



<http://www.cjw.org>

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

*“Juniors Make a Difference
in the Lives of Others”*

Vol. 83 No. 4 November 2010

Director:

Ronnie Hollis, ronniestarfish50@aol.com

“Juniors Make a Difference in the Lives of Others”

Hi to all,

Did you do something special to show case your club for Junior Week? The week of celebration started with Fall Conference on October 22, 2010 and will end a week later. It is perfectly all right if you have not done anything or could not decide on what to do. Historically, CJW celebrates Junior Week as a time on the calendar usually sometime in October or November. But as a club there is nothing wrong with picking a special week in the year to commemorate your club in some way. For example, pick a week that your club is celebrating a special event, club anniversary, or something very meaningful to the club. It may be the month that your club was established or your club has reached a milestone anniversary. There are so many ways to celebrate, you could make it a club member's only event, bring your husbands and or family, invite past members, or it could be an event that is community wide. Whatever you do be sure to contact your local newspapers, cable stations or whatever media is used to publicize your club. See if your town selectman or mayor will issue a proclamation; invite your local newspaper to do an editorial. What ever you do, whether it is simple or an extravagant event, it is a great way to let your community see the many accomplishments you have done.

I know Nancy Carter has mentioned this in her articles and at meetings - so forgive me for repeating this. If you have an event or information that you would like distributed to all clubs, please remember to send it to Nancy who will forward it to me for my approval.

The second thing that I would like to bring to your attention is that the names and addresses of any CJW Board member, clubs or club members are not to be given out for non-related CJW business. It has come to my attention that someone has used the CJW address list for an at home business. No one is allowed to use those names and address for their own benefit.

Lastly, the CJW Board works very hard to keep clubs informed with information, ideas and helpful hints. There is no denying that they have more than one responsibility as a volunteer. I am kindly asking clubs, to please remember the CJW Board member who is a member of your club. If your club budget can possibly assist them with meals at conferences, mileage to CJW meetings and/or club visits expenditures they may have during this term. These are out of pocket expenses for them and I know they would appreciate the kind gesture...

As always in Junior Spirit,

Ronnie



Assistant Director:

Kathy Znosko, kathyznosko@yahoo.com

“Start at Home for Membership”

For the past few months I've been encouraging you to evaluate the health of your clubs and work to improve their health before you worry about recruiting new members. In searching for a handout for September Workshops I found the following article from “*Organizational Health Diagnostic and Development Corporation.*” I thought it was such a good guide to follow in that evaluation process that I want to share it with all clubs and not just the few that were able to attend my Membership workshop.

What is Organizational Health? It is an organization's ability to function effectively, to cope adequately, to change appropriately, and to grow from within. Organizational Health, like personal health, may vary from a minimal to a maximal level. Organizational Health includes and is dependent upon the following ten dimensions:

GOAL FOCUS is the ability to have clarity, acceptance, and support for goals and objectives.

COMMUNICATION ADEQUACY is open two-way communication which travels both vertically and horizontally throughout the unit.

POWER EQUALIZATION is the ability to maintain a relatively equitable distribution of influence between team members and their leader.

RESOURCE UTILIZATION is the degree to which the leader knows and is able to coordinate the talents of team members with minimal stress.

COHESIVENESS is the state when a person, group, or organization has a clear sense of identity. Members feel attracted to the unit want to stay with it, be influenced by it, and exert their own influence within it.

MORALE is the feeling of well-being, satisfaction, and pleasure for a person, group, or organization.

INNOVATIVENESS is that ability to be and to allow others to be inventive, diverse, creative, and risk-taking.

AUTONOMY is that state in which a person, group, or organization has the freedom to manage those things they believe should be within their sphere of influence.

ADAPTATION is that ability to tolerate stress and maintain stability while coping with demands from the external environment.

PROBLEM SOLVING ADEQUACY is the organization's ability to perceive problems and to solve them with minimal energy. The problems get solved, stay solved, and the problem-solving mechanism of the organization is maintained and/or strengthened.

