

**Highlights from the Community Committee**

**St Philip’s College (ACD)**

**April 11, 2019**

**Organizations Represented: Alamo Area Metropolitan Planning Organization (MPO)**: Joey Pawlik; **Alamo Colleges District (ACD)**: CJ Arnoni; **AVA: America’s Walking Club/Randolph Roadrunners:** Ellen Ott; **Centro Med**: Kristen Pudleiner; **Community Activist**: Jean Cheever; **COX Media**: Lena Rodriguez; **Granados Center/SA Parks & Recreation:** Nancy Durham; **KSAT-TV:** Priscilla Carraman, Alyssa Medina; **Metro Health:** Johnathon Espinosa, Arisa Larios; **Natural Grocers**: Jennifer Quintanilla; **New York Life**: Will McLaughlin; **Ride For Reading**: Mary Elizabeth Martinez; **San Antonio River Authority:** Nicki Apostolow; **San Antonio Sports:** Mary Ullmann Japhet; **Safe 2 Save/Opening Statement**: Stephanie Hill; **Safe Kids SA**: Mandy Fultz; **San Antonio Food Bank**: Luz-Myriam Neira; **San Antonio Parks and Recreation**: Travis Davey, Mike Kaye. Maurice Perez; **Soloiseau Solutions/PlogolutionSA**: Carine Crowell; **South Texas Off-Road Mountain Bikers (STORM)**: Brenda Gonzalez; **St Philip’s College**: Lacy Hampton, John Gomez, Edinir de Oliveira; **Street 2 Feet**: Lana Hernandez; **Southwest Business Corporation (SWBC)**: Chris Dillon; **Walk Westside Coalition**: Diane Duesterhoeft; **WellMed – Elvira Cisneros Senior Center**: Michelle Martinez; **MFC support staff:** Melissa Thornley; **Stay Well – Wells Fargo:** Kristi Docwra; **Yoga Seva Institute – IDOYOGA:** Shari Gaienne; and **SA Walks**: Bert Pickell. 35 folks attended in person or by phone.

**Our Host:** St Philip’s **Lacy Hampton**, Vice President for College Services, presented a great overview of the college’s campus, highlighting the many student assets and the new construction locations. With detailed slides and innovative video, he noted the newest plans and student opportunities such as ACD’s only student activity center with a bowling alley, bookstore, and gaming area. “At 121 years, we are the oldest of the Alamo Colleges and we have lots of meeting rooms that could assist you for meetings in the future.” Much more is planned in Tourism, Hospitality, and Culinary Arts. For students and staff, St Philips plans to have an above-the-gym hanging track, a new pool, and more bakery facilities. Lacy also highlighted the Southwest campus on Quintana (formerly East Kelly AFB) which focuses on trade contract aircraft. We thanked Lacy for hosting us, and to ACD’s **CJ Arnoni** for securing a great meeting location in the spacious Kathryn Morgan Gallery.

**Executive & Committee Updates: MFC support staff intern Melissa Thornley** shared the following:

* **Get Strong With Ron** will be Fit Family Challenge kick-off event – Heroes 5K walk on May 11 at Port San Antonio.
* **Healthy Schools Committee:** Healthy Schools will host the next MFC Forum which will be May 21 at CHEF garage (CIA facilities) in the Pearl from 9am to noon. “Mental Health in Schools” is the theme and how this deals with students, teachers, and families.
* **San Antonio Business Group on Health (SABGH)** committee is working on their by-laws and planning their Q2 forum.
* **Communications Committee** is working on new social media outlays. Good response on Siclovia feedback and we’ve started the Newsletter. While we are focusing on different monthly themes, contact us if you wish to highlight any events or programs.
* **Executive Committee** is working on strategies to employ their new Mental Health Toolkit which is specifically for employers in San Antonio. We posted a few copies on our handout table but if folks would like a digital copy, please contact us.
* **Endorsements:** As of today, there have been a total of 21 endorsed events which is significantly more than what we had in all of 2018! Bert encouraged folks to not only apply for endorsements but attend all endorsed events and represent the Mayor’s Fitness Council. We are uploading info about endorsed events on FitCitySA.com.
* **FitCitySA video segments:** Our city videographer should be back from leave in 2 weeks so if anyone has any ideas on a segment or you’d like to highlight a specific program or activity, please let us know early as there is lead time needed to organize, produce, etc. As we posted before, there are a total of 11 videos online which is roughly 30-33 clips of various activities. Check them out at FitCitySA.com.

