



<http://www.cjw.org>

DIRECTOR
Teena Bruneau

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**“Grow with Connecticut Junior Women in Friendship,
Leadership and Service.”**

2009! Wow, I remember when 2000 was a big deal and here we are almost a decade into the 21st century... When I met with my board in December I reminded them that we were already 8 months into our 2 year term, in some ways it seems like yesterday and in others it feels like I've been doing this forever. I asked my board to review the goals they had set back in May and evaluate where they were in accomplishing these goals. Goals can be adjusted - things change - sometimes we realize we have set the bar too high or too low. I would like each club to review their goals for 2008-2009, for each goal ask yourselves - have we accomplished what we wanted to, is it a goal we will meet this year or do we need to extend the deadline, or is it a goal that seemed very worthy at the time but due to circumstances - within the club, your community or even economically, it's not doable at this time. Any of these answers are o.k.; just make the necessary adjustments to fit your club, it's better to change a goal than to fail at one.

January is the month when most clubs start thinking about Report Writing. CJW Report Writing Chair, Kathy Znosko is just waiting to help you, I think she's been a little disappointed that more clubs haven't called on her for assistance. If your club chooses not to write reports you must still submit a President's Report. I realize report writing might not be everyone's favorite part of a project, but it is a necessary part for a number of reasons: it is part of your club's history, it serves as a guideline for project chairs in the future, it reinforces that CJW is a non-profit organization providing community service, and for those who have never done a President's report - it makes it a whole lot easier to comply your figures.

Thank you to Farmington, Litchfield Hills, Monroe & West Haven for inviting me to their November & December events. Thank you to my board for an enjoyable Holiday Party and to Wolcott (my club) for once again supporting Toys for Tots & Teens in a big way. So far January & February are a little quiet

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

**“Grow with Connecticut Junior Women in
Friendship, Leadership and Service.”**

Vol. 72 No. 7 January 2009

coming up. CJW has nine clubs with big anniversaries this year: Berlin - 45, Hebron - 40, Middlebury - 20, Middlefield - 20, Oxford - 35, Shoreline - 35, Wallingford - 55, West Haven - 75 and Windsor - 40 so please let me and the CJW board know in advance if you are planning any celebrations.

*Happy New Year from the Bruneaus,
Bob, Teena, Jay & Ricky*

Assistant Director
Ronnie Hollis

ronniehollis@hotmail.com

Juniors Make a Difference

It will not be long and reports will be due.. My best advice for doing reports is, as soon after your event or project do the report. The details of the event are fresh in your mind and you don't have to hunt members down to find out details you may have forgotten. If you do your reports right after the event you spread the work over the club year, it beats have to do them last minute in a hurry.

I know no one likes doing reports but being organized and doing the reports right away is the best advice I can give you. It helps us on the state level for information for insurance and also with our 4013c status. And, it helps to keep your record up to date and if there is any question about how something is done you have it in writing. Don't forget to check the Blue Book for report forms and more helpful hints. Just a reminder if you have a member that has brought in 5 new members in 5 years Please see info on the Ella Grasso Award...

*Ronnie
As always In Junior Spirit*

Immediate Past Director
Sheree Rinaldi

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Treasurer
Ann Whitman

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*** Reports * Reports * Reports ***

The President's report is due to CJW at Presidents Dinner Wednesday March 11, 2009. As Treasurer you will need to work with your President to complete this report.

Have a Happy New Year,
Ann

(see attachment, Riva)

Recording Secretary
Eve Sarra

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Parliamentarian/Leadership
Evelyn Magera

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Juniors are great leaders like shining stars guiding the way.

Greetings and Happy New Year to one and all.

