



Move Your Feet Before Foundation Board Meeting
May, 9, 2022 -5:30 pm
Minutes
2987 Highland Dr. Carlsbad

- Introductions: Attendance Kathy, Richard, Jennifer, Adrianne, Ruben, Ryo, Carl, Gary, Trish . Absent David Brahm
- Approve 2021 Minutes: Richard Moved to approve the minutes, Trish did a second.
- 2021 Financial Report: Richard gave Financial report submitted the Foundation taxes to the IRS.
- 2022- YTD Financial Report
 - We received \$35,000 in stimulus from Jim Desmond's office in 2021 and now have
 - \$32,000 in the account.
- Vote on New Member Nominee Ryo Masukawa –
 - Short bio. Resident of Oceanside, Member of Trot Running club, trainer for the Back on My Feet Long Beach Chapter. Donor to Move Your Feet Before You Eat Fdn. Richard made a motion to elect Ryo to the Board, Ruben gave the second and the vote was unanimous.
- Board Nominations:
 - Nominate New Officers for Board. Do we have any Board Members interested in serving as President?
 - Trish would like to give a member the opportunity. Trish officially resigned from the position of president and the board after extending her commitment much further than her initial 2 years.
 - No one offered to be president as of May 9, 2022
- Proposed new budget for items for 2022 – 2023 totally \$10,000
- Public Relations contract – \$2,500
 - Proposed stories on successful programs and leadership at least 3
 - Story on Board Member, Kathy Kinane being recognized as San Diego County Fair Hero, June 6th
 - Story on Brooks Street Overpass improvements (Safe streets program managed by VCC)
 - Story on Jennifer Topzand our last year's Hall of Fame awardee, with photo and video.



- A budget of \$2,000 for community outreach support for new programs and to manage in- school motivational speakers. They funds would be distributed as a Stipend to 4 or more people.
- \$1,500 budget to continue updating the MYFBYE Fdn website year around .
- \$4,000 Budget for a national Ad Campaign during Oct and November on American
 - Airlines. This ad will focus on the mission of the Foundation and our annual fundraising event the O'side Turkey Trot.
- \$10 - \$15,000 towards support of the O'side Turkey Trot depending on the amount of funds
 - we receive as part of a Wellness and Economic Stimulus Grant that will be applied for in 2022. To support our annual fundraiser
- Richard Moved to vote to approve a \$30,500 budget the aforementioned items. Adrienne gave a second and the new budget items were unanimously approved.
- 4. Update on 2021- 2022 Miles of Smiles Program
 - Two active programs –
 - Casita with over 320 participants
 - There will be an end of the year celebration at Casita on May18th 7:50 – 8:10 am. Would love to have a representative take photos and wear a Move Your Feet Before You Eat Fdn shirt. Casita has requested Run Across CA medals.
- Action Item: Jennifer agreed to act as a liaison to Casita at the End of the year celebration on behalf of the Foundation.
 - MacAuliffe has 161 participants:
 - We don't know when their awards ceremony is but we have given them 70 Miles of
 - Smiles laces, 20 Run Across CA car magnets and 20 medals
- Report:
 - OUSD Wellness Committee update – Ongoing quarterly effort.
 - New Director -Mandy Bell: Wellness committee is working hard on the triannual assessment.
 - They are working hard to be in compliance with state mandated guidelines.
 - In the OUSD updated wellness policy, passed by the board in they were required to have a Wellness coordinator at each site filled as an adjunct duty
- Safe Streets update:
 - Kathy has been attending monthly meetings regarding updating Brooks Street overpass.



- Improvement plan was approved May 5th and construction begins in June. Huge applause for VCC – Carmela, Erica and City of Oceanside’s Howard Le Grange for pushing for sidewalks, cross walks, stop and yield signs
- California Obesity Initiative Update:
 - I acted as a liaison to the new Wellness Director at OUSD. Assisted with introduction to COI leadership and **[fabulous resources](#)**. **Please take a look.**
 - I also steered Julie towards a large grant for the schools with a possibility of \$200,000.
 - Here is a link to the [COI report 2019](#):
- Update on CA4LESSSODA EFFORT
 - Attended monthly meetings and helped promote a [EL Susto](#) Spanish and English version of a documentary about Mexico and their very effective effort to slow there number 1 cause of death. Diabetes. Please share this link with community, friends and family, it is very impactful.
 - I will attempt to get it approved to show in the schools. You can download on Amazon Prime for I think \$4 or \$5 for a viewing party.
- MYFBYE HALL OF FAME RECIPIENTS:
- 2019 – Gerry Martin Former Board President and Original Board Member
- 2020 – Jennifer Topzand – Supporter since 2007 and Board Member since.
- Nominees for 2021 and Vote
- Action: Richard Nominated Co-founder Kathy Kinane as the 2021 Hall of Fame Recipient. Carl made a 2nd and the vote was unanimous.
- Report:
- Update on our spokesperson Anne Garrett. Anne Garret turned 88 in Feb and had a total knee replacement. She is looking forward to walking with you daughter a team in the 2023 trot .
- Richard nominated Anne Garrett as out 2022 Hall of Fame Recipient. Ruben made a second and the vote was unanimous.
- Report: Trish announced that the \$1,000 Walmart Grant from the Marron Walmart was approved and she requested Kathy follow up with photos and social media promotion.



- Action Items:
- Areas where we need increase our Community engagement:
- Reach out to Superintendent Julie Vitali to investigate the best manner to work with the schools. Invite Superintendent Vitali to attend the trot, start a wave and be a good role model to the students, staff and families.
 - Action: Adrienne Hakes committed to reach out to Julie and act as our liaison
- We need assistance in Setting up Motivational Speakers year around that focus on Activity and good choices. Challenged Athletes Foundation and Anne Garrett have been fabulous
- Grants –
 - Kathy will file a request for a \$15 - \$20,000 grant to cover a portion of trot t-shirts again and have it covered by County Grant.
- [Promotions of El Susto](#)
- Assist with recruitment of Board Members, Grantors etc.
- Report
- Fire and police explorer liaison. They were terrific at the trot. Linda is our contact.
- I believe they recently received funding from for increased non officer- public involvement. Hopefully, they will get a big team together for the trot and start training at some of the schools to increase their non- enforcement visibility in the community.
- Any changes or additions ?
- Meeting was adjourned 7:00 pm