

# JUNIOR BULLETIN

## Connecticut Junior Women, Inc.



<http://www.cjw.org>

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

**Vol. 74 No. 10 June 2009**

**DIRECTOR**

**Teena Bruneau**

[bruneauchris@hotmail.com](mailto:bruneauchris@hotmail.com)

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

Ah - the lazy days of summer! O.K. it's not officially summer yet, but the last week the temperature felt like summer and I'm waiting for the lazy days to come. Since Spring Conference it's been anything but lazy for CJW. The state spelling bee was held the following week, congratulations to Thomas Shreve from Woodbury, our 2009 winner. Thank you to Elizabeth Tischio for chairing this project and especially to Phyllis Prokop and Nancy Carter for making it a very successful day. Thank you to Wolcott, Monroe, Trumbull, Enfield, South Windsor, Beacon Falls, Windsor, Vernon and Farmington (I'm sorry I couldn't make it but I know Ronnie & Sherri represented CJW as well as I could have) for inviting me to their end year dinners in April & May. Special thank you to Evelyn Magera for putting together a very nice luncheon for the Time for Life Mothers in May, it is always a special time when we get to see them. I'm looking forward to visiting Stafford, West Haven, Shoreline, & Fairfield in June.

In between all this eating out, my household has been going thru major changes: Bob & I will be empty nesters in June as my youngest is in the process of moving out and we decided to bring our family room from 1960 to 2009 - so I spend my down time trying to keep the dust from building up too much (drywall dust looks terrible on hardwood floors) and moving and reconnecting my washer & dryer every few days to keep up with laundry. I'm hoping that by July I can enjoy some lazy days -

just in time to entertain approximately 100 of my husband's relatives at their annual family reunion to be held where? - our house!

CJW is moving ahead with the changes we announced at Spring Conference. Every club president should have received a PDF file from Lois Wack that contained the conference handouts. If you did not receive this file please notify Lois at [loisannwack@yahoo.com](mailto:loisannwack@yahoo.com) or [roadog624@att.net](mailto:roadog624@att.net). Remember if you do not notify Lois of your new club officers, the officers from 2008-2009 will continue to receive all correspondence from CJW.

We are also moving ahead on the Yahoo group, which to date has been set up and as soon as we get the CJW board up to speed with the group, we will invite all the clubs to join the group. I plan for this to happen shortly after our June 11th CJW Board meeting, so please watch for this important email.

Please take some time this summer to reflect on your club's past year and set your goals for where you want your club to be in June 2010. Have a happy, healthy, and safe summer.

**Assistant Director**

**Ronnie Hollis**

[ronniehollis@hotmail.com](mailto:ronniehollis@hotmail.com)

**Juniors Make a Difference**

Hello to all and Happy Summer,

I would like to tell that I am so proud I am to be a part of this organization. I am sure that the rest of the CJW Board feels the same way. All you need to do is look at the Awards Bulletin. And if you

could read all the reports that clubs sent in to be judged. I know the reports I got in membership were very impressive to read.

What I would like to do this year is to focus a lot on one area of the Membership Department that a lot of clubs do not report in which is CJW Connection, which to be honest with you I think is the easiest to report on. I guess what I would like to start with is what is CJW Connection. Do you use the CJW logo on you Newsletter, in you articles that you put in your local papers do you mention that your club is a member of Connecticut Junior Women, do you make the CJW Bulletin available to your club members? If you have a web site do you mention your club affiliation to CJW, do your members attend CJW events and meeting, have you invited a CJW Board member to a meeting or event? These are some ideas to think about. Next article I will have some more. I also will include some ideas that clubs did that also may be helpful to you.

*As always In Junior Spirit,*  
Ronnie

Juniors plant seeds of friendship and they reap bouquet of happiness.  
Lois I Kaufman

**Immediate Past Director**  
**Sheree Rinaldi**  
shereerinaldi@optonline.net

**Corresponding Secretary**  
**Lois Wack**  
roaddog624@att.net

Each club received an update of officers' form both in the conference file box and the electronic version. Please update the information to me as soon as possible. If your officers are not changing, please let me know that. If your club officers will not change until later this fall, please let me know that as well. I should hear from every club. For those of you that have sent me their information already - I send a huge thank you.

