

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2017 ISSUE 7

OCTOBER 2017

“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

Welcome back from summer vacations, hopefully you were able to spend some time “unplugging”.



Fall Conference Saturday 10-21-17

Please send club RSVPs to Nicole Maxellon meeting planner by 10-4-17.

- ❖ Only \$10 to attend the Fall Conference!
- ❖ Pot Luck style... see the “Call” for details... cooking competition is on!
- ❖ Speaker: Guest speaker from, **Miranda Design**, <http://www.mirandacreative.com> , a full service marketing, design, and interactive agency located in Connecticut.

- ❖ We will have 2 breakout sessions:
 - **CJW 101 sessions**, presented by Wendy Gamba (CJW Treasurer/ Ways and Means Chair) and Michelle Cook (CJW Corresponding Secretary and Public Relations/Media/Website Chair)
 - **Arts and Crafts**, presented by Sharon Schoenberger (Arts and Education Co-Chair) ... get your crafty on! Make a seasonal greeting card AND a card to be donated for our soldiers and service personnel to send to their friends and families.

- ❖ The **Director’s Challenge** will be issued! We are learning how much Juniors love a little friendly competition!

- ❖ Let Nicole know if your club is planning on bringing a raffle basket.



We want to thank Deb Heim for stepping in to be the Conservation/Current Affairs Chair. Deb has a wealth of information and some terrific ideas.

Still in need of District Advisors for the Regal Monarchs and SHORE districts. Let us know if you can help.

Looking forward to seeing you on October 21st.

ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

Fall is upon us and so is Fall Conference. This will be a great opportunity for all members, both seasoned and new, to get together, exchange ideas and learn some new things to take back to your clubs. Clinton is home to the Shoreline Community Women and we would love for you all to come to our beautiful town.

As I mentioned at the last newsletter, our guest speaker will be from Miranda Creative (<http://mirandacreative.com/>) and they will be discussing using social media to help promote our clubs.

I am still looking for help with our CJW yearbook. Presidents, i ask a favor that you gather photos from your members and send as file so that I'm not getting tons of emails. Many thanks.

For CJW junior week, we will once again be giving away Dunkin Donut cards to people right behind us in line.



IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com



Time sure does fly when you're having fun! Believe it or not, Maryanne and Alison's term will be complete by the end of our operational year. To prepare for this, I will be looking for volunteers to participate in the Nominating Committee that will present the nominees for the next Board.

Please let me know at Fall Conference or via email if you are interested in participating on this committee. Each position will be open.

CORRESPONDING SECRETARY

Michelle Cook – michellecook.cjw@outlook.com

I recently sent out an e-mail to my current club president list asking for updated officers and have received several responses (thank you!). If you are a club president and didn't receive it, it's likely that my officer list for your club isn't up to date. 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
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TREASURER

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



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 by providing an e-mail address 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.

Just a few reminders to clubs related to scholarships. We encourage all clubs to contribute to our three CJW scholarships. Details these scholarships can be found in the Handbook on the CJW website – cjw.org. The annual amount of the scholarships awarded is directed by the CJW bylaw which states that up to one half of the total amount in each scholarship is eligible to be distributed each year. It is the clubs donations that build that account balance! The clubs also must sponsor the applicants. Each club is permitted to sponsor one applicant per scholarship. If your club has two (or more) worthy applicants we suggest you connect with another club who may be willing to sponsor your applicant if they are not already sponsoring someone. But, most importantly, in order for the applicant to be considered, the sponsoring club must have contributed to the scholarship in the year of the sponsorship. Upon receipt of applicants, the first thing that is verified is the sponsoring clubs eligibility. Please donate!!

ARTS

Sharon Schoenberger – ssharonas@icloud.com

- Performing Arts
 - Saturday, Jan. 6th Special children's interactive music program: Sunny Train LaLa, location to be determined, will be in the Clinton area. 1030 to 1130 am. Sponsored by Shoreline Community Arts program. This is geared to little ones, bring the kids and grandkids. Your support would be greatly appreciated. The cost is \$300 for one hour. Check out Sunny train LaLa website.
 - Pampered Chef fund raiser - 100% proceeds to Arts. To support, go to pamperedchef.com find hostess, Sharon Schoenberger, Ivoryton, CT.
 - Planning a lottery ticket raffle basket for Fall conference to help with fundraising for this special program.



