

Cacapon State Park
818 Cacapon Lodge Dr, Berkeley Springs, WV 25411
VISTA Fall Training November 7, 8, 9, 2017

Pam Dugan cell: 304-661-1460, Harlee Marsh cell: 304-616-2645

Directions:

From the West – I-68 East to Berkeley Springs, Take exit 82A-82B to merge onto US-522 S toward Hancock/Winchester- (15.3 mi) turn right onto Cacapon Lodge Dr/Park Rd 801

From the East - Take WV-9 West to Berkeley Springs, Turn left onto US-522 S/S Washington St. Continue to follow US-522 S – (9.2 mi) turn right onto Cacapon Lodge Dr/Park Rd 801

Dress Code: Casual. Please dress for the weather, layering is best! On the first day – November 7th we will be visiting two Promise VISTA Sites & Berkeley Springs State Park to wade in the 74.3 degrees Natural Spring Water, so wear easy on/off comfy shoes or boots, and bring a towel to dry your legs and feet.

Bring: A laptop & your flash drive for Serving Your Best Service Workshop, Towel for wading in Natural Springs, and a Journal/Notebook, Yoga Mat or Blanket for Relaxation Yoga & Reflection Workshop.

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| Tuesday | November 7, 2017 |
| 12:00 – 1:30 p.m. | Lunch, Cabin 23 |
| 1:30 – 2:00 p.m. | Welcome, Review Agenda, Cabin Assignment, Arrange Site visit Car-Pooling |
| 2:00 – 2:15 p.m. | Travel to Sites |
| 2:15 – 5:30 p.m. | Site visits; Morgan County After 3, BlackCat Music Cooperation & Berkeley Springs State Park; Wade in Natural Spring Water 74.3 degrees |
| 5:30 – 5:45 p.m. | Travel back to Cabin 23; Check into your Cabins |
| 6:00 - | Dinner, Cabin 23 & Networking |
| Wednesday | November 8, 2017 |
| 7:30 – 9:00 a.m. | Breakfast, Cabin 23 |
| 9:00 – 10:00 a.m. | Story Slam; Icebreakers, Teambuilding, Networking, VISTA Gear, Group Pic |
| 10:00 – 11:00 a.m. | VISTA Leader Harlee Marsh- SMART Goals |
| 11:00 – 12 noon p.m. | Dana Bryant- Your Elevator Speech |
| 12 noon – 1:00 p.m. | Lunch, Cabin 23 |
| 1:00 – 2:00 p.m. | VISTA Megumi Swann- Behind Closed Doors |
| 2:00 – 3:00 p.m. | Dana Bryant- Relaxation Yoga, Reflection Activity-bring Journal/Notebook & Yoga Mat or blanket. |
| 3:00 p.m. – 4:00 p.m. | VISTAs Terry White & Jean Srodes- VISTA Service, Fundraising, Grant Writing |
| 4:00 p.m. – 5:30 p.m. | VISTA Leader Harlee Marsh & Pam Dugan- Serving Your BEST Service |
| 6:00 - | Dinner, Cabin 23 & Networking |
| Thursday | November 9, 2017 |
| 7:30 a.m. – 9:00 a.m. | Breakfast, Cabin 23 |
| 9:00 a.m. – 10:00 a.m. | Scavenger Hunt; Volunteer Utilization, Mobilization, Recruitment |
| 10:00 a.m. – 11:00 a.m. | Break, Check out of your Cabins, return to Cabin 23 |
| 11:00 a.m. – 12 noon | Evaluations, Group Picture, Spring Training News |
| 12 noon – 1:00 p.m. | Lunch, Cabin 23 |
| 1:00 p.m. | Depart |













Evaluations:

"SERVICE, FUNDRAISING, GRANT WRITING" EVALUATION

11/9/17

loved hearing from successful members & their strategies! Sometimes it feels like people guard their "trade secrets" esp. when it comes to \$ so, nice to see people wanting to spread the wealth.

Very informative!

You guys are amazing & learned new options

Information, love & love & honesty

Thank you for sharing your stories of what works & what doesn't. A wealth of information!

Jean & Terry were awesome. Nice chance to have personal view instead of the formal statistics.

Love Jean & Terry's motivation to support their communities - so inspiring!

RELAXATION YOGA EVALUATION

11/9/17

Nature is great. Taking time to be out in nature is amazing.

It was great to have time to relax & reflect!

Really enjoyed the reminder to take time to be mindful. At the start of my service I took time to journal every day & this activity inspired me to start that back up again. Prompts were really helpful! Thank you!

I definitely relax & quiet time.

This was unexpected, but so important! Love it.

Great to relax & take time to appreciate the charity & the work we are doing!

It was nice to relax & take me time!

Good to relax & take time by yourself each time.

MEAL EVALUATION 11/3/17 - 11/9/17

BREAKFAST

Love Bacon! Good Coffee.