This is the first month in the year of 2009 that means that March is only 2 months away when all your club reports are due. Here is a recap of the Leadership/Parliamentarian departments and some project ideas you may have done during the club year from March 1, 2008 through February 28, 2009:

- a) Organizational Leadership - have you established or reviewed a club policy and procedure handbook or the bylaws? Did your club reorganize officers or chairpersons positions? Do you use an agenda and have a minute taker during each meeting? How are your bylaws and standing rules reinforced?
- b) Personal Leadership - Was a workshop held to help members understand their new roles as officers or

chairpersons? Does your club offer motivational means or rewards for time management and timely reports, etc.?

You can review your blue book CD in the Reports Writing section for guidelines with how to organize your reports and the Leadership/Parliamentarian section for ideas that will jog your memory as to what you may have done as leadership projects during the club year. Always feel free to contact me and/or Kathy Znosko, Reports Writing Coordinator for any help you need with organizing reports. We are also available to speak at any club meetings if you need our personal assistance with reports or leadership projects.

The CJW bylaw review committee will meet again to go over the bylaws and standing rules revisions we discussed at our last meeting and hopefully have the finished product for a vote by Spring Conference 2009.

Stay safe, healthy and happy - in Junior Friendship,
Evelyn

Arts
Holly Miotke

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I hope everyone had a wonderful holiday and a delightful beginning to the New Year. This December, I attended the Wadsworth Festival of Trees and Traditions. What a delight to see the arts and crafts alive in CT during the holiday season. Unfortunately, I found that there were fewer trees and wreaths entered in this year's event. I don't know if it's a sign of the economy or something else. So, as you begin the 2009 Arts year, consider how you can as a club continue to support the arts within your towns and your clubs. Also...reports. That's all I have to say about that.

For those of you who remember the sister who crochets story, I will have the conclusion in the February newsletter. For those of you who have no idea what I'm writing about, you're really not missing anything.

Holly

Conservation
Lynn Sellers

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Theme: GO GREEN – Use: Recycle: Repeat

It is hard to believe that it is already 2009!! Hopefully you all had a wonderful holiday season and took time to relax and enjoy all the elements surrounding the holidays. When you begin to make your New Year's Resolutions make sure you include Conservation in your list. What better way to start the year then to begin the process of helping to save our planet and

its natural resources for the future generations. Taking care of the environment is one of our most important responsibilities. But sometimes trying to help the planet can feel overwhelming. That's when it's important to remember to take it one step at a time. Each little step adds up to a lot more GREEN!! You can begin your list with some simple and easy to keep resolutions:

1. If you turned it on, turn it off when you leave the room --ie: TV, lights, computer.
2. Don't stand in front of the open refrigerator while deciding what you want.
3. Take shorter showers -- remember you use 2 to 5 gallons a minute....
4. Turn off the faucet while brushing your teeth and teach your children at an early age to do the same.
5. Carpool whenever you can -- and its lots more fun to have company.
6. Air dry your hair and your clothes -- and only run the dryer when you have full loads.
7. Bring your drinks in reusable containers.
8. Buy reusable shopping bags at your favorite stores (and use them)

I'll stop here with some of the easier things to get you going "Greener".. and hopefully you will be successful at keeping these resolutions.... Next month I will give you some more challenges.

Happy New Year to all of you and may 2009 bring new hope and peace to all of us.

Lynn Sellers

Current Affairs
Bunny Ouellette

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Education
Elizabeth Tischio

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Theme: "Ancora Imparo" – I'm still learning

Health
Luann Clark

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Homelife
Nancy Carter

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Not to sound like a broken record, but...in these difficult times, please try to remember those less fortunate than yourself. And yes, you can write reports on what you do!! How about that? Help others, feel good about it, and win awards. I'm including again ideas from the Community Living Division for your consideration.: Adopt and support a needy family; Prepare and donate meals to a local soup kitchen; Provide holiday food baskets for needy families; Donate wish list items to local homeless shelters; Hold a Winter coat collection for homeless and solicit local dry cleaners to assist; Bake and deliver cookies to shut-ins; Work with your local library to arrange a book lending program for shut-ins; Donate leftover tag sale items to a shelter, local agency or Goodwill; Have a tag sale fund-raiser to purchase gift certificates for needy families; Have a town wide collection of socks to donate to a homeless shelter.

