



WEST VIRGINIA'S PROMISE
THE ALLIANCE FOR YOUTH

Pamela Dugan, State Director
4770 Paynes Ford Road, Kearneysville, WV 25430
Phone (304)661-1460 Email: pdugan@frontiernet.net
www.fivepromises.wv.gov

Monday, November 14, 2011 Long distant commuters: Arrive at FLOC, dinner 6 p.m. & lodging.

Everyone: Lodging at FLOC is a "FIVE" Star *** Rustic Conference Center!!!!**
Please bring pillow, bedding (sheets & blanket) or sleeping bag & bath linen (towel, washcloth, soap, shampoo, toothpaste, blow dryer, etc) also, bring a movie, or music CD's, there is NO cable.

Tuesday November 15, 2011

10: a.m. - 1: p.m. Arrival, Teambuilding
Please wear closed toed shoes and dress for the weather; we will be outside most of the day.
1:00 p.m. - 2:00 p.m. Lunch
2:00 p.m. - 6:00pm: Teambuilding cont'!
6:30 p.m. Dinner
7:30 p.m. Evening activities:
Tie-dye (bring a shirt), hike, movies, music, networking, fun-fun, etc.

Wednesday November 16, 2011

8:00 a.m. - 9:00 a.m. Breakfast
9:00a.m. - 9:30 a.m.: Ice breakers
9:30 a.m. - 10:30 a.m.: Training Begins: The Notebook, Pam Dugan

- Letter
- Organizational Chart
- West Virginia's Promise Host Sites
- Promise Place Application
- Report Forms
- Reporting Dates
- Time Sheet
- Progress Report & VAD
- Evaluation by Site Supervisor
- Evaluation by VISTA member
- Travel Form/W9
- On Site Orientation Checklist & Report Form

10:30 a.m. - 11:00 a.m.: Break out groups
- Discuss Reports: Missy, Dana, Tammy, Anne, Lisa; team up with newbie's

11:00 a.m. - 12:30 p.m.: WV Military Initiative
- Missy Storey
- Dana Myslinsky
- Tammy Kruse
Resource sharing
- Lisa Cox
Evaluations!!!!

12:30 - 1:30 p.m.: Lunch
1:30 p.m. Depart for home



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West Virginia's Promise AmeriCorps VISTA (Volunteers In Service To America) project met for 3 days in Harpers Ferry WV on November 14-16, 2011. West Virginia's Promise is the state level organization of America's Promise (www.americaspromise.org) which promotes the 5 Promises; Caring Adults, Safe Place, Healthy Start, An Effective Education, Opportunities to Help Others.

AmeriCorps VISTA is a national service organization which places volunteers in projects to address community needs, particularly in the areas of reducing poverty. Pam Dugan, State Director of West Virginia's Promise organized the events. Eight communities around the state currently have WV's Promise VISTA members.

On November 15, WV's Promise VISTA members participated in teambuilding games, low ropes and high ropes courses at For Love of Children Outdoor Education Center. For Love of Children's Outdoor Education Center facilitates healthy character development of youth and adults through adventure challenges, environmental education, and sustainability practices in a powerful outdoor classroom where experiential learning inspires individual potential and leads participants toward discovering connections between the natural world and their communities. Through programming FLOC teaches individual and group leadership skills, team building and environmental education. <http://www.flocoutdoors.org>

WV's Promise VISTA members and site supervisors met on November 16 to learn about the history of WV's Promise, Promi5e Places, WV Military Initiative, resource sharing and many required reports due monthly and quarterly by the VISTA member and Site Supervisor.

WV's Promise has several ongoing VISTA projects and several new projects and sites that are recruiting VISTA volunteers at present. WV's Promise is a leader in WV at promoting positive youth development and challenging communities to support, nurture and strengthen their youth and improve their communities.