Most importantly I wish everyone a safe, happy and healthy summer. See you in September.

Lois

**Treasurer**  
**Ann Whitman**  
annwhitman@snet.net

Welcome to a new Junior year, Congratulation on being elected as the new treasurer of your club.

#### **UPON TAKING OFFICE**

Be sure that the books have been audited, or that the necessary records involved have been turned over for auditing, before accepting them. Check the files and records received from the retiring treasurer. Ask about missing records at once.

Become familiar with your duties as outlined in the club by-laws and job description. If a job description was not provided to you when taking office, now is a good time to start a list of your monthly duties that you can turn over to your successor.

Secure the signatures of the new officers authorized to sign checks on new bank signature cards if not already taken care of by the retiring treasurer.

Your club budget for the 2009--2010 year should be done and presented to the club for approval. By having an approved budget you do not need to have each check you write approved via motion at a club meeting. Include on the budget all the items your club does on a yearly basis, CJW Dues & Insurance, Incorporation fee, Insurance, charity donations, and project costs.

If your club gives a scholarship remember the check needs to be payable to the school and only to the winner if you have a tuition or book receipt.

#### **RESPONSIBILITIES TO YOUR CLUB**

Submit a detailed written report at the club's regular monthly meetings for each account (checking, savings, and special funds) that can be attached as a permanent record to the minutes of the meeting. A summary report may then be given verbally.

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

Keep an accurate and detailed account of all moneys received and paid out.

Receive all money for all accounts.

Deposit promptly all cash and checks in a bank approved by the club. Night deposits and 24-hour banking should be used as needed. Cash should never be kept at the treasurer's or other member's home. Club funds should never be deposited in the personal account of the treasurer. When it is necessary for members other than the treasurer to handle funds, such as dues or ways/means fund-raising projects, two people should always count the money and both should sign a receipt verifying the amount.

Pay all bills by club check as authorized. Two signatures should be required on all checks over an amount as specified in the club's by-laws. All bills should be paid by check, never cash. Never sign a blank check.

Work with the membership chair in keeping an accurate list of club members.

Preserve all check requests, receipts, bank statements and canceled checks. Submit all of these to the auditor in preparation for annual audit. Prepare for your successor all books, papers and correspondence pertaining to the office of treasurer, including audited books, approved and paid bills, canceled checks, plans and procedures. Keep canceled checks, paid bills, etc. for seven years. This will provide CJW and the club with sufficient documents and materials should any questions arise.

#### **RESPONSIBILITIES TO CJW, INC.**

Forward to CJW: Membership dues (quarterly by June 1, September 1, December 1 and March 1), Bonding and Liability Insurance payments (payable upon receipt), and moneys for State Project, Maureen Borski Scholarship, Paul Magera Fund, Marie Bates Juniorette Scholarship, and Juniorette Campership. All remittances should be properly labeled to identify what the payment is for. **All checks should be made payable to CJW, Inc.**, never in the name of the CJW Treasurer or the State Project.

Send registration fees in on time for members planning to attend CJW meetings and conferences. The calls for these meetings are generally sent to the club president 6 weeks prior to the meetings (September and President's Dinner/March Executive Board Meetings, Spring and Fall Conferences).

Provide financial information required for the filing of the club's President's Report to the CJW Director. This includes a list detailing the club's income and expenses/donations.

#### **MEMBERSHIP DUES**

CJW membership dues are \$6 for each Junior member and \$3.00 for each Juniorette member. The general rule of thumb is that if a name appears on your "list of club members", regardless of her club status (active, associate, honorary, social, prospective, lifetime, etc); dues should be submitted to CJW for her. Basically, it is when a member has been added to your "list of members" and her dues are paid to CJW that she falls under the CJW insurance policy.

Dues should be paid to CJW quarterly, by June 1 for all returning members and by September 1, December 1 and March 1 for all new members. Clubs that have not paid dues by the September Executive Board meeting shall not have voting privileges until their dues are paid. Clubs will be assessed \$5.00 per month late fee as of October 1 until dues are paid.

An individual who pays dues to the local club automatically becomes a member of CJW.

