



Morgan County Starting Points  
Family Resource Center  
187 S. Green St.  
Berkeley Springs, WV 25411  
304-258-5600

**Morgan County Starting Points April 23, 24, 25 2013**  
**Itinerary –VISTA Spring Training 2013**

*Lexa cell: 304-579-3126      Misty cell: 304-995-1311*

***Directions:***

*From the West – I-68 East to Berkeley Springs, WV/US 522 South exit. Stay on off ramp, merge onto US 522 South. Travel approx. 6 miles south, to third light. Turn left onto Rte 9 East (between Roy's Gas Station and Sheetz). Travel one block, turn left onto Green Street at Building with Starting Points/Health Department/Boys & Girls Club sign. Enter parking lot on far side of building (2<sup>nd</sup> driveway), go to top parking area (marked).*

*From Points East: Route 9 West to Berkeley Springs. Once you see the speed limit posted as 25 m.p.h., go around curve, ready to turn right onto Green St.(see above)*

***Dress Code:*** *Casual. Please dress for the weather, and we will do a hike one day, so comfy shoes or boots. This time of year layering is best. Our Community Service in the kitchen could be messy, so don't wear anything that can't get splattered. Comfy shoes and layers because it gets hot in the kitchen from cooking.*

***Bring:*** *If you have a Food Handler's License, please bring. If you would like info about how to get one with ease, please email: [americorps@starting-points.org](mailto:americorps@starting-points.org). If you have a lap top, bring it for Resume Workshop.*





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**Tuesday April 23, 2013**

11:45 a.m.-12:15 p.m.

Arrivals @ **Starting Points**

12:30 p.m. – 1:00 p.m.

Lunch @ Starting Points

1:15 p.m. – 2:00 p.m.

Welcome, WV Promise & VISTA Updates, Projects

**Pam Dugan**, State Director West Virginia's Promise

**Dana Myslinsky**, VISTA Leader





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2:15 p.m. - 2:30 p.m.

Introduction to Starting Points Meal Time Community Kitchen  
**Misty Stallard/Lexa Kirk, Promise VISTAs**



