



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

Tuesday, October 29th

Time	Activity	Location	Presenter/Guests
11:00 am – noon	Arrival	Barnett Center	Jenny Totten
Noon – 1 pm	Lunch	Barnett Center	WVSU Huntington Personnel
1 – 1:30 pm	Introduction of WVSU Projects / City of Huntington Partnership	Barnett Center	Stephanie Connely, Joe Gorman, Jenny Totten
1:30 – 2:00 pm	Introduction of WV's Promise	Barnett Center	Pam Dugan
2:00 – 2:45 pm	Tour of SCRATCH and Barnett Center Gardens	Fairfield Neighborhood (Walking)	Jenny Totten, Stephanie Connely
2:45 – 3 pm	Break	Barnett Center	
3 – 4:30 pm	Halloween Party Set Up	Barnett Center	
4:30 – 6:00 pm	Halloween Party	Barnett Center	
6:00 – 6:30 pm	Halloween Party Clean Up	Barnett Center	
6:30 – 6:45 pm	Travel to Dinner		
6:45 - 8:30 pm	Dinner	Black Sheep Burrito	
8:30 – 9 pm	Travel to and Check in Cabin	Barn Retreat Center at Heritage Farm	
9:30 - ?	Free time	Barn Retreat Center at Heritage Farm	

Wednesday, October 30th

7:30-9:00 am	Wake Up/Get Ready/Breakfast Available	Barn Retreat Center at Heritage Farm	
9:00-9:45 am	Introduction of WVSU Programs	Barn Retreat Center at Heritage Farm	Melissa Wheeler Stewart
9:45-10 am	Break	Barn Retreat Center at Heritage Farm	
10 am – noon	Junior Master Gardener Training- Part 1	Barn Retreat Center at Heritage Farm	Melissa Wheeler Stewart
12:30 – 1:30 pm	Lunch	Barn Retreat Center at Heritage Farm	
1:30 pm – 3:30 pm	Junior Master Gardener Training – Part 2	Barn Retreat Center at Heritage Farm	Melissa Wheeler Stewart
3:30 – 3:45 pm	Break	Barn Retreat Center at Heritage Farm	
3:45 – 5:30 pm	Project WET/Project Learning Tree/Project WILD	Barn Retreat Center at Heritage Farm	Shelley Whittington/Jenny Totten/Brad Cochran



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5:30 pm – 6:00 pm	Dinner Preparation	Barn Retreat Center at Heritage Farm	
6:00-7:00 pm	Dinner	Barn Retreat Center at Heritage Farm	
7:00 -10:00 pm	Bonfire/Free Time	Barn Retreat Center at Heritage Farm	

Thursday, October 31st

7:30-9:00 am	Wake Up/Get Ready/Breakfast Available	Barn Retreat Center at Heritage Farm	
9:00 – 10 am	Social Media/Getting the Word Out	Barn Retreat Center at Heritage Farm	Dana Myslinsky
10 – 11:30 am	Curricula and Lesson Development Activity	Barn Retreat Center at Heritage Farm	Guided by Jenny Totten
11:30-noon	Lunch Preparation and Packing	Barn Retreat Center at Heritage Farm	
Noon – 1 pm	Lunch and clean up	Barn Retreat Center at Heritage Farm	
1 – 2 pm	Evaluations/Good Bye	Barn Retreat Center at Heritage Farm	Pam Dugan

- **Note for folks driving a long ways away:** If you want to come the day before and your site oks it, I can put you up in my apartment. We also have the retreat center for an extra night (Thursday night) if you want to stay and leave Friday morning instead! Just let me know.

Directions:

Barnett Center (Tuesday):

From the East: Interstate 64 West- exit 11 (Hal Greer exit), bear right off of exit onto Hal Greer Boulevard. After approximately 2.5 miles, turn left onto 10th Avenue. The Barnett Center is on the corner of Hal Greer and 10th Avenue. Park in the parking lot next to the center. Signs will be posted.

Heritage Farm and Museum (Wednesday/Thursday):

Interstate 64 West- exit 8. Bear left off of exit (it will feel a little weird, you are going to go back on the on ramp to get back on 64, but there is a road off of the on ramp- this will make sense when you see it.) Turn right onto Johnstown Rd, after 1 mile you will turn left onto Harvey Road. In approximately one half mile you will see Heritage farm to your right, pull in the main gate. This is a tourist farm, it's fun. There ARE animals around to love on!



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Description:

Heritage Farm and Museum is one of the best examples of what is known as agrotourism in the state. It is a working farm and retreat center. Accommodations in the retreat center are bunk style, with air mattresses if needed. For evening free time, please bring cards, games, musical instruments, or any special snacks or refreshments you may want.