#### **From the CJW By-Laws – DUES Payment**

##### **SECTION E. – DUES**

1. Each "Junior" club shall pay membership dues to CJW of six dollars (\$6.00) per member per year. Each "Juniorette" club shall pay membership dues to CJW of three dollars (\$3.00) per member per year. Members of the CJW Board of Directors shall pay annual membership dues of ten dollars (\$10), with the exception of the Director, Asst. Director and the Immediate Past Director, who shall pay no dues.
2. The CJW Treasurer shall distribute a dues bill to each club and Board Member at Spring Conference. All dues for returning club members shall be due and payable at the onset of the CJW fiscal year, June 1<sup>st</sup>.
3. Each club shall forward dues to CJW quarterly on Sept 1, December 1 and March 1 for any additional members installed.
4. Clubs will be assessed a late fee of five dollars each month as of October 1 until dues are paid.
5. The Treasurer shall notify in writing, any club whose dues are unpaid at the September Executive Board meeting and shall provide a list of clubs with unpaid dues at the next meeting of the CJW Board of Directors.

EMAIL ME WHERE TO SEND DUES PAYMENT.

**CJW DUES PAYMENT FORM**

**JUNE 2009**

**CLUB NAME**

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**JUNIOR MEMBERS** \_\_\_\_ X \$6.00= \_\_\_\_

**JUNIORETTE MEMBERS** \_\_\_\_ X \$3.00= \_\_\_\_

**TOTAL # OF CLUB MEMBERS** \_\_\_\_\_

Each club will receive an Insurance bill from CJW via E-mail this summer. Please pay this ASAP. The figure on the bill is based on each club's membership # as of February 28, 2009. If you do not have your bill by August 1<sup>st</sup> please contact me a duplicate invoice.

*Ann*

**Recording Secretary**  
**Eve Sarra**  
[apple319@charter.net](mailto:apple319@charter.net)

**Parliamentarian/Leadership**  
**Evelyn Magera**  
[evelynfromjuniors@hotmail.com](mailto:evelynfromjuniors@hotmail.com)

**Juniors are great leaders like shining stars  
guiding the way.**

Congratulations to all the clubs with the awards you received at Spring Conference. It was wonderful to see the members that attended and how many clubs were represented. Your leadership reports truly reflected the fabulous leaders that you all are and the difference you make within your communities. Historically speaking, in conjunction with being a member of a Junior club the majority of the women wear more than one hat as a volunteer. Whether it is in the local school system, politics, health organizations, the soccer team mom, etc. you are the woman who is trying to make positive changes in our ever changing world. I recently attended a banquet for the Junior Women's Club of Wolcott and Doris Tolemei, President read a poignant poem by Ashley Rice that I feel embodies the spirit of all our volunteers.

***"Women Who Change the World"***

*There are women who make things better simply by showing up.*

*There are women who make things happen.*

*There are women who make their way.*

*There are women who make a difference.*

*And women who make us smile.*

*There are women of wit and wisdom who through their strength and courage make it through.*

*There are women who change the world every day... women like you.*

Feel free to contact me with any questions, concerns or an invitation to your club meeting or event. Make it a point to enjoy the summer with your families and to take some down time for yourselves. I hope to see you all in September.

*In Junior Spirit,*  
*Evelyn*

**Arts**  
**Holly Miotke**  
[hmiotke@newington-schools.org](mailto:hmiotke@newington-schools.org)

Thanks to every club who submitted articles - it was enjoyable to read what you have been doing for your members, your club and your communities to keep the Arts Alive in CT.

Connecticut residents have a unique opportunity to create their own in-state getaway during the Connecticut Commission on Culture & Tourism's annual Connecticut Open House Day on Saturday, June 13.

Connecticut's attractions and tourism destinations, arts and cultural organizations, historic sites, shops and lodging properties will roll out the welcome mat to visitors with a variety of special incentives, such as discounted/free admission, free gifts and/or special exhibits and activities.

The Commission on Culture & Tourism (CCT) sponsors the popular annual Open House Day event to raise awareness among Connecticut's residents of all the state has to offer -- from world-class art and historic preservation to outdoor adventures, family activities and opportunities for rest and relaxation. This day offers Connecticut residents the opportunity to become Connecticut Ambassadors, utilizing our greatest asset - our people - as advocates for the state.

