

# JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2017 ISSUE 3

MARCH 2017

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



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<http://cjw.org>

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## CO-DIRECTORS

Maryellen Friedrich – [mfriedrich@cox.net](mailto:mfriedrich@cox.net) / Alison Wells – [alisonawells@att.net](mailto:alisonawells@att.net)



### Time Management

Our toolbox topic for this month is “time management”. There are 24 hours in a day, no more, no less. How many of us could occasionally use a couple of more hours?

Managing our time effectively can make a difference in getting the most out of a day. Did you ever stop to think about what tasks take up your time? Working, sleeping, cooking, checking emails, being on social media, waiting for a baby giraffe to be born on YouTube (yes, we are guilty!), checking emails, watching TV, time with family, household chores, volunteer work, .... Tick-tock! There are so many distractions.

Stay focused! Easier said than done. Here are some tips:

Move your cell phone into the other room, turn off the TV, and keep your work area distraction free.

Make a daily ‘to-do’ list... crossing off completed tasks gives such a great feeling of accomplishment!

In an effort to save you some time, look at the following:



How many of us have email boxes filled to the brim on our computers? Here are some pointers to dealing with the overwhelming number of emails...



### 11 TIPS TO EFFECTIVE EMAIL MANAGEMENT

1. **Process your mails once a day** (No need to check it 4213 times / day - Nothing major is going to happen)
2. **Prioritize 20% important mails; Defer 80% ones**
3. **Have a "Reply by XX Day" folder** (So you get some time to think over the mails and get to them later)
4. **You don't need to reply to every mail** (Sometimes no reply is a form of reply too)
5. **Create templates** if you often send similar mails
6. **Read only emails that are relevant** (Organize them into folders; Pick and read when you need to)
7. **Structure your mails by categories** (Use folders / labels and hierarchy structure to your benefit)
8. **Use filters** (Sorts your mail automatically)
9. **Use the 1 minute rule** when replying
10. **Limit the time** you spend in the inbox
11. (Ruthlessly) **Unsubscribe** from mails you don't read

© Celestine Chua; Full article:  
<http://personalexcellence.co/blog/effective-email-management/>

Managing time more effectively can decrease stress and the feeling of being overwhelmed. It can help increase feelings of accomplishment and take some of the weight off our shoulders.

We truly appreciate the *time* you spend as part of the CJW and local club families.

## Director's Challenge – Scavenger (Photo) Hunt

Reminder: deadline is March 25, 2017 (President's Breakfast) – if your club hasn't started yet, it's not too late!



### ASSISTANT DIRECTOR

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

Hi ladies,

Hope everyone is enjoying these warm temperatures. President's brunch is next month, March 25th. This is a lovely event and a great way to say a big thank you to our presidents. Our presidents work hard all year and they deserve to be honored and appreciated. We hope all presidents and other members can make it this year.

#### Reminder:

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)

CJW is busy planning for the President's Appreciation Brunch and that means that submitting the President's Report is right around the corner as well!

Each club is responsible for submitting a completed HARD COPY of the Report at the President's Brunch on March 25 or mailing it to the current CJW Directors. A Report is mandatory for each club and is a way of protecting your club and you as an individual regarding tax exempt status with the I.R.S. Department of Consumer Protection, and our CJW liability insurance. Information also has a direct impact on our insurance cost, bonding insurance and CJW's general ability to be able to contact specific members of your club when mailing financial information.

The updated President's Report is available in the President's Section of the Handbook and on our Website at [www.cjw.org](http://www.cjw.org). An email notice was also forwarded separately to all club Presidents. Please remember to bring reports to the President's Brunch.



## WE NEED YOUR HELP GETTING SCHOLARSHIP APPLICANTS!



Each year, CJW awards three (3) scholarships to deserving individuals who meet specific requirements for each. We need your help to spread the word within your communities regarding these scholarships. Each club who has donated to these scholarships, can select and submit and applicant. If your club has not donated, it not too late! **All applications are due no later than March Board to be eligible.**

A summary of each scholarship is below, but please visit [www.cjw.org/scholarships](http://www.cjw.org/scholarships) for specific details and application forms.

