



<http://www.cjw.org>

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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

Vol. 75 No. 1 Jul/Aug/Sept 2009



Director:

Teena Bruneau bruneauchris@hotmail.com

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

On behalf of CJW I would like to express our condolences to Lynn Sellers on the sudden passing of her daughter, Jennifer Sellers Crothers. Lynn is the CJW Conservation Chair and a member of the Shoreline Community Women. It is always difficult to know what to say at times like this, but I would like everyone to keep Lynn and her family in your prayers.

CJW Bluebook - The latest edition of the CJW Bluebook CD will be handed out at the September Board meeting on September 24th. So make sure to pick up your copy at the meeting. The entire CJW Bluebook will also be available on our website - www.cjw.org after Fall Conference when our new website design is presented.

CJW September Board Meeting - September 24th, Tyrrell Middle School, Wolcott. This meeting is open to all CJW members and I would like to encourage club officers and committee chairs to attend this meeting. You should have already received this call via email, if you have not please contact Lois Wack, CJW Corresponding Secretary at loisannwack@yahoo.com. We have changed the way CJW distributes information at each meeting, no more file boxes, but after the meeting each club will receive an email containing all department handouts. However at the September meeting the CJW Bluebook CD and CCC Holiday stockings will be handed out to every club.

CJW Fall Conference - This year Fall Conference will be held on Friday, October 30th at LaLuna Restaurant in Branford. Last year we held Fall Conference on a Friday night for the first time and it was a great success. I realize that the traffic is not easy on a Friday night, but I hope you will be able to join us. So please put this on your calendar and talk it up at your September meeting, the call for this meeting should go out via email around September 1st, so if you do not receive it by September 4th please contact Lois Wack.

Communication with CJW - If you are not receiving CJW calls or Junior Bulletin via email in a timely manner it might be because CJW does not have your updated club contact information, please contact Lois Wack, CJW Corresponding Secretary at loisannwack@yahoo.com immediately with your information. If your club has an upcoming event that you would like on the CJW Website or Yahoo group calendar please forward that information to me at Bruneauchris@hotmail.com.

We are also moving ahead on the yahoo group and while we are still bringing the CJW board up to speed with the group, I would like to invite all our members to join this group, yahoo groups - CJW_org - Connecticut Junior Women, Inc. You will need to establish a yahoo identity (if you don't already have one) and be accepted into the group before you can actually get into the site. We are looking for your questions and comments regarding CJW projects and hope that over the next year this will become a vital communication & interactive tool for clubs.

Assistant Director:

Ronnie Hollis ronniehollis@hotmail.com

Juniors Make a Difference

As Membership Chair in your club you will most likely be the first person a prospective member will meet or be in contact with. So it's a good idea to have club information with you at club events and meetings. I have met prospective new members at club meetings where someone dropped in at a meeting because they saw an article in the paper that we were having a club meeting. We have had people come up to us at club fundraisers and ask about membership. If you don't have information with you to pass out have a sign up sheet, so you can get the information to them.

Make up a list of CJW/Club terms. What is a Bluebook? Who is the Director? And what is her role? What is CJW State Project? And any club terms that need explanation. Remember a new member is not going to know what you are talking about if you don't explain it to them.

Remember to celebrate Junior Week. It could be as simple as reconnecting with old members or doing something special with club members. Or doing a project in your community. It could be as simple or as special as you want.

As always with Junior Spirit, Ronnie

Immediate Past Director:

Sheree Rinaldi shereerinaldi@optonline.net

Corresponding Secretary:

Lois Wack (NEW) loisannwack@yahoo.com

Greetings: Welcome to any new corresponding secretaries. Please know that if you have any questions at all, I am more than happy to answer them. To begin there are a few important things you need to know to communicate with CJW board.

Correspondence that needs to be communicated to the entire CJW Board of Directors should be sent to the Corresponding Secretary. Examples are thank you notes for awards or scholarships and invitations to District Days.

- If you wish to invite the entire CJW Board of Directors to your club event, the invitation should be sent to the Corresponding Secretary and should be addressed to: "The Members of the CJW Board of Directors"
Attn: Corresponding Secretary
- **REMEMBER: use of the CJW Club Lists in the Blue Book for mailings is prohibited without prior authorization from the CJW Director.**
- **REMEMBER ALSO: Do not use the distribution list to send your club information to other clubs. ALL information MUST go through the CJW Director, so, send your club event or information through the corresponding secretary-who will get it approved and disseminate it to the other clubs.**

Treasurer:

Ann Whitman annwhitman@snet.net

I hope everyone is having a wonderful summer.

