



General Federation of Women's Clubs of Connecticut, Inc.

OFFICIAL CALL TO GFWC/December Meeting

Saturday, December 2, 2023

Katherine DeBurra, State President; GFWC/CT 2022-2024



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



**The December Board Meeting will be held
@ Lincoln Culinary School in Shelton-
8 Progress Drive 06484!**

The December Meeting will be a wonderful opportunity to honor our CSP of Education & Libraries at the Culinary School in Shelton. We also re-schedule our March Meeting Speaker; Jen Harris; Certified Nutrition and Fitness Coach. March honored our CSP of Health & Wellness! Great information to bring us in the busy holiday season and beyond!

ALL GFWC/CT MEMBERS ARE WELCOME AND ENCOURAGED TO ATTEND THE MEETING!

GFWC/CT Executive Board Members, Club Presidents, Chairmen of GFWC/CT Committees, Members of GFWC/CT Standing Committees, Community Service Program Chairmen, Past State Presidents, District Presidents, Assistant District Presidents, and State Officers.

Registration @ 9:30 am in the Lobby of the school.

Please allow the Convention Chairman and her Team to have a little bit of time to make the meeting room festive for you!

9:30-10:00 am Registration.
10:00 am Call to Order -Welcome.
Introduction of Guests.
Officers Reports.
Important Focus to: Reporting- Wendy Clery.
Membership-Nicole Karalli.



10:30 am **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 an impact 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 47, 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!

11:00 am **Esther Pearl from ALZHEIMER'S ASSOCIATION, CT CHAPTER-**
HEALTHY LIVING FOR YOUR BRAIN AND BODY:
TIPS FROM THE LATEST RESEARCH

11:30 Tour of school.

12:00 pm Lunch & Social time – with Holiday Cookie-decorating by Chef Edwin for dessert. Holiday Ice Cream Station-to make your own sundaes- Compliments of your State President!

2:00 pm Other Business/Club Program Announcements

2:30 pm Adjournment



Please take advantage of our online jewelry fundraiser for GFWC/CT often offered at International Conferences!
www.ladyjayne.com Special pricing code: GFWC/CT



**GFWC/CT Reservation Form for December 2, 2023-
FIRM REGISTRATION DEADLINE: November 17, 2023.**

PLEASE SIGN UP TIMELY!

Registration: \$10.00 Luncheon: \$25.00 Total: \$35.00

Luncheon Buffet—created by Chef Edwin (Chef Edwin retired from being the Head Chef at Schwab Financial on Wall Street in NYC and has found his “dream retirement position” teaching others his craft! Menu: “Holiday” inspired entrees; Rosemary & Herb Crusted Pork Loin, Roasted Chicken with lemon caper sauce, Penne a la Vodka, Sauteed Broccoli Rabe and Roasted Red Peppers, Baby Arugula, Tomato and Fennel Salad. Holiday Cookie Decorating by Chef Edwin for dessert. Holiday Ice Cream Station-to make your own sundaes-Compliments of your State President! Coffee, tea.

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.

Half Table \$5.00 - Full Table \$10.00

Name _____ **Club** _____

Email _____

**Mail Meeting and 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**

Thank you for the donations at the Fall Conference to Wreaths Across America!



\$200 was donated to them!