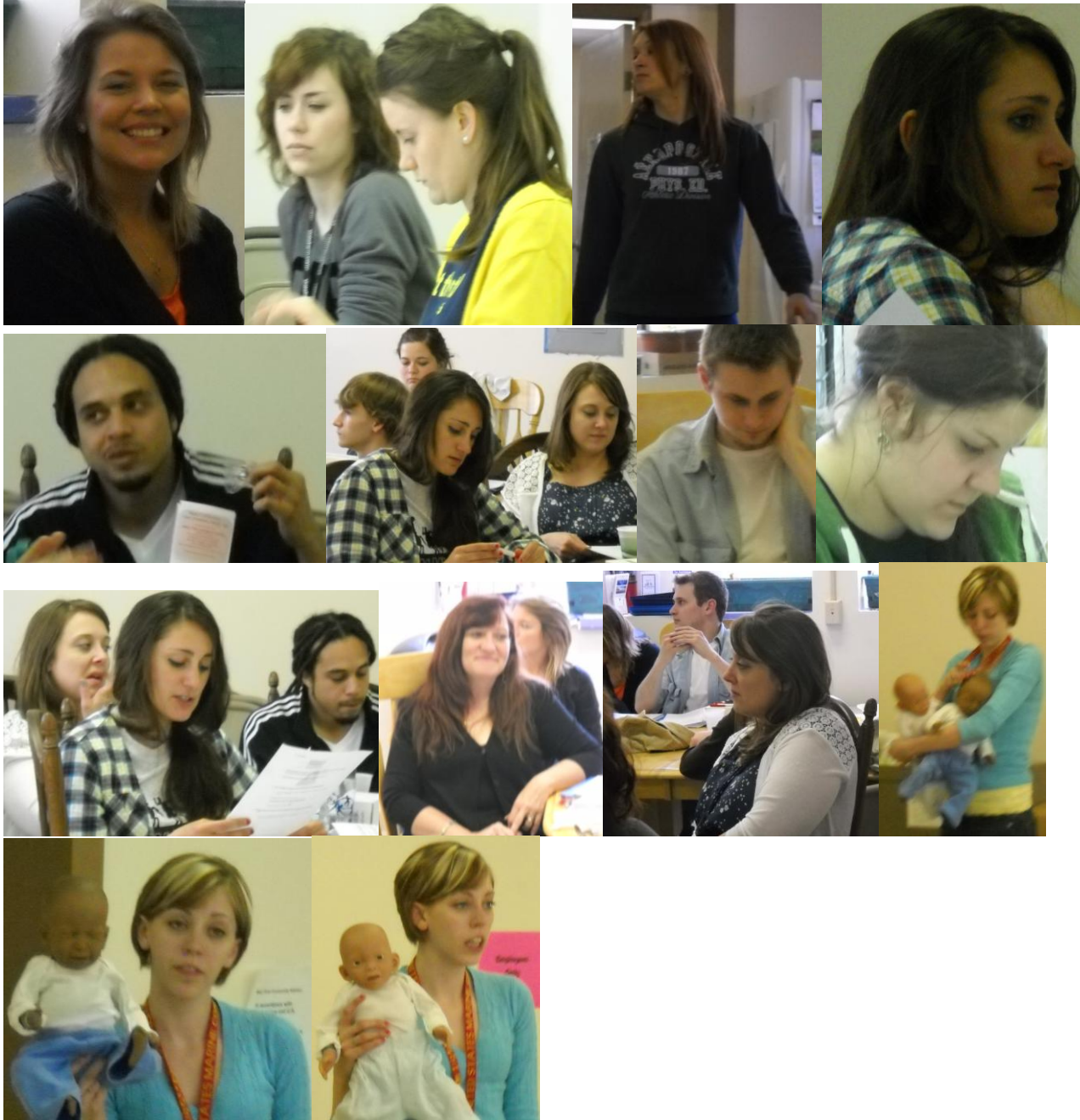


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2:30 p.m. – 6:00 p.m.

Community Service:  
Starting Points Meal Time Community Kitchen





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6:15 p.m. – 8:00 p.m.

Dinner-Earth Dog Café

8:00 p.m.

Travel to Cacapon State Park, check into cabins #19, #30 & #31  
(see cabin assignments prior to departure) 304-258-1022  
(522 South approx. 10 miles. Park entrance on right)



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**Wednesday April 24, 2012 (no travel this day, workshops at cabin)**

8 a.m. – 9 a.m. Breakfast @ cabin #31

9:15 a.m. – 9:45 a.m. Resume Workshop to showcase VISTA accomplishments/Q & A  
**Hannah Stewart, Case Worker - Starting Points**



9:45 a.m. – 10:30 a.m. Outcomes, Outputs and Measurements/Survey Construction  
**Shamus Cleveland, Morgan County Partnership**



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Break



10:45 a.m. – 11:15 p.m.      How can a Regional Representative assist you?  
**Stephanie Mathias**, West Virginia Regional  
Representative for Governor Tomblin

11:15 a.m. – 12:15 p.m.      Morgan County Backpack Program “Bag Child Hunger”  
**Susan Caperton**, Chairperson





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12:30 p.m. – 1:30 p.m.

Lunch @ Cabin #31



1:30 p.m. – 2:15 p.m.

Poor Me! vol. 2 (Nutrition, Please!)

**Lexa VanDoren Kirk, AmeriCorps Promise VISTA**

2:15 p.m. – 3:00 p.m.

Bonding with Books/Childhood Literacy



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**Misty Mowery Stallard, AmeriCorps Promise VISTA**



3:00 p.m. – 3:30 p.m.

WV Read Aloud

**Mary Kay Bond, Director Read Aloud Program**







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Break

3:45 p.m. – 4:45 p.m.

Know Your State (of Being) – WV culture, regions and peoples  
**Denis Scott, WVU Extension Agent**



5:00 p.m. – 6:00 p.m.

Hike with Cacapon State Park Naturalist Renee Fincham

Free Time



6:45 p.m. – 7:30 p.m.

Dinner @ Cabin #31

**Morgan Co. Sheriff Vince Shambaugh and Melanie Shambaugh** (Prosecutor's Office) discuss Morgan Co. Challenges, **Senator Manchin Regional Rep Mary Jo Brown**

7:45 p.m.

Outdoor Fire/S'mores

**Thursday April 25, 2013**

8:30 a.m. – 9:30 a.m.

