



Regional Leadership Team Meeting
January 27, 2010
Decorah City Hall, Decorah
11:00 am – 12:30 pm

The NE IA Regional Leadership Team met on January 27, 2010 at the Decorah City Hall at 11 am.
 Present:

Allamakee Co.		Chickasaw Co.		Clayton Co.		Fayette Co.		Howard Co.	
X	Danielle Bucknell	x	Joanne Tupper	X	McKenzie Johnson	X	Donna Story	X	Laura Schmauss
X	Mary Koopman	X	Laurie Marzolf	X	Dan Lane	X	Joe Organist	X	Elaine Govern
	Vacant		Vacant	x	Kristina Walz	X	Nathan Peck	X	Lauren Obermann
Postville Team		Winneshiek		Active Living		NIFF Coalition		School	
	Adolfo Calderon	X	Rick Edwards	X	Scot Michelson	X	Teresa Wiemerslage	X	Sue Burrack
	Vacant	x	Brandon Friedlein	X	Lindsay Erdman	X	Eric Nordschow		Vacant
	Vacant	X	Liz Dovenberg						
Co-conveners		Administrator		Youth		Community Health			
X	Brenda Ranum		MJ Smith	X	Lynette Anderson	X	Halesia Johnson		
X	Ann Mansfield					X	Lori Egan		

Others: Ben Lewis, Michelle Zander

Welcome and Introductions – The group celebrated successes of the past 2 years by posting items to the “Celebration Wall.”

- Increased awareness of locally grown products & improving local sites for fitness.
- Productive meetings
- Moving from PLANNING to ACTION
- Food and Fitness is building PLACE
- The Website
- Welcome Chickasaw County
- Now the Youth can do!
- SRTS Workshop planned
- New Hampton is organizing a youth team
- Allamakee County has formed a Youth Team
- IDPH – Community Wellness Grant AWARDED!!!!
- Community Health Workgroup with all 6 county BOH working together to promote health messages... ”Healthy Choice is the Easy Choice!”
- Active Living is Easy Choice
- Commitment
- Awesome turnout at Clayton County FFI meeting – 20 People
- Local newspaper made commitment to give a corner on front page to FFI activities/facts
- Increased awareness of importance of local foods
- One afterschool group eating healthy snacks.

Work Group Updates

NIFF - Teresa Wiemerslage & Eric Nordschow

- Over 40 people attended a workshop on Jan. 4 on marketing to wholesale markets
- Planning training for those interested in selling to Fmr. Mkts in March
- 9 people attended the Midwest Value Added Conference
- 2 Reports completed in December: on website on Data page
- IDALS - \$5,000 for Farm to School – Survey & Home grown lunch week
- Annual NIFF Report– Purchases & Sales
- Regional Driftless Region meeting in Prairie du Chien, March 18.
- Microloan committee – working on marketing plan
- Specialty crops grant – explore best ways to roll out training for the assessments (audits) – Next steps for food producers
- Looking at bringing Food Entrepreneur training to NE IA – use CVC grant, Marshalltown, BH County.

Youth – Lynette Anderson and Youth

- Regional Youth names from 9 schools- working on the rest
- Regional Leadership names – 2-3 from each school; have heard from 5-6
- Completed 2 FFI find-out meetings
- Received Engaging Healthy Students grant, \$25,000 for 3 years.
- County Team meetings – Clayton, Allamakee, Howard – went well!
- Starmont: bagged lettuce for sale at concessions; 5K run scheduled during Strawberry days; starting community garden in each town;
- Howard-Winn: cross age teaching farm to school; milk machine is popular; concession stand selling yogurt, pudding, fruit cups
- Decorah: school group met with booster club and they have bowl of fruit; made healthy sack lunches to sell and they sold out right away.
- Elkader: starting selling turkey sandwiches at a games; have a fitness room by weight room

