



Northeast Iowa Food and Fitness Initiative
Active Living Work Group
3-8-13 Meeting Notes

Attendees: Dennis Keefe, Physical Therapist, Winneshiek Medical Center; Lindsay Erdman, President, Erdman Engineering, P.C.; Haleisa Johnson, FFI Early Childhood Coordinator; Karla Organist, Transportation and Community Planning Department Head, Upper Explorerland Regional Planning Commission; Ashley Christensen, Safe Routes to School Liaison, Upper Explorerland Regional Planning Commission; Unable to attend: Elaine Govern, Trails Enthusiast; Scot Michelson, Park Ranger, Iowa Department of Natural Resources

1. Welcome
2. Introductions
 - a. Welcome Haleisa Johnson, Early Childhood Coordinator for FFI
3. SRTS Liaison Updates
 - a. Complete Streets
 - i. Pushback from various entities, ex: West Union downtown project
 - ii. Figure out how to become certified/trained (Ashley/Lindsay will look into)
 - b. Bike Rodeos- several upcoming events
 - i. Lindsay potentially has bikes to donate
4. Next RC Active Living Meeting- Monday, March 11th at 11a at Luther
 - a. SARIS 5th Grade Bike Poster Contest, National Bike to School Day on May 8th, SRTS Travel Tally collection, Active Living Inventory of Schools
 - b. Lindsay will try to attend
5. Regional Leadership Council Recap
 - a. Ask at future meeting for members to host active living events in community
6. 'Driftless Safari' Outdoor Adventure Treasure Hunt Ask
 - a. Supporting program at "sponsor-level" sponsorship- \$35 (Ashley will contact Lilly)
 - b. Will reach out to other Safaris in region to support (Scot contact TRRC, Ashley/Karla contact Allamakee)
 - c. Also contact Safaris about collecting number of families and children birth-5 participating (Ashley/Scot/Karla will contact, inform Haleisa)
 - d. Help other counties start Safaris or similar programs
 - i. Offer modest financial support
 - ii. How to help all Safari programs work together, share resources
7. Blue Zones Update
8. Develop Plan for Addressing Work Group Strategies
 - a. Early Childhood
 - i. Focus on physical activity in the future
 - ii. Natural playgrounds
 - b. Active Living Indicators- Nov '12- Oct '13
 - i. Need to create list of community infrastructure projects supporting active living
 1. Lindsay will know several

2. Karla will put ask out to communities in Sept/Oct
 - ii. Create list of communities with comp plans including active transportation
 - iii. Update indicators for next year
9. Brainstorm Ways to Increase Work Group Numbers
 - a. Bring in members from counties not currently represented
 - b. Ask Lilly Jensen, Winneshiek County Conservation
 - c. Ask Haleisa to join as active member
10. Other Active Living Updates
 - a. Leftover Funds
 - i. Active Living asking for \$2,000 to support Safari programs, active living events, etc. outside of school environment
 - b. Create resources for communities (how to fix roads, painting, signage, etc.)
 - i. Be sure to inform listed contacts of resources
 - c. Share Ashley's No-cost or Low-cost SRTS Projects with communities
 - d. SRTS applications for TAP funds

NEXT MEETING: Friday, June 21 8a-10a- Upper Explorerland Conference Room