

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2016 ISSUE 7

AUGUST/SEPTEMBER 2016

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

Michelle Cook, Editor, Media Coordinator michellecook.cjw@outlook.com

<http://cjw.org>

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CO-DIRECTORS

Maryellen Friedrich – maryellenfriedrich@gmail.com / Alison Wells – alisonawells@att.net



CJW takes a bit of a break during the summer months, as do many of the individual clubs across the state. Though, we know there are some that have been actively working behind the scenes to gear up for the 2016-2017 club year.

Here are some reminders as you plan club activities for the coming year:

Remind yourself... why does your club exist? It can be summed up with six words we are all so familiar with..."to grow, share, give and care..." CJW members are dedicated to improving communities and helping to enhance the lives of individuals in need. This mission is carried out passionately through all of you, the amazing members of this organization who tirelessly volunteer your time and effort at various clubs across the state.

CJW (state level) is committed to providing its members the resources, tools, development and networking opportunities to aid in successfully managing your mission.

Here's one great resource you may want to consider- the CJW President's Report. This report is mandatory to complete from each club and due in March, though now is a perfect time to become familiar with its contents. There are listings of various projects in the report that can help you with ideas and plan activities for the year.

CJW Dates/Events: (please share and discuss participation with your club members)

September 16, 2016 LTA Maines & Motion major Fundraiser. Great opportunity for clubs to assist. Refer to the LTA section for more information.

October 22, 2016 Fall Conference* – Cromwell, CT;
-new LTA Manes & Motion
-guest Tracy Knofla, High Impact Training
(www.highimpacttraining.net) speaking on recruitment/retention
-CJW Survey Results
-launch of the Director's Challenge
-networking opportunity
-plus much more

October 23-29 2016 CJW Week

March 27, 2017 President's Appreciation Brunch/Conference*; guest speaker/workshop (TBD)

May 6, 2017 Spring Conference*; guess speaker/workshop (TBD)

*Clubs should plan to send at least one or two members to conferences who can bring valuable information back to their club. Consider hosting an in-club contest to raise the money to send someone or help cut down the cost.

ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

Hello ladies, I hope everyone had a great summer. For me, it went by way too fast. I kept busy with family, visiting researchers at the Peabody, gardening, SCW road race fundraiser, and other meetings that I am a part of. Fall season is upon us now so it is time gear up for another great club year.

I will be working on the CJW yearbook so please send me your name, picture, club you belong to and officer status if applicable to cjwassistantdirectorlourdes@gmail.com.

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com

I hope that everyone had a great summer and, despite the heat, was able to get out and do some traveling and/or relaxing. I spent a bit of time myself enjoying some great National Recreation Areas in New Hampshire and New Mexico as well as the beach in New Jersey. I also sent my kids away on a vacation of their own in Arizona for 9 days to camp and hike...I highly recommend it - sending the kids away that is....LOL! It was a very quiet, relaxing 9 days....sigh.

But September is here and CJW is back to work! The CJW Bylaws and Standing Rules have been revised and will be distributed with the Call for Fall Conference (**document attached**). A discussion will then take place at Fall Conference and if all revisions are acceptable by the CJW general membership, we will take a vote to accept the revisions. Please review the document prior to the Conference and discuss with your local club!

CORRESPONDING SECRETARY

Michelle Cook – 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 - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729



Welcome back for another club year Juniors! Dues and Insurance bills have all gone out. If you didn't receive a bill, please check with me. One of two things may have happened – one, I sent the invoice to an old e-mail address (several clubs did not complete this question in the Presidents Report!) or two, your club has not filed the Presidents Report that was due in March. If your club is the latter, your club is out of compliance! Please check with myself or the Co-Directors on next steps.

I have been getting a good deal of communication from clubs, which is wonderful! It was one of my goals in my last term to significantly increase the amount and quality of the Treasurer related communications.

As we get into a new club year, I thought I would share an excerpt from a previous Treasurers Article that contains information that is critical to each and every club. It cannot be repeated enough in my opinion. And, it makes a great segway for me to remind you all that the previous editions of the Newsletter are available on the CJW website. Especially for new Treasurers, I would encourage your perusal of the prior articles – which deal with many of the important financial issues facing our clubs. There is information on insurance, do's and don'ts of tax exempt organizations, and other general advice that you may find helpful. Also, the Treasurers section of the Blue Book is a great place to look for more general information of the role and responsibilities.

