

**Chrysalis After-School Facilitator Training Notes**  
**February 3, 2010**

**Round Robin Resources**

- Young Women's Resource Center, Shoshana Salowitz & Katy Knight
- Soy for Life Foundation, Jantina Wennerstrom
- Reach Out Iowa, Beth Mensing
- Jester Park Equestrian Center, Deb Crowley
- Chrysalis Foundation

**Small group notes**

▪ **Program/budget**

- Committee members—
  - Vickie Welker
- Speakers—
  1. Shawn Johnson (Drake athletic director or women's roller derby team)
  2. Michelle Obama
  3. News reporter
  4. Chief Judy Bradshaw
  5. Stephanie Meyer (author of Twilight)
  6. Female soldier or firefighter Rekha Basu
- Limit number of girls per school (so it's not so crazy)
- Lot of people want Thursday
- Music
- Game and craft stations
  - Bracelets
  - People to People
  - Groups sponsor games
- Public not invited

▪ **Recognition/decorations**

- Committee members—
  - Ashley H.
  - Katie W.
  - Beth Mensing
  - Deb Long
  - Carrie Crist
- Invite Chrysalis alums to HerStory
- Door prizes!
- Theme?—Bright fun springtime—butterfly curtain/display
- Music playing (Graduation song while giving out awards); quotes from famous women mixed in
- Slide show—pictures of each group; group shot of everyone; pictures of what they do
- Graduation=scroll/diploma signed by Chrysalis Foundation
  - Gift card to Barnes and Noble
  - Butterfly glass thing
  - Age appropriate award for 5<sup>th</sup> graders
  - It would be neat if the speaker could be part of the recognition; picture with "celebrity"

▪ **Sharing (displays, skits, PowerPoint, video)**

- Date—April 7
- Committee—
  - Sarah Coyle
  - Lakia Poole
  - Tamira
  - Brittany G.
- Table display→talk about why they chose; project information about group
- Powerpoint—2 slides per group
  - What they do
  - What they're about
  - Highlight from their year
  - Something the whole group is working toward
  - Pictures
  - music

▪ **Location/budget—Contained in one large area; a photo booth would be really fun (Morgan Padgett)**

- “Healthy Living” theme
- 1. HyVee Hall—main location with Hall of Pride as activity option (Martha will talk with Shelly Johnson of Hall of Pride next week (Feb. 15)—female spotlights or activity toru?
- 2. Drake (preferably mid-May after students are gone)

▪ **Food/budget—more than one food table/line to spread out the crowd and get people thru more quickly and efficiently. 2 separate locations possible? Variety at each place/station**

- Committee members—
  - Alissia
  - Bailey
  - Marci Westphal
- Chocolate fountain with strawberries, bananas, pretzels, rice krispie treats, angel food cake
- Veggie & fruit trays
- Ice cream sundaes
- Hot wings, chicken strips & dipping sauce
- Pizza (cheese, sausage, pepperoni, veggie, any kind) & breadsticks
- Apple juice
- Pop—mini cans or soda fountain (cherry 7Up, Dr. Pepper, Mountain Dew/Mellow Yellow)
- Ice
- Ice tea
- Lemonade
- Water