

# JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2016 ISSUE 6

JUNE/JULY 2016

**“The road to success is always under construction.” ~ Lily Tomlin**

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## CO-DIRECTORS

Maryellen Friedrich – [maryellenfriedrich@gmail.com](mailto:maryellenfriedrich@gmail.com) / Alison Wells – [alisonawells@att.net](mailto:alisonawells@att.net)

Summertime Greetings!

As we begin to construct plans for our upcoming term as Co-Directors, we have many to thank. First, we want recognize and thank Amy Neves, Immediate Past Director, for her leadership and inspiration over the past 2 years. Not knowing what we were getting ourselves into when we decided to join CJW, you helped make our roles painless and quite enjoyable!



Many thanks to those that have stepped up to take on a Board, Committee or Chair position for the upcoming year. We are so excited to have you! Our first CJW meeting recently held showed what a talented and diverse team we have where many terrific ideas were shared. There are still positions open and hope others will consider joining. Don't hesitate to reach out to us for more information on what this entails.

Next comes the CJW Survey - kudos to those that participated. We are looking forward to reading the results. This information will help guide us and pave the way with ideas that are meaningful to you for our term as Co-Directors. We hear you! The survey results will be presented at the Fall Conference.

Fall Conference is tentatively scheduled for October 22, 2016. **SAVE THE DATE!!** Would your club like to host?! Please contact Nicole Maxellon the CJW Meeting Planner for details. Here's a sneak peek at the Agenda... it is shaping up to include a lively, entertaining guest speaker that will cover a topic of high interest from the 2016 survey, along with one or two workshops... topics based on survey feedback! Plan now ahead to attend! The more, the merrier.

The new CJW Board recently toured Manes & Motion, the new LTA for 2016-2020. What a place! Many ideas were flowing on how CJW can support this terrific organization. Stay tuned!

The theme we have chosen during our time as Co-Directors is "The Road to Success is Always Under Construction"~ Lily Tomlin. We are looking forward to working with the entire crew across the state of Connecticut to build on the successes and strong foundation of CJW.

Blueprints are being drawn up for addressing CJW Unity, with districts working together... these goals are under construction. The Director's Challenge will incorporate these concepts. Stay tuned...

Have a wonderful, safe summer and re-charge your batteries. Thank you for all you do!

## ASSISTANT DIRECTOR

Lourdes Rojas – [rojas\\_lourdes@hotmail.com](mailto:rojas_lourdes@hotmail.com)

Happy Summer Solstice Ladies,

My name is Lourdes Rojas and I'm your new Assistant Director. I am part of the Shoreline Community Women's Club down in Clinton. I have been president for the past 2 years and on to my third. This is my first time on the CJW Board. I am looking forward to getting to know all of you. As part of this process, I would like to create a yearbook for CJW. I would like all members that are interested in participating to submit a photo of themselves showing your beautiful face. I would also like group shots. I will then make a page for each club. Please submit the photos to [cjwassistantdirectorlourdes@gmail.com](mailto:cjwassistantdirectorlourdes@gmail.com). Include your name, club you belong to, year you joined and officer status if applicable.

Alison and Maryellen have asked us to participate in a new survey. This is important for us to fill out so that the board can better assist you and your club's needs. We will discuss the results at Fall Conference.

I hope you all enjoy your summer.

## IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – [nevesfamily34@gmail.com](mailto:nevesfamily34@gmail.com)

I would like to pass along another big THANK YOU to everyone that attended my outgoing Director's party and for all the wonderful words of thanks that so many of you shared with me that night and at Spring Conference. I really enjoyed my term serving this wonderful organization and look forward to participating on the CJW Board for another term under our new Directors!

The first task that I would like to accomplish is getting the CJW By-Laws updated. The By-Laws are important as they regulate the basic operations of CJW and it is necessary to revise them periodically. My goal is to present an updated version of the by-laws at the CJW Fall Conference for approval. I am looking for a few volunteers that will meet once or twice during the summer (probably July). If you are interested in participating on this committee, please contact me ASAP at [nevesfamily34@gmail.com](mailto:nevesfamily34@gmail.com) or 860-951-2242.

