

Northeast Opportunities for Wellness, Inc.

Minutes

Tuesday- October 16th, 2012

- Call To Order:** 7:05 PM
- Present:** Cindy Disco, Andrew Morrison, Keith O'Hara, Eric Quinn, Allan Rawson, Jeff Rawson, Jessica Rawson, Kathie Rawson, Jeff Rizer, Christine Rukstela, Debbie Spinelli, Kelly St. Laurent, Joe Touchette
- Committees:** Melissa Haynes, Ryan Tatro
- Youth Advisory:** None present
- Guests:** Clare Simpson
- Absent:** Jack Burke, Troy Gladu, Ed Higgins, Sharon Kozey, Josh Longiaru, Dick Loomis

1) Minutes: There were no minutes from September to approve.

2) Committee Reports:

2A) Finance: Kelly reported the balance in the JCSB account as of 10/16/2012 was \$9,182.26. Kelly wanted the Board to look at our financial position, and reminded everyone that there will not be any more donations from the Rawson Family Foundation for the remainder of the calendar year. Challenger sent NOW a bill for the fall program for about \$7,000+ dollars and the YAPs still need to be paid for the summer soccer camp (approx \$1300). There will be some income from the Taste of NOW event and some residual income from the road race. Kelly reported having some issues with JSCB. She switched to using the Dayville branch which, she reported, has worked out very well so far.

Kelly asked about possibly increasing the withdrawal limit on the debit card to \$1,000- instead of \$500, because the low limit was causing issues when several high ticket items needed to be purchased. Jeff Rawson suggested looking into getting a credit card so we would have a 30 day grace period for payments and a higher limit. There needs to be a discussion as to whose names will be on the credit cards. Kelly will look into options for this and get back to the Board with a recommendation.

Tax time is approaching and Kelly was looking for advice on who we would like to use for tax services this year. Keith asked that we stick with the 3 quote approach and then vote as a Board.

There was discussion around which mailing address should be used for NOW's finances. Keith's address on Joy Road was used for all the Non Profit paperwork but Kathie and Allan's home address on Chase Road has been used for the bank account information. Kelly thought this was part of the problem we have been having with checks clearing, etc. It was agreed that when it is possible, NOW members should use the PO Box 206 address. NOW needs to look into getting a physical address.

2B) Nutrition: The spending of the JCSB grant was discussed. There is no expiration date on this grant however the same grant was applied for again this year. The Committee should develop a specific plan for this money. Discussion of a potential partnership between NOW and United Services' women and family program has been initiated. The Nutrition Committee is in need of a chair person and additional new members.

2C) Fitness: Jeff Rizer will be looking to set up a meeting with the Fitness Committee soon so they can regroup. Jeff Rawson has the names of a few more potential members to add to the Fitness Committee.

2D) Facilities: The Facilities Committee, along with the Fundraising Committee, is actively promoting a sign campaign. Currently there are a total of 9 signs displayed at either Logee Park or Blackwell Field. It was decided to use a thicker material than originally selected to make the signs more durable. The cost to display the signs is as follows:

- A- Sign at Blackwell Field only: \$200 setup fee/ \$150 annual renewal fee
- B- Sign at Logee Park only: \$200 setup fee/ \$150 annual renewal fee
- C- Sign at both Blackwell Field and Logee Park: \$325 setup fee/ \$250 annual renewal fee

Jeff Rawson and Keith discussed the speeding traffic issue at Blackwell Field. Residents around the Blackwell Field entrance have been complaining of cars speeding down the dirt road to and from the field. The residents have taken videos and asked several times for the cars to slow down. Jeff, Jessica and Troy met with the residents and a CAA representative. Temporary speed bumps were installed and the residents have reported that this has brought some relief. Jeff plans to replace the temporary speed bumps with much more effective speed dips. Ryan Tatro shared his views with the Board. Jeff Rizer also mentioned an issue with a wash out on a

specific section of the road. Jeff Rawson will fix this problem when the right equipment is at the site.

The Facilities and Legal Committees are working with the CAA to finalize the contract for the use of Blackwell Field. Troy sent a notice to the Board that the CAA/NOW agreement is ready to sign. See Legal Committee for further info. Insurance certificates were received last month from CAA. NOW Board members were questioning whether there was adequate insurance coverage and if the insurance certificates were made out in the correct names. Jeff Rizer will review the insurance again and get back to the Board with his finding.

There are currently several teams using the soccer fields at Logee Park. This past weekend NECONN, St. Joseph's School and 5 Star Liverpool used the fields. Allan reported the NOW fields have recently been fertilized and look tremendous. Both fields are in great condition.

2E) **SPORTS Committee**: The Board is still looking for a suitable person to chair the Sports Committee.