TREASURER'S MONTHLY WRITTEN REPORT

A written report should be submitted regularly to the club for each of the club's accounts. **(sample Section 25 K-2)** This may be done via the club's newsletter or simply made available to the general membership at the monthly meeting. Start with the balance on hand at the beginning of the month. List all receipts individually and total. Itemize all disbursements individually and total. End with the balance on hand.

At the meeting and following your report, the presiding officer should say, “You have heard the report of the treasurer. Are there any questions on the report? If there are no questions, the report will be filed.”

The treasurer should always be prepared to answer all questions promptly and to have records available at the meeting.

CONTENTS FOR THE CLUB’S TREASURER’S FILE

A copy of your club’s annual budget. (**sample Section 25 K-1**)

Up-to-date membership list.

Receipt book to acknowledge money received from club members (particularly important when cash, not check, is received).

Solicitation letter (**sample Section 25 K-3**)

Checkbook to disburse funds as authorized.

A copy of the club’s by-laws and standing rules with sections authorizing disbursements highlighted for easy reference.

A copy of the CJW by-laws.

CT Sales Tax Exemption Form (CERT-119 Rev.7/96) and CJW Tax Exemption Permit E-7838 (dated Jan 23, 1980). (**Section 25 H**)

Federal IRS tax information including: IRS 501(c)(3) group tax-exempt determination letter; Employer Identification Number; when required, copies of annual Form 990 or 990EZ and Schedule A.

(Incorporation papers) A copy of Annual Report filed with CT Secretary of the State listing club’s officers.

www.concord-sots.ct.gov to check your status

A copy of Form CPC-60 (Annual Report Face Sheet) or Form CPC-54 (Claim for Exemption from Registration) filed with CT Dept. of Consumer Protection’s Public Charities Unit. (see page)

Seven years of cash receipts, bank deposits, invoices and statements.

Three years of budgets.

Record retention schedule. (**Section 25 G**)

Receipt forms to substantiate charitable donations of goods, services or cash received from members, businesses, etc. (**sample Section 25 K-4**)

From for CJW By-Laws

SECTION F. – RESPONSIBILITIES OF MEMBER CLUBS

In order for clubs to maintain full CJW membership privileges including 501(c)(3) group exemption status, voting rights, CJW insurance coverage, and use of the CJW name:

All financial obligations to CJW shall be met by the September Executive Board meeting.

All clubs shall be required to have liability insurance that will be offered thru CJW as part of a group liability plan. Clubs not participating in the CJW group insurance offering must submit a certificate of insurance equal to or greater than the value to the CJW coverage to the CJW Treasurer by Spring Conference. (deadline already past)

Recording Secretary:

Eve Sarra apple319@charter.net

Parliamentarian/Leadership:

Evelyn Magera evelynfromjuniors@hotmail.com

Juniors are great leaders like shining stars guiding the way.

Ordinarily, I am not a pack rat - but what I do save is important to me, as do all of you. One of the things that I save are old Junior Bulletins. Seeing as the lazy, hazy, summer days are going to be a fond memory, I thought to start out the pre-fall year with the following excerpt I found in the January 1995 Junior Bulletin. Deb Orwig was Leadership Chair at that time and she wrote the following poem that she found in Monroe's 1986 newsletter. I thought it worth repeating and for all of us to keep these words in mind throughout the club year.

Recipe for a Good Board Member

Take one Junior, small or tall; outward dimensions don't matter at all.

Give her the time and a purpose to share, throw in a perma-press wardrobe to wear.

Beat in some patience and sift out the spite, shape her to stay at the meeting all night.

If a husband (or significant other) is added, he must not grow bitter when asked all the time to be chief babysitter!

She needs to be kneaded, this self-rising flower, and time to herself each day, maybe an hour!

Let laughter enrich her, her loyalty simmer; let her burn brighter when others grow dimmer.

Baked even-tempered, cover with nerve, and out comes a board member ready to serve. She needs just two spices to be at her best, the thanks of her club, and a moment to rest!!

I hope you all had a restful summer and are rejuvenated for another successful club year. See you all in September.

In Junior Spirit, Evelyn

Arts:

Holly Miotke hmiotke@newington-schools.org

I think that school ended on June 23 and the back to school sales were advertised on June 26. I hope that you had a wonderful summer and were able to relax and recuperate. As you contemplate projects for this Junior year, consider re-reading your reports from the previous year. In the results section, many clubs indicated whether or not they should continue the project the next year. Use the reflections you wrote last year to help guide this year's work. Some clubs indicated that the project they worked on was worthwhile and deserved another year's continuation. Some clubs indicated that the project no longer fulfilled its purpose. Balance last year's thoughts with the new year's excitement to decide which projects to undertake this year.

