

	<h2 style="text-align: center;">Eastern Shore Healthy Communities</h2> <p style="text-align: center;">AN ACHIEVE COALITION Eastern Shore Community College Thursday October 9, 2014, 3:00 – 4:30 pm Workforce Development Building – Classroom 160</p> <h1 style="text-align: center;">MINUTES</h1>	
Item	Discussion	Outcome/Assignments
Welcome & Introductions	<p>Linda Thomas-Glover, President, Eastern Shore Community College, and Co-Chair, ESHC, called the meeting to order at 3:12 pm. Ten partners present included Dr. Glover, Alexis Votteler, Foodbank of SEVA & ES, Jean Joeckel, Eastern Shore Rural Health, Scott Chandler, Eastern Shore Health Department, Kathy Custis, Boys and Girls Club of America, Exmore Branch., Emma Fillebrown, No Limits Eastern Shore, Patti Kiger, Eastern Virginia Medical School, Roberta Newman, Smart Beginnings Eastern Shore and Virginia Partnership on Out-of School-Time, Roneaka B, Boys and Girls Club of America, Exmore Branch; Kristen Tremblay, Accomack County Planning Department.</p>	
Old Business		
Minutes	<p>Kristen Tremblay noted that she was present at the September meeting, and making that change, she motioned approval of the minutes; Jean Joeckel offered a second to the motion. The minutes were approved as amended.</p>	<p>Patti will correct the September minutes to include Kristen Tremblay as present.</p>
Leadership Academy	<p>Linda Thomas-Glover provided an update to the Leadership Academy, announcing that 10 students have applied and we are still accepting applications; several community leaders have accepted positions as Instructors and Mentors, the start date is now scheduled for October 25. The original start date (October 11) had to be changed because it was an SAT testing date. A news release was in the ES News last week. We will still accept applications. Not necessarily looking for the 4.0 student, but students who demonstrate key leadership qualities. A few community leaders have agreed to serve as instructors and mentors.</p>	<p>Partners are encouraged to refer candidates to the Youth Leadership Academy.</p>
Academic-Community Partnership	<p>Patti Kiger said there was nothing new to announce, and that data from the first round of community conversations was being analyzed. Two new data collection instruments are being prepared: Photovoice and Key Informant Interviews.</p>	
BMI Data Collection	<p>Patti reported that we've gotten approval from both school districts to participate, but now we're fighting the flu. Northampton County Public Schools and Broadwater Academy has been impacted by the flu significantly. It's just a matter of trying to get on their busy schedules. Broadwater has decided not to participate. It is hoped that the measurements will be scheduled by October, taken in November and reported in December.</p>	
Community Gardens	<p>Emma Fillebrown from No Limits reported eggplant, green beans, kale, tomatoes continue to grow and be harvested. They are sending produce with participants as they go home and are</p>	

	making dog biscuits for the SPCA with fresh herbs. Alex Votteler from the FoodBank, reported that the tomatoes just kept growing so they finally pulled them all out. Their high tunnel was empty for several weeks, until Virginia Tech arrived with a truckload of broccoli seedlings and tomatoes. They've passed a thousand pounds of produce yield.	
Worksite & Faith Community Policies	Jean Joeckel reported that she is working on more outreach to new organizations, like Tysons and a couple of faith communities recommended by Rev. Gary Miller. She is working with Megan Neville, Rural Health's outreach enrollment coordinator, who will help to sell the program when she visits new business organizations.	Partners are encouraged to refer their faith communities, worksites and organizations for Wellness Policy development.
