

NE Iowa Food & Fitness Initiative
Allamakee County Planning Team Meeting MInutes
July 16, 2007
5:30, ISU Extension Office, Waukon

1. Attendance: Mary Koopmans, Dani Bucknell, Anne Blocker, Leigh Rekow, Paul Rael, Merle Turner, Beth Shafer, Lana Snitker, Rachelle Howe, Teresa Wiemerslage, Solveig Hanson.
2. Teresa introduced the "Suggestion Box". This box will be available at all future meetings for attendees to drop suggestions into in the event they didn't get a chance to bring it up at the meeting, or were perhaps too shy, or the issue too sensitive, to bring it out in public.
3. Teresa introduced the flip charts. These charts will be at each meeting so that we can record, and keep a running tally of the following:
 - Who's not here that should be? As we discuss certain topics, we may need extra expertise. This chart will help us keep track of who the resources are when we address various issues.
 - Results: Government, Business leaders, Rep. from Lansing, Harpers, and New Albin, School(s) Rep., Youth
 - What policy changes have you noted? No matter how small, all policy changes (even just a simple change within one business or church, etc) will be noted on this chart. We will use these as part of measuring our success in the initiative.
 - Results:
 - 5K Run/Walk in Waukon on Aug 9 at 5 pm, sponsored by VMH; new event
 - Youth Track Club started in after-school program
 - Waukon Park & Rec- Soccer Tot Camps started; new event
 - Extension-Youth after-school Programs and camps feature healthier choices about food and fitness
 - Waukon School has wellness plan and committee
 - Farmers Markets are running in Harpers, Waukon, Postville
 - GROWN Locally has identified new Drop Sites for customers
4. Results of the Regional Team Election: Dani, Solveig and Lana will serve as the Allamakee reps to the Regional team. Emily is the alternate. The group discussed possible youth representation. Stipend has been set for the Regional Team Members of \$30.00 per person; also, mileage will be paid for up to two cars.
5. Webcasts & Discussion:
 - "Fitness As a Personal Ideal" Our Key Points of Discussion:
 - What does this mean for Allamakee County?:
 - Dogs can be a problem for walkers in Waukon
 - Safety is an issue. Need better lighting & sidewalks
 - Enforce the current laws. Ex: snow removal on sidewalks, etc.
 - Need free activities
 - Walking school bus is a good idea
 - We have a YMCA in Postville
 - Have to engage government for policy changes
 - Explore ways to get industries/businesses involved

- “Active Living By Design – Parks, Trails, Greenways and Transportation” Our Key Points of Discussion:
 - What does this mean for Allamakee County?
 - Where do we get fitness supplies? No shops for bikes/helmets/shoes
 - Include trails with all road designs
 - Guidelines for green space in apt. buildings/housing units
 - Partner with school for playground equipment; promote use by public
 - Activity increases if there is a route/trail
 - Need bike racks outside stores/hospital/etc.
 - Need resolution of where kids/adults can bike
 - Need sidewalks in community to destinations
 - Trails are important-connect destinations

6. The group voted on the following Priorities for Allamakee County:
 - Assessment of parks & trails & sidewalks; where are they, quality of conditions, safety
 - Trails connecting all communities in Allamakee County
 - Visit/attend city councils & supervisors-give quarterly updates about the initiative
 - Talk to business leaders about healthy employees
 - Investigate and implement the walk able school bus
 - Identify ordinances/compare to other successful communities

7. Next Meeting: August 13, 2007. 5:30-7:00, ISU Extension Office.

8. Information website: www.niffcoalition.org