Dress Code: Casual. Please dress for the weather, and to spend time outside. This time of year layering is best. Please bring some sort of mask or costume for the Halloween Party if you would like to participate in dressing up with the kids. The theme is "Plants vs. Zombies" so you could either be a plant (ear of corn?) or a zombie! Have fun with it!

What to Bring: Please bring twin sheets and a blanket, or a sleeping bag, your pillow, and any other home comforts you would need. The only special request is for the Halloween party. Sturdy shoes or hiking sandals are a definite necessity- please no flip flops on Tuesday with the children's party. **If your site has anything cute (pencils, stickers?) to put in treat bags, feel free to bring!**

Theme: Part of this training is to showcase what we do best at WVSU Extension which is to train others to be leaders in outdoor based hands-on education, particularly in a community development setting. Melissa Stewart, our extension specialist, wants all VISTAs in the state to walk away with the tools they need to empower their sites to get kids outside. We cover education pieces and curricula from babies all the way to the elderly, but for this training we will be concentrating mostly on youth programs. Please come with an open mind and prepared to do a LOT of hands on and messy activities. It will be a blast!



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WVSU VISTA Training-Evaluations Combined
VISTA Training Tuesday, October 29, 2013

Parking/Arrival/Check-In-

Were you pleased?

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

Comments:

Very easy to find! Great Instructions. Location was wonderful.

Lunch-

Were you pleased?

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

Comments:

Loved the variety; salad, soup, sandwich. I absolutely loved the food. It was healthy and delicious. Grilled cheese and soup.

Welcome, WV's Promise & VISTA Updates, Projects

Pam Dugan, State Director WV Promise VISTAs

Were you pleased?

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

Comments:

Very Informative!

Introduction to WVSU Huntington Projects

Jenny Totten/Joe Gorman/Stephanie Connely

Were you pleased?

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

Comments:

Enjoyed learning more about the community and having special guest to speak.

Community Service: Halloween Party for SCRATCH kids

Were you pleased?

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

Comments:

Fun service project! Lots of roles for different people. Loved working with the children and getting a glimpse of what Jenny's programs are about.

Dinner- Black Sheep Burritos

Were you pleased?

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

Comments:

So good! Awesome food and atmosphere! Yum! Thank You! Food was very good-great choice.



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Travel to Heritage Farm/Check In

Were you pleased?

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

Comments:

Great location ☺ Fun, leading the caravan.

Wednesday, October 30, 2013

Breakfast-

Were you pleased?

Not at all 1 A little Somewhat 3 Quite a bit 4 Very much

Comments:

Felt meals were very easy going. Cliff bars were awesome. Would like a more coordinated breakfast/more hot options. I was too asleep to cook anything!

Introduction of WVSU Programs- how a regional extension can help you!

Melissa Wheeler Stewart

Were you pleased?

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

Comments:

Loved it, excellent resource!!! Amazing! Wonderful presentation!

JMG Training

Melissa Wheeler Stewart

Were you pleased?

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

Comments:

Awesome! Loved this opportunity!

Lunch

Were you pleased?

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

Comments:

Mushroom soup, yum! Soup was good! Wish there were more grains, hummus/avocados.

Project WET/Project Learning Tree/Project Wild

Were you pleased?

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

Comments:

Dinner

Were you pleased?

Not at all A little Somewhat Quite a bit Very much

Comments:

Thank you for the mushrooms!



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Bonfire

Were you pleased?

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

Comments:

Still enjoyed the evening even though we didn't do this. Getting to spend time with everyone is great. I miss you guys.

Thursday, October 31, 2013

Breakfast-

Were you pleased?

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

Comments:

Bacon!!- Yummy! Slept through it, thanks to Chad's alarm! Bacon!!! Thank you Jenny for the bacon!

Social Media/Getting the Word Out

Dana Myslinsky, WV's Promise VISTA Leader

Were you pleased?

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

Comments:

Great Job! Funny & helpful. Very useful information.

Curricula and Development Activity

Were you pleased?

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

Comments:

Lunch

Were you pleased?

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

Comments:

Leftovers- would have liked more vegetarian. It was awesome.

Evaluations

Were you pleased?

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

Comments:

Evaluations

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

VISTA Structure/The how, who of asking questions about your service. Was Great Karalisa showing up today. Career coaching is always a +. Betty King-from WVSO. Education Specialist for the WV Symphony orchestra. Something on the 5 Promises.

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

Outdoor things! Hiking. Creative 5 Promise activities, hands on activities.



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

Mushrooms were great; Hummus & avocados are great for vegetarian too. Any food is awesome! Amazing Thank you! Loved the food this trip!! Very easy and loved it all.

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

This training was wonderful. I loved the location and the peaceful environment. Awesome! This was an excellent training, it was very well organized and all the information was pertinent. Enjoyed hands on activities. Put group picture on agenda. Jenny did a wonderful job. VISTA's need to stay the entire training time and not leave early!

Other Comments:



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