

# JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2017 ISSUE 1

JANUARY 2017

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



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<http://cjw.org>

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# Happy New Year!

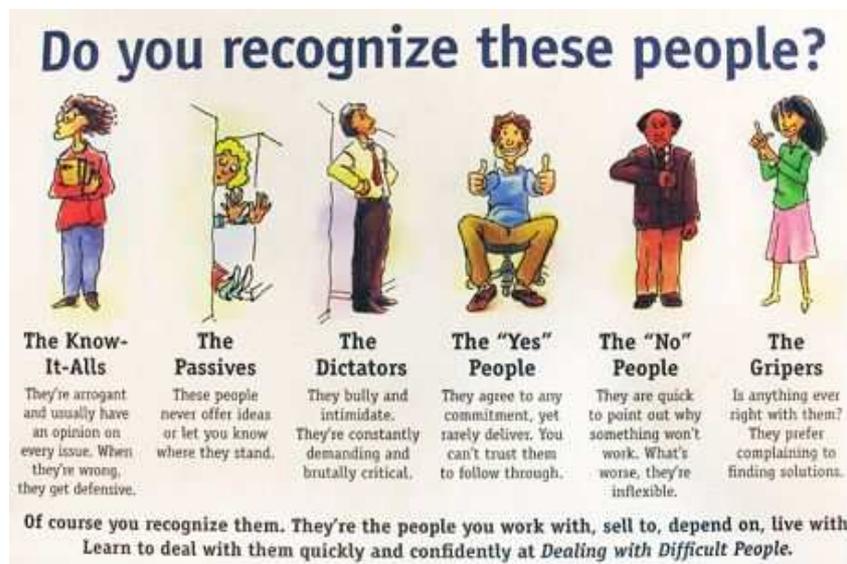


Our toolbox topic to kick off the new year is “learning to deal with difficult people”. The new year is recognized as a fresh start when many of us will set goals for things we want to accomplish or do better. If you are like us, these new year resolutions may include goals to exercise, eat healthier, or make more time for family and friends... they typically start off strong, only to lose focus quickly as the weeks go by.

If you are looking for effective ways to change your life for the better, you may want to consider focusing on something that taps the energy out of your morale and motivation... difficult people! We want to provide you with some tips and tools that can help you navigate through negative encounters and challenge you to practice them throughout the new year.

*“The difficult people we encounter can be our greatest teachers” ~Eileen Anglin.*

We will all come across a difficult (or rude) person at some point in time. Whether it's a family member, or someone you work with (or worse – your boss), challenging personalities can turn a good day into an uncomfortable, dramatic experience. Learning how to deal with this type of behavior can build our coping skills, leadership skills and the ability to influence others.



Difficult personalities show up in a variety of behaviors. Some people talk and never listen; others have to have the last word; while some fail to follow through on their commitments; and then there are those that are always griping about something. When walking away is not an option, take responsibility for your own interaction. How we react to situations can greatly influence the outcome.

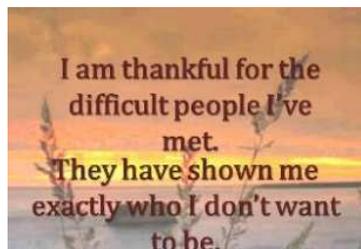
Here are some tips on ways to deal with difficult people:

1. Remember sometimes that person is you – maybe not today, but there may have been times. This doesn't mean you are a bad person, maybe just having a bad day. Keep this in mind when facing a difficult encounter.
2. Don't take it personally. It is easy to get upset and elevate our own emotions. The last thing you want to do is add fuel to the fire and add to the drama. We all have a choice in how to react to situations. Sometimes the best reaction is –no reaction--!
3. Find out why the person is acting this way. Don't respond by saying 'you have a bad attitude' -which is an invitation for a fight. Instead, try saying, 'we need to talk about your attitude', stay calm and ask why they are treating you this way. Get to the root of the problem. Maybe there is too much on their plate or they are dealing with a difficult personal situation – feeling overwhelmed adds to anxiety and frustration.
4. Make an effort to understand their point of view and reflect it back to them. This shows you are listening and acknowledge 'you get it.'
5. Explain your viewpoint and concerns so they understand where you are coming from.
6. Use "I" statements instead of "you" which leads to feelings of personal attack, being blamed or finger-pointing.
7. Don't dictate a solution; instead, problem solve together to find a workable solution. This gains commitment!
8. Last resort, remove yourself from the situation. That sends a message you will not tolerate the behavior.

Remember that change doesn't happen overnight and good things take time. Ultimately, it is the person's responsibility to change their behavior and attitude. If you see an effort they are making to change, acknowledge it! Comment on the positive changes you see, no matter how little. This recognition adds reinforcement.