I'm reading a book that describes itself as "a portrait of American food - before the national highway system, before chain restaurants, and before frozen food, when the nation's food was seasonal, regional, and traditional - from the lost WPA files." By February 1943, when the WPA was finally closed down, the Federal Writers' Project (a subset of the Works Progress Administration) had published at least 276 books and hundreds of pamphlets and brochures, in more than one thousand publications; *America Eats*, one of the last projects was never published. Instead, five boxes, of unedited material about the regional food of America were shelved in the U.S. Library of Congress for seventy years. In introducing these manuscripts, the author gives some history of prewar America and how the existence of a Federal Writers' Project seems almost miraculous. "This is America, the land with no Ministry of Culture, where politicians alone are portrayed on the money. Almost unique among Western republics, the likeness of not one writer, philosopher, painter or composer has ever graced the engraving of a U.S. bill or coin. The separation of church and state may be the great articulated legal principle, but another sacrosanct concept is the separation of state and culture." Certainly explains why budget cuts and economic woes threaten music and art programs.

This year, try to explore the arts within your community - seek out the galleries, the concerts, the lectures, and the performances. Do your part as an audience member, and consider yourself a "Minister of Culture."

Conservation:

Lynn Sellers msellers@snet.net

Go Green – Use: Recycle: Repeat

It is so hard to believe that the summer has flown by and we are getting the kids ready and/or ourselves for "Back to School" and our Fall schedules with CJW. I hope you all had fun, healthy and "green" summer activities. And hopefully while you were out and about you noticed many conservation projects that could be done in your towns. Lots of creative ideas come about while sitting and talking at the local playground, the pool or visiting one of the many nature preserves, zoo, parks or other recreational area that the state has to offer. I anticipate many exciting new projects to read about during the year ahead!

In thinking about school, I recently read that the average school-age child using a disposable lunch generates 67 pounds of waste per school year; or translated into 18,760 pounds of lunch waste for one average-size elementary school. In addition to the mass consumption that the school year ushers in to our budget with supplies, clothing, shoes and electronics; the food service industry is eager to re-stock our pantry shelves with convenient but wasteful single-use items such as paper napkins, plastic baggies and cutlery, and the pre-packaged foods and juice boxes. Not only are these items more expensive in the short term, they leave behind a trail of waste that will cost even more for future generations. According to the US Department of Agriculture, approximately 12% of the food served as part of the National School Lunch Program is wasted, resulting in an estimated direct economic loss of \$600 million. There are several ways to help your household, and your school, reduce the amount of waste that is generated throughout the school year and reduce the strain on your wallet. Waste from packaging accounts for more than 30% of all the waste generated each year. By purchasing items in bulk, packaging is often minimized and the cost per unit is usually significantly lower. Carefully sorting what can be recycled will help to divert much of the bulky packaging from our landfills.

Packing a trash free lunch is a great way to make a difference for the environment. If it is disposable it is probably not eco-friendly. No more brown bags, paper napkins, water bottles or juice boxes, plastic utensils, single serving food items or plastic baggies. (and I know this can be difficult because kids do not like to bring containers home again). Find a sturdy lunch box, use cloth napkins that can be washed (get kids used to using these at home), stainless steel bottles for drinks, stainless steel utensils, purchase snack foods in bulk and use reusable containers for snacks and sandwiches. Inevitably some of the containers and silverware will not make it home, but every little step we make each day start saving hundreds of dollars on school lunch waste per child per school year and thus reduces our landfill waste. Kids are learning more and more about the "Greening of America" and will buy in to your new eco-friendly lunch approach I am sure. Go for it!!!

Current Affairs:

Bunny Ouellette mouellette@timex.com

Education:

Elizabeth Tischio johntischio@prudentialct.com

“Ancora Imparo” – I’m still learning

One way to help your child succeed in school: Get to know her teachers. “I’d never allow a stranger to educate my child,” says Jan Harp Domene, former PTA national president. She suggests taking the following actions:

Introduce yourself. Get acquainted with the teachers at back-to-school night or the start of the school year.

Be positive. Emphasize that you are there to help – not disrupt – the education process.

Understand the teachers’ objectives for the semester so you can help guide your student and eliminate end-of-the year surprises.

Attend parent-teacher conferences, even if your child is doing well. One-on-one time with his teachers is valuable, and you can ask any questions you may have. Knowing your child’s teachers will help you connect more with your child, too.

Show up regularly at school events to establish visibility.

Join parent groups, including online communities such as greatschools.net, and sites where teachers go to Hang out, like teachers.net.