- Creative Arts
 - Inviting clubs to do a Christmas door decorating contest. We have done this in past and it's fun. You'll need a few judges and a prize, get your competitive creative juices flowing. Bring photos to Christmas party. RSVP to me, which clubs will participate?
- Visual Arts
 - Looking for interesting Art slide shows to share with group. Anybody who has some to share, please let us know.
 - Florence Griswold Museum 9th annual Wee Faerie Village Sept. 30 - Oct. 29, 2017
Over 30 handcrafted, faerie-sized bldg. thru out 13 acre historic site. Good plan to add to Fall Conference in Clinton, museum is a hop skip and a jump over river. Sundays in Oct. free hand-on projects for families. Free with admission. 96 Lyme St., Old Lyme, CT 06371 Tel 860 434 5542 <http://florencegriswoldmuseum.org>
- In Club Division
 - see Pinterest Fall Bucket List Craftaholics Anonymous materials needed Small bucket, ice cream sticks. Paint.add Fall basket list ideas to painted ice cream sticks , each weekend pull random stick and do that activity

CONSERVATION & CURRENT AFFAIRS

Deborah Heim – debpothier@aol.com

Current Affairs

September 17 - 23 was Constitution week it is an American observance to commemorate the adoption of the United States Constitution. The purpose of observance week is to promote Study and education about the constitution which was adopted by the American Congress of the Confederation on September 17, 1787.

Conservation-Health

Hurricane and the Winter season is upon us and coming Storm Preparedness is key to making sure your family is ready.

Before an emergency

- Make or purchase an emergency supply kit, including pet items.
 - Water, one gallon of water per person for at least three days
 - Food, at least a three-day supply of non-perishable food
 - Battery powered or hand crank radio(Extra batteries)
 - Flashlight and extra batteries
 - First Aid Kit
 - Whistle to signal for help
 - Dust Mask
 - Moist Towelettes, garbage bags and plastic ties
 - Can Opener for food
 - Local Maps
 - Prescription Medication and glasses
 - Infant food
 - Pet Food
 - Cash - Family documents
 - Sleeping bag or warm blanket
 - Change of Clothing
 - Personal hygiene supplies
- Trim trees, shrubs and other potential hazards
- Test you generator monthly, if you have one
- Fill all prescription; have cash on hand in case banks are closed
- Charge cell phones & electronic devices; consider purchasing car charger for cell phone
- Fill all vehicle gas tanks and keep an extra full gas can on hand
- Fill bathtub with water to be used for flushing toilets



During an emergency

- Stay inside & wait out the storm
- Stay away from windows
- Avoid using landline phones
- Turn off utilities if necessary; keep refrigerator closed

After an Emergency

- Check on neighbors, especially elderly or disabled
- Call power company for power outages
- Monitor local communications
- Be prepared to go to the Town Shelter if necessary

Have a Plan

- Pick a safe place outside you home to meet.
- Pick a safe place in you town to meet
- Designate an out-of-state contact so all family members have a single point of contact in case of separation
- Designate an out-of-state meeting place



HEALTH

Patty Nabors – pnabes28@aol.com

Hello All! This year our Health articles will focus on becoming a better you with the addition of fun nutritional facts and recipes.

October is Breast Cancer Awareness month. Breast Cancer is the 2nd most common cancer is women. Actually 1:8 women are affected by it. But, it is also one of the most treatable ,if caught early. Early detection is done by performing monthly self-checks and yearly mammograms. If you are a female, ages 50 -74, you should have a mammogram every 2 years or every year. A healthy - living lifestyle tends to reduce the chances of cancer and it's exposure, which causes damage to DNA . The best way to prevent this is to adopt a diet that increase certain anti oxidants, vitamins and minerals.

