

Howard County FFI Meeting Minutes
Thursday, September 10, 2009
6-8 p.m. at Laura Rose Lobby

Those present were:

Dan Burkhart, Sue Barnes, Joye Meyer, Lauren Obermann, Deb Obermann, Rita Kovarik, Lynette Anderson, Stan and Shar Milewsky, Nancy Hruska, Ronda Hughes, Brenda Johnson, Mary Ellen Turnmire, Renee Cuvelier, Mick Gamez, Sheila Wemark, and Rob Hughes.

Dan Burkhart introduced himself, welcomed the participants to the meeting and asked them to introduce themselves and share what they plan to contribute to the NEI FFI in Implementation. Their comments are as follows:

- Dan Burkhart, Fayette County Extension Director, facilitates in Fayette County.
- Rob Hughes, works with How-Winn School, is member of Regional Team and enjoys representing the school and county.
- Sue Barnes will be helping with organization.
- Sheila Wemark, chiropractor in county and would like to contribute whatever is needed.
- Nancy Hruska, extension council member, wanting to learn.
- Ronda Hughes, mayor and business owner, involved since project started and wants to work on safe routes to school.
- Rita Kovarik works in food service at Trinity Catholic School in Protivin
- Brenda Steffens-Johnson, new to group, wants to work with physical fitness area.
- Mary Ellen Turnmire, retired teacher, interests in physical fitness and nutrition.
- Renee Cuvelier, teacher, FFI committee member and school connection, plans to increase fitness level and food choices in the schools with staff and in the community.
- Mick Gamez, county supervisor, wants to lend support thru the county for well being of citizens and economic development.
- Joye Meyer, Community Health Services, is co-facilitator of the group and would like to promote fitness and wellness.
- Deb Obermann, youth coach for Crestwood FFI at high school, would like to work on regional school planning and work on fitness and wellness in the schools.
- Lauren Obermann, student, part of youth group at Crestwood at the regional level and works with school classes promoting good nutrition and fitness.
- Lynette Anderson, Youth Engagement Coordinator for FFI, works with schools and coaches at the schools to promote fitness and wellness with the student bodies at the schools.
- Sharlene Milewsky worked on safe routes to school, was part of the walking school bus, and bike rodeo at Riceville.
- Stan Milewsky, retired teacher, helped with the programs at the school and is interested in fitness and wellness.

All county and regional minutes are posted on the FFI website. Burkhart went over the Role of County Planning, reading the vision and purpose of Kellogg FFI to bring first time attendees up-to-date. The Community Action Plan – Implementation year November 2009-2010 was developed during the two-year planning stage. The purpose was to work with schools, leaders and communities to promote fitness and health and implement the vision, promote key messages to community leaders, build capacity by recruiting community members, give participants initiative to make policy changes in their communities.

He discussed the NE Iowa Safe Routes to School and Farm to School Pilot Program handouts. Mick Gamez commented on pre-construction meeting of bike trail by Elma, a 4-mile project that will start in a few weeks. It goes from Elma to A46 and will benefit Safe Routes to School Program. Hopeful project will go all the way to Riceville.

Mark Fenton is visiting October 7 and 8th at Luther College. An agenda of his visit is included in the handouts. Dan also instructed group to look at draft of Fall FFI Conference scheduled for October 20, 2009 and encouraged everyone to attend. Dan said this is a very good conference with speakers to enlighten people on fitness and wellness. Jenny Neal, Miss Iowa will be one of the presenters.

Lynette Anderson and Lauren Obermann presented what they did on their recent trip to Boston and what was discussed at the Regional Team Meeting August 26. Minutes of this meeting were included with the handouts. The youth presentation is on FFI website. Lynette said Vanette Grover is working on Wellmark application and proposal for youth. Lynette said Youth Planning Group would still continue even if it were not funded by Kellogg. She wants to continue to grow youth engagement piece, reaching out to 19-27 year olds and make them understand they are vital piece of community. Lynette will meet with Postville tomorrow. Theresa has developed a face page so Iowa youth can communicate with youth from New York, Boston, etc. Group working to bring youth from other initiatives to Iowa, as they want to come to Iowa, which is the only rural initiative involved with Kellogg. Lynette and Lauren also said they are seeing youth eat foods, especially fruit now that healthier choices are being offered.

There is no October meeting. The new grant will take effect in November and meetings will begin again then.

Work group report was reviewed and a handout on that was shared. The work groups listed what the groups had been accomplishing and future plans.

Dan asked group to define core group of stakeholders that we want to recruit and who needs to be at county meetings every month. Key players were school members interested in physical education and fitness and partnership, food producers, public health, economic development, school food personnel, including nursing homes, those involved with Cedar Valley Auction and Farmers Market, mayor and city council, park and rec, media and others. Names and addresses should be forwarded to either Joye Meyer or Sue Barnes and these people will be invited to November meeting. If anyone visits with these people, please explain the project

and encourage them to join in the planning and meetings. Their input is very much needed. Goals and plans were reviewed and tentative meeting schedules. Lots of planning and feasibility studies to be done to move this forward.

Dan discussed advocacy for policy and system change. One question was that schools couldn't buy from local producers and then found that was just interpretation from a food inspector and schools can now buy local foods for the school lunches. This applies to nursing homes as they can also buy local foods. Cedar Valley auction wants nursing homes and school to purchase from them. Talked about processing to preserve the produce for future use. Indication that the food directors at the schools make the decision of where to buy.

The county group is vastly important to get things moving and keep it moving forward. The co-convener is Joye Meyer and we need to identify another co-partner. Dan is retiring at end of December so need to find person to take his place. Roles and responsibilities are: plan and facilitate county meetings two hours per month for 8 months, recruit members, send out meeting notices, record minutes, prepare quarterly evaluation report and attend Regional Meetings. There is \$800 stipend for this position – co-convener decides how to split it up. There is mileage to get to and from the meetings. The co-convener needs to be in place by November to help Joye. If know of someone, please contact Sue or Joye.

There is a regional leadership role and they have \$600 stipend that would assist county coordinators and some mileage for meeting travel.

The minutes are posted on the web after each meeting on the FFI website (www.iowafoodandfitness.org).

The next meeting is November 12 from 6-8 p.m. at Laura Rose Lobby.

Please get names and addresses of people to invite as well as a co-convener to Sue and/or Joye at:

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