Thanks and I hope everyone has a great summer!!!

## CORRESPONDING SECRETARY

Michelle Cook – [michellecook.cjw@outlook.com](mailto:michellecook.cjw@outlook.com)



It's that time of year again - when many of our local clubs install new officers. Please remember to let me know of these changes so we can communicate more effectively with your club!  
(Sample format below)

Club Name	First Name	Last Name	Office	e-mail Address	Street Address	City	Zip	Phone

We are also collecting official club mailing addresses. If your club uses a PO Box or has a physical address please include it with the names of your officers.

## TREASURER

Wendy Gamba – [wgamba@yahoo.com](mailto:wgamba@yahoo.com) - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729



Hi Juniors! It was very nice seeing so many of you at Spring Conference!

The insurance renewal information was received just a few days prior to conference. Based on the renewal premium and the membership count as of the Presidents Reports provided in March, the billing amount per member will be \$9.70. This will use up the balance of our funds on hand. If we hadn't had the funds on hand the dues would have been around \$11.50 per member. If you are looking for an estimate to you use for the following year, that would be a safe bet.

Around 4th of July, I will be e-mailing dues and insurance invoices to all clubs. Dues are \$6 per member.

Thank you all for a wonderful year! Enjoy the summer!

## RECORDING SECRETARY

Ann Wambolt – [awambolt@cox.net](mailto:awambolt@cox.net)



Writing the Minutes - which is better, more or less?

My approach as Recording Secretary is actually to first write more, and then write less. When I am taking minutes at a meeting, I generally write virtually everything in my notes, including who was speaking. This helps me when I later compile the formal minutes. However, not all the details in my notes need to be included in the minutes. For example, sometimes a discussion becomes more conversational, which can actually be good for getting to know one another better, but might not need to be formally recorded.

Accurate and complete minutes will, of course, include all reports given, issues discussed, motions made, actions taken (and by whom), votes taken and decisions made. I do summarize the discussions, rather than reporting them verbatim, but I find the additional detail in my notes helpful for context.

I began using this strategy during my career. Before I retired, I was a Director of Regulatory Compliance for a pharmaceutical company. In that role, I often managed FDA inspections. These typically lasted two weeks, sometimes longer, and we produced daily reports that described any issues, questions raised and the answers given, and any actions to be taken, generally with responses due within the next 24 hours. Often these daily reports were written at the end of long days, so having the detail in my notes really helped. Keeping the minutes concise to provide the best context and clearest action items for the team to get started the next day was crucial. This practice has become my habit.

I am looking forward to the next two years, which will be my first full term as Recording Secretary. For all of you who have taken on this role in your local clubs, What you will do is an important activity for your club and can also be personally satisfying. I wish you great success!

## ARTS & EDUCATION

Elizabeth Tischio – [johntischio@bhhsne.com](mailto:johntischio@bhhsne.com)

Congratulations to Hillary Stickney from Stafford for being awarded the Maureen Borski Scholarship. Hillary, sponsored by the Startford Junior Women's Club, is in her first year at Housatonic Community College majoring in Criminal Justice.

## CONSERVATION & CURRENT AFFAIRS

**OPEN** – Please contact Maryellen or Alison if you'd like to volunteer for this position

TIPS: Top 10 Ways to Recycle at Home and in the Office.

1. Buy recycled paper and print on both sides. When using paper in the office, print on both sides of the sheet and recycle the paper when you are finished. By recycling one ton of paper, you can save 17 trees, almost 7,000 gallons of water and more than three cubic yards of landfill space.
2. Recycle your outdated technology. According to EPA, Americans throw out two million tons of e-waste each year. Avoid adding to that waste by recycling your old technology. For more information on electronic recycling, visit <http://www.epa.gov/epaoswer/hazwaste/recycle/ecycling/donate.htm>.
3. Make recycling bins readily available. Make sure your home and office are outfitted with recycling bins for paper, plastic and metal. Keep them out in the open and label them appropriately. Sometimes the convenience factor is all that is needed.
4. Recycle your empty ink and toner cartridges. Almost eight cartridges are thrown out in the United States every second of every day. That's almost 700,000 cartridges per day.



