

Northeast Opportunities for Wellness, Inc.

Minutes

Tuesday- January 24th, 2012

Call To Order: 6:56 PM

Present: Mary Jane Burke, Sarah Desjardin, Bruce Disco, Cindy Disco, Jessica DiZazzo, Alissa Gladu, Dave Lavoie, Josh Longiaru, Keith O'Hara, Allan Rawson, Jeff Rawson, Kathie Rawson, Jeff Rizer, Christine Rukstela, Kelly St. Laurent

Committees: Joe Touchette, Amy Williams

Youth Advisory: None present

Guests: Mark Caswell, Al Cormier, Paula Foster, Ed Higgins, Jason Lavallee, Eric McGlynn, Andrew Morrison, Ryan Tatro and others

Absent: Jack Burke, Troy Gladu, Sharon Kozey, Richard Loomis, Debbie Spinelli

1) Minutes: Motion made by Cindy to accept the minutes of the November 15th, 2011 meeting. Seconded by Kelly; approved by all.

2) Welcome: Allan made a few brief remarks about NOW and why/how it began. Josh did a power point presentation for the guests. He focused on the goals NOW has met during the past year and a half and explained our direction in the future. It was announced that NOW has received notice from the IRS that the organization has received official status as a 501(c)(3).

3) Committee Reports:

3A) Nominating: A motion was made by Jeff Rawson to remove Troy as co-chair of the PR & Marketing Committee. Jeff Rizer seconded this motion; all approved. Jeff Rawson then made a motion to assign Troy to the newly established Facilities Committee. Seconded by Bruce; all approved. Keith made a motion to remove Allan from the Legal Committee. Mary Jane seconded this motion; all approved. Keith made a motion to add Allan as a member of the Facilities Committee. Seconded by Bruce; all approved. Allan made a motion to add Ed Higgins as a NOW Board of Director. Seconded by Jeff Rawson; all approved.

3B) Sports:

3Bi) Soccer: There was a report from Joe and Dave about the soccer programs. There are about 84 kids participating in the indoor winter program which started on January 8th. According to the parents and the Board members, this is going very well. Challenger has

been very accommodating and is providing extra staff members as needed. Joe is working on a soccer calendar for 2012 and is also planning a soccer program awards banquet on the last day of the indoor session. Kelly will send the Board members a final schedule for the indoor winter program, which will include a list of days off. Allan, Dave, Joe, Keith and Troy will be attending the CJSA Annual President's dinner on Friday, January 27th. Everyone is welcome to attend any of the CJSA programs/seminars on the following day. There will again be two NOW soccer camps; one in June, the other in August.

3Bii) Football: The Sports Committee will be meeting to designate chairs for the Football and Cheerleading sub- committees and will report their selection back to the Board. Ed had very positive comments about the football clinic, which was held on January 15th. There were about 100 children who participated in the clinic. Mark reported that 50% of the participants were existing QCFB players and the other 50% were new players. YAP kids were also used during this clinic and that worked out well for them. Mark also reported that they are trying to organize a tumbling clinic this spring.

3C) Nutrition: Jessica reported the Nutrition Committee will be meeting to decide how best to use the JCSB grant money which was received. This winter, Sarah is teaching nutrition at the winter soccer program and also did the same at the football clinic.

3D) Fitness: Currently there is no chair for the Fitness Committee. Amy reported things are going well at the winter program. In addition to fitness activities, she is also trying to incorporate fitness education for the kids who are returning week after week. We received our order of new colorful kid-friendly equipment; which includes stability disks, agility ladders, cones and resistance bands. The Board is still trying to recruit more members for this committee.

3E) YAP: Allan and Josh reported the highlights from a YAP meeting which was held last week. Most of the YAPs are female seniors so they are trying to recruit some younger volunteers as well as additional males. There is an interest in the formation of a male soccer team. Josh discussed using a basic contract to set expectations for the YAPs (no chatting on the phone, texting, etc). It was also mentioned that it should be explained to the YAP members exactly what the Board will give back to the volunteers. There was discussion about possibly having an in-service clinic for the YAPs as well as developmental programs in areas other than sports. Josh also mentioned there were numerous scholarships and grants available through organizations such as the Exchange Club and CJSA.

