
General Body Meeting Minutes

**Date: December 18,
2017 Start 1:01 pm ET
Finished 1:59 pm ET**

NPAC Chair: CDR Heather Skelton

NPAC Executive Secretary: CDR Wanda Chestnut

Report completed by: CDR Nikkia Clark

AGENDA TOPIC	DISCUSSION	FOLLOW-UP, RECOMMENDATIONS and ACTIONS	RESPONSIBLE PARTY
Welcome and Chair Remarks: CDR Heather Skelton	<ul style="list-style-type: none">• CDR Skelton welcomed everyone to the General Body Meeting, and stated that the CNO would not be in attendance today.• CAPT Dandridge will provide us with an update on the CAARE Mission.• CAPT Belsito will give us a presentation on "Fitness, Healthy eating, Maintain Don't gain."		

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<p>Healing with CAARE Mission: CAPT Beverly Dandridge</p>	<ul style="list-style-type: none">• Thank you for the opportunity. I do want to encourage those who have not already done so to consider registering for the 2018 CAARE Mission, January 15-16, 2018. At present, we have 100 volunteers signed up. We have not yet confirmed that all 100 will be on site, some have signed up for the post mission activities. However, we would like to have more people on site. My goal was 125 to travel to Durham, we have multiple activities that are confirmed. I will be meeting with activity leads tomorrow (12/19/17), and finalizing our plans with my three deputies on Thursday (12/21/17). We are looking forward to a very productive mission this year. The highlight is that I do have two houses for Habitat for Humanity, we need additional volunteers for the second day. January 5, 2018, will be the drop-dead date for registration. There is a last call for volunteers that will be disseminated today and tomorrow throughout the PACS and PAGS. Any questions? CDR Skelton asked: CAPT Dandridge you will be sending out one more notice to get any final volunteers or to someone who is thinking about it, that will have information about how to sign up. CAPT Dandridge's response: Yes, however, the last call for volunteers will be 12/29/17, however there will be a drop-dead date after the holidays. NCCOA will assist with transportation of officers that need it.		
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Presentation: CAPT Belsito	"Fitness, Healthy eating, Maintain Don't gain."		
Discussion of Next Meeting: CDR Heather Skelton	<ul style="list-style-type: none">• Next NPAC General Body meeting will be held in January.• Happy Holiday's to everyone.• Thank you all for attending today's meeting.		

Submitted: CDR Keith Marin

Approved: CDR Tiffany Moore