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JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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

Vol. 86 No. 7 February 2011
Happy Valentine's Day!

Director:

Ronnie Hollis, ronniestarfish50@aol.com

“Juniors Make a Difference in the Lives of Others”



Hello to everyone and a Happy New Year,

If you know me for any length of time you have heard me say how proud I am to be a member of this organization. One reason is that we do so very much for the communities that we live in. We always seem to rally to a need whether it's helping State Project with their needs or helping a member in our club or community. And I can go on and on with all the wonderful things that Juniors do in their local clubs. It always surprises me, but when I think about it, it should not surprise me at all, because "Juniors do make a difference in the lives of others."

I would like to thank Teena, Evelyn, Sue and most importantly Diane who presented the information on President's Dinner and Spring Conference at the last Executive Committee meeting. Because of the weather and all rescheduling of the meeting not everyone could attend. There are two very important CJW events coming up. At the President's Dinner on March 16, we honor the Club President's for all their hard work and for being the leaders in their clubs and communities. At Spring Conference on April 30, CJW thanks clubs for all the things that make them a special part of their community. I hope that you will all try to attend one or both of these events to celebrate how very important every club is to CJW. I will also be presenting a special award in departments which I am calling the "Make a Difference Award."

A little reminder about Report Writing, please, please, please, consult the 2010-2011 Blue Book section on Report Writing along with the individual department sections. Clubs are still using old report sheets and make use of old guidelines. A lot of clubs are making Report Writing harder than it should be. I know our lives have changed as far as the time people have and we all have busy lives plus we all seem to be going in three different directions at the same time. But there is one area that disappoints me and that is the communication between the clubs and CJW. District Reps have told me on many occasions that clubs do not return phone calls or emails. It is very important at times for a District Rep or a Board member to get a hold of a club or president. I can think of two reasons right away which is a record keeping question about membership, insurance, impending dues or when there is a change with your officer's information so that we have the proper contact details.

As part of my article in the October CJW Bulletin I asked four questions of clubs I wanted to know for planning future events: 1.) Why does you/club come to meetings or conferences? 2.) What would make you or your club members come to meetings or conferences? 3.) Is there something that CJW or a member of the board can help you or your club with any questions or concerns? These are the answers or information I got back. I received a couple of emails on membership questions. Two people told me at events that I attended, what they did not like, they wanted to know why they have to attend meetings. Four people told me they attend meetings for *the friendship and the*

information they get out of the meeting. Some Board members have told me some of their members do not attend because of the expense. CJW has continuously tried to keep the cost of meals as low as possible. I'm sure that each club has tried to organize events and find that it is not easy to keep expenses low. The other problem is trying to please everyone and no matter what you do someone is not going to be happy. If you have any suggestions, please feel free to email me...

As always and in Junior Spirit
Ronnie Hollis

Assistant Director:

Kathy Znosko, kathyznosko@yahoo.com
“Start at Home for Membership”

Has all of this snow given your club members cabin fever? Why not plan a fun night out? Maybe dinner at a local restaurant or a games night at a member's home? Do something purely social and relaxing, just to enjoy each other and to unwind between the holidays and the mad push to finish all of your Project Reports that are due next month. Whatever you plan, just be sure to schedule a snow date.

Thank you to the few clubs that are sending me your newsletters! I do enjoy seeing what you are doing. I'm also looking forward to reading everyone's reports next month.

Spring is just around the corner.
Kathy

Immediate Past Director:

Teena Bruneau, bruneauchris@hotmail.com
“Grow with Connecticut Junior Women in Friendship, Leadership and Service”

I have a great collection of self-help, motivation, etc, books. There is one I read often, I bought it a few years ago when I attended a workshop offered by Shoreline Community Women's Club. The book is “Sanity Savers” [Tips for Women to Live a Balanced Life](#) by Dr. Dale Vicky Atkins with Barbara Scala. Barbara was the speaker that night and I would recommend taking the opportunity to hear her speak or attend one of her workshops if you get a chance. Barbara also has a website www.bloomonline.com.

This book is an entire year's reading, each day offering tips for different life crisis. Today's topic “Be at the Ready” “What do you love to do? Paint, garden, knit or scrapbook? So why are you not in the middle of a masterpiece, planting blubs for spring tulips, making a sweater or commemorating your vacation? When you discover what it is you like to do, be sure you have all the supplies available so you are not spending a lot of time looking for the “ingredients.”