Breakfast at Cabin #31

9:30 a.m. – 9:45 a.m.

Pack and Load Personal items into vehicles

9:45 a.m. – 10:00 a.m.

Travel to Morgan County Board of Education  
247 Harrison Ave.



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10:00 a.m. – 10:15 a.m.

Impact of Backpack Program “Bag Child Hunger” on children in Morgan County School System  
**David Banks**, Morgan County Schools Superintendent



10:15 a.m. – 11:45 a.m.

Community Service:  
Morgan County Backpacks/staging, packing







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11:45a.m. – 12:00 a.m.

Return to Cabin #31

12:00 p.m. – 1:30 p.m.

Lunch and fond farewells

Evaluations, “Where is Fall Training?”

**Pam Dugan**/Statewide Director of West Virginia’s Promise



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**Morgan County Starting Points: VISTA Training Evaluations: Tuesday, April 23, 2013**

**Parking/Arrival/Check-In-**

**Were you pleased?**

\_\_\_ Not at all \_\_\_ A little \_\_\_ Somewhat \_1\_\_\_ Quite a bit \_13\_\_\_ Very much

Comments: **Great Directions, easy to find!**

-GPS got me there easily. Check-in was great. Loved meeting everyone.

-N/A-arrived late

-Directions Great

-N/A





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### **Lunch-**

#### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_3\_\_\_Quite a bit \_\_\_12\_\_\_Very much

Comments: Loved all the health options. : )

- Hummus...mmm the kitchen was great
- Great variety, soup was delicious, even included dessert.
- N/A-arrived late
- Many selections

### **Welcome, WV's Promise & VISTA Updates, Projects Pam Dugan, State Director WV Promise VISTAs**

#### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_11\_\_\_Very much

Comments: N/A-arrived late

### **Introduction to Starting Points Meal Time Community Kitchen Misty Stallard/Lexa Kirk, Promise VISTAs**

#### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_11\_\_\_Very much

Comments: Enjoyed learning about the VISTAS projects & sites in a hands on way.

- Energetic and informative
- N/A-arrived late
- N/A

### **Community Service: Starting Points Meal Time Community Kitchen**

#### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_2\_\_\_Somewhat \_\_\_3\_\_\_Quite a bit \_\_\_9\_\_\_Very much

Comments: Not enough work to keep everyone busy.

- Not as many people as I expected, which was a good thing.
- N/A-arrived late
- Enjoy seeing community needs being met
- N/A

### **Dinner- Earth Dog Cafe**

#### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_3\_\_\_Somewhat \_\_\_2\_\_\_Quite a bit \_\_\_11\_\_\_Very much

Comments: Excellent idea to eat dinner out on the first evening, so everyone can mingle.

..\*\*\*\*\*!!!

- Best veggie burger...ever!
- It was awesome! Great food, good service, great drinks, and wonderful company!!
- Food very good!
- Awesome food! Had so much fun getting to talk to everyone.

### **Travel to Cacapon State Park**



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**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_5\_\_\_Quite a bit \_\_\_11\_\_\_Very much

Comments: Very easy to find, close proximity.

-Beautiful park, loved the drive. Thank You!

-It was easy to find and the directions given were specific and got use there without a problem.

-I should have caravanned!

**Wednesday, April 24, 2013**

**Breakfast-**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_1\_\_\_Quite a bit \_\_\_15\_\_\_Very much

Comments: Eggs by Pam were great!

-More Fresh Fruit

-Everything created quite a smorgasbord.

-Bacon!

-Thanks for the bacon and eggs!

**Resume Workshop to Showcase VISTA Accomplishments/ Q&A**

**Hannah Stewart, Starting Points Case Worker**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_2\_\_\_Quite a bit \_\_\_14\_\_\_Very much

Comments: Had a great out going presentation, good for the morning.

..\*\*\*\*\*!!

-Firey, wake you up, great for first workshop. Very Informative.

-She is wonderful. Great morning starter!

-Great information

**Outcomes, Outputs, and Measurements/Survey Construction**

**Shamus Cleveland, Morgan County Partnership**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_3\_\_\_Quite a bit \_\_\_13\_\_\_Very much

Comments: Valuable information.

-He made the confusion simple and easy to understand.

-He has a way of making confusion look nice. Learned a lot!

