

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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OCTOBER 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 – mfriedrich@cox.net / Alison Wells – alisonawells@att.net



As fall routines start up, so does the CJW year. We are looking forward to a busy and productive 2016-2017 year and are committed to providing members the resources, tools, development and networking opportunities to aid in successfully managing your mission.

Here are a few pointers as the club year gets underway:

Work on constructing a solid club foundation.

- Build the right team
- Have a plan
- Be a good coach~ include and encourage ALL members to get involved. Not only hear.... listen to what others have to offer.
- Seek out resources within CJW



Remember there is no “I” in TEAMWORK!



The first of three annual CJW Conferences kicks off with Fall Conference on October 22, 2016. Conferences offer tremendous networking opportunities with other clubs, the LTA and CJW board resources.

For some of us, networking with others can be uncomfortable. Here are a few suggestions after introducing yourself to help break the ice:

- How long have you been a member?
- What do you like best about your club?
- What fun things does your club do?
- Talk about something your club is struggling with and ask for suggestions. (Many clubs have experienced similar issues in the past and may be able to offer great suggestions on how to overcome).

CJW Conferences also offer the opportunity to present YOU with guest speakers on topics of interest, providing clubs with additional tools and resources. We are pleased to have lined up a lively, entertaining and informative guest speaker/workshop host, Tracy Knofla from High Impact Training for Fall Conference (www.highimpacttraining.net). Tracy will speak on Recruitment and Retention which was a topic of high interest from the CJW Survey. Several members of different CJW clubs have had the pleasure of attending her seminars in the past and look forward to seeing her again.

October 22, 2016 Fall Conference – Cromwell, CT

Jammed packed agenda!

- LTA Manes & Motion
- Guest speaker/workshop Tracy Knofla, High Impact Training (Recruitment/Retention)
- CJW Survey Results (learn what members have to say)
- Launch of the Director's Challenge (building club unity)
- CJW Week celebration kick off
- Voting on CJW By-Laws revision
- Recognition of special club anniversaries
- Plus much more...

Other key dates to keep in mind

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)

Don’t miss out! All clubs should send at least one or two members to conferences who can bring back valuable information to their club.

TEAMWORK
coming together is a beginning
keeping together is progress
working together is success
- Henry Ford

ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

It’s October and that time of year again, Fall Conference. It is a great time to get together with club members from around the state. I personally love sharing ideas about club activities and fundraising and meeting new members. I still remember my first time, feeling a bit nervous I might add. Once I saw how the welcoming everyone was, I thoroughly enjoyed myself and felt more confident about not just being there but belonging there. For any member that is planning on attending your first conference, I welcome you. For those who have been around for a while, join me in welcoming them to our wonderful group and guide them throughout the meeting.

Please send me a picture of yourself along with # of years at your club and any officer status (if applicable) for the CJW yearbook. Please send information to cjwassistantdirectorlourdes@gmail.com.

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com

Happy Autumn Everyone! Just a reminder that the By-Laws have been revised and at Fall Conference I will be providing an overview of the proposed changes so that we can vote on the changes. A copy of the document was distributed with the Call for Fall Conference so please take a few moments to get acquainted with proposal prior to the meeting. Hope to see many of you at the meeting!!

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



Hi Juniors! In my first two year term, I thought I had uncovered most of the misinformation out there around club finances, but a new one recently popped up. Were you aware that each club has its own EIN (Employer Identification Number) issued by the Federal government? We have recently determined that several clubs were using the CJW EIN# as their own. CJW's number is 04-1007904. If you have this number as your club number and don't know your clubs number, please reach out to me and I will give you your clubs number.

On another note, most clubs should have filed a 990N postcard with the Internal Revenue Service over the summer. If you haven't, please check with your clubs Treasurer. This document will be requested to be provided with the Presidents Report due in March. You can check one thing off the list by gathering that document now! The Federal filing is a free, informational filing only.