"Now more than ever, Connecticut residents deserve a break in both their budgets and from their daily routines," said Governor M. Jodi Rell. "Open House Day is a great way to sample destinations for your summer Staycation in Connecticut by visiting parks, museums, galleries, historic sites and attractions in regions of the state that you may not have yet explored."

"Through Open House Day each June, Connecticut residents can experience new opportunities for learning, exploration and adventure in their own backyard," said Karen Senich, executive director of the Connecticut Commission on Culture & Tourism. "While visiting and re-discovering Connecticut's treasures, residents can sign up to become Connecticut ambassadors, learn about more exciting things to see and do around the state this summer, and entertain visiting family and friends."

Connecticut Open House Day has grown from 120 participants in 2005 to more than 200 during the past several years. They include museums, galleries, historic properties, Connecticut River ferries, theaters, open artists' studios, farms, vineyards, amusement parks, nature centers, shops, hotels, inns and B&Bs.

A sampling of this year's Open House Day destinations offering special promotions on June 13 include:

Governor's Residence in Hartford - free admission

Lutz Children's Museum in Manchester – free admission

Mattatuck Museum in Waterbury – free admission

Bellamy-Ferriday House & Garden in Bethlehem - free admission from 11 a.m. to 4 p.m.; opening exhibit of artist Joan Cooney

Stamford Museum and Nature Center – free admission all day

Barnum Museum in Bridgeport - \$2 off regular admission from 10 a.m. to 4:30 p.m.

Connecticut's Beardsley Zoo in Bridgeport – free admission for first 100 kids

Weir Farm National Historic Site in Wilton -Offering Hard Hat Tours rarely given to visitors to view the interiors of the house, studio and Young Studio during the restoration.

Denison Pequotsepos Nature Center in Mystic - Reduced admission for the day; adults \$5, seniors and children (under 12) \$2.50

New Haven: International Festival of Arts & Ideas: Free events include a film series, walking tour, zydeco concert, two bike tours, and more

Connecticut Open House Day specials and hours of operation will vary by property. For more information, call 1-888-CTvisit (1-888-288-4748) or go to CTvisit.com for a current list of participating venues, to find special lodging and attractions packages or to sign up to become a Connecticut Ambassador.

*Holly*

**Conservation  
Lynn Sellers  
msellers@snet.net**

**Theme: GO GREEN – Use: Recycle: Repeat**

Just because it is Summer, please do not forget to continue to THINK GREEN. There are so many ways you can conserve and help save the planet while enjoying your summer activities. The first place we could have all started, was to set up a rain barrel to catch all the "water" we had and then use that for washing your car, watering the grass or watering all those new plants and trees you put in to help save the atmosphere!. USA Today newspaper has a fun website at [greenefforts.usatoday.com](http://greenefforts.usatoday.com) where you can learn how to reduce our carbon footprint, learn about climate changes and how to GREEN your home. They have quizzes, engaging interactive graphics and the best researched articles. You can even sign up for daily Green Living Tips to be sent directly to your cell phone (if you are a techie...)

If you are contemplating redecorating, renovating or building a new home (or construction projects at your home), make sure the vendors share your environmental ethics: shop around for green architects, builders, interior designers, realtors and building consultants in your area. You can access [www.moderngreenliving.com](http://www.moderngreenliving.com) to see green residences and communities or go to [www.lowimpactliving.com](http://www.lowimpactliving.com) for other ideas. If you are going on vacation go to [www.environmentallyfriendlyhotels.com](http://www.environmentallyfriendlyhotels.com) to find

"green hotels."

And on sunny days dry your laundry outdoors. Sunlight is a great natural disinfectant, and it's especially good for brightening whites. (Dry dark colors in the shade) And if you don't have a clothesline or don't want to look at one all the time, rig up a temporary version or use a collapsible drying rack on your deck or patio, or simply near an open window.

Have a great summer and remember to be "Environmentally Friendly" and set an example for your children and for generations to come!!

Lynn Sellers

**Current Affairs**  
**Bunny Ouellette**  
[mouellette@timex.com](mailto:mouellette@timex.com)

I just want to say **THANK YOU** to all the clubs who shared their reports with me this year. Just listening to all the great things at Spring Conference, which I thought was great, was just amazing. Just to let you know, I will be collecting things for the troops again this year. I also want to thank everyone who shared my birthday with me at the Friday night reunion. Please have a great and safe summer.

