

## Manchester Wellness Coalition

### Meeting Minutes August 27, 2013

Attendees: Peter Girz, Ray Berg, Matt Pegouskie, James Miller, Cherie Vannatter, Jeff Wallace, Pat Vaillencourt, Kitty Crutchfield, Mike Crutchfield, Nan Curtis, Laura Seyfried, Kathy Benedict, Shelley Hehr, Leah Sweet, Nancy Loudin, Ruth VanBogelen

#### Agenda items:

1. Low Power FM Radio – Kitty Crutchfield (Manchester Farmers Market Manager) and Mike Crutchfield (WAAM radio). Oct 15<sup>th</sup> the FCC is accepting applications for LPFM.

#### Some info:

- Stereo FM, high quality
- 100 Watts or less
- Non commercial, public radio, sponsored by non-profit organization
- Because it is non-profit cannot get advertising money

#### Benefits:

- Community Communication
- News, music
- Educational content and opportunities for students
- Local business offered opportunity to talk about their business
- Special usage of sporting events, recitals, festivals, etc.

#### Requirements:

- Studio with basic furniture (note – the building occupied by Edward Jones (Old police station) has a mast for an antenna)
- Equipment like computers
- Transmitter, processor, antenna
- Remote equipment

#### Cost:

- Approximately \$20,000 for all needs except remote equipment, \$15,000 for remote equipment,
- Salary for Operations manager and part time engineer

Process:

- Best to have the application sent by Oct. 15<sup>th</sup> (good to have Village support and a politicians support)
- Need to identify the non-profit sponsor to turn in the application
- FCC decides who is granted a frequency
- If yes, enter the construction phase (1-2 years) to get the station up and going

Discussion:

- Matt P. stated that the CWF is unlikely to fund this project
- Ray suggested Kitty talk with the Chamber of Commerce and offered to contact Janet Larson to get her on the agenda
- Pat V will discuss this with Kiwanis
- Ray suggested Kitty present at a Village Council meeting
- Lots of questions, answers within the information above

## 2. MWC –

- Starting Oct 1, the afternoon hours will be 3:30 – 7:30 instead of 4-8 pm. A primary reason is to align with teacher's schedules.
- Open house is September 9 & 10, enrollment fee is waived and individuals can try out the center
- October – the enrollment fee will be waived
- Ray offered to prepare a survey for the school appreciation breakfast tomorrow

3. September 9<sup>th</sup>, Community Advisory Committee Meeting is at 6 pm at the CWF offices. This will be a training for Coalitions and will last for about 70 minutes. CWF is opening this CAC meeting up to Coalition members and would like at least 4 coalition members from each town. Ray will email this information to Coalition members to get volunteers for the meeting.

## 4. Community Education Outreach Plan – Kathy Benedict

- The idea from the last meeting was to have a meeting with information about sports injuries including concussions. Kathy contacted Nick VanBogelen at ORS in Jackson and he has presentation material for such a meeting
- Kathy asked the school Principals about topics and they suggested:
  - Klager – bicycle safety and maintenance
  - Middle School – healthy lunches, cyberbullying and depression
  - High School – healthy eating and exercise for high school students, and how parents help student do both. Preparing for healthy college/work experience. Something from

one of the universities to help students and parents prepare for the transition to work experience or college/university life.

- Other ideas – hold the meeting with the Math and Science night at Klager (March), with performances at the High School (November is a Varsity Show), Halloween (when 1000 caramel apples are served), Christmas in the Village

#### 5. Publicity Efforts

- Manchester Magazine will have an Ad about the Coalition's Plan, Kirk Park Project and probably the Red Barrel Program
- Ray submitted an article for the Manchester Enterprise about the Red Barrel Program
- Plans are to send a postcard with Coalition events, etc. and to send to all the MCS addresses

6. Coalition Coordinator – CWF decided to hire 1 coordinator for all 5 towns. Ruth VanBogelen has accepted the position (4 days a week) and starts September 3<sup>rd</sup>. The Coalition Coordinator job description is attached.

7. Subcommittee Chairs – time to open up the positions to chair subcommittees. Anyone interested or with ideas of people to chair, please contact Ray Berg

#### 8. Interventions

- Avoid Unhealthy Substances – Peter Girz. Lindsay McKay-Hanna has been hired to be in Manchester and she will spend 2.5 days a week in the schools and the other 19% at the CRC and other places to help run programs and work with other organizations in Manchester. Programs include Manchester Voices, Project Success, TNT, Breathe Right. Lindsay starts September 16<sup>th</sup>.
- .Red Barrel – lots of advertising including flyers, Enterprise, M Magazine, Trumpeter
- Community Read – book is Walk in the Woods, Kick off is September 7<sup>th</sup> in Grass Lake. Doc Fletcher will do a presentation about canoeing on September 25<sup>th</sup> at the Library
- Healthy Chefs – grant was submitted and approved so programs start in October
- Community Garden – kids gardening and Farmers Market went well this summer. MECC kids are enjoying the garden and are eating the produce
- Farmers Market – the July report was passed out (also attached). The FM committee feels overall that good progress has been made this year and is receiving positive comments from vendors and customers. Nan talked about her experience as a vendor selling home sewn items.
- Safe Routes to School – planning has started and Melanie Woods will be the coordinator
- FUTP60 – all set to go for the 2013-14 school year at the Middle School
- Kirk Park project – in the phase of soliciting for donations
- Expanded Wellness – see above but also walking and biking programs have started
- Shared Use Trail – committee has been formed and engineering is starting
- Rural Fitness – Programs will start this fall for Freedom and Sharon Townships
- Laura Seyfried has packets which have bookmarks for Rethinking Drinking, etc. and is distributing at churches, and other groups around Manchester

Other items:

- Next Grant due date is Oct 4<sup>th</sup>
- Matt said changes to the website are being made so Coalitions will have a place to put documents, pictures, etc. without logging in. Ready in 2-3 weeks. Look at the main 5 H website, go to the bottom where Coalition information is located