The second required annual filing is with the State of Connecticut – Secretary of State. The State filing does have a fee - \$50, if filed timely. This fee must be paid by credit card, so a club member will likely need to be reimbursed for this filing.

Lastly, I am at the beginning of my second two year term. According to the bylaws, this is my final term in this position. I am on the lookout for anybody who may be interested in stepping into this role. I would love to talk to you further about it. Please let me know if you may be interested!

Looking forward to seeing you all at Conference!

RECORDING SECRETARY

Ann Wambolt – awambolt@cox.net



Robert's Rules of Order instructs us that "The body of the minutes...should never include the secretary's opinion on anything said or done (for example, do not write, "X gave an excellent report on...")." While, as Recording Secretaries, we can be active participants in the discussions that take place during our meetings, it is important to filter our personal opinions when documenting these discussions and decisions in the minutes.

In my previous career as an auditor of clinical research, we used an acronym, ALCOA, to describe the standard for note-taking. This stands for **A**ccurate, **L**egible, **C**omplete, **O**bjective and **A**tttributable. I now rely on this same standard when taking meeting minutes. In an era where even seemingly simple things such as which way to hang a roll of toilet paper can be the subject of strong opinions, I personally find it refreshing to have a responsibility that only requires objectivity!

(And yes, I know that last sentence, in fact, includes one of my own opinions.)

ARTS & EDUCATION

Elizabeth Tischio – johntischio@bhhsne.com

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

Although Connecticut is a small state, it contains many places and things of interest. I recently watched a program on CPTV called "Connecticut's Cultural Treasures," a half-hour program that features notable cultural places and resources in Connecticut.

The following five places were spot-lighted:

- 1) Bushnell Center for Performing Arts
- 2) New-Gate Prison Copper Mine
- 3) New Britain Museum of American Art
- 4) Hill-Stead Museum
- 5) Stonington Village

If you get a chance to travel to any of these places, you will be surprised at the wealth of information you will learn. Fall in New England is an ideal time for this..

CONSERVATION & CURRENT AFFAIRS

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

Thank you to Donna Bielecki, who has kindly volunteered to submit articles for the newsletter until we fill this position.



Energy Efficiency Tips for the Fall

- **Seal all leaks around doors, windows, and electrical outlets. Heat from your home escapes out of these cracks.** By sealing these leaks, you can save up to 20% on your heating bill, and the cost of materials is typically under \$20.
- **Fall is the best time to clean the chimney and get vent systems checked.** Pipes must be properly connected and there should be no signs of rust or damage.
- **It's also time to remove the window air conditioners for the winter.** If they must stay in place, be sure to seal them with caulking or tape and cover them with an airtight, insulated jacket.
- **If you are thinking of replacing your furnace, consider getting one that's rated 90% or higher in efficiency.** Replacing your old furnace with a new, more energy efficient one can save up to 30% of your heating costs. Remember to look for the ENERGY STAR® label.
- **Is your insulation up to par?** For a minimal cost, you can upgrade the insulation in your exterior walls, crawlspaces, basements and attics. Insulation may come in batts or loose fill, which can be blown into place and get those hard to reach places.
- **Did you know you can lose heat through your electrical outlets, light switches and lighting fixtures?** Consider installing foam gaskets behind these outlets and switches or install plastic security caps to reduce heat loss.
- **If you have single-pane windows, add storm windows to cut heat loss by up to 50%.** Better still, replace single-pane windows with energy-efficient double-pane windows with inert argon gas fill, warm-edge spacers, and low-e coating.
- **Make sure your heating vents aren't blocked by furniture or drapes and the dampers are open.** Vacuum out dust and pet hair from the warm air registers and the cold air returns so your furnace runs more efficiently.
- **It's time to take a look at your water heater.** If its surface is hot or even warm, some of the energy used to heat the water is being wasted. Wrap the heater in an insulating blanket. Be sure to check your user manual and labels on the tank first.
- **If you're building a new home, make sure you place the water heater as close as possible to the kitchen, laundry room, and bathrooms.** Heat is lost as it moves through long pipes, so the closer the unit is to these rooms, the more money you could save.
- **Did you know that if you never run out of hot water, then you've probably set your hot water thermostat too high?** Before the winter comes, set your thermostat between 43 degrees Celsius (110 degrees Fahrenheit) and 49 degrees Celsius (120 degrees Fahrenheit).



