

WORDS of WELLNESS



HIGHLIGHT OF THE MONTH

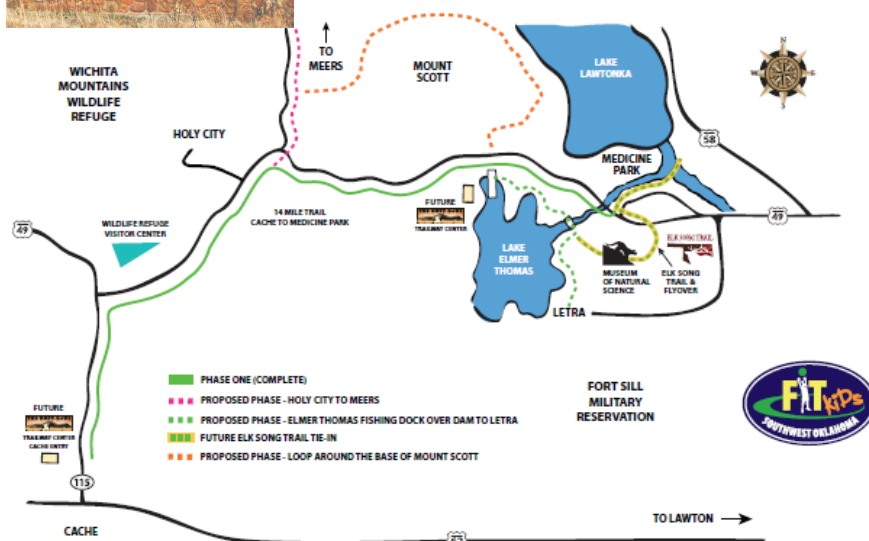
Letters of Support

Just three weeks ago I asked coalition members to write letters to the National Headquarters of the U.S. Fish and Wildlife Services in support of hiking, biking and recreation opportunities in the Wildlife Refuge as a part of the larger Fit Kids Fitness Trail Way System. What an amazing response we had. Over 30 members took the time to write personal and heart felt letters to U.S. Fish and Wildlife about why hiking and biking is so important to them and to our community and what it means to have such a great resource as the refuge right in our backyard. Thank you to all those that wrote. If you would like to write a letter there is still time. They are accepting comments on their Comprehensive Conservation Plan until September 10. You can email or mail your comments to the following:

Roxanne Turley
Natural Resource Planner
US Fish and Wildlife Service, Region 2
500 gold Ave. SW
Albuquerque, NM 87102
Phone: (505) 248-6636
Email: Roxanne_turley@fws.gov



Duty Rowe Fit Kids Fitness Trail Way System and proposed signage



MEMBER ACTIVITIES

Cameron Rec Center

Have you been to Cameron Lately? They have undergone some amazing changes to include a new and improved rec plex (aka fitness center), new Frisbee disc golf course, and volleyball court. They are also looking into providing borrowed bikes for their students and faculty as well as numerous other programs through their student wellness center. WAY TO GO CAMERON. Way to set the example.

Back to School Bash

August 11 held the fifth annual Back to School Bash. There was a great turn out and Aimee Plumb and Leslie Beavers were there representing Fit Kids. They played games with the kids, educated them on being active and eating healthy and gave away some great prizes. Thank you Ladies for doing such a great job.

Altus Community Visit

The Jackson County Community Health Action Team visited the Farmer's Market and Cameron Community Gardens Saturday August 25th. Leon Fischer with Cameron was there to tell them all about how the garden got started, how it has grown, how they manage and maintain it as well as a plethora of information about gardening and different crop types. Thank you to Leon for taking time to be our host. JCCHAT was very excited about our initiatives and will be looking to add to their own market and gardens in the future. From JCCHAT: Tara Davis, Bonnie McAskill, Barbara Burleson, and Haley Rinkenbaugh.

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COALITION MEETINGS

October 2, 2012

The next Fit Kids meeting will be held at **Comanche County Memorial Hospital at 12:00**. Lunch will be provided via the lunch line. Indicate at check out you are with Fit Kids. **Board of Directors will meet prior to the meeting at 11:30.**

Chamber Wellness Expo

This will mark the 5th year for the Chamber of Commerce Wellness Expo in January. We are meeting now to begin preparations. If you or your organization are interested on serving on the committee the next meeting will be at the Chamber of Commerce, 10:00 September 25th.

Leon Fischer, Cameron Agriculture Department Head, explaining how they developed, maintain and manage the garden



COMMUNITY EVENTS

Spirit of Survival

October 7, 2012 in Elmer Thomas Park. Multiple races happening simultaneously. To register or find out more information log onto www.spiritofsurvival.com.

Farmer's Market Fall Festival

The Farmer's Market Fall Festival is happening again this year in October, Check out their face book page for more information.

Fit Kids Farmer's Market

The farmer's market is still every Wednesday and Saturday morning from 7:30 to 11:00 am. Come early for the best selection. Comanche County Fairgrounds

NOTEWORTHY

Strategic Plan

We will know if our plan has been approved by September 17th. Next steps will be previously developed workgroups to continue meeting again to carry out established plan details. Be looking for emails from Kyle Rogers regarding this.

Volunteers Needed

Volunteers are desperately needed for the Spirit of Survival Run this October. Participant registration has already double what it was last year. They need volunteers to serve as course marshals at intersections, tent volunteers and volunteers to serve in the kids zone. If you are interested or know of groups that may be interested please go online to Spiritofsurvival.com and sign up to volunteer.

Certified Healthy Oklahoma

Don't forget, applications are being accepted for certified healthy schools, restaurants, businesses, campuses and communities. Log onto okturning-point.org for more information.

Jackson County Community Health Action Team touring the Cameron Community Gardens Saturday August 25th.