**Presentations:**

**San Antonio Sports Fit Family Challenge (FFC):** Senior Vice President and MFC Executive Committee member **Mary Ullmann Japhet** gave a presentation on this year’s free family exercise program which will start on May 11 with the District 4 Heroes 5K/10K at Port San Antonio and end in August with another large district-oriented event. Mary stated that “the 5K and 10K events at Port San Antonio will be chip-timed, and we will have a health resource fair so we are still looking for partner connections and volunteer support.” 2600 registrants have already signed up but outgoing District 4 Councilperson Ray Saldana wants to reach 5000 folks. Many flyers were shared. To register, please visit [www.FitFamilyChallenge.org](http://www.FitFamilyChallenge.org).

“This will be our 10th year doing Fit Family Challenge which is a 12-week summer program. In the past we were limited in activities, but we’ve now grown to many locations with more ‘kid-fit’ classes in 8 locations as well as setting up the large community events. We also focus on areas of the city that have the highest rates of obesity and diabetes. The closest daily activity to St Philip’s is Antioch Church where we will have fitness exercise on Wednesdays.

“We focus on families as a whole and eliminating barriers to participation. Every 6 weeks we will have a big event. May 11 is the Heroes 5K/10K at Port San Antonio in District 4, where folks will learn about the program. On June 22, we will be supporting Districts 8 and 9 at the Northeast Sports Park (formerly Ancira Sports Park), then we hope to be doing a final big event on August 10, possibly at UTSA supporting District 8. We will have over $25K in cash and prizes. FFC participants will get a log to accumulate points for attendance/activity. Health assessments will be provided, and points might even be given for bringing friends to weekly classes. To put on a large program like this, we need your assistance in getting the word out into neighborhoods, churches, schools, etc.”

FFC’s Zumba classes start Monday, May 13th at 8 different locations, Mon-Thurs. “We partner with six different school districts and two churches for our locations. We are still firming up with the districts the exact locations for more activities. As a reminder, FFC participants earn points by showing up to the events and classes to earn free prizes and chances to win $1000 gift cards at the end of the summer. Classes will go till August 9 but there will be a break July 1-5.”

A meeting participant asked if there is an age limit for FFC. “Participants in the weekly exercise need to be at least 3 years old. However, in the large events, parents will be able to bring kids in strollers.” San Antonio Sports hopes to also coordinate with Parks in securing the Mobile Fit Van for the large community events.

“San Antonio Sports continues to focus on youth and family fitness opportunities. We bring in the Final 4 and the Rock N’ Roll Marathon events which are big economic generators for the city. San Antonio Sports’ Alpha Warrior is April 26th and Corporate Cup is June 1st. However, we always have partner and volunteer opportunities so please reach out to us.”

**Parks & Recreation’s GetFitSA:** Program manager **Travis Davey** gave an update on the new fitness program which replaces the Fit Pass which went for 6 years. “While we had very successful Fit Pass events with lots of community participation, we weren’t accomplishing all our goals in that some folks only participated in exercise during the summer program but didn’t establish a wellness lifestyle throughout the year. We need to be more sustainable.” GetFitSA will have three (3) different components:

* Beginning and ending free 5Ks – June 8 at Pearsall Park; November 16 at LBJ Park – both with chip-timing and awards for runners and walkers. “This will be similar to the Fit Pass 5Ks with thousands of participants and moving parts.”
* “Celebrating Healthy Living” component with a prize patrol traveling and giving out gift cards for folks doing something healthy. “We could be at Natural Grocers noticing shoppers or at the AT&T Center and noticing participants at a sporting event, rewarding folks who purchase healthy food or water versus soda.”
* Large or “Epic Fit” Events – largest in San Antonio history – to drive many people towards a major wellness concept such as the International Day of Yoga on June 21 “We hope to give out fun swag and offer more education and motivation all year round, possibly with the new and successful Cardio-Concert activity we did recently.” The Fall Siclovia is another great opportunity.