Discuss where your club falls within these ten dimensions and then brainstorm ways to improve the health of your clubs in the areas that need it the most. And, please share your best ideas with me so I can share them with other clubs.

Happy Thanksgiving! Find a way to show your club members how grateful you are for them and their contributions to you club and community. I am grateful for each of you, my club, and all of CJW

Kathy

Immediate Past Director:

Teena Bruneau, bruneauchris@hotmail.com

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

Like most juniors I lead a pretty full life – family, friends, work, juniors, other volunteer work & hobbies. But whenever anyone asks what I do for a living I tell them I’m a Professional Volunteer. Whether you consider yourself a professional volunteer or not, you should always act professionally when representing CJW, your club or any organization. Go to meetings prepared – if you have to give a report - make notes of what you are going to say or if you get nervous speaking then write out your entire report. Dress appropriately: casual business dress for closed meetings, business dress for public meetings, appropriate work clothes for hands-on projects. Show respect for speakers, whether guest speakers or club members; nothing is more distressing than sharing information about a project that is important to you & having people hold side conversations. Arrive on-time and stay for the entire meeting, it is very distracting to have people coming & going during a meeting. If you must arrive or leave early make sure the presiding officer knows before the meeting begins and be as quiet & non-intrusive as you can. Don’t sit down and start asking what you’ve missed – wait until social time or the meeting is over. Suggestion: before the meeting ask someone to save you a seat and take notes on what you missed.

A good website is www.tipsforsuccess.org. Below are some additional suggestions from this website.

"Develop the frame of mind that whatever you do, you are doing it as a professional and move up to professional standards in it.

"So learn this as a first lesson about life. The only successful beings in any field, including living itself, are those who have a professional viewpoint and make themselves and ARE professionals" — L. Ron Hubbard

A professional learns every aspect of the job. An amateur skips the learning process whenever possible.

A professional carefully discovers what is needed and wanted. An amateur assumes what others need and want.

A professional looks, speaks and dresses like a professional. An amateur is sloppy in appearance and speech.

A professional is focused and clear-headed. An amateur is confused and distracted.

A professional does not let mistakes slide by. An amateur ignores or hides mistakes.

A professional completes projects as soon as possible. An amateur is surrounded by unfinished work piled on top of unfinished work.

A professional remains level-headed and optimistic. An amateur gets upset and assumes the worst.

A professional handles money and accounts very carefully. An amateur is sloppy with money or accounts.

A professional produces a high-quality product or service. An amateur produces a medium-to-low quality product or service.

The first step to making yourself a professional is to decide you ARE a professional.

Are you a professional?

Corresponding Secretary:

Nancy Carter, nancy_carter@sbcglobal.net

For those not able to attend the September Workshop, I have your club's CJW Blue Book 2010-11 CD. I will have them with me at Fall Conference. I have extras available. If you want an additional copy, the cost is \$2.

In the interest of "going green" we no longer copy and distribute information / flyers at Fall Conference. Once I receive these from the committee chairs, I will email them out to all CJW Board Members, Club Presidents and Juniorette Advisors. I look forward to "passing on" your information!

Please notify me when your email / contact information has changed. Any questions, I'm a phone call or email away!

In Junior Spirit,
Nancy Carter

Treasurer:

Sue Spencer, razoo@cox.net

Well summer is gone and fall is quickly passing us by. I have not received from all clubs their insurance or dues money; please submit it as soon as you can. I hope you all file your 990N reports with the IRS. If you have not, please get in touch with me. Also, don't forget your annual report needs to be filed with the state of CT. Again, if you have problems please contact me. I hope the rest of the month goes well for all of you.

Recording Secretary:

Evelyn Magera, evelynfromjuniors@hotmail.com

I did purchase a new laptop so now I have to set it up with the programs I need and all the wonderful stuff that is required to make a computer user friendly. So I am now a portable and more efficient recording secretary. Happy turkey day!