In Juniors, it's important to set standards for acceptable behavior and demonstrate them ourselves. Walk the talk! Create awareness of the impact that negative behavior has on others, including the effect it has on overall morale and productivity. Also help others understand how they can help and contribute to a positive outcome.

Working on these skills regularly can help us become better people, create a better experience and help improve our lives and the lives of others.



Again, Happy New Year!!

<http://www.mastersofcommunication.co.nz/articles/read-articles/managing-difficult-people>

<https://www.thebalance.com/how-to-deal-with-difficult-people-at-work-1919377>

## ASSISTANT DIRECTOR

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

Hello ladies,

I hope you all had a wonderful holiday season with your friends and family. I drove down to Miami with my husband Rich to visit my parents. We also stopped at Tampa to visit Rich's brother and wife. The weather was quite amazing!

January is upon us and it is a great time of year to start or modify personal goals. This past year I have been eating everything in sight and my doctors are less than pleased so I will be trying to lose weight.....again. I also need to visit the

gym more than once a month. We all get so busy doing things for others that we forget about ourselves. I have a friend that picks the same 4 days to go running every week, regardless of weather. By sticking to her schedule and not making excuses, she has achieved her goal of 1200 miles for the year. I personally need to work on discipline. What are your personal goals?

We can also set goals for our clubs, for example, making our meetings more fun. How do we achieve those goals? One thing I tried at our December meeting was having it partially virtual so that we can spend more time socializing at our holiday party. I had all the officers and committee chairs send me notes ahead of time and all that was left was to approve minutes, treasury report and some birthday announcements.

Attracting and increasing membership is always a goal for all clubs. I have been keeping business cards with club info in my wallet. Whenever I go to a local function of any kind, I talk to as many women as possible and exchange cards with a club email. Make sure to follow up with them right away! You may end up with a future member, possible speaker or sponsor.

Happy New Year!

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](mailto:cjwassistantdirectorlourdes@gmail.com).

## IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

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

Please don't hesitate to reach out to me if you have any questions or concerns regarding leadership or procedural matters for your club.

## CORRESPONDING SECRETARY

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

With the New Year upon us, please be sure to let CJW know of any changes in your club officers or other e-mail changes. (Sample format below)

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

## TREASURER

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



For a “Treasure Trove” of great information for your club, don’t forget that back issues of the Junior Bulletin are always available on the [cjw.org](http://cjw.org) site. I’m always available by e-mail or phone to answer any questions you may have around the business aspects of running your club.

## RECORDING SECRETARY

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



As 2016 draws to a close, I am reflecting on experiences I have had this year and looking forward to how to incorporate some of the things I have learned in 2017. During this past year, I have really enjoyed the chance to get to know and to work with the remarkable women of CJW. When Amy Neves encouraged me to become CJW Recording Secretary, she made the point that it was a great role in which a new member could be learning a lot about the organization and still make a contribution. Amy was so right! I have also learned that being a member of CJW and of my local Enfield Junior Women’s Club, is a good fit for me. There are a number of different volunteer and social activities to suit the varying interests, talents and availability of our members. I look forward to the coming year’s activities and opportunities.

One key goal I have for my CJW participation in 2017 is to modify the format of the meeting minutes for both the board meetings and conferences. Specifically, I plan to construct (in keeping with the Directors’ theme) a new template for the minutes, rather than using the agenda as the template. I think that change will streamline the minutes, and they will complement the agenda for each meeting. I also plan to reorganize the electronic files I am creating for the minutes to identify any gaps there might be and to facilitate easier retrieval of our historical record for future Recording Secretaries.

I would like to thank everyone who has welcomed me as a CJW member and has helped me in my new role. Best wishes to you all in 2017!

## ARTS & EDUCATION

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

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

## CONSERVATION & CURRENT AFFAIRS

Donna Bielecki - [Dbielec@connecticutchildrens.org](mailto:Dbielec@connecticutchildrens.org)

Conservation:

Here are some ways that all of us can cut costs in 2017. Some suggestions are:

1. Track your spending and create a budget
2. Negotiate prices and always shop the sales
3. Cut monthly bills by re shop car insurances and change cell phone companies to a better deal
4. Set goals and slash you spending

For more info on the above tips, go to this website:  
<http://www.clark.com/16-ways-to-save-more-in-2016>



## Current Affairs:

Our 45th President will be sworn into to office on January 20th. The official proceedings of Inauguration Day commence will begin around noon on the West Lawn of the U.S. Capitol with the vice president-elect and president-elect taking the Oaths of Office, followed by the inaugural address. It is an exciting day for some and a fearful day for others. We all need to give Trump a chance and time will be the judge.



## HEALTH

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

Begin the new year with a better you !