*In Junior Spirit,*  
Bunny Ouellette

**Education**  
**Elizabeth Tischio**  
[johntischio@prudentialct.com](mailto:johntischio@prudentialct.com)

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

On May 2, the CJW 27<sup>th</sup> Annual State Spelling Bee was held at the Brownstone Intermediate School in Portland. Special thanks go to Phyllis Prokop from the Portland Junior Women's Club. As Co-Chair of the Spelling Bee, she did a phenomenal job organizing the event. All the Juniors who helped are to be commended.

The word announcers once again were Brad Field and Bob Maxon from WVIT-Channel 30. Teena Bruneau was a word judge along with Sue

Wiezbicki, Vice President of the Portland Junior Women's Club, and Susan Bransfield, 1<sup>st</sup> Selectman in Portland. Forty-three participants were sponsored by twenty-three CJW clubs. Students were eliminated over the course of twenty-one rounds. The first two words that stumped them were "vehicle" and "windshield". The last students remaining were given the words "competition", "citizenship", and "ratification". The final word was "nationalism".

All participants received a certificate of participation, a pencil, and a Borders gift card. Winners also received a savings bond and a plaque. The third place winner was Arjon Kuttala, sponsored by Wallingford; the second place winner was Swati Rath, sponsored by Farmington; and the first place winner was Thomas Shreve, sponsored by Woodbury.

Congratulations to everyone who was involved with making this year's competition such a success.

Enjoy your summer!  
Elizabeth

**Health**  
**Luann Clark**  
[lacl1498@yahoo.com](mailto:lacl1498@yahoo.com)

Stay Healthy on Vacation – summer getaways should be all about rest and relaxation. Unfortunately, decadent meals, late nights out, and fun in the wild outdoors can leave you feeling worse than you did before you left. But with a little planning, you can return home healthy and happy and even hold onto that feeling. Stay-well strategies to add to your itinerary:

Before you leave: Shore up your immune system. Digestive problems, from gas and indigestion to diarrhea, are all too common when you're on the road. Eating out means you have less control over food preparation, exposing you to bacteria like E.coli and salmonella. Prevent tummy troubles by popping probiotics – supplements that help keep your GI tract healthy – for 3 days before a trip. Aim to take 1 billion CFU's a day. Meanwhile, more than one in five plane passengers will catch a cold within a week of their flight, so bolster your immunity by getting 7-8 hours of sleep for several nights before you leave. And because stress really does make you sick, pack a couple days in advance, using a checklist. Be Prepared: Put together a health kit that includes an antacid, an

antidiarrhea medication, bandages, pain relievers, an antihistamine, sanitizing wipes, and your prescription medications.

While you're away: Stay Active – lounge on a hammock all you want, but get in some activity too or you'll have extra pounds as a vacation souvenir. It's easier, and more fun, than you think: swim, play tennis, bike, hike, sightsee, or go dancing. Indulge – to a point – pick one meal a day as your splurge, otherwise stick to lower calorie foods high in filling protein and fiber, such as fruit, egg-white omelets, salads and wraps filled with veggies and lean meats, and fish. You'll have more energy for fun and avoid weight gain. Protect yourself from the elements – apply sunscreen with SPF30 any time you're outdoors. If you're visiting a heavily wooded area, use an insect repellent with at least 30% DEET, and wear long pants and thick socks to avoid catching ticks and mosquito bites.

When you get back: Ease into your routine, don't dismiss the blues, aka post-vacation syndrome. Taking an extra day off from work after your return, hanging vacation photos at home or work, and slowly resuming your usual activities and eating habits will keep the stress-free spirit of your trip alive.

I hope everyone has a great summer, stay safe and healthy.

*Luann*

**Homelife**  
**Nancy Carter**  
[nancy\\_carter@sbcglobal.net](mailto:nancy_carter@sbcglobal.net)

Thanks to everyone who wrote reports. You gals rock! I was humbled by the work many of your clubs do. If anyone would like to know more about a project you see listed in the awards bulletin, please contact me and I will forward you the details. Why reinvent the wheel when it's much easier to share information?