“Folks will be able to learn more about Get Fit SA at our June 8th kick-off at Pearsall Park. We’ll share more details as this program will be longer than Fit Pass which was perceived by some as just ‘paying people to work out’ due to the high-end prizes that folks were shooting for.

“While the program will develop and fix kinks as it goes, we plan to start earlier next year around January-February. We plan do one epic event per district per year, and one event per district per week. Potentially, with a program going 23 weeks, we could be giving out 230 giveaways in communities all over San Antonio.”

“We want our past Fit Pass partners involved and engaged, maybe be part of the prize patrol or doing some role at an event. Above all, we need your ideas and hope to be very creative. We want to go beyond just trails and parks.”

**Spring Siclovia – MFC Reclovia:** Community Engagement Chair **Shari Gaienne** thanked everyone for the great support at the March 31 Siclovia. MFC’s activity or Reclovia location was at Roosevelt Park and all three wellness areas were represented: fitness, nutrition, and mental health. “In spite of the 48 degree cold weather, we had 18 partners who shared education and wellness insight to the many participants on the course. It was amazing and really fun.

“Thanks again to **Jean Cheever** for donating high quality bike helmets so that many kids – *some whom never had a safety helmet* – were able to get one AND learn from Ghisallo and STORM partners how to wear it.

“The punch card that participants used to visit partner tables was a huge incentive success as we were able to provide a grand prize backpack from REI as a raffle prize.

“We need your feedback so please complete the short survey we developed for partners to complete. Siclovia managers are also asking for partner feedback in a SurveyMonkey request.

“Give us your ideas and thoughts as this is fresh in your minds. Please make plans to be involved in the Fall Siclovia which will be on September 29 back on the Broadway route. We hope to be at Lion’s Field again.”

Bert reminded the group of how the MFC’s Siclovia engagement went from 3-4 organizations to now close to 20, and in engaging the thousands of participants in wellness. “Through Shari’s hands-on leadership, our great task force teamwork, and the sharing from many partners, there are many more communities who now know of the Mayor’s Fitness Council and who are more involved in their own wellness opportunities.” Surveys were available at our hand-out table.

