

## Northeast Opportunities for Wellness, Inc.

### Minutes

Tuesday- July 24th, 2012

**Call To Order:** 7:06 PM

**Present:** Cindy Disco, Alissa Gladu, Troy Gladu, Ed Higgins, Josh Longiaru, Keith O'Hara, Allan Rawson, Jeff Rawson, Jessica Rawson, Kathie Rawson, Jeff Rizer, Christine Rukstela, Kelly St. Laurent

**Committees:** Joe Touchette

**Youth Advisory:**

**Guests:**

**Absent:** Sarah Desjardin, Bruce Disco, Jack Burke, Mary Jane Burke, Richard Loomis, Sharon Kozey, Debbie Spinelli

1) Minutes: Motion made by Ed to accept the minutes of the June 19<sup>th</sup>, 2012 meeting. Seconded by Josh; approved by all.

2) Committee Reports:

2A) Finance: Alissa reported that the balance in the JCSB account was \$8,068.20 as of July 24<sup>th</sup>. Alissa circulated copies of the balance sheet, bank account reconciliation form and the completed tax returns for Board review. There was a question from Alissa concerning who used the debit card to purchase items from Things Remembered. At this time all of the Board members stated they had no knowledge of this purchase, so Josh was following up with the store for more information. Cindy made a motion to approve the Treasurer's report, Allan seconded this motion; all approved. All bank accounts will now be monitored by Kelly- as she steps into the position of NOW Treasurer.

2B) Nutrition: The Committee is planning to do a "Parent's Night Out" event on Thursday, September 20<sup>th</sup>, at Marianapolis Prep School. There will be a meeting with the Head Master, NOW and G Seven Catering Co. concerning the details of this event. The Nutrition Committee is hoping to market this event at the next NOW soccer camp to try to reach our targeted parents. Nutrition is also working on getting food and water donations for the NOW 3.5 Mile Road Race. Jeff Rizer and Jeff Rawson offered to follow up with Frito Lay and Gatorade for possible additional donations.

2C) Fitness: Jeff Rizer reported that plans for the NOW 3.5 Mile Road Race, which will be held on September 16<sup>th</sup>, are coming together nicely. There are several merchandise donations from companies to be placed into race gift bags; as well as numerous tee shirt sponsors from local companies. There is a group of local women who are also fundraising independently for this race. Jeff announced there will be a photographer taking pictures which runners will be able to purchase. WINY radio will be doing the announcements for this event. Jeff is looking for a volunteer to sing the national anthem before the race. He also needs tables, chairs, tents, etc. He circulated designs for the t-shirts and medals; which were voted on during the meeting.

Ed Higgins asked if NOW would be available to provide fitness and nutrition services at the WPTP Family Day, which will be held on Saturday, August 4<sup>th</sup>. Ed will get more information on this event so we can coordinate having fitness and nutrition representatives present.

2D) Facilities: Troy reported that the signs for the field entrances should be going up on Friday. There was a discussion on purchasing soccer goals. Overall the Board feeling was that the goals were very expensive and we could not fit them into our current budget. The price of the goals the Committee was looking at were around \$2,300 per pair. Troy thought we could look into borrowing goals from other organizations until we could get our own. Troy will follow up on this option and will discuss purchasing goals for NOW at a later date.

2E) Sports Committee:

2Ei) Football/Cheerleading: The last football and cheerleading camp which was held served about 60 kids and the feeling was that it went very well. There is a Family Day for WPTP which the Committee hopes to get nutrition and fitness involved in as well.

2Eii) Soccer: The Committee and the organization as a whole are looking into a new model where NOW could insert themselves into existing organizations instead of running our own seasonal sports events. A few NOW members have been meeting with some local organizations to discuss this option and feel that it has been well received although there are still discussions that need to be had. In this model we would still hire a trainer to work with the kids and require that they include our fitness and nutrition into their programs.

2F) Scholarship: Sharon was unable to make the meeting but reported to Kathie that of the 53 participants in the first soccer camp, 24 participants applied for scholarships. 16 qualified, their percentages are as follows; 1 @ 20%, 1 @ 80%, 14 @ 95%.

2G) Legal: There are meetings being held to draft an agreement for the use of Blackwell Field as there are currently soccer teams playing on this field and NOW would like to have an agreement between the two clubs in writing. Background checks need to be

completed. Keith will look into why NOW is not listed as a club on the CJSA website and will also get a list of who still needs a check to be completed. Jessica is working on getting the remainder of the Board to sign their policies if they have not yet done so.