Health:

Luann Clark lacl1498@yahoo.com

Octane for the Brain: The fear of losing their minds is what 69% of Americans said they feared the most. The bad news is that Alzheimer's disease affects 10% of adults over the age 65 and 50% over the age of 85. If you are 65 or older, you have a 50/50 chance of contracting dementia. The good news is there are things that you can do, starting today to increase your chances of having a healthy brain throughout your lifetime. There are several simple easy steps that will affect the way your brain functions. But first, let's review the symptoms of a normal aging brain, versus the symptoms of an Alzheimer's patient's brain. There are several common reasons that memory problem occur:

- Stress
- Lack of Sleep
- Medication
- Excessive alcohol consumption
- Poor memory habits

Your brain needs novelty, variety, and challenges to fire up its neurons and even create new ones. Neurons are what allow your brain to function correctly. By completing different tasks to ignite the brain you can actually produce new neurons. People who engage in brain activities in old age are 2.5 times less likely to develop dementia. Mental exercise results in 35% less cognitive decline annually. Mental exercise can reduce chances of Alzheimer's by 70%. Below is a list of neuron igniters:

- Work a crossword puzzle
- Take new routes
- Develop a new hobby or skill
- Learn to play an instrument
- Take a dance class
- Study a foreign language
- Work a Sudoku puzzle
- Buy furniture or other products with "some assembly required"
- Travel to new and different places
- Read, read, read, books-magazines-newspapers
- Sing in the choir; rely on your memory for the words
- Memorize favorite poems, scriptures, quotes, or jokes
- Exercise & improve balance
- Play chess
- Become a sleuth; try to solve mysteries reading mystery books.

Foods that are brain friendly; listed according to power from top to bottom: prunes, raisins, blueberries, cranberries, strawberries, spinach, raspberries, Brussels sprouts, plums, broccoli, beets, avocados, oranges, red grapes, red bell peppers, cherries, kiwis, onions, corn, and eggplant.

Good fats; high in Omega-3: anchovies, avocados, bluefish, brazil nuts, flax seed oil, green leafy vegetables, herring, lean meats, mackerel, olive oil, salmon, sardines, trout, tuna, walnuts, whitefish.

Bad fats; avoid or moderate use: bacon, butter, cheese, corn oil, donuts, French fries, ice cream, lamb chops, margarine, mayonnaise, onion rings, potato chips, processed foods, steak, sunflower oil, whipped cream, whole milk.

It is never too late to start building new neurons and increasing your brain capabilities. Start now to live a happy healthy retirement.

Junior Bulletin Editor:

Riva Clark rclark@bkm.com

Hi Ladies – hope you had lots of summer fun and looking forward to the new year Juniors year.

Thanks to the Glastonbury club for suggesting formatting the Bulletin letter-style to make reading easier, so no more scrolling up & down the pages. Feel free to give me your feedback and I'm always open to suggestions.

What makes an enjoyable and informative newsletters a *must read* for your members? A hunky guy who can make chocolates pop out of your computer; alas until that can happen, here are suggestions from the CJW Blue Book:

Identification – Cover Page

- 1) **Newsletter Name:** Place the name of club newsletter on the cover page.
- 2) **Club Name:** The full name of the club should be included on the cover page.
- 3) **Date & Issue:** The date, including month, year, issue number (ex. If this were your club's 25th year, the first issue for the new club year would be Vol. 25, No.1).
- 4) **Editor's Name, Phone and Email address.**
- 5) **President's Name, Phone and Email address** and give consideration to listing your full Board Members name, phone, and Email addresses for this is a very helpful resource for members.
- 6) **CJW Identification:** "Member of Connecticut Junior Women, Inc" should appear somewhere in the title area. Include the CJW logo as well.
- 7) **Upcoming Meetings:** The date, time, and location of your next meeting.

CJW Information

- 1) **CJW News:** Include coverage of CJW board meetings and conferences such as topics discussed, votes taken, committee chairmen reports, etc. EDITOR'S NOTE: Reports on CJW should be a synopsis of the business conducted, not a list of members in attendance.
- 2) **CJW State Project:** Information about CJW Sate Project including background, items needed, ways to involve your club, total moneys raised by CJW, what other clubs have been doing (gathered from State Project report in monthly Junior Bulletin), and project proposals.
- 3) **District Happenings:** Include upcoming events from other clubs in your district on your calendar of events. Highlight their projects, etc. Use the District Rep, the CJW Bulletin District Rep, and your club President as a source of information.
- 4) **Blue Book Information:** The Blue Book contains information about CJW History, award criteria, officer and chairmen biographies, etc. It also includes Report Writing Guidelines. This information is directly related to how your club is run. This should be shared with all members. Visit www.cjw.org. Note ideas to include throughout the year.

