



healthy kids  
healthy families  
healthy communities

Cannon Falls CHI  
Minutes: October 19, 2009

Members Present: Evan Carpenter, Nancy Mills, Scott Mattingly, Bucky Lindow, Glenn Christian, Dean Lundgren, Kathy Illa, and new member from the City Government Sector Phillip Hammes

The meeting was called to order by Bucky. No changes were needed to the agenda, and the agenda was approved by Glenn and seconded by Nancy. Motion passed.

Scott moved to accept the minutes from the September meeting, and Nancy seconded the motion. Motion passed.

The only change to the financial report was the \$54 that was spent to purchase 3 CHI shirts for new staff members. Nancy motioned to accept the financial report, and Glenn seconded it. Motion passed.

#### Old Business:

Bucky explained last month's \$500 donation, and Kathy shared the thank you letter that was written for this donor. All present members signed that letter. A window cling was sent with the letter.

#### New Business:

- a. The Halloween parade will be on October 30, and Greg has "Make a Ripple" magnets that he and his staff will hand out to trick-or-treaters at First Farmers and Merchants Bank.
- b. The winter sports registration meeting is on Monday, November 2. Because the fall meeting didn't completely fulfill our expectations and hope, – with an emphasis on the MSHSL form and what kids/parents were signing –we hope to address that somewhat at this meeting. A few members (Bucky and Phil - any others?) will hand out the business cards that spell out the effects of alcohol on athletes, and someone will speak for about 5 minutes. Bucky volunteered to do that. Bucky will share the student survey results and the decline in each area, reinforcing the fact that not all students are drinking or using drugs. It was also suggested that the coaches could take a few minutes to highlight the HS forms to their athletes. The meeting time is 6:30. Bucky will talk to Brenda Owens to get the school board's approval for this meeting.
- c. June and July would be good months to brainstorm for the fall registration sports meeting, since that is a time in which a large number of participants attend. We need to add that to our monthly calendar.

- d. A motion was made by Nancy and seconded by Scott to purchase the “Effects of Alcohol” business cards, with one change. Add “of Cannon Falls” under the CHI logo. We will purchase 1,000 cards for \$99. Thanks, Micki, for working on that.
- e. The golf hole is in desperate need of repairs, and Kathy will talk to Micki to find out if it is available for November’s meeting.
- f. Our next big event, in lieu of a town hall meeting: “I Have a Dream” walk on Martin Luther King Day: Bucky introduced this idea of a walk from school to city hall (or vice-versa) in support of kids who choose to be alcohol-free. **(Please see the attached page for brainstorming ideas for this event.)**

#### New Members:

Phillip Hammes is our new voting member, representing the city government sector. Nancy motioned to accept his membership, and Scott seconded it. The motion passed. Mary Mendele is interested in joining, as well as another friend, but she was unable to make tonight’s meeting.

Phillip is on the committee for Channel 12, and he suggested that we do some programming on that channel, including, perhaps, advertising for membership.

#### Goodhue County CHI Report:

Stacy Larson, a Cannon Falls resident, is our new representative, replacing Elizabeth Burkhardt. Office space is still needed for her, and any suggestions should be given to Bucky or Joanne Pohl at the county. Phillip suggested there may be space at City Hall, and he will talk to someone there.

#### Upcoming Events:

Putt-putt golf: the golf hole needs mending...maybe next month!

Mock Crash is this year in April, and the Backstroms will be speaking

Fields of Faith is October 21, and we need to add that event to our September list.

#### Sector Reports:

Student: He would like to start a group on activity day. He will talk to Julie Hatch about what measures to take, and then follow up with Mr. Fredrickson. Some things to check out would be the following: guidelines for the group, and basic info as to what the group will do, who is eligible for membership, etc.

Bucky has some expired drug testing kits but is unsure of proper disposal.

A motion to adjourn the meeting was made by Kathy, and seconded by Nancy. The motion was passed.

The next meeting will be November 16 at 7 pm.

## **Brainstorm Ideas for the Martin Luther King Day Walk, January 18, 2010**

- “The Heart of David” program: a 23-year old man, labeled as a “good kid,” who chose to drink and drive. The car from the accident leads a parade....or the walk, in this case.
- A school bus would be used to transport walkers from one place to another. A thought was mentioned that everyone parks at school, is transported elsewhere (like City Hall) so that the walk can end at the school. Perhaps only one bus will be needed and the driver will donate his/her time
- We would need a speaker for the event and will there be a cost? Speaker ideas: sports team member (Twins and community), Rod Johnson and his connection to the T-wolves (and this time of year is usually when Crunch visits), Charlie Ruud, Janet Karvonen, a group similar to the Harlem Ambassadors
- John Crudele is another possibility for a speaker/program.
- What kind of “celebration” do we want in the auditorium at the end of the walk?
- Do we make this a county-wide event?
- Make sure there are no school events
- Is there another cause we can tie to this event?
- Refreshments: who serves them and what will they be?
- Notify the school of this event
- Is there a need for insurance, if the weather is bad, the walk is slippery, etc?
- Do we want party favors/raffle items like we had for the town hall meeting?
- What kind of signs/advertisements do we need for this event?
- Do we get youth groups involved, such as Girl Scouts, etc.?
- Should we have a youth band or 2 playing as the walkers arrive to the school?
- For extremely cold weather, the field house could be our back-up. For a blizzard, we would cancel!
- What time of day do we start the walk? Do we have people arrive between 6:30-6:45 to start the walk at 7, or should it be earlier, due to darkness?
- Do we do a program first, to “jumpstart” and energize the walkers?
- Does the walk go just between the HS/MS and elementary schools, so no bus is needed?