



<http://www.cjw.org>

DIRECTOR

Teena Bruneau

bruneauchris@hotmail.com

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

Those were the days ...It was about 1 a.m., 2 women sat at the table typing on electric typewriters, 2 more women were writing as fast as they could. On the floor 3 women were surrounded by piles of paper and 2 searched through old newsletters for committee projects. Those were the days - sometimes just hours - before the CJW March Board meeting and the dreadful handing in of the reports. Those were the days before computers and printers! Only big companies had expensive copiers so everything was typed in triplicate. Every project, no matter how small had to be reported, every donation reported on a separate project report sheet. "Don't forget to fill out the questionnaires for each department and include all the supportive material." Those were the days ...That is what it was like writing reports 20 years ago.

Over the years CJW has tried to make report writing easier for everyone. We still strongly encourage clubs to report in all departments including Membership, Leadership and Ways & Means. We have limited the number of projects that can be reported under each division and this year all the departments except State Project have a pre-printed Summary sheet for your convenience. To protect your club and you as an individual regarding tax exempt status with the I.R.S., Department of Consumer Protection, and our liability insurance CJW requires a President's report from every Junior and Juniorette club (whether or not you submit other reports). I know this is a very detailed report, but the information is vital. We are required to file information annually and this information is also used in the CJW Director's Annual Report given at Spring Conference.

Our next state event will be the March Board/President's Dinner on March 11th. This meeting is open to all CJW members and their guests and I hope club members

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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

Vol. 73 No. 8 March 2009

will come and help me honor their club presidents.

April & May get very busy with the Juniorette Awards Day on April 4 at the Portland Senior Center; Spring Conference April 24th and 25th at the Hawthorne Inn, Berlin; and the CJW State Spelling Bee on May 2 at the Brownstone Intermediate School in Portland.

Please remember to email or snail me a copy of your club's newsletter and let me know when you have a special event coming up.

*The flowers of late winter and early spring occupy places
in our hearts well out of proportion to their size.
~Gertrude S. Wister*

Assistant Director

Ronnie Hollis

ronniehollis@hotmail.com

Juniors Make a Difference

Hi to all,

I would like to extend a huge Thank you to the District Reps. They are a CJW link to the local clubs, and they are a very important link to both clubs and CJW. They work hard planning and doing District events and CJW looks to them for their input on what the clubs in their District need and want. Please remember to extend them all the help you can, because they and all CJW chairs and officers are here for you.

Reminder if there is something that you would like to include in Teena's press book please get it to me, mail directly, email, or leave in my box at CJW events. Include any information that you would like too with it, like the names of the people in the picture, dates, club name, (Who, what, here and when). Thanks

*As always In Junior Spirit,
Ronnie Hollis*

Immediate Past Director
Sheree Rinaldi
shereerinaldi@optonline.net

Corresponding Secretary
Lois Wack
roaddog624@att.net

Treasurer
Ann Whitman
annwhitman@snet.net

Presidents Reports are due!

Dues for any NEW MEMBERS who joins your club between December 2008 and March 2009 are payable now. Please email me for mailing address:

**CJW DUES PAYMENT FORM
MARCH 2009**

CLUB NAME:

JUNIOR ___ x 6 = _____

JUNIORETTE ___ x \$3 = _____

**TOTAL # OF CLUB
MEMBERS:**

Happy Saint Patrick's Day!
Ann

Recording Secretary
Eve Sarra
apple319@charter.net

Parliamentarian/Leadership
Evelyn Magera
evelynfromjuniors@hotmail.com

way.

I am sure that most club members are thinking of the next club year and what new officer or chair position they may consider at that time. Now is a good time for members to approach the existing leaders / project coordinators to find out what is involved with their respective job responsibilities. Also, it is important to have the job responsibilities documented in your club bylaws or in a policy and procedure book for each position. Another method of learning about a new position is shadowing the current chairwoman or officer. This process entails observing the person during the implementation of one (or more) of her job responsibilities that would help you gain a better perspective of what is involved. Then each member can make an educated decision as to what they would like to do for the next term. Norman Vincent Peale, an American clergyman and writer once wrote "***the more you lose yourself in something bigger than yourself, the more energy you will have.***" Try something different to see how you can surprise yourself with how well you can manage and organize new projects.