Please enjoy the remainder of the summer and feel free to contact me if I can be helpful. I am happy to make trips out to visit clubs as well.

I would like to encourage each reader – regardless of position – to go online and check the status of your clubs filings with the Internal Revenue Service (IRS). **There is an annual filing (and a VERY simple one at that) required of each club to maintain the clubs tax exempt status.** It is formally called a 990-N, but also referred to as an E-Postcard filing. Larger clubs (\$50,000 in revenue per year or greater) have additional filing requirements, but since most if not all clubs fall under the lesser filing, I will go into detail on that requirement further.

Clubs who fail to file the 990-N for three consecutive years will get a notice in the mail stating that their tax exempt status as been “automatically revoked”. It is a long road to correcting this issue. I can work with any club who is currently plagued with this issue.

In order to check your status – go to www.irs.gov. In the search box in the upper right corner type in SELECT CHECK. This will bring you to the screen to search your status. The search operation on this website is not the best. If you have your Federal Tax ID number, that is the easiest, but you can also search by Name. If you are searching by name, most of the clubs are listed as Connecticut Junior Women, with your club name in parenthesis following. Once you fill in the name of the organization, you have a couple choices of how to search. I recommend that you try each one until you find your club.

If you are deemed in compliance with the IRS filing regulation, you will find your club with a listing of each year the filing was made. The year will be off to the right. Please bear in mind that the year listed does NOT necessarily correlate to a calendar year. You should see the recent filing listed as 2013. And if you are in full compliance, you will also see a listing for 2012 & 2011, and perhaps others. ***If the last listing you see is for 2010 or 2011 – your club is in EMINENT danger. You must file right way. DO NOT WAIT.***

If you find that your club has been automatically revoked and you were not aware of this issue, please contact me and I can direct you further.

Please remember, keeping your tax exempt status should be a club responsibility. The mechanics of the filing often lies with the Treasurer position, but please do not take for granted that this is being done. Most of you will find that your club is in pretty good shape, others will be surprised. It's a quick annual filing but it can be easy to forget as we are all busy and time flies. Some clubs may not have had this information transitioned properly from a prior Treasurer. In any event, please take the time this summer to go on line and find out where you stand.

RECORDING SECRETARY

Ann Wambolt – awambolt@cox.net



"I love deadlines. I especially like the whooshing sound they make as they go flying by."

This is a quote from Douglas Adams, and it caught my attention while I was thinking about my contribution to this edition of the CJW Bulletin (and it's due date!) With summer winding down, many of us are transitioning back to regular schedules and lots of deadlines for work, family activities and before long, holidays. I am looking forward to a busy and exciting year with an extraordinary group of CJW women, who, by working together, meet a lot of deadlines and make great things happen!

ARTS & EDUCATION

Elizabeth Tischio – john_tischio@bhhsne.com

“The purpose of education is to replace an empty mind with an open one.” ~ Malcolm Ford~

The days are growing shorter and the nights are growing colder. Change is in the air. Fall means a new beginning for schools and clubs. MY goal this year is to provide information about the arts in our state as well as information regarding education.

Since reading is one of my passions, I was thrilled to read an article in The Hartford Courant titled “Book Lovers Living Longer.” A recent study by Yale concluded that “book readers experienced a 20% reduction in risk of mortality over the 12 years of follow-up compared to non-book readers.” The study looked at subjects older than 50, including those who didn’t read books, those who read up to 3.5 hours a week, and those who read more than 3.5 hours a week.

The study found that book readers survived almost two years longer than those who didn’t open a book. The authors concluded that just like a healthy diet and exercise, books appear to promote a “significant survival advantage.” Reading novels appears to boost both brain connectivity and empathy.

Although book buying has increased annually during the past few years, Americans come behind India, Thailand, and China (the top three) when it comes to which countries read the most books. The US comes in 23rd, behind countries such as Egypt, Australia, Turkey, and Germany. Unfortunately, longevity was not increased by reading newspapers.

Pick up a good book whenever you can!