- **Have a Beginning, Middle and End.** It is important to differentiate your pleasure time from the rest of what you do. This is for your soul enhancement, and you are giving yourself permission to do it. So start when it's a good time and know that in an hour, or by dinnertime, you will stop for the day.
- **Do It with Intention and Focus.** Recognize that right now is a good time to do some weeding. Yes, you have some phone calls to make but you have not done anything special for yourself and you know you feel better after having been in the garden, even for a few minutes. Separate the rest of the day from what you are about to do right now.
- **Feel Accomplished.** When you finish, recognize not what you have yet to do but what you did accomplish. Projects will be ongoing. Recognize and get the benefit of whatever you have done today.”
“Always have everything ready to jump right into your project of passion. “

We all need time for ourselves and by accomplishing even the smallest thing it makes our day feel like a really good day. So what is your passion? Make a plan to do at least one small project during the next month. I'm trying to restrain myself here, but I need to add...take this message and apply it to a Junior project – what project is your passion? Start working on it now even if it's 2 or 10 months away. Write down your ideas in your Junior notebook (the one I know all of you carry with you all the time), set a timeline for getting the project done and then sit back and enjoy your accomplishment.

Corresponding Secretary:

Nancy Carter, nancy_carter@sbcglobal.net

Treasurer:

Sue Spencer, 4 razoo@cox.net

Hope you are all staying warm and dry (and of course, safe). I will be so glad when this winter is over. If you have not yet sent in your dues and insurance, please do so now. Next month, there will be a posting in the newsletter of those clubs that have not yet complied. Reminder that checks should be written out to CJW and earmarked as club dues/insurance. If you did not receive a bill, please notify me at razoo@cox.net.

Thanks,
Sue

Recording Secretary:

Evelyn Magera, evelynfromjuniors@hotmail.com

I really like how clubs include their monthly general meeting minutes within their newsletters so I decided to include the CJW Executive Board meeting minutes each time we meet (ie: September Board, Fall Conference, President's Dinner & Spring Conference). President's Dinner to be held on March 16, 2011 at the Crowne Plaza Hotel in Crowell. The minutes to be printed in the April Junior Bulletin.

Have a happy Valentine's Day!

Parliamentarian/Leadership:

Lisa Furbush, lisamfurbush@aol.com

Arts:

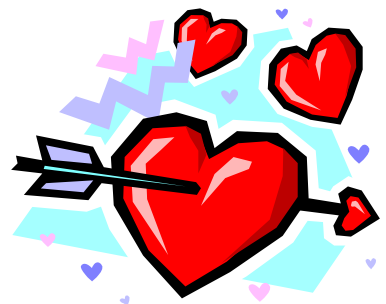
The best pArts of Life:

Elizabeth Tischio, johntischio@prudentialct.com

According to Americans for the Arts (www.americansforthearts.org/publicawareness), the less art kids get, the more it shows. Did you know? Young people who participate in the arts for at least three hours on three days each week through at least one full year are:

- 4 times more likely to be recognized for academic achievement
- 3 times more likely to be elected to class office within their schools
- 4 times more likely to participate in a math and science fair
- 3 times more likely to win an award for school attendance
- 4 times more likely to win an award for writing an essay or poem
-

Happy Valentine's Day! Be a sweetheart and support the arts.
Elizabeth



Conservation:

Mala Mistry,

The following article is taken from the Wolcott Juniors conservation newsletter article, thanks to Amanda and Gloria Clair:

Are you using reusable shopping bags? These bags are a great way to conserve by not using and throwing plastic or paper bags away after every shopping trip. However, did you know that these bags can actually be harmful to your health? Reusable bags are being used to store and carry anything from leaky meats and milk products, to gym clothes, laundry, or books, all of which can be spewing harmful cross-contaminating bacteria that actually grow and infect other foods and products carried inside these bags. Now this doesn't mean you should stop using them but you should definitely remember that these bags need to be washed. Washing the reusable bags by hand or in a machine with soap reduced the number of bacteria the bags hold by more than 99.9%.

Current Affairs:

Amanda & Gloria Clair, 79 gloria@kidstoothcare.com

Now is the time to get all your reports together. There is no excuse for you not to report because I am sure all clubs start their meetings with the Pledge of Allegiance and end it with the seven word prayer. See there are two reports done for you already. We are so looking forward to reading reports and getting ideas to share with other clubs.

I know that we have talked before about the poison control center before but we think it is worth repeating. Just go UConn Poison Control Center and they have all types of programs that they can mail you, information you can use at health fairs, etc. I copied and pasted this small article for you to see what may be available.

Education Programs Find out more about poison prevention programs and their availability in Connecticut. Links include programs from Pre-K through adults, buzz box loan program, and health fair to-go kits. Find out how to contact the community education specialist for more information on presentations and health fairs.

