

Northeast Opportunities for Wellness, Inc.

Minutes

Tuesday- November 20th, 2012

Call To Order: 7:23 PM

Present: Cindy Disco, Josh Longiaru, Keith O'Hara, Eric Quinn, Allan Rawson, Jeffrey Rawson, Jessica Rawson, Kathie Rawson, Jeff Rizer, Christine Rukstela, Kelly St. Laurent

Committees:

Youth Advisory: Amanda Gladu

Guests: Gene Michael Deary, Anthony Simpson,

Absent: Jack Burke, Troy Gladu, Ed Higgins, Sharon Kozey, Richard Loomis, Andre Morrison, Debbie Spinelli, Joe Touchette

1) Introduction of Guests: Anthony Simpson is the owner of The Fitness Factory in Dayville and Elsinore Mansion in Pomfret. Anthony spoke to the Board about his future plans at The Fitness Factory which might include a large outdoor recreational area that could possibly include training courses, environmental education programs, a disc golf course, climbing walls and many other activities. Anthony is interested in continuing his support of NOW and hopefully partnering in some way in the development of a program for kids at The Fitness Factory.

Gene Michael Deary is a teacher at, and the owner of, Deary's Gymnastics in Danielson. He is also the President of the Board at the ARC of Quinebaug Valley. Gene has a passion for fitness and sees a need to get kids involved in physical activity.

2) Minutes: Motion made by Cindy to accept the minutes of the October 16th meeting. Seconded by Jeff Rizer; approved by all.

3) Float: Christine has been working on the NOW float for the Holiday Dazzle Light Parade, which will be held in Putnam on November 25th. She is looking for volunteers to help decorate the float on Saturday, November 24th, as well as on parade day. The idea of adding carolers to the float was discussed; Jeff and Christine will work on this together.

4) YAP: Currently this group doesn't have any specific tasks. NOW will be requesting volunteers for the January football clinic. There was a discussion about paying the YAPS for the summer soccer camps. It was previously decided to pay the YAPs for the camps because of the time commitment. At this time, the Board would like to see NOW pay for the YAP's indoor soccer programs or give scholarships to the YAPs who volunteer at the camps (instead of paying them).

5) NOW Employee Position: Jeff e-mailed a draft of the job description for the Business Director's position to the members of the Board. Board members had some suggestions that Jeff will use to modify the job description. Funding for this position was a concern but with the termination of the contract with Challenger after 2012, that money can be allocated to the employee payroll. The Board needs to think about other concerns as well; such as a payroll service, taxes, evaluations, etc. These items will be discussed with Caleb Rick at the Executive Committee meeting. The position will be posted internally first for any interested parties to come forward and then will be released to the general public.

6) Finance: Kelly reported to date there is \$11,642 in the JCSB account. There is an outstanding balance due to Challenger this week for \$7,200. JCSB told Keith the grant check from 2011 has not been deposited; Kelly will ask for this check to be re-issued. Kelly has been looking for a CPA to prepare the 2012 taxes. So far Kelly has met with Don King and will be dropping off information to Daniel Santos as well. Allan made a motion to approve the Finance Committee's report. Jeff seconded this motion; all approved.

7) Nutrition: Jeff discussed partnering with Putnam Ford next winter to utilize the grant money from 2011 and 2012. During the holidays, Putnam Ford hosts a Kid's Day where they give out food and toys to underprivileged kids. We discussed possibly offering healthy foods and doing a parents education session while the kids were doing other activities. This would be a great way to utilize the grant money as well as market NOW to the target audience. This will be discussed again at a later date. The possibility of forming a NOW-TEEG partnership to use the grant money was also brought up; although these options will need to be explored further by this committee.

8) Fitness: The Fitness Committee has been growing over the last few months and has been very active. Amy, Leia and Val will be at the Killingly Youth Soccer Fall Jamboree to do fitness education and to run an obstacle course. Fitness will also be represented at the football clinic in January. The Fitness Studio in Dudley will be partnering with NOW to host the 2nd Annual NOW Spin Event on January 26th. Currently there are a total of 40 possible spots available for the three-hour event (at a cost of \$40 for the three hours); 22 spinners have

already signed up. The Fitness Committee is asking that everyone donate a prize to be used at the raffle for the spinners.

9) Facilities: The fields have been prepared for the winter; the irrigation has been blown out, the portable toilets and dumpsters at Logee Field have been removed until the spring of 2013. The Committee is discussing using a liquid fertilizer next year as it will yield better results and would be less expensive.

10) Sports: The Executive Committee is aware the Sports Committee chair position is still vacant and this will also be discussed at the Board retreat.

10A) Football/Cheerleading: November 30th is the annual WPTP Awards Banquet for Football Players and Cheerleaders. Keith will be there to represent NOW. The next Football Clinic will be held on January 13th at Tourtellotte High School. QCFB will be working with marketing to put ads in the Shoppers Guide and to send out a mass mailing as well. Free T-shirts will be given for early email registration.

10B) Soccer: It was mentioned that NOW has finite resources and we should be looking very carefully at where our money is being spent. The need for written agreements was once again stressed. The written agreement with CAA has still not been completed. The Board set a firm deadline date for this contract to be signed (by March 15, 2013) before the soccer season starts or the CAA will not be allowed to use the fields. Currently there are several additional alliances being considered; such as with Liverpool, the YMCA and Killingly.

11) Scholarship: This Committee has not had much activity recently but they will be revisiting the scholarship criteria for the 2013 calendar year. The Board would also like to come up with a plan for how parents who receive scholarships can give back to NOW.

12) Legal: In addition to the Legal Committee and other Board members working to complete the written CAA agreement, they are also working on signing an agreement to enter into a partnership with Liverpool. Hopefully the Liverpool agreement can be used as a model for future alliances.

13) Fundraising: The Taste of NOW event was a huge success, bringing in \$5,890.72 in profit; in addition to great reviews within the community. The Committee is working with the Fitness Committee on a spin event as well as continuing to solicit businesses for the sign campaign. Jeff is hoping to have an annual appeal for 2013.

14) Marketing: NOW will be having an annual Holiday Fiesta at the Millennium on December 18th. All NOW Board, Committee members and YAPS are invited. Josh has been working on updating the website. He will also be sending out a Holiday e-card. There were

discussions of having a quarterly newsletter. This would potentially be the job of the new NOW Business Manager (rather than the Marketing Committee).

15) Nominating: This Committee will be working with the Executive Committee to address vacancies on all of the NOW Committees. They will also be discussing overall Board size and changes coming in 2013.

16) Board Retreat: The Executive Committee will be meeting with Caleb Rick in December to set up a plan for the Board retreat.

17) Next Meeting Date: The next **Executive Committee meeting** will be held on **Tuesday, January 8th @ 5:30 PM at Victoria Station Café** in Putnam. The date of the next full Board meeting will be announced as soon as it becomes available.

18) Adjourn and Closing: A motion was made by Jeff to adjourn the meeting at 9:28 PM. Josh seconded; all approved.

.

Minutes respectfully submitted by Jessica Rawson and Kathie Rawson