



Allamakee County Team 2/11/10

The Allamakee County Team met on 2/11/10 at 5:30 P.M. at the Waukon Wellness Center. There were 20 people present: Dani Bucknell, Teresa Wimmerslage, Lynette Anderson, Ann Mansfield, Stefanie Perkens, Lana Snitker, Dave Sanderson, Lori Egan, Laura Olsen, Angela Gibbs, Taylor O'Connel, Patrick Frank, Sean Ryan, Matt Johnson, Jacob Ripp, John Manning, Cindy Manning, Jane Rausch, Lindsay Erdman, Mary Koopman.

Introduction Activity Responses: What is your favorite childhood activity?

- Playing outdoors on the farm
- swimming
- snowshoeing and sledding
- playing on hay bales with 5 brothers
- fishing
- walking and biking everywhere
- neighborhood hide-and-seek
- bike riding all the time
- walking
- kick the can
- cross country
- kick ball
- river activities
- football, kick ball
- cliff climbing, riding bicycles

Old Business & Reports:

We expressed happiness that a Waukon school team was formed and the great number of students in attendance. This was from decisions and contacts made after the January meeting. The January work groups were reported on. Active Living SRTS workshop was well attended. Teresa reported on Food to Farm and the January workshop on food safety in handling. Youth have been trained to teach younger students. This has begun with HS students in Postville teaching second graders. Teacher training for health inclusion in their lessons was explained. "Good Morning America" and Michele Obama's focus on childhood obesity and healthy children were discussed. Lynette Anderson spoke about the February 10th School Workgroup and Youth meeting was postponed until March 9 because of weather. The two groups will be working together. Community Health received a Wellness Grant to serve 0 to 8 year olds. This pilot will focus on WIC and Head Start later this spring.

Summary of program and discussion:

Following the Mark Fenton video there was much discussion. The idea presented about twin epidemics stirred the group. The fact that mental skills, social skills and physical skills are intertwined was discussed. We need to get the school and the cities on board with F/F if we are to have long lasting change. Relating to our introductions to the present, we talked about how our cities and towns have changed. Stores were downtown then, but now have been moving to the edges of town. This lack of centrally located shopping, negates much walking to do our shopping. We focus on statistics--and this speaks to youth. The youth must start working on the problem, especially with the concern about today's youth having a shorter life span than their parents. We need to have youth discussing change. All of us want the same thing, but it will not happen overnight. We need to realize it will take time. Dani then brought up our topic for the evening--SRTS. Waukon is the pilot school for Allamakee county. Discussion centered around people from ISU who could help if needed. Bike rodeos and 3rd grade bike

safety were brought up. "VERB--It's what you do" will be through the Wellness Center. This will have activities for 8 - 13 year old. It could incorporate "free range" activities as well. Sidewalks were also discussed with the Deneb Woods study. It might be good to survey kids to see who are walking and which routes they take and analyze those for safe routes. Lindsay said that grant monies are available and the surveys could help. The pilot SRTS could make their own try at grants. We appreciated Mark Fenton's comments about the need to keep asking questions. We don't want to overwhelm the community. We need to pick one thing to improve and work to make that one thing happen.

Action items for next meeting:

Dave Sandersen, City Council in Waukon, brought up the need to meet to share the SRTS with the City Council. Angie Gibbs and Stefanie Powers will be helping Dani Bucknell with the Allamakee County meetings. They discussed the need to increase participation. Mary Koopman will begin working in Postville.

Items for the next meeting's agenda: Farm to School pilots

Submitted by: Mary Koopman