Spike's Poison Prevention Adventure: Quills Up-Stay Away – Poison prevention education program for Pre-K/K classrooms.

Lenny Lendahand Live on the Web: Check out cool interactive fun with Lenny, our funky monkey, who will teach kids of all ages about poisons.

Poison Control in Action: An Adult Education Program that Saves Lives – An interactive poison awareness program for adults. All materials are in English and Spanish. Spanish program – Centro de Control de Envenenamientos E Intoxicaciones en Acción: Un Programa Educativo para Adultos que Puede Salvarle la Vida.

Poison/Candy Buzz Box Loan Program: The interactive display shows the similarities between pills and candies. For all ages.

Health Fair To-Go Kit: A kit with everything you need to make a poison prevention display.

Community Education Specialist: Do you need someone from the CPCC to do a presentation or attend a health fair? Contact the educator for all of your educational needs.

Poison Safety Helper Program: A train-the-instructor program designed to help child care providers, teachers, injury prevention specialists, nurses and program specialists learn about poisons and incorporate poison prevention lessons into existing work/programs.

Poison Prevention Materials: Here is a list of resources and brochures about poisons and poison prevention. Download materials from the website or find out how to contact the Connecticut Poison Control Center to order materials.

[Brochures, Tip Sheets and Flyers](#)
[Posters](#)
[Poison Control Newsletter](#)
[Video List](#)
[Materials Order Form](#)
[Poison/Candy Buzz Box Loan Program](#)

In a poison emergency, call 1-800-222-1222. Hearing impaired, call 1-866-218-5372.

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

Reminder: Spelling Bee Saturday, May 14, 2011 at Mark T. Sheehan High School in Wallingford CT

Health:

Norily Casagrande, 46 norilycasagrande@yahoo.com

Have a heart! Send a little Valentine to your heart. Take the steps below to help improve your heart health:

Control your blood sugar

Watch portion sizes

Control your blood pressure

Keep a healthy weight

Keep your cholesterol within range

Don't smoke

Eat heart-healthy foods

Ask your doctor about taking an aspirin a day

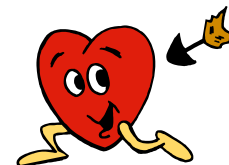
Limit alcohol

Take your medications as directed

And remember to listen to your body, see your doctor and he will tell you if something is not right.

These are the warning signs of a heart attack for both men and women:

- Chest discomfort
- Discomfort in other areas of upper body (arms, neck, back or jaw)
- Shortness of breath
- Other signs such as chills, sweating, nausea, lightheadedness, or back pain
- Vomiting



Remember to always to take time for yourself, if we are happy and healthy, everybody and everything around us is going to be o.k.

Homelife:

Bunny Ouellette, mouellette@timex.com

In Junior Spirit,



Junior Bulletin Editor:

Evelyn Magera, evelynfromjuniors@hotmail.com

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

The following clubs have submitted newsletters as of January 20th: Durham, Fairfield, Milford, Orange, Shoreline, South Windsor, Tolland, Vernon, West Haven, Windsor and Wolcott. The judges and I are in the process of tabulating the scores for a minimum of five issues received from each club during the months of September 2010 through March 2011. I sent a reminder email message to all the club's presidents and the newsletter editors of the above mentioned clubs. We are still accepting any issues you would like judged until March 16.

In Junior Spirit and Friendship,
Evelyn

Juniorette Coordinator:

Debi Puzia, dapuz55@comcast.net

Looks like we are having a real New England winter. Ok, so most of us feel that we have had enough snow and cold....where is the January thaw? I will probably have snow and ice in my yard until April or May. With this cold, cold winter comes more need than ever.... warm clothing, fuel assistance, food for the soup kitchen. Don't let the winter months prevent you from doing community service to help provide for those less fortunate. I hope that each club that is submitting reports this year is well on their way to finishing them. They are due at the President's Dinner on March 16, 2011. Please be sure to use the correct form from the 2010-2011 Blue Book (Juniorettes report writing section). Remember that each club needs to submit a President's Report (also in the Blue Book) even if they are not submitting reports for judging. If you have any, and I mean ANY questions about report writing please contact me.

Also, Campership Application and Marie Bates Scholarship applications are also due on March 16, 2011. These applications can be found in the Juniorettes section of the Blue Book. Last information to share is the Juniorette Spring Conference. This year it is tentatively scheduled for April 9th or 10th. Let me know which works best, Saturday or Sunday. The theme this year is "A Juniorette Hoe Down"....jeans and flannel, line dancing and a guest speaker.....more info to come!!! Please try to encourage your clubs to attend. It's a great way to meet other club members, learn new ideas and to have a lot of fun. February is national heart month....it is never too early to be good to your heart.