POWER OF PARTNERSHIPS (POP) TALK:		
Kathy P. Custis, Director of Boys and Girls Club of America – Exmore Branch	<p>Linda Glover introduced the Power of Partnerships (POP) featured speaker, Kathy Custis, Director of the Boys and Girls Club, who has served in that capacity for the past nine years. She was previously employed by Northampton County Public Schools and the Northampton County Cooperative Extension. She earned an Associate's Degree in Early Childhood Education from Eastern Shore Community College, lives in Melfa, with her husband Alfonzo, and has raised three sons and has four grandchildren. This year she was recognized as the Outstanding Community Member of the Year by the Chamber of Commerce of the Eastern Shore.</p> <p>Mrs. Custis explained that just one Boys and Girls Club exists on the Eastern Shore, at Occohannock Elementary School. Its mission is to enable and inspire all its participants to become potential good citizens and participation is open to children ages 5 to 18 years from Accomack and Northampton Counties. Their enrollment during the summer is between 200 to 210 young people. They arrive weekdays starting at 6:30 am and the last child leaves at 5:30 pm. During the school year 80 to 100 students are bussed to the program which begins at 3:00 pm and ends at 8:00 pm. Staff to student ratio is 1:15. The program provides healthy meals and snacks with food provided by the Food Bank. Tuition is \$15 per week per family, regardless of the number of kids per family, plus a \$20 joining fee. If a family cannot afford tuition and fee, they are welcome to volunteer in the program to offset the fee. Applications for admission are available at all the public schools and at the Club.</p> <p>The program's top priorities are to have their students succeed in school and in life. Program staff members work with students' teachers to learn areas of weakness of individual students that may require extra one-on-one tutoring and assistance to keep their grades on track. The program includes a special enhanced reading curriculum to insure all participants are succeeding at the appropriate reading level. When children arrive at the program, staff members insure they have a good meal and then they begin their homework and extra studies. The program is structured and priority is placed on feeding children a nutritious meal and working on homework. After that, students may participate in other activities and programs.</p> <p>Other programs offered by the Boys and Girls Club include Arts and Crafts, Sports and Fitness in the Game Room, Triple Play: Healthy Eating Lifestyles, and Smart Moves: Passport to Manhood and Smart Girls. Students have had their artwork displayed in art shows and have received</p>	

	<p>recognition in art competitions. They have worked with the Master Gardeners to create a garden and they have enjoyed salads from the produce they have grown. And they have learned how to eat in a healthy and nutritious way. Self-esteem is nurtured in the program and to that end barbers and beauticians have worked with the children on grooming, and the Club has even hosted a Father-Daughter Ball. Girls are treated to a special “dress-up” evening escorted by their fathers or father-figures.</p> <p>Mrs. Custis paid special tribute to her Board of Directors who work hard to insure the program is on solid financial footing. Among their fundraising efforts is an annual Swine and Wine event. In addition, the club receives state and grant funding.</p> <p>The director and staff of the program are most proud of these facts: they have had three students who have made it to college; they have a zero pregnancy rate among their young women while enrolled in the Club; and in 2013, one of their students was voted 2013 Youth of the Year among the regional Boys and Girls Clubs and placed second in the state. Mrs. Custis said that while she has her own children and grandchildren, she considers all the children at the Boys and Girls Club hers as well. She wants them all to understand that they have a place where people care about them and where they can get the support they need to do well in school and in life.</p> <p>After Mrs. Custis' presentation, partners engaged in the Power of Partnership discussion of how we can empower and enable each other's mission. Ideas that emerged included the following:</p> <ul style="list-style-type: none"> • ESHC may have Community Garden grant funding available again in 2015. The Master Gardeners could apply for funding and again work with the Boys and Girls Club on their summer garden. • With Boys and Girls Club staff assistance, each Boys & Girls club participant could enroll in ESHC's annual Fitness Challenge. Since they have computers on site, the participants could enroll, log their fitness time, and be eligible for weekly prizes. • Mrs. Custis was interested in Jean Joeckel's work as a health educator with Eastern Shore Rural Health and asked if she could come to the Club and provide the students with a talk about healthy nutrition. • Jean Joeckel asked Mrs. Custis if she might be interested in developing a Wellness Policy for the Boys and Girls Club staff and students. Jean will follow-up with her. • Roberta Newman explained her extensive background with after-school programs (she started the Fairfax County After-School. Program, has written training materials, has worked with Boys and Girls Clubs nationally, and is on the Board of the Virginia Partnership on Out of School Time), offered her card and would be willing to talk further about program content and training. She further suggested that Mrs. Custis consider a framework common to Smart Beginnings Eastern Shore and Eastern Shore Healthy Communities, Asset Building in Youth, an evidence-based tool that aims to build positive attributes in children and whole communities. • Patti Kiger suggested that the Northampton County Education Foundation may be a source of funding for specific projects that linked academic learning with Boys and Girls Clubs. • Patti also announced that the Boys and Girls Club will be working with ESHC's 	
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	Community-Academic Work Group conducting a PhotoVoice initiative among the Clubs participants. Boys and girls will be asked to take a picture of something in their neighborhood environment that is good for their health (a walking trail, a vegetable garden) and describe it, then take a picture of something that needs to be added, improved or removed to improve health and describe it.	