- **Paulie Magera Award** - This 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. A portion of the fund balance will be awarded annually. Applications are to be submitted to the Health Chair, Patty Nabors – [pnabes28@aol.com](mailto:pnabes28@aol.com)
- **Marie Bates Juniorette Scholarship and Campership** -This scholarship is given to either a **current Juniorette that is completing her second year of membership or a former Juniorette that was an active member of her club for two consecutive years** and has submitted a scholarship application by the deadline. Applications are to be submitted to the Immediate Past Director, [Amy Neves](mailto:nevesfamily34@gmail.com), [nevesfamily34@gmail.com](mailto:nevesfamily34@gmail.com)
- **Maureen Borski Scholarship** - Maureen Borski was the first CJW Director from 1979 – 1980, and this award was named in her honor. This scholarship is given to a women who may or may not be a member of a Connecticut Junior Woman's Club and must have completed at least two (2) years of college by June 2017. Applications are to be submitted to the Education Chair, Elizabeth Tischio – [johntischio@bhhsne.com](mailto:johntischio@bhhsne.com)

### CORRESPONDING SECRETARY

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

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



Hi Juniors! I hope you all faired the winter weather of February well. As we are approaching March, we are also approaching the President's Report deadline and CJW Scholarship Application time.

Please remember – if your club is putting forth an applicant for any of our scholarship programs, you club must have donated to that scholarship, this club year. The first phase of the review is checking with me to confirm that the sponsoring club has made a contribution. Many clubs have already begun sending me donations! Towards that end, many clubs also send separate checks for each scholarship. You are welcome to do that if it makes it easier on your Treasurer. You are also welcome to submit one check for two or more scholarship donations. I just ask that you tell me how to apply your donation. It is preferable for me if you include a separate piece of paper with details, but you could also write it on the memo line. Scholarship applications are due by President's Brunch (March 25). You can either bring the checks with your submission or mail them to me directly.

A few tidbits related to the President's Report:

1. The report asks that you provide an e-mail address where you club would like the dues and insurance bill to be sent over the summer. You are welcome to put more than one address in, but this is the source document I use to transmit your invoices. I know there can be unexpected changes that transpire in just a few months' time between the report and the invoices being transmitted, but please put a responsible party down for this. It does not have to be your treasurer or your president, just a responsible party!

2. Most years either just before or within the President's Report, clubs provide feedback that that the President's Report dates coincide with the club year. As a past treasurer of my local club I totally understand the frustration! But, here is the why and how behind it. Each local club has a different official fiscal year end. Shoreline's happens to be in May, other popular months are June, July and August, and there are probably a few Decembers out there. At club inception, each club was permitted to make this selection as they saw fit, so there is no natural cut off. The reason we do February is because our insurance year starts July 1. So, for us to collect all the Presidents Reports, tally the information, complete the annual application process and get the insurance in place for 7/1, we use February 28 as the cut off, with submission due in March. Now, you might say that three months should be plenty of time for this process and I would agree, however, the major barrier to us changing the date is the percentage of clubs who fail to meet the Presidents Report deadline.

I look forward to seeing you all at President's Brunch in March. As I do at each Conference, I will be putting in a plug for a volunteer to come forward to be our next Treasurer. I will be completing my second two year term in 2018. If someone has some interest but is concerned about the size of the commitment or a "fast transition" as sometimes occurs, I would be happy to talk through your concerns and see what I can do to alleviate them!

## ARTS & EDUCATION

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

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

**Don't forget to submit the Maureen Borski Scholarship application(s).**

## CONSERVATION & CURRENT AFFAIRS

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

The Governor is calling for a two-year budget that does not make adjustments to any major tax rates, stays within the spending cap, and grows at a pace well below inflation. Containing \$1.36 billion in new spending reductions, the proposal re-envisioning state government in order to provide essential, core services at a less cost to taxpayers.

For more details you can go to this website:

<http://portal.ct.gov/en/Office-of-the-Governor/Press-Room/Press-Releases/2017/02-2017/Gov-Malloy-Introduces-Budget-Proposal-Focused-on-Making-State-Economy-More-Predictable>

## HEALTH

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

Why is it important for women to take vitamins and supplements? As we age, our system is depleted of such and our food sources of today do not retain the correct amount of the RDA, recommended daily allowance. The farming techniques and soil of today leaches a lot of the nutrients from our food. The amount or portions we would have to consume to reach the RDA of vital vitamins and mineral would be immense! So, as they say, "If your body can't make it, you must take it!"