Stay warm...Debi Puzia

Meeting Planner:

Diane Maxellon, 350 DIAMAX@aol.com

The Presidents Dinner will be held on March 16, 2011 at the Crowne Plaza Hotel in Cromwell, CT. Registration will be between 5:30-6:30 with dinner and meeting to follow. By the time you get this bulletin you should have received the call from our recording secretary.

I'd like to encourage all presidents to attend this wonderful evening where you are all honored for the hard work and leadership you contribute to your club and your communities. While booking these venues, I have tried to keep it in the middle of the state so that it will be easier for all to attend.

Spring Conference will be held on April 30, 2011 at the Crowne Plaza Hotel in Cromwell, CT. The call should be distributed in March. A major change in this conference is that the meeting will start early with a brunch mid-morning so that we can all have the rest of our day free. Again, I would like to encourage all presidents and club members to attend.

The CJW Executive Board is working hard to try to accommodate all members across the state. We realize that each and every one of us is wearing a hundred different hats in our daily lives. With that in mind, here is another change to future meetings/conferences.

The September Board Workshops and Fall Conference in 2011 will be a combined meeting. We would like to have this meeting in early to mid October. I am looking for a club to host this event. Please email or call me if you have any questions or are interested with hosting this event.

Thanks to all of you for all you do,

Diane Maxellon

Public Relations / Website: Heidi Nelson (acting as interim webmaster)

I now have a laptop and have just successfully activated Dreamweaver on it today. So starting this weekend I will be making the updates to our current site. I will also set up an account with the new service provider and begin building the new site.

Report Writing: Position open – Kathy Znosko (acting interim coordinator)

Every club is required to submit a president's report for our auditing purposes and for your club records.

This is it! February is the last full month before Reports are due! Please note that as a courtesy to all clubs, Nancy Carter sent the official report forms via email. Though we don't have a CJW Report Writing Chair this year, please feel free to contact me, or anyone else on the CJW Board, with any questions or concerns as you work on your reports.

State Project:

Gretchen Saccone, lik2travl@aol.com

Heather Pulito, heatherstitch@aol.com

“Think, Care, Help and Share with CCC”



Mission Statement: Covenant to Care for Children mobilizes and channels the generosity of caring and faithful people to advocate for, mentor and provide direct assistance to Connecticut's children and youth who are neglected, abused or at-risk.

It's Report Writing Time. The most wonderful time of the year—when they're done!!!!!!!!!!!!!! We are looking forward to reading your reports and seeing what you all have done. This has been an exciting time for State Project. The club's energy level has been unbelievable—thank you.

Here we have listed the divisions. A detailed description of each division is in the Blue Book. The State Project has four divisions:

1. COMMUNITY AWARENESS GOALS AND PROJECT IDEAS:
2. FUNDRAISING GOALS AND NON MONETARY DONATIONS:
3. VOLUNTEERING GOALS AND PROJECT IDEAS
4. IN – CLUB GOALS AND PROJECT IDEAS

We have also included some of the projects that the clubs have done this year and placed a Division number beside the project to assist you in your report writing. These will give you a head start.

Furniture collections 3
Backpack collections 3
Emergency placement packs 3
Children coats 3
Christmas stockings 3
Toy drive 3

Summer bags 3
Easter baskets 39
Supporting a Social Worker 3
Coin collections 2
Birthday party 3
Adopt Social Worker 3

Hoodie collections 3
Wearing pins 1
PJ collections 3
Selling pins 2
Hosting CCC speakers 1

Upcoming collections will be putting together Easter baskets. Contact us for the lists of ideas—they prefer not a basket filled with candy. Last year we filled the back of a Grand Caravan with the seats stowed!! Let's do the same this year!!!

Always remember they can use Emergency Placement Packs. While things are slow now put together a few packs. Also the club might want to put together a "Birthday Box". This box would have everything needed for a **complete** party-- cake mix, frosting, candles, cups, plates, coupon for ice cream, etc. Put together the box up and keep it on hand for when it might be needed.

As always, we are willing to come to your meetings.

Ways and Means:

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

If you need items, please give me more than a week to get your order to you. Items are kept in storage and it may take me a few days to get there and then to the post office.

Here's a suggestion to all clubs. Cut and paste the article pertaining to your district and include it in your club newsletter. Help support your sister clubs with their public events and fundraisers. Call the club presidents or the coordinator for details on the events you are find interesting.

