



Howard County Team 2/18/10

The Howard County Team met on 2/18/10 at 6:00 p.m. at the Laura Rose Lobby at Regional Health in Cresco. There were 21 people present: Sue Barnes, Elaine Govern, Barb Robinson, Scot Michelson, Rita Kovarik, Stan Milewsky, Shar Milewsky, Laura Schmauss, Troy Brandau, Deb Obermann, Lauren Obermann, Gary Sovereign, Brenda Steffens Johnson, Dennis Langreck, Dana Fister, Paula Kelley, John Green, Calvin Christensen, Heather Christensen, Jan McGovern, Natalie Balk, Colleen Peckham.

Introduction Activity Responses:

Elaine Govern welcomed the group and opened the meeting with an ice breaker activity. People were divided into groups of under 19, 19 and over, and 41 and over. The groups were asked to talk about what they did as a child for quiet time activities and group activities. There were differences in the younger and older groups as far as activities. Quiet time activities were reading, board games, playing cards, movies for the older participants. Younger under 19 had IPODS, computers for quiet time activities. Supervised for under 19 were physical education and sports related activities. For the older and above 19 it was swimming lessons, afterschool sports, softball, basketball, chores, dances. There were similar activities remembered such as balance boards, walking, ice skating, biking. For the over 41 the comment was bikes were their freedom and transportation. Another comment was studies show that children today spend 60 hours a week on cell phones or computers.

Old Business & Reports:

Scot Michelson spoke on the Mark Fenton video and shared some insight into what Mark was going to share as far as free range youth - allowing children to roam and explore; the twin epidemic of physical inactivity and poor nutrition. The Mark Fenton 18 minute video was watched by everyone.

Summary of program and discussion:

The Safe Routes to School from Riceville which was the pilot school was present to share their program. A panel of Scot Michelson, Shar Milewsky, Dana Fister, John Green, Calvin Christensen, Heather Christensen, and Paula Kelley as well as Elaine Govern presented. The two students did an excellent powerpoint demonstration and got the group up moving with physical activity. Paula Kelley attended a crossing guard workshop and shared. Parent surveys as well as a Bike Rodeo and a walking bus activities have been completed in Riceville. Careful consideration on future policy changes was shared by Mayor Dana Fister. They felt the school children enjoyed and were excited about the Bike Rodeo and the walking school bus. A packet of materials including information on the Mileage Club and VERB were handed out to each community asking them to take back and try to get activities in each community. Elaine shared that next year the Safe Routes to School will be in the Cresco community and volunteers and committee people will need to be gathered.

Action items for next meeting:

The next meeting will include the Farm to School committee.

Submitted by: Sue Barnes