5 Crucial supplements and vitamins needed are:

**Calcium** - For strong bones and teeth, aids in preventing osteoporosis, transmitting nerve signals, helps with weight management and fighting PMS. also, has been linked in preventing heart disease and diabetes. Daily dose: 1000mg /day  
Your body can only absorb so much, so taking it in the morning and evening is best.

**Vitamin D (D3)** - aids in calcium absorption. in bone and skeletal health, brain functions, preventing mood disorders and aids in hormonal balance. Daily dose: 2000 IU of D3 in winter, less in the summer because the sun's rays are brighter and stronger then.

**Probiotics** - this good bacteria aids in diminishing gastrointestinal problems and can help in reducing colds. Daily dose: 10 billion CFU (colony forming units) in the am. This will aid in digestion throughout the day.

**Antioxidants** - fight free radical damage (caused by pesticides, air pollutants, tobacco smoke, alcohol, fried foods). antioxidants fights the aging effects caused by the above items, and diseases of the heart, eyes, skin and brain.

**B vitamins** - including B12 and folate are important for a women's metabolism, preventing fatigue and boosting cognitive functions, regulates mood and sleep. Look for an activated vitamin b complex when purchasing. An activated B complex has the combination of B vitamins in the coenzymated form, so the body is ready to receive and use them with maximum absorption.

It is important as the care givers in our families, that we women take care of ourselves the best that we can. ! There is only one YOU !!

### EXERCISE : YOGA

Yoga is a great exercise. It is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. The word "yoga" means to "yoke" or to "unite", and the discipline aims to bring the mind and body into sync with each other. This is accomplished through three main components, of yoga: breathing, postures and meditation. Yoga aids in building strength, flexibility, concentration and will power. You will learn to control your body, with your mind and ultimately, understand that, as in life, with time and patience you can overcome many obstacles. You're stronger than you think ! find a studio or gym that offers it and TRY IT! You will be amazed at how you feel !



## RECIPE: Vegetable Lasagna

### Ingredients

1 cup(s) carrot(s), sliced  
1 cup(s) zucchini, sliced  
1/2 cup(s) pepper(s), red, bell, diced  
1 cup(s) spinach, chopped  
1 cup(s) cottage cheese, low-fat  
1/2 cup(s) cheese, ricotta, low-fat  
2 egg substitute  
1 teaspoon basil, fresh, minced  
1 teaspoon oregano, fresh, minced  
1 pepper, black ground  
2 cup(s) marinara sauce, low-fat, low-sodium  
9 pasta, lasagna noodles, uncooked

### Preparation

1. To prepare the vegetables, steam the carrots over boiling water for 2 minutes. Add the zucchini and steam 2 more minutes. Add the red pepper and steam 2 more minutes. Add the spinach and steam 1 more minute. Remove the vegetables from the heat. Combine all remaining ingredients except the marinara sauce and lasagna noodles.
2. To assemble the lasagna, place a little sauce on the bottom of a casserole dish. Place 3 noodles on top of the sauce. add a layer of vegetables and cover with a layer of the cheese mixture. add some sauce. Repeat. Add the last layer of noodles and top with some sauce. Refrigerate overnight. The next day, preheat the oven to 350 degrees. Bake the lasagna for 40 minutes until bubbly. Let stand 10 minutes prior to serving. Cut into squares and serve. (If you prefer to bake the lasagna immediately, cook the pasta before layering it.)

## HOMELIFE

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

How many of you are planning for retirement or thinking of retiring? How many of you have had to execute a will after the loss of a loved one? These things are not often thought about on a day-to-day basis however, you realize the importance of understanding the rules and processes when directly faced with them. Collectively I would call this estate planning.