In Junior Spirit,
Nancy Carter

Junior Bulletin Editor
Riva Clark

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Hope you enjoyed the holidays!

Guess its time I wrote about newsletter type topics, so search the internet I did and found the website www.BetterWritingSkills.com with reprintable articles by Tim North; must be a nice guy to share his knowledge for free.

Abbreviations Made Easy

Which is better usage: USA or U.S.A.?

The punctuation of abbreviations is an area that is subject to considerable differences of opinion. For example, as demonstrated by the question above, not everyone agrees on when (or if) to use full stops.

It's an indication of just how confused this area is that even the basic terminology isn't agreed upon. You'd think that a simple term like abbreviation was easy to define, wouldn't you?

Sure you would, yet some camps distinguish between abbreviations and contractions (giving each different punctuation rules), while others lump everything in together as abbreviations.

A common definition of "abbreviation" goes something like this: an abbreviation is a shortened version of a word or phrase and is often followed by a period. For example, c.o.d. ft – lb, St. or publ. Unfortunately, there is rarely an explanation of what is meant by "often followed by a period". So we're left to wonder *when* does an abbreviation take a full stop, and when doesn't it?

Other sources do a better job of answering this question by distinguishing between abbreviations, which usually take a full

stop, and contractions, which don't. Here's the difference between them:

An ABBREVIATION is a shortened form of a word that does NOT include the full word's final letter. Abbreviations should be followed by a full stop.

A CONTRACTION is a shortened form of a word that DOES include the full word's final letter. Contractions should not be followed by a full stop.

Here are some examples of abbreviations. Notice that they all omit the final letter of the full word and receive a full stop in its place:

Tues.	Tuesday	approx.	approximately
doz.	dozen	Aug.	August
Prof.	Professor	Aust.	Australia
a.m.	anti meridian	p.m.	post meridian
i.e.	id est	e.g.	exempli gratia

Note that Latin examples like "e.g." are two separate abbreviations: "e." for "exempli" and "g." for "gratia". There are thus two full stops. Alternatives such as "eg." or "eg" are not consistent with our principle of following each abbreviation with a full stop.

Here are some examples of contractions. Notice that they all include the final letter of the full word and are not followed by a full stop:

Rd	Road	govt	government
dept	department	ft	feet
Mr	Mister	mfg	manufacturing
Dr	Doctor	Mme	Madame
Pty	Proprietary	Ltd	Limited

Not everyone follows the guidelines presented in this article, although they are increasingly common. Still, in my view, distinguishing between abbreviations and contractions in this way is better than relying on the ambiguous definition quoted earlier that expects you to guess what "often followed by a period" means.

Riva Clark

p.s. this years newsletter judges are:
Nancy Carter - Homelife
Evelyn Magera – Parliamentary/Leadership
Lynn Sellers – Conservation
Also email a courtesy club newsletter copy to Teena Bruneau, Ronnie Hollis, and your District Rep.

am resolving to increase our membership. I have met with our membership chair and we are working on ways to get the word out about Juniorettes. As the Juniorette Coordinator I resolve to attend a meeting or function for each of our clubs. So if you haven't invited me yet.... I will be calling you during January.

Each year brings new challenges to our clubs but it also brings new accomplishments. Our girls do so many good things for our state and our communities. Be sure to let the girls know how proud you are of them. Has your club started reports? Are your dues up to date ? Remember if you have any questions or concerns please contact me via email or phone.

Debi

Meeting Planner
Patti Stankevicius

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Hi Ladies: Happy New Year to All.