National September 11th Memorial

9/11 is a day that many of us will never forget. We will remember where we were when we heard of the news that the towers were hit and the events of this tragic day. I remember that I was on my way home from assisting at my daughter's kindergarten class. I heard the radio announce that all emergency and medical professionals report to their work. At that time, I had no idea what just happened. Upon entering my home and my mother in law informed me. We continued to watch TV in disbelief. We were in shock. We were scared and could not stop watching the TV. It was a very tragic day for many. A friend of mine, brother was supposed to me in those towers that day but he overslept. Thank god. We all heard of many stories like this and of the stories of loss. Connecticut towns celebrated this day in many ways such as having masses, parades and remembrances ceremonies. Please let all take a moment of silence for all those who lost their lives on that tragic day. Also to thank the medical professional, fire fighters and others hero who help out that day. I challenge the clubs to take a trip to the 9/11 memorial and museum.

HEALTH

Patty Nabors – pnabes28@aol.com

October is **Breast Cancer Awareness Month**, which is an annual campaign to increase **awareness** of the disease. Breast cancer is the second leading cause of death among women. While most people are aware of **breast cancer**, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Your **Early Detection Plan** should include these 5 things:

1. **EARLY WARNING SIGNS:** of breast cancer may involve the discovery of a new lump or a change in the breast tissue or skin.
2. **PERFORM A MONTHLY SELF-EXAM:** Pre-schedule it on your calendar each month. Any changes or abnormalities should be discussed with a doctor or physician.
3. **SCHEDULE YOUR ANNUAL GYNO EXAM:** At your annual exam, a clinical breast exam is performed by a qualified nurse or doctor. A healthcare professional will check for lumps or other physical changes in the breast that may need to be investigated.
4. **SCHEDULE YOUR ANNUAL MAMMOGRAM :** A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. (This may depend on your age and health history)
5. **PLAN TO LIVE A HEALTHY LIFESTYLE:** Leading a healthy lifestyle can help you reduce your risk factors for breast cancer and other illnesses.
 - a. Maintain a healthy weight
 - b. Stay physically active
 - c. Eat fruits and vegetables
 - d. Do not smoke
 - e. Limit alcohol consumption

One way to maintain a healthy weight and stay active is to exercise. Walking is one of the easiest and best activities you can do. All you need is a pair of sneakers and you go! It is even more enjoyable with a friend or involve your club.

In the month of October there are a few walks that you may be interested in and can do them as a project and for a good cause:

10/2 - Special Wishes Walk-a-Thon - 3 miles - Chase Collegiate School, Waterbury CT
www.specialwishes.org

10/8 - Hartford Marathon, 1/2 Marathon and 5K Walk/Run - Bushnell Park, Hartford, CT
www.hartfordmarathon.com

10/30 - Rays of Hope - Walk & Run Toward a Cure of Breast Cancer - Baystate Health Foundation

To Learn more about Breast Cancer visit these websites:

www.nationalbreastcancer.org

www.nbcam.org National Breast cancer Awareness Board of Sponsors

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

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

How many of you have heard of CT 211? I quite honestly found it by accident while putting this month's article together. Since it was somewhat new to me I thought I would share with all of you.

Here are some opportunities to find areas where you can help your community. You can search by your town or community. I thought it was a fitting bit of information as this is typically the start of the United Way Campaign in most workplaces. Consider a personal donation to United Way or looking into opportunities where your club can offer volunteer to services to one of the many opportunities noted below:

Taken from: <http://uwc.211ct.org/give-help/civic-participation/>

Help others succeed. Improve life in your community. Contribute your talents, energy and time.

Looking to Volunteer?