5. Buy remanufactured ink and toner cartridges. Each remanufactured cartridge keeps approximately 2.5 pounds of metal and plastic out of landfills and saves about a half gallon of oil.
6. Recycle old newspapers laying around the office. When finished reading the newspaper, either leave it for someone else to read or recycle it.
7. Look for the recycled option in all the products you buy. It's not just paper that is recycled.
8. Buy rechargeable batteries. It takes 1,000 regular batteries to equal the lifespan of one rechargeable battery. When you are discarding your batteries, recycle them.
9. Purchase rewritable CDs and DVDs so that you can reuse them from project to project.
10. Reuse your morning coffee cup. Or better yet, buy a mug to avoid the waste caused by throwing away the paper or Styrofoam.

## HEALTH

Patty Nabors – [pnabes28@aol.com](mailto:pnabes28@aol.com)

Hello all! I am so excited to be the Health Chairperson for CJW! I have been a part of CJW and the Enfield Jr. Women's Club for 12 years, holding many positions. But this position is right up my alley! I've been a supervisor of the Transfusion Services / Blood Bank at St Francis Hospital for the past 29 years; but more recently I am a Health and Wellness coach specializing in weight loss/weight management and a Nutrametrix Consultant working with medical practices.

Women's Health and Fitness will be my focus for CJW. I hope to share a lot of information on "Becoming a Better YOU!"

As women, we need to nourish ourselves in Mind, Body and Spirit to do what we do. We need to resonate the positive to keep us moving forward! Besides the newsletter article, I would like to be a resource for your clubs, incorporate some health and wellness seminars and or workshops. So stay tuned! Also, I welcome any suggestions!

June exercise of the month: Walking

"Studies show that a 10 minute walk BOOSTS brain chemistry to increase happiness."

### Top 10 Benefits of Walking

1. Provides a workout - alternate brisk & moderate walking
2. Relaxes you
3. Aids in sleeping better
4. Aids in digestion
5. Eases back Pain
6. Reduces High BP
7. Boosts the immune system
8. Aids in weight loss
9. Keeps depression away
10. Increases muscular strength



So get out and WALK!!  
Do it in the am before work.  
Do it at lunch time.  
Do it after dinner.  
Just do it!!

## June Healthy Recipe of the Month

### Banana & Oats Cookie

#### Ingredients:

4 ripe Bananas

2 cups of quick oats

1/4 cup of Almond Milk (or low fat milk)

Add-ins of your choice (I used 1/3 cup of white chocolate chips, Craisins and 1/4 cup of shredded coconut)

#### Directions:

Mash the 4 bananas and mix in the quick oats and almond milk.

Stir everything together and add in your optional mix-ins.

Spoon Cookie dough onto a very well greased cookie sheet.

Cook at 350 for 15 to 20 minutes or until the cookies look done.

### Paulie Magera Award Recipients:

We are pleased to announce that Amanda and Gloria Clair from the Junior Women's Club of Wolcott are recipients of this year's Paulie Magera Award. They will be receiving \$400.00 to support monthly projects they sponsor with the Commission for Individuals with Special Needs in Wolcott. Congratulations and continue the great work you do!

The Paulie Magera Award was established in 2003 in memory of CJW Director Evelyn Magera's son who passed away that year. The purpose of the fund is to provide financial assistance to adults/children who are intellectually disabled. The funds are awarded based on need and impact on quality of life.

## HOMELIFE

Jaime Macsata – [jlmacs@sbcglobal.net](mailto:jlmacs@sbcglobal.net)

Greetings fellow Junior's! My name is Jaime Macsata and I have volunteered to lead the Home Life Committee for CJW. I am a past president and current member of the Enfield Junior Women's Club (EJWC) and very interested in learning about each of your organizations efforts surrounding this committee. I look forward to hearing from your individual committee chairs. Please provide me their name and contact information or have them contact me via email.

I hope together we can make the next two years informative to our clubs and impactful to our local communities, state and our organization.

This month the focus is Homelessness. Although we tend to think about this more during the cold winter months, it's important to remember that this is a year round issue.

