



WEST VIRGINIA'S PROMISE
THE ALLIANCE FOR YOUTH

Pamela Dugan, State Director

147 Possum Trot Lane Kearneysville, WV 25430
Phone (304)661-1460 Email: pdugan@frontiernet.net
www.fivepromises.wv.gov

WV Promise Alliance for Youth VISTA Spring Training
Jefferson Medical Center and Harper's Ferry KOA
April 28th – 30th 2015

Thanks to Promise Advisory Team member Arlene for donating space to provide conference room for training and meals from the WVU Jefferson Medical Center.

Tuesday April 28th, 2015

Arrive at 12 noon Jefferson Medical Center
300 South Preston Street
Ranson, WV

12:00 Arrive, Lunch

- 1:00 Digest and Color Name Tags and Project Pictures, *Kate*
- 1:30 Welcome, *Pam Dugan WV Promise Project Director*
- 2:00 – 4:00 Sessions Below
 - Project Reflections, *Kate*
 - Teambuilding activities, *Kate*
- 4:00 Pack up and head to KOA
- 4:30 Check in Cabins, Dinner Prep and Free Time
- 5:30 Dinner (Cabin 1)
- 6:30 Free Time
- 7:30 Activities and Tie Die
- 9:30 Free Time, camp fire, VISTA videos

Wednesday April 29th, 2015

- 8:30 Breakfast at HF KOA (Cabin 1)
- 9:30 Depart from KOA drive to JMC
- 10:00 – 12:00 Sessions Below
 - What are Governor Representatives, *Joy Lewis*
 - PSA Development and Marketing Tips, *Theresa McCabe*

12:00 Lunch

- 1:00 – 4:00 Sessions Below
 - Texting & Driving, *Pam*
 - Grant Writing, *Jennie Totten*
 - Teambuilding activity "Passing the Baton", *Kate*
 - Life after VISTA, *Kate*
- 4:00 Pack up and head back to camp
- 4:30 Arrive at Cabins, Dinner Prep and Free Time
- 5:30 Dinner (Cabin 1)
- 6:30 Free Time, camp fire

Thursday, April 30th, 2015 (Out of Cabins by 11:00!!!)

- 8:30 Breakfast



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9:30 Wrap Up, Evaluations, Grab & Go Leftovers, Safe Travels Home!
See you at Fall Training! October 12th – 16th, 2015, Charleston, WV

Training Description:

We will hold our training sessions as the Jefferson Medical Center in Ranson, WV. Even if it may be nice outside, please bring an extra jacket or sweater for the room that we are in may be very cold.

Dress Code: Casual. Please dress for the unpredictable weather.

What to Bring: Please bring Sheets, blanket, pillow, towels, washcloth, and other personal items. Bring your laptop & flash drives (if you don't have a laptop we will share), copy of your resume

Directions:

Charleston, WV to Jefferson Medical Center, Ranson, WV:

300 S Preston St, Ranson, WV 25438
(304) 728-1600

Head northeast on Dickinson St toward Lee St E 2.

Turn left at the 2nd cross street onto Washington St E 3.

Turn right at the 1st cross street onto Capitol St 4.

Turn left onto Smith St 5.

Turn left to merge onto I-64 W/I-77 N toward I-79/Parkersburg/Huntington

Take I-79 N and I-68 E to WV-45 E in Norborne.

Take exit 12 from I-81 S 6. Merge onto I-64 W/I-77 N 7.

Take the Interstate 77 N/Interstate 79 N exit toward Parkersburg 8. Continue onto I-77 N 9. Keep right at the fork to continue on I-79 N, follow signs for Clarksburg 10.

Take exit 148 for I-68 E toward Cumberland 11. Continue onto I-68 E Entering Maryland 12. Take exit 82A-82B to merge onto I-70 E/US-40 E toward Hagerstown Continue to follow I-70 E 13.

Take exit 26 for I-81 S/I-81 N toward Roanoke/Harrisburg 14.

