



Board of Directors Meeting

Date: January 20, 2014

Present: Kari Parsons, Tobi Desveaux, Rick Fralic, Barb Rivoire, Maureen O'Hara.

FNB Staff: Marilyn Georgas

With Regrets: Eric Porcellato, Jason Rudy

1. Call to order

7:35 pm

Welcome to our curriculum student Matt Jay. Matt is a Kinesiology student focusing on Administration and Marketing

2. Quorum

There is Quorum.

3. Agenda

Motion: To accept the agenda as circulated.

Moved by: Maureen O'Hara

Seconded by: Rick Fralic

Motion Carried

4. Minutes of Previous Meeting

Motion: The minutes of the meeting of December 16, 2013 be adopted as read.

Motion by: Tobi Desveaux

Seconded by: Maureen O'Hara

Motion Carried

5. Items/Actions arising from the minutes of November 24, 2013

Sports Ambassador for Summit: Mike Eagles has agreed to speak as our Key Note at the Summit. Mike is a former NHL hockey player and is currently the STU Athletic Director and Hockey coach. Marilyn has sent him a message and they will meet to discuss the Key Note content to see if this is a good fit for him and FNB.

Seniors training with Horizon Health: The Canadian Centre for Adults and Aging (CCAA) based out of the Western University in London Ontario has a partnership with Horizon Health to train their staff to lead senior fitness classes (SFI certification). This has been an ongoing partnership and there is no need for FNB to compete for teaching this course. The course is parallel to the FNB O AFL and we can offer dual certification. An O AFL performance evaluation will be required and since the SFI course does not include a pre requisite of FT so that item will be a requirement as well prior to acceptance.

6. Office Update - ED

Course schedule: FT at UNB and RTL in PE are running this weekend. Nathalie has done a very good job at organizing the courses and following up with participants to make sure we have enough people to run the courses.

Membership numbers: We have 368 members to date.

114 CSEP (109 individual + 5 AFAC). 254 FNB Some of the FNB are pro rated and we have 12 waived fees from 2013-14 (BOD = 5 CSEP, 4 FNB and 3 Staff)

Aboriginal program update: FNB is working together with Matt Pryde from the Provincial Government and the Nova Scotia Fitness Council (NSFA) to incorporate an aboriginal component to the FT course, the RTL and PFT courses and certifications to allow inclusion into these programs. Isobelle Aube (Native Way Training Services) who has extensive experience in this area has offered to be the leader to facilitate the training and will work with the FNB and NASFA course conductors in this project. There is a proposed Training workshop for Trainers to be offered in May 24th that will focus on teaching skills and cultural sensitivity. A survey will be sent out to the FNB and NSFA course conductors in February to ask what their challenges and needs while teaching courses. The workshop content will be built around the survey results.

Newsletter: Need CEC article to be included.

Action: Tobi will research nutrition articles, choose one that is suitable, prepare a few questions, submit it to the office and it will be sent out with the member E-news.

NFLA update: Progress is being made toward revising/updating the FT course content and exam. Other teams are working on Fitness Leader course content. FNB is involved with the committee working on the O AFL, AFL and RTL.

CSEP: FNB has received the first installment of the CSEP membership rebate for 123 additional Atlantic certified CPTs and CEPs. The rebate is \$25.00 per person = \$3,075.00 and the remainder of \$25.00 per person will be paid prior to the end of March. The final rebate will include any additional Atlantic members that have been newly certified in the 2013-14 year and the rebate will be adjusted to reflect the CSEP pro-rated fee. FNB supports CSEP by offering the members PDC opportunities in Atlantic Canada and promoting the CSEP certification to the appropriate candidates.

7. Financial Report - Treasurer

Rick: The FNB books are balances and we are slowly recovering from the reduction in previous CSEP funds normally received from courses, and certification.

8. Program Development

Refer to Office report member newsletter.

9. Policy Updates - Summit

Summit Policies:

Motion: To vote on the summit policies as a group.

Moved by: Rick Fralic

Seconded by: Maureen O'Hara

Motion Carried

Discussion: There was a brief discussion regarding the CECs awarded to the FNB Board members volunteering at the summit.

Motion: To approve the Summit Policies 13001S1 to 1300S5 all-inclusive as rewritten

Moved by: Tobi Desveaux

Seconded by: Barb Rivoire

Motion Carried

The next group of policies to be prepared for the February meeting will be:

- The Office Policies (Rick, Kari and Marilynn)

10. Marketing – Tobi D.

A new year's resolution article was prepared by Tobi and has been placed on Facebook and the Website. Discussion followed to increase the use of the FNB Facebook page and also to use it to promote visits to our website for more detailed information.

Action: Offer an incentive to people who like the page. If the 300th like will receive a gift certificate or prize. This will continue in increments of 300 to start with. Tobi will approach Sport Check for a gift card.

11. Summit

Review of the submitted Pre event items and time lines was completed with discussion. Location is secured – CEPS at U de M. Dates: Friday, Saturday, October 17, 18 2014.

Discussion:

No soda products at meal, healthy options for dessert (ie. Fruit, yogurt).

Perhaps offer shirts to participants.

Increase of fees for adults by \$10.00, student fee \$50.00

Host hotel suggestions - Rodd and Crowne Plaza

Use pictures from 2013 summit in brochure.

BOD: Send suggestions to office for presenters including a feature presenter that has a higher profile. ED will contact for information and availability.

Think of a possible theme and send suggestions to ED to summarize.

12. Other Business

Nothing

13. Next Meeting

Monday February 24, by Skype at 7:45 pm

14. Adjournment

Motion: Meeting Adjourned 9:02pm

Motion by:

Seconded by:

Motion Carried