**Minutes GFWC/CT Board Meeting at The Lincoln Culinary School in Shelton, CT -Saturday, December 2, 2023**

**Call to Order:** Katherine DeBurra; State President called the meeting to order at 10 a.m. at the Lincoln Culinary School. She welcomed everyone to the December Board Meeting to honor the CSP of the Education at the Lincoln Technical School and the revisit to Women’s Health & Wellness with rescheduled speakers from the cancelled March meeting.

**Inspiration**: Christine Kuczma; Vice President in the GFWC Mystic Woman’s Club gave the Inspiration. K. DeBurra thanked her for the very moving words she spent time putting together.

**Pledge of Allegiance**: Millie Anderson; President in the GFWC Newtown Woman’s Club led the Pledge of Allegiance to the Flag of the United States of America.

**Collect**: Janet Stockalis; Vice-President in the GFWC Newtown Woman’s Club led the Collect.

**Credentials Report**: Donna Farrell; The Madison Women’s Club of Madison and Convention Chairman reported the following Credentials:

Past State Presidents- 1; Jeanne Waseleski -Past President –(2006 -2008),

Club Presidents-10; State Board Members/Officers-39; Voting Delegates/Board Members-39; Total Voting-39; Total Non-Voting Delegates-0; Registered Guests-2; Total Attendees-41; District with the Largest Attendance-Southeast; Club with the largest attendance-The Women’s Club of Madison. A quorum was declared. The aides, Maddy Marzullo and Sally Johnson were introduced and recognized for their continued support in their positions.

**Introductions**: Kathy DeBurra introduced Past President: Jeanne Waseleski -Past President in the years-(2006-2008). Kathy stated that “Jeanne is our Jennie June winner in CT this year and Jeanne's commitment to GFWC includes tireless dedicated years of service that included many positions of Club President, District Director, Connecticut State President (2006-2008) and Region Officer positions in New England. She has served on the International Board as Art Chairman. Membership Committee- twice and her National Club the Pierce Arrows has won multiple awards and honors for their service to GFWC. Of notable credit to her -her State Project as State President in Connecticut was Connecticut Community Care, Inc. and Governor Jodi Rell awarded her with an outstanding Citation in honor of her dedicated service to Connecticut Citizens. Connecticut Community Care is still a strong and prominent organization in the State. She continues to serve on the current 2022-2024 Administration on the Finance Committee and on the 2024-2026 Nomination Committee. If you are interested in any leadership roles -please chat with her today or feel free to ask myself and the EC Board any questions.”

Kathy DeBurra introduced the Executive Board Committee Members starting with:

**Corresponding Secretary;** Ashley Waseleski; Ashley is standing in for Kathy Matusiak; Recording Secretary today. Ashley statedthat the minutes had been edited, approved and posted on the GFWC/CT website from Fall Conference and asked for 3 readers for today’s minutes. Volunteers were Donna Farrell, Nicole Karalli and Jean Keating. In Ashley’s role as Corresponding Secretary, she shared 3 regrets from; JoAnn Calnen; Past President-(2010-2012), Debbie Fiore; Past President- (2020-2022) and Anne Edwards; Member at Large 2022-2024. She also read 2 letters of correspondence. Both were ‘thank you” letters to GFWC/CT. One for the $200 donation that was made to Foodshare in Memory of Past President Leslie Apostalon (2018-2020) and the other was from the Ronald McDonald House in New Haven for the donations of the project that was completed by Donna Recknegal; Advocates for Childrens Chairman 2022-2024 making *sock-flower bouquets* at the Fall Conference in October. A bin of art supplies that were donated from The Women’s Club of Madison were also mentioned in the note. The notes were shared with the Members and passed around the room.

**Asst. Treasurer;** Pam Lerner stated that there are just a few clubs who still owe dues. For rosters- she asked clubs to use Excel format for the directory and try to get those to her soon.

**Treasurer;** Stephanie Capasso was not in attendance but gave a report to K. DeBurra to share. The budget is completed and approved and the taxes are filed. Cost was $3,000 and if anyone has any questions on any of the financial documents -please reach out to her or Kathy at any time.

**3rd Vice President** **and Dean of Districts;** Nicole Karalli introduced the District Presidents and Assistant Presidents in attendance. Nicole distributed small business cards with the following 2024 schedule.