Keep right at the fork, follow signs for I-81 S/Roanoke and merge onto I-81 S Entering West Virginia

Take exit 12 for W Virginia 45 toward W Virginia 9/Winchester Ave/Charles Town

Take WV-9 E to S Preston St in Ranson 16.

Turn left onto WV-45 E 17. Continue onto WV-9 E 18.

Turn right onto 5th Ave 19.

At the traffic circle, take the 1st exit onto E 5th Ave 20.

Slight right to stay on E 5th Ave 21. Turn left onto S Preston St

Jefferson Medical Center to the Harper's Ferry KOA:

343 Campground Rd, Harpers Ferry, WV 25425
(304) 535-6895

(13 Minutes)

Jefferson Medical Center Take E 5th Ave and Flowing Springs Rd to US-340 Business N/E Washington St **1**. Head northwest on S Preston St toward E 5th Ave **2**. Turn right onto E 5th Ave **3**. Slight left to



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stay on E 5th Ave **4**. At the traffic circle, take the 1st exit onto 5th Ave/Flowing Springs Rd Continue to follow Flowing Springs Rd **5**. Turn left onto WV-51 Take US-340 N to Shoreline Dr in Harpers Ferry **6**. Continue onto US-340 Business N/E Washington St Continue to follow E Washington St **7**. Continue onto US-340 N Drive to Campground Rd **8**. Turn right onto Shoreline Dr. **9**. Turn right at the 1st cross street onto Campground Rd **10**. Follow the road till it dead ends into the KOA parking lot. **11**. Stay left as you drive through the parking lot and our cabins will be on the left.

WV Promise Alliance for Youth VISTA Spring Training Evaluation
at the Jefferson Medical Center and Harper's Ferry KOA
April 28th – 30th 2015

Tuesday April 28th, 2015

Arrive at 12 noon Jefferson Medical Center
300 South Preston Street
Ranson, WV

12:00 Arrive, Lunch

1:00 Digest and Color Name Tags and Project Pictures, Kate

Were you pleased?

___ Not at all ___ A little 1 Somewhat 5 Quite a bit 9 Very much

Comments:

-I Love coloring!!!

-I learned a new way to make table tents!

-Great way to get to know about each other. Lunch was great!

1:30 Welcome, Pam Dugan WV Promise Project Director

Were you pleased?

___ Not at all ___ A little 2 Somewhat 4 Quite a bit 9 Very much

Comments:

2:00 – 4:00 Sessions Below

- **Project Reflections, Kate**
- **Teambuilding activities, Kate**

Were you pleased?

___ Not at all ___ A little 2 Somewhat 4 Quite a bit 9 Very much

Comments:

-The name, move and word team builder was very long. Felt like many lost interest quickly because so long.

-Good activities. Can we make a Rube Goldberg Experiment next time?

-It was a great way to break the ice and get to know the other VISTA's.

-Not enough time.

-I was too tired for this complicated picture thing when we got it.

-People all seemed to enjoy the activities. Good way to get the "ice broken".



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-Kate did a great job!

4:00 Pack up and head to KOA

4:30 Check in Cabins, Dinner Prep and Free Time

Were you pleased?

___ Not at all ___ A little ___ Somewhat ___ 1 ___ Quite a bit ___ 13 ___ Very much

Comments:

-Volleyball, merry-go-round, AND Put-Put!!!

-What nice accommodations. Not the most comfortable sleeping arrangements, but slept well.

-Enjoyed the laid back atmosphere and freedom to do whatever.

-Cabins were nice. Kudos to Kate, Chelsey, Jennie and Pam for unloading all the food and supplies.

5:30 Dinner (Cabin 1)

Were you pleased?

___ Not at all ___ A little ___ Somewhat ___ 3 ___ Quite a bit ___ 11 ___ Very much

Comments:

-The guacamole was so tasty! Feed me more tacos!!!

-SO many options!

-It was amazing food.

-Awesome food! Great Company!

-Tacos, great choice, something for everyone.

6:30 Free Time

Were you pleased?

