

Northeast Opportunities for Wellness, Inc.
Minutes

Tuesday- November 15th, 2011

Call To Order: 7:00 PM

Present: Sarah Desjardin, Bruce Disco, Cindy Disco, Jessica DiZazzo, Troy Gladu, Dave Lavoie, Josh Longiaru, Richard Loomis, Keith O'Hara, Allan Rawson, Jeff Rawson, Kathie Rawson, Jeff Rizer, Christine Rukstela, Kelly St. Laurent, Joe Touchette

Youth Advisory: Jane Sconzo, Sarah Gilloran

Guests: Mark Caswell, Eric Quinn

Absent: Jack Burke, Mary Jane Burke, Alissa Gladu, Sharon Kozey, Debbie Spinelli

1) Minutes: Motion made by Jeff Rawson to accept the minutes of the October 18th meeting. Seconded by Josh; approved by all.

2) YMCA and Armory: Allan reported that he recently met with Betty Hale and James Morton, who represented the Greater Hartford YMCA. The purpose of the meeting was twofold: 1) to discuss adding a NOW member to the current YMCA task force to help link the YMCA to DKH. Allan recommended Jack Burke, who already has strong ties between NOW and DKH (he is a current member of the NOW Executive Committee, and will soon serve as the President of the Board of Directors at DKH). 2) to discuss current NOW programs and how they might integrate with the new YMCA once their building is complete. Both groups would like to avoid duplicate services/programs.

Allan has also been working with the Town of Putnam on how to best use the former Armory building on Keech Street in Putnam. All decisions on the Armory have been delayed until the future of Putnam High School has been determined. Putnam High School has hired an architect to assess the needs of the high school and offer suggestions as to how the school can be best used in the future; recommendations may range from building a new high school to permanently closing it. The Armory Committee is waiting for the formal recommendation for PHS from the architect hired by the town before handing down their decision for the Armory building.

3) Correspondence: Representatives from Quiet Corner Football (QCFB) attended this months BOD meeting and presented the Board with a proposal for involvement with the NOW program.

Sharon had applied for our very first grant through Jewett City Savings Bank (JCSB) to fund an adult nutrition based education program. JCSB announced NOW was awarded a grant in the amount of \$1,000.

4) Holiday Dazzle Light Parade: Christine is leading a group who will be working on entering the very first NOW float into the Holiday Dazzle Light Parade. This parade will be held in Putnam at 5:00 PM on Sunday, November 27th. Sarah will be providing fruit and vegetable costumes that were lent to us from the CT Department of Agriculture. The float will represent multiple sports, my plate and the fitness and nutrition component of NOW.

5) Jamboree Report: Josh and Troy reported on the Jamboree hosted by NOW at Blackwell Field on Saturday, November 5th. Josh stated there were about 55 teams who took part in the Jamboree. He estimated the event was attended by approximately 1,200 people. NOW received very positive feedback about the organization and the actual Jamboree from an online survey. The Fitness Committee had an obstacle course and there was also a shoot out through the Sports Committee. Each team was given a bag of apples upon registering. NOW received very positive feedback on their first ever Jamboree. Compliments were also extended to the referees and the YAP kids. A thank you goes out to everyone who volunteered at the event and to Josh and Troy for leading the Jamboree Committee. Troy will be sending a thank you card and a \$50 donation to the Canterbury Volunteer Fire Department for being available at the Jamboree.

6) New Committee Discussion: Eric Quinn, Vice Chair of Quiet Corner Football and Mark Caswell, President of WPTP Football, attended the November BOD meeting to discuss the possibility of QCFB moving under NOW as a sub committee through the Sports Committee. QCFB has similar goals and objectives as NOW but does not have the resources or numbers that NOW has to support their program. QCFB offers discounted or free services but request, in return, that their scholarship recipients donate time to the organization. To date the QCFB league services 110 football players and 90 cheerleaders and has provided 16 scholarships this year. The Board discussed how this would be a good way to be able to add another sport as well as extend the area we currently service. A motion was made by Allan to add cheerleading and football as sub committees of sports, Cindy seconded this motion; all approved. Allan motioned to establish a Facilities committee, Cindy seconded this motion; all approved. Eric and Mark announced the WPTP Banquet is scheduled on December 9th. They plan to discuss hosting a winter football clinic at the banquet. It is their hope that NOW will be able to provide a fitness, sports and/or nutrition component to their clinic. PR & marketing will help do the advertising for this as well.

