

Minutes of a Regular Meeting of the Youth Advisory Commission
Monday, January 8, 2018
Community Center Conference Room, 4975 Memorial Drive, La Mesa, California

Date: January 8, 2018

Meeting Called to Order at 4:45 PM

Salute to the Flag

Present Commissioners: Chairman Harris, Commissioner Amado, Commissioner Baber, Commissioner Bechefskey, Commissioner Fields, Commissioner Giles, Commissioner Lam and Commissioner Thomas

Absent Commissioner: Commissioner Baird, Commissioner Chen, Commissioner DiGiammarino, Commissioner Ellison and Commissioner Williams

City Staff Present: Andrea Gonzalez, Recreation Supervisor and Michele Greenberg-McClung, Community Services Manager

APPROVAL OF MINUTES: N/A

Current Business:

1. Power Hour - The commissioners confirmed the date and place of the next Power Hour. Commissioners settled on having sixty students participate and hold the event on the lower field. They discussed different activities they could introduce to the children of Lemon Avenue. They will start the event with a Relay Race. The students would run to a hula hoop and do five jumping jacks and gallop back. On the second round they skip to the hula hoop and do five "burpees" and walk backwards back. On the third round they crab-walk to the hula hoop, spin around a baseball bat and then run back. After the relay race we will do a rotation three sports. One rotation will be basketball headed by Commissioner Giles, and Commissioner Harris. Another will be soccer headed by Commissioner Baber, Commissioner Baird, and Commissioner DiGiammarino. A third rotation will be tennis headed by Commissioner Amado, Commissioner Bechefskey and Commissioner Fields. Floaters will be Commissioner Chen, Commissioner Lam and Commissioner Ellison.
2. Community Relations and Veterans Commission - Discuss what a presentation would consist of. Youth Advisory Commission targets each group of the youth with a different activity. Elementary - Power Hour, Middle School- Holiday Cheer and High School - Teen Talk.

Meeting adjourned: 5:46 PM

The next special meeting will be held on Monday, January 22, 2018 at 3:30 PM at Lemon Avenue Elementary School.

Will Harris, La Mesa Youth Advisory Commission Chairman