**Community Management** briefing was postponed for the May committee meeting.

**Partner Updates/Initiatives:**

* **San Antonio River Authority (SARA)’s Nicki Apostolow** updated the group on the Catfish Farm initiative as many folks came out. Nicki also shared details on the April 20th Mission Reach Flotilla Fiesta at Mission Park Pavilions, noting costume contests, 80s theme, cool prizes, and live music vendors. “Folks will be able to come out and try kayaking from the kayaks donated by Mission Kayak. An obstacle course will be set up.”
* **South Texas Off-Road Mountain Bikers (STORM)’s Brenda Gonzalez** mentioned that in spite of the rains, folks came out in force at the STORM races. A promotional video was developed and a competitive BMX rider came out. Brenda also mentioned her interaction with AFSP’s Bebe Rodriguez on their planned Ride For Life events at Government Canyon during which different and challenging trails will be offered from beginner to elite rider. All this is to help raise funds towards suicide prevention. Brenda mentioned that directional signs were in from REI for OP Schnabel Park’s off-road trails. STORM needs volunteers to help post them on the perimeter route going south from OP Schnabel – a route initiated by a STORM member who passed away from cancer.
* **Street 2 Feet’s Lana Hernandez** wasn’t able to attend the March meeting but she used the session to thank the many folks who came out and made the 2019 Street 2 Feet 5K very successful. It was cold, rainy, and windy but it didn’t matter as over 1000 participants experienced a new downtown course from the new Frost Tower. Lana also passed out flyers for the free Salsa Slam event set for May 15 at the Joske Pavilion in Brackenridge Park. Folks can participate in SARR’s Zoo Run earlier, and then come out to the Pavilion for great, healthy food. All funds from vendors participating will go directly to Street 2 Feet. CHEF and the San Antonio Food Bank are also involved. Lastly, Lana mentioned the opportunity for Street 2 Feet volunteers to help out in community events throughout San Antonio. She mentioned over 48 events that S2F folks help out with so they can be booked up well in advance. If interested in asking for volunteer help or supporting Street 2 Feet, which is the only walking/running 5K training program for individuals experiencing homelessness in San Antonio, please visit [www.street2feet.org](http://www.street2feet.org).
* **Safe 2 Save’s Stephanie Hill** reminded the group of the unique phone application which rewards undistracted driving. She stated that we are in the middle of Distracted Driving Awareness Month so there are many initiatives planned. They just ended a big competition with Southwest Independent School District and plan to kick off another one at UTSA in about a week. Stephanie and her folks are looking for more speaking engagements on distracted driving so if anyone needs to share safety concerns, they can help. “We are looking for more ways to plug into the community, and we love to do competitions. Thanks to KSAT-TV who did a wonderful story for us! If you download the APP now and use the promo code ‘KSAT,’ you’ll get 500 points!”
* **Well-Med Foundation’s Michelle Martinez** passed out flyers on the annual Run/Walk For Seniors 5K/2.5K event set for May 4 at Mission County Park. This MFC Endorsed event is FREE for seniors 60 and over and for kids 10 and under. Funds raised during the event will help support seniors and caregivers.
* **Walk Westside Coalition’s Diane Duesterhoeft** plans to be out at Earth Day from 10am to 3pm at Woodlawn Lake Park. The coalition will promote walking through an innovative walking bingo activity. Over 100 vendors will be present. Diane also mentioned the May 4th membership meeting at the San Antonio Cultural Arts Center.
* **American Volkssport Association’s Ellen Ott** shared a very detailed calendar of family-friendly, non-competitive walks in South Texas. She mentioned the May 8th Crownridge Canyon Natural Area which will recognize World Walking Day. She also mentioned a May 11th walk in Old Town Helotes. “There’s something out there for everyone. You can bring your pets on leashes and we’ll have water and doggie treats.” The AVA can also come out to partner events to share details on recreational walking.
* **Parks & Recreation’s Mobile Fit Manager Maurice “Mo” Perez** shared further details of the updated mobile fit van and how folks can schedule the van for activities. Fitness classes, body fat assessment, Zumba, other activities – all free. Visit the Parks website to locate and fill out a request form.
* **Parks & Recreation’s Fitness in the Park (FIP) Manager Mike Kaye** updated the attendees on FIP. “We are over 800 activities now and plan to push over 900 with summer partners. We have staff instructors and great volunteers, many who attend this meeting.” Mike also mentioned the success with the “Sweat & Serve” activities combined with park service projects. April 13 will be a “plogging” event at McAllister Park where folks will jog then pick up litter. Parks is looking at Southside Lions Park for a similar activity with a workout and possibly painting to revitalize the community center.
* **Parks & Recreation’s Fitness Supervisor Travis Davey** shared details and a flyer on the ongoing construction project to put a unique Land Bridge over Wurzbach Parkway merging Hardberger Park East and West. Travis stated that contractors have broken ground but the project will be long, essentially completing in spring of 2020. Travis also mentioned that City Council has been discussing tobacco free in public parks, making them all smoke free possibly by June 1. If approved there will be information being shared on where folks can smoke and vape beyond the parks and trails.
* **Soloiseau Solutions & PlogolutionSA’s**: **Carine Crowell** attended her first meeting and shared details for another “plogging” event. May 4th at Brackenridge Park will be the launch to Plog San Antonio from 8am to 12 noon. Carine stated that this unique concept started in Sweden and it’s towards environment sustainability in fighting plastic pollution that is plaguing our oceans where there is island-sized plastic floating. A larger effort grew in London with the BBC and many partners.Beyond the event, Carine plans to go into elementary schools to educate kids on healthy choices to help abate the trash. “I want to get communities together for fun but also take matters into our hands in fighting pollution.” The May 4th event will be on Star Wars Day so folks are encouraged to dress up as there will be a costume content. Plog SA also hopes to reward various communities for cleaning up areas and keeping them clean. Carine will collaborate with UTSA’s Honors program for volunteer student credits. Responding to a comment about water corporations bottling water, Carine stated that “plastic bottles eventually break down and bottles continue to be eyesores to our picturesque communities, which impact our health and alter wildlife due to harmful chemicals.”
* **Stay Well & Wells Fargo’s Kristi Docwra** shared details as how she supports onsite wellbeing at the Wells Fargo location on Wiseman, which supports 4200 team members. Kristi also offers support virtually and to other branch locations. Kristi stated that they are currently in Corporate Cup training. In February, she will launch a Mindful Moments effort with various mindfulness activities. She is working with STORM and Ghisallo.
* **I DO YOGA & Yoga Seva Institute’s Shari Gaienne** mentioned that efforts are well on the way for the big June 21 event, which now has been extended to June 23 so that some locations can also participate throughout that weekend. “Let us know and we will help set up something at your locations.” Shari mentioned that she plans to have yoga activities at both Natural Grocers locations.
* **Metro Health’s** Johnathon Espinosa gave details of the launch for the Healthy Cornerstore Initiative which Red Rooster was a part of. Given the success from various city council staffs, there is a plan to do another three initiatives focusing on locations that have food deserts. “Last week was National Public Health Week and we highlighted many of our programs. We held a very successful Viva Health program at Woodlawn Lake as one of our Por Vida partners was giving out veggie tacos. Participants were able to get information on other programs and also secure a Fiesta medal. We were also able to collect community feedback which will help us as we develop a new