In Junior Spirit,
Evelyn

Arts
Holly Miotke
hmiotke@newington-schools.org

Conservation
Lynn Sellers
msellers@snet.net

Theme: GO GREEN – Use: Recycle: Repeat

I want to say a huge THANK YOU to all clubs who wrote and turned in reports at the CJW President's Dinner. And to all those clubs who probably did many wonderful projects that we will never know about. No matter - all the projects we did helped to make the earth more sustainable for future generations. We beautified, conserved, recycled, reduced, and reused many items and for this, the "Green" movement is greatful! But we cannot stop here; we must continue our conservative ways and expand upon them not only for ourselves but our families, our communities, and our world. Keep up the good work!!

Businesses have the power to change the world-and you have the power to change business! In tackling the growing climate crises, is your favorite company STUCK; STARTING or STRIDING?? There is a great website called climatecounts.org where you can explore many venues. You can also get your own personal Climate Counts score to see how you and your family are doing with your "climate change habits."

If the world's 100 largest companies reduced their greenhouse gas emissions by just 5% it would be like taking 25 million cars off the road. You have the power to make businesses act responsibly. Do your part after you have researched the website. The site gives you many other options to explore and to download a pocket guide to see how companies compare. See where your favorite companies stand and then take a stand.

Beyond the Vote--get to know your representatives in local, state and federal government and aim to understand their positions on the environment. Keep a document with all their contact information on your home computer so you can reach out to them regarding important environmental issues. Encourage friends and neighbors to speak up as well. Go to: www.congress.org and for hundreds of important environmental petitions all in one place: www.thepetitionsite.com/environment-and-wildlife

Did you Know?? -- "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has!" -Anthropologist Margaret Mead

Lynn Sellers

p.s. – Conservation is collecting ink cartridges at March Presidents Dinner and Spring Conference.

Current Affairs
Bunny Ouellette
mouellette@timex.com

Hi,

Thank you to everyone who wrote reports, I can't wait to read all the great things that you've done. Also thank you for the used cell phones and the toiletries for the soldiers. I will be doing another collection for just the **Ladies only**. Please remember the feminine products (mostly these) and soap, razors, gum, and deodorant.

Looking forward to seeing everyone soon. I hope Spring comes when it is suppose to, I'm tired of cold and snow. If you need to call me with any questions please feel free to email me.

*In Junior Spirit,
Bunny Ouellette*

Education
Elizabeth Tischio
johntischio@prudentialct.com

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

Health
Luann Clark
39 Boone Circle
Westbrook CT 06498
860.399.6336
lacl1498@yahoo.com

Homelife
Nancy Carter
nancy_carter@sbcglobal.net

Yoplait has come up with another great donation program that's really easy and helps those who truly need help. General Mills will donate 10 cents per seal up to \$275,000 to Feeding America for each Pound for Pound seal received by December 31, 2009. So help fight hunger and either send in your gold Yoplait lids with your clubs or bring them to CJW meetings and I will send them in.

Nancy

Junior Bulletin Editor
Riva Clark
rclark@bkm.com

Hi,

Month after month for some reason I can't understand, the format on this newsletter switched some areas font from Times New Roman to Arial. Its gotten worse and more troublesome each month – I felt like dealing with a spoiled child! I decided to let it have its way and switched to Arial font for the whole newsletter. Because Arial is a standard font, I don't think this will cause anyone problems but let me know if it does.

Passing along announcement of a Women's Health Conference Offering Wellness, Relaxation, and Fun.

MYSTIC - The 7th annual Women's Health Conference, co-presented by the non-profit Women & Family Life Center and State Comptroller Nancy Wyman, offers cutting-edge health information presented by leading experts during a fun and relaxing day spent connecting with other women.

The conference, which drew more than 300 women last year, takes place on Sunday, March 15, 2009, from 8:30 a.m. to 5 p.m. at the Mystic Marriott Hotel and Spa.

Guests may select from 12 choices in each of three breakout sessions that address topics including the latest in medicine, wellness, alternative therapies, and nutrition. A "vendor marketplace" will be offered where guests can browse, shop and sample from a variety of organizations and businesses.

Conference participants will enjoy keynote presentations from:

. Dr. Lisa Sanders - Yale University School of Medicine professor and diet expert whose New York Times column inspired the television show "House M.D."