2Ei) **Football/Cheerleading**: Eric reported on the next Football/Cheerleading clinic, which will be held on January 13th, 2013. He hopes to have the clinic in Thompson School and was working with Debbie to select a date. The past football clinics have been cost neutral and they will strive for this again.

There were discussions about possibly establishing a Flag Football League- which would be held at area schools from February through April. Game location would rotate to attract different kids. When weather permits, the program would be moved outside to the Blackwell and/or NOW Fields. It was discussed that the YMCA was looking at hosting programs in this area and NOW may also be able to team up with them on this.

The WPTP is hosting their awards ceremony on November 30th. Keith was asked (and accepted) to speak at this event and to help present the awards, as this was very well received last year.

There was talk of hosting a coaching clinic however there might not be enough coaches in this area to support this program because there is already one being offered in another CT town. Eric will look into this further.

2Eii) **Soccer**: Joe's committee held a meeting to begin planning the winter soccer program. This would run similar to last year as there was good feedback and high participation. There was some concern about volunteer burnout at the end of last years' program.

Clare mentioned there has been very limited nutrition and fitness education provided to the children enrolled in the fall soccer program. The Board is aware of this problem. Clare also mentioned she needed a better sense of direction as to who she should be working with.

There was discussion among the Board members concerning the cost of this program and if we had enough funds or Committee member participation to be able to successfully run it. If we hire Challenger trainers for the winter soccer program, the cost to NOW would be about \$5,000. Other expenses to be considered are the use of the facilities, nutrition educators, fitness trainers and the cost of the awarded scholarships. There was also a discussion of the new Alliance models and whether or not it is in our best interest to continue to host programs as we have done in the past or if we should be supporting existing soccer programs. Jessica made a motion that NOW would not host an indoor winter soccer program this year. Kelly seconded this motion; all approved. Debbie suggested the Board take a step back from all next winters' events to spend the time developing a more focused sense of direction for the organization. She felt this review should include the refinement of next years' alliance model. There was discussion about hosting clinics for soccer and football throughout the winter if they were cost neutral. More discussions will be had by the Board on possible alternate events this winter.

2Eiii) Basketball/Tennis: Nothing new to report on these sports but Keith would like to continue to keep this on the agenda so the Board knows this is still something we are looking at.

2F) Scholarship: No new activity to report.

2G) Legal: CAA is ready to sign the agreement for Blackwell Field; however the Board would like to make a few more adjustments first.

2H) Fundraising: The Committee is working on finalizing the details for the "A Taste of NOW" event, which will be held on Friday, October 19th, at Elsinore Mansion in Pomfret, CT. Currently there are 11 restaurants participating, some donating more than one dish. Friendly Spirits is providing 24 beers and wines. Sprucedale Nurseries is donating mums, pumpkins, etc. Jeff reported that we have about 110-115 tickets sold out of 150 total tickets and is estimating a \$4,000-\$5,000 profit from this event. The Committee will be meeting at Elsinore on the night before the event (Thursday) to setup/decorate the mansion.

2I) Marketing: Josh has been working on revamping the NOW website which now includes event photos, make a donation link and more. An email was sent to the Board to review the website. Josh is looking for additional Marketing Committee members.

2J) Nominating: Cindy presented the Board with 3 nominations for At Large positions on the Executive Committee. The slate of officers for President, VP, Secretary and Treasurer was presented and voted on at the July meeting. Joe made a motion to accept the nomination of Josh Longiaru, Jeff Rawson and Jack Burke to fill the three at large positions on the Executive Committee. Christine seconded this motion; all approved. Seven members will make up the NOW Executive Committee.

2K) YAP: Christine is working with the YAPs to get volunteers for the Taste of NOW event. Kathie suggested if we did not have enough YAPs for this event that Keith reach out to Marianapolis to ask for additional youth volunteers looking for community service hours. Keith wanted the Board to know that the YAPs had not yet been paid for the August 2012 soccer camp, but this was to be addressed this week by the Finance Committee. To clarify for the Board, NOW does pay YAPs for the summer soccer camps as this is a week long/all day commitment but the YAPs are not paid for any other events throughout the year. NOW also provides the YAPs with the opportunity to play on NOW teams and to receive professional training from Challenger at no charge. Allan is working on organizing an indoor soccer team for this winter.

2L) Executive Committee:

3) Old Business:

3A) There has been discussion on planning a second Board retreat with Caleb Rick. In light of the recent changes establishing an alliance model and the cancellation of the winter soccer program, this may be the perfect time to do so. Keith will look into setting this up.

4) Next Meeting Date: The next regular monthly Board meeting will be held on Tuesday, November 20th @ 7:00 PM at United Services in Danielson. The next Executive Committee meeting will be held on Tuesday, November 13th at 6:00 PM at Victoria Station Café in Putnam.

5) Adjourn and Closing: A motion was made by AR to adjourn the meeting at 9:12 PM. Christine seconded; all approved.