Parliamentarian/Leadership:

Lisa Furbush, lisamfurbush@aol.com

Arts:

The best pArts of Life:

Elizabeth Tischio, johntischio@prudentialct.com

The October 3, 2010 issue of "Parade" contains an article about a forthcoming book "Thrive: Finding Happiness the Blue Zones Way" by Dan Buettner. The article entitled "You'll Wish You Were Here – Lessons from Happy Town, U.S.A.," begins as follows:

For his 2008 bestseller, The Blue Zones, Dan Buettner searched the world for the truth about longevity. In his new book, Thrive, out October 19, he tackles the topic of happiness. What are the happiest spots on Earth – and what secrets can we glean from them? One utopia his travels took him to is San Luis Obispo,

near California's Central Coast, where joy seems to be in the tap water. In a 2008 Gallup - Healthways poll, the city's 44,000 residents ranked No. 1 in the U.S. in overall emotional health. Here are some lessons that Buettner learned – and that we can try out in our own communities.

Support the Arts - Former mayor Ken Schwartz likes to quote this Persian proverb: “If you have but two coins, use one for bread to feed the body and the other for hyacinths to feed the soul.” Art, like flowers, nourishes the soul. Happy people usually have access to art – painting, film, sculpture, theater, music – and live in places that are attractive to the eye. A city must provide venues for artists to create and exhibit their work, so San Luis Obispo created a center that houses galleries and hosts concerts and film seminars.

Elizabeth

P.S. I hope you vote for candidates who support the Arts.



Conservation:

Mala Mistry,

Current Affairs:

Amanda & Gloria Clair, gloria@kidstoothcare.com

As you must know, November 11 is Veterans Day. You may not know however:

Veterans Day became a national holiday on November 11, 1938.

In 1954, President Eisenhower signed legislation changing the name to Veterans Day to honor veterans of all wars

There were 23.2 million military veterans in the U.S. in 2008. Of those:

1.8 million were female.

9.2 million were 65 and older.

1.9 million were younger than 35.

A third of all living veterans served during the Vietnam War. In 2008 there were:

7.8 million Vietnam-era veterans (1964-75)

5.2 million Gulf War veterans. Of these, 16% were women. (August 1990-present)

2.6 million World War II veterans (1941-1945)

2.8 million veterans of the Korean War. (1950-1953)

50,000 veterans of both the Vietnam and Gulf War eras.

Veterans in the Work Force

10.4 million Veterans were in the civilian labor force in 2008.

Women veterans earned 32,217 in 2005, more than the 27,272 earned by females with no military experience.

Female veterans were more likely to work 35 hours or more each week and more than three times as likely to work in public administration, compared with non-veterans.

5.5 million Veterans had a disability when surveyed in 2008.

And most interestingly:

15.8 million Veterans voted in the 2008 presidential election. That's 71% of all veterans, compared with 63% of non-veterans.

14 million veterans voted in the 2006 congressional election. That's 61% of all veterans, compared with only 46% of civilians with no military service.

Education:

Ann Whitman, annwhitman@snet.net

Theme: "Learning, the all time adventure"

"Education is what remains after one has forgotten what one has learned in school." ~Albert Einstein

Thank you to everyone who donated and brought children's books to Fall Conference. The "Read to Grow" information was distributed at the conference as well. The "Read to Grow" pamphlet will be in the file-box e-mail. 50 % of the states newborns receive new children's book and literacy guidelines. "Read to Grow" distributes books at 8 of Connecticut's hospitals. "Read to Grow" distributes more than 100,000 book to Connecticut children each year

The State Spelling Bee is Saturday, May 14, 2010 at the Mark T Sheehan High School in Wallingford

Health:

Norily Casagrande, norilycasagrande@yahoo.com

Hi Juniors,

This month I want to talk about Diabetes Type 2. Diabetes Type 2 is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications.

Who is at Greater Risk for Type 2 Diabetes?