Have a great summer. Don't forget your local food banks and neighbors in need.

*Nancy*

**Junior Bulletin Editor**  
**Riva Clark**  
[rclark@bkm.com](mailto:rclark@bkm.com)

Be certain to let me know if your club has changed who (in addition to your club President) should be on the direct email distribution for the CJW Bulletin for there may be additions or deletions.

The 2009-2010 newsletter judges will be determined at the CJW Board meeting on June 11<sup>th</sup>, and will be noted in the August CJW Bulletin. Yes, August – there will be no July Bulletin!!

*Enjoy your summer!*  
*Riva Clark*

Email a club newsletter copy to Teena Bruneau, Ronnie Hollis, and your District Rep.

**Juniorette Coordinator**  
**Debi Puzia**  
[dapuz55@comcast.net](mailto:dapuz55@comcast.net)

Here it is almost summer.....whew the first year of my two year position is a wrap. I have made some wonderful friends along the way, have met some really intelligent hard working women, and had a blast doing it. I hope that next year will be even more successful for Juniorettes. I am putting together a power point presentation that I would like to show to each of the clubs. It will focus on ways to make each club better by strengthening communication, encouraging unity and increasing membership. Over the summer I would like to have the Advisors meet for an informal workshop. If there are any changes to the leadership please let me know new email and contact persons.

I am still available to attend end of the year ceremonies or even a meeting. I look forward to the new year with great enthusiasm. Thanks to each and every one of you for the wonderful work you do to help enrich our young women lives.....you are awesome.

*Debi*

**Meeting Planner**  
**Patti Stankevicius**  
pstanks@netzero.net

Without you, it wouldn't have happened. I can't believe that the 1st year of Teena's administration is done! I am still looking for hosts as specified in my flyer in May.....September Board and Presidents Dinner. Enjoy all your closing banquets with your clubs and have a Happy Wonderful Summer.

*Keep Smiling & Be Happy,*  
*Patti*

**Public Relations / Website**  
**Heidi Nelson**  
daffodil8494@yahoo.com

I hope everyone has a little something planned for themselves this summer. I am looking forward to going back to Oregon for a week and a half to visit my niece and sister.

Looking down the road at the rest of the year, I have lots to keep me busy. If you didn't make to the Spring Conference then you may not have heard that I am giving the CJW website a complete overhaul. I even plan to give the Juniorette's the own section and landing page.

Many clubs have spoken to me about adding a link to their club's website, which thrills me. I've even had clubs ask me how they can get their own website up and running. I hope to have more clubs doing the same thing.

I am currently researching the rights and wrongs of using photos of club members on websites. I plan to do an entire article on it before the end of the year.

If there are any website, technology or public relation topics or questions that you have, send them over. Chances are that you're not the only club with the question and everyone could benefit from an article on it.

*Thanks and happy Summer!*

*Heidi*

**Report Writing**  
**Kathy Znosko**  
Kathy.Znosko@scouting.org

Congratulations to all of the clubs who received recognition at Spring Conference for your hard work throughout the year!

Did your club receive all the recognition it deserves? Did you find that other clubs received recognition for some of the same projects your club did, but your club wasn't recognized? Do you wonder why your club didn't do better?

For the answers, look first at your project. Maybe another club did a project with the same title, but it reached more people, was better planned and executed, involved more work, planning, or support, or maybe it was just one project in a greater body of work that earned the other club a Division or Department Award. You can always contact the CJW Department Chair or the other club for information and advice on how to improve your work in a given department.

If you are convinced that your project was as good or better than one that was recognized, then look at your Project Reports. Did you write a report for that project? Was the report clearly written with enough detail that anyone reading the report could repeat the project? Did you clearly state the intent of the project? Did you submit the report? Did you submit it to the correct Department Chair? Did you follow the CJW Guidelines for writing and submitting reports?

If these comparisons encourage your club to do a better job or reporting your projects, but you feel you need some help, call or email me. I'm happy to answer questions or come and visit to help with improving your report writing skills.

Just because it is almost summer, don't forget about reports. Your club has been working on projects since March, which is the beginning of our reporting year. Make sure, now, before summer puts too much distance between you and those projects, that all of your hard work has been documented. It will make life much easier when you are trying to put those reports together in the winter.

