



Vancouver Active Communities Network (VACnet) Steering Committee Minutes For April 21, 2010

Present: Maria Burglehaus; Darren Peterson; Jo Fung; Angela Pirozzi; David Weightman; Brenda Burroughs; Jim McKenzie

Regrets: Bob Lenarduzzi; Jeff Malmgren; Mary Clark; Robert Sparks; AJ Patel; Dick Woldring; Janna Taylor; Ron Wilson; David Isaac; Gulshan Lalani; Kate Lekas;

1) Welcome and Review of Recent Events

The minutes from the September 23 meeting were reviewed. Chair Jeff Malmgren was an early morning scratch due to inclement health so Darren Peterson chaired the meeting.

Olympic Experience

There was a general discussion about the recent Olympics and a range of perspectives were shared. All comments were very positive. There was a collective sense that visitors from around the world had a great experience and received a warm and friendly reception from our city staff, volunteers and residents. Olympic and City staff were well informed and very helpful to visitors. The City's [Olympic and Paralympic Operations](#) ran smoothly and the [Host A City Happening](#) initiative provided great value-added programs.

People used public transit extensively and walking was also a primary way for people to commute throughout the downtown area. Traffic problems did not materialize as so many people chose alternate modes of transportation and left their cars at home. Translink and the Canada line were great.

Vancouver is a walkable city and visitors had some great weather to appreciate the scenic beauty of our parks and walkways. Thousands of the most influential people in the world visited Vancouver and the positive impression from the 2010 Olympics will be far reaching.

2) Activities of VACnet Organizations

Sustainable Transportation City of Vancouver - Jo Fung

Jo discussed a range of City transportation initiatives.

Transportation is one of the Vancouver School Board's new priorities. The [One Day One School](#) (ODOS) program has a web page showing the best walking routes to Vancouver schools. Jim will forward the web information to Brenda so that the VSB can also post the [Best Walking Routes](#) to Vancouver elementary Schools.

The ODOS [Cycling Skills Training](#) program is continuing to provide students with bicycle training and safety tips and 17 schools were currently engaged. The police will continue to provide 100 bicycles per year to this program.

Bike to school week will be actively promoted as part of the ODOS strategy. The VPB and VSB will be installing additional bicycle racks.

The City now has more than 300 kilometres of on and off-street [cycling routes](#). The new Dunsmuir bicycle lane is a good example of the progress of this initiative.

The City's [greenway walking grid](#) is continuing to be upgraded.

[Vancouver Sports Strategy](#) - Darren Peterson

The Vancouver Active Communities Network (VACnet) is assisting the Vancouver Sports Strategy by implementing the "Active For Life" goal of the strategy and by assuming the role as the Active For Life Committee. This effectively furthers the role of the VACnet while integrating it within the context of the Vancouver Sports Strategy.

The Sports Strategy has five primary goals and five committees to achieve these goals.

- Physical Literacy
- Active for Life
- Enhance Excellence
- Quality Facilities
- Event Hosting

[Vancouver Coastal Health](#) - Maria Burtlehaus

The Park Board's Stay Active Eat Healthy initiative is engaging Community Centre Associations and staff to develop and implement good nutrition policies. The second annual survey was completed in December and results show a significant improvement in "healthy choices" policies and practices at Community Centres.

Staff and Associations at all 23 Vancouver Community Centres are creating "Healthy Choices" facilities that actively promoted good nutrition policies and practices.

The Park Board's [Stay Active Eat Healthy](#) web site provides resources to Associations that want to implement healthy food choices at their centre.

Vancouver School Board – Brenda Burroughs

There was a general discussion about the success and benefits of the 2009 [Active Adventure Passport](#) program. The committee explored possibilities for future funding of this program as it was seen as a beneficial program for the students and a great collaboration between the VPB and VSB.

The VSB and VPB have been exploring easier access to school gyms on evenings and weekends. The UBCM grant program is a good fit for this program. The School Board is also looking at installing key pads on some gyms to facilitate after hours use of these facilities.

The current round of VSB budget cuts may have a significant effect on the Community School program.

3) Priorities Activities for Active Communities in 2010

Recent Active Communities priorities

- Step Out Walks
- Active Adventure Days featuring SportFit
- Stay Active Eat Healthy program to promote Healthy Choices facilities

Step Out Walks

The top 13 [Vancouver Destination Walks](#) have been highlighted on the Park Board web site.

The newest theme walk is the [Historical Steam Line](#) which goes from the steam engine at the Roundhouse C.C. to the steam clock in Gastown.

Other interesting theme walks include: the [2010 Winter Games Walks](#), [I Spy Trees](#) and [Downtown Architectural](#) tour.

The [Walking to Wellness Passport](#) is available and participants are challenged to complete 100 km in 12 weeks.

Active Adventure Days Featuring SportFit

In the fall of 2009, Active Communities Vancouver provided Active Adventure Days featuring SportFit at 10 inner-city schools. This program was part of the [Olympic/Paralympic Sports Bag Program](#).

In the winter, Active Communities continued the Active Adventure Days and provided the SportFit program to another 10 schools. This program introduced the Canadian SportFit program to Vancouver students and teachers. [Red Fox](#) leaders provided guidance and support to students as they completed the eight stations of the SportFit circuit.

Stay Active Eat Healthy

All 23 Vancouver community centres were surveyed for the second year to identify the current extent of healthy food and beverage policies and practices. There will be a “Healthy Food and Beverage” Forum in May to promote health food alternatives. The goal is to encourage and support local community associations to provide healthy food choices at their facilities.

4) Other Active Communities Initiatives

Active News Stories

Email potential news stories to activecommunities@vancouver.ca

Active Events Calendar

This calendar posts all public, action-oriented special events in Vancouver. To post upcoming events email debra.graham@vancouver.ca

Active Champions

Local active champions are encouraged to share their stories and what motivates them to stay active. Forward Active Champion write-ups to activecommunities@vancouver.ca.

Red Fox - Active Outreach

Red Fox has been supporting Active Adventure Days and providing extensive activity programming for the Aboriginal and inner-city community.

The next meeting of the VACnet will be scheduled in the fall