It is the new year and many resolutions will be made and many will be broken. Most people will make a resolution to become healthier, by eating better , starting at a gym or going on a diet. But what if we made a resolution to be happier in life and in the lives of others. The best way to do this is to enrich your inner self and soul. Create an attitude of gratitude. A recipe for this is to start each day by writing down one thing you are grateful for . Or send a positive thought over social media. Or is can be by paying it forward for someone. Starting the day with a positive quote, sets the tone for a great day. It can reduce stress levels, lower a risk of depression and improve self-esteem with you or in another.

I've been doing this for the past year and I can tell you, the feedback I get from others is the positive energy I need to begin a great day !

Exercise :

Meditation is also a great way to exercise your mind and body. It relaxes you and clears your mind to receive positive vibes. During the day, take 5 minutes to focus on you and your thoughts. Close your eyes, and slowly breathe in through your nose and out through your nose. Do this 3 -5X. I like to end my day, with an evening meditation. Find a quite place, play soothing music; I like the New Age channel on the tv or Yanni. Sit in a comfortable position, close your eyes, and breathe as above, for the moment of one or two songs. Let all of the days issues float away . The goal of meditation isn't to control your thoughts; it's to stop letting them control you . The silence isn't empty, it is full of answers.



Recipe: Simple drinks for relaxing:

Herbal teas - Chamomile - to aid in restful nights      Lemon balm or zinger - to relieve stress

Hot Cocoa toddy - Hot Cocoa and Bailey's Irish cream or Buttershots

## HOMELIFE

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

Happy New Year!

As a follow on to the December newsletter article I thought I would remind everyone about the “Coat Drive”. The temperatures are cold and there are so many people who don’t have the means to stay warm. Channel 3 hosts its annual coat drive in conjunction with Best Cleaners. Although the official drive ends on January 7th, Best Cleaners accepts coats all year long. I personally have been collecting coats from family and friends and will be donating them within the next two weeks. I again challenge each club or individual member to look into your closets and ask your friends and families to do the same. Pull out those old coats that haven’t been worn in a long while and deliver them to a Best Cleaner near you. The link below provides the various locations.

Coats for CT <http://www.coatsforct.org/index.php> is an organization that supports local coat drives in affiliation with Best Cleaners. Coats can be dropped off at any Best Cleaner and they will clean and distribute the coats to the local Salvation Army organizations in need. It’s pretty easy! Just collect the coats, drop them off and know you have helped keep someone be warm this winter. The drop spots can be found in this link: <http://www.coatsforct.org/dropspots.php>

In addition to the Coat Drive, another idea to help keep CT warm is collecting items that can be provided to local warming shelters. Socks, hats, scarves, mittens/gloves, hand warmers, are all useful items that warming shelters could use to distribute to people who come in to seek shelter from the cold. Contact your local Social Services Department for warming shelters in your area.

Let’s help keep CT Warm in 2017!!!

## JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – [michellecook.cjw@outlook.com](mailto: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 and I’ll be happy to add you to the list.



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.

## JUNIORETTES

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



The Orange Junioresettes have had a busy fall season of helping their community with several projects!

- The girls presented a check in the amount of \$1,144 to the Orange Police Department, wrapping up their “Protect Our Paws” effort.
- Additionally, a pet supplies/food drive brought in a carload of items that were subsequently donated to the Milford Animal Shelter.
- The Junioresettes accompanied OCW to the holiday event at Silverbook Senior Center, helping with the craft project, serving the refreshments and helping distribute the grab bag prizes.
- They also participated with Orange Social Services and helped to make the season a little brighter by donating gifts for a family with six children.

## LONG TERM AFFILIATION (LTA)

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

**Check out the new video about Manes & Motion Therapeutic Riding Center at**

<https://www.youtube.com/watch?v=28d8kt56zMg>

Ways your club can get involved to support our LTA:

- Adopt a Horse
- Sponsor a Rider
- Support Horses for Heroes
- Attend a Manes & Motions Event
- Sponsor an Event
- Give to our Wish List

All cash donations have to be made through CJW but individual clubs can choose to earmark their donations for a particular need. If you have any questions about donations please contact Wendy Gamba [wgamba@yahoo.com](mailto:wgamba@yahoo.com).

### 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](https://hfsc.org/Manes-Motions/ways-give).

There is a very handy In-kind Donor gift PDF on the [CJW.org](https://www.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.

## MEETING PLANNER

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



It was great to see everyone at Fall Conference! I'm working on booking the venue for our next conference and hope to be able to share more information in the next newsletter. I'll also have more details to come on the President's Breakfast in March.

## WAYS AND MEANS

Wendy Gamba – [wgamba@yahoo.com](mailto: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.

Any ideas for new items are greatly appreciated!