Imagine having no place to go to sleep, eat, shower, or stay warm. Although the statistics below are promising, there are still far too many who have nowhere to go.

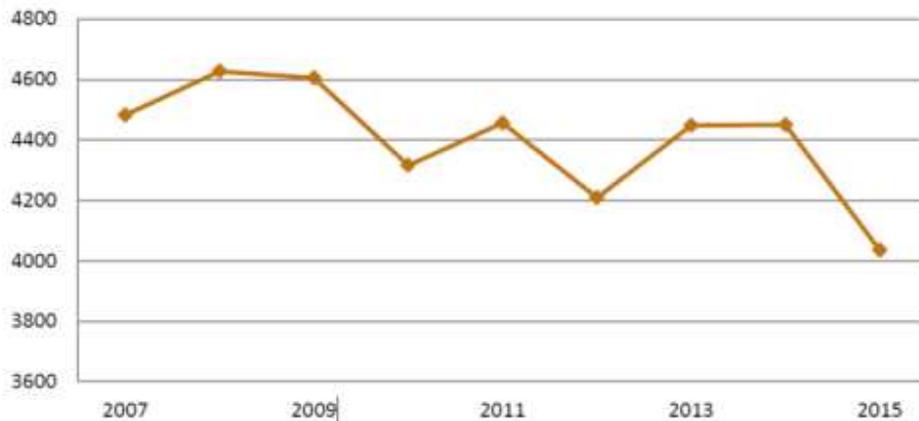
Statewide, **4,038** people were experiencing homelessness on the night of February 18<sup>th</sup>, 2015. **2,418** people were in shelter, **994** were in transitional housing, and **626** were unsheltered. This represents an overall **decrease of nine percent statewide from last year, and a ten percent decrease since 2007**. *CT PIT 2015* is the lowest total number of persons ever counted during a Point-In-Time Count (Figure 1).

Table 1 illustrates the distribution of the various populations, both sheltered and unsheltered, who were counted for *CT PIT 2015*.

Table 1

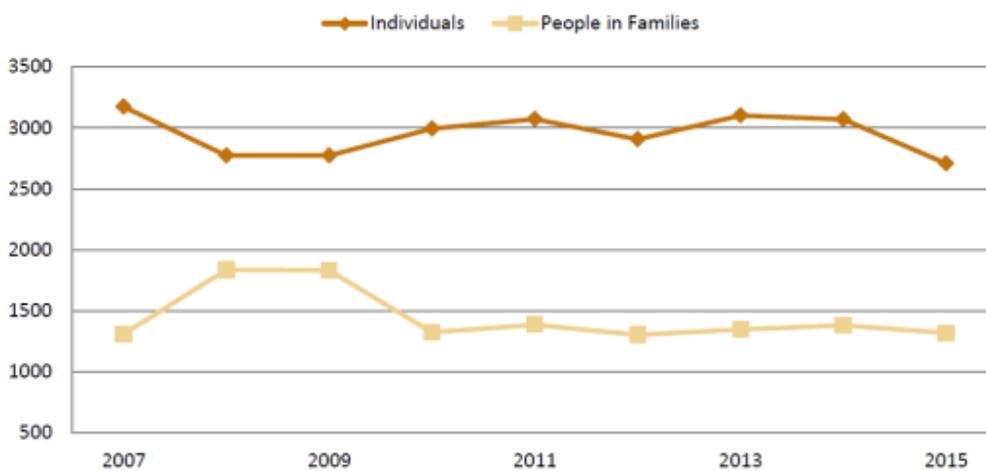
Population	Number of Persons
Sheltered	
Adults in Families	492
Children in Families	796
Adult Individuals	2,113
Unaccompanied Youth	11
Unsheltered	
Adults in Families	11
Children in Families	20
Adult Individuals	595
Unaccompanied Youth	0
<b>Total Persons</b>	<b>4,038</b>

**Figure 1 – Total Homeless Population Since 2007**



2015 Report on Homelessness in CT – CT General Assembly

**Figure 2**



2015 Report on Homelessness in CT – CT General Assembly

What can we as Junior's do to help? As an organization with clubs throughout the state, I am sure each and every club has contributed or supported an organization that serves the needs of the homeless. There are a number of different ways that we can help.

