Outdoors and Wellness Committee Meeting Minutes
April 25, 2019

Present: Don Miles (co-chair, Sierra Club), Doug Royston (Mock Turtle), Henry Hernandez (Amerihealth Caritas), Sandra Van Ardenne (HALA), Connor Burbridge (Southside Backyard Gardens Alliance), Roy Ortiz (Lynfield Community Center), Malta Ortiz (Lynfield Community Center), Kristen Wenrich (Bethlehem Health Bureau), Eddie Luque (Shooting Stars of the Lehigh Valley), Jane Persa (Bethlehem Recreation Department), Jodi Evans (Bethlehem Recreation Department), Gail Mrowinski (NCC), James Bausano (Lehigh University)

Staff: Chris Cassidy (CACLV)

Submitted by: Chris Cassidy

Don welcomed the committee and introductions were made. Don thanked Jane Persa for her service to the Committee and the community. The committee wished her well in her retirement. The committee also welcomed Jodi Evans to the committee as the representative from the Bethlehem Recreation Department.

Calisthenics "gym" for the Greenway - James Bausano, Lehigh University
James Bausano presented to the committee on his plans for a calisthenics gym on the Greenway (see attached presentation for details). The committee expressed their support and interest in this project and encouraged James to join the committee, to which he agreed. Chris noted that she can assist with grant writing. Don and Doug offered to assist with seeking funding from Lehigh University. Jodi shared that she is interested in fitness and is also willing to assist in any way she can. Sandy noted that HALA would also like to be involved.

2019-2020 Funding Recommendation
The following programs were allocated funding by the Southside Vision Steering Committee (subject to approval by the CADCB Board of Directors):

<table>
<thead>
<tr>
<th>Project/Organization</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>4-H Lynfield Community Garden Club (Penn State Extension/Lynfield)</td>
<td>$3,250</td>
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<tr>
<td>Lynfield Community Center</td>
<td>$3,000</td>
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<tr>
<td>Cops-n-kids Children's Summer Literacy Program</td>
<td>$1,250</td>
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<tr>
<td>BAILAMOS/LET'S DANCE (HALA)</td>
<td>$1,000</td>
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<tr>
<td>Shooting Stars of the Lehigh Valley</td>
<td>$3,000</td>
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<tr>
<td>South Side Children's Festival (Ice House Arts Consortium)</td>
<td>$3,332</td>
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<td>Southside Garden Alliance and Southside Tool Library (partnership with Housing)</td>
<td>$8,100</td>
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<tr>
<td>South Side Exercise Loops (Lehigh University)</td>
<td>$568</td>
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<tr>
<td>Camp Touchstone and Teen Ensemble (Touchstone Theatre)</td>
<td>$1,000</td>
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Youth and Community Festivals and Events (Outdoors and Wellness Committee) | $5,000
TOTAL | $29,500

All Outdoors and Wellness Committee recommendations were funded except for the Dental Hygiene Rooftop Garden project. Members of the Southside Vision Steering Committee will be seek other funding for this project.

The 2019-2020 proposal for Southside Vision 20/20 will be submitted to the PA Department of Community and Economic Development by June 28, 2019.

2018-2019 Neighborhood Partnership Program Update
Chris reminded everyone that subgrantees may begin submitting invoices for the 2018-2019 programs. Email Chris at ccassidy@caclv.org with questions or for assistance. The goals and budget for 2018-2019 can be found at the end of these minutes.

Emma, Sandy and Chris met and developed guidelines and a calendar for POP UP events in Google Docs. Links to this information and more details will be sent to the committee as soon as they are approved.

The committee decided to have a mini-festival in partnership with the Bethlehem Recreation Department at Yosko Park on Tuesday, July 30. The movie will be Spiderman: Into the Spidervise. Jodi noted that she might have someone who could appear as Spiderman. This project will be discussed further at the next meeting.

The committee also decided to host a festival at Madison Park on Saturday, September 7 (rain date of September 14). The committee would like this festival to showcase what this committee has accomplished. For example, it will feature performances/demonstrations by Southside youth who participated in programming for the South Side Children’s Festival, Lynfield, HALA, Touchstone and other activities. This will be discussed further at the next meeting.

Social Media
Don’t forget to sign up for Southside Proud’s social media accounts on Facebook and Instagram:

https://www.facebook.com/southsideproud/

https://www.instagram.com/southsidebethproud

Next Meeting
Outdoors and Wellness’s next meeting will take place on Thursday, May 23 at 8 a.m. at the CACLV building (1337 East Fifth Street, Bethlehem 18015) in the first floor conference room.
2018-2019 Goals and Budget

As a reminder, the goals and budget for the 2018-2019 funding cycle are as follows (and June 30 really means September 30 because while the program officially ends June 30, there are 90 additional days to accomplish the objectives):

Projected Outcome: Residents and visitors will feel safe and secure in south Bethlehem with plentiful access to opportunities for local residents to flourish and thrive. (Create a safe and secure neighborhood with access to quality activities, which addresses crime, unsafe community perception, and poor health)

Objective #17: By June 30, 2019, 2 youth-centered events/festivals will be planned and facilitated; at least 300 people will attend.