*Have a great summer!*  
*Kathy*

**State Project**

**Gretchen Saccone**

lik2travl@aol.com

**Heather Pulito**

heatherstitch@aol.com

**Ways and Means**

**Sue Spencer**

razoo@cox.net

**In Leadership and Service, Grow with State Project**

At Spring Conference we were thrilled to receive so many summer packs and summer toys. We are still collecting them; however, your club will have to get them to your area coordinator.

We can't believe the support we have received for this State Project. Our year end totals were wonderful and we just finished year number 1. Let us share with you some of the totals:

Backpacks-207  
Christmas Stockings, filled-173  
Teen packs, filled-21  
Emergency Care Packs-45  
Easter baskets-68  
Summer Camp Bags-12  
Misc. Collections-217  
Monetary Donations-\$2,859.51

As we all are about to "take off" on our summer hiatus from club activities, we have to say unfortunately issues with children don't take the summer off!!! Please keep in mind that there is always a need. Touch base with your social worker or region coordinator to see if there is a need for something or need help.

We know a lot of you are starting to collect items for the school backpacks. Watch for those sales!!!! At Spring Conference in the file boxes were lists of recommended items for the backpacks. Also we provided a seasonal calendar of ideas so you could anticipate what we'll be asking for down the road.

Money is needed very, very much by CCC. Continue your change collections at your meetings. We were so pleased to see a lot of you doing the collections and made your donations at conference. If your club is hosting an event, put donation cans out on display with an explanation of what CCC is doing to help the children. Every penny counts!!! Perhaps Districts could get together and plan a joint venture to raise money.

*Gretchen & Heather*

I hope everyone is looking forward to having a great summer. The fleece jackets are available for order. \$25 up until June 1st and \$30 after. The sizes run: for women small to 3x and for men small to 7x. The fleece do run small. I would suggest at least one size larger than you are used to.

Any one interested can email me to find out where to send a check.

*Hope everyone has a nice summer!!*  
*Sue*

**ONE District**

**Jennifer Quinn**

jenquinn@comcast.net

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

Hello ladies we have had a very busy year! From swinging in to the new State Project CCC to Spring and Fall Conference. I will be contacting the animal shelter in which to donate the money from District Night. Thank you for those who made it, and hopefully next year we will make it even better. Also we are getting close with a new District name that will be coming soon so please look for it. And lets give the Simsbury a good bye as they are leaving District One. Hope everyone has a safe and fun summer! I look forward to seeing you all once again soon. Please look for the email that will set up our first meeting at the end of August.

*In Junior Pride,*  
*Jennifer Quinn*

**South Windsor Junior Womens Club -**

I hope you will be attending the Banquet at Sakura on May 19th so that you can celebrate all the awards we received and other accomplishments we made during the year. We will also be inducting our

new board members! Thank you to those staying on with your position and to those taking on new roles! I hope we have another exciting year!

Also, we voted on the organizations that will be recipients of our \$2,000 in standing donations. The top five vote receivers and their proportion are listed below:

- **SW Food and Fuel Bank** - \$700
- **Community Solutions - S.W. Safe Home** - \$400
- **SW High School Operation Graduation** - \$300
- **SW Public Education Fund** - \$300
- **SW Dept. of Human Services** - \$300

Additional contributions were made to the following organizations as a result of our voting in the April meeting:

- Friends of SW - Kenny Offiaeli Fund** - \$100
- CJW State Project** - \$800
- Golf Fore Kids** - \$100
- TEMS Science Olympiad** - \$200
- SW Human Services - Food and Fuel - Feb, Mar, April** - \$67
- Cornerstone Foundation** - \$100
- Relay for Life** will be getting \$250
- Autism Speaks** \$50

