



# 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](mailto:pdugan@frontiernet.net)  
[www.fivepromises.wv.gov](http://www.fivepromises.wv.gov)

## VISTA Training Rock Lake Community Life Center

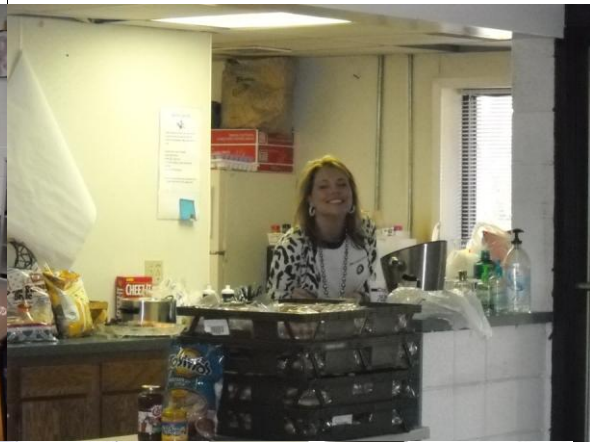




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Dinner at Vandalia Grill, Charleston, WV





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THE VERY BUSY 🕷️

- READ THE BOOK - Kids assigned Animal Sound
- Hiking to see where spiders LIVE
- DRAMA - PRINT Animals kids can read
- MAKE TISSUE PAPER Animals
- MAKE WEB - Pipe cleaner spiders

Art  
Drama-Skit  
Snacks  
Recreation Games  
Dance  
Writing

Mix a Cookie

Art - Plaster/Cement cast cookies

Drama - If you give a kid a... skit

Snacks - No bake cookies & milk  
Carnus STEM: Asphalt cookies :-)

Games - "Hide n' Seek Scavenger Hunt" w/ illustration objects  
Snacks & minnows w/ cookies & mice

Dance - Dance moves to tasks in book "mapping" etc.

Writing - 2 parter w/ skit :-)

Hungry Caterpillar

Art - Make a butterfly with tissue paper

Drama/Skit - act out a worm, apply, Peas butterfly.

Snacks - fruit from books

Game - tangle arms to make a Caterpillar  
units to make a butterfly

Dance - Dance like a butterfly

Writing - poem / statement about how every Child / person is unique like a butterfly





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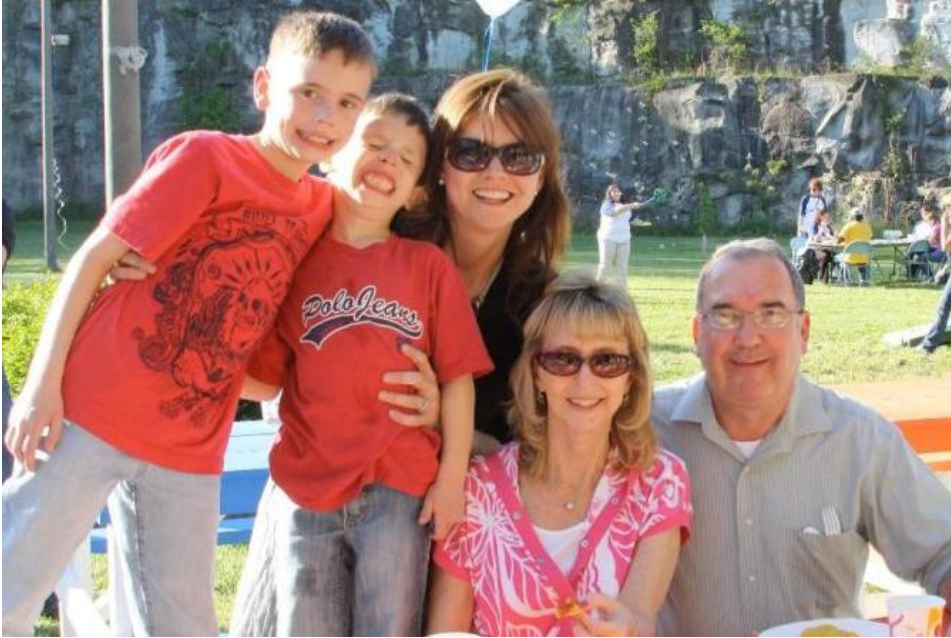
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## Red White & Blue

