

Hancock Woman's Club Meeting Minutes, November 14, 2018

President Joyce Perry called the meeting to order at 2:02 pm.

She welcomed everyone and asked if there were any quests or new members. River Buffum, Sue Koziell's daughter was introduced as a guest.

Joyce reminded everyone that in the interests of time, the Secretary and Treasurer Reports will no longer be given at the meeting but are available in print on the table in the back. She asked folks to think about it as time goes by – do they like doing it this way? Someone suggested putting them on the website and Joyce said we can consider it.

Joyce noted that as of the most recent Board Meeting the club has \$11,497 in the Charitable Account; \$2,556 in the General Account; and \$329 in the Scholarship Account.

At the November Board Meeting the Board will look at the funds and decide how to allocate funds to charities the Club likes to support and also will look at the Scholarship report.

Joyce noted that last month we did not mention the Garden Tour, which was a wonderful, friendly, exciting and profitable event for the Club, bringing in around \$10,000. There were visitors from many places. The docents at Joyce's garden kept some notes. There were 100 people in the last hour or so and about 200 all day. People were from 8 to 10 states, including Texas and California; and 22 different towns in New Hampshire.

Doreen Ames reported on the Paint Party held on November 10. There were 10 people and Barbara Danser did an excellent job. 5 people were HWC members and 5 were non-members. One was a repeat from last spring.

Doreen also reported as Co-Chair of the Social Committee. They are working on providing more activities in the spring; afternoon trips like going to a museum or garden, etc. They will be making a presentation at the next Board Meeting.

Sonja Mucha announced the Holiday Luncheon, which will be December 12 starting at 12:30. Sandy Jackson will send out a message about it. You can contact Sonja or Pat Jacovina to let them know what food you plan to bring. Sonja also passed around a sign-up sheet.

Joyce then brought up the subject of the Vice President. We still do not have one, which means there is no one to step into the President's job next year. The Board talked about this at length. The two answers the search committee got most often were "I work." and "I travel so much." Joyce then explained what the job of President entails. It is not a heavy, time consuming responsibility. The two main things:

- Create agendas for the General Meetings and Board Meetings

- Oversee the General Meetings and Board Meetings.

There is no need to reinvent the wheel. The position comes with the President's Book – a notebook that suggests agenda items for each month, notes when things are due, etc. It is also important that there be a point person for the HWC.

The President does not have to oversee what the committees are doing – the Board Members assigned to lead the committees take care of all the committee work.

A proposal was put forward that there be a group of 2 or 3 Co-Chairs instead of a President. One Alternative would be for past Presidents to oversee the HWC for a couple of months in succession. The problem, a single contact person for the club is needed.

The meeting was adjourned at about XX? pm and Sue Koziell announced the program: Meditation for Health, given by River Buffum

A few highlights:

The 4 Principles of all Meditation:

1. Focus – on a word, music, sound, image, ground
2. Breath – physiology
3. Joining – body, breath, mind, focus
4. Returning - (because of) distraction

We did an exercise of counting during breathing.

Grounding is a foundation of yoga – joining the earth through your feet.

We did an exercise imagining our breath coming up from the ground through our feet.

The group was decidedly more mellow after the presentation.

The presentation concluded at 2:57 and was followed by tea provided by Linda Blicker, Sandhy Kale and Diane Loomis

The next get together is the Holiday Luncheon and will be held on Wednesday, December 12 at 12:30 pm in the Vestry.

Respectfully submitted by,

Robbyn Jackson, Recording Secretary