

Northeast Opportunities for Wellness, Inc.
Minutes-Meeting Held at Marianapolis
Tuesday- February 21st, 2012

Call To Order: 7:11 PM

Present: Sarah Desjardin, Bruce Disco, Cindy Disco, Jessica DiZazzo, Alissa Gladu, Keith O'Hara, Ed Higgins, Allan Rawson, Jeff Rawson, Kathie Rawson, Christine Rukstela, Kelly St. Laurent

Committees: Eric Quinn

Youth Advisory: Sarah Gilloran

Absent: Jack Burke, Mary Jane Burke, Troy Gladu, Sharon Kozey, Dave Lavoie, Josh Longiaru, Richard Loomis, Jeff Rizer, Debbie Spinelli

1) Minutes: Motion made by Ed to accept the minutes of the January 24th, 2012 meeting.
Seconded by Allan; approved by all

2) Committee Reports:

2A) Finance: Alissa reported that a passbook savings account was opened in the amount of \$1,500 which will be used for endowment funds. A motion was recently approved by the Legal Committee to change the fiscal year end to August 31st for tax purposes; taxes will be filed as soon as possible with the assistance of Don Sullivan, CPA. The balance in the Jewett City Savings Bank checking account is \$5,549.16 (as of February 21st, 2012). Alissa did not submit a printed ledger to the Board but will follow up by sending this via e-mail. Jeff Rawson moved to accept the Finance Committee report pending electronic submission of the ledger. Christine seconded this motion; all approved.

2B) Nutrition: Sarah is wrapping up the winter soccer program a week early and will be doing a Jeopardy game to review nutrition information that was provided this season. Jeff requested a proposal to the Executive Committee for how the grant money that was awarded by JCSB will be used. There was discussion about using some of this money towards a community garden that NOW will establish next to the fields in Canterbury. The idea would be to have parents and kids maintain a section of the garden year after year. Sarah mentioned possibly involving the Killingly Vo-Ag program and/or the ALP Sstudents. The Nutrition Committee will be meeting this month to discuss.

2C) Fitness: Cindy made a motion to make Jeff Rizer chair of the Fitness Committee. Alissa seconded this motion; all approved. Jeff is working on organizing a 5K road race for September. Amy Williams has organized a spin fundraising event to be held at The Fitness Studio in Dudley, MA on March 25th from 10 AM to 12 PM. Amy asked that NOW be present at the event to give out healthy snacks and water as well as display signs and make a speech about the organization.

2D) Facilities: Cindy made a motion to make Troy the chair of the new Facilities Committee. Kelly seconded this motion; all approved. The additional members on this committee are Jason Lavallee, John McDowell, Allan Rawson, Dan St.Laurent and Ryan Tatro.

Troy and the Fitness Committee met and discussed a plan to maintain Blackwell and Logee Fields. The Committee will propose a plan to the Board and to the CAA that will include NOW taking care of all field maintenance at a set fee to the CAA. There was discussion about offering local businesses sign space on the fences for donations made to NOW to help raise funds to maintain the fields.

2E) Sports

2Ei) Soccer: Things are going well with the winter program. The awards night is scheduled to be held the last day of the program which is April 1st.

2Eii) Football: Eric Quinn was assigned to be the chair of the Football Subcommittee. There was discussion about developing a financial plan for this committee. Eric and Ed said they would like to function as soccer does and have all the profits come back directly to the NOW organization. They are seeking parental involvement. They believe the key to retention is the kids having fun and stay together/creating friendships. Eric is working on planning another pass clinic this spring. They mentioned they were encouraged with increasing numbers, since the last camp was only comprised of 50% WPTP members.

2Eiii) Cheerleading: This subcommittee has not gotten off the ground yet. Ed and Eric will look at selecting a chair- someone who is directly involved in their cheerleading program. There was also a discussion about organizing a tumbling clinic to get this subcommittee started.

2EIV) Basketball: There was minimal discussion on this. The Sports Committee is working on connecting with local basketball programs at this time.

2F) Scholarship: Sharon sent an email message to the Board that this committee will be meeting soon to review the scholarship process and those awards already given out. Based on that info, the committee will make decisions going forward.

2G) Legal: Cindy made a motion to remove Jeff Rawson as chair of the Legal Committee and assign Ed Higgins as the new chair to that position. Allan seconded this motion; all approved. Even though Jeff Rawson is no longer the chair of the legal Committee, he will remain on it as a member.

A letter was sent to the Board members asking for 100% Board giving this year. Hiring a part time employee and the implications of doing so were discussed. The Board would need to be prepared to spend \$7,500-\$8,000 on this position as well as looking into hiring a payroll service and among other items, obtaining worker's compensation. This will need to be discussed further at the executive level.

2H) PR & Marketing: Since NOW can officially begin fundraising, it was decided the soon to become much too busy PR/Marketing Committee should be divided into two separate standing committees. The by-laws will be amended to reflect this change. Josh will remain chair of the Marketing Committee. The Marketing Committee will continue to focus on the NOW website, NOW advertising, getting the NOW name recognized and other special projects. PR would be focused on raising money for the organization, promoting fund raising events and other related items. Ed made a motion to make Jeff Rawson chair of the PR Committee pending the previously mentioned changes to the bylaws (note: name of Committee may change). Cindy seconded this motion; all approved. Jeff will be soliciting members for this committee and will set a first meeting date to come up with an action plan. Cindy made a motion to set up the separate PR Committee, Alissa seconded. All in favor. Josh was away on business but it was reported he is working with the Sports Committee, preparing the advertising for the Spring Soccer Program.

2I) Nominating: Several motions were made to establish new committee chairs; see specific committee reports for details.

2J) YAP: Sarah Gilloran told the Board there were 2 or 3 new male YAP members. There was discussion from Sarah and other Board members on the need to recruit younger YAP members who will be able to continue what the seniors are doing this year and also to bring on more male members. Allan spoke about NOW conducting an in-service to teach them how to react to parent and referee behavior, set expectations for YAP members and for the Board to receive feedback as to what the YAP's expect from their NOW commitment. Keith and Bruce discussed providing CPR training for YAP members, Bruce will look into this.

3) New Business: Allan discussed YMCA's clinics that are held in Putnam on Sunday's. He said they are similar to NOW clinics. NOW will reach out to the YMCA again to try to work together on any similar future events.

4) Old Business: N/A

5) Next Meeting Date: The next regular Board meeting will be held on Tuesday, March 20th @ 7:00 PM at United Services in Danielson. The next Executive Committee meeting will be held on Tuesday, March 13th at 5:30 PM at Victoria Station Cafe in Putnam.

6) Adjourn and Closing: A motion was made by Keith to adjourn the meeting at 8:37 PM. Cindy seconded; all approved.

Minutes respectfully submitted by Jessica DiZazzo and Kathie Rawson