___ Not at all ___ A little ___ Somewhat ___ 4 ___ Quite a bit ___ 10 ___ Very much

Comments:

-I got the dizziest on the merry-go-round.

-I learned cool card games while connecting with awesome VISTA's.

7:30 Activities and Tie Die

9:30 Free Time, camp fire, VISTA videos

Were you pleased?

___ Not at all ___ A little ___ Somewhat ___ 4 ___ Quite a bit ___ 10 ___ Very much

Comments:

-I love everything about the campfire except that it was small.

-Campfire was nice.

Wednesday April 29th, 2015

8:30 Breakfast at HF KOA (Cabin 1)

Were you pleased?

___ Not at all ___ A little ___ 1 ___ Somewhat ___ 6 ___ Quite a bit ___ 7 ___ Very much

Comments:

-Bacon!!!



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-Eggs to order is my favorite!
-Yummy! So many choices!

9:30 Depart from KOA drive to JMC

10:00 – 12:00 Sessions Below

• **What are Governor Representatives, Joy Lewis**

Were you pleased?

___ Not at all ___ A little 3 Somewhat 4 Quite a bit 8 Very much

Comments:

-Interesting I guess.
-No information for my regions representative but nice to at least have a contact and some information about that a governor's representative does.
-Short event, needed stuff to fill in time.
-Well received, good questions were asked.
-Very Informative!

• **PSA Development and Marketing Tips, Theresa McCabe**

Were you pleased?

___ Not at all ___ 1 A little 5 Somewhat 5 Quite a bit 3 Very much

Comments:

-An interactive segment would have been a nice addition had time allowed for it.
-I think this would be more beneficial if we broke into small groups and presented a hypothetical marketing campaign for an event. Learning by doing.
-Good introductions to PSA's.
-Good Information.

12:00 Lunch

Were you pleased?

___ Not at all ___ 1 A little 2 Somewhat 6 Quite a bit 5 Very much

Comments:

-Low Vegetarian Options
-Soup was nice.
-Same meal. ☺ Soup was good though. ☺
-Tasty soup!
-Food was good, loved the soup!

1:00 – 4:00 Sessions Below

• **Texting & Driving, Pam**

Were you pleased?

___ Not at all ___ A little 4 Somewhat 5 Quite a bit 5 Very much

Comments:

-Good and sad information.



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- **Grant Writing, Jenny Totten**

Were you pleased?

___ Not at all ___ A little ___ Somewhat 2 Quite a bit 13 Very much

Comments:

-She was Awesome!!! Very helpful presentation and not at all boring.

-Great information! Great packet of information as well for everyone! Thank you for making enough for everyone!

-Informative!

-This needs to be included in PSO or at least much sooner in a service year. SO helpful!!!

-Really helpful!!!!

-Very well done! Lots of relevant information.

-Jennie was so knowledgeable and very relatable. Definitely have her give presentations again!

-Jennie Rocks!

- **Teambuilding activity "Passing the Baton", Kate**

- **Life after VISTA, Kate**

Were you pleased?

___ Not at all ___ A little ___ Somewhat 8 Quite a bit 7 Very much

Comments:

-Enjoyable presentation and activities.

-Learn it, love it, volunteer was useful.

-She made great points that will help everyone.

-Kate Rocks! Great Job!

4:00 Pack up and head back to camp

4:30 Arrive at Cabins, Dinner Prep and Free Time

Were you pleased?

___ Not at all ___ A little ___ Somewhat 4 Quite a bit 9 Very much

Comments:

5:30 Dinner (Cabin 1)

Were you pleased?

___ Not at all ___ A little 2 Somewhat 3 Quite a bit 8 Very much

Comments:

-Yummy pasta!

-Pasta and Salad were wonderful!

6:30 Free Time, camp fire

-Tie-dye fun! Evening outing= fun times!



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8:30 Breakfast

Were you pleased?

___ Not at all ___ A little 1 Somewhat 4 Quite a bit 8 Very much

Comments:

-More Bacon Please!

-Good food!

