

Howard County FFI meeting Minutes
September 19, 2007
6:30- 8:30 PM
Riceville Library

Present: Larry McGee, Colleen Peckham, Robert Hughes, Ronda Hughes, Elaine Govern, Matt Kabliska, Charlie Baier, Ken Paxton, Mary Jo Burkgren, Jim Green, Greg Adams, Steve Jensen, Robert Percival, Dennis Christensen, Juliet O'Keefe, Bob Foss, Alex Adams, Stan Milewsky, Shar Milewsky, Janet Dahlke, Rosalie Christensen, John Hartogh, Angela Ilatrachis, and Barb Gesell.

Welcome by Matt and Charlie. A meal of local food was served and people got a chance to meet and get to know each other. Everyone introduced themselves and what they do.

Charlie then reviewed the NE Iowa FFI vision and goal; the NE Iowa Top Priorities, and explained the Suggestion Box. Howard County Planning Team members were asked to identify people who aren't at the meeting that should be and if policies have been implemented related to F&F that they are aware.

Matt reviewed the Webcasts for August. They may be viewed at:
<http://www.extension.iastate.edu/allamakee/info/kellogg.htm> .

A summary of the Regional Food & Fitness Leadership Team Meeting was given by Rob Hughes & Elaine Govern. Elaine & Rob explained what the Regional Team is and reviewed key points from their August meeting.

Matt Introduce Webcast #6: *“Assessment and Mapping Toolkit for Building a Healthier Community: Community Mapping Tools”* See your handout for the questions that will be addressed following the webcast.

The group Discuss Webcast #6 & Answered Questions:

- What benefit would there be for the communities in our county if we collected data using one or more of the following 3 assessments?
 - Walkable Bikeable Community Maps:
 - *Designated safe areas for walking- biking*
 - *Promote Tourism*
 - *Maps listed on Website*
 - *Promote Wellness-entertainment*
 - *Promote community recreation*
 - *Promote walking clubs*
 - Environmental Barrier Mapping:
 - *Citizens could prioritize walking/biking access*
 - *Add sidewalks-new developments and safe houses*
 - *Policy changes*
 - *Community awareness-financial commitment*
 - *Aesthetics*
 - *Lighting at night*
 - Trail Use Counter Program
 - *We would see the number of people utilizing the trail- biking, walking, and running*

- *Track the time of day the trail is utilized*
 - *Promote trail usage*
 - *Prioritize barriers to usage*
 - *Educate public of trail usage*
 - *Can we buy our own meter and rotate it around the county?*
- Are there communities in our county that would benefit from the data that would be collected the following 3 assessments and if yes, which communities?

The group took a vote (people could vote for more than one item) on what they would like to see the County group move forward with. The results of the 25 people are as follows:

- Walkable Bikeable Community Maps (15)
- Environmental Barrier Mapping: (5)
- Trail Use Counter Program (14)
- NOTE: they also voted on safe routes to school (23)
- Are there communities in your county you would recommend for NE Iowa F&F Funding Assistance to conduct the following assessments and if yes, which communities and why?

The above numbers are for the communities that had someone at the meeting Riceville, Cresco, Elma and Lime Springs. At this point we are not sure what the other communities in the county would want.

Matt Introduce Webcast #5: *“Mark Fenton on Walkable Communities.”* . See your *handout for the questions that will be addressed following the webcast.*

The group discussed Webcast #5 & answered to Questions

- What are the 4 design elements in a community that encourage people to be more physically active on a regular basis?
 - *Places to work, play and shop*
 - *Connectivity streets and trails/safe routes*
 - *Bike racks and benches*
 - *Beauty*
- What are the 3 “P’s” that help create environments where people are more likely to walk or bike?
 - *Program Interventions- Business wellness program*
 - *Policies Interventions-change building codes for sidewalks*
 - *Project Interventions- school drop off and walk (barrier-weather)*
- What benefits could you expect for children, youth and families if we worked to create Walkable Communities in our county?

We would see more positive social interaction among our citizens and healthier community activities.

Wrap-Up: We thanked everyone for sharing their time and ideas. The October meeting will be in Elma on October 17, 2007 location TBD. The November meeting will be in Cresco time and location TBD.

Everyone was encouraged to write on the flip charts and put their cards in the suggestion box before leaving.