Contents

- 1) **President's Message:** Upbeat and encouraging while not stealing too much thunder from other reporting members.
- 2) **Treasurer's Report:** Not just totals, Include checks issued and to whom, deposits made, etc. Consider summarizing progress toward club monetary goals.
- 3) **Meeting Minutes:** Include minutes of the previous meeting for members who were unable to attend.
- 4) **Correspondence:** List correspondence sent and received, particularly thank-yous, include a summary of what the thank you was for, not just who sent it.
- 5) **Items to Bring:** Reminder to members of what to bring to the next meeting, i.e. items being collected, money that will be collected for events, etc.
- 6) **Upcoming Sign-Ups:** Reminder to members of sign-ups that will take place at the meeting so they can quickly check their calendars for conflicts.
- 7) **Meeting Agenda:** This will inform members of upcoming topics for discussion as well as special events happening at the next meeting.

- 8) **Meeting Highlights:** Highlights of Board and General Meetings, including any by-law changes, recommendations, and/or motions passed or pending.
- 9) **Committee Reports:** The heading for each report should include the Chair full name, phone number, and email address. Clearly identify programs and projects. Upcoming projects completed during the previous month. Include thanks to members who participated and project outcomes. Include funds raised or spent.
- 10) **Calendar List of Upcoming Events:** Include all club functions, CJW meetings, and events sponsored by other clubs in your district.
- 11) **Graphics/Illustrations:** Pictures are useful tools to provide breaks in all-type pages or as fillers. They also provide eye appeal, and can focus attention on important news. Use the sparingly to create a visually entertaining newsletter.

Membership Information

- 1) **Biographies and Facts:** Include biographies of new and veteran members. Welcome new members. Include interesting facts about current and former members. Make members feel important with more than just a mention of their name. Remember, this is THEIR newsletter!
- 2) **Recognition:** Everyone likes recognition for his or her efforts. Include thanks to members and others (husbands, family, secret pals, etc.) Include recognition of events such as birthdays, anniversaries, births, promotions, graduations, etc.
- 3) **Special & Feature Items:** Want ads, classified, Kid's Page, recipes, craft instructions, tips, etc. Feature articles add interest to your newsletter.

Presentation

- 1) **Readability:** Your newsletter should be easy to read, free of grammatical and spelling errors, with information that can be easily found. Try to keep articles in the same order from month to month. Begin with President and Vice President(s) followed by other officers, Service Committee reports, and finally other reports.
- 2) **Conservation:** It is recommended that you either email or print double sided copies of your newsletter to save on paper and postage... *(does anybody still snail mail newsletters??)*

One thing I've noticed, as someone who has read a lot of club newsletters are pertinent information about an event is overlooked assuming all the members know the info. For example, your craft fair has forever been annually held the 2nd Saturday in November at the High School, so the date & place isn't mentioned in the article. Well, us non-members don't know this nor may some of your new members, and life is so busy we all need reminders occasionally of the stuff we're supposed to know. The old reporters adage who, what, where, when, and why is still a good tool when reviewing your article to submit to your club newsletter.

Make the best out of the rest of summer! Riva

Homelife:

Nancy Carter nancy_carter@sbcglobal.net

Time for school already? The summer just flies by. As the school year begins it's a good time to remember those less fortunate. Children need a healthy meal for breakfast to help them do their best at school. With that in mind, I am asking that you bring cereal, oatmeal, or checks (\$\$) to the September Workshop on the 24th in Wolcott. Food Banks get more "bang for the buck" through their contacts and heaven knows a check is easier to deliver, but everything is graciously accepted! Make checks payable to CJW with the notation for food banks. Hopefully we'll have such a large turnout that Ann and I will split the donations between the two food banks that serve all of Connecticut.

Need ideas for projects this year? Give me a call and I will share with you what your fellow Juniors have been doing.

In Junior Spirit, Nancy Carter.

Juniorette Coordinator:

Debi Puzia dapuz55@comcast.net

Hello again....can't believe that summer is over, it just got here. But the calendar says August is on the way out so it means another year is upon us for Juniorettes. The summer slipped by without much word from Advisors and/or members. I would like to hear from each active club with some information...like advisors names and contact numbers as well as a membership count. In the fall we traditionally do a Juniorette fall day. This year I would like to have this event correspond to the "make a difference day" held in late October. If anyone has any suggestions for this event I am open to any and all ideas. If we could do a local clean up or host a picnic (I will ask Heather or Gretchen for some idea to help state project).....it would be a great reason to get together and to help out at the same time. I will be calling everyone in the next weeks to chat and get some ideas. If you have any questions please contact me I am here to help you.

Enjoy the rest of the summer, Debi

Meeting Planner:

Patti Stankevicius pstanks@netzero.net

Hi Ladies: It's that time of the year again and I hope you will be attending the September Board Workshop in Wolcott on the 24th. It will be very informative to your clubs plus it's short and sweet! Enfield and Shoreline are hosting Fall Conference in Branford in October, with Diane Maxellon and Luanne Clark heading the committee. The President's Dinner will be in March 2010 in Wallingford and Wolcott Juniors will be hosting Spring Conference in 2010. It looks like everything is coming together and I love it. Looking forward to seeing everyone at all these functions. I realize that times are tough and we are really trying to keep the costs down for you. If you need any assistance planning events, please call me.