strategic nutritional plan for the next 4 years. We have three (3) priority areas: childhood nutrition, access to affordable fresh produce, and community nutrition standards at amusement parks, worksites, schools, restaurants, etc. We plan to get more feedback at future health fairs and Fiesta Salud. Once we have this information, we plan to regroup and focus.” Johnathon mentioned recent promotions on SA Live, Univision (in Spanish), Mix 95.1 Radio, and News 4. Metro Health was also able to do a Facebook live event.

* **Granados Adult & Senior Center’s Nancy Durham** informed the group that while her center supports all adults and seniors, they capture adults younger than the audiences at the DHS senior centers and older than youth centers. “We keep people active and nutritional with classes on fitness, diabetes awareness, and falls prevention. We look at the whole person.” Nancy reminded the group of the Annual Be Fit & Be Cool Fest set for Granados on May 8 at 12pm.

* **Mandy Fultz – Safe Kids San Antonio’s Mandy Fultz** attended her first meeting and shared details of the University Health system effort focused on “keeping kids safe on unintentional injuries at home. at play and on the way.” Safe Kids SA is planning on an International Walk To School Day in October and getting sponsor support for schools. She plans to have Clifford books and clicking lights as giveaways. “We want kids to learn rules of the road, making eye contact with drivers, looking both ways when crossing streets, and listening to their crossing guards.” May 6 to 12, Safe Kids SA plans to share more in social media and work with partners such as the AAMPO and Ghisallo on educating kids on cycling, focusing on International Bike to School Day. Mandy passed out cards and plans to reach out to MFC partners.
* **Alamo Area Metropolitan Planning Organization’s Joey Pawlik** also commented on International Bike to School Day in that kids will be offered bike helmets. As the MPO’s active transportation planner, he also focuses on air quality. He mentioned the efforts with CEMAC and seeking a national $60 million dollar grant that entities could apply for. The public is invited to a May 1 meeting at 6pm at the VIA Metro Center to tell us how you feel about these projects such as an updated bike master plan, protected bike lanes, improved access at some city locations. VIA submitted requests for new compressed natural gas buses. Leon Valley is working on a new trail to merge with the city’s Greenway Trails. Joey also stated that May is National Bike Month so he will be working with many partners in educating and engaging the public on safe bike usage. On Bike to Work Day, the MPO plans to expand to about 10 energy stations beyond downtown, including Brooks City Base and in New Braunfels. Joey is looking for donations for door prizes for goody bags to cyclists and hopes to get many 1st time bike commuters there.

Wells Fargo’s Kristi Docwra asked about ways to set up safe routes for their facilities on west Hwy 151. While the City Bike Map generated in 2017 is still current, Joey stated that GIS planners are trying to update county information, possibly through “iMap” which will interface and categorize the stress level of roads. Hopefully this effort will be used for sidewalk mapping in the future.