Great! Lots of options!

^ remind to that. Prob. don't need so many options esp. since people come & go. I would've been fine w/ just continental. Most!!

more apple juice, w/ amazing overall

knock honey & ketchup

Thank God for the bacon & coffee. ☺ 2nd #1!

LUNCH

Day 1 = phenomenal soup & awesome tacos!

great options, soup was A++

Yummy! #1 Soup!

Thanks for the veggie-friendly option of soup!

Loved it!

All good! Thanks, Pam!

excellent better than a restaurant Super idea!

DINNER

loved tacos! better order of assembly line! would've helped serving line!

Awe some! Tacos were so good!

Great variety!

A (wonderful) wonderful

Very enjoyable all around.

Yummy!

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"BEHIND CLOSED DOORS" EVAL. 11/8/17

Beyond belief: courageous. You are a survivor Megumi: a champion for those on their way.

Amazing Courage!
You're amazingly brave & strong!

Amazing detail!
Talk course...
Humble & fun.

Incredibly humbly your resiliency of spirit: Your story may have reached someone who may have needed it. You are inspiring!

It was difficult for me to listen to and take in. I haven't been in a similar situation, but I knew what going to an advantage of in a worse feels like. You never know what goes on behind closed doors, so I truly believe it's so important to treat anyone you meet with care and respect. You are so strong, Megumi!

Very Powerful!
Megumi, you are awesome, I'm glad for your existence. Thank you for sharing.

Very strong - stay strong. You have shown us what it takes to persevere / expand / overcome.

You are amazing, Megumi!
You go, girl!!

Really love to do with inspiring. Went through something similar so I'm glad to hear.

"YOUR ELEVATOR SPEECH" EVAL. 11/8/17

Very informative & helpful. providing an example or demonstrating one would have been helpful, too.

I've done this training a few times. It's always helpful!

Examples - super helpful. Thank you for pointer about avoiding "industry" jargon & acronyms... that only alienates people.

Very simple yet often overlooked.

Was a fun way to prepare for a quick speech on what we do.

I did one of these at PISA but now that I've actually done some work service, it's easier to take myself and my organization up.

Very effective to practice.

Wonderfully informative - thanks for the practice.

Great!

Thank you! Love the activity.

Great way to meet people.

Good to memorize so it flows.

Good practice - glad to be in position.

S.M.A.R.T. GOALS EVALUATION 11/8/17

We did this CPSD but still helpful to re-evaluate mid-year w/ new goals needing to be set.

I used SMART goals when I wrote for a grant last month. Always useful to have a refresher though!

Always nice to think about new ways to achieve your goals.

Ain't nobody to think about your site yet. Thanks?

Smart thinking

Very helpful!
Very useful for my work. Great plan!

Cool

Well presented & helpful!

Good way to remember + think about how to keep goals on track.

helpful. should be included in orientation

One can always hone these. Thanks.

11/8/17 ICEBREAKER EVALUATION

A fun icebreaker. Great sharing. Will walk down.

Lead it to took us out of our comfort zone.

Love getting to know everyone :)

Usually not a fan of icebreakers but this was fun!

Great to meet everyone & finding out what everyone is doing as a VISTA

(Leading these!) Love these! Also at PSP theory. Great for networking & relationship building.

It was so cool to hear about everyone's project & back story.

Great!

Story Stone was great - love how open ended + was so we could share as much as little as we liked. Physical names are great - would be helpful!

Good thing more variety of options would be good.

Always a great thing!

SITE VISIT EVALUATION

11/7/17

loved seeing local sites & having time to explore town. perfect amount of time at each site.

Wish to see other sites

Wished we could have been in the spring! windy

Enjoying.

It would be nice to see what other VISTAs are doing at their sites.

I loved having other VISTAs come and see my site!

So fun to see what the No. County VISTAs are up to!

As Summer Rocks!

Wish you VISTAs would visit! 😊

Loved visiting in town and the Black Cat Cooperative w/ their ideas!

Black cat was AMAZING!

It was so cool to see two different sites & learn how they have gotten a grant!

→ super informative, engaging, sites look like great things are going on!

"SERVING YOUR BEST SERVICE" EVAL.

11/8/17

Great info — All VISTAs need this as soon as they start. Really clarifies the dos & don'ts of reports.

Thank you!

Enjoyed this. Helpful!

Very helpful. Keep it up!

So helpful

Thank you! I feel like I know what to do now.

Learned so much was great to all be on the same page

Great info!

Awe some!

CABIN 13

- Lychee (D)
- Jean
- Terry

CABIN 14

- Christina C.
- Shaylyn
- Angelina

CABIN 15

- Chris N. (D)
- Erin

CABIN 17

- Megumi (D)
- Tori
- Amber

CABIN 22

- Roberto
- Alex
- William
- Jeremy