3F) Finance: Alissa reported on the budgets which were submitted for this fiscal year and passed around a summary for Board review. At this time, the Fitness Committee does not have a budget. Alissa would like a budget to be completed for YAP which would include fees

for professional development and other items. Jeff Rawson suggested YAP expenses become part of the Executive Committee budget; which will also include other expenses such as the hiring of a part time employee. Alissa passed around the draft annual report for last year's activities. Keith believes it is important for a non-profit to be able to submit an annual report to donors. Jessica will be sending out thank you notes as well as tax letters to those who donated in 2011 and will also be keeping a list of those who give donations in 2012. As of 1/23/12, the JCSB checking account has a balance of \$5,679.20. Cindy made a motion to accept the financial report as presented by Alissa. Bruce seconded this motion; all approved. Keith is still working on reconciling the jamboree with CJSA and the Lions Club. Kelly reported to the Board that taxes need to be filed as soon as possible to avoid penalties (these should have been done before November). Kelly has been working with Don Sullivan, CPA. NOW will give Don a power of attorney. It was discussed that Challenger and the Soccer Committee feel there is a need for an additional trainer for the winter soccer program based on the number of participants. Alissa made a recommendation from the Finance Committee that NOW hire a second Challenger trainer at the cost of \$500. Kelly made a motion; seconded by Jeff Rizer; all approved. There was a brief discussion about the date of the fiscal year for NOW. The By-laws indicate July 1st- June 30th.

3G) Scholarship: Josh reported that of the 84 participants in the winter program 29 families have been offered scholarships. Keith mentioned that we are running under budget for scholarship distribution yet we have still given scholarships to 60% of participants in all NOW programs.

3H) PR & Marketing: Josh is still seeking developers for the NOW website. He estimated it will cost approximately \$10,000 for the development of a fully functioning website. Currently there are 500 people on the NOW mailing list. Josh put two ads for the soccer programs on Facebook. They were viewed 1,700 times and resulted in 80 new people being added to the mailing list. Josh said payments made to NOW's next event can be processed by credit card. He also mentioned that on June 9th there is a Warrior Dash in Thompson, CT. If an organization supplies 25 volunteers the day of the Warrior Dash, their group will be given a \$1,000 donation. The problem with the NOW phone number has been resolved.

3I) Legal: Before the Board meeting, Jeff Rawson emailed everyone the changes which were made to the bylaws. This included revised language about committee and subcommittee structure and chair assignments. Also added to the bylaws was the establishment of the Facilities Committee as a standing committee (and info on their duties). Cindy moved to accept the revisions to the bylaws. Seconded by Allan; all approved.

Jeff Rawson suggested to the Board that an endowment fund be established for NOW as a way to secure the future as well as attract possible donors. Jeff Rawson made a motion that an endowment account be opened with an amount not to exceed \$500. Seconded by Cindy; all approved. The Finance Committee will research and establish this account. Bruce and Cindy donated \$500 to open the endowment account.

4) New Business: Jeff Rizer is starting to plan the NOW 5K race with Sharon and Amy. It will be held in September and will act as a fund raising event. Allan mentioned the Thompson Speedway has offered their property to host this event. There was an enthusiastic discussion about a ropes course being added to NOW Field at Logee Park. There will be a grand opening event for Logee Park sometime this summer.

5) Stewards of Children: Josh recommended the entire Board attend this 2.5 hour training course (at the cost of \$10/person- maximum 30 per group). The material presented will help educate people who are involved with youth to identify and where to seek assistance for abused children. The Executive Committee will discuss this at their next meeting.

6) Correspondence: Keith read a thank you letter sent to NOW from the Thompson Recreation Department for sending Dean to work with the children at their after school program last fall. Keith also read a letter from the IRS to NOW reporting that as of April 29th, 2011, NOW officially became a non-profit organization under section 501(c)(3).

10) Next Meeting Date: The next regular Board meeting will be held on Tuesday, February 21st @ 7:00 PM at United Services in Danielson. The next Executive Committee meeting will be held on Tuesday, February 7th at Victoria Station Café in Putnam. Time to be determined.

11) Adjourn and Closing: A motion was made by Jeff Rawson to adjourn the meeting at 8:55 PM. Josh seconded; all approved.

Minutes respectfully submitted by Jessica DiZazzo and Kathie Rawson