

## MEETING MINUTES

<b>DATE:</b> April 10, 2008	<b>LEADER:</b> Dan Lane
<b>TIME:</b> 6:00- 8:00	<b>RECORDER:</b> Nancy Yelden
<b>PLACE:</b> Clayton Co. Extension office	<b>GROUP:</b> Clayton Co. Food and Fitness team

MEMBERS PRESENT: [ X ]	X	Joan Ellen Follon	X	Heidi Feuerhelm
X Vicki Carolan	X	Joann Severson	X	Brian Rodenberg
X Brenda Ranum	X	Terese Jurgensen		
X Dan Lane	X	Nancy Yelden		
X Leigh Ann Judge	X	Tim Engelhardt		
X Judith Crandall	X	Kim Gau		
X Fran Passmore	X	Carole Glawe		
X Kirsten Michelsen	X	Margaret Corlett		

1. Reviewed Minutes
2. Reviewed Agenda

<p>Welcome &amp; Introductions</p>	<p>Welcomed new members, Introductions and encouraged new members to refer to website: <a href="http://www.iowafoodandfitness.org">www.iowafoodandfitness.org</a> to update them on committee's purpose and objectives. Enjoyed a delicious meal provided by Treats, Etc. from Elkader. Janet McNece shared information on their healthy food choices.</p> <p>Committee discussed "Who Should be Here that isn't":</p> <ul style="list-style-type: none"> <li>- Press to tell our story. Suggestion was to invite Bryce Durbin from Clayton Co. Register. Brenda shared the Regional Communication work group is developing news releases, short articles and presentations that committee members will be able to utilize to tell our story.</li> <li>- Farmers</li> </ul>	<p>Members shared what wellness activities they have been participating in:</p> <p>Carole- Going to Detroit with Regional team end of June to meet with other Kellogg recipients. Participated in Clayton Ridge Health Fair on diabetes prevention.</p> <p>Leann- participating in Relay for Life team at GMH</p> <p>Brain- wellness committee established snack standards &amp; collected funds to support the program at Central school- goal is to offer free snack to K-12.</p> <p>Faculty team finishing up the Lighten Up Iowa program.</p> <p>Nancy- staff participated at Clayton Ridge health fair; continue to work with 4 other PH Directors on community assessment committee.</p> <p>Vicki- Active in school wellness committee, Meet regionally with school nurses to share wellness policies.</p> <p>Judy- Volga park board has received funding for signage to hiking trail on each and west side of park which was funded by Farm Bureau. Installing showers for campers.</p> <p>Elaine- City of Volga received Hazards Mitigation grant from FEMA which will fund a walking trail along the dike</p> <p>Barb- will be going with youth to Detroit</p> <p>Fran- shared info about Kellogg grant with Monona City council</p> <p>Kim: Guttenberg is taking bids on football/track complex, Had 1<sup>st</sup> meeting for Advisory committee on health education needs for community sponsored by GMH.</p> <p>Joann: Care Center participating in Lighten up Iowa Health</p> <p>Tim: Central School sponsoring 10<sup>th</sup> annual Fun Run Walk on 4/19 down the Pony Hollow Trail. Starts at 9:00. At Osborne had 4-H youth camp with 60 kids, Osborne may be receiving funding from Legislature if approved for infrastructure improvements.</p> <p>Dan participated in Clayton Ridge health fair.</p>	<p>2</p>
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<p>Regional Team Update</p>	<p>Brenda shared the Diversity workshop that was presented by WKKF team was excellent. Address diversity is much broader than most of us consider. Includes: language, minority groups, sexual orientation, national origin, race, age, gender, economic status physical &amp; mental ability. 4 communities chosen as pilots to work with target population: Elma, Waukon, Postville, &amp; Oelwein.</p> <p>Youth team: gave presentation on trip to Arizona.</p> <p>Schools team: 4 schools completed survey one in each county. Discussed need to develop process to get message to teachers to share with students.</p> <p>Built Environment: Tim &amp; Brian on this committee and requested help from county team members to complete Playground survey for areas in your committee. Submit photos with survey. Will have Darla send by e-mail to all committee members the revised survey when completed. Need to have surveys to Tim by 5/15 so results can be tabulated at Regional level. Can address summer &amp; winter activities.</p> <p>Community Assessment: Nancy will present more information on this at May county meeting.</p> <p>Resource Development: Committee did not meet this month.</p> <p>Vision: Vision statement has been revised and was presented by Brenda.</p>		
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<p>Web cast #11  “Celebrate  What’s  Right with  the World”</p>	<p>Viewed web cast with discussion following:  Open to possibilities, creative thinking  -What we think becomes our reality, it can happen if you think it can</p> <ul style="list-style-type: none"> <li>- Celebrate what is right, think positive.</li> <li>- When I weave, I weave. Turn ordinary into extraordinary.</li> <li>- The only way to catch the wind is to be on the edge.</li> <li>- Looking at vision is important, don’t concentrate on details.</li> <li>- Need to change people’s mindset, then policy change will come.</li> </ul> <p>Brenda shared the “Food &amp; Fitness Hierarchy of Choices” diagram and the revised vision statement:  “Northeast Iowa is a unique place where all resident and guests’ experience, celebrate, and promote locally grown food and abundant opportunities for physical activity and play every day. Healthier people make stronger families and communities.”</p>		
	<p>Next meeting will be <a href="#">May 8, 2008 from 6-8 PM at Central State Bank meeting room in Elkader.</a></p>		