The EJWC collected various types of personal items and prepared individual packages that were distributed at the newly opened Warming Center during the cold winter months of 2015-2016. The items were well received by the people seeking shelter from the cold.

We would love to hear what other organizations are doing or have done to support the homeless. Please send me your activities at [jlmacs@sbcglobal.net](mailto:jlmacs@sbcglobal.net) and I will share with the organization.

If you are a club interested in learning more on how you can help, you can contact your local social service agency or the Connecticut Coalition to End Homelessness. This organization is focused on not only ending homelessness in Connecticut, but preventing it. Below is their Mission & Vision.

## Mission & Vision

The Connecticut Coalition to End Homelessness, in partnership with members and communities throughout the state, creates change through leadership, advocacy, and building the capacity of members and the field to respond to environmental challenges. Our collective mission is to prevent and end homelessness in Connecticut.

### Why CCEH?

Connecticut has the 6th highest housing cost in the nation. Many low-income households hover on the brink of homelessness. More than 4,500 people are homeless on any given night in Connecticut- nearly 1 in 5 are children. Connecticut's emergency shelters are full beyond capacity, and yet many people experiencing homelessness must live on the streets or in places not fit for habitation. Homelessness is expensive: it costs our public systems (emergency services, hospitals, and schools) more to leave our neighbors homeless than it does to help them secure housing and provide them the supports to keep it.

I encourage each club to check out their website for opportunities to support this worthy cause. Together we "can" end homelessness. <http://www.cceh.org/>

## JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – [michellecook.cjw@outlook.com](mailto:michellecook.cjw@outlook.com)

Ahhh...Summer!

And that means the CJW Junior Bulletin will be taking a short vacation. We'll publish a combined August/September newsletter around September 1<sup>st</sup> to give you update on what we've been up to and to welcome everyone back to a new club year!

Also as we take some needed R&R and most of us head into a new club year, kindly let me know if you are not the correct person to receive the Junior Bulletin e-mail (and let me know who *should* be receiving it from your club).

If you'd like to receive the Junior Bulletin directly, just send me an e-mail with your information and club affiliation.

Passwords for all internal documents posted on CJW.org will be (shhhh, don't tell anyone) 'cjw'. All lower case.



### LAST CHANCE: Pictures!

Please send Diane Neri pictures of your club events from the last two years. Please identify people in the pictures, date, event, etc... so she can incorporate them in Amy's memory book (and add them to our web page if you'd like). Send electronically in .pdf format please and kindly put "Amy's Album" in the subject line.

Amy's album will be unveiled at Fall Conference.

## JUNIORETTEs

**OPEN** – Please contact Maryellen or Alison if you'd like to volunteer for this position



## LONG TERM AFFILIATION (LTA)

Donna Bielecki - [Dbielec@connecticutchildrens.org](mailto:Dbielec@connecticutchildrens.org) , Lynn Soucy - [ImSoucy@cox.net](mailto:ImSoucy@cox.net) , Diane Neri - [dianeatcjw@gmail.com](mailto:dianeatcjw@gmail.com)

At Spring Conference in May, we said farewell to our 2012 – 2016 LTA, Female Soldiers:Forgotten Heroes (FS:FH). Kaitlin Marinelli attended and gave us another wonderful update on the house, some statistics and shared personal stories of how FS:FH impacts the lives of homeless veterans every day. We shared memories, laughter, and even shed a couple of tears, but most of all we took away the knowledge that CJW truly made a difference in the lives of so many veterans during our four year affiliation.



Lynn Sellers from Orange presenting a "breakfast" basket



Betty-Lou Griffen from Tolland presenting a "housewarming" basket

After we make our final disbursement at Fall Conference, CJW clubs will have provided monetary support of approximately \$20,000 to FS:FH over the past four years. These funds were put to good use in so many ways, from occupational training, staffing, household items, to new laptop computers for the residents use. This was in addition to the MANY in-kind donations made at conference and by individual clubs in the off months. They ranged from dinners/breakfasts, pizza parties, linens and household items, new patio furniture, housewarming kits, and clothing. If there was a need or request, our clubs came through every time with a spirit of generosity and love.