For more information about WV's Promise and/or individual VISTA projects visit www.fivepromise.wv.gov or contact Pam Dugan 304-661-1460 pdugan@frontiernet.net

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Left to right: first row: Sara Koontz VISTA-United Way of the Eastern Panhandle, Missy Storey VISTA Leader-Children's Home Society of WV-Parkersburg, Dana Myslinsky VISTA-Children's Home Society of WV-Charleston, Allie Conroy VISTA-Family Resource Network of the Panhandle, Jackie Horn VISTA-FLOC-Jefferson County, Logan Kisner-son of Lisa Cox , Lisa Cox VISTA-Starting Points of Morgan County, Misty Stallard VISTA-Starting Points of Morgan County, Jarred Yocum-son of Anne Klem;
Left to right: back row: Pam Dugan-WV's Promise Director, Angela Lilly VISTA-Children's Home Society of WV-Parkersburg, Shane Hovatter-Assistant Site and Sustainability Coordinator at FLOC, Kevin Hughes- Site and Sustainability Coordinator at FLOC, Ryan Adams-friend of Angela and Anne Klem VISTA-The Youth Club of Marshall County.

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VISTA members were presented awards for Certificate of Appreciation and Certificate of National Service.
From left to right: Pam Dugan-WV's Promise Director, Missy Storey VISTA Leader, Lisa Cox VISTA, Anne Klem VISTA and Dana Myslinsky VISTA.

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Various Pictures:





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1. Teambuilding:

Did you find this useful and or fun?

0 not at all 0 a little 0 somewhat 2 quite a bit 7 very much

Teambuilding Comments:

- It was very entertaining.
- Very helpful- everything made sense as day progressed.
- Enjoyed amount of activities, would be beneficial to do one focused on favorite 5 Promises or service passion.
- Gave me good ideas on opening up to creative problem solving.
- Super Fun ☺
- Fun & Safe!!

2. High Ropes/Zip Line:

Please comment on how you felt during this adventure:

- Nervous but relieved with the outcome...
- I was so nervous, but it was exciting.
- Overwhelmed, but comfortable by not being pushed.
- Scared but loved it!!!
- Loved the timing (first day) really broke the ice(+++)
- Scared to death but triumphant once I completed the course. Team was very encouraging.
- Excited, exhausted, confident, and secure.
- Tummy hurt, but really fun getting to help (belay) teammates

3. Icebreakers/games:

a. Introduce Yourself-say your name, do a motion, repeat the people before you.

Did you find this to be useful and or fun?

0 not at all 0 a little 3 somewhat 3 quite a bit 1 very much

b. West Virginia's Promise....what do you know?

Did you find this to be useful?

0 not at all 0 a little 0 somewhat 3 quite a bit 6 very much

~~c. Story Pieces put the story together by not talking to others but showing your picture.~~

~~Did you find this to be useful?~~

~~___not at all ___a little ___somewhat ___quite a bit ___very much~~

Icebreaker/game Comments:

- Is always fun & helpful when it comes to remembering names.
- Very cool..... good bonding or introduction material.
- Maybe for a. announce you most passionate 5 Promise
- The quiz was helpful



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4. The Notebook/Report Forms:

- a. Report Forms; Reporting Dates, Time Sheet, Progress Report, Monthly Report, VAD, Evaluations, Travel Form, On Site Orientation

Did you find this to be useful?

0 not at all 0 a little 0 somewhat 2 quite a bit 7 very much

Report Comments:

- I like the extra into this time.
- I had a lot of questions answered.
- Truly appreciated the new report forms and a place to keep copies of reports for the next year.
- Excellent for new VISTAs, & seemed beneficial. Maybe do a different break out with VISTA Leader for VISTAs already trained in this.
- A little overwhelming.
- We are all connected w/same desires & concerns.

5. Break Out Groups:

- a. Monthly Report/Quarterly Report

Did you find this to be useful?

