



## Howard County Team January 14, 2010

The Howard County Team met on January 14, 2010 from 6 p.m. to 8 p.m. at the Laura Rose Lobby at Regional Health in Cresco. There were 18 people present: Dan Burkhart, Sue Barnes, Joye Meyer, Paula Kelley, Natalie Balk, Elaine Govern, Rita Kovarik, Deb Obermann, Laura Schmauss, A Mick Gamez, Carmen Dohlman, Sharlene Milewsky, Stan Milewsky, Betty Borchart, Brenda Steffens Johnson, Sheila Wemark, Tyrone Oulman, Wendy Schatz.

### **Introduction Activity Responses:**

- Introductions were shared with people wanting:
- People to be active in the community
- They want communities to have facilities for active living.
- They want to see their children live health lives
- They want healthy choices for themselves and their children.
- We have some good active living choices but they want more and better trails.
- They would like to see family oriented activities to active living.

### **Old Business & Reports:**

Brenda Steffens Johnson is offering cross country skiing lessons at Nature Center in February. She wants to see kids and families come out and try this - try it and see if you like it. February 6 at Prairie's Edge Nature Center in Cresco. She did report that the Hardware store rents skis.

### **Summary of program and discussion:**

Vision and strategies were covered.

The Youth teams from Crestwood and Riceville shared their work accomplishments. Crestwood has a milk machine now and are offering better food choices. Riceville has developed a salad bar lunch menu twice a week.

The Youth lead the group through an activity where they looked at school lunch menus from each school. Lots of interesting choices. Riceville reported that younger junior high children eat fruit readily.

### **Group Discussion:**

- The group discussed how the community can help by spreading the word and educate people
- One school is looking at alternatives to food fundraisers. People need to be good role models. People would like to donate to a cause like Girl Scout cookies rather than buy the cookies.
- Discussion on support of bike trails and continue to work on expansion.
- One person wants to be a reference for good choices (Chiropractor).
- One person wants to be a fitness facilitator and has opened a fitness center in a smaller community.

### **Action items for next meeting:**

Continue to bring people that will be good role models and help spread the word.

**Items for the next meeting's agenda:** Safe Routes to School discussion

**Submitted by:** Sue Barnes