Just a few tips: Be sure to follow-up on any plans you make; keeping a journal is best for me. In the journal, I keep dates, names, outcomes of calls made, what to do next and follow thru with it. Sometimes, you may have to contact persons more than once because they forget to write it down. It is SO important to keep good records on what is to be done. Don't be afraid to speak up if something is not right either. You are paying for the service. Last month, we had a wonderful time @ the Wooden Tap in Southington and I definitely told the waitress what a great night it was! In case anyone is interested, they do have 2 separate rooms for events with dinners or buffets. Give them a try! See you soon.

Patti

Public Relations / Website
Heidi Nelson

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New Year's Greetings to everyone,

Since the Fall Conference I have received several emails with links to club web sites. I've also spoken to a few other clubs who have mentioned that they have a web site being built. I am thrilled to hear all of this! Please keep letting me know when your club has a web site so that I can link them up to the CJW site.
Best wishes for a Happy and Healthy 2009.

Heidi

Report Writing
Kathy Znosko

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Juniorette Coordinator
Debi Puzia

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Happy New Year 2009 !!

Now that the Holiday rush is almost over we can take a moment to look ahead to 2009. Do you have a resolution in mind for your Juniorette club ? As the Advisor for Tolland, I

Happy New Year!

For months I have been encouraging you to write and keep records of all of your club's activities. Now that it is time for New Year's Resolutions, I am going to suggest that each club resolve to take those written records, transfer them to CJW Report Writing Forms and submit them to the CJW chairs in March.

Why should you do this? Well, first of all, if you've been following my advice and writing the records for your club's use, it will be easy. You will have all of the necessary information at your fingertips.

Second, you know the CJW pledge we recite every time we are together? We pledge to share. Who better to share our records with than fellow Juniors? By sharing with the CJW chairs, you keep them informed on what is going on in their departments throughout the state and you make it possible for them to share your successes and failures with other clubs.

Third, these reports may be important for maintaining the tax exempt status for CJW and all of our clubs.

Oh yeah, by sharing your reports with the CJW chairs you put your club into the running for CJW awards, but this should never be your sole purpose for submitting reports. Awards are merely acknowledgements from CJW for your hard work.

Now, if you are going to write these reports and submit them, then, here is an article, courtesy of CJW Junior Bulletin Editor, Riva Clark, on why you should write them well. Report Writing: Reasons to do it well by Tim North from www.BetterWritingSkills.com with some tweaking to make it more Juniors:

You probably don't have a burning desire to write reports.

Nonetheless, you've ended up having to write them. There's a natural tendency to want to get the darn things written and off your desk as soon as possible. There are all sorts of reasons for this:

- * Writing can be a pain in the behind.
- * You didn't join this club to become a writer.
- * You've got a dozen other things that need doing.
- * You're just having one of those days (or weeks or months).
- * It's Friday afternoon.
- * etc.

We can all identify with these feelings. Still, to use a cliché, if something's worth doing, it's worth doing *well*. Now that's not just hollow sentiment. There are good reasons for taking your writing responsibilities

Seriously. Here are a few of them:

Reputation

Over time, what you write -- and the way you write it -- will be remembered, for better or worse. If you succumb to the "just get it done" or the "near enough is good enough" schools of thought then, over time, the people you write for will start to judge you accordingly. Conversely, if you go the extra yards

and do a good job on your reports, that will be remembered; and it will influence your reputation accordingly.

Credibility

The reputation that we just discussed has a flow-on effect: it influences your credibility. Consider two members:

* Person A doesn't like writing. She has a reputation for writing reports that have to be sent back or fixed. They don't always answer all of the things they were supposed to; facts sometimes contain errors; material is inappropriately cut and pasted from earlier reports without change; the layout isn't in the approved style etc.

* Person B also doesn't like writing. Still, she has a reputation for writing reports that don't need to be sent back or fixed; they answer all of the things they were supposed to; the facts presented are well checked; her reports are well written and well presented etc.

