

MEETING MINUTES

DATE: July 12, 2007	LEADER: Dan Lane
TIME: 6:00 – 8:00 PM	RECORDER: Darla Kelchen
PLACE: Clayton Co. Extension office	GROUP: Clayton Co. Food & Fitness Planning Committee

MEMBERS PRESENT: [X]	X	Elise Bergan	X	Andy Reinert	X	Christine Kauffman
X	X	Randy Keehner	X	Theresa Wilson	X	Joan Follon
X	X	Wayne Bockenstedt	X	Pam Steger	X	Kenneth Scott
X	X	Sasha Dull	X	Jane Meralf	X	Haleisa Johnson
X	X	Fran Passmore	X	Merry Stover	X	Betty Heins
X	X	Julie Zittergruen	X	Brenda Boddicker	X	Brenda Boddicker

1. Reviewed Agenda

Agenda Item	Activity/Discussion	Decision/Action/Conclusion	Who does it?
Welcome & Introductions	Introductions were completed. Reviewed the Goals, Purpose and Vision of the project. Listed people who should attend, Mayors & Councilman, city planners/administrators/city clerks, park board members, restaurant/grocery owners, School principals, superintendents, athletic directors, school nurse, clergy, youth under the age of 25 and the media, newspaper and radio.	Informational Members were asked to invite others to attend the next meeting.	Dan Lane All members
Review of Regional Team	Recognized Regional Team Leaders Carol Glawe as alternative leader	Members were asked to share the program with others and youth to attend the next meeting. Randy Keehner agreed to visit with Brandon Friedlein	All members

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Webcast #1	<p>Viewed web cast #1, Fitness As a Personal Ideal, The importance of putting a fitness program in our daily lives. The members were asked What Key Points did you Hear? Members recognized the positive programs offered. Elkader Hospital conducted diabetic tests in the Central school. Guttenberg hospital submitted a grant to support a similar program. Good transportation/easy access/ and multiple use of space is needed to support trails/fitness. Discussion was to coordinate efforts with partners and send the same message by using the media</p>	<p>Each member was asked to review how they put fitness in their daily lives.</p> <p>It was decided to encourage media partners to attend our meetings. Invite them to the next meeting.</p>	Committee members
Webcast #1	<p>What does this mean for Clayton County. Healthy children are active children and good nutrition promotes healthy children. Discussion was on communicating with our local and county governments to connect the county's green spaces and points of interest with trails. Discussion was on teaching adults on healthy eating, developing community gardens, encourage businesses to offer fitness programs, promote cooking classes, request healthy foods in restaurants, convenience stores and schools. Promote locally grown producers and provide a processing facility.</p>	Clayton County IA State Extension is promoting two communities to host a community garden as a pilot project. Luana is considering a community garden to promote healthy eating.	Dan Lane in Volga/Elkader Luana
Webcast #2	<p>Viewed web cast, "Active Living by Design" utilizing parks trails greenways and transportation. Discussion on Clayton County projects, members shared the County's Mississippi River Trail project, Guttenberg's trail project, Marquette/McGregor trail of two cities project and Elkader's health & fitness trail. Connecting trails and points of interest by expanding roadways to include bike lanes. Discussion was to promote walking clubs in communities and schools with volunteer mentors</p>	<p>Members viewed the Clayton County trail map to incorporate any trail projects being proposed.</p> <p>Inquire with the media to share the message on obesity and promote physical activity year around.</p> <p>Sponsor community open gym's, and walking programs to all ages. Establish walking clubs in your community.</p>	Committee Members

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Webcast #2	Prioritizing for Clayton County was discussed, the categories were; Preparation Ideas for Parks, Trails, & Greenways, Program Ideas for Transportation, Promotion ideas for Parks Trails & Greenways, Policy Ideas for Parks Trails & Greenways, Policy ideas for Transportation, Physical Project ideas for Parks, Trails, & Greenways, and Physical Project ideas for transportation.	The members prioritized by color coding the topics. #1 Physical project ideas for parks, trails & Greenways #2 Promotion ideas for Parks, Trails & Greenways. #3 Preparation ideas for parks, trails and Greenways.	Committee Members
Discussion	Members are to invite key people to the next meeting, share their communities trail information with CCDG Trail Committee.	Talk to community leaders to be involved with NIFF. Send via email information and invitation to community Officials on next NIFF meeting.	Committee Members Darla
	Next meeting August 9, 2007 from 6-8PM at Clayton Co. Extension office. (If more community members RSVP the meeting may move to new location so watch agenda for location change).		