. Amy Bloom - National Book Award -nominated author who has also written for the New Yorker, New York Times Magazine and Atlantic Monthly. Her latest novel, Away, is an epic story about a Russian immigrant.

A pre-conference event on Saturday, March 14th will feature a performance of "In Our Right Minds," a one-woman show that celebrates women. Sunday conference is \$75 / \$60 for seniors. Saturday pre-conference is \$40. Conference & Pre-Conference Show is \$99 (does not include overnight hotel stay).

Register online at <http://www.womenandfamilylifecenter.org> or by fax, phone or mail. Scholarships are available for the Sunday Conference. Call (203) 458-6699 for information. The conference is made possible through Executive Sponsorship by Yale New Haven Hospital, Yale-New Haven Health and Anthem Blue Cross and Blue Shield.

Riva Clark

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

Juniorette Coordinator
Debi Puzia
dapuz55@yahoo.com

Hello Everyone:

Now that the ink is drying on your reports its time to think about celebrating the fruits of your hard labor. Save April 4th for the Juniorette Spring Conference. It is sure to be a lot of fun. Break out your summer capris and bright colorsbe ready to limbo. More info coming soon!!!! For more info contact me, I am waiting to hear from some clubs to let me know when they are having a meeting or function so I can come visit. I would like to visit now that the nice weather is upon us. Happy Spring !!

Debi

Meeting Planner
Patti Stankevicius
pstanks@netzero.net

I know that most of you are glad that "Winter" is over and Spring is around the corner which brings me to our next meeting, Spring Conference @ The Hawthorne Inn on the Berlin Turnpike. The call should be out to your clubs and I am looking forward to seeing most of you, especially on Friday night. Please be sure to mention to your clubs that past members are also invited to our **"SOCIAL INTERLUDE"**. We would love to see them all and catch up on all the news. Saturday looks good too. Our Madam Director, **Teena Bruneau**, has her agenda all in order and it sounds short and great!!!!!! **Many thanks to her for all her help.**

Just a reminder to all clubs when planning an event; be sure to follow up on dates and deposits. Take a moment to write down your contact.....it does help.

Happy Spring & A Blessed Easter,

Patti Stankevicius

Public Relations / Website
Heidi Nelson
daffodil8494@yahoo.com

I imagine by now all or most of you have heard of a little web site called Facebook. Facebook is one of the fastest growing social network on the web today. In fact I believe at least one Juniors club has all of it's members as members of Facebook. And in the most recent newsletter from Covenant to Care, they mentioned that they themselves now have a group on Facebook. And yes, I am a member of Facebook and joined CCC's group.

So what exactly is Facebook and why should it matter to you or your club? For those who have not yet ventured to the site, Facebook is a social networking site that allows users to connect and share information. Users create profiles and then connect to other people based on common interests, experiences, location, etc. It can even be a great tool to get back in touch with people you haven't spoken to in years. And it's quick and easy to get up to speed on what's been going on in their lives just by reading their profiles.

Just like every other social networking site, you can create and join groups on Facebook. And there are a growing number of groups dedicated to social change.

Why create a group? Creating groups allows you to share information about pretty much anything. You can create groups for your organization or event to make announcements, join discussion groups, or even to share pictures. It could even become a tool for finding new members. As more and more people join Facebook they are looking for groups to join, often seeking out groups that may be in their area. Having a group for them to join gives them a taste and idea of what Juniors is about and get to know it's members from the comfort of their own living room.

So if you haven't checked out Facebook yet, surf over and take a look. If you join.... feel free to send me a friend request. Just make sure to mention that you're a Junior's member in the message box!

Heidi

Report Writing

Kathy Znosko

kzosko@bsaemail.org OR NEW email
Kathy.Zosko@scouting.org

It's March! All you procrastinators are just about out of time! Reports must be turned in at the Presidents' Dinner on March 11, or if you are not attending the dinner and can't send the reports with someone else, they must be mailed to the the appropriate CJW Department Chairmen, postmarked by March 11, 2009.

Don't forget:

1. All clubs must submit a President's Report.
2. Refer to the Report Writing Guidelines in the Blue Book for the physical Presentation of the reports.
3. Project Reports must be no longer than one page. Anything over one page will not be judged.
4. It is the intent of the project that determines in which department the project should be reported.
5. All projects must have been completed between March 1, 2008 and February 28, 2009.
6. Use your full, proper club name on all pages.
7. Give as much information as possible, especially about any local organizations that the CJW Chairs might not know.
8. Any club that received a plaque or stuffed animal award at Spring Conference 2008 must turn it in at the March Board meeting. Please make sure these awards are returned in the proper boxes.