School – Sue Burrack

- Feb. 10 – Regional School & Youth Group – Workshop
- Reviews Healthy Kids Act, Iowa Core Curriculum, Pilot Updates – F2S, SRTS
- Wellness Committees – who, what, where, when, how
- Improving food & fitness environments for students, staff, faculty
- Ideas from other schools – active, effective school wellness committee

Active Living - Scot Michelson & Lindsay Erdman

- SRTS Workshop – Feb. 2 – Technical Assistance for Pilots
- County Team Leaders - invite other schools if interested
- Iowa Bike Summit – Jan. 30 – Lynette & Scot attending/presenting
- Michelle Zander will be joining the Active Living team as a SRTS coordinator to assist the pilot schools. She will be functioning similar to the Americorp workers for F2S.

Community Health - Haleisa Johnson & Lori Egan

- Planning – Core Group – Haleisa, Lori, Judy, Krista
- Community Wellness Grant – Health Messaging piloted in Winneshiek County. Info learned will be expanded to other counties.

- Regional Stakeholders – larger group – March 16 – plan for April County Team mtgs.
- Prescription pad concept– FFI logo with healthy eating & active living prescription

Farm to School Pilots

- H. S. Students -Completed 4 of 6 trainings for Cross-Age Teaching
- Teacher Training scheduled for February 25
- Food Service – Jan. 15 – F.S. Directors – went well!
- School Gardens - David Cavagnaro – Turkey Valley, Decorah
- Home Grown Lunch week – Week of Sept. 20, 2010

County Team Updates

Winneshiek postponed

Allamakee: Postville team shared their team activities and generated lots of activities.

Clayton: 20 people and new attendees. Had a kickoff events for Lighten Up Iowa.

Chickasaw: Had first meeting. New Hampton is also an Iowan's Fit for Life project community. Members saw the fit of both communities. Had a find-out assembly at the high school.

Fayette: 17 people attended. Great youth presentation. Oelwein has a healthy community initiative but were unable to present this month.

Howard: Making an effort to contact key community members in outlying communities.

Communication – Website Update

- New features under the About Us page
- Data & Assessments of our work in that past 3 years
- Link to newsletters. E-Newsletters will come out once a month
- Minutes & Notes page
- Comment page for feedback from public
- New member registration page
- New page for Partners with info all in one spot

The team participated in a youth lead World Café activity around building youth Engagement and youth/adult partnerships. With youth leaders facilitating discussion at each table, these are the questions posed:

- Round 1: What are we trying to accomplish? What will it look like?
- Round 2: What is the unique value that youth-adult partnerships will bring to this work?
- Wrap up: Feedback from County level discussions: What do we need to have the most effective partnerships with youth-adults in implementation? What will it take?

Conveners' Report

- Reviewed Timeline/ Monthly schedule
- Contracts are still being written and will be available soon
- The co-conveners presented the budget report for 1/26/10. Govern moved to approve the budget. Koopman seconded. Motion carried. No dissensions.

- Documentation: Meeting Template form is being used. No issues were noted.
- Final Report to WKKF for Planning – to be submitted by January 29, 2010. Kathy Zuercher wrote the report for us and it is over 100 pages. Thank you!
- FFI has been offered a Leadership Renewal Retreat (2 days) Ben Webb – Center for Regenerative Leadership. Stay tuned.
- Food & Community – Phoenix - April 27-29. 20 people from NE IA can attend.

February County Team meetings

- Focus – Active Living – Safe Routes To School
 - Presentation – Health Benefits of Active Living – Walkable/Bikeable Communities
 - Each SRTS pilot team will present their work so far

Wrap-Up & Items for next month's meeting

- Coordinate Feb. County team mtg. in your county – Recruit Stakeholders
- County Team/Work Group Leader Teleconference – Wed. Feb 3 @ 9:00 am

Next Regional Leadership Team Meeting:

- Regional Team Meeting: Wednesday February 24, 2010 11 am – 2 pm

Reflect: What went well?

- Small group discussion
- Nice blending of receiving and sharing
- Nice to follow along on the screen

Reflect: What to change?

- Warmer out!
- Keep the youth coming at regional and county meetings!