



Move Your Feet Before Foundation Board
Meeting Minutes
May 14, 2025 -5:30 pm
2987 Highland Dr. Carlsbad

Thank you so much for your support making change!

Meeting Called to order at 5:40 pm

Thank you so much for all of your support over the years!

In attendance in person; Kathy Kinane, Gary Nessim, Ruben Sandoval, Adrienne Hakes, Ryo Masukawa

Not in attendance: Karen Menge, Julie Brown, Jennifer Topzand

Introductions-

Approve 2024 Minutes: Gary made a motion to approve and Ruben seconded.
2024 Minutes Approved

1. Financial report – See Attached
 - a. Grant update: We are in the Community Enhancement pile for next round of funding. We have a verbal commitment from MEB Foundation for \$5,000 and a verbal from Karen Menge for \$500 with Matching from Roche Gives Back!
2. Miles of Smiles Report – 5,300 students putting in their Miles of Smiles -See attached
3. Public Relations Update:
 - a. Kathy Assisted with the North Terrace Leprechaun Run with 300 students
 - b. KOCT- Interview with Kathy and Sally Cohenour-Kerl from North Terrace August 2025. <https://youtu.be/jFXhY1Uqba0>



- c. Sally recognized as Teacher of the year 2024-2025 – March 2025
MYFBYE Dream Big Video showed at Reel Women Film Festival April 5th
with Great reviews. Video was produced in 2007 with grant from MYFBYE
 - d. Dream Big is now posted on MYFBYE Facebook and you Tube in English
<https://www.facebook.com/MoveYourFeetBeforeYouEat/>
https://www.youtube.com/watch?v=teKX_kq4VWk working on uploading
Spanish version TBD.
 - e. Sally and I were able to start one of the 2024 O'side Turkey Trot Waves
and we had a very popular booth at the 2024 Booth. Folks took many
photos with Turkey Tiki
 - f. Sally was named as a teacher of the year for 2023/2024 for OUSD
 - g. Sally has been nominated by the MYFBYE Fdn as a Live Well Health
Care Champion for San Diego County
 - h. Sally will be attending the MLK Scholarship dinner at Janet Lacy's house
4. Action item:
Vote on Hall of Fame Recipient for 2025.
- a. Carl Brandt was Nominated as Hall of Fame by Gary Nessim, Second was
Ruben – Carl is confirmed as Hall of Fame for 2025.
5. Vote on Volunteer of the year for Miles of Smiles program.
- a. No Action Taken

Annual Board Action Items:

Areas where we need increase our Community Engagement/Board involvement:

- 1. Attend PTA/PFO Meetings, if the opportunity arises
- 2. Assist in Setting up Motivational Speakers year around that focus on Activity
and good choices. Challenged Athletes Foundation, Meb, etc.
- 3 Always assist need assistance with recruitment of active board Members,
ambassadors, donors, grantors, etc

6. Non- agenda items and Announcements

Adrianne – Recommended Comparing Academic test scores yearly with students
participating in the programs

Action taken: Kathy will reach out to Jordi again for meeting to discuss



Adrianne: recommended video for teachers or proper shoe fitting.
ED will investigate easy access videos for teachers and put on website and facebook page.

Adrianne: Recommended reaching out to Assistance League for shoes of underserved students.

Action item: TBD

Kathy: Recommend reaching out to Walmart or Road Runner Sports for gift certificate for running shoes

Gary recommended investigating developing a Principal Incentive program –
Action Taken:

Announcements:

MYFBYE will have a linked in page soon.

FYI - Hall of Fame will be up on the website soon.

ANNUAL MYFBYE HALL OF FAME RECIPIENTS:

2019 – Gerry and Roger Martin- Former Board President and Original Board Member

2020 – Jennifer Topzand – Supporter since 2007 and Board Member

2022 – Anne Garrett Hall of Fame Recipient – Spokesperson and community outreach

2023 – Kathy Kinane – Hall of Fame Recipient Executive Director since 2007

2024 – Richard Muscio- Co-founder of the O'side Turkey Trot and the Move your Feet Before you Eat Foundation

2025 – Carl Brandt – Owner of Movin Shoes and huge supporter of all community running events including Kinane Events. Supporter of Move Your Feet Before You Eat foundation since 2007.

Meeting adjourned 6:45pm

Meeting Zoom link sent to Karen and Julie