Regal Monarchs District: Position open

Attention: all club presidents of this district – You may send me (the newsletter editor) your upcoming events by the 20th of each month and I will gladly include your announcements within this newsletter.

Junior Woman's Club of Berlin
Cromwell Junior Woman's Club, Inc.
Glastonbury Junior Women's Club

Marlborough Junior Woman's Club
Simsbury Junior Woman's Club
West Hartford Junior Woman's Club

Wildbury District:

Cara Rinaldi, cararinaldi04@hotmail.com

This year has started off with a bang!!! Mother Nature has been extremely busy this early winter and so have many of the clubs in our District.

Bethlehem Junior Women's Club -Breast Cancer Fundraiser

Sunday, January 16, 2011 at 1:30 pm - The members of Bethlehem Juniors kept their New Year's Resolutions by having a Zumba fundraiser to help benefit the local affiliate of Susan G. Komen for the Cure. I could just imagine how much fun they had at this unique event!!!

Junior Woman's Club of Bristol - Fundraising Focus

Bristol Central High School recently had a theater event and the Bristol Junior Woman's Club sold Pandora like beads at the event. The club is planning on having another bead event at a member's home in February.

Membership - The club donated a completed bead bracelet for a fundraising event at a members' office to help draw new members. Bristol Juniors has inducted 4 new members this year, so their count is now at 11 members.

The Junior Women's Club of Litchfield Hills -Women as Caregiver's Retreat

Saturday, January 29, 2011, 9:00 to 3:00 pm at the Wisdom House, 229 East Litchfield Road, Litchfield, CT. The program fee is \$ 65.00 which includes lunch. If you would like to go to this event please contact Lisa Harrison, President of the Junior Women's Club of Litchfield Hills.

The Junior Woman's Club of Watertown - Fundraiser Success

The club had two successful fundraisers in the month of December. Their newest fundraiser of pasta brought in over \$300 and changing their Lunch with Santa to Milk and Cookies with Santa brought a huge crowd and wonderful success.

Membership - The club has brought in 3 new members this year and is excited to bring in more members. They have put their membership brochures in different businesses throughout the town and have tried to put a blurb in the local newspaper each month to show the town what the club is all about.

I would like to remind everyone of our monthly deadline for the Junior Bulletin. If you could send me information about your club's upcoming events and news by the 20th of every month I could get the information in the Junior Bulletin editor. I would love to go to your club's events, so please keep me updated with all of your news throughout the upcoming events.

The clubs in the Wildbury District are:

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

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

Diane Neri, diane_neri@sbcglobal.net

Durham Woman's Club	Middlefield Junior Woman's Club
East Hampton Junior Women's Club	Junior Women's Club of Portland
Haddam Junior Woman's Club	Shoreline Community Women, Inc
Lyme-Old Lyme Junior Women's Club	Wallingford Junior Woman's Club

Durham Women's Club is having a membership drive at a local vineyard in Wallingford on January 20th.

Shoreline Community Women held their annual "Reject Social" on January 19th. Members attended in their "best or worst" pajamas. Six bags of groceries/diapers were delivered to their adopted family.

Lyme/Old Lyme JWC is starting to gear up for their annual art show.

Dogwood District:

Heidi Nelson, daffodil8494@yahoo.com

Junior Women's Club of Fairfield	Stratford Junior Woman's Club
Junior Woman's Club of Milford	Trumbull Community Women, Inc
Monroe Women's Club	West Haven Junior Woman's Club
Newtown Junior Women's Club	Trumbull Young Woman's Club

Warm winter greetings fellow Juniors! Here is what the Dogwood District is doing to keep warm:

Stratford - Chili Cook-off, Thursday, January 27, 7-9 p.m., Christ Church, 2000 Main St., Stratford. Contact Kim at her email bieleckm@hotmail.com. Admission is \$15 per person. Wine tasting, beer tasting and raffle prizes will be available. Local restaurants will be competing for the title of best chili.

Milford - Congrats to the Junior Woman's Club of Milford! They will be receiving the Milford Chamber of Commerce's Public Sector Award on January 26th at Grassy Hill Country Club.

Fairfield - This past December marked the 25th anniversary of JWC Fairfield's annual "A Visit to Santa's House" event at Burr Mansion. Visitors were treated to crafts, candy, bake shop treats, story time, raffles, live performances, Mrs. Clause's and her homemade cookies, and of course an opportunity to talk to Santa. As a result of a successful event, JWC Fairfield was able to give \$14,000 to our 2010 charitable partner, Brady's Smile!

Thanks!
Heidi