Be Happy and Keep Smiling, Patti

Public Relations / Website:

Heidi Nelson daffodil8494@yahoo.com

Happy Fall!

I hope everyone had a great summer. I am personally looking forward to the fall; crisp cool weather, amazing leaf colors, and the smell of seasoned wood burning.

I've been doing some research on the legalities of images used on web sites. I am rather surprised to find that there are very few rules or regulations. The most information I found was about stealing other people's images, next to nothing on posting photos of people who don't want to have their picture online. So I am going to give my personal opinion on this matter. This is based off of the legalities I deal with at work in relation to photos used in print.

If an event is public, anyone who shows up at a public location or at a public event can safely have their photo at the event/location published. However as a fail-safe, you may want to get them to sign a photo release. I realize that is not always easy to do. At the very least ask your members if they are okay with posting pictures of the group on your site. Maybe even have members sign a photo release so that nothing comes back as a problem down the road. As for minors, always get consent. That's just being safe. You should be able to find a general photo release if you search the term online.

Report Writing:

Kathy Znosko kathy.znosko@scouting.org

Welcome back to a new club year! Did your club take the summer off or did you have projects throughout the summer? If you had summer projects, did you remember to keep written records of everything you did? If you are behind on your record keeping, quick, write everything down, now, before you forget in the flurry of fall projects and events that are right around the corner!

For the past year I have emphasized "Report Writing is record keeping for your club." That is the primary purpose of CJW's emphasis on Report Writing. In writing reports you are creating the written history of your club. We don't want you to write reports for someone else, or to get awards. We want you to contribute to the health of your club, by recording its history and at the same time providing a "how-to" for future members of the club.

Once you are committed to this record keeping then, why not share the reports of your projects with the CJW Department Chairs? You can do this by submitting reports, annually, in March. There are several reasons to submit reports. First, it gives CJW a record of your activities that it can share with the State of Connecticut to help all of our clubs maintain their tax-exempt status. Next, it lets the Department Chairs know what you are doing and gives them good ideas to share with other clubs. Finally, it does enter your club in the running for all of those awards we so like to receive at Spring Conference each year.

Now, one important thing about submitting reports to CJW: though it doesn't matter what format you use to keep records for your club, it does matter how you write reports to be submitted. **ALL JUNIOR AND JUNIORETTE REPORTS MUST BE SUBMITTED ON ONE OF THE OFFICIAL CJW REPORT WRITING FORMS!** These forms can be found in the Blue Book. Each club will be receiving a new CD with the updated Blue Book at the September Workshops. The Blue Book can also be found on the CJW website. There are two styles of forms, you may use either style, but you must use only these. The number one complaint I heard from the CJW Chairs about last year's reports was that these forms were not being used.

I am excited about the fact that I will have a Report Writing Workshop at the September 24 Workshops! I hope to see a lot of you there! I will have blank report forms and hope we can have some good conversation about this important process.

State Project:

Gretchen Saccone lik2travl@aol.com

Heather Pulito heatherstich@aol.com

In Leadership and Service, Grow with State Project

We are about to start our second year with our State Project--Covent to Care. After our first year, we can't wait to see what's ahead. A lot of things have changed in our world and everyone has been affected including CCC. Without a State budget many organizations including CCC have been waiting to see what funds will be available to them, but as we all know life goes on and programs continue. We realize that things are going to be tight so your clubs will have to pick and choose your projects carefully. We don't want your clubs to over extend themselves, but remember the numbers have dramatically increased as you expect in these times. **WATCH for SALES** on everything from PJs, sheets, hoodies, hats, mittens, and toys.

Don't forget to pass the "coin jar" at your club meetings. Making the challenge to the clubs last spring for just two months wonderful donations were raised by just collecting coins!! Lets keep it going—every penny helps!!!! Cash donations will be very helpful this year and the "coin jar" will be a fun way to collect.

At September Workshop we will be collecting hoodies for teenagers in the sizes medium, large, and extra large—female and male. Please when purchasing these hoodies remember to make sure they have appropriate logos.

If a club wants to adopt a social worker this is the procedure. You contact the CCC coordinator in Bloomfield. A meeting will be set up where they meet with the CCC coordinator and then agree to do a covenant. **One** club member decides to be the main contact or “**liaison**”. The coordinator finds a match and coordinates a meeting and a signing of a covenant agreement. The social worker and the liaison worker together bring requests to the club for children on the social workers caseload. If a club wants to do this we need to connect them with one of the AASW coordinators. Several clubs have already signed on for this. The club just needs to give a call or email and will be connected with the coordinator in Bloomfield at 860-243-1806.