# BBQ

★ celebrate | military | families ★

Thursday, April 19, 2012  
5:00-8:30pm

Rock Lake Community Life Center  
South Charleston West Virginia

- |               |   |
|---------------|---|
| 5:00pm-5:30pm | Event Registration  |
| 5:30pm-6:00pm | Grand Opening Ceremony<br>Event Mission & Welcome<br>Pledge of Allegiance<br>Star-Spangled Banner:<br><i>West Virginia State University<br/>Saxophone Quartet</i> |
| 6:00pm-6:30pm | <b>Keynote Speaker:</b><br><i>West Virginia's First Lady<br/>Joanne Jaeger Tomblin</i>  |
| 6:30-7:15pm   | <i>The Almost Heaven Dulcimer Club</i>  |
| 6:30pm-8:30pm | Continuous Open Celebration<br>-Fun, Food, Games  |
| 7:00pm        | Raffle Winner Announcement  |

Hosted By:



WEST VIRGINIA'S PROMISE



Special Thanks To:



Johnnie's Fresh Meat Market

# West Virginia's Promise



# AmeriCorps VISTAS



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Greetings,

I wanted to personally thank *everyone* who helped out with the "Red White & Blue BBQ". It was such an honor to see so many community members join to celebrate our friends and neighbors in the military. Each and every person who joined together for this event made it a tremendous success.

Everyone should be extremely proud of themselves! Please take a moment to view the statistics from the event below:

- **200 community members attended the "Red White & Blue BBQ"**
- **Approximately 49 volunteers helped out with the event which resulted in 232.5 volunteer hours**
- **39 AmeriCorps & VISTA Members were present**
- **60 area youth attended**

*Lastly a big thanks to: Rock Lake Presbyterian Church, First Lady Joanne Jaeger Tomblin, WV Vet Corps VISTAs, WV Veterans Community Outreach Team, WV's Promise VISTAs, National Guard Child & Youth Program, Washington & Lee Bonner Scholars -and everyone else who pitched in!*

### ***Dana Myslinsky***

AmeriCorps **VISTA**, West Virginia's Promise

Rock Lake Community Life Center

801 Lincoln Drive

Charleston, WV 25309

(304) 771-0183





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**From:** Lisa berray [mailto:[lisajaneberray@gmail.com](mailto:lisajaneberray@gmail.com)]

**Sent:** Wednesday, April 18, 2012 4:08 PM

**To:** Dana Myslinsky; Anne Klem; Angela Lilly; Jaclyn Horn; Lexa VanDoren Kirk; Lisa berray; misty Stallard; skootz@uwayep.org; Alexandra Conroy; Pamela Dugan; Missy Storey; Missy Storey

**Subject:** VISTA Links- 4/18/2012

A Year Towards Tomorrow 1: <http://www.youtube.com/watch?v=rIXf2ajiMJk>

A Year Towards Tomorrow 2: <http://www.youtube.com/watch?v=mfBBhOePqNY>

Paint.net <http://www.paint.net>

Wordle.net <http://www.wordle.net/>

Web Color Chart <http://html-color-codes.com/>

ctrl + alt + prt sc = screen capture

Stay away from the "Nerd Bus"

Contact Pam about volunteering for summer camp, Cedar Lakes, Ripley, WV July 20-22



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## Evaluation Results

### 1. Training & Activities:

a. VISTA Speed Dating Icebreaker

Did you find this to be useful and fun?

not at all    a little    somewhat    quite a bit    very much

b. "A Year Towards Tomorrow" VISTA Documentary & Discussion

Did you find this to be useful?

not at all    a little    somewhat    quite a bit    very much

c. Facebook Dislike Button; Computer Happy Hour West Virginia's Promise

Did you find this to be useful?

not at all    a little    somewhat    quite a bit    very much

d. "Integrated Reading With Writing with Art / Noncompetitive Youth Games "

Did you find this to be useful?

not at all    a little    somewhat    quite a bit    very much

e. Teambuilding Fun @ Embassy

Did you find this activity to enjoyable?

not at all    a little    somewhat    quite a bit    very much   N/A, Absent

f. New VISTA orientation/overview (For those who apply; Thursday evening @ Embassy)

Did you find this to be useful?

not at all    a little    somewhat    quite a bit    very much   Absent

### Training & Activities Comments:

**Training was great! Dana did a wonderful job getting the "interactive, energetic" presenters to attend.**

**Dancing was fun, gained much information during the integrated reading workshop.**

**I enjoyed hearing the VISTAs share their personal stories through service during the VISTA documentary.**

**Very Fun-good time 😊**

**The only reason I didn't find the documentary useful was because I've already seen it.**

**I learned so much. The only reason I said "somewhat" to © was that technology use is not as applicable in my service position due to turtle slow internet & being in the woods more than inside.**



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## 2. Red White & Blue BBQ

- a. Red White & Blue BBQ Group Breakout For Setup

Did you find this useful for event set up?

\_\_\_ not at all \_\_\_ a little 1 somewhat 3 quite a bit 7 very much

- b. Red White & Blue BBQ Event

Do you think it is beneficial to incorporate an event into VISTA training?