Here's a tip. If you are concerned about how your reports might be viewed and judged by the CJW Chairs, read the Report Judging Guidelines in the Blue Book's Report Writing section.

If you have any last minute questions, you can call or email me. The email addresses are my work ones, but I do have access from home and will be checking on the weekends.

Kathy

State Project
Gretchen Saccone
lik2travl@aol.com

Heather Pulito
heatherstitch@aol.com

In Leadership and Service, Grow with State Project

State Project Summary Sheets: Since Covenant to Care for Children is a new state project there is no pre-printed summary sheet. Please use a blank summary sheet for state project and remember to include up to 5 project report sheets per division. The Bluebook for 2009-2010 will include a pre-printed summary sheet for state project to be used next year.

March Board/ President's Dinner Collections: Easter Baskets - We are collecting Easter Baskets at March Board/Presidents Dinner. The baskets would be made age/gender appropriate like the Christmas stockings, ages 3 - teen. Please mark each stocking with the age, gender and club name. Some ideas for filling are healthy snacks as well as some candy, bubbles, sidewalk chalk, stuffed animals, sweat outfits, crayons, coloring books, paperbacks, games, toys.

Linens: CCC is also in need of twin size sheet sets for the children. These can be very gently used or new sets for children.

Adopt a Social Worker: For clubs or districts interested in Adopting a Social Worker, who have not already made a contact through CCC, should call either Judith or Megan at the Waterbury office (203-574-8852). If you have to leave a voicemail message, please call Caryl Hallberg or Dave Santis at the Bloomfield office (860-243-1806), and leave the same voicemail, if necessary. The Waterbury or Bloomfield office will determine which of the regional coordinators you should work with and they will follow through in making the connection. If you have any questions on any of these topics or any other state project question please email both Gretchen @ lik2travl@aol.com and Heather @ heatherstitch@aol.com.

Gretchen & Heather

Ways and Means
Sue Spencer
razoo@cox.net

I hope that your winter is going well for you all. It is time to start thinking about new items for Fall Conference. I am looking into getting light weight fleece sweatshirts. I will be pricing them and getting samples for all to see as soon as possible. Hopefully I will have something for the board soon.

I will keep you all informed.

See you soon.

Sue

ONE District
Jennifer Quinn
jenquinn@comcast.net

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

District Event for a fun night of playing Bunco is in the works, planned for April 3rd 5:30 – 9:00 pm at the South Windsor Community Center banquet room.

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

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

Just wanted to remind you all that reports are due at the Presidents Dinner. If anyone needs help with reports please contact Kathy Znosko or myself for help. We would be more than willing to help you with the reports.

Kerry

The Mountain Laurel District
DISBANDING

The Mountain Laurel District consists of: Berlin, Bristol, Cheshire, Southington, Watertown, Wolcott and Wolcott Juniores. Each club has been asked to decide which other district to join and that will be announced soon.

Wildbury District
Rene Fisher
rfisher0218@yahoo.com

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

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

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

NEWS FROM SHORE:

Can you believe that it's almost Springtime!?!? With the nice weather approaching, our focus will be shifted to spending time outside and enjoying the mild weather. Spring also brings a very busy season for our Juniors clubs. I hope that all of you have gotten your reports in, the deadline was February 28th-- but if you have not yet submitted, please get them in as soon as possible, the last chance to get your info in is at the Presidents Dinner scheduled for March 11, 2009 - I hope to see all you there. Also don't forget to reserve the date for Spring Conference scheduled for April 24th and April 25th. Please don't forget to contribute the CJW's scholarships and the director's challenge. We want to make sure that they remain healthy, so that our members can continue to benefit from the contributions.

Shore District is also going to host the statewide Spelling Bee along with the Education Chair, Elizabeth Tischio-- the date is set for Saturday, May 2nd at the Brownstone Intermediate School, Main Street, Portland. Please forward the names of your local spelling bees winners to us as soon as you know-- we would appreciate the entire district assisting with this event. Please contact me if you are willing to help.