7) Committee Reports:

7A) Finance: Alissa was not at the meeting to report on the status of the standing committee budgets which were to be submitted prior to the November Executive Committee meeting; the board will receive a report on these at next months board meeting. Josh presented the board with the JCSB check ledger ending on 11/14/11 with a balance of \$9,085.80. Thank you to the Rawson family for their donation of another \$10,000 to the NOW program. A motion was made by Allan to accept the Treasurer's report, Troy seconded this motion; all approved.

7B) Sports: The fall soccer program hosted their awards program Sunday, November 6th and had 10 families attend. The participants from the fall program were given medals.

The winter soccer program will begin in January and will be hosted at Ellis Tech for 10 weeks. Brochures were handed out at the Jamboree. There are 10 participants registered so far. Once again Challenger coaches will work with the children. There will also be two winter clinics held- one on November 20th; the other on December 11th. These clinics will be held at Ellis Tech.

7C) Nutrition: Sarah will be giving nutrition lessons at the winter clinics. We will be providing the kids with apples and string cheese at the clinics. The Nutrition Committee will be discussing any nutrition specific events that we would like to be added to the NOW calendar and how we will be using the grant from JCSB.

7D) Fitness: Allan reported that this committee is still looking for a chairperson. Amy is an active participant within the Fitness committee and she will run that portion of the winter clinics with assistance from the YAP committee members. Kathie reported that Ed Higgins son is a student at UCONN in the kinesiology program and is interested in being involved with NOW; his background would make him a good fit for the Fitness Committee.

7E) Scholarship: Josh reported that there is not much going on with scholarships at this time until the next NOW program begins. The NOW Board was in agreement that they did like the QCFB's idea of giving back to the program if a family is to receive a NOW scholarship. This will be discussed among the committee and can potentially be added to the scholarship letters that are sent.

7F) YAP: Sarah Gilloran reported the NOW girls soccer team is playing at Star Hill and is being coached by Allan. NOW is also in the process of forming a boys soccer team as well. Many YAP members participated in the Jamboree and a thank you goes out to them for that. They also plan to participate in the parade. Holly Long and Kelli Lavoie have taken over the coordinating of the YAP program.

7G) PR & Marketing: NOW merchandise was sold at the Jamboree and this was very successful even though only cash or checks were accepted. Josh ordered a small device that will allow credit cards to be scanned as well. There was \$520 of NOW merchandise sold at the Jamboree.

7H) Legal: In light of the recent Penn State sexual abuse lawsuit, the Legal Committee plans to re-open the sexual abuse and molestation policy and the sexual harassment policy. Jeff proposed the Board start looking into hiring a part time administrative person who would be able to meet with other organizations and represent NOW as well as fundraise for the organization; the goal eventually being that this would be a self-funded position. Legal will be looking to write a job description for this position.

7I) Nominating: Kelly proposed to accept Danny Goyette's voluntary resignation from the Board as the Fitness Committee chair. Dan is to remain as a Fitness Committee member. Keith seconded this motion; all approved.

8) December Holiday Social, 501c3 approval: It was proposed by Jeff that the next Board meeting serve as the holiday social as well; everyone was receptive to this idea.

9) New Business: Kelly is excited to be able to connect with the Brooklyn PTO to market NOW events. Several Brooklyn residents attended the Jamboree and were able to see what NOW is about.

Keith proposed to the Board that as a fund raiser NOW should host a 5k charity fun run to help fund the scholarships provided to NOW participants. The Board agreed that early spring would be a great time for this. Sharon was volunteered to help the Fitness Committee organize this event.

Going forward all thank you notes will be sent out by the secretary of the organization, please submit your requests to Jessica via e-mail.

10) Next Meeting Date: TBA

11) Adjourn and Closing: A motion was made by Keith to adjourn the meeting at 8:50 PM. Cindy seconded; all approved.