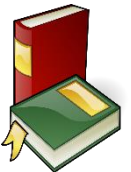




Speaker: Jen Harris Certified Nutrition Coach/Fitness Nutrition Coach.

Jen shares her passion for helping others achieve their nutrition goals by creating a healthy lifestyle with balance. She provides nutritional guidance and support for planning and preparation of meals that make it easy to accomplish. Jen does not believe in dieting or eliminating a food group. She focuses on balance. Jen has seen first-hand that our busy lives have on our nutrition and therefore our bodies. Early in her professional career as a touring stage-hand and constantly eating meals-on-the-go, it impacted her weight, mental well-being and ability to perform her job to the best of her abilities. Shortly after her daughter was born, she decided it was time to get healthy and fuel her body with foods that made it feel its best. The weight began to come off and she began to feel her best. She decided to get her certification in kettlebell coaching and began teaching exercise and strength training. Today at age 46, she had never felt as good as she does now and she knows it's all thanks to eating the right foods for her body and staying active. Jen will discuss direction for you to create a healthy lifestyle, listen to your body and learn to fuel and nourish into the person you want to be!



12:00 Noon Lunch & Social time -**BYOB**- It's not what you think -the bar area will be open- this **BYOB** is "Bring Your Own Book" -find a **NEW** friend with "also" a good book to exchange with and you can return the books and report to each other at May Convention!

1:00 PM -Reconvene-Afternoon Session

Jessica Anderson; Deputy Chief; Stamford Emergency Medical Services.
File of Life.

Emergencies most often occur in the home and it's important to communicate your medical needs with paramedics. A *File of Life* magnet on your refrigerator can be the exact thing to relay important information when you are injured or ill. They can give a mini history right on your refrigerator in a magnetic pouch.

Paramedics know to look for these in the home and it truly can assist them to respond properly when you may be unable to communicate your medical needs.



SHEILA MACAULEY; Health & Wellness Chairman – Announcement of the Walking Contest-see insert.

Feel free to gather a group of walkers and name your group such as listed below!

Walking Group Names: Walkaholics, the Striders, the Sole Trainers, the Sole Sisters, the Walking Talkies or even the Pedominators!

Enjoy your fun -health journey competition!

2:00 Healthy Habits Jeopardy! Bring your competitive **FUN** spirit!
2:30 pm Other Business Announcements/Club Program Announcements
3:00 pm Adjournment



GFWC/CT Reservation Form for March 11, 2023

The restaurant is a Golf Club locality and due to the season;
REGISTRATION DEADLINE must be: March 1, 2023
Please sign up timely!

Registration: \$10.00 Luncheon: \$30.00 Total: \$40.00

Luncheon – Hot & Cold Buffet. Cold Cut Platter-Ham. Turkey, Roast Beef, American Cheese & Swiss Cheese. Mixed Greens. Hot sides-Rigatoni Pomodoro & Chicken Marsala. Rolls & Dessert. *Coffee, Tea & Soft Drinks (and water of course) will be included & available throughout the meeting. Thank you- Jocelyn; Manager!*

Name _____

Club _____

District: (circle 1) NC NW SE SW

Any Dietary Restrictions: _____

GFWC/CT Executive Board Position:

Are you a 2022-2024 Club President? Yes_____ No_____

No table charge to CSP Chairman or Committee Chairman, however, registration is required by deadline above please. March 1.

**Mail Meeting & Table Registrations to:
Pam Lerner, 20 Brenton Terrace, Hamden, CT 06518
Contact Info: Phone: 203-281-3090 or pamlern41044@aol.com
Checks made out to GFWC/CT**

Half Table \$5.00 - Full Table \$10.00

Name _____ **Club** _____

Email _____

A MOST SINCERE thank you to Pam Lerner; Assistant Treasurer who does a megastar job with collecting dues, registrations, compiling lists, nametags and sorting all of it out with a beautiful smile and attitude!





Fourth GFWC-CT Walking/Exercising Contest

*Sponsored by GFWC/CT Health
and Wellness Department*



- Who:** All GFWC/CT Clubs (The More the Merrier!)
- When:** April 10 to April 16, 2023
- Why:** To promote good health and sisterhood
- Where:** Wherever you normally exercise as a group or individually
- Includes:** Any type of exercise: walking, running, biking, aerobic classes, tennis, pickleball, etc. (Does not include cleaning house.)

A contact person should be chosen by each participating club.

That person should keep track of her club's activity on the attached log sheet and send to sjmacauley@aol.com

by April 30.

Winners will be announced at the GFWC/CT convention on May 19-20: Small, Medium and Large Club winners and the top three individual performances.

Everyone, I am including this suggested update to the bylaws as it has come out of Committee in plenty of time to notify members. We will not vote on this until the May Convention. Saturday, May 20, 2023. I wanted to give you plenty of time to review it. I am to stay neutral as your President but I will answer any and all questions you have if I can. (or research the answer.) You can also send any comments to Anne Edwards; Member at Large if you prefer. Email: aunteedwards@gmail.com

Thank you to Kathy Barnes; First VP, the Bylaws Committee and all the Members who researched, worked on this and or suggested an update to this area of the bylaws.

Katherine DeBurra; State President GFWC/CT 2022-2024

To: GFWC/CT Bylaws Committee

From: Kathy Barnes, GFWC/CT First VP

Date: 12/13/22

Having observed membership levels and attendance at State meetings as well as speaking with potential Club leaders, I request that the Committee move forward with the following two changes regarding quorum and meeting frequency. Please feel free to reach out to me with any questions you may have. Thank you for working to make a stronger Federation in the future.

Article IV. Section E.

5. A quorum for a meeting of the State Federation shall be represented by ~~50~~ **30** qualified delegates consisting of at least 10% of the Executive Board and qualified delegates representing at least 10% of the clubs and 50% of the Districts.

Rationale: The current number of delegates required for quorum at Fall Conference and May Convention was defined when the State Federation was 300% of its current size. This does not reduce the number of Clubs or Districts to be represented ensuring state wide participation.

Article VIII. Section B. The Executive Board shall act upon the admission of clubs, establish standing rules which it may rescind or amend by a two-thirds vote of those present, make appropriations, raise such money as may be necessary and plan and execute such measures as are required to coordinate the activities of the member clubs.

1) Executive Board meetings shall be held at least ~~three (3)~~ **two (2)** times a year at the discretion of the President.

Rationale: To provide flexibility of the State Federation to increase focus on District level meetings, utilize time for club development such as workshop and lessen conflicts with long standing member club activities.

The President will retain the authority to call additional meetings as defined elsewhere in the Bylaws.

January 15, 2023