Healthy Living Ambassadors

# Meeting Minutes

# February 24, 2015

## Opening The regular meeting of the Healthy Living Ambassadors was called to order at 6:015pm in the Paradee Center by President Chris Wood.

## Present Natalie Buchmoyer, Phoenix Biggs, Piper Biggs, Christopher Wood, Autumn Wood, Sequoia Rent, Paula Wood, Elijah Swann, Hydiyah Jones, Mikala Johnson, Sarah Saintile, Robine Saintile, Marie Biggs, Mary Buchmoyer, Linda Jarvis, Brittney Jarvis, Nicholas Nelson, and Cassidy Johnson.

## 4-H Pledge Piper B. led the 4-H Pledge and Autumn W. led the Pledge of Allegiance.

## Roll Call Chris W. called roll.

## Approval of Minutes Piper motioned to approve with a 2nd from Nick. Motion passed by vote without objection.

## Old/Unfinished Business

**Service Tracking** Ms. Sequoia reminded that there is a calendar for recorded HLA hours. Make sure you are recording ANY community service you are doing, even if it’s with another organization, club or at school.

**Katie’s Krops** Chris applied for this grant. He has received an email but no final notification of getting or not getting the award.

**Health Rocks Train the Trainer** There are two upcoming trainings for anyone 12 and older interested in teaching Health Rocks. Registration is required and there is a flyer with more information available for the Kent County training. The other is in New Castle. See Ms. Sequoia for more information.

**New Year Stay Well Goals** Piper: practice art once a week - **completed**; Autumn: eat max two pieces of candy this month – **not completed**; Phoenix: eat no candy – **not completed**; Brittany: no more than 1x per week in the drive-thru – **completed...no drive-thru at all!**; Natalie: at least a bottle of water per week - **completed**; Jayla: 8 ounces less of cappuccino; Ms. Sequoia at least one vegetarian meal each week - **completed**; Ms. Paula eat more soup - **completed**; Ms. Marie; Ms. Mary no more than 1x per week in the drive-thru - **completed**; and Ms. Linda – **lost 10lbs**.

**Kent Community Gardens** Chris presented on behalf of the Collaborative at Levy Court and secured $2500 in funding to support new community gardens in the 3 USDA defined Kent County food deserts.

## New Business

**Martin Luther King Jr. Day/Chili Cook Off** The Chili Cookoff didn’t really turn out as a cook-off, but ended up being combined with the OMK MLK Day service activities. The chilies made were *Chili w/ Chocolate*, *Ye Old Fashioned Chili*, and *White Chicken Chili*. After the chili was made, we went to feed the homeless at the Interfaith Mission and Aid in Dover. Another date for the chili cook-off can be decided if that is something we want to do.

**Asset Building for February** It is International Boost Self-Esteem Month We will be doing an activity to do just this related to assets.

**March Month** There are a couple of recognized initiatives in March. The unanimous vote was to celebrate *Youth Art Month* at the March meeting.

**2015 Healthy Living Challenge #1** The challenge for this month will be “No sugary drinks or artificially sweetened drinks until the next meeting.” Participants: Robine, Sarah, Autumn, Elijah, Mikala, Ms. Sequoia, Mr. Nick, Piper, Brittney, Mrs. Marie, Mrs. Paula, Chris, Mrs. Cassandra, Jayla, Hydiyah, and Cassidy.

**Project Books** Ms. Sequoia passed out copies of and went over filling out the 4-H General Record and Project Books. We will choose one project to do as a club next meeting. Anyone who hasn’t done an Exploring 4-H Record book could do one just once. Ms. Sequoia also had a food preservation curriculum that she presented to the club for consideration of a food project. The vote was unclear, so we will revisit this at the next meeting.

## Announcements:

## 4-H Grown is a contest sponsored by National 4-H and HughesNet. The winner will receive $10,000 for science in their state 4-H programs. Delaware is currently in the lead! Please sign-on, family emails are bad so use individual email addresses for each family member. You DO NOT HAVE TO BE A 4-H ALUM to sign-in. Anyone related to 4-H can go on.

## Military 4-H there is a flyer circulating to participate in OMK hikes around the state. Contact Rhonda Martell if you’re interested.

**4-H Food Smart Families** There is a flyer circulating for the new year of training for this initiative. There are more hours of training this year. Each trainer is required to attend 3 trainings. See the flyer or Ms. Sequoia for more information.

## Piper completed the Polar Bear Plunge and raised $2000 for the Special Olympics. Piper also received the Prudential Award! Go Piper!.

## Activity Asset Activity

**Next Meetings:** March 30th, April 28th May 26th, June 23rd

## Adjournment Chris motioned to adjourn with a 2nd from Phoenix. The motion passed with no objection. The meeting was adjourned at 8:10pm.

Minutes submitted by: Brittney Jarvis, Vice President

Minutes typed by: Ms. Sequoia