An incident occurs, and each person provides a different written version of events. Which account will have the greater credibility? Regardless as to who is *right* in this particular case, it's human nature that a person with a reputation for well written, accurate reporting will have his or her written statement awarded a greater level of credibility. This credibility may not just be extended to her written work. People may come to judge your character and work ethic on the basis of a history of well-written submissions.

Reciprocity

When you write reports you're doing so in response to a specific request. It may often seem that the people who make these requests are completely unaware of how much work it takes for you to write the reports or how inconvenient they can be.

This won't be the case though. Most of the people who ask for such reports do understand that you'll have to work on them. And will appreciate the effort you put in to submitting a good report. One day, you might want something from them. If you have a history of submitting well written reports that are right the first time, a good manager will recognize this effort. When you next need a favor, hopefully your efforts will be remembered and your request treated in a favorable light.

Bottom line: Time spent writing well is not wasted. You get the benefits described here, and your club & CJW get better reports. It's a win-win situation.

Don't forget to invite me to District or Club meetings to talk with you about writing reports!

Kathy

State Project
Gretchen Saccone

Heather Pulito

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In Leadership and Service, Grow with State Project

Ways and Means
Sue Spencer

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Hi fellow Juniors:

I hope all of you had a wonderful holiday season. Now back to work. I have not heard from any clubs about what they would like to see us have in our "store". I will be sending out an email to all clubs with a list of items that have been suggested. If you could please respond that would be great.

Thanks,
Sue

ONE District
Jennifer Quinn

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ONE District consists of: Barkhamsted, Ellington, Enfield, Simsbury, South Windsor, Stafford, Tolland, Tolland Juniores, Vernon, Vernon Juniores, and Windsor.

Hope every one has a wonderful and healthy NEW YEAR!

VJWC-

Filled 15 stocking from babies to teenage girls. Food share was thrilled with their monetary donation from VJWC as well as the tuna and the 50 cell phones that they turned in for the soldiers. Also they will be partnering up with the Tolland Junior women in adopting a social worker. As of there December meeting they have stopped collecting the Yoplait lids.

SWJWC-

Kudos to all of you for helping Home Life with presents for **two** families this year and stocking stuffers for both Safe Home and Covenant to Care. We want to thank each and every one of you that helped fill our teenage stockings for Covenant to Care for Children. Your generosity during this time of year always makes the holiday season brighter for those that are less fortunate. I'm so pleased that our Art & Silent Auction raised what we expected. ****Check out the club's first web-site: swjwc.org which is now live**.**

Now, thinking ahead, we'll be holding a Time Talent Treasure silent auction at our March 17th general meeting. You can donate a service or an actual item (or 2!). So, save those holiday gifts you will never use, or make something or offer a service. We will begin sign-ups in January for this fun event. Don't hesitate to ask either of us any questions you may have.

At the November meeting we made a motion to donate \$100 to **CT Children's Place**. The CT Children's Place has 48

children residing there. They provide treatment, residential care and educational instruction for abused and neglected children between the ages of 12 and 21.

We stuffed 8 boxes with food for four families in South Windsor to enjoy on Thanksgiving Day through **South Windsor Food & Fuel Bank Program**. Lindsey Kulas expressed her thanks to us as she feels we go above and beyond in making our baskets extra special. We also filled 3 other boxes with juices, cleaning products, care products and snacks for Family P to help them through the winter.

Fourteen members signed up to buy stocking stuffers to fill 12 stockings for the children currently living at the **South Windsor Safe Home**.

Our last project for 2008 is **Adopt-A-Family through Human Services**. We have 2 families to buy for this Christmas. Family M has two girls ages 9 and 15 and a boy age 7. Family M-C has a boy age 9 and a girl.

We are continuing our Purple ribbon campaign. We had purple ribbons honoring women at last meeting. Some of the stats we had were:

1 out of 5 Female high school students report being physically and/or sexually abused by a dating partner

1 out of 4 women experience domestic violence at the hands of a boyfriend or spouse in her lifetime

40% of girls 14-17 report knowing someone their age being hit or beaten by a boyfriend

The more awareness is raised the less it will be secret and acceptable. It happens everywhere. We can talk to our daughters, sons and friends and try to lend a hand.