*"The word "estate" means all of the money, property, assets, interests and things of value controlled by a person while alive. Yet, estate planning is more than money. It is people – family, loved ones – and providing for them. It is federal and state taxes and how to minimize them. It is the setting of goals and objectives regarding how money and property will be handled and distributed. The word "estate" is used to refer to the probate process—the "probate estate". usually referring only to those assets which are subject to probate—which are only those assets which were in the sole name (or ownership) of the deceased at the time of death and without any beneficiary designation.*

*When talking of taxes, "estate" is used to refer to the taxes imposed on the transfer of property at death—i.e. "estate taxes". For estate tax purposes, the word "estate" generally means the sum total of all items of monetary value such as bank accounts, brokerage accounts, real estate, interests in partnerships and LLC, stock and bonds, vehicles, jewelry, IRAs, 401(k) accounts, life insurance, tangible personal property, etc., which were held, owned or controlled by the deceased at death." Armstrong Law Office PC*

So did I confuse you? It is complicated! To help us begin to sort some of this valuable information out, Tracy MacKinstry of LPL Financial, and a member of Shoreline Community Women, will be joining us at the President's Brunch to discuss the ins & outs of estate and retirement planning – Wills, Powers of Attorney, Living Wills and Retirement Planning. I have added her contact information for those who may have specific questions after the meeting. Looking forward to seeing everyone there!

Tracy A. MacKinstry, Financial Consultant  
Securities Offered through LPL Financial, Member FINRA/SIPC [www.mackinstry.com](http://www.mackinstry.com)  
Member of Shoreline Community Women

## JUNIOR BULLETIN, MEDIA COORDINATOR

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

Ladies – If you don't have a district advisor, please send your photos and information about what your club is doing so I can include it in the newsletter, and maybe even a Facebook shout out! I love to see all of the fun we're having while doing good work in all corners of our state. ☺

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



Don't forget to submit applications for the Marie Bates Juniorette Scholarship and Campership by the March Board meeting. (See Parliamentarian article for more details.)

## 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)

From Manes and Motions:

Our winter program is going strong with approximately 70 riders registered this semester. We are gearing up for the spring semester and are rolling out a new program, EAL- Equine-Assisted Learning. Activities in this program may be mounted or unmounted and focus on promoting personal growth, self-awareness, emotion regulation and life-skills development through experiential learning.

We sadly lost our beloved pony, Rosie due to a brief colic episode with an intestinal twist. We have taken on a new horse, Dakota who is currently on trial with us. He stands quietly for mounts and dismounts, trots off nicely in hand when asked and is looking like a promising addition to our herd.

We are working with Eversource to coordinate a day of caring at M&M where employees can help us get the riding trail cleaned up and ready for the spring semester. There are several identified improvements we would like to make to the trail and need approximately \$500 to make this happen.

This would be a great project for the clubs to assist them with the clean-up and we could possibly donate the money to help with this clean-up. **What does every one think?** – (e-mail any of the LTA chairs with your feedback please)

As a reminder...There is a very handy In-kind Donor gift PDF on the [CJW.org](http://www.cjw.org) website (at the bottom of the LTA page) that you can use to put a value on your donation for your club, and CJW records. All cash donations have to be made through CJW so we can track support of the LTA project, 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).



## MEETING PLANNER

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



Wait just a little bit longer....Spring is almost here! With spring around the corner, CJW has big plans for the upcoming months.

On Saturday, March 25th is President's Brunch, at the Courtyard Hartford Cromwell, in Cromwell CT. Registration begins at 7:30AM and breakfast will start to be served at 8:00AM. Please be prompt and expected to be dazzled away with our **"Red Carpet Theme."**

President's Brunch is great way to honor our leaders across the state for all the hard work that they do for their clubs, and in their communities. Please RSVP sooner than later. The call was sent out with the February issue. **Attached to this newsletter** will be the call again. If you have any questions or concerns please do not hesitate to contact me at any time.

Spring Conference will be held on May 6, 2017. It will also be held at the same location of President's Brunch at the Courtyard Hartford Cromwell, in Cromwell CT. More information to follow.

With all that said, please let me know if any club or clubs would like to host up and coming conferences. It's fun and exciting, and not as complicated as one may think! It's a great way to create club unity and create some fun social events.

**DEADLINE FOR PRESIDENT'S BRUNCH REGISTRATION IS MARCH 12th!**

Stay Warm and hope to see you on March 25th!



## 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*

Don't you just love this tug of war between winter and spring? I vote for spring!

Our District Night is this Friday (March 3, 6:30), hosted by South Windsor Junior Women's Club. It's sure to be a fun night, including an easy card game (Whist), time to socialize and network, some raffles and free snacks. It's only \$6.00 and supports Manes and Motions! I hope to see lots of Juniors, friends and neighbors there... at the South Windsor Community Center.

