

FLC HEALTH MINISTRY COMMITTEE

Minutes of 3-13-13

Present: Carrie McLeod, Dawn Nygord, Dianna Woodard, Kalah Erickson, Ruth Hanson, Dale Vitalis, Lu Vitalis

Carrie McLeod led opening devotion and prayer

Minutes from the February meeting were approved as written.

Announcements

- Stepping On class completed and was rated highly by the 15 participants
- Lu Vitalis is a nominee for YWCA Woman of the Year; the banquet is April 29th

Women's brunch planning for Saturday April 13th

1. **Celebration Hall** has been reserved for the event which will run 9:30-11:30AM
2. **Speaker:** Dianna has confirmed Terri Wold, PA from Sanford OB/GYN department to speak on the topic of "Hormones Through the Ages". Her presentation will use powerpoint and be approximately 45 minutes. Target audience is women of all ages. Dianna also brought the recommendation from one of the OB/GYN physicians that we should build some humor into the session. Suggestions include: audience "plants" who will shed jackets, scarves etc. to portray hot flashes and fans at each place as table favors. (We should include examples of teen age emotions and PMS too.) Terrie is also a presenter for the upcoming Sanford Women's Symposium.
3. **Entertainment:** The committee wants to provide entertainment at the beginning of the brunch. Suggestions included: Lena and Tina from Alexandria area who do humorous Norwegian skits, Dixie Cups, who are a local group of humorous singers, Linda Jaeger or friends of hers who are also singers, and Carmen Delaney who has done improv. Dawn, Lu, and Carrie will explore availability and costs for each. We would like to keep the honorarium to \$150. Timeframe would be between 30-45 minutes.
4. **Brunch Meal:** Suggested meal options include: fresh strawberry and angel food cake kabobs, puff pastry with light sauce that includes meat and veggies, grape garnish, decorated candy/ nut cups. Kalah and Dawn will cost out purchase vs. baking our own cakes. Meal preparation will begin at 11AM on Friday in Celebration Center. Carrie is taking the lead on the meal.
5. **Favors:** Kalah would be willing to decorate the nut/candy cups. Dawn will check Oriental Trading for the fans. It was also suggested that we shop the after Easter sales for pastel M and M's and other spring décor.
6. **Door Prizes:** Ruth will gather some of the new water bottles from FLC and Christian books; Kalah will create a gift basket, others offered to purchase a spring plant.
7. **Publicity** Ruth will lead this. An article will go in the April newsletter, and Sunday bulletins. A Save the Date flyer will be sent via email to several groups. E.g. the parish nurse network, FLC groups, BeFriender Ministry Network, attendees from fall Brain Gain workshop.

8. **Recruiting others to help** To engage more women of the church, the committee will seek volunteers to help with the meal preparation and serving and other logistics. The registration fee for volunteers will be waived.
9. **Fee will be \$15 in advance and \$20 at the door.**
10. **Nursery:** Depending on ages of the participants, the nursery may be provided

After gales of laughter when Ruth started to close the meeting with Come Lord Jesus, Be Our Guest, Pr. Dale successfully led us in the Lord's Prayer.

Recorded by Ruth Hanson, Chairperson

Next meeting: April 9th