellness Program. Lisa is interested in membership and will meet with Nancy Puglisi for further guidance.</p>
<p>V. Finances: Balance: \$1,654.25. It was reiterated for the guest, that the GCPA&H budget is not part of the Governor's budget; started with receipt of grant and further supported through sponsorships.</p>
<p>VI. Committee Updates:</p> <p style="padding-left: 20px;">a. Marketing/PR/Advocacy Committee: Jason Aziz</p> <p>Jason showed a sampling of the PSA video clip with Governor and Dr. Lynch to promote health and wellness in the State of NH. It was short and brief and to the point. It will run for about 24 seconds with additional 6 seconds at the end with GCPA&H logo. This PSA promotes using NH as a natural playground since NH has so much to offer. Recurrent theme will be to get active and stay active. The plan will be to have different seasonal PSAs.</p>

Description

WMUR is interested in the PSA. NH Public TV may be another good media outlet. Jason is looking for additional media contacts. It will be great to have the GCPA&H website to support it. A sample handout was provided where the video would be placed on the website with a movie camera icon and the notation "Make YOUR MOVE to be MORE FIT!" Another suggestion for the PSA was to have it posted on "You Tube."

Travis provided an update on the GCPA&H's Facebook page that still needs to be approved for placement on the GCPA&H website. Everyone with a Facebook account was encouraged to become a friend of the page. Social media can help spread the word about the council.

b. Membership Committee: Nancy Puglisi

Nancy sent membership documents via email on Larry Flint, representing Seniors, for review by council. Larry Flint was not present, so voting on his membership will be tabled for next month. Nancy will meet with Lisa Marzoli to provide her with the appropriate documents for membership on the GCPA&H.

c. Programming/Events Committee: Terry Johnson

Terry and Dianne provided an update on the Walk NH (Jun 1-7) and IGWW collaboration which is planned for June 1st. Lea Miner is the point of contact at the Foundation for Healthy Communities. Information for the walk was posted in the FHC newsletter. Planning items included: (1) Separate flyer/application created for the IGWW on June 1st at White Park, Concord with registration starting at 9 a.m. Materials were forwarded to council members. Dianne advertised event in newsletter for schools. (2) There will be orange t-shirts with Walk NH logo. (3) Registration available on line. (4) Terry will check to see if deadline for registration April 30th can be moved to sometime in May. This will facilitate registration for the schools that will be on spring break. (5) A joint Proclamation for both walks will be held at the State House around 10:45 a.m. Travis will provide draft to Terry. (6) Volunteers are needed on day of event. Rick Holder volunteered to provide shuttle transportation and first aid equipment with AED. (7) Volunteers also needed to stuff packages at the FHC for the collaboration. (8) Enrollment low, Travis will work with Terry on getting updated information on the events so council members can forward to their email groups for wider distribution. (9) Dianne working with Concord on permit for new walk route. (10) Nancy Miller has invited her school's Jump Rope Team. (11) Dianne to check with Hannaford for potential sponsorship. (12) Marsha Winman has been invited to provide laugh yoga at the start and end of walk. (13) Rick will advertise the walk in his organization's spring/summer guide. (14) Travis will utilize LGC list serve. (14) Certificates will be completed for those schools participating in the IGWW on site and satellites.

Action items: Travis will work with Terry to clarify registration and information for the IGWW, including extending the registration deadline. Once verified, new documents will be forwarded to council members for distribution. Travis will forward draft joint Proclamation to share with Lea Miner at the FHC.

VII. New Business:

a. Chair Updates:

- i. Travis noted that there may be Council Executive Committee positions opened, tabled for The next meeting.
- ii. Council members to ensure they have updated bio's and pictures – forward to Travis to be placed on website.

b. Chair-Elect Updates

- i. Travis reported for Jason that the retreat in June will be on June 14th tentatively from 9 a.m. – 12 p.m. Jason will provide more information regarding location and need for a moderator.

VIII. Council Members Networking Time:

a. Upcoming Events:

- i. Green Commute Week – www.commutegreennh.org/statewide-challenge;
www.commutegreen.org/registered
VIII.13th Annual North Country YMCA Lilac 5K Fun Walk/Run May 28, 2011.

ii. Organizational Information:

- i. Nancy Puglisi announced that UNH System received the WELCOA Gold Award. This is a very prestigious award for worksite wellness programs.

Description	
ii.	Dianne Rappa shared the latest edition of the NHAHPERD newsletter.
Meeting adjourned at 5:30 p.m. Next meeting date: May 17, 2011	