Volunteer Connecticut –When you click on a town you will be connected to the web site of the United Way/Volunteer Center for that community and/or an online database of volunteer opportunities.

Search 2-1-1 database for [volunteer opportunities](#) or check out the following:

- [Animal Services Volunteer Opportunities](#)
- [Family Services Related Volunteer Opportunities](#)
- [Food Production/Preparation/Delivery Volunteer Opportunities](#)
- [Mentoring Opportunities](#)
- [Transportation Volunteer Opportunities](#)
- [Tutoring Volunteer Opportunities](#)

Looking to Donate?

- [Baby Clothing/Diaper Donation Programs](#)
- [Food Donation Programs](#)
- [General Clothing Donation Programs](#)
- [Household Goods Donation Programs](#)
- [Toy/Game Donation Programs](#)
- [Winter Clothing Donation Programs](#)

Civic Participation

This [Civic Participation Resource Guide](#) can help you connect and work with others who share your vision, commitment, and ideas to make Connecticut a great place to live and work for all.

JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – michellecook.cjw@outlook.com

As we are now well underway with the 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 - ImSoucy@cox.net , Diane Neri - dianeatcjlw@gmail.com

Thank you to all who helped make our first event with Manes and Motions a success! We had 6 volunteers the night of the event (I really see a need for 8 volunteers). Thanks to Alison Wells, Lynn Soucy and Ann Wambolt from EJWC, Lynn Nochsaki from SWCW, Betty-Lou Griffin from Tolland Community Women, and Diane Neri from SCW worked the night of the Mane Event and Lourdes Rojas from SCW worked on cleanup on Saturday.



While sponsorship was down \$7000 from last year and attendance was not as robust as they would wish, everyone who attended had a great time.

CJW ran the "Cactus Cash" game, raising \$1,010.00. The \$500.00 prize was donated, so it was all profit, and Lucky Lynn Soucy bought the winning key!

We also ran the new Bucket Auction (aka teacup auction). We sold strips of 15 tickets for \$20.00 and there were about 15 gift baskets. Many of the baskets were donated by CJW clubs. Wallingford Community Women, Orange Community Women, Milford Juniors, Enfield Juniors, Tolland Community Women and Shoreline Community Women donated baskets and cases of wine. We will know how much money the Bucket Auction took in at the wrap meeting in October.

They also had a silent auction with dozens of wonderful prizes and a live auction with some of their high end items (SWA tickets, vacation weeks, etc.)

Entertainment was provided by Sebastian and the Hitmen playing tunes that brought me back to the days of high school and college mixers. Sebastian, who you may know from WCCC radio, was a big help heckling all the hopefuls as they tried their keys in the padlock that opened the saddlebag containing the \$500.

The food was provided by Bears BBQ and the food service people from the Hospital for Special Care. Delicious!

The evening went by very quickly (don't tell my feet I said that! Next year I'm definitely wearing sneakers.)

We received a lovely thank you note from Linda Glovna for all our help and support. During the summer as I attended the planning meetings for The Mane Event I had a chance to meet a lot of people from Manes and the Foundation for the Hospital for Special Care. I was the only newcomer to the group and was made to feel welcome. They are a super bunch of people and I look forward to the next four years.



What's next?

There are many ways that clubs can support Manes and Motions. If you want to do hands on support you can sign up to be a volunteer side-walker (in order to insure the safety of their clients volunteers have to go through a background check), volunteer your office skills or fundraising skills.

They have a wish list online at hfsc.org/Manes-Motions/ways-give.

There is a very handy In-kind Donor gift PDF on the CJW.org website that you can use to put a value on your donation for your club, and CJW records. All monetary donations should go through CJW so we can track support of the LTA project.

***Manes & Motions - CJW Day – NEW DATE- November 5th ***

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 by **October 29th**, if you would like to attend. dbielec@connecticutchildrens.org

MEETING PLANNER

Nicole Maxellon – nmaxellon@aol.com



Happy Fall! As the current club year is going in full force, it's now time to start thinking about the few following months.