We are so grateful to have been a part of the mission that FS:FH supports every day – helping rebuild lives and secure permanent housing for homeless female veterans in Connecticut.

At Spring conference we voted and selected CJW's new LTA: **Manes & Motions**



We are so excited to begin this four year partnership and have LOTS of information to share!

Manes and Motions is a therapeutic riding Facility currently serving 35 towns throughout Connecticut. Members of the CJW board toured the facility on June 3<sup>rd</sup> and met some of the wonderful staff (and horses!).



They informed us of the many opportunities where clubs could be of assistance to them such as:

- Funds to support their bills- electricity, food for the horses, vet bill
- Funds to assist a rider who has financial issues
- Purchasing a horse (\$3000-4500/horse). They currently have 10 horses and would like 12.
- Mane Event fundraiser (see below)

**\*\*\*Manes & Motions - CJW Day – Saturday, August 6<sup>th</sup>\*\*\***

Join us in August for "CJW Day" at Manes & Motion! Clubs and guests are invited to visit for a group tour, meet staff members & horses, and enjoy a CJW welcome reception with light refreshments. What a great 'day trip' this summer. Saturday, August 6th or 13th, with tours times starting at 9am, 11:30am and 2:00pm); registration will be required as space is limited each session.

To register please email Donna Bielecki by **July 15<sup>th</sup>** if you are planning to attend. [dbielec@connecticutchildrens.org](mailto:dbielec@connecticutchildrens.org)

**The Mane Event**

The Mane Event is a country casual evening of great food, live music, silent and live auctions, benefitting Manes & Motions Therapeutic Riding Center. The event is Friday, September 16, 2016 at 6:30 pm at Manes & Motions' new indoor riding arena at the beautiful Daniels Farm in Middletown. More than 200 supporters and guests are expected, and there is much to do to make the evening fun and successful.

Link to info/sponsorship levels/registration form: <http://hfsc.org/manes-motions/the-mane-event>

CJW Clubs are invited to promote The Mane Event, attend and bring guests, donate auction prizes and assist as volunteers. More information on a coordinated volunteer effort through CJW will follow in July.

As a reminder, please make checks payable to CJW with a LTA note in the memo when presenting or mailing to Wendy. Please do not mail directly to Manes & Motions. This is important so we can track support of the LTA project.

## MEETING PLANNER

Nicole Maxellon – [nmaxellon@aol.com](mailto:nmaxellon@aol.com)



As another SUCCESSFUL club year closes, I would like to point out that the feedback I have been hearing from clubs across the state has been marvelous. In the past, clubs have pointed out that they would like to know more about other clubs and what they have been doing, and to get ideas that they can piggy back off of in the future.

I would like to give a shout out to SOUTH WINDSOR JUNIOR WOMEN'S CLUB and the wonderful June banquet that they had. Although I was not in attendance I thought it was a wonderful idea to share with other clubs for future banquets. SWJWC does a "themed" banquet for their end of the year celebration. This year was Country themed. They normally surprise their members with the theme, however this year all members knew so that the appropriate dress attire could be worn. They had decorations galore, games, wonderful food, and new memories created. This is a fun, yet productive way to get your members involved on a local level, and to celebrate all the hard work they put into your club throughout the year!

Also, this year's 2016 Fall Conference will be held on October 22nd (subject to change based on venue availability). Since the summer is a hard time to get in touch with everyone, please be mindful that a Save the Date will be out by August 1st, with the call being included for the September newsletter. Please mark your calendars for October 22nd, as we will try our absolute best to keep this date!

The 2016-2018 Board has some wonderful ideas planned, for not only the near future, but the next two years ahead! Please keep a close look out for changes to future conferences, which will include new ideas on workshops, guest speakers, and committee chair activities!

I hope everyone as a fantastic and safe summer! Enjoy the sunshine, beach, and all the vacations that you may go on! Rest well as the new club year will be upon us before you know it!

## WAYS AND MEANS

Wendy Gamba – [wgamba@yahoo.com](mailto:wgamba@yahoo.com) - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729

Please drop me a line if you have any suggestions for CJW branded items.