NUTRITIONAL FUN FACT: Foods to add to your diet and aid your health

1. **GARLIC:** contains sulfur compounds which slows down the growth of tumor cells
2. **BROCCOLI:** contain an increase in antioxidants, fiber, and flavonoids which minimize the destruction caused by free radicals, decrease growth of cancer cells
3. **BRAZILIAN NUTS:** rich in the mineral selenium and antioxidants; withers cancer cells and repairs DNA
4. **LEMONADE:** Increased concentration of Vitamin C; prevents the occurrence of cancer Taken daily aids the lungs and throat to be cancer free
5. **BLUEBERRIES:** Increase in antioxidants and flavonoids which sid in neutralizing free radicals , which encourage the growth of tumor cells.
6. **MUSHROOMS:** They boost the immunity system and fight cancer. Hemoglobin levels are regulated by mushrooms and reduce the risk of cancer
7. **ARTICHOKES:** contain antioxidants which prevent epidermis cancers
8. **GREEN TEA:** Contains cancer fighting properties and antioxidants which prevent the destruction of cells. Efficient toward skin and breast cancer
9. **WILD SALMON:** Contain omega fatty acids and Vitamin D; aids in stopping the growth of cancer cells and aids in prevention of prostate cancer.
10. **KIWI:** increased in Vitamin C, a cancer fighting antioxidant ; neutralizes free radicals
11. **EGGS:** Rich in vitamins B, D, and E and proteins. the selenium in eggs decreases the side effects of chemo; reduces nausea, hair loss, abdominal pain and weakness
12. **GINGER:** when eaten prior to treatment, eases nausea
13. **ACAI BERRY:** antioxidant. 1 berry has 11X more antioxidant prop. than one apple
14. **PEPPERMINT:** an herb which aids in reducing the after effects of treatment; relieves nausea, dry mouth and anxiety.
15. **SOY:** rich in protein and estrogen; reduces tumors in breast cancer
16. **LEGUMES:** beans, lentils and peas, rich in vitamin B; aids in healing and cell repair, boosts the immune system
17. **GREEN LEAFY VEGGIES:** High in folate, vitamin B, and Calcium; calcium strengthens bones and aids in cell repair



Are any of these part of your grocery list? If not, they should be!!

RECIPE:

Cancer Fighting Soup

Author: Thriving Home

Serves: 12-16 servings (this soup feeds an army!)

Ingredients

- 1-2 tablespoons olive oil
- 1 onion, diced
- 2-3 celery stalks, sliced
- 2 cups carrots, diced
- 3 garlic cloves
- salt and pepper, to preference
- ¼-1/2 teaspoon red pepper flakes
- 1 teaspoon Italian seasoning (or other dried herbs like basil, oregano, and parsley)
- 12 cups (or 3 32-ounce cartons) of chicken or vegetable broth
- 1 28-ounce can of crushed tomatoes (look for BPA-free cans)
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 can black beans, drained and rinsed
- ½ cup lentils (any kind will work; rinse first)
- 1 zucchini, diced
- 1 cup mushrooms, diced
- 1 cup cauliflower, chopped finely
- 1 cup broccoli, chopped finely
- 2-3 cups spinach, chopped
- 1-2 cups frozen green peas



Instructions

1. Heat 1-2 tablespoons olive oil in a large stock pot over medium-high heat.
2. Saute onion, carrots, celery, and garlic for about 3-4 minutes, until tender. Season lightly with salt, pepper, red pepper flakes (to your preferred heat level), and Italian seasoning.
3. Add chicken or vegetable broth, crushed tomatoes, tomato paste, black beans, and lentils. Bring to a boil and reduce to a simmer (slight bubbling), stirring occasionally. Season again lightly with salt and pepper. Let simmer for about 10-15 minutes.
4. Add all other vegetables except frozen peas (zucchini, mushrooms, cauliflower, broccoli, spinach) and simmer another 5-10 minutes.
5. Stir in frozen peas and turn off heat (or turn to low), so they don't overcook. Remove bay leaf. Taste and adjust seasonings.
6. If you like, serve with freshly shredded Parmesan cheese and/or whole grain crackers or crusty bread.