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes.

Before people develop type 2 diabetes, they almost always have "pre-diabetes"—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are 57 million people in the United States who have pre-diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.

There are two different tests your doctor can use to determine whether you have pre-diabetes: the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT).

The good news is that the Diabetes Prevention Program study conclusively showed that people with pre-diabetes can prevent type 2 diabetes by eating healthy, being physically active, and managing their weight.

Norily Casagrande

Homelife:

Bunny Ouellette, mouellette@timex.com

Junior Bulletin Editor:

Evelyn Magera, evelynfromjuniors@hotmail.com

“Juniors are great leaders like shining stars guiding the way”



All clubs who would like to forward their club newsletters for judging can do so to the following judges: Lisa Furbush lisamfurbush@aol.com, Diane Neri diane_neri@sbcglobal.net, Heidi Nelson daffodil8494@yahoo.com and I am the Ex-Officio Judge.

Please check out the Junior Bulletin section within the Blue Book CD you received at September Workshop meeting for details on how judging club's newsletters is done. So far the judges and I have received newsletters from the clubs of Fairfield, Vernon, Milford, Orange, West Haven and Wolcott. Many thanks to these clubs for taking the time to put together “newsworthy” information and forwarding them to us. I know there are more clubs out there that put a lot of effort with trying to keep the lines of communication open within your membership. So please feel free to forward them as soon as possible.

Reminder: please send your newsletters to Ronnie Hollis, Director and Kathy Znosko, Assistant Director so they can keep updated with your club's events too. I also know that the CJW chairs would like to hear from your department chairs as well. This would give them the opportunity to possibly share or show case your projects updates throughout the state in their newsletter articles.

Have a blessed and a very Happy Thanksgiving!

Evelyn

Juniorette Coordinator:

Debi Puzia, dapuz55@comcast.net

Happy Fall,

The air is finally crisp, the temps are cooler and the leaves are falling like mad. Of course this means time to organize holiday baskets, toy drives, Santa letters and so much more. For each of our Juniorette clubs this is typically the busiest time of the year. Be sure to find time to enjoy the upcoming months too. I would love to come visit during one of the many activities or celebrations. Just call me or send me an email message.

I had a great time in Southbury and so enjoyed attending their functions. I would like to see all you girls doing what you do best... community service. The CJW Juniorette Fall day is tentatively scheduled for Nov. 14 at the headquarters for the CureChief® Foundation. Please see the email coming out this week with more info. If I can help any club with questions or concerns please contact me. As a reminder....is everyone keeping up with their reports? Please use the Blue Book CD for the correct report instructions.

In Junior Spirit,
Debi Puiza

Meeting Planner:

Diane Maxellon, DIAMAX@aol.com

Thanks to Sue Johnson and Kay Hunter from Farmington Juniors for coordinating Fall Conference. Although, we were a small group, a good time was had by all. More to follow next month on the Presidents Dinner and Spring Conference.

Happy Thanksgiving to all,

Diane Maxellon

Public Relations / Website: Position open

Contact Kathy Znosko with any questions you may have with generating reports.

Report Writing: Position open

State Project:

Gretchen Saccone, lik2travl@aol.com

Heather Pulito, heatherstitch@aol.com

“Think, Care, Help and Share with CCC”

Ways and Means:

Sue Spencer, razoo@cox.net (acting as interim chair)

Regal Monarchs District: Position open

Wildbury District:

Cara Rinaldi, cararinaldi04@hotmail.com

The time is just flying by this Junior year. I can't believe it is already November, where has the time gone. I am proud to announce the Wildbury District is off to a running start. The district is full of fun and exciting events for everyone to enjoy!!!

The Junior Women's Club of Litchfield Hills - Comedy Night, Featuring Freddie Stone, Saturday, November 20th at 8:00 pm at the VFW in Litchfield, CT. \$20 per person. If you would like to go to either of these events please contact Lisa Harrison, President of the Junior Women's Club of Litchfield Hills.