## 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*

*Please send your updates to Betty-Lou about what your club has been up to.*

## DOGWOOD

District Advisor – Deborah Heim – [debpothier@aol.com](mailto:debpothier@aol.com)



*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.*

*Please send your updates to Deborah about what your club has been up to.*

Greetings from Orange, and happy new year to all!

We had a busy fall with our Country Fair in September, Halloween gathering with the Tracy Bunch in October and our Holiday Get-Together with our friends at Silverbrook Senior Center in December. We ran a very successful Paperback Book Drive which we subsequently donated to the Veterans Center, and supported Orange Social Services with gift cards for their annual food drives for Thanksgiving and Christmas. This holiday season we also joined the other civic clubs in town by decorating a Christmas tree for display at the library.

We're gearing up for our major fundraiser "Casey Carle's BubbleMania" on Saturday, January 28th at 3:00pm at High Plains Community Center. BubbleMania is a highly- acclaimed show combining the science of bubbles with theatrical showmanship and comedy. Its website describes the show as an "extremely unique program combining high energy entertainment with artistic achievement. BubbleMania is loaded with visual comedy, quick wit, big band swing music and the untamed, often unbelievable qualities and beauty of spherical liquids." This will be a wonderful community event and lots of fun for all ages.

Tickets are \$5 in advance before January 15th or \$7 at the door. Contact Michelle Bailey for tickets at [fbailey1@optonline.net](mailto:fbailey1@optonline.net) or any OCW member.

Please see the attached flyer.

# Bubble Mania

Orange Community Women presents

**Casey Carle's Bubble Mania**

**A fusion of comedy, jazz music and brilliant bubbling to amuse and amaze every age!**

**SEE**

- Giant spheres and 20-foot Bubble Serpents
- Bubbles that bounce, dance and shimmy
- Jaw-dropping fog filled bubble sculptures
- Gravity defying blades of bubble foam
- Bubble Spaceship, Crystal Ball, and Bubble Cube
- Soap Bubble Ping-Pong and more!

**"A True Master of his Craft"**  
- Cirque du Soleil

**"Bubble Artist Champion!"**  
- TV Tokyo

**"A Fantastic Act"**  
- Discovery Channel

**TWENTY EFFERVESCENT YEARS. THOUSANDS OF SATISFIED CLIENTS. MILLIONS OF HAPPY PEOPLE!**

**A Soap Bubble Spectacular for Theaters, Conferences, Schools, Libraries, Festivals, Museums and More**

4 pro entertainers to cover NY, New England & Beyond  
Casey Carle, Doug Rougeux, Seth Bloom, Christina Gelsone

**www.bubblemania.com**

**860-632-9049**

**(BTW: Any mess is self-contained. No worries!)**

Also available: Elegant presentations for adult events  
Consulting services for film, TV & stage

Saturday, January 28<sup>th</sup> 3:00 p.m.

High Plains Community Center Gym, 525 Orange Center Road

Tickets: \$5 before January 15<sup>th</sup>; \$7 later or at the door

Contact: Michelle Bailey @ (203)605-4383 or [fbaily1@optonline.net](mailto:fbaily1@optonline.net) or any member of OCW

✂

OCW BubbleMania January 28, 2017 Ticket Order Form

Name: \_\_\_\_\_ # of tickets \_\_\_\_\_ x \$5 = \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Make checks payable to Orange Community Women

Mail order form and payment to: Michelle Bailey 560 Wagon Trail Orange, CT 06477

## REGAL MONARCHS

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



*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 Juniorettes*

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

*Please send updates to Jessica on what your club has been doing.*

Woodbury is planning a fun event on February 25<sup>th</sup> to benefit their community enhancement grant. The event is a Murder Mystery Dinner with a "Crime and Pun-ishment" 1920's Theme. Attendees are encouraged to participate in the performance given by The Murder Mystery Co. Actors, including dressing according to the theme in costume (prizes will be given). The event will be held at the Historic Curtis House Inn in Woodbury, CT, which may or may not be haunted!

**WOODBURY  
JUNIOR WOMEN'S  
CLUB PRESENTS:**

# CRIME AND PUNISHMENT

A 1920'S MURDER MYSTERY EXPERIENCE

**Saturday, February 25, 2017 6:00 PM**

**Curtis House Inn — Woodbury, CT**

**\$60 per person - Includes:**

**2.5 hour Interactive Show**

**Full Course Dinner**

**1 glass of house wine or beer**

**Choice of Entree:**

**\*ROASTED CHICKEN**

**\*GRILLED SALMON**

**\*GRILLED NY SIRLOIN (8 oz)**

**(Vegetarian option available upon request)**

**Stop by Abrash Galleries**

**or call 203-597-7666**

**The Murder Mystery Co.**

**All proceeds will benefit  
WJWC's Community  
Enhancement Grant**

**WoodburyJuniors@yahoo.com  
Woodburyjuniors.org**

**TICKETS**

