

Northeast Opportunities for Wellness, Inc.

Minutes

Tuesday- August 16th, 2011

Call To Order: 6:15 PM (waited for a quorum)

Present: Jack Burke, Mary Jane Burke, Cindy Disco, Jessica DiZazzo, Alissa Gladu, Troy Gladu, David Lavoie, Josh Longiaru, Richard Loomis, Allan Rawson, Kathie Rawson, Christine Rukstela, Kelly St. Laurent, Debbie Spinelli

Youth Advisory: None

Absent: Sarah Desjardin, Bruce Disco, Sharon Kozey, Keith O'Hara, Jeffrey Rawson, Jeff Rizer

1) Minutes: Motion made by Dave to accept the minutes of the July 19th meeting. Seconded by Christine; approved by all.

2) Treasurers Report:

2A) Alissa reported as of 8/16/11 there was a balance of \$3,759.94 in the JCSB checking account. A current reconciliation of the account was distributed to all. NOW officially has a debit card. The Finance Committee held a separate meeting which focused on their portion of the 1023.

2B) Each Committee will complete a budget. The second week of June 2012 was set as a potential submission date for the new fiscal year, which begins on July 1st.

3) Sports Committee: Dave told the Board they had been discussing what sports to become involved in next. Ed Higgins has been running some football clinics and is interested in becoming affiliated with NOW; he will attend the next BOD meeting. Willie Bousquet runs the local basketball program and has also been invited to attend the next BOD meeting.

4) Nutrition Committee: The committee will follow the same structure for Camp II as they did for Camp I (\$3.50/person/day limit). Food will again be provided by G-Seven. The Nutrition Committee will submit a requisition form to the Finance Committee for food costs.

5) Fitness Committee: Allan discussed the need to buy equipment for the fall program; this will be handled by the Sports and Fitness Committees. The fitness component of the camp will also be structured in the same manner as Camp I.

6) Youth Advisory Board: There were no youth attendees at the BOD meeting this month. August 4th was their last meeting, where they reviewed Camp I and made recommendations for Camp II. The Youth Advisory Board is going to meet with Challenger on Sunday to discuss the camp and the fall program. There was a lot of discussion about the fall program at the meeting; the Youth Advisory Board is going to have a 4v4 scrimmage to create the rules for the fall program. Joe Touchette will chair the group determining the rules. The next Youth Advisory meeting will be run by the members themselves, rather than a Board member, to try to facilitate more discussion.

7) PR/Marketing Committee: Josh discussed hosting a Public Meeting/Dinner so we could introduce NOW to local community members/organizations and to resolve any misconceptions about our organization. The location has yet to be determined, although Thursday, September 8th appears to be the first choice of date. This will be an invitation only event. All NOW members should send their recommended guest list to Josh- ASAP.

Josh would like to start marketing via Facebook as this is a low cost way to reach our target population. Through Facebook you can market directly to different age groups that list sports as their interests as well as see who is viewing the page for information.

8) Legal Committee: The completed policies (with the exception of the scholarship policy) were presented at the meeting and circulated within the Board for final review. Jack made a motion to accept the policies as presented and Cindy seconded this motion; all approved.

The Legal Committee is currently working on submitting an application and a set of soccer by-laws to CJSA, as they require these to secure a CJSA registration number and insurance coverage. CJSA sent us a sample set of soccer by-laws as a reference- should the current NOW by- laws require the addition of soccer specific information. Some of the NOW members will be attending a CJSA registrar clinic on Sunday, August 28th.

Allan, Jessica and Jeff met with the accountant (Don Sullivan) and Attorney Higgins this week to discuss outstanding items and questions concerning the 1023. According to Mr. Sullivan, it could take a maximum of 9 months to get the 1023 approved once it is submitted. The Legal Committee anticipates filing the 1023 within the next few weeks.

9) Nominating Committee: This committee met August 3rd to discuss filling the registrar position, 2 open spots on the Board of Directors and the 3 open positions on the Executive Committee. Christine and Bruce were approved as co-registrars. Dan Goyette and Ed Higgins were recommended for positions on the Board. Dan has a fitness background and would be an asset to the Board and the Fitness Committee. Ed is an attorney and is also involved in the local

football organizations; he would also be an asset in both capacities. Cindy proposed Dan Goyette be seated onto the Board; Dick seconded this motion, all approved. Dan will attend the next meeting as a Board member; Allan will speak with Ed about this position.

Cindy made a motion to accept Dave and Jack onto the Executive Committee, Kathie seconded this motion; all approved. Dave and Jack will be active as of the next executive committee meeting. The third position will be filled when the Nominating Committee finds a suitable fit for this position (they are looking for someone with high level philanthropic capabilities).

10) Scholarship Committee: Josh reported there were 13 kids who were approved for scholarships for Camp II and there could be additional scholarships awarded as new registrations come in. Josh brought up a concern about what we would do in a situation if a child was on a scholarship but was also receiving \$80 in compensation for hosting a coach for the week. It was decided we would give the appropriate scholarships without considering the discount given for hosting a coach (which comes directly from Challenger).

11) Camp II: Camp II will work similarly to Camp I with some minor schedule changes that are being approved by the Fitness and Nutrition Committees. There are only 3 kids signed up for Camp II that also attended Camp I so new balls and shirts will be given to all new kids that register. Challenger gave NOW 10 free scholarships to use toward this camp due to the results of Camp I. There will be a meeting at the field on Sunday to work out any last minute details.

12) Fall Program: There are several kids who have submitted registration forms for the fall program but none have submitted payment as they are waiting on more details for location, dates and times the practices will run. The Board discussed possibly pushing the start of the fall program back one week to allow more time for marketing , taking additional registrations and ordering equipment. Allan wants to start a group to help organize the fall program. Part of what they will determine will be the 4 v 4 rules, the location of all practices and games, times and needed equipment.

13) New Business/Open Discussion: There was additional discussion about the upcoming Public Dinner Meeting. Kelly recommended inviting Rogers Corporation as they do fundraising for other charities. Depending on the number of attendees, other venues (in addition to JD Coopers and The Mansion at Bald Hill) for this meeting included the Imperial Room and QVCC.

Allan gave an update on the progress of the new soccer fields: the parking lots are finished, the irrigation parts are being ordered this week and the well will be dug on Saturday. Also, the rough grade is complete. Allan's goal is to get the field seeded by October 15th.

14) Next Meeting Date: The next **regular monthly BOD meeting** will be held on **Tuesday, September 20th @ 7:00 PM at United Services**, in Dayville. The next **Executive Committee meeting** will be held on **Tuesday, September 13th @ 5:30 PM at Victoria Station Café** in Putnam.

15) Adjourn and Closing: A motion was made by Jack to adjourn the meeting at 8:07 PM. Cindy seconded; all approved.