

Bicycle, Pedestrian and Greenway Advisory Committee (BPGAC)

Tuesday, March 12, 2024 – 6 PM

GF City Hall, 255 North 4th Street

Meeting Notes

Richard O’Conner

Scott Roche

Duane LeTexier

Carter Hunter, GF engineering dept.

Derick Bernier

Zac Bernier

Nicole Benson, Blue Zones

Nelson Rosit

Kim Greendahl, City of GF

I. Citizen comments

- A. Bridge ice warning: Ice has been forming under the bridges, making it hard to use some of the trails. Can signs be posted to warn people about the ice? It’s possible, but it would be difficult to place signs everywhere that ice is forming because we’re in a freeze-and-thaw cycle right now. Trail users should use caution until the weather stabilizes.

II. Blue Zones update: Nicole provided an overview of the Blue Zone program.

Blue Zones Project is a community-wide, evidence-based approach to improving health and well-being that makes healthier choices more accessible for everyone living in Grand Forks, North Dakota. Blue Zones is an international program recognizing that people who live longer, healthier lives share nine specific traits that can lead to longer, healthier, happier lives. These traits are called the Power 9.

1. Move naturally
2. Know your purpose
3. Down shift
4. 80% rule
5. Plant slant
6. Friends @ five
7. Positive pack
8. Belong
9. Loved ones first

Grand Forks is the first Blue Zones community in ND and joins 73 other Blue Zones communities. Work to establish GF as a BZ community started as early as 2019. The ND Department of Health and Altru Health System provides funding for the first three years. This helps pay for three local staff, who are currently 1 ½ years into a three-year funding cycle. Food deserts

BZ focuses on the physical environment and policy, not healthcare. The guiding principle is making changes that make the healthy choice the easy choice. Staff serve as advisors and advocate for tobacco, built environment, and food policies to improve well-being in the community.

III. Bikeway items

A. None

IV. Greenway Items

A. Enhancement project near Desiree Drive and Rivers Edge: A funding application has been submitted to the Garrison Diversion Conservancy District. Kim will present to the grant committee later this month in Carrington. She is also working with KLG Engineering to get a contract for the design work.

B. Proposed improvements to area surrounding the floodwall on DeMers Avenue: The city of GF is applying for funding for this project from the Outdoor Recreation Legacy Program. The submission deadline is April 30, and the city will be notified in November if they are selected for the next round of consideration. The final decision will be made in November 2025.

V. Other

Next Meeting date: Tuesday, April 9, 2024, 6 PM at GF City Hall, 255 North 4th Street, Griggs Room

Supporting documents: None

Submitted by: Kim Greendahl, Greenway Specialist