\_\_\_ not at all \_\_\_ a little \_\_\_ somewhat 1 quite a bit 10 very much

- c. Red White & Blue BBQ Event

Did you find this activity to be enjoyable?

\_\_\_ not at all \_\_\_ a little \_\_\_ somewhat 1 quite a bit 10 very much

*Red White & Blue BBQ Comments:*

**Dana did an excellent Job. VISTA's did great assisting Dana with event set up.**

**Dana, your organization of this training and event was above excellent, the student volunteers that you recruited to show up and take over the VISTA's task at the BBQ was great-just what VISTA's are suppose to do, plan, organize, set up, and then have volunteers run the show... You go girl!!**

**Community was involved & enjoyed the evening. Loved the First Lady being in attendance for such a long time-she mingled with the Military members, families and community. This should be a annual event for Rock Lake.**

**It was such a treat and bonding experience to work with all of our VISTAs on a project/event!**

**Awesome fun, good crowd, & let's do it every year.**

**Awesome job to Dana and Jenny. So much fun!**

**It was an awesome event. I had a blast and loved being involved with it.**

**Move podium away from food service.**

**This was a fabulous event! Thank you for the experience!**

**We rocked it 😊**

**Dana did an amazing job coordinating. Everyone did an excellent job helping the attendees. 😊**

### 1. Activities & Training

- a. Too many, just right or not long enough?

Activity Comments: **All perfect! Just right. Just enough training & activities. Good. The evening training was too late-but I know that's when we had to do it. Just right! I enjoyed the folk dancing. It had just enough. Just right. Just right. Just right-maybe check with presenters to see if they have a powerpoint or some hands on activities. Just right. Too Many-I can tell how this will be received, though I can't deny the need for process time neuro& physiologically.**

### 2. Future Training Topics

- a. Please share you idea for future training topics

Future Training Ideas: **Personality workshop. Train on how to incorporate 5 Promises into our Sites (partnering org, event ideas, etc.) Invite area VISTAs to training; invite WV Promise VISTAs to host**



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**workshops. Media- How to speak to media and how to incorporate social media into projects! Excel and Power Point. Anything involved with community involvement is great. Capacity building. Child development, volunteer recruitment best practices, grant writing, organizational culture. Building a website, marketing, volunteer training & recruitment. Microsoft excel, project, etc. Learning how strife & tension with other adults can give us insight into the community members we are serving, id different learning styles... maybe how to make friends & influence people.**

### 3. Future Training Activates

- a. Please share any future training activities you would be interested in doing with your fellow VISTAS

Training Activity Ideas: **Dinner w/VISTA alums, live music, documentaries. More physical team building games- or, go hiking or... canoeing or kayaking or something like that. Organize a panel w/key WV figures to speak to about projects. Anything that brings us together is a great thing. Hikes/Geocaching, kinesthetic learning activities. Teambuilding games. (Would love to help w/suggestions, though I can't think of them now since were on a tight schedule I was told yesterday)**

### 3. Food

- a. Please give your opinion/ideas on the food

Comments: **Dana is a great cook! Food was great. Fun! Love all the healthy options. Good-I like the homemade cooking ☺. I loved the bean soup. Nice to have a vegetarian option. Also, delicious! Anything is good. Get real beef franks. A few more vegetarian options. Delicious☺. Deeply appreciated & enjoyed.**

### 4. Overall Training Experience

- a. Please give your opinion/ideas on your overall training experience

Comments: **I had a great time it was informative to me-especially the WVU Extension office info. I really enjoyed bonding with all the VISTAs during this training, it made me feel like I was part of a team!!! Good, but our group fell off in the evenings & we should have hung out together. Coming down the night before the training was beneficial. I was more alert than I would have been had we driven the day of. I loved it! Such an awesome experience! I had a good time! This was a great training! It was a really awesome training-nice to see so many different faces doing our training. Dana you were very well organized & prepared. Thanks for all your work! It was a pleasure to help! Hard and therefore I learned and grew more.**

Other Comments? **Dana/Jenny did a fabulous job. I thought the training was awesome! If I did it again I would pick a "theme" to tie everything together. Yes, I'm looking forward to seeing how this furthers my growth and how I can give what I have to give to continue the original VISTA mission, whether I'm ask to leave the VISTA position or not. Thank you for this growth experience. (and the food & housing)**

Present: **Pam Dugan, Missy Storey, Dana Myslinsky, Alexandra Conroy, Sara Koontz, Misty Stallard, Lexa Kirk, Lisa Berray, Jenny Totten, Angela Lilly, Jaclyn Horn**