

## PAN Minutes

Thursday, February 26, 2009

Springfield Family Center 3:30-5:00

**Attendance:** Nancy Lanoue, Nancy Schaefer, daylyn finnegan, John Kenyon, Carolyn Scully, Janet Morin, Christian Craig, Wendy Reeves, Anita Carlson-Allen, Barbara Bye, Cindy Phillips, Mary Jo Christman, Kathy Muther

**NEXT MEETING: TUESDAY, MARCH 24, 3:30 PM,  
PARKS PLACE COMMUNITY RESOURCE CENTER  
44 SCHOOL STREET, BELLOWS FALLS**

### 1. Reviewing PAN Member Commitments

30+5 asked the consortium if it should continue and asked for individual's opinions on what should happen and what should be accomplished. The consortium agreed that they will continue whether or not 30+5 gets the next HRSA grant.

We reviewed what the future grant entails—working with elementary school children on issues of nutrition and exercise.

There was general excitement from the consortium about getting our message out to the younger kids.

Anita voiced concern about not having after school activities for the younger kids in Bellows Falls. We need to check in with Steve Fortier at the YMCA to see what they are offering as we hear they just received a grant.

We discussed the fact that the consortium is a steering committee to 30+5; they see themselves as problem solvers.

John said Café Services is looking to align themselves to the values of the community. He discussed the new snack program to be piloted in Bellows Falls High School where there's higher nutritional-quality snacks—the progress will be tracked for a month to see how well they sell.

Wendy said that she thinks change is on the horizon and is excited about the prospect of 30+5 working with the elementary schools to keep the momentum going.

Carolyn saw most value in out-of-school time activities. suggested linking up with the Girl Scouts for various activities.

Christian thinks PAN is an important as a steering group for strategizing. Important to bring resource to the table. Springfield Health and Recreation Center (SVHRC) is trying to get younger kids healthier—**free swim lesson to first graders.**

Janet echoed Anita's call for more after school activities for Bellows Falls children.

Mary Jo thinks that 30+5 in elementary schools is a great direction to head in.

Kathy would like health education to continue to build on what the children have learned in preschool.

Cindy is looking towards sustainability of the Riverside FACS Classes and will ask the Coop Board of Directors if members can volunteer in the classroom in exchange for Coop hours.

Barbara said the community has the need and would like to see the consortium continue. She believes involvement has grown with a wider representation from the community.

We agreed we should identify different key players the consortium needs to fill. Suggested were PTA, gym teachers, superintendents, Greenhorn (school newspaper) staff, CT River Transit workers, Rockingham Land Trust.

Getting the word out could be in the form of weekly or at least regular press releases about PAN activities. Utilize school, town, service club, hospital, church newsletters.

## **2. Lettuce Curriculum Update**

Nancy Schaefer updated PAN on the lettuce curriculum; passed around laminated pictures of lettuce, Jeopardy board, and briefly went over Windsor's first class and plans to go to Riverside Middle School the first week in March.

## **3. Other funding proposals**

daylyn told the group about the seed project 30+5 is running in the Springfield Elementary Schools and how they have already garnered packets of free seeds from different sources. The Springfield Family Center garden will hold the transplanted classroom seeds and the Master Gardeners have received the ok from University of Vermont to help out with the garden. United Way funding was suggested as a possible source of funding. An application for a VISTA volunteer will be submitted. PAN will need to come up with \$6,000-7,000 per year.

## **4. Other things mentioned**

Prescription for Wellness is now *Fun and Fitness After School*. Christian gave an overview of the program, now in full swing with 5 girls and 5 boys. 4 of each sex come with regularity and the Recreation Center looks too continue the program for a "very long time."

Nancy Schaefer updated group on the possible funders for the cafeteria service VT FEED workshop. August was chosen as the workshop month (right before school starts).

Ideas to bring forward around physical activity were expressed:

-Make sure that the after-school opportunities for physical activities are established in Bellows Falls and continue to grow in Springfield.

-Focus on transportation: Christian expressed a vision that the SVHRC sponsor a shuttle service with a full time driver to help increase access to the Center from surrounding towns and points in Springfield that mesh with the SVHRC activities.

**Next meeting:** We will discuss a mission statement.