* Southeast District – April 6th at Clinton Country Club (tentative).
* Southwest District – April 9th at Anthony’s Lake Club, Danbury.
* North Central District – April 13th at Elizabeth’s (tentative).
* Northwest District – April 20th at Fairview Farms Golf Club, Harwinton.

The dates are also on the website. Kathy thanked Nicole for taking on the role of Fundraising this meeting and those in attendance applauded her efforts as well.

**2nd Vice President** **and Dean of Community Service Programs**; Wendy Clery; recognized these chairmen in attendance at today’s meeting. She reviewed reporting guidelines and thanked all the members who have attended workshops for reporting. She reminded everyone that when preparing reports, the questions to address are “*Who, What, Where, When, Why*, and *How*?” Try to write a captivating report that catches the reader’s eye. She is available for help via email and communication almost anytime.

**President Elect;** Kathy Barnes recognized Club presidents who were in attendance. She announced there will be a CT LEADS Seminar on Saturday, January 27. 2024 at the Manchester Congregational Church. Following the holidays, she will send an email of invitation to attend that meeting. She shared these highlights concerning the Community Impact Project guidelines:

The CIP Awards are GFWC’s longest standing project. Each state’s top CIP will receive an award of $100. The category winning entry will be awarded $2500 which will be used to further the chosen program. Kathy stated that the report forms for the CIP are on the member portal and will be linked on the GFWC CT website. This is the only report that should have photos, press releases, and community publicity samples included. All reports which are for the period 1/1/22- 12/31/23 are due to GFWC/CT President Elect by March 1, 2024. Awards will be presented at the GFWC International Convention.

**President’s Report**: Kathy D-(inserted) “This President your President since Fall Conference has been very busy with some family obligations but I also got to fulfill another visit to my #24 Club and that was wonderful. The Club Meeting of the Newtown Club. Very inspirational with a Speaker from the Veterans Administration and Nicole Karalli who is also a retired Veteran from the Army joined me and we had a wonderful time. There are 27 Clubs in the State and many of you have heard me say -it is a goal of mine to try and visit all the Clubs. So that leaves 3 to go by May! I am inspired with a Member Connection and truly get to know what you are doing your Clubs! Thank you in advance for your invitations! Does anyone have any questions for me?”

**Speaker Programs:** Kathy DeBurra introduced today’s speaker- **Jen Harris Certified Nutrition Coach/Fitness Nutrition Coach.** Jen was rescheduled from the March meeting that needed to be cancelled because of stormy winter weather. 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 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**- Our International President Debra Strahanoski has asked us to try and focus on a new affiliate connection to GFWC-the Alzheimer’s Association. **Esther Pearl** from ALZHEIMER'S ASSOCIATION, CT CHAPTER spoke on the following topic-“HEALTHY LIVING FOR YOUR BRAIN AND BODY TIPS FROM THE LATEST RESEARCH.”

Kathy announced there were “health gift bags” at each place setting for attendees with nutrition and stress relief tips.

**11:30** Tour of Lincoln Culinary School with Dean Robert Onorato and Chef Edwin Torres who have been wonderful to work with -their enthusiasm and pride in this school and the students is inspirational. Kathy DeBurra stated we were very lucky to get this unique opportunity! Thank you to all the volunteers today!

**12:00 Expression of Thanks-** Deirdre Kraimer; Mystic Woman’s Club. Recess, Friendship Time, Luncheon & Cookie decorating **/**Make your own Sundae bar set-up from K. DeBurra; President.K. DeBurra thanked Deirdre for the very moving words she spent time putting together.

**1:00 PM Meeting Reconvenes; Fundraising**:

**Other Business/Announcements**:

**Memorial Scholarship**: Chairman Beverly Regan; Woman’s Club of Danbury/New Fairfield reported that the application is now in PDF form and has been updated to make it easier for those applying. The application is on the gfwcct.org website. She wished all Club success in their search of applicants and looks forward to this coming year’s process.

**Fundraising**: K. DeBurra-“Thank you to Nicole Karalli for stepping up (as you always do!) for Sara Newell & Rainey Pavarini doing a wonderful job with fundraising efforts!”

**Adjournment**: Kathy DeBurra adjourned the meeting at 2:00 p.m..

Respectfully Submitted by Ashley Waseleski, GFWC/CT Recording Secretary pro- tem.