Update on the South Windsor Safe Home, they are in danger of closing. DCF is looking for some Safe Home providers to volunteer to cease Safe Home operations and come forth with new ideas of what services they would like to provide, with no guarantees that DCF will offer such contracts. DCF has indicated that they are considering having the remaining Safe Homes transition into Permanency Diagnostic Centers. The South Windsor Safe Home is hoping to be chosen to stay in operation. They invited two top-level staff from DCF Foster Care to see their program. They are hoping that once they see how nice their program is and how well the children are cared for, that they will keep that in mind when making a final decision. The visit occurred on April 15, 2009 and went very well. The DCF staff was clearly impressed with the warmth of the house and their spectacular playground. They asked a lot of questions about the program operations and were genuinely surprised with some of their program offerings, i.e. Nurse Practitioner, family visitation, and staffing levels. I will you keep you posted on their outcome. Finally I want to thank all the members of the South Windsor Junior Women's Club

#### **Vernon Junior Womens Club -**

Thank you to Nancy and Chris for all the work and effort they have made in keeping Safety Town an ongoing VJWC project. Due to budget issues, we

have lost the D.A.R.E. program and also the Officer Friendly program, leaving only Safety Town for the kids. My wish is that when the economy turns around, we can resurrect these programs. I am looking forward to seeing everyone at the banquet.

#### **Safety Town**

Thanks to Ellie for sitting with me at the Lottie Fisk for two Saturdays. We had fewer walk-ups on May 9, but it was worth it to be there both days. Next year, we'll have the Ready, Set, School Fair, so we'll only need one extra day at Lottie Fisk. Confirmation letters have been sent to everyone who has registered so far. The first morning session is completely full. I expect the second morning session to be full as well. And the forms keep coming in! Next step is to organize all the handouts. Nancy and I will meet and go over what we have and what materials need to be purchased. We need to move the buildings to Lake Street on July 2. Anyone with a big vehicle available to help?

Holly and I attended Spring Conference on Saturday, April 25 in Berlin. Holly, June, and I helped with the State Spelling Bee on May 2. Keep bringing in your old cell phones for recycling.

#### **Windsor Junior Womens Club -**

We would like to remind everyone about our 40<sup>th</sup> Anniversary Dinner to be held at aNotte's on May 22nd at 6 pm.

May is Mental Health Month, and National Physical Fitness month. We could all use a little exercise these days. Now that the weather is getting nicer it is a perfect time for a walk. Doctors say that exercising 30 minutes 3 times a week is all it takes? So I guess we have no reason not to be doing it! Did you also know there are exercises you can do while stuck in traffic? Seat Lift- grip the steering wheel, tighten your upper leg muscles. Hold for 5 seconds, do 10 reps. Side bend-works obliques, put your hands behind your head, lean to one side and hold for 3 seconds, then lean to the other, do 15 reps. So in reality, with all the easy ways to exercise we should all be healthy and no jiggle left on our bodies It's also that time of year again don't forget the sunscreen on you and the kids! The higher the SPF the better chance of not burning, and we all know how that feels!!

**Regal Monarchs District**  
**Kerry Tully-Zahnke**  
regal.monarch.dr@sbcglobal.net

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

**Wildbury District**  
**Rene Fisher**  
rfisher0218@yahoo.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.**

**S.H.O.R.E. District**  
**Phyllis Prokop**  
phylprokop@sbcglobal.net

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

**The Dogwood District**  
**Laura Mann**  
lotakids6@aol.com

Due to lack of interest and time we will not be doing a District Day project. I will revisit the idea again in September. Please make sure that you info me of any club activities and info so I can share them in my newsletter articles.

**Club News:**

**Fairfield Junior Women's**

Co-Presidents Lori Addison & Jennifer Hinkle

**Milford Junior Woman's**

Co-Presidents: Rose Rodrigues & Tina OKO

**Monroe Women's Club**

CO- President: Ann Santos & Sheila Craw  
Monroe and Trumbull are teaming up on June 12 for the Relay for Life walk.

**Newton Junior Women's**

President: Christine Grabowski

**Orange Community Women**

President: Donna 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  
Monroe and Trumbull are teaming up on June 12 for the Relay for Life walk.

**Trumbull Young Woman's**

CO-Advisors: Laurie Nagy & Mabel Buttress

**West Haven Juniors**

CO-Presidents: Mala Mistry & Pamela O'Neill  
West Haven is sponsoring a Bike Run for Cancer for more information please contact Lori Nacca at [WHJWC2003@aol.com](mailto:WHJWC2003@aol.com)

**West Haven Juniores**

Advisor: Lori Nacca



***WELCOME SUMMERTIME!***