We still have plenty of certificates and environmentally friendly shopping bags. And as always, we have the pins. If anybody needs pins for ceremonies, please give me plenty of lead time so I can get them in the mail to you or make other arrangements to meet up with you.

## CHARTER OAK

District Advisor - Betty-Lou Griffin – [gbgriffin@yahoo.com](mailto:gbgriffin@yahoo.com)



*Barkhamsted Women's Club, Enfield Junior Women's Club, South Windsor Junior Women's Club, Tolland Junior Women, Windsor Junior Woman's Club, Tolland Juniores*

Hello Everyone! I'd like to take this opportunity to introduce myself as your new District Advisor, and share my goals for the coming year:

1. to help you find answers to questions you or your club may have
2. to encourage interaction and communication both within the district and with CJW
3. to consider doing a district service project, fundraiser or social.

I've been in Tolland Community Women and CJW for over 35 years, so any problem you may be experiencing I've probably faced myself. It's amazing what we women accomplish in our own communities, and as a district I believe we can be even stronger.

I am requesting that each club send me contact information for your new President, Mentor President, and Vice-President (name, e-mail, phone). I would like to share information in the CJW Bulletin each month about what our clubs are up to, so please designate someone to send me a brief update by the 15th of each month. Also, please add me to your newsletter list. Thank you and have a wonderful summer!

### News from **Enfield**

Enfield Junior Women's Club held their annual Girl Scout Tea Party on April 30th. Katie Marinelli spoke to the club and girls about FS:FH / Homes for the Brave. They also collected "moving out" baskets to present to Katie for the House.



## DOGWOOD

**District Advisor - OPEN** – Please contact **Maryellen** or **Alison** if you'd like to volunteer for this position



*Junior Women's Club of Fairfield, the Junior Woman's Club of Milford, the Monroe Women's Club, the Orange Community Women, the Stratford Junior Woman's Club, the Trumbull Community Women, Inc., the West Haven Junior Woman's Club, and the Orange Community Juniorettes.*

### Greetings from **Orange!**

It's hard to believe we're already into June 2016! Time is certainly flying by! In May we held an outing with our Tracy Bunch friends, spending the evening at Buttermilk Farm. While there, we worked on a craft together, enjoyed a pizza party, visited all of the farm animals and ended the evening with a hayride. We had beautiful weather and a great time!

Additionally we participated in the BOW Relay for Life event. Held each May, OCW donates time at Bank Night (preceding the event), the night of Relay, and the following morning counting money and helping with deposits.

We also enjoyed some time together as a group at our annual banquet. We installed our Officers as well as honored OCW anniversaries.

Our focus over the next few months is putting together a more formal Club budget as well as planning our participation in the annual Orange Country Fair.

In Juniette news, May was also a busy month as we continue in our efforts to raise money for protective gear for our police dogs, Loki and Trent.

Additionally we spent time with our friends at Orange Health and Rehabilitation Center, visiting with the residents and playing Bingo. We also paid tribute to our Veterans by attending the Memorial Day ceremony and marching in the parade.

### News from **Monroe**

We just had our End of Club Year/Installation Dinner on Tuesday, June 7th. We welcomed a new Board & one new member. We were so impressed with the President's Theme of being a "good egg" at the President's Brunch that we used it ourselves. We gave out different colored egg plates to our Board identifying each officer as "Egg-ceptional," "Egg-straordinary," "Egg-spert," and "Egg-stra Special." Everyone loved it! (See picture below).



We also passed out CJW pins and Anniversary Pins. Five members received 15 year pins (we were a little behind....these members had 16 & 17 years of service). We also had members (1) with 13 years of service & (3) with 5 & above years & (3) with 1-2 years.

Our club is officially off for the summer but in August we will be starting our Get Pinked Flamingo Fundraiser. For a \$15 donation to the Norma F. Pfriem Center, our club will "pink" your lawn or a friend's lawn with plastic pink flamingos for a 2 day stay.

Also sometime this summer, we will have a Coloring Party at one of the local ice cream shops. We will give everyone who attends a free ice cream treat and invite them to color a sheet of contemporary art designs with coloring markers. We will have door prizes and club information available.

