



**POLK FIT, FRESH and FRIENDLY**  
**September 28, 2017**  
**12:00 Noon, Polk County Library**

**MEETING MINUTES**

Attendees: Michele Trofatter, Linda Greensfelder, Rob Fuller, Jerry Stensland, Lou Parton, Jimmi Buell, Carol Lynn Jackson, Cathy Ruth, Kim McDonald, Anne Britton, Buffy Ashmore, Maggie Chamberlain

Introductions were made by attendees.

Minutes: Michele made a motion to approve the July, 2017 minutes. Lou seconded the motion, and it passed unanimously.

Speakers for today are Buffy Ashmore and Michele Trofatter; topic Polk Fit Challenge

Polk Fit Challenge: We have had newspaper articles, posters, Packet distributions, and local presentations. We also have put up yard signs all over Polk County. Challenge begins September 30<sup>th</sup> with a Kick-off event at Stearns Park from 10am – 12pm.

You can join individually or as a team. The maximum team size is 6, and someone signs up as the Captain. Captains with a full team of six will get a free tracker. Minutes can be entered online or through text messaging. Trackers are available to the first 50 captains who turn in all of their consent forms.

Buffy provided an online demonstration of how to use the website to register. She shared the interactive calendar and talked about the types of events available. There is also an Events List with contact person, event descriptions, and locations. The online calendar will be the most current version.

There is also an interactive map on the website provided by Jerry Stensland.

**Carol Lynn Jackson:** Manna Cabana is leaving its current location in Tryon because it has not been successful. They still have their current certified kitchen space on Hwy 176. They are going to do a one-day per week (Wednesdays). They also have the winter CSA sign up going on now with the first delivery on October 25<sup>th</sup>.

**Jimmi Buell:** Tour de Leaves is Sunday, October 1<sup>st</sup>. Columbus is starting to revitalize the farm festival. Saturday, October 7<sup>th</sup> will the Columbus Heritage Festival from 8 am-2 pm at Stearns with contests and

other fun activities. Also, the National Guard Armory does a non-traditional bounce house challenge course that will also be available at the festival.

**Linda Greensfelder:** PF3 is doing strategic planning on October 12<sup>th</sup> at Polk County Extension. There will be no November meeting since the library space is not available.

**Cathy Ruth:** Commissioners approved the plan for next year and PF3 is listed in the report this year.

**Kim Mc Donald:** Opioid forum is coming up on October 24<sup>th</sup>. Register now because space is limited. Attendance is by invitation.

**Lou Parton:** Child welfare is the charity chosen to benefit from the Tour de Leaves on Sunday. Last week's screening of "Resilience" was attended by 45 people. A community café' will be presented in October as a follow up to this viewing.

**Jerry Stensland:** County received a county trust fund grant that will be used to purchase additional acreage connected to the Polk Recreation Center Complex property near the Middle School.

**Rob Fuller:** Bowl for Kids' Sake will be November 11<sup>th</sup> 12-2 pm, Forest City, Autumn Lanes to benefit Big Brothers-Big Sisters in Polk County. They are looking for sponsors.

**Buffy Ashmore:** Still looking for organizations to get the Hear2Help training. She is looking to branch out to medical offices, fire stations, etc. COPE on October 19<sup>th</sup> 4-6pm at Steps to Hope is still looking for a few more volunteers. There are also a few Participant spaces available too.

Meeting Adjourned 1:02pm