

Northeast Opportunities for Wellness, Inc.

Minutes

Tuesday- August 21st, 2012

Call To Order:	7:03 PM
Present:	Troy Gladu, Sharon Kozey, Josh Longiaru, Andrew Morrison, Keith O'Hara, Eric Quinn, Allan Rawson, Jeff Rawson, Jessica Rawson, Kathie Rawson, Christine Rukstela, Debbie Spinelli, Joe Touchette
Committees:	Melissa Haynes
Youth Advisory:	Amanda Gladu
Guests:	April Girardin
Absent:	Jack Burke, Cindy Disco, Ed Higgins, Richard Loomis, Jeff Rizer, Kelly St. Laurent

1) Minutes: Motion made by Jeff Rawson to accept the minutes of the July 24th, 2012 meeting. Seconded by Christine; approved by all.

2) Committee Reports:

2A) YAP: Amanda was at the board meeting to represent the YAPs. Allan announced that Noah Deojay, Amanda Gladu and Nick Lavoie would be the new YAP representatives to replace the others who left for college this fall. A training evening for the YAPs was held August 14th at Marianapolis. The purpose of this training session was to communicate to the YAPs what was expected of them as volunteers and to provide some formal training to help them meet those expectations. Amanda told the Board that the YAPs found the training to be very helpful. Melissa and Joe noted they saw a higher level of youth performance during this camp. It was agreed that additional training sessions would be offered.

2B) Finance: Kelly was unable to attend the meeting but later sent info regarding the bank balances at JCSB account. As of 8/21/12, there was \$10,473.47 in the checking account and the endowment account is currently at \$1,575.00. Going forward, if any Committee needs to purchase items with the NOW credit card, they will need to inform Kelly and she will contact the vendor- making the credit card purchase over the phone. There was discussion about outstanding and overdue balances as well. Keith would like to be called right away regarding any overdue balances so that they may be addressed as soon as possible. Allan

and Challenger are still reviewing NOW invoices which were received after the first 2012 summer camp. The scholarships to NOW from Challenger have not yet been issued. Following the same pattern as last year, they will be issued after Camp 2. Killingly's summer soccer camp put on by Challenger was cancelled. We allowed those soccer players to transfer to the NOW camp. Christine was at camp this week and noted that the Killingly parents were asking for a refund- due to the price reduction between the two camps. Keith will follow up on this item.

2C) Nutrition: The Committee is finalizing the details of the Parents Night Out event, which will be held on Thursday, September 20th, at Marianapolis Prep School. Fliers will be handed out at camp this week as well as e-mail blasts. Kathie reported that the food at camp, provided by G-Seven, is being very well received and that G-Seven is again donating all of the food for this camp (they also donated all the lunches and snacks to the first 2012 soccer camp at Blackwell Field). Discussions were had about giving G-Seven a sign at Logee Park as a thank you for their numerous donations. The Fundraising and Facilities Committee will follow up on this.

2D) Fitness: The NOW 3.5 mile road race is coming together very well. There are currently 90 racers signed up and 100 more who have committed on Facebook (but have not yet registered). Jeff Rizer anticipates approx 300 racers. Beverages have been donated by Frito Lay and the Committee is still working on securing more donations for bananas and watermelon. At this time there are 20 business sponsorships for the race t-shirts.

2E) Facilities: Troy reported that the entrance signs for both Logee Park and Blackwell Field have been installed. The NOW ribbon cutting at Logee Park will be on Thursday, August 23rd. Everything is in order for this event. There are ongoing discussions with NECONN regarding an alliance model and the use of Logee Park for the fall programs. As part of the agreement with NECONN, Logee Park would be the home field for 2 NECONN boys' soccer teams this fall. This would involve NECONN hosting games every other weekend at the NOW field. NOW and NECONN will also be hosting goalie clinics on Friday nights this fall, incorporating fitness and nutrition within the clinics. In addition, NECONN will share the cost to purchase 1 set of medium size goals for Logee Park. Troy made a motion to allow the purchase of 1 set of medium goals for Logee Park with a price not to exceed \$1,500 for NOW's contribution toward the goals. Keith seconded this motion; all approved. Troy will research goals and submit a purchase request to the Finance Committee.

2F) **SPORTS Committee**:

2Fi) Football/Cheerleading: Eric reported that there are plans to host another Football and Cheerleading clinic in January. There will be meetings this winter to discuss the details. Debbie offered the use of the Thompson middle and high school gyms for this event as

there is more gym space. Killingly has also been a location of interest for this event due to their centralized location. It was reported there were approx 100 children who participated in the last August football event. It was very family orientated and said to be very well done.

