



Allamakee County Team January 14, 2010

The Allamakee County Team met on January 14, 2010 at 6 P.M. at the Senior Center-Waukon Wellness Center. There were 12 people present: Sean Ryan, Lori Egan, Teresa Wiemerslage, Matt Johnson, Judy Egeland, Cici Mueller, Mary Jo Goodman, Stefanie Perkins, Angela Gibbs, Jane Rausch, Ann Mansfield and Mary Koopman.

Introduction Activity Responses:

Sean Ryan--(HS Senior)State Council, Team Nutrition, reports to Governor

Matt Johnson--(HS senior) interested in fitness and food

Jane Rausch--community connections

Mary Jo Goodman--involved over the last 3 years

Angela Gibbs--new to the community, community action

Lori Egan--community action, planning with FFI 2 1/2 years

Stefanie Perkins--Exercise Physiology, Food and Fitness interests

Judy Egeland--Postville Diversity Council, organizer of community garden

Cici Mueller--Postville FCCLA and youth coach for FFI

Teresa Wiemerslage--Communication and NIFF

Ann Mansfield--co-leader for initiative in 6 counties

Mary Koopman--county leader and regional team

Old Business & Reports: None

Summary of program and discussion:

The Community Action Plan was discussed with the need for policy change emphasized. Cici Mueller, youth leader in Postville School, presented to the county about what her team has been doing--participation in school wellness meetings, HS students teaching in the elementary school, participation in youth conferences (county and Boston), and her excitement about having money from grants to purchase fresh fruit, pedometers, and testing materials for diabetes prevention in grades 6 through 12. Her enthusiasm sparked discussions on these items, and also dismay that there were no youth groups active in Waukon or Lansing. Several student presentations (on amount of sugar in soda, and fiber in snacks) were displayed, as well as, student headlines written at the youth conference.

Action items for next meeting:

- Recruitment of additional stakeholders--all members
- Matt will contact students in his school
- Lori will talk with Joe Griffith
- School assemblies by active youth
- Schools--Perkins will help Todd Neal--FFA
- SRTS--pilot team (next month) City council and members should be contacted as well as Parents

Items for the next meeting's agenda:

- Reports about school youth
- Safe Routes to school

Submitted by: Mary Koopman