



8:00am-9:00am	Registration/Continental Breakfast (State Rooms)
9:00am	Opening Ceremonies Business Meeting
10:00am	Mid-Morning Break
10:30am	<i>Celebrating Present:</i> LEADS CANDIDATE Announcement
11:00am	<i>Celebrating Present:</i> Speaker: Dr. Sarah Vose, <i>Body &amp; Mind Physical Therapy</i> <i>Celebrating Future:</i> Scholarship Recipients
12:00-1:45:	Honor Roll Buffet Luncheon <i>“Celebrating the Women of GFWC-NH!!!”</i> <i>Watch as they sparkle and shine.</i>  Honor Roll Recognitions Club Recognitions Entertainment: <i>Celebrating Future:</i> <u>Miss Christine’s Celtic Dance Academy</u>
2:00-3:00	Celebration Time! AWARDS/Photo Opportunities ! <i>More Sparkle and Shining!</i> <i>Celebrating Past:</i> Club Honors and Awards
3:00-4:00	Afternoon Break – Refreshments Served – Last Chance Raffles
4:00pm-5:00pm	All Announcements and Raffles/Closing Ceremonies



• **General Federation of Women's Clubs – New Hampshire**  
**Official Call to the 2023 Annual Meeting**  
**Meals & Registration Form #1**



**RSVP DEADLINE DATE: April 21, 2023**

**Please send THIS FORM AND THE REGISTRATION FORM and checks made out to GFWC-NH to:**

Alison Dillman  
 4 Plaza Ave.  
 Hudson, NH 03051  
[A2DILLRAY@aol.com](mailto:A2DILLRAY@aol.com)

Member's Name: \_\_\_\_\_ Club: \_\_\_\_\_  
 Email address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Emergency Contact Name and Phone Number: \_\_\_\_\_  
 Is this your first time attending a GFWC-NH State Meeting? ☐ Yes ☐ No

**ROOM RESERVATIONS AT THE GRAPPONE CENTER:**



Call: 603-225-0303 or click on the Link Below  
 Rates start at: \$149.00/+tax  
 70 Constitution Avenue Concord, New Hampshire 03301  
 Control Click Link Immediately Below:

**[Book your group rate for General Federation of Womens Clubs of NH](#)**

**ANNUAL MEETING REGISTRATION AND MEALS:**

**Please check all that applies on this form #1.**

☐ Registration fee (required for all attending) **A. \$5.00**

☐ **Friday: Evening of Unity Banquet** (Choose 1 and enter cost on line B.)

<input type="checkbox"/> Vegetarian Stir Fry	(\$42.28)	<b>B. \$ _____</b>
<input type="checkbox"/> Pan Seared Chicken	(\$47.00)	
<input type="checkbox"/> Prime Rib	(\$64.00)	

☐ **Saturday Meal Package** **C. \$62.00**

Includes: Continental Breakfast Buffet  
 Morning Beverage Break  
 Lunch: Chilled Italian Table Buffet  
 Afternoon snacks and beverages

**ADD LINES A., B. AND C.**

**AND INSERT YOUR TOTAL ON NEXT PAGE - Form #2**

**FOR EACH INDIVIDUAL CLUB MEMBERS THAT YOU ARE REGISTERING**

**Please note any special dietary needs. We will do our best to accommodate.**

**Total: \_\_\_\_\_**



**GENERAL FEDERATION of WOMEN'S CLUBS  
NEW HAMPSHIRE**  
*Celebrating NH Women – Past Present and Future*  
Call to GFWC-NH 2023 Annual Meeting



**Registration Form #2**

- **Friday and Saturday, April 28 and 29, 2023**
- **Location: Grappone Conference Center. 70 Constitution, Ave., Concord, NH.**
- **Registration: \$5.00**
- **Meal Total from Previous Registration Form**
- **RSVP: by April 21, 2023**
- **Send Registration and Payment to:**  
Alison Dillman  
4 Plaza Ave.  
Hudson, NH 03051  
[A2DILLRAY@aol.com](mailto:A2DILLRAY@aol.com)

This form may be sent in by Individual club members.