9:30 Wrap Up, Evaluations, Grab & Go Leftovers, Safe Travels Home!

See you at Fall Training! October 12th – 16th, 2015, Charleston, WV

-Thanks for everything! You guys are Amazing!!

-I am interested in promotional trainings for better promoting events. I am also interested in web presence: website development and social media administration.

-Thanks for all the bread, the good times and the crazy shindigs!

-All in all nicely done.



Kate Nelson and Chelsey Moore helping prepare Food for training.



Who spilled the BEANS??



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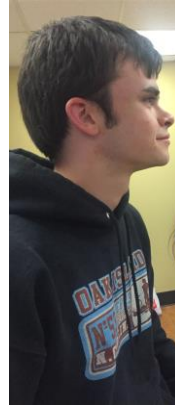
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HELLO, Emily Gilmore



Rachel Milner



Andrew Acosta

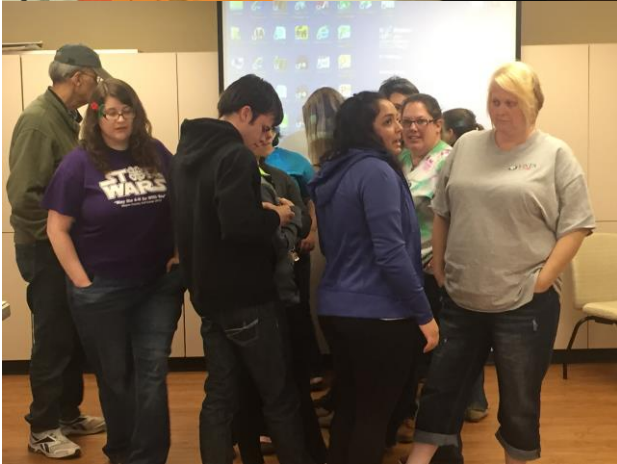




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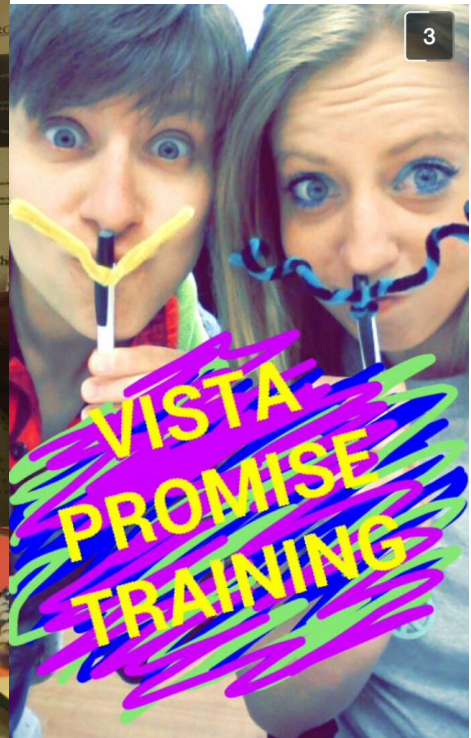
Jenny Totten from WVSU providing training to the Promise VISTAs



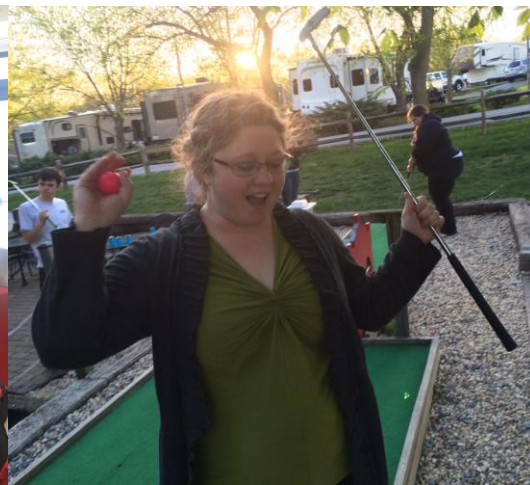
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Neha Butani VISTA placed at Parkersburg Boys & Girls Club





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