2H) Fundraising: Jeff Rawson reported that to date 16 board members have donated to the organization totaling \$3,391.12 (excluding funds from the Rawson Family Foundation). The focus of the Committee has been on the road race as they have been soliciting sponsors for the tee shirts and other donations for race day.

The ribbon cutting event for NOW Field at Logee Park will be held on Thursday, August 23<sup>rd</sup> from 5-7pm. At 5:45 the ribbon cutting will take place, followed by the kickoff of multiple soccer games. G Seven will be providing food and beverages. Meryl Willet will be there from the Villager paper to report on the event.

Jeff and Josh have been working on a wine & beer tasting fundraiser which will be held this fall although many details are still undecided.

Jeff reported that Kris Kerchefskey, owner of Wireless Zone, will be doing a fundraiser at the Woodstock Fair; donating all the proceeds to NOW. Wireless Zone will set up a wheel and sell spins for \$2; the prizes will be gift cards and other items from Wireless Zone. We will be looking for volunteers for these days to work with the Wireless Zone employees. Kris also donated four hundred \$25.00 gift cards to put into the bags for the road race.

2I) Marketing: Josh has been running an ad on Facebook for the road race. Currently the ad has been viewed by 60,000 people and this ad will continue to run until it reaches the max amount of money allotted- which is \$200.00. Josh is working with Christine to get photos to put a photo album of the NOW events on the website.

2J) Nominating: The Board accepted the resignation of David Lavoie, who due to a work reassignment, resigned from his position as a NOW Board member and the Soccer Committee chair. Allan read Dave's letter of resignation to the Board. Also leaving the NOW Board of Directors are Mary Jane Burke, Bruce Disco and Alissa Gladu. Keith sent a farewell message to our departing Board members and recognized the contributions of time, talent and treasure which NOW has been given by these four exceptional Board members. They shall all be greatly missed. Keith also thanked the remaining NOW Board members for their hard work and valuable contributions to the NOW program. Lastly, he warmly welcomed three new NOW Board members (Andrew, Eric and Joe).

Cindy worked with the Nominating Committee to secure a new slate of Officers and Board of Directors and proposed this slate to all current Officers and Directors in attendance. The slate is listed within this section. Jeff Rawson made a motion to accept the slate of Officers and Directors for the 2012/2013 fiscal year as presented. Jeff Rizer seconded this motion; all

approved. New Board members include Andrew Morrison, Joe Touchette and Eric Quinn. Jessica will be in contact with the new Board members. The two registrar slots will be filled by Joe Touchette and Melissa Haynes. There was some discussion on succession planning as well, specifically for Josh who needs assistance with the Marketing Committee.

**NOW Slate of Officers & Directors for the 2012/2013 Fiscal Year**

**President:** Keith O'Hara

**Vice President:** Allan Rawson

**Secretary:** Jessica Rawson & Kathie Rawson

**Treasurer:** Kelly St. Laurent

**Board Members:**

Jack Burke

Sarah Desjardin

Cindy Disco

Troy Gladu

Ed Higgins

Sharon Kozey

Josh Longiaru

Richard Loomis

Andrew Morrison

Eric Quinn

Jeff Rawson

Jeff Rizer

Christine Rukstela

Debbie Spinelli

Joe Touchette

2K) YAP: Allan is still working with the YAP's to build the Committee membership. Currently there are about 7 boys and 18 girls on this Committee. At the last camp there were 7 YAPs who participated in the program; 5 who worked the entire camp. Amy will be helping to train the YAP kids so in her absence they can substitute for her in fitness instruction. Allan will have the NOW U19 girls team play a game at the ribbon cutting event at Logee Park.

2L) Executive Committee: Nothing specific for the Executive Committee.

3) Old Business:

3A) Board Retreat & Stewards of the Children: Josh will look at the dates for these again and report back to the Board on this.

3B) YAP Training: Kelly wanted to follow up with the Board about prior discussion on additional training for the YAP participants, specifically training on how to work with children as she had noticed that some YAPs were better than other at interacting and teaching the younger kids. This training is something the Board will look into. Cindy also suggested Referee training for YAPs because there is a need for more referees and this is something we could do for them.

4) Next Meeting Date: **The next regular monthly Board meeting will be held on Tuesday, August 21<sup>st</sup> @ 7:00 PM at United Services in Danielson. The next Executive Committee meeting will be held on Tuesday, August 14<sup>th</sup> at 5:30 PM at Victoria Station Café in Putnam.**

5) Adjourn and Closing: A motion was made by Cindy to adjourn the meeting at 8:43 PM. Christine seconded; all approved.

Minutes respectfully submitted by Jessica Rawson and Kathie Rawson.