Or

One form can be used by the Club- but it must have all Club members listed individually if the club using the same form to register its members.

**MAKE SURE TO INCLUDE FORM #1 FOR EACH INDIVIDUAL MEMBER**

NAME	CLUB NAME	NOTE IF CLUB PRESIDENT OR VOTING Delegate	PHONE #	EMAIL - Optional	FOOD PAYMENT Total from Form #1	Make sure REGISTRATION PAYMENT is included with totals on Form #1	Total \$ Paid
TOTAL	AMOUNT	ENCLOSED					

Please specify if there are any dietary restrictions that would require special attention. Club Contact Name if a Club Group

Submission: \_\_\_\_\_ Phone: \_\_\_\_\_





**GENERAL FEDERATION of WOMEN'S CLUBS  
NEW HAMPSHIRE  
Annual Meeting  
April 28-29, 2023  
Grappone Conference Center  
Concord, NH**

**Grappone Conference Center Menu Descriptions**

**Friday Evening of Unity Banquet  
"Celebrating New Hampshire Women- Past, Present and Future!"  
(A GFWC Friendsgiving Event)**

***Friday April 28, 2023 Banquet Plated Dinner;***

***Cash Bar***

*Artisian Rolls & Butter*

*Mixed Greens, Tomato, Cucumber, Carrot, Vinaigrette & Creamy Dressing  
(Choice of 1)*

*Pan seared free range chicken with apple thyme compote, served with roasted fingerling  
potatoes*

*Slow roasted prime rib of beef, rosemary au jus, served with baked potato  
Stir fried vegetables with marinated tofu, sesame shoyu sauce, served with  
fried rice*

*Seasonal Vegetable- Chef's Selection*

*Viennese Dessert Trio: Strawberry Dipped in Chocolate, Mini Cannoli and Citrus Cheesecake  
Freshly Brewed Coffee, Decaffeinated Coffee and a selection of Fine Teas*

---

---

**Saturday Business Session**

**"Celebrating New Hampshire Women- Past, Present and Future!"**

***Saturday April 29, 2023 Business Meeting - Honor Roll Luncheon - Awards***

**Breakfast Buffet:**

*Seasonal cut fresh fruit and berries*

*Individual yogurts*

*Fresh baked croissants, Danish, muffins and fruit breads*

*Chilled orange and cranberry juice*

*Freshly brewed organic coffee, decaffeinated coffee and a selection of fine teas*

**Morning Break:**

***Beverages***



GENERAL FEDERATION of WOMEN'S CLUBS  
NEW HAMPSHIRE  
Annual Meeting  
April 28-29, 2023  
Grappone Conference Center  
Concord, NH



Afternoon Lunch Buffet:

CHILLED ITALIAN TABLE BUFFET

Hearts of Romaine, Shaved Parmesan, Croutons, Caesar Dressing  
Chopped Greens, Cubed Genoa, Provolone, Tomato, Roasted Red Pepper, Banana Pepper  
Toasted Italian Loaf  
Fresh Mozzarella, Sliced Tomato, Basil, Balsamic Reduction  
Tuscan Red Beans, Artichoke, Celery, Sweet Onion, Vinaigrette  
Steamed Red Bliss Potato, Red Pepper, Celery, Cheese Tortellini, Fresh Broccoli, Red Pepper,  
Vinaigrette  
Grilled Breast of Chicken, Italian Herbs  
Sliced Prosciutto, Genoa Salami and Capicola  
Mini Cannolis, Cream Puffs, Fresh Berries  
Freshly Brewed Organic Coffee, Decaffeinated Coffee and the Selection of Fine Teas \*\*

Afternoon Break:

Selection of whole seasonal fresh fruit  
Fresh baked assorted cookies, chocolate chip, chocolate crackle, oatmeal, ginger and lemon  
Double chocolate brownies  
Freshly brewed organic coffee, decaffeinated coffee and a selection of fine teas



# CHRISTINE MORRIS



ACADEMY OF CELTIC ARTS

## Christine Morrison

Celtic Dance has been Christine Morrison's passion and hobby since the young age of 4. She began her step-dancing journey at that age in Boston, Mass. and hasn't stopped dancing since! Traveling all over New England, Eastern Canada, and Scotland with a quartet of step dancers known as "Four on The Floor", Christine and the foursome entertained many with their rhythmic presentation of steps that left their audiences demanding more! They made their way to the stage with notable and Grammy nominated musician, Natalie MacMaster, which lead to many more invitations to Irish and Celtic Festivals and Concerts.



Now as a dance teacher, Christine incorporates her love of Irish Step Dancing and Cape Breton (Scottish) Step Dancing into her classes to create the perfect "Celtic Combo" for her students. Christine's high-energy classes, focus on "keeping the tradition" of step-dancing alive, and to promote the love of dance. You can expect traditional steps as well as new and innovative movements that the Irish and Scottish



dance worlds are diving into!

Christine holds a Bachelor's degree in Psychology from the University of Massachusetts, Lowell. She has worked with children and teens with all abilities and has dedicated most of her adult life to work with children. She continues to do this through dance, and her style of teaching shows it!

Featured on  
NH Chronicle  
7pm  
March 12-16

**REGISTER NOW**  
for  
**IRISH STEP DANCE**

FOR CLASS INFORMATION, SCHEDULES  
AND REGISTRATION EMAIL US AT  
[CHRISTINEMORRISON79@GMAIL.COM](mailto:CHRISTINEMORRISON79@GMAIL.COM)

**NOW ACCEPTING  
NEW STUDENTS!**

Happy Feet Dance School  
25 Indian Rock Road Unit 6  
Windham, NH 03087





## Meet Dr. SARAH VOSE PT, DPT, MS, CIDN, Cert- MSUC, TSCP

I earned my Doctor of Physical Therapy degree in 2007 from Northeastern University and have over 10 years of experience as a physical therapist. I also earned my Master of Science in physical therapy and a Bachelor of Science in rehabilitation science from Northeastern University.

I decided to study physical therapy after experiencing a devastating knee injury in high school. Initially, I was told I would never walk again without a cane. With the help of physical therapy, I surpassed this, returning to skiing and rollerblading as well as many other activities. My treatment was considered a success, and it helped me choose my career path. However, years later, I became very ill and saw a series of specialists who were unable to identify the cause of my symptoms or manage them effectively. My journey toward healing 16 years after my initial injury inspired me to begin Body and Mind Physical Therapy and Wellness to help my clients overcome physical trauma and its emotional impact and to allow their bodies to return to a homeostatic state. Being a patient in the past gives me a unique perspective of the physical therapy experience. Body and Mind Physical Therapy strives to heal injuries while educating our clients to sustain their health and wellness.

Our practice invokes physical and emotional modalities which connect body and mind to empower our clients' path to vitality. Taking a more holistic view, we facilitate healing for more than an area of pain or a localized injury; we treat the entire mind, body, and soul. To do this we use a combination of manual therapy to release tissue restrictions and improve motor activation sequencing and incorporate visualizations and meditation which can be focused on strength or fitness outcomes or to improve stress management skills. Our goal is to help our clients heal without the use of medication, injections, or surgery.

Dr. Voss began her career in sports medicine in 2005 by becoming a certified strength and conditioning specialist through the National Strength and Conditioning Association. In addition to my CSCS, She acquired extensive

manual therapy skills through continuing education. She also enjoys teaching, and she is a certified clinical instructor through the American Physical Therapy Association.