0 not at all 0 a little 1 somewhat 1 quite a bit 7 very much

Break Out Groups Comments:

- One on One, able to ask better questions.
- I was very thankful to have a 1 on 1 to get more understanding.
- One on one is always conducive to better focus.
- I enjoyed going through the report 1 on 1 with a new VISTA
- Very helpful- individualized question could be addressed.
- Pairing up w/ a veteran VISTA was super helpful

6. WV Military Initiative and Resource Sharing:

Did you find this useful?

0 not at all 0 a little 1 somewhat 1 quite a bit 7 very much

Report Comments:

- Good ideas.
- Inspired by what others are doing.
- It's great for ideas and inspiration.
- Wish we had more time for this. I enjoyed learning others ideas
- Got great ideas/ feedback/ possible contacts from others during this discussion.
- Great to hear success stories & to hear new ideas of ways to be involved.
- My brain was burned out and this was a bit of info overload, but the resources were useful



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7. Goody Bags: Please give comments/suggestions as to items/wish list for future bags.

Goody bag Comments:

- Good choices
- ☺
- We should get sweatshirts ☺
- Sweatshirts☺
- Thank you, thank you, thank you. The shirts are awesome; the calendar is sooo useful for keeping all info in one place, pens, & paper carry our message.
- Pre-submitted resource guide from fellow VISTAs.
- Info on where to order AmeriCorps/Promise products.
- Thank you for the gift items. All very useful and a great surprise. Love the shirts & the calendar & thumb drive, very useful!
- Flash drive w/info is super helpful

8. Facility, Location and Date

a. Did you like or dislike the meeting facility and your lodging (if you stayed)?

- Like
- Like
- Liked
- Liked location
- I love it here!
- Loved it!!
- Loved!!
- Fantastic, really a pleasure
- Yes

b. Did you like the location?

- Yes
- Like
- Loved the location
- Yes
- The privacy is great for bonding-especially everyone in 1 spot!
- Loved it!
- Loved the fall woods
- Great location!!
- Yes

c. Was the date selected fitting to your schedule?

- Yes
- Yes
- It was great with my schedule
- Spring (service will be over by then)
- Yes
- Couldn't be better, great timing.
- Yes
- Yes worked out just right!
- Yes



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Report Comments:

- Beds uncomfortable, everything else awesome ☺

9. Food

a. Please give your opinion/ideas on the food

Comments:

- Pam's a great cook!
- ☺ Thank you!
- It was delicious
- Food was great!
- I like eating in together better than going out. We are so busy, it was nice to have some functional down time together.
- Yum, wish I brought veggie burgers (I could bring next time!) also, loved the coffee! Thank you!
- More vegetarian options but loved all the snacks & various breakfast options.
- The soup, awesome.
- Fabulous ☺

Over all Other Comments?

Based on your experience, what do you value most about the training?

- Networking
- Team building
- Meeting everyone
- VISTA bonding
- I valued the whole experience. The people (VISTAs) were great. I'm glad I have this to look back on.
- The texting and driving video was a wonderful reality check.
- All of it was great!!!
- I really enjoyed my VISTA time, it was very uplifting.
- Going over reports and documents
- I think the training was efficient & everything went well.
- Longer time to work on training stuff (just a few/couple more hours would be ok)

If you had three wishes for the training, what would they be?

- Everyone had fun
- We learn a lot from one another
- We learn what we need to know about required elements, etc.
- Wish we had more time for project VAD sharing and learning about the other VISTAs service passions/what they like most about being a VISTA in 9 group setting.
- Watch the original VISTA documentary as a group, it's on you tube, can't remember the exact name. It's great though!
- More Sleep ☺
- Known a little more about the facility (lodging)- I over packed!
- More info in advance about what the training would entail
- I would have chosen a different movie.



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- More time here
- More daylight, Boo daylight savings time.... He..he..

VISTA Names: Missy Storey, Alexandra Conroy, Misty Stallard, Lisa Cox, Anne Klem, Dana Myslinsky, Sara Koontz, Angela Lilly, Jacki Horn.