-He was so informative

**How Can a Regional Representative Assist You?**

**Stephanie Mathias, West Virginia Regional Representative for Governor Tomblin**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_12\_\_\_Very much

Comments: Great idea to invite Gov. Rep to training.

-Great to get contact info.

-Not sure what concrete objective we had in this workshop

-Nice to know what Gov. Rep. can provide if we want to recognize volunteers.





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-Great to have that support

### **Morgan County Backpack Program “Bag Child Hunger”**

**Susan Caperton, Chairperson**

**Were you pleased?**

\_\_\_ Not at all \_\_\_ A little \_1\_\_\_ Somewhat \_\_\_3\_\_\_ Quite a bit \_\_\_12\_\_\_ Very much

Comments: **Awesome presentation.**

-Very informative and love her willingness to share their successes and challenges.

-Great program

### **Lunch-**

**Were you pleased?**

\_\_\_ Not at all \_\_\_ A little \_\_\_ Somewhat \_\_\_4\_\_\_ Quite a bit \_12\_\_\_ Very much

Comments: **The local lettuce & tomatoes were awesome! Great donations.**

-Hummus! I can make seitan: vital wheat gluten powder, soy sauce, vegetable bouillon, fresh garlic.

-Great selections!

### **Poor Me! Vol. 2 (Nutrition, Please!)**

**Lexa VanDoren Kirk, Promise VISTA**

**Were you pleased?**

\_\_\_ Not at all \_\_\_ A little \_\_\_1\_\_\_ Somewhat \_\_\_1\_\_\_ Quite a bit \_\_\_13\_\_\_ Very much

Comments: **Always valuable for VISTA training.**

-\*\*\*\*\*!!

-Doesn't match my lifestyle/goals

-Always great info. From Lexa! She still haunts all of our shopping trips (Vol.1)

-Great information, and can be shared with others. Lexa great job!

-Useful info about eating healthy and cheap

### **Bonding with Books/Childhood Literacy**

**Misty Mowery Stallard, Promise VISTA**

**Were you pleased?**

\_\_\_ Not at all \_\_\_1\_\_\_ A little \_1\_\_\_ Somewhat \_\_\_3\_\_\_ Quite a bit \_\_\_11\_\_\_ Very much

Comments: **Great idea to share this program.**

-Go Misty!

-Misty great job.

-I was so nervous

### **WV Read Aloud**

**Mary Kay Bond, Read Aloud Program Director**

**Were you pleased?**

\_\_\_ Not at all \_\_\_ A little \_1\_\_\_ Somewhat \_\_\_2\_\_\_ Quite a bit \_\_\_14\_\_\_ Very much

Comments: **Amazing resource.**

-So dynamic! Great Surprise

-She is wonderful speaker. Learned a lot!



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-She is full of great information

**Know Your State (of Being) - WV culture, regions, and peoples**  
**Denis Scott, WVU Extension Agent**

**Were you pleased?**

\_\_\_Not at all \_\_\_1\_\_\_A little \_\_\_Somewhat \_\_\_2\_\_\_Quite a bit \_\_\_13\_\_\_Very much

Comments: This was a great idea very valuable for training.

-Very cool about Irish Decent

-I knew most of this info, not sure how it's relevant though

-Nice to learn different things about training areas

**Hike with Cacapon State Park with Naturalist Renee Fincham**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_Quite a bit \_\_\_4\_\_\_Very much

Comments: N/A

-We didn't go because of weather.

-Rain...bummer!

-N/A- went for awesome hike w/ Brittany instead

-N/A- stormed!

-Rained out : (

-Didn't get to go : ( stupid rain

-N/A

**Dinner**

**Guest Speakers- Morgan Co. Sheriff Vince Shambaugh, Melanie Shambaugh,  
Prosecutor's Office & Mary Jo Brown, Senator Manchin Regional Representative.**

**Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_1\_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_10\_\_\_Very much

Comments: Great to learn more about the community.

-He was a trip. Wonderful couple, enjoyed dinner conversation with them.

-Tacos! Cilantro would be nice

-They didn't speak formally but nice to have present at dinner. Nice Couple!

-Had a blast with everyone

-Food was awesome; Sheriff did not make a difference

**Outdoor Fire/S'mores**

**Were you pleased?**

\_\_\_1\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_1\_\_\_Quite a bit \_\_\_6\_\_\_Very much

Comments: Enjoyed bonding & networking with the VISTAS.