Don't forget that Fall Conference is October 22nd at the Radisson in Cromwell, CT. We have a fun and informational day planned for everyone in attendance. With an exciting guest speaker, by law revisions, the new director challenge, the first conference with the new board, and updates on all the committees you are sure to walk away with new and informational knowledge. The deadline for registration is **OCTOBER 4th**. Please get your registrations in as quickly as possible, if you haven't already. If you have any questions please do not hesitate to contact me. The call is also available on the website if needed.

President's Brunch is in the process of being planned, with new information to be provided at Fall Conference. If any clubs or districts would like to host, please contact me ASAP or see me at Fall Conference.

As always, please keep me updated and in the loop about exciting events taking place in each individual club. These events will be passed along for all to share and to be able to have ideas for their own clubs.

Hope to see you all on October 22nd!



WAYS AND MEANS

Wendy Gamba – wgamba@yahoo.com - 145 Lowin Avenue, Westville, CT 06515 - 203-859-5729

As always, I have membership and number pins available. It is extremely helpful if Clubs who know they need items could e-mail me their orders prior to Fall Conference. This way, I can have the order and an invoice prepared in advance.

At Spring Conference we had a new Ways & Means item – a card decal! Please stop by and see them at Fall Conference!

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

The Mane Event was an exciting and lucrative fundraiser for Manes and Motions, and Charter Oak District sent 5 volunteers from Enfield, South Windsor and Tolland to help out. Enfield donated a pumpkin filled with \$50 in lottery tickets, and Tolland donated a Stonewall Kitchens Breakfast Basket including a club cookbook, valued at \$60, for the Bucket Auction.



Lynn Soucy of Enfield JW won \$500 by buying the key that opened the padlock in the Cactus Cash Game! Lots of great event photos on the CT Junior Women Facebook page. Check it out. One of this year's CJW goals is for more state publicity and membership outreach, so send information about your club's FB page or website to michellecook.cjw@outlook.com and she will add a link to the CJW website!

"Lucky Lynn" from Enfield JW wins \$500 in the Cactus Cash Contest

Tolland Community Women kicked off its year with a booth at the town wide Celebrate Tolland Festival. They had a free drawing, a PLINKO game with prizes for kids, and collected a dozen names of women interested in learning more about the club. Their first club meeting included a Project Planning poster session and 21 new project ideas were posted by members and prospective members, with discussion to follow.



L->R Stephanie Bos (new member), Jenn Shaw (VP/Ways & Means), Betty-Lou Griffin (Mentor President), Kathy Aldrich (President), Pat Legault, Pam Howe (Membership), and Jen Krasusky (Recording Secretary)

Let's share ideas about how to attract new members in your communities, but you need to send me contact info for your club's president. PLEASE drop me a quick email. I'd love to post information about your club's events, so send me a paragraph and attach a photo if you'd like. Also, please add me to your newsletter distribution list... only takes a second.

Fall Conference is October 22. Let's try to sit together, or meet briefly right after adjournment. Bring your cameras, and let's get a photo (that may just come in handy for the Directors Challenge)! I'll also be sharing an idea for a fun district event!

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.

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.

The **Orange Community Women** recently set up a booth at the County Fair as a fundraising and membership event. Cheri McNabola thanked club members for their help and shared that the booth looked very nice and the flowers added the perfect touch! At the end of the day on Sunday they had sold 70 of 72 mugs, approximately 33 hats of the 90 ordered, and several tea towels. Several women took the OCW flyer, so she's hoping to add to their membership!

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.

Glastonbury Juniors have been donating to an organization called "Support The Girls". It is a group that provides gently used bras to women in homeless shelters. You can now finally part with those bras that looked so pretty in Marshalls but that make you feel trapped by 11a.m.! Donations can be mailed to: Support The Girls, Attn; Dana Marlowe, P O Box 2736, Wheaton, Maryland 20915.

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!



Hope to see you all at Conference!