Many attendees commented about the dangers of cycling in and around 151 organizations regardless of lane support and wide roads. Brenda Gonzalez suggested organizations set up National Bike Month signs and also remind cyclists to not use sidewalks. Bert suggested that besides surfacing safety issues at the MPO’s advisory committees (BMAC & PMAC, biking and pedestrian respectively) that folks share this at TxDOT’s monthly Traffic Jam forum where attendees are more diverse with police and first responders attending.

The MPO has been involved in STREETS skills classes and teaching bike and scooter safety. Joey shared a Bike Beat event flyer set for May 18 at Main Plaza. Music, food trucks, and possibly BMX demonstration are to be highlights.

MPO was also involved in Siclovia and Joey passed along more details of the earlier Cyclo-VIVA in New Braunfels. He stated that Schertz plans to have a similar event, “Get Moving On Main.” We mentioned the efforts from City Districts 3 and 5 in also having regional “play in the streets” type events. Joey highlighted instances where some communities and cities set up min-parks with temporary bike lanes and parking spaces with planters which may help reduce conflicts. Lastly, Joey asked for public comments, as some efforts like scooter usage, are still fresh in folks’ minds.

* **Natural Grocers’ nutritional educator Jennifer Quintanilla** mentioned involvement at Earth Day. She shared details of a unique “ladybug’s love pledge” which is a grassroots effort to not use pesticide on your lawn but rely on natural pollinators such as bees to take care of lawn support. Jennifer is considering setting up a program in which Natural Grocers consumers would be rewarded with coupons or possibly have funds donated in their honor to the San Antonio Foodbank if consumers brought their own shopping bags.

Jennifer is currently working on a 6-week class in which she plans to calculate lean body mass for about 25 folks. The Parks’ Fit Van folks plan to help out.

Jennifer also reminded the committee of Natural Grocers’ teaching kitchen/meeting spaces which can safely hold about 35 people, and are free to use if the public is invited to the specific class or event.

* **New York Life’s Will McLaughlin** informed the attendees of how New York Life wishes to support wellness activities and programs throughout the city by participating and helping organizations give back to the public. New York Life has been involved in the last three (3) Siclovia, offering wellness education, activity support, and great teamwork.
* **SWBC’s Chris Dillon** is the large wellness broker for 19 divisions. He is tasked to drive wellness strategies internally and externally with many community partners. Chris stated that SWBC is the first company to have company-branded food, labeled “Commit to be Fit” which helps employees make healthy choices and stay away from poor selections in vending machines. He stated that this was recently highlighted on KENS TV.

With extensive experience on corporate health support, Chris is looking to assist other organizations in setting up education programs and partner events to help work employee benefits in medical, dental, vision, biometric screenings.

Being a “team of one.” Chris is also looking for a wellness intern to assist in his designing wellness programs that support Texas and 41 other states. He stated that he will be taking resumes for this paid position that will be active for the summer.

Question from the audience as to how they can partner with SWBC in the activities they provide. Chris stated that some organizations have employee benefits set in their wellness plans that reward activity and offer tracking, screening, and points. He stated that SWBC has a partnership with the American Heart Association in using their tracking portal to reward activity, possibly up to $500 a year for employees. Chris stated that he could help organizations set up a similar concept.

* **San Antonio Food Bank’s Luz-Myriam Neira** shared details of efforts working with Healthy Cornerstores, their 5th Nutrition Summit (which had over 174 attendees), and the Mobile Mercado van which now provides health care partnerships with University Health, CentroMed, 4 city clinics, and the Texas Diabetes Institute.
* **Centro Med’s Kristen Pudleiner** reminded the committee that all of Centro Med’s wellness classes at their locations are free to the public, highlighting the Southside (at Commercial), Westside (at Ray Ellison), and the Northeast (at Walzem). She passed out wellness flyers to help spread the word, and Centro Med plans to work with Parks on their new Get Fit SA program.

Kristin mentioned her efforts in developing Walk With A Doc chapters at three locations. She appreciates the support from Bert and any ideas folks can offer. Lastly, Kristin stated that the Para Mi 5K event was rescheduled to November 2 and will be on the new Frost Bank route downtown.

