



THE GENERAL FEDERATION OF
WOMEN'S CLUBS OF CONNECTICUT
MARCH BOARD MEETING

March Into Health!

Saturday, March 11, 2023

Zody's 19th Hole

481 Stillwater Road, Stamford, CT 06902



***Individually we are one wave, together
we are an ocean!***

- 9:30 Registration Time- Pam Lerner; Assistant Treasurer
- 9:30 Meeting Room Opens
- 10:00 Call to Order- Katherine DeBurra; State President
 Inspiration- Lynne Sarro; Club President;
 The Women's Club of Madison
- Pledge of Allegiance to the Flag of the United States
 of America- Sandra Barry; Club President; Enfield WC
- Collect; Georgeann Kishner; State CPR Chairman/Website
 Club President; Danbury/New Fairfield WC
- Credentials Report; Donna Farrell;
 Convention Meeting Chairman
- Introductions-Katherine DeBurra
 EC Board/Past Presidents
- 10:15 Reports of EC Officers
 Introductions of District Presidents, CSP Chairman & Presidents
- 10:30 Jeanne Waseleski; Past State President 2006-2008;
 Club President; Terryville WC-Announce LEADS Candidate
 for 2023 in Louisville KY! June 9-12, 2023
- 10:45 Madeline Marzullo; State Veterans Chairman;
 May 6, 2023 -Salute to an Honor Flight!
- 11:00 Speaker Program; 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.
- 12:00 Expression of Thanks- Madelaine Gross;
 Co-President; Bethel WC
- Recess, Friendship Time, Luncheon
- 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 Meeting Reconvenes - **Jessica Anderson; Deputy Chief; Stamford Emergency Medical Services.**

File of Life. Welcome and THANK YOU JESSICA!

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.

1:30 Beverly Regan; Scholarship Chairman; Updates

1:45 Sheila Macauley; Health & Wellness Chairman
Announcement of the Annual Walking Contest Rules:

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 Health Habits Jeopardy! District Competition!

2:30 Fundraising- Sara Newell- Thank you SARA-and helpers!

Other Business & Announcements -Feel free to announce your upcoming events!

3:00 Adjournment- **Don't forget "CHANGE YOUR CLOCKS-CHANGE YOUR BATTERIES"- (NFPA) for DST tonight & change your batteries in your smoke detector!**

Important dates: May Convention. -May 20th.

International Convention-Louisville, KY

June 9-12, 2023

New England Region Conference-Sept. 21-24, 2023

COLLECT

Keep us, O God, from pettiness,
Let us be large in thought, in word, in deed.
Let us be done with faultfinding
And leave off self-seeking.
May we put away all pretense
And meet each other face to face,
Without self-pity and without prejudice.
May we never be hasty in judgment
And always generous.
Let us take time for all things;
Make us to grow calm, serene, gentle.
Teach us to put into action our better impulses,
Straightforward and unafraid.
Grant that we may realize that it is
The little things that create differences;
That in the big things of life we are one.
And may we strive to touch and to know
The great, common human heart of us all.
And, O Lord God, let us forget not
To be kind!

Mary Stewart
April 1904

District days:

Southeast District: March 25, 2023 Shirley Cavanaugh;
District President, Carolyn DellaPietra; Asst. District President.

Northwest District: April 1, 2023 Nicole Karalli; District
President; Maddy Marzullo; Asst. District President.

Southwest District: April 11, 2023 Janet Jabieski; District
President, Nancy Coraggio; Asst. District President.

NorthCentral District: April 15, 2023 Donna Recknagel;
District President; Jean Kehoe; Asst. District President.

Calls on the website: gfwcct.org