Announcements		
Mixed Use Developments Ordinance Approved	Kristen Tremblay announced that the Accomack County Board of Supervisors approved the proposed mixed-use districts ordinance. Mixed-use zoning allows business and residential development to occur in the same area. Kristen explained that in the 1950's and earlier, it was not unusual for people to have a business in a town and live in a dwelling on top of their shop. The result was less driving, more convenience, and a more bustling downtown district. As time moved on and post-World War II measures fueled the economy with jobs in housing and road construction, suburban living was instituted. Low-interest loans made it easier for everyone to build their own home, which were built in suburbs that were linked to downtowns by roads, and more people purchased cars. Soon the strip shopping mall, built closer to suburbs, eroded downtowns. These new suburbs, strip malls, and roads were built around the car and the whole concept of "human scale" development was lost. More trips by auto, more single family dwellings and strip malls created larger carbon footprints. Returning mixed-use development to downtowns may help influence the movement of people of all incomes to downtowns, fueling an economic resurgence to towns, with fewer trips by car, and more connectedness among neighbors.	Partners are encouraged to thank Accomack County Board of Supervisors for passing the mixed-use districts ordinance. This ordinance furthers our Livable Communities initiative.
Solar-energy farm may materialize in Accomack County	Kristen also announced that Accomack County has received word that a solar-energy developer is interested in creating an 80-acre solar farm in the county. Solar energy is clean and compatible with the Eastern Shore's natural biophilic philosophy. Resulting employment is unclear and as the project develops we will be updated.	
Three Chambers and ESCC Partner to Present VA Eastern shore Economic Forecast	Linda Thomas-Glover announced that on Wednesday, October 15, Eastern Shore Community College will be the site of an Economic Forecast for Virginia's Eastern Shore, presented by Dr. Memo Diriker, founding Director of the Business, Economic, and Community Outreach Network (BEACON), of the Franklin P. Perdue School of Business at Salisbury University. The event is co-sponsored by the College, the Cape Charles Chamber of Commerce, Chincoteague Chamber of Commerce, and the Chamber of Commerce of the Eastern Shore.	Call ESCC for more details.
Leadership Reflections		
	In an attempt to support all ESHC partners' evolution as leaders, each meeting ends with observations of leadership moments either during the meeting, or at other times that may be meaningful to partner and development. These reflections are important to leadership growth. Jean Joeckel observed and reinforced the leadership of Boys and Girls Club by citing a story Kathy Custis told about a student and Boys and Girls Club participant who graduated and went off to college. She stays in touch with Kathy and in one call she reported that all was well with her and that she wanted to do well so that she wouldn't let her club down. Jean acknowledged the connection and self-imposed accountability that student had developed with an important "family".	

	<p>Emma Fillebrown expressed her appreciation to Kathy for providing the opportunity for children to have an after-school place to go. She said that one of her participants told her about “this awesome program I have found to put my kids in. It gives me the free time in the afternoon to do what I need to get done.” Emma said the peace of mind the Boys and Girls Club gives to her client, who has a brain injury, and the program’s affordability makes his life a little easier.</p> <p>Linda Thomas-Glover added that we are all leaders in some capacity, whether it’s within our homes or more visibly out in the public at church, school, work or the community. Dr. Glover said that when we have our POP Talks and we ask for ways we can help, assist, or facilitate success, the resulting dialogue that connects concepts, ideas and people is leadership. She added that she thought the conversation at this meeting demonstrated that leadership very well.</p>	
Closing		
Adjournment and Next Meeting Announcement	Linda Glover adjourned the meeting at 5:00 pm, announcing that the next meeting would take place on Thursday, November 13, at 3:00 pm , at Eastern Shore Community College, WFD 130.	