* **Cox Media Group’s Lena Rodriguez** attended her first meeting and shared with the group that Cox maintains seven (7) unique radio stations and diverse digital marketing programs. She highlighted the Back to School Expo set for August 3 at the Freeman Expo Hall which was recently endorsed by the MFC. Last year’s expo was attended by over 7000 folks. Free school supplies, 3500 backpacks, free immunizations, and available sports physicals will be provided. For more details, we recommend folks check out [www.backtoschoolsa.com](http://www.backtoschoolsa.com).

Bert suggested that Lena interact will all of our partners and see if there are opportunities where Cox can team in offering partner promotion of the many free activities and community-supported programs our citizens may not be aware of.

* **KSAT’s Priscilla Carraman and Alyssa Medina** offered support to community partners through their online and television assets. We thanked KSAT for the very quick support and exceptional teaming with Safe 2 Save within 3 days after our March meeting.
* **San Antonio Walks’ Bert Pickell** reminded the group of the many event flyers that were being shared, and he suggested that folks reach out to communities in offering easy-to-establish walking programs or low-key free walk activities like Walk With A Doc. He reminded folks to check out the growing monthly running and walking calendar on the [www.FitCitySA.com](http://www.FitCitySA.com) website under “Move More.” Many of our partner activities – competitive and non-competitive – are noted within.
* **Miscellaneous:**
  + April 13 – Barkitecture SA at Lockwood Park in Dignowity community. Pet activities planned. Flyer shared. Dog houses sold in silent auction – doggy costume contest – pet resources & adoptions – [www.facebook.com/events/140665983514371/](http://www.facebook.com/events/140665983514371/)
  + April 27 – FREE Chromosome 18’s Starfish Dash 5K at University Health (behind Gold’s Gym on 7431 Merton Minter). It’s a Fiesta event. Visit [www.chromosome18.org/event/starfish-dash](http://www.chromosome18.org/event/starfish-dash).
  + May 2-5 – Texas Special Olympics’ Summer Games at Morgan’s Wonderland and Heroes Stadium. Visit [www.sotx.org/summer-games](http://www.sotx.org/summer-games).
  + May 4 – Children’s Health Awareness Fair at Centro Med’s new Santikos Wellness Center (5427 Ray Ellison). Visit [www.vtservicesa.org](http://www.vtservicesa.org).
  + May 11 – Bright Futures’ 3 Miles for Texas Smiles 5K at Walker Ranch Park. Visit [www.sadds.org](http://www.sadds.org) for details.
  + May 25-26 – Museum Reach 10 Year Anniversary. Visit [www.sara-tx.org](http://www.sara-tx.org).

**Closing Comments:** We noted that this meeting was the last one prior to another San Antonio Mayoral and City Elections. The legacy of the Mayor’s Fitness Council in working with City Hall and various elected officials has been quite strong due to the positive and supportive approach we take within our communities. The outstanding leadership, mentorship, and partnerships that have evolved within the Community Committee offer so much potential in working as a team to improving the wellness of our communities.

This was the last meeting for Parks and Recreation’s premier fitness leader **Travis Davey** who is departing San Antonio for Maryland on April 23. Travis shared his appreciation for the committee and encouragement to keeping core activities and teamwork alive. Bert offered insight how Travis applied his leadership and mentorship, and how he partnered with many of our committee members to develop great community wellness programs. Bert handed Travis his Chief’s Coin, we came together for a committee picture, and all committee members congratulated Travis with a unique “Texas-only” goody bag while eating cake in his honor.

We thanked all who came out to another great committee meeting, and encouraged folks to share and network further in making our city healthier.

***Next Meeting*:** Our next Mayor’s Fitness Council Community Committee meeting will be **Thursday, May 9 at 3pm at a location to be determined**.

Bert Pickell Shari Gaiennie

Chairperson – Community Committee Vice Chair – Community Engagement

(210) 273-7983, [bpickell@satx.rr.com](mailto:bpickell@satx.rr.com)

Kristi Docwra

Vice Chair – Community Outreach