CONSERVATION & CURRENT AFFAIRS

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



HEALTH

Patty Nabors – pnabes28@aol.com

As summer and vacations come to an end and going back to work and school is inevitable; we may encounter stress. So here are 10 Daily Steps to take to DE- Stress:

1. Prepare for the Day – Cite a positive message, voice out loud what you are grateful for - take 10 min of each evening to prepare for the next day: clothes, lunches, projects
2. Manage your time – Create lists and prioritize
3. Enjoy the Little things – Focus on the details of everyday activities, enjoy the moment
4. Move Often – regular exercise reduces stress and improves health, take 10 min for yourself
5. Laugh Often – laughter releases endorphins that improve mood and immune health; also lowers the levels of the stress hormones cortisol and epinephrine
6. Enjoy nature and creativity – Spending time outdoors is nature’s antidepressant, breath in the fresh air and smells of your surroundings; enjoy art, music and dance
7. Breathe Deeply – Feeling anxious, take 5 min to breathe deeply and slowly. Slow breathing reduces stress hormones and lowers heart rate and blood pressure (We do this in Yoga a lot ~ fantastic mechanism to be in the moment !)

8. Meditate Daily – Do either in the a.m. or take 5-10 min (or longer) to decompress before bedtime.
9. Sit comfortable in a quiet place, close your eyes, listen to soft music (I like Yanni or New Age), breathe deeply in and exhale out
10. Keep a joy journal – journal positive situations, achievements or thoughts of the day; promotes reflection and organizes thoughts
11. Sleep Well – be comfortable, cool, add a mist of essential oils or citrus fragrances

Another factor which is beneficial is eating healthy. Foods, taken in moderation, that reduce stress are: Blueberries, nuts/seeds, turkey, leafy greens, avocados, herbal teas: lemon balm or mint (I love cinnamon), salmon, dark chocolate (can't go wrong with chocolate!), oranges and sweet potatoes.

Life is a balance !! Remember, there is only one YOU !!

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

It's September already and before we know it the leaves will change colors. Since we haven't had a Home Life Chair for a while I thought it would be a good idea to find out what the various clubs have been doing in support of Home Life. Amy Neves was gracious enough to go through each of the president's reports and summarize all of the great activities the clubs have been doing. I have divided them into categories based on the theme. Hopefully this will give each club new ideas as they start the 2016/2017 year.

Youth:

- Donation to students in need for school supplies
- Cookies and milk with santa
- Girl Scout Tea Party Bikes for kids donations
- Donation to YMCA

Gerontology:

- Sponsor Senior Citizen luncheon
- Hosted art projects at senior center

Community Living:

- Donations to local families in need
- Food Drives
- Collect toiletries for shelter gift giving program
- Donations to food bank
- Volunteer at local soup kitchens
- Gift drive at holidays for local families (Traveling Giving Tree)
- Donate no sew blankets to local food bank for distribution
- Held recognition award for local resident in recognition of sustained community service
- Adopt a family
- Lots of donations to organizations in the various towns

In Club:

- Wreath making workshop
- Hold setback tournament

As you can see the clubs keep busy. It's great to capture ideas on what works and what doesn't. Please feel free to contact me if you have sponsored a Home Life project that you think others could do in their towns too.

JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – michellecook.cjw@outlook.com

Welcome back to another new CJW club year! I know I'm not alone in feeling that this this summer sure went by a little too quickly. But with each change of season brings new challenges and opportunities for growth and joy. I'm looking forward to whatever the new year may bring and hope the same for each of you.

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



As I work to update the website, I'd like to include links to as many clubs "on-line" homes as I can. Please drop me a line with your club website and/or facebook page and I'd be happy to include them.

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 , Lynn Soucy - msoucy@cox.net , Diane Neri - dianeatcjw@gmail.com

The Manes & Motions Summer Newsletter is attached as a separate document.



*****The Mane Event – Saturday, September 16th*****

LET'S ALL STEP UP AND HELP OUT. LET'S MAKE THIS EVENT A SUCCESS!!!

The Manes & Motions fundraiser event is on Sept 16th@ 6:30p

Volunteers are still needed. We sent out a separate flyer on September 4th as a final request for help. Diane Neri is coordinating volunteers and donations on behalf of CJW. Please let her know by September 8th if your club is able to assist in any way.

*****Manes & Motions - CJW Day – NEW DATE *****

As so many clubs were on hiatus over the summer, we didn't get enough participants for our CJW day at Manes & Motions for August. We are now looking at Saturday, November 5th from 2:00 pm-5:30pm. We can run 2 or 3 tour times between those hours to spread out the amount of traffic on property as parking is limited. We can book by club or by person. This would make a great fall club event!

