

Westford Recreation Committee Meeting

Date: April 4, 2023

Meeting called to order 7:13 PM Eastern Time (US and Canada) by George Elliott

Approved minutes

Present

Members: Amanda Gifford, Ben McElvany, Deanna Norton, George Elliott, Lori Miller, Maria Olson

Guests: Doris Bittruf, Karen Chesser, Megan Kirby, Cassey Baczewski

Members Absent: Chuck Medick, Elizabeth Ploof

1. Review [March Meeting Minutes](#): Minutes approved by all.
2. Changes to Agenda: No changes.
3. Schedule Next Meeting: tentatively May 2, 2023. We may need to switch our meetings to Mondays for a while. Amanda will check with Nanette about use of the town offices.
4. Public Comment
 - Discussion:
5. Open Board seat - one candidate had a child's team schedule change, the other also had a conflict of schedules. We will revisit both candidates next month.
6. Finances
 - Monthly Report - We didn't spend any money from Feb. to March. See attached reports.
 - We should check on Turkey Trot money and make sure those funds are going to families in need. Deanna will check in with Stephanie Jones.
 - Status on Invoices, payments, etc.: Amanda will check in with Ben about a couple things she paid for and she wasn't sure if it was in her check.
7. Reports on Recent Programs & Events:
 - Slime workshop: Fun had by all, George said.
8. Upcoming Programs/events/activities
 - Easter Egg Hunt - donations all set, who will facilitate the day of? George and Deanna. Maria can also help.
 - Westford Country Store made gift bags and we have prizes/candy for the bags.
9. Potential Programs
 - Slow Flow Stress Release Yoga - Doris Bittruf - "After work Vinyasa style yoga class to release stress and promote wellbeing. Classes consist of breathing exercise and warm up, a sequence of poses to build and maintain strength, flexibility, and balance, followed by

cooldown and rest. Open for young adults and adults." Limit 10 participants start 5/4 end 6/8
\$60 Register by 5/3

- Doris is a Westford resident and registered yoga instructor. She has been teaching 3-4 years and has run prior programs through Rec. She would like to add an early evening "slow flow" yoga class that would be 5:30 - 6:30 for 6 weeks, starting on May 4th. She would like to run the class in person but is not sure where she can run it. She would prefer not to use the RBMH.
 - The school might be a possibility, but we would need to check. What about using the Westford Green? Or possibly the Common Hall since it would be warmer at that time? Also, the Barn School might be a possibility.
 - After discussion, Amanda will check in and reserve RBMH. Doris can make her own flyers.
 - \$60 per person with \$5.00/person going to Westford Rec.
 - George moves that the slow flow stress release yoga can operate through the Westford Rec. committee from 5:30 - 6:30 for 6 weeks at a cost of \$60/person with \$5/person going to Westford Rec. Seconded by Ben. Motion carried Unanimously
- Youth/Teen Volleyball workshops - Karen Chesser - Tentative: Thursday evenings 5:00 - 7:00 p.m. May 4 to June 1. Basic skill development. Grades 5 through 8. Minimum of 7 maximum of 25 participants.
 - Karen has volunteers to help with supervision. She has all the equipment, she only needs gym space. She will be in contact with Seth at Westford School.
 - Fee: \$25.00 for the entire session (5 weeks). \$50.00 can be used for gift cards for Karen's helpers.
 - George makes a motion to run the volleyball program with Karen Chesser for 5 Thursdays from May 4th to June 1 with a minimum of 7 and maximum of 25 participants at a cost of \$25.00 per person. There will be up to \$50.00 in gift cards for helpers, provided the minimum is reached. Deanna seconded the motion.
 - Motion carried Unanimously
- Basketball for grades 3 through 8 - Megan Kirby and Casey Baczewski - Was originally intended to be partnered with Swish, but that program schedules too many days.
 - They want to help build a basketball program in Westford and have a Westford team that will play in the Swish league.
 - The idea was to put together a spring/summer Westford team so that those kids could stay together through middle school. They could possibly do a Saturday development program or have a Westford team that plays in the Swish league.
 - Westford Rec could help with planning a Saturday fundamentals program but it would be better for Casey and Megan to do the Swish team since they can access the school facilities since they are coaches already.

- Arts & crafts survey put together by Leanne Saddlemire-McElvany who has also offered to help facilitate. Tabled until next meeting.
- Adult Game nights - Leafye Pante - An evening of board games, for adults, to get together and enjoy. There will be a selection of games available to choose from, and people can bring a game to share. Drop in for an hour or the evening. No pre-registration required. People can bring their own snacks/drinks. I would like to gauge interest for future game nights to offer organized groups for specific game(s), organized snacks, or other ideas people may have. Looking for a location that will allow space for small groups and multiple games to be setup. Start date TBD.
 - This would run Sunday evenings at the RBMH from 5:00 - 8:00.
 - Leafye would like to run a single night on May 21st to gauge interest on May 21. There would not be a fee attached to this program. Leafye will make a flier.
 - George motions to run the game night from 5 - 8:00 PM on May 21. Motion was seconded by Ben. Motion carried Unanimously
- Moonlight Nature Walks - [see attached](#) There are 3 potential walks scheduled. The first two would have a fee. The other ones would not have a fee.
 - Discussion to charge \$10.00 per person for all the walks in order to cover the two guided walks.
 - Suggestion to ask the Conservation Commission to see if they want to split the fees and make the walk free, sponsored by Rec and CC.
 - OR make it by donation.
 - Age: Over 18
 - George motions to set up the moonlight nature walks as described. Deanna seconded. Motion carried Unanimously
- Lacrosse survey - of 5 responses, 2 requesting an informal program.

10. Summer programs

- [Parent & Me](#) - T-Ball and Soccer - last year cost \$25
- **T-Ball** Dates - Tuesdays - June 20, 27; July 11, 25; August 1, 8, 15, 22 Time - 5:00 - 6:00 p.m. Ages 3 - 6 at time of program Fee - for 6 to 8 sessions - **\$25**
- **Soccer** - Dates - Wednesdays - June 21, 28; July 12, 26; August 2, 9, 16, 23 Time - 5:00 to 6:00 p.m. Ages - 1 to 6 at time of program Fee for 6 to 8 sessions - **\$25**
- Archery (survey) - 66% would like the 3 weeks.
- Biking - [see attached](#): Table until next meeting.
- George motions to run the parent and me t-ball and soccer as described. Motion carried Unanimously

11. Community Suggestions - Swing dance, CPR, driver's education, women's self defense, pickleball, music making & dancing for Pre-K: Table until next meeting or possibly later for some items.
12. VRPA membership - Benefits are discounted training and education, probably not worth our money.
13. Misc

Ice rink: Take down ASAP. Amanda will send out requests for help to take up the liner, at least, if not the boards as well. Ben will text Chuck and get back to Amanda.

July 4 Parade - Donate to Fairfax July 4 Fireworks? (I believe the town of Westford has money allocated to fireworks, but does not use it). Can Amanda ask if the town has money allocated for fireworks.

Respectfully submitted: Lori Miller