Tolland Junior Women took advantage of the nice weather and went around town snap-ping photos for the Director's Challenge. I hope our other district clubs are also out there with your cameras.

I am sad to say it looks like Barkhamsted Women's Club is no longer operating. My home club, Tolland has made a successful turn-around, going from 6 members to 17 in just two years. As your district advisor, I would be happy to come to your meeting or chat on the phone to discuss ideas for recruitment, report writing, by-law revisions, or any other issues your club may be facing. Please don't hesitate to contact me.

Also feel free to share the good news about what your club is doing. I'd love to feature your club in the next Bulletin! Tolland held a successful Parent-Child 4th grade Valentine Dance, raising over \$1100 on admissions, plus more on glow jewelry sales and a UCONN raffle basket. We get such lovely feedback from parents who appreciate the opportunity to create a special family memory!



## 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 Juniorettes.*

The **Monroe** Women's Club is putting together Easter Baskets for Social Services and will also be putting together Mother's Day Bags for the Women's Shelter.

The Monroe Women's Club will be hosting a Kentucky Derby Luncheon on 4/29 where our theme is "Run for the Roses & win the Purse!"

This is a twist on our annual Purse Auction with a horse racing theme to honor our new State Project, Manes & Motions. (A portion of the proceeds will be donated to Manes & Motions).



Greetings from **Orange!**

We just completed a very successful fundraiser. Casey Carle's BubbleMania was held on January 28th to a packed house, and for one hour gave a very fun, entertaining and upbeat show featuring -- bubbles! We would absolutely recommend him for a fundraiser geared toward families. We also have wrapped a Book Donation of gently used paperback books that were subsequently donated to the Veteran's Hospital. In February we held our Valentine's for Vets event, bringing Valentine's wishes from Orange Community Women and our Juniette group. Plans are underway for a March event with our friends at the Tracy Bunch. See you at the President's Brunch.

## 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 Juniettes*

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 Juniettes*

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

Watertown is holding a fundraising event in April:

# Spring Fling Craft & Vendor Fair

Join us for a fun day of shopping!  
Lots of handmade items and great vendors to see!  
Looking for a great Easter or Mother's Day Gift? This is the place to be!  
Hope to see you there!

**April 1, 2017  
9am - 2pm  
Oakville, CT VFW  
85 Davis St.**

**VENDORS STILL NEEDED!**

Hosted By the Watertown Junior Women's Club to raise funds for locally supported activities & our yearly Watertown High School Scholarship

FOR MORE INFO - CALL HEATHER AT 203-529-2431 OR EMAIL AT ALMTEH29@AOL.COM

Woodbury held a very successful 20's themed "Murder Mystery" dinner on Saturday February 25<sup>th</sup> at the historic Curtis House Inn in Woodbury. The event was a sellout (76 tickets) and was a roaring good time for all that attended! The proceeds will benefit WJWC's Community Enhancement Grant .





Woodbury has invited a representative from the CT Women's Hall of Fame to speak at their March General Meeting to help celebrate Women's History Month. Some of you may remember a few years ago that they spoke to us at Fall conference. The public is invited and light refreshments will be served.

*In Celebration of Women's History Month, The Woodbury Jr. Women's Club invites you to join us for an interactive, multi-media program*

### **“ Celebrating 300 Years of Connecticut's Remarkable Women”**

*Learn about some of our state's most remarkable women! Be inspired as you learn about well-known figures like Ella Grasso, Katherine Hepburn and Marian Anderson and lesser known heroines like Maria Sanchez, Barbara McClintock and Hannah Watson. This presentation will introduce you to the Hall, its mission and programs, and give you a panoramic view of some of its 115 Inductees from across all fields of endeavor, from politics and sports to the arts and sciences.*

**Wednesday, March 15, 2017**

**7 p.m.**

**First Congregational Church**

**214 Main Street South**

**Woodbury, CT**

*This is a free event*

*Light refreshments will be served*

Presented By:



*The Connecticut Women's Hall of Fame is a non-profit educational outreach organization based in New Haven that provides educational resources to schools, libraries, corporations, and other groups around the state.*

*Learn more at [www.cwhf.org](http://www.cwhf.org)*