Notes

Freezer Meal Instructions:

To freeze:

Fully cook and cool the soup. (Do not leave soup out on counter more than 2 hours.) Divide soup into freezer bags or containers and freeze.

To thaw and reheat:

Thaw in the refrigerator for 24-48 hours. Then reheat gently over low heat on the stove or in a crockpot. Another option is to put the frozen soup block over low to medium-low heat on the stove top or in a crock pot. Add about 1-2 cups of water or broth over the top. Gently warm over low to medium-low heat, stirring occasionally.

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

Fall 2017 – Focus on Community Living

As a group, I would like to ask all clubs to begin collecting coats for the Channel 3 annual coat drive. As of now there is no information as to the dates, however, it is usually from December to early January. As the cold weather begins to roll in, let us all look into our hearts and our closets to see if there are any coats that haven't been worn in a couple of years. There is someone out there that could benefit from our generosity.



If each club could discuss this at their next meetings, and let me know who will be participating, we can begin coordinating the plan to deliver. It would be fun if we could get together on the day Channel 3 holds their collection at their station in Rocky Hill.

More to come on this but in the meantime, please check out your closets and ask your friends to do the same.

Please let me know if you are responsible for Home Life in your organization. I was thinking it would be fun to have a meeting conference call or in person to brainstorm ideas.

JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – 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 website shout out! I love to see all of the fun we're having while doing good work in all corners of our state. ☺

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.

JUNIORETTESS

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

In Orange Community Juniorette News, the first meeting for the new club year was held on September 13th, with three new Advisors and an updated vision statement:

Our vision is to provide girls 9-16 with a diverse set of experiences in our immediate community and beyond. We hope for the girls to learn valuable lessons such as teamwork, leadership skills, cultivate areas of interest along with working with people of different ages. These experiences will be achieved thru membership meetings and planned events throughout the year.

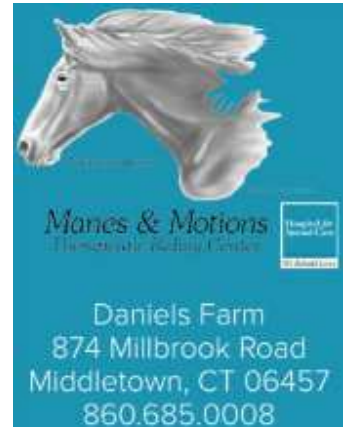
The meeting went very well. The girls were enthusiastic in discussing activities that they enjoyed in the past and what they'd like to do moving forward. They are very concerned about the recent hurricanes and are working on ideas for fundraising for the relief efforts



LONG TERM AFFILIATION (LTA)

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

The 2017 Mane Event was well attended and all the months of preparations paid off. Despite the loss of several key players this year we managed to get more sponsors, sell more tickets, make new collaborations and exceeded last year's figures! Donna Bielicki and Diane Neri served on the planning committee representing CJW. We had a great group of volunteers from Enfield, Tolland, South Windsor, Wallingford and Shoreline clubs. 12 volunteers seemed like the perfect number to organize and run the Cactus Cash game (an easy way to make \$1010.00!) and the "Bucket" Auction. There were approximately 30 items donated and we sold \$2200.00 worth of tickets. Thank you to all the clubs and individuals who donated auction items. All your donations were beautifully presented and were greatly appreciated. Enfield, Shoreline, Tolland, Wallingford, Milford, Stratford, Donna Bielicki and Diane Neri donated auction prizes. Thanks to Alison Wells, Donna B., Lynn Sellers, Kristin Walters, Jeanne McFarland, Mimi LaFrance, Susan Luiz, Lynn Nochisaki, Pam Howe, Jenn Shaw and Betty-Lou Griffin, and Lourdes Rojas for your help setting up, cleaning up and working during the event.