The Junior Woman's Club of Watertown - Milk and Cookies with Santa, Saturday, December 4th from 1-3 pm at John Trumbull Primary School in Watertown, CT.

The Junior Women's Club of Wolcott - I would like to thank the Junior Women's Club of Wolcott for inviting me to their International Buffet in October. The event was wonderful and I had a lot of fun. Veteran's Ceremony, Thursday, November 11th at 11:00am at the Wolcott Green. Christmas Tree Lighting, Sunday, November 28th at 6:00pm at the Wolcott Green.

The clubs in the Wildbury District are:

Beacon Falls Junior Woman's Club
Bethlehem Junior Women's Club
Junior Woman's Club of Bristol
Cheshire Junior Women's Club
Junior Women's Club of Litchfield Hills
Middlebury Community Women's Club
Oxford Woman's Club
Southbury Women's Club
Southbury Juniores
Junior Women's Club of Watertown
Junior Woman's Club of Wolcott
Wolcott Juniores
Woodbury Junior Women's Club



The Wildbury District Club Presidents will be meeting on Sunday, November 7, 2010 at 6:00 pm at Casa Dijanna's in Watertown, CT. I am hoping to see most of the Presidents and I am extremely excited to meet everyone.

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

Diane Neri, diane_neri@sbcglobal.net

The Durham Women's Club had a great weekend at the Durham Fair this year. I stopped by and sampled a bowl of their outstanding chili and attended their "after the fair" club meeting.

Shoreline Community Women are preparing for the first Halloween Storefront Painting Contest to be held in Clinton in many years. This is a joint effort with Clinton Youth & Family Services, Parks & Recreation and the Police Department with SCW in charge of prizes and refreshments. The big day is Saturday, October 23rd.

The S.H.O.R.E. District is getting ready for their November 6th Mobile Mammography Van visit to Clinton Crossing Premium Outlets. Members are distributing flyers and will be on hand at the Outlet Mall on the 6th to greet clients. Come on down and have your "girls" checked.

Diane Neri

Dogwood District:

Heidi Nelson, daffodil8494@yahoo.com

Junior Women's Club of Fairfield

JWC Fairfield's second annual Touch-a-Truck fundraiser was a huge success, attracting more than 1,800 guests and generating over \$10,000! Judging by the smiles on all of our young guests' faces, all of our careful planning paid off. No doubt there will also be smiles on the faces of the recipients of the club's 2010-2011 scholarship program which will be funded through the proceeds of the Touch-a-Truck! We are now preparing for "Santa's House" which will be on December 11th and 12th at the Burr Homestead in Fairfield. It's a great family value that creates memories of a lifetime. Highlights of Santa's House include: a picture with Santa, cookies with Mrs. Claus, a bake shop and train room, crafts, and non-stop entertainment! Proceeds from Santa's House will benefit Brady's Smile.

Trumbull Community Women

Will be hosting A Hypnotic Evening, November 6th, 6-11:30 p.m. Location: Courtyard by Marriott, Trumbull. Cost: \$55 per person. Dan LaRosa, a talented hypnotist and comedian, will entertain you. Appetizers and buffet dinner plus a silent auction and box auction. Cash Bar. For tickets contact Michele Cohen, 203-435-2112 or email info@trumbullcommunitywomen.org.

Junior Women's Club of Milford

For tickets and more information, call 203-913-1043. "Shake and Stir" - Charity Event, DJ, happy hour, appetizers and more. Johnny Rays Restaurant, Thursday, November 11, 6-9 p.m., \$15 per person. Your favorite local "celebrity" bartenders will be mixing cocktails for the evening.

Stratford Junior Women

Will be collecting new toys and clothing items for the Sterling House Toy Drive. These items will be given to needy families in the Stratford/Bridgeport area. Please contact Heidi Nelson if you would like to donate toys, clothes or gift cards, 203-984-5259, daffodil8494@yahoo.com.