Merry Christmas!!!! Are we the first to wish you that this year?? What we’re getting at is that at September Workshop we will be handing out the Christmas stockings. If you choose to fill a stocking you will fill it and deliver the filled stocking directly to either the social worker or your CCC coordinator. You might consider contacting the social worker to see if there might be some information they could share with you to make the stocking “treasures” more personal. PLEASE put the stockings in a box or separate bags so if the stocking tips over all the contents will remain in the stocking. Also label the stocking as to gender, age and club giving.

At September Workshop we look forward to meeting the chairs of State Project from your clubs. We will have our seasonal handout for you and much more information. Come you, come all. The more the merrier!!!!

If you need any questions please don’t hesitate to email or call us, but please remember to send the emails to both of us.

Looking forward to seeing at September Workshop and working with all of you to help the children of Connecticut.

Back-to-School Backpacks


Please consider helping children by donating the following items. Fill the backpacks with other items and anything else you feel will help an abused or neglected child feel like s/he is ready for school.



Often these children have been moved to a new school due to intervention by a social worker and have an increased need to feel like they belong; please no used items.

Book Bags/Back Packs

Elementary	Middle/High School
book -- age appropriate	book -- age appropriate
tissues	colored pencils, pens
colorful spiral notebooks	colorful spiral notebooks
crayons and colored pencils	geometric compass
drawing pad	drawing pad
erasers	erasers
file folders	file folders
glue sticks	geometric stencils
journal	glue, glue sticks
markers	scissors, rounded-ends
notebooks	journal
pencils, sharpener	markers
ruler	notebooks

scissors, blunt	pens, pencils, pencil sharpener
white glue	ruler
key chain toy	white out
notebook paper	calculator
red pencils	red pencils
 tape	Tape
stapler	stapler
staples	staples

Late breaking news just in today:

As of September 4, 2009, Covenant to Care for Children will be closing its branch offices in Strafford and Waterbury. Covenant to Care for Children will continue serving the entire state of Connecticut through its five programs. No reduction in service to children is anticipated.

Covenant to Care for Children is taking these and other steps in part because of the ongoing uncertainty of the Connecticut State budget both this year and looking forward. National economic factors and forecasts for the nonprofit sector have also contributed to our decision to downsize and consolidate.

We are committed to the continued use of our donors' dollars to best serve the abused, neglected and at-risk children and youth of Connecticut. We will not be reducing our services to the children we serve.

Along with the closing of our branch offices, we are initiating a staff restructuring of our Adopt A Social Worker Program. We are saying a sad and fond goodbye to Program Coordinators Judith Chewning, Chastity Taylor, and Megan Cardinal.

Program Coordinator Meral Prewitt will cover the Adopt A Social Worker program for Fairfield, New Haven, Middlesex and New London Counties. She will additionally cover the towns of New Milford, Bridgewater, and Watertown.

Litchfield, Hartford, Tolland and Windham Counties will have a new Program Coordinator to be named shortly.

Our Adopt A Social Worker Program Coordinators will be based in our Main office, 120 Mountain Avenue, Suite 212, Bloomfield, CT 06002. They may be reached at (860) 243-1806. Requests for our Critical Goods Program or for funds should be faxed to (860) 243-0100.

If you have any questions regarding this downsizing, please do not hesitate to contact me.

For the short term, our goal is to maintain our levels of service and commitment until the economic climate allows us to move back into a growth phase. We know with your continued partnership and support, we will be able to accomplish all that needs to be done for our kids.

Thank You,

Caryl Hallberg
Executive Director

Ways and Means:

Sue Spencer razoo@cox.net

Have you thought about the cold weather that will be upon us soon? I certainly don't want to. Wouldn't a nice fleece help for the autumn events that we hold outside? How about a CJW blue fleece? You can still place an order for one. The cost is \$30. I will have samples at September Board and Fall Conference.

I will also have the rest of the store with me. It would be nice to show our appreciation to our members. How about a pencil, pen, or a certificate? Don't forget those membership pins and year pins.

Now to clubs looking to raise money? Does your club need money? What kind of fundraisers could you have? Come to September Board for some ideas. Also look in your club folders for information.

Hope to see you all at September Board and Fall Conference.

Yours in Juniors, Sue

Charter Oak District:

Jennifer Quinn jenquinn@comcast.net

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

Regal Monarchs District:

Kerry Tully-Zahnke regal.monarch.dr@sbcglobal.net

Regal Monarchs District consists of: Berlin, Cromwell, Farmington, Hebron, Hebron Juniores, Glastonbury, Marlborough, Simsbury, West Hartford, and Wethersfield.