2Fii) Soccer: The second NOW soccer camp is going on this week with a total of 63 participants. Joe reported that there was an increase in the number of mini kicks participants over what we had seen in the past. There were some issues with Logee Park not having a physical address, which caused some parents to have a difficult time finding the park. This is something that will need to be discussed with the town. Melissa and Joe reported that things were going well otherwise and that fitness and nutrition were being well received by children and parents.

2Fiii) Alliance: Currently there are several alliances being formed with different town programs. NECONN and NOW are working together to try to enter into an alliance. NOW's scholarship recipients would be placed into NECONN's fall programs. This will serve as our pilot program for the alliance model. There is a difference in the age groups that NECONN serves as we incorporate 3 and 4 year olds as well. NECONN was very willing to incorporate fitness and nutrition into their programs and possibly use our Challenger trainer for clinics on Saturdays. Keith reported that Killingly has started talks with NOW on an alliance as well. April Girardin from the Killingly program attended the NOW board meeting this month. Brooklyn and Plainfield are next on the list of towns to meet with. Keith reported that he has spoken with Chafik at CJSA to let him know what was happening with the NOW alliance. Keith and Allan will be attending the August CJSA Presidents Dinner.

2G) Scholarship: Sharon reported that at this point there have been 11 scholarships awarded for the August 2012 soccer camp. The breakdown is as follows: 7 at 95%, 3 at 80% and 1 at 20%. It is possible that additional scholarships will be handed out.

Based on past needs, Sharon will be meeting with the Scholarship Committee to fine tune the scholarship process. If we form an alliance with other towns, Sharon would like there to be additional discussion concerning how scholarships will be handled. Currently the plan will be for families to sign up with either NOW or the partnering organization. Parents will pay their fee for the camp and NOW will reimburse the organization for the balance. There will need to be discussions with each organization as to what the cost of the programs will be so NOW will scholarship only the cost of the program and not the full price that is being charged to participants.

It was discussed that NOW has been asked to scholarships kids into private and for profit programs. The Board agreed that at this time they would like to focus on providing services for non-profits. NOW would also consider donating to any organization which agrees to incorporate their three components of fitness, sports and nutrition.

2H) Legal: Ed, Troy and Jeff Rawson are working to finalize the written CAA agreement for the use of Blackwell Field. Once finished and approved, this document will serve to formalize the current unwritten agreement which has already been established.

2I) Fundraising: Jeff reported that the fundraising for the road race is coming to a close. Currently for t-shirt sponsors there are 2 major sponsorships at \$500, 1 at \$300 and 17 at \$100.

The ribbon cutting event for NOW Field at Logee Park will be held on August 23rd from 5-7pm. At 5:45 the ribbon cutting will take place and this will coincide with the kickoff of three soccer games. G Seven will be providing food and beverages and Meryl Willet will be there from the Villager paper to report on the event. There is a possibility other media representatives may also attend the ribbon cutting ceremony. It is anticipated that there will be a few hundred people in attendance. The Committee will be rolling out the sign campaign for both Blackwell Field and Logee Park at this event.

Jeff and Josh have been working with G-Seven and Friendly Spirits to plan a wine & beer tasting fundraiser which will be held October 19th. Elsinore Mansion in Pomfret has been mentioned as a possible location for this fundraiser.

2J) Marketing: Josh is looking to expand this Committee and has requested if you know anyone who would be willing to work on this committee to please let him know. Josh is working on getting stocked up on marketing materials such as fliers and water bottles for upcoming events. Keith sent out a very thank you to United Services for the wonderful monthly meeting place we share. He also thanked Josh for all of his hard work.

Andy has sent out email blasts to members of various organizations, informing them of NOW activities.

2K) Nominating: Kathie reported that Sarah Desjardin has submitted her resignation to the Board due to personal reasons although she plans to remain involved with NOW by providing nutrition services at various events through her employment at Day Kimball Hospital. Keith discussed the current Board and Committee vacancies. He reassured Board members that the Executive Committee was aware there are currently gaps through those vacancies but he was quick to thank everyone who serves on the Board and Committees for their time and effort.

3) Old Business:

The subject of Stewards of the Children, a special training program for NOW Board members, was once again mentioned.

- 4) Next Meeting Date: The next regular monthly Board meeting will be held on Tuesday, September 18th @ 7:00 PM at United Services. The next Executive Committee meeting will be held on Tuesday, September 11th at 7:00 PM at Victoria Station Café in Putnam.
- 5) Adjourn and Closing: A motion was made by Jeff to adjourn the meeting at 8:53 PM. Sharon seconded; all approved.

Minutes respectfully submitted by Jessica Rawson and Kathie Rawson.