WJWC-

Happy Holidays everyone! The Christmas stockings are complete and have been delivered to Covenant to Care for Children. As always, they were very appreciative of our donation. We put together stockings for an infant, pre-teen girl and teenage boy!!

Installation was a success with 4 new members, our next New Member Social will be held in the Ludlow Room at the Windsor Town Hall on January 20th from 6:30-7:30 pm.

Scrap booking is to be held on Feb. 21, 2009 at the LP Wilson Center Bunny breakfast to be held March 28, 2009 at the LP Wilson center More information to follow on these later.

Jennifer

Regal Monarchs District
Kerry Tully-Zahnke

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The Regal Monarch District consists of: Cromwell, Farmington, Hebron, Hebron Juniorettes, Glastonbury, Marlborough, West Hartford, and Wethersfield.

The Mountain Laurel District
VACANT

The Mountain Laurel District consists of: Berlin, Bristol, Cheshire, Southington, Watertown, Wolcott and Wolcott Juniorettes.

Wildbury District
Rene Fisher

rfisher0218@yahoo.com

Wildbury District consists of: Beacon Falls, Bethlehem, Cheshire, Litchfield Hills, Middlebury, Oxford, Southbury, Southbury Juniorettes, Woodbury and Woodbury Juniorettes.

S.H.O.R.E. District
Phyllis Prokop

phyllis.prokop@cityofmiddletown.com

SHORE District consists of: Durham, East Hampton, Haddam, Lyme/Old Lyme, Middlefield, Portland, Shoreline, Wallingford, and Wallingford Juniorettes.

Shoreline: Is hosting an evening with Barbara Scala, co-author of *Sanity Savers: Tips for Women to Live a Balanced Life* on Wednesday, February 4th 7-9 pm at Malone's Coffee Shop in Clinton. Cost is \$10 plus a non-perishable food item to benefit the Shoreline Food Pantry and bring a friend for \$5. During this interactive program you'll learn techniques to make your life **BLOOM: Be positive, Love what you do, Organize your life, Own your life, Master your health.** Reservations required, call 860.669.1103 by Jan 29th.

The Dogwood District
Laura Mann

lotakids6@aol.com

Fairfield Junior Women's
Co-Presidents Lori Addison & Jennifer Hinkle

Milford Junior Woman's
Co-Presidents: Rose Rodrigues & Tina OKO

Monroe Junior Women's
Co-Presidents: Ann Santos & Sheila Crow

Had a very successful craft show again this year. It took place at the Masuk High School on Nov 8th with over 50 juried crafters. Also in November, the club had a sock and outerware clothing drive with articles donated to the Bridgeport Rescue Mission. Our annual holiday party was held at the Stone Barn in Monroe on Dec 8th and everyone had a great time.

Newton Junior Women's
President: Christine Grabowski

Orange Community Women
President: Dona Wesolowski

Stamford Junior Woman's
President: Mary Garvey

Stratford Junior Woman's
Co-Presidents: Susan Kostopoulos & Kimberly Bielecki

Trumbull Community Women
Co-President: Donna Monks & Laurie Rongey

Trumbull Young Woman's
Co-Advisors: Laurie Nagy & Mabel Buttress
In December the girls decorated and filled 68 Holiday bags for the children of Domestic Violence. They also donated 15 stockings filled with hygiene product to the Homes for the Braves. They had 110 request for their Santa/Frosty Letters. They also volunteered at the Special Olympic Basketball Tournament held at Quinnipiac College. They will participate in another Special Olympics event in February.

West Haven Juniors
Co-Presidents: Mala Mistry & Pamela O'Neill

West Haven Juniorettes
Advisor: Lori Nacca



**Ring in the New
Year!**

