

**NE Iowa Food & Fitness Initiative**  
**Allamakee County Planning Team Meeting MInutes**  
**September 12, 2007**  
**4 pm, ISU Extension Office, Waukon**

1. Attendance: Dani Bucknell, Anne Blocker, Lana Snitker, Rachelle Howe, Teresa Wiemerslage, Lori Egan, Emily Neal, Brenda Ranum, Dan Bellrichard, Matt Thompson, Heather Rothfuss, David Behm, Mary Jo Goodman, Annette Davis, Dave Sanderson, Lisa Curtin, Mary Koopman, Keith Schroeder, Katelyn Plaht, Barbara McMullen, Paul Rael, Leigh Rekow.
2. Introductions were made. The “Suggestion Box” and flipcharts were reviewed.
  - Who’s not here that should be?
    - Results: Government, Business leaders, Rep. from Lansing, Harpers, and New Albin, School(s) Rep., Youth, school principals
  - What policy changes have you noted? No submissions.
3. Regional team members shared some of the discussion at the Regional meeting on August 29. Lana Snitker is working with Lora Friest on a regional grant application for the Safe Routes to School grant. Allamakee still needs youth reps for the Regional Team.
4. Webcasts & Discussion:
  - Webcast 5: “Mark Fenton on Healthy Communities” Our Key Points of Discussion:
  - What benefits could you expect for our communities if we worked to create Walkable Communities in our county?
    - Cleaner air, better relationships (social capital), less traffic, save money, better health, decrease healthcare costs, greater awareness to our surroundings, greater appreciation for the outdoors- the look of vibrant community
  - Webcast 6: “Community Mapping Tools” Our Key Points of Discussion:
  - What benefits would there be for the communities in our county if we collected data using one or more of the following 3 assessments?
    - Community Maps: Knowledge of trails, miles travelled, good for city planning purposes.
    - Environmental Barrier Maps: Knowledge of condition, good for city planning purposes.
    - Trail Use Counters: Does Allamakee have any trails? Shows the use of trails/awareness/econ. profit
  - Are there communities in our county that would benefit from the data that would be collected? Which ones?
    - Lansing: Community Mapping (tourism)
    - Waukon: Barrier Mapping
    - Postville: Barrier Mapping, also best representative for trails
    - We have rural communities. Many kids need to be bused to school. Many people need to travel by car to find safe places to workout.
  - Open County discussion time
    - Leigh Rekow from Postville City Council shared some thoughts on the Postville Sidewalk ordinance. Cities are liable if someone falls or trips on the sidewalk. Postville was sued for \$30,000. Postville has 2 city council members walk the sidewalks each year. Letters are sent to the homeowners and if not fixed in a certain amount of time, the city fixes the sidewalks and the cost is added to the tax assessment. Ft. Atkinson also has good sidewalk ordinances.
    - It was mentioned that trails are often not a high priority for city councils. But when you look at the impact on communities like Lanesboro, they become a major player. They need to become more of a priority.

- Are there classes at the schools that would be willing to help with barrier mapping? Postville: Cici Mueller and Ann Koopman. Waukon: Joan Schwartz, Kathy Hay, Todd Neal, Randy Erion (Lori Egan will contact).
- It was suggested to prioritize mapping routes in each community (ie: sidewalks to the schools, city park, etc). The Barrier Mapping Committee could decide the areas to map and in what order. The Safe Routes to School program would also work on mapping the routes to schools.
- The group discussed the use of their \$2000 in county funds for meetings. Some ideas:
  - T-shirts for community members participating in F&F discussions
  - Mileage for city council reps
  - Host a picnic event for families to share information about F&F
  - Involve grocers -- \$1 off \$2 produce coupons. Would they advertise for us?
  - Give pedometers to those helping with barrier mapping
  - Get parents interested in what kids are doing
- **The next meeting will be a week later than scheduled. Wednesday, October 17 at 4 pm at the Extension office. The topic will be Workplace Wellness Assessments and programs.**