Wildbury District: CHANGE

Gloria Clair gloria@kidstoothcare.com

Wildbury District consists of: Beacon Falls, Bethlehem, Bristol, Cheshire, Litchfield Hills, Middlebury, Oxford, Southbury, Southbury Juniores, Southington, Watertown, Wolcott, Wolcott Juniores, Woodbury, and Woodbury Juniores.

Rene Fisher the previous district representative has resigned from CJW board due to her commitments with two other leadership positions she has. Our thanks and wish her well. The notice went out to the district a couple weeks ago and Gloria Clair stepped forward to fill the position. Gloria is well known to many of us as she is a Past CJW Director. Her oldest son Justin is getting married on 9/19, and she hopes to join us at the September Board meeting on 9/24. Let's all welcome her return to the CJW Board as the new Wildbury District Rep.

S.H.O.R.E. District:

Phyllis Prokop 267 Paley Farm Rd Portland CT 06480 860.342.3460 phylprokop@sbcglobal.net

S.H.O.R.E. District consists of: Durham, East Hampton, Haddam, Lyme/Old Lyme, Middlefield, Portland, Shoreline, Wallingford, and Wallingford Juniores.

Dogwood District:

Laura Mann 26 Sunnyridge Parkway Trumbull CT 06611 203.371.0676 lotakids6@aol.com

I cannot believe on how quickly summer went by.
I hope everyone enjoyed her summer despite the heat and humidity.

Fairfield Juniors ~

President: Cheryl Eustace ~ chervleustace@sbcglobal.net

Milford Juniors ~

**Co-Presidents: Kim Hulme ~ kimhulme@sbcglobal.net
Jerilyn Shannon ~ Mshanno@optonline.net**

Monroe Women's ~

**Co=Presidents: Myrna Mills Albino ~ monroewomensclub@yahoo.com
Cindy Nikbin ~ cnikbin@charter.net**

In June Monroe teamed up with Trumbull Community for Relay for life. Between the two clubs they raised over \$3,000. Our theme was "We Can Beat Cancer". Everyone had a great time. Also over the summer they hosted a bus trip to the Casinos, a Photoshop program for the seniors and a yoga class. They started their collection for "Back to School Buddies" project and are planning a family picnic on August 28th. On November 14, from 10-4 will be hosting our Annual Craft Fair held at Masuk High.

Newton Juniors~

President: Christine Grabowski ~ chris@kmg-design.com

Orange Community~

President: Donna Wesolowski ~ donnaweso@optimum.net

Over the summer they had a Summer Picnic on the Lake. They also collected and donated Backpacks for CCC. On August 27th will be their next meeting. On September 19-20 is their Orange Country Fair where they will sell Mixed Bag (re-usable bags) as well as their Town Hall ornaments. Also plans for their new fundraiser "Suds & Bubbles" are underway. It will be held at Holy Infant Gym on October 16th from 7-9p.m.

Stamford Juniors~

President: Mary Garvey ~ The Garvs@aol.com

Stratford Juniors~

Co-Presidents: Susan Kostopoulos ~ askost@bpthosp.org

Kimberly Bielecki ~ nkbiel@bpthosp.org

Trumbull Community~

Co-Presidents: Donna Monks ~ donnasusy@yahoo.com

Laurie Rongey ~ larongey@earthlink.net

September 1 ~ General Meeting

September 13 ~ Trumbull Arts Festival ~ Hosting Children's Tent

November 14 ~ Wine & Beer tasting Fundraiser at Stone Barn in Monroe, tickets \$40 per person

They donated over 50 Back Packs to CCC plus extra school supplies.

Trumbull Young Women~

Co-Advisors: Laurie Nagy ~ TYWC8@aol.com

Mabel Buttress

Our club participated in Relay for Life in June with Monroe and Trumbull Community Women. We also had an end of the year pool party. We also collected food for the Trumbull Food Pantry and items for the Homes for the Braves in Bridgeport. We are continuing to collect Box Tops for Education and soda can tabs. If you would like to help we would appreciate it. You can contact Laura Mann to coordinate picking up your collection.

August 30th ~ Executive Board meeting 4pm

September 13th ~ Trumbull Arts Festival/ raffle

October ~ Scarecrow Festival

West Haven Juniors ~

Co-Presidents: Mala Mistry

Pamela O'Neill ~ Pamela.oneill@century21.com

West Haven was very busy this summer with their Bike Run for Breast Cancer and with the Savin Rock Festival. They will also be celebrating 75 year of service on September 20th at Lorenzo's Restaurant. Congratulations!!!!

West Haven Juniorettes ~

*Enjoy your Labor
Day celebrations!*