To register please email Donna Bielecki if you would like to attend. dbielec@connecticutchildrens.org

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



Welcome Back to a new year! I am very excited to start this up and coming club year with so many new faces on the board. This year (and the next 2 years) we have a lot of fun and exciting ideas in the works!

Fall Conference will be October 22nd at the Radisson in Cromwell. **(Please see the attached Call).** Shoreline will be helping host the Conference. I hope to see many new and old faces at conference.

I still need a host club/clubs/districts for the following two Conferences. These include President's Brunch in March as well as Spring Conference in May. If any clubs/districts would like to step up to the plate, please let me know ASAP. (It isn't hard, I promise!)

I will see you all on October 22nd!



WAYS AND MEANS

Wendy Gamba – 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



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

I hope that all of your members had an exciting summer, and are ready for an exciting club year and in CJW! One of my goals (as listed in the June Bulletin) is to consider doing a district service project, fundraiser or social. I've had one suggestion already from Debbie Talimini (Enfield) about a fun Zentangle evening. But to follow up on this I really do need each club in our district to send me contact info. (name, e-mail, phone) for your new president.

Also, since good ideas deserve sharing, please designate someone to send me a brief update by the 15th of each month on successful projects, or current undertakings, so that I can include your club in my report. Please add me to the distribution list for your newsletter!

Tolland is ready to start their year with a Back-to-School Gathering on Monday, Aug. 29. We will be meeting at a local restaurant for appetizers and beverages to get back into "Junior" mode, and to meet prospective members. We have been doing a lot of Facebook promotion, and find lots of interest now among younger moms. So take heart, this looks like a good time to revitalize your clubs if you put your efforts into social media!

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 Juniores.

Greetings from **Orange**! I hope you all are enjoying your summer.

On July 11th, Orange Community Women hosted a Home for the Brave dinner. The residents were so appreciative of the company. Grilled steaks were on the menu along with lots of sides and desserts by members of OCW. It was a fun evening and something we hope to do periodically moving forward.

Our group got together a few times over the summer for "socials", both out-on-the town, and a good old-fashioned picnic.

We're gearing up for the Orange Country Fair to be held on September 17-18. We will be offering baseball caps featuring our "203" area code, as well as some with our "06477" zip code. Additionally, we will be offering a limited run of pink baseball caps with the town logo on them. All proceeds from the "pink caps" will be donated to the town Relay for Life event.

In Juniores news, the girls will also be participating in the Country Fair selling mugs with the town logo. This is a repeat of the mugs sold last year, as we completely sold out! The Juniores have also spent time with friends at the Orange Health Care & Rehabilitation Center, hosting bingo events, and plan to do so regularly moving forward. Last but not least, there

will be a fundraiser at Bertucci's on September 6th. The girls have been working to raise money for protective gear for our police dogs, and this fund raiser should help meet that goal. If you would like to attend – either for dinner or take out, please email cmcnabola@aol.com and I will forward a voucher to you. The voucher must be presented in order for us to share in the proceeds. 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.

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



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

Please feel free to send me your favorite recipe, social activity idea, etc... I'd love to include them!

This dip is one of my favorites, borrowed from Woodbury's Treasurer/ hostess extraordinaire, Norma Heaven. It's quick, easy and DELICIOUS!

Cream Cheese Curry Dip

Ingredients:

8 oz block of cream cheese

Curry Powder

Dried Currants

Soften the cream cheese for about 30 seconds in the microwave

Stir in 1-2 tablespoons curry powder. Don't be afraid to use plenty. You want a nice beautiful yellow color.

Stir in a generous handful of dried currants.

Serve with Anna's Ginger Swedish Thin Cookies. These are the perfect complement to the spicy/sweet dip.

This is best if made ahead of time, at least a few hours or overnight to let the flavors meld.



Curry Powder:

Any variety will do, there are so many varieties from savory to "sweet" so choose according to your taste.

I found the following Spice Appeal brand Sri Lankan Curry at Home Goods – it's a little sweeter than most traditional ones.



Also, Penzeys Spices is a wonderful resource. www.penzeys.com

They have a store in West Hartford, which is a sensory overload experience! They have awesome coupons. ☺