-It was fun without it!

-Had a microwave s'more, It was perfect.

-We had so much fun even without the fire!!!

-N/A-Did this happen?

-Done inside!





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-Didn't participate  
-N/A

### Thursday, April 25, 2013

#### **Breakfast-**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_3\_\_\_Quite a bit \_\_\_12\_\_\_Very much

Comments: Love sausage!

-Thank you for the pork sausage! I can make vegetarian sausage patties: quick oats, veggie bouillon, fresh garlic, soy sauce, black pepper, oil.

-Wasn't here

#### **Pack and Load Up**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_2\_\_\_Somewhat \_\_\_2\_\_\_Quite a bit \_\_\_10\_\_\_Very much

Comments: Not too early, timing was good.

-Hate packing to leave.

-Confusion on out -of -cabin times and what to do with keys.

-Wasn't here

#### **Travel to Morgan County Board of Education**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_10\_\_\_Very much

Comments:

#### **Impact of Backpack Program "Bag Child Hunger" on children in Morgan Co. School System**

**David Banks, Morgan Co. Superintendent**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_1\_\_\_Somewhat \_\_\_4\_\_\_Quite a bit \_\_\_10\_\_\_Very much

Comments: Could be more structured.

-Mr. Banks seems on board with many programs-that's wonderful.

#### **Community Service: Morgan County Backpacks**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_Somewhat \_\_\_2\_\_\_Quite a bit \_\_\_11\_\_\_Very much

Comments: Left @ 11

-Nice to help fill need!

-Loved having everyone involved in the bagging process

#### **Return to Cabin**

##### **Were you pleased?**

\_\_\_Not at all \_\_\_A little \_\_\_1\_\_\_Somewhat \_\_\_3\_\_\_Quite a bit \_\_\_8\_\_\_Very much

Comments: Left @ 11

-Couldn't see the castle!



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### **Comments/suggestions:**

1. Future Training Topics, please share you idea for future training topics

- Media/Web Design
- VISTA questions & answers have members submit their questions in advance. Presentations by fellow VISTAS, 5 Promise history (for new VISTAS)
- More on grant writing!
- Name tags, especially with all the new people.
- Curriculum writing.
- Community gardens/ urban agriculture/ farm-to-school
- Breaking generational poverty
- Ways to start projects, more outdoor programs

2. Future Training Activities please share any future training activities you would be interested in doing with your fellow VISTAS

- Enjoy laid back meals, tour of the town we are staying in.
- More resource sharing. : )
- More technology help for us dinosaurs.
- Tour/ walk time through town!
- Ruby Payne

3. Food, please give your opinion/ideas on the food

- Loved all the healthy options and leftover options.
- Food was fantastic! Loved the veggies!
- Hummus, salad, veggie, great! mmm... More bottled water please.
- Great variety as always.
- Potatoes?
- See comments for individual meals
- Yeah! Yum!
- Awesome, good veggie options

4. Overall Training Experience, please give your opinion/ideas on your overall training experience

- This training has been my favorite, the schedule, was well thought out and all the workshop were well thought out & relevant. Enjoyed having all the workshops in the cabin on the second day, it was nice not to have to travel. The lodging was great, I always enjoy staying in cabins because it is nice for bonding.
- Loved it!-Everyone was extremely informative and helpful!
- Awesome as always! Much needed stress relief!
- Food was great
- good!
- encourage more folks to bring instruments and/or dance tracks
- I enjoyed it!!
- Great some VISTA's were unprofessional





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**Other Comments:**

-I wasn't looking forward to coming at all, but everyone was FANASTIC! I loved getting to know Pam & Dana better and have met some wonderful People i.e. Lexa, Ann, Tammy, & Misty! Everyone had so much information and it was like we were family, there was so much Love! The classes were informative and VERY helpful! The cabins were beautiful and I can't wait to see everyone again! P.S. Pam Rocks!! :)

-I love the bonding and sharing of ideas at the trainings. It is so unique and recharges drained batteries and spirit.

-Enjoyed it all. Keep up the good work.

-More site participation Wish we had time to tour town. Would have been an extra day lol!

**Departure- Safe travels.....**