Lyme- Old Lyme Junior Women's Club

The club is unbelievable. They are now 92 members strong, they are welcoming 36 new members this year alone. They are very busy with many events from their annual Art Show, April 24- 26, which is always a huge hit, but also they will be hosting a fashion show at Aspen in Old Saybrook. They also held a children's movie during the February break and a laser tag afternoon for the older kids. One of their new members is helping to set up their website which they hope to have up and running shortly. Easter also brings their Gertrude Hawk Chocolates fundraiser. They are really enjoying their activities and developing great new friendships at the same time. This year beneficiaries are the Shoreline Soup Kitchen, Camp Claire, Women's Center for Southeastern Connecticut, and New London Fire Fighters Burn Foundation.

I hope that some of those funds can also be directed to the state project as well.

Portland Junior Women's Club

The club has just held its first Little Miss/ Little Mister Portland, the event was successful and the residents rallied behind the contestants-- the club will announce the

winners very shortly. Preparations are under way for the annual mother daughter tea, this event is very popular with the ladies and a fun day for all attendees. Also Portland will be hosting their local Spelling Bee on March 20th-- good luck to all the students participating.

Shoreline Community Women

The club is hosting a comedy cabaret on February 28th at their town hall- sounds like a fun night and also will be getting together for Disney on Ice as a family event. They will be holding a hazardous waste collection in April, more info to come. They will be holding their Bluefish 5K road race very soon and are looking to firm up sponsors. They continue to assist an adopted family and this past month provided a birthday gift for the Mom, manicure and perfume.

Keep up the good work ladies.

Wallingford Junior Woman's Club

Another busy season is coming up for the club, they hold a book club meeting and are currently reading "Nineteen Minutes" by Jodi Piccolt. Upcoming shows for the Shubert "Four Bitchin Babes" and "Girls Night: The Musical" sounds like a fun idea for a social get together. They have a great recipe for Fajita- Ranch Chicken wraps on their newsletter, check it out on their web site. They are also getting ready for the spelling bee and their anniversary tea.

I would love to hear from the rest of the clubs in our district. Please drop me a note and don't forget to reserve your spot for the presidents dinner. See you soon and think warm and happy thoughts, spring is almost here.

*In Junior Pride,
Phyllis Prokop*

The Dogwood District

Laura Mann

lotakids6@aol.com

For all clubs: I would love to come to one of your functions. So please contact me to let me know when and where.

Fairfield Junior Women's

Co-Presidents: Carol Stierle & Cheryl Eustace ~Cbs6173@yahoo.com

Milford Junior Woman's

Co-Presidents: Rose Rodrigues & Tina Oko

Monroe Junior Women's

Co-Presidents: Ann Santos & Sheila Crow

Newton Junior Women's

President: Christine Grabowski

Orange Community Women

President: Donna Wesolowski

They are planning to do tied fleece pillows with the Tracy Bunch. Valentine's for Veterans at the VA Medical Center. They collected clothing, household items, etc. that they donated to My Sister's Place. Orange will also participate in The Relay for Life on May 30th. They will be making care packages for Operation Support Our Troops Congratulations to Carol Hechtman for becoming a grandmother...a baby girl,

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 is very busy with planning their annual Tidy Up Trumbull, Town wide Spelling Bee, In-club Arts and Craft Show, and installing our new members.

Trumbull Young Woman's

Co-Advisors: Laurie Nagy & Mabel Buttress

The girls made Valentine Treat Bag for the Dog in the Trumbull Shelter, made cards for the seniors. They are in the process of making an information booklet about how to dispose of medicine, emergency contact numbers, and tips on what cleaning product should not be mixed together. The booklet will then be passed out to Juniors, family and friends for now. Their goal is to get it out to the community. They will also be helping out this month at the Trumbull Arts and Nature Center Maple Sugaring.

West Haven Juniors

Co-Presidents: Mala Mistry & Pamela O'Neill

West Haven helped with a shelter dinner where they help about 80 men. They will also help out again on Feb. 21. On Feb. 9th they will be hosting Bingo for the Vets in the VA Hospital.

West Haven Juniores

Advisor: Lori Nacca

In January the girls made blankets that they presented at the West Haven Icy Plunge for Breast Cancer. They have also purchased 50 can of tuna that they delivered to the Ronald McDonald House. They also purchased \$200.00 worth of groceries for the food pantry at Our Lady of Victory's Beacon on the Hill.

Aye, the luck of the Irish be with ye!