Objective #18: By June 30, 2019, 30 Southside youth will participate in basketball clinics and tournaments.

Objective #19: By June 30, 2019, 2 youth will gain skills in theatre performance, teamwork, and public speaking at Touchstone Theatre.

Objective #20: By June 30, 2019, 2 student-created performances will be produced through workshops in Southside schools; at least 300 people will participate and attend the final performances.

Objective #21: By June 30, 2018, 40 youth will participate in sporting, academic, and arts programming at Lynfield Community Center.

Objective #22: By June 30, 2019, 20 youth from the Lynfield Community Center participate in a 4-H Club with a focus on gardening. The program will also feature a nutritional education component.

Objective #23: By June 30, 2019, 10 youth will attend community garden, nutrition education and reading camp at Northampton Community College.

<table>
<thead>
<tr>
<th>Project</th>
<th>Sponsor</th>
<th>Budget</th>
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<tbody>
<tr>
<td>Southside Children’s Festival</td>
<td>Mock Turtle Marionettes/ICE House Arts Consortium</td>
<td>$2,500</td>
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<tr>
<td>Touchstone Scholarships</td>
<td>Touchstone Theatre</td>
<td>$1,000</td>
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<tr>
<td>Basketball Clinics/Tournaments</td>
<td>Shooting Stars of the Lehigh Valley</td>
<td>$3,000</td>
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<tr>
<td>4H Club at Lynfield Community Center</td>
<td>Penn State Extension/Lynfield Community Center</td>
<td>$1,500</td>
</tr>
<tr>
<td>Children and Youth Programming</td>
<td>Lynfield Community Center</td>
<td>$3,000</td>
</tr>
<tr>
<td>Southside Youth Festival(s)</td>
<td>Outdoors and Wellness Committee</td>
<td>$5,000</td>
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<tr>
<td>Community Garden/Reading Camp</td>
<td>NCC</td>
<td>$2,500</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>$18,500</strong></td>
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GREENWAY
CALISTHENICS GYM

A PUBLIC FITNESS RESOURCE

Project Leader: James Bausano
Greenway Calisthenics Gym
A public fitness resource in Southside Bethlehem
OVERVIEW

- The neighborhoods of Bethlehem’s Southside lack public fitness outlets
  - Basketball courts and parks are available but do not offer complete fitness
- Calisthenics is a form of exercise in which one uses their own body for resistance training and cardio
  - No equipment needed
  - Natural movements - less risk of injury than weight training
- The Greenway is being underutilized
  - Pedestrian artery conducive to the Southside’s vitality
  - A connection between the community and the university
LOGISTICS OF MY DESIGN

• Low cost
  • Under $600 in raw materials
  • Free installation

• Maintenance plan included
  • Maintained by myself, with the backing of a professional entity/organization (undecided)

• Structural analysis – Lehigh EWB

• Accommodates up to 7 people at once
PHASE APPROACH: ROUGH OUTLINE

• Phase 1: Simple markers to show foot and hand placement for calisthenics movements
  • Also include written directions, visual aids
PHASE APPROACH: ROUGH OUTLINE

• Phase 2: Installation of a basic, temporary structure
  • Maximum material lifetime: 8-10 years
  • Removable, if necessary
PHASE APPROACH: ROUGH OUTLINE

• Phase 3: Installation of a permanent structure
  • Concrete and steel
ANOTHER POSSIBILITY: BYPASSING BUREAUCRACY

- Build the gym for a private organization with property bordering the Greenway
  - Ex) Behind the new apartments on 3rd St
  - A new idea, yet to be explored
  - Public access of private property has its own foreseeable downsides
FEASIBILITY - EXAMPLES

Coney Island

Venice Beach
FEASIBILITY - EXAMPLES

West Philadelphia
POTENTIAL PARTNERS

- Engineers Without Borders (EWB)
- Lehigh University
- Southside Arts District
- CADC Bethlehem
- Outdoors and Wellness Committee
- Broughal Middle School
- Donegan Elementary School
- Steel Fitness
- Barreform
- Alloy5
- Yoga Loft
HURDLES TO OVERCOME

- Liability, Liability, Liability
- Phase approach: getting exposure in early phases
- Developing powerful partnerships
THANK YOU

• Questions?