

**PARKS, WELLNESS AND RECREATION COMMISSION**

**December 4, 2013 Special Meeting Minutes  
6:30 p.m., City Hall-Community Meeting Room  
117 Macneil Street, San Fernando, CA 91340**

**PRESENT:** Commissioner Adriana Gomez, Commissioner Danitza Pantoja,  
Commissioner Nina Ballin, Commissioner Joe Ponce and  
Commissioner Saydith Navarro,

**ABSENT:**

**ALSO PRESENT:** Ismael Aguila, Recreation and Community Services Operations Manager  
Linda Bowden-Moreno, Recreation & Community Services Office Specialist

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**I. Call to Order/Roll Call**

- Commissioner Gomez called the meeting to order at 6:30 p.m.
- Present: Gomez, Pantoja, Ballin, Ponce and Navarro
- Absent: None

**II. Pledge of Allegiance**

- Commissioner Ponce led the Pledge of Allegiance.

**III. Approval of Agenda**

**Motion was made to approve the agenda of the Parks, Wellness and Recreation Commission  
for December 4, 2013**

Motion: Ballin Second by: Pantoja  
For: All  
Against: None  
Abstained: None

**IV. Consent Calendar**

**A. Approval of Minutes – November 12, 2013**

**Motion was made to approve the minutes of the Parks, Wellness and Recreation Commission for November 12, 2013.**

Motion: Navarro    Second by: Ponce  
For: All  
Against: None  
Abstained: None

**V.            Public Comment**

- None

**VI.           New Business**

**A. LAUSD Beyond the Bell Afterschool Program Grant Update**

- This item will need to go to Council due to the amount of staff time needed to be allocated towards this grant.
- Staff is seeking the approval of the Parks, Wellness and Recreation Commission to add this item to the Council's agenda for the January 6<sup>th</sup> meeting.

**Motion was made recommending that the item of LAUSD Beyond the Bell Program Grant go before City Council for approval.**

Motion: Pantoja    Second by: Navarro  
For: All  
Against: None  
Abstained: None

**B. 100 Citizens Program Update**

- Staff informed the Commission of the free/low cost classes to begin in January for a 20 week period. This program is in its third year.
- Ismael introduced Dr. Loy, CSUN professor, to the Commission. Dr. Loy discussed the benefits the 100 Citizen Program has brought to the community and the evolution of the program including a diabetes prevention course. He also reported that the RCS Dept. has hired CSUN alumni students who can offer fresh and new ideas to the department.
- Commissioner Pantoja asked if the program offers activities for

children. Staff advised that this program is geared for adults but the idea is to teach parents healthy habits that will be taught to their children.

- Commissioners Gomez and Navarro thanked Dr. Loy for making this program available to this community which has a significantly high obesity rate in children.

#### C. City Wellness Campaign/5K Relay Update

- Per Ismael, Councilman Gonzalez has expressed interest in bringing back a 5K event to San Fernando. The event is targeted to occur in October and will include a Health Campaign. The goal is to make this an annual event.
- The route of previous 5K events included an area outside of the City limits. This upcoming event will be conducted within City limits as a cost saving measure. Staff will seek partnerships to assist with advertising and registration.
- Dr. Loy will secure interns to assist with this event.
- A Planning Committee will be created in the near future.
- Commissioners Ponce and Pantoja have agreed to be involved in the planning and preparation of this event.

#### D. Prioritizing Use of Quimby Funds

- Ismael provided the Commission with a list of proposed upgrades for the park facilities and asked Commissioners to prioritize items to be considered for use of Quimby Funds.
- Certain upgrades have been deferred due to funds being allocated for the proposed parking lot at Fourth St. and Park Ave.
- Commissioners reviewed the list and offered their input on the prioritizing of park upgrades.
- Commissioner Ponce had questions regarding the balance of Quimby Funds. He commented that all items on the list are important but understands funds are limited.

- The Public Works Dept. submitted a list of upgrades in order of importance. By consensus, the Commission agrees with the list provided by Public Works.

## **VII. Old Business**

- None

## **VIII. Staff Communication**

- Ismael invited the Commission to attend the Tree Lighting Event scheduled for tomorrow, December 5<sup>th</sup>.
- Staff reported on Ismael Aguila's recognition as one of the *2013 Guardians of Health*. This award recognizes stalwart advocates whose work has a special focus on impacting the health of children and adults who live in communities without easy access to healthy food or safe places to be physically active.
- The "100 Citizens Diabetes Prevention" classes will begin January 20, 2014 at Recreation Park and occur for 12 weeks on Monday, Wednesday, and Friday, beginning at 8:15 a.m. and ending at 9:45 a.m. It will include both exercise and education programs offered with English and Spanish instruction.

## **IX. Commissioner Comments**

- Commissioner Gomez inquired about the funding designated for the proposed Skate Park. Staff reported that a portion of funds went towards the conceptual design, however, this project never moved forward.

## **X. Agenda Items for Next Meeting (January 14, 2014)**

## **XI. Adjournment**

**A motion was made to adjourn the meeting at 7:40 p.m.**

Motion: Ballin      Second by: Ponce  
For: All  
Against: None  
Abstained: None