In the midst of this, the Monroe Women's Club will be planning a Fall Fundraiser to help celebrate our 40th Year Anniversary this year (December). More details to come.

## REGAL MONARCHS

District Advisor - **OPEN** – Please contact Alison or Maryellen if you'd like to volunteer for this position



*Junior Woman's Club of Berlin, Central Connecticut Community Woman's Club, Inc., Glastonbury Junior Women's Club, Hebron Women's Club, Marlborough Junior Woman's Club, Simsbury Junior Woman's Club, Hebron Juniores*

Clubs, until you get a District Advisor please send your news directly to Michelle. Please indicate in the subject that you are a Regal Monarchs District club.

## S.H.O.R.E.

District Advisor - **OPEN** – Please contact Maryellen or Alison if you'd like to volunteer for this position



*Durham Woman's Club, Haddam Junior Woman's Club, Lyme-Old Lyme Junior Women's Club, Shoreline Community Women, Inc., Wallingford Community Women*

Clubs, until you get a District Advisor please send your news directly to Michelle. Please indicate in the subject that you are SH.O.R.E. District club.

## WILDBURY

District Advisor – Jessica Pettit – [Jessica.ctjuniors@gmail.com](mailto:Jessica.ctjuniors@gmail.com)



*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, Southbury Junior Women's Club, Junior Woman's Club of Watertown, Junior Women's Club of Wolcott, Woodbury Junior Women's Club, Southbury Juniores, Wolcott Juniores*

As newly appointed Wildbury District Advisor, Jessica will be reaching out to each of the clubs soon to connect and get your updates. We can't wait to hear what you've been up to!

## THIS AND THAT

Amy Neves hosted the first meeting of the new CJW Board on Monday, June 13<sup>th</sup> at her home in Cromwell. As the board travels from all over the state to meet in the evening, we plan the meeting to include dinner, usually with a theme. This month was Italian, with everyone bringing something delicious to share. Amy made zucchini meatballs that we all raved about, so she has shared the recipe, which is perfect for summer!

I make a big batch when I get a lot of zucchinis from the garden then freeze them, they stay well. ~ Amy

### Zucchini “Meatballs”

[www.skinnytaste.com](http://www.skinnytaste.com) – Delicious Healthy Recipes



Vegetarian



Under 30 Minutes

Servings: 4 • Size: 4 meatballs • Points+: 7 pts • Smart Points: 5  
Calories: 259 • Fat: 12 g • Carb: 30 g • Fiber: 6 g • Protein: 10 g • Sugar: 9 g  
Sodium: 1182 mg • Cholesterol: 52 mg

#### Ingredients:

- cooking spray
- 1 tsp olive oil
- 2 garlic cloves, crushed
- 1 1/4 lbs unpeeled zucchini, grated
- 1/2 tsp kosher salt
- 1/8 tsp black pepper
- 3 tbsp chopped basil, plus leaves for garnish
- 1 cup Italian seasoned breadcrumbs
- 1 large egg, beaten
- 1 ounce (1/4 cup) Pecorino Romano cheese, freshly grated, plus more for serving
- 2 cups quick marinara sauce or jarred (I love DeLallo Pomodoro)
- part skim ricotta cheese, for serving (optional)

#### Directions:

Heat the oven to 375°F. Spray a large rimmed baking sheet with cooking spray.

Place the olive oil in a large nonstick skillet over medium heat. When hot add the garlic and sauté until golden, about 30 seconds. Add the zucchini, season with salt and pepper and cook on high heat until all the water evaporates from the skillet, 5 to 7 minutes. Transfer to a colander to get rid of any excess water, then to a large bowl along with the bread crumbs, beaten egg, Romano cheese and chopped basil.

Form the zucchini mixture into 16 balls about 1 oz each, rolling tightly and transfer to the prepared baking sheet. Spray the top and bake until firm and browned, about 20 to 25 minutes.

Heat the sauce in a large deep skillet to warm the sauce, about 4 to 5 minutes. Add the meatballs to the sauce and simmer for 5 minutes.

Garnish the meatballs with fresh basil leaves and serve with ricotta or grated cheese if desired.