

DRAFT CAM Meeting Minutes
January 17, 2024

Attendance

Present:

Joey Caternichio	Julie Burdette-Meyers	Jennifer Flanagan
Elizabeth Serrano	Jihee Yim	Tamar Ben- Yosef
Leslie Boyd	Else Goltz	Noam Ben-Yosef
Joe Blaeuer	Susan Beesley	Tim Conrad
Juliana Shields	Shiway Wang	Fernanda Conrad
Jennifer Rigg	Emily Rohrabbaugh	Becky Hills
Celeste Long	Marie Hildebrant	Erika Green
Amy Mick	Katie Bisson	Anne Severin
	Sarah Falkoff	

Business update

- Financial/review handout given

Community Events Update

- Art Night Update
 - Friday March 1st
 - Will sponsor different levels of giving by percentages
 - International
 - National
 - State
 - Micro/local
- Minicourses- Sara Falkoff
 - Thursday February 8th
 - Have 18 leaders currently planned, need a total of 35-40
 - May need to push further if we do not have enough courses, may need to switch to half day
 - Consider moving to Spring next year for increased participation
- 50th Anniversary Update
 - Friday May 10th
 - Time capsule
 - ADN article
 - Spirit wear
 - Spread the word! Share widely
 - Button on Chugach Website to share with friends/chugach connections
 - Facebook page
- Winter Carnival
 - Friday January 26th 5-7:30 pm
 - DJ
 - Popcorn, hot chocolate
 - Food trucks
 - Bring skates and helmets to ice skate!

Back to Our Roots Series

- Kindies!!
- Philosophy with Jihee, Else, and Julie
 - How one's self fits into a community
 - Foundational pieces for making good decisions into adulthood
 - In charge learning
 - The five B's
 - Especially being responsible and being productive
 - Setting high expectations
 - Self reflection and constructive feedback
 - Intrinsic motivation
 - Growth Mindset
 - I can't do that "yet"
 - When you can't do something its just the beginning
 - With practice and persistence things can change
 - Foundational year
 - Helping to convey the expectations with families
 - Being present
 - Engaging other children
 - Love of learning, play is learning

Mindful Parenting with Susan Beesley, MD

- Pediatrician specializing in Behavioral Health
- Pay attention in an open and non judgemental manner
- Kindness and compassion in addition to attention and awareness (two wings of the bird)
- Connecting back to body
- Reduces automatic reactions and quick judgements
- Keeping in mind what's really important and what is really going on
- Helps emotional regulation and impulse control
- See handout

Next CAM: Wednesday March 20th 6 pm

Next CEC (always open to the community): Monday February 5th 8:30 am

Next PC Meeting: Friday January 19th 8:30 am