Healthy Living Ambassadors

# Meeting Minutes

# March 30, 2015

## Opening The regular meeting of the Healthy Living Ambassadors was called to order in the Paradee Center by Vice President Brittney Jarvis.

## Present Natalie Buchmoyer, Phoenix Biggs, Piper Biggs, Sequoia Rent, Mikala Johnson, Mary Buchmoyer, Brittney Jarvis, and Nicholas Nelson.

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

## Roll Call Brittney J. called roll.

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

## Old/Unfinished Business

**Delaware is 4-H Grown!** Delaware won the HughesNet $10,000 with the help of all the 4-H families and volunteers! Thank you! There is a video online you can see from all of us to you!

**Service Tracking** Please mke sure you are documenting your own hours. Ms. Sequoia is NOT doing it.

**2015 Healthy Living Challenge Update** Everyone who agreed to participate, and is here, completed the challenge.

**Foods Project: Let’s Make a Decision** Discussion about the Food Preservation for Youth curriculum, or some other foods project to complete. This may just be a year for fair entires?

## New Business

**2015 Healthy Living Challenge #2** Over this next month, our goal will be to walk 2 5k’s...a total of 6.2 miles. We will share results at the next meeting.

**Asset Building for March: What Does Healthy Living Mean to You?** This will be a group project. Ms. Sequoia would like for everyone to draw what Healthy Living means to them on the cardstock she provided. When all are in, the goal will be to turn it into actual fabric (quilt-like) that we can actually buy and possibly make things from and sell in the future. Those that are absent will be included.

**Youth Voice Youth Choice Blog Contest** Between now and April 15th, anyone interested, could earn a $15 gift card for writing a blog entry and submitting. Ms. Sequoia showed the website and there are at least 20 gift cards available. Anyone’s entry that is chosen and posted will receive the gift card. There is no limit on entries.

**Summer HLA** The vote to continue HLA over the summer was unanimously in favor.

**It’s About that 5k Time!** Ms. Sequoia presented a virtual Nemours 5k, but the cost was too high for a virtual 5k. See Healthy Living Challenge #2 for this month’s goal.

**Maker Camp** Maker camp was a success last year. Vote to do another Maker Camp was in favor. Dates and times will be determined and shared later in the summer.

**2015 Service Learning Project #2** We discussed many options, like babysitting, dog grooming, etc. A vote will be done at a later meeting.

**#MYNAMEISAWESOME** When we are out doing service as a group, promoting 4-H, or just being great, we should post and include #mynameisawesome. This may change in the future to a HLA specific hashtag, but let’s use this for now.

## Announcements:

## 4-H Foo Smart Families Anyone interested in teaching this curriculum over the summer should take a flyer or contact Kathleen Splane in the Kent office. Pay is similar to Health Rocks, but there is more training involved If you teach, you get paid for the training.

**Garden** Planting day to be determined. Listen for updates.

## Activity Youth Art Month activity: What does Healthy Living Mean to You?

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

## Adjournment Motion to adjorn by Nick N. With a second from Jayla C. Motion passed without objection.

Minutes submitted by: Jayla Cannon, Secretary

Minutes typed by: Ms. Sequoia