Fall Conference is upon us. Please remember to bring your donations for Manes and Motions to present at that time. Remember, all monetary donations need to be made out to CJW and presented through the organization. If your club makes non-monetary donations please complete the donor forms found on the CJW website (at the bottom of the LTA page) and forward a copy to Wendy Gamba so we can credit your club's contribution.

We are seeking another member of the LTA Committee. Duties would be contacting the LTA for information about what's happening and current needs, writing newsletter articles every other month, and attending CJW Board meetings. Interested members should contact Alison and Maryellen.

MEETING PLANNER

Nicole Maxellon – nmaxellon@aol.com



As the leaves start to change and the weather gets cooler, we can officially say Fall is upon us! This means club years are starting to take off with many goals and objectives planned to be successful. On the list should be to attend FALL CONFERENCE!

FALL CONFERENCE will be held on Saturday, October 21st from 8am to 1pm. It will be held at the First Church of Christ Congregational in Clinton. The format at Fall Conference will be new and exciting. The first ever "pot luck" conference will contain interactive workshops, guest speakers, and more exciting information to kick off your club year with a bang! The call is attached for convenience.

****DEADLINE TO REGISTER – OCTOBER 4TH****

Wanting to try something new? Encourage your club to host a conference! Currently we have "March Madness" meeting open to find a host club! Or consider doing it as an entire district. Spring Conference in May will be hosted by the Enfield Junior Women's Club (THANK YOU!!)

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.

Any ideas for new items are greatly appreciated!

CHARTER OAK



District Advisor - Betty-Lou Griffin – gbgriffin@yahoo.com

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

Charter Oak District was well represented at the Mane Event Fundraiser, with basket donations and volunteers from South Windsor, Enfield and Tolland. Thank you, ladies for helping to make this such a successful event.

Plans for a fall district day are underway. We're close to setting a date, probably a Wednesday night in November... just waiting for South Windsor to check available dates for their community center. It will be a fun event, so watch for further information.



Tolland Community Women participated in the town wide Celebrate Tolland event in September. Kids won prizes playing Plinko, plus there were free drawings for a women's beauty basket, and a children's game (thanks, CJW). Public participation is a great way to find new members!

(L-R) Pam Howe, Angela Krok, Jen Krasusky, Linda Domingos, and Betty-Lou Griffin

I'd love to hear and share what your clubs are doing...please send me info by the 20th of the month for inclusion in the Bulletin.

DOGWOOD

District Advisor – Deborah Heim – debpothier@aol.com



Junior Women's Club of Fairfield, Junior Woman's Club of Milford, Monroe Women's Club, Orange Community Women, Stratford Junior Woman's Club, Trumbull Community Women, Inc., West Haven Junior Woman's Club, Orange Community Juniores.

We will be meeting the first week of October.

Stratford Junior Woman's Club

The Stratford Junior Woman's Club and Perry House Foundation, Inc. teamed up to host "Queens of the Green's" a women's nine-hole scramble golf tournament on Monday, August 28th, 2017 at Oronoque Country Club in Stratford. Proceeds from the event will benefit Stratford Junior Woman's Club for the upcoming holiday toy drive we coordinate, Perry House Foundation and Emerge, Inc. Perry House is a 501(c)3 which preserves and protects the historic Perry House and promotes the historic, commercial and social and recreational resources of Stratford. Emerge, Inc. is also a 501(c)3, an organization that assists victims of domestic violence by providing safe housing and support services. The tournament included offering, a signature drink, raffle and a few course prizes along with a vendor fair.

The Stratford Junior Woman's will be holding a Sound Tigers fundraiser on Sunday, October 22nd when the Sound Tigers play the Hartford Wolf Pack. Tickets are \$20 for center ice seats and a portion of ticket sales will be returned back to our club.

Orange

Greetings from Orange! I hope you all enjoyed your summer!

OCW recently participated in the Orange County Fair held in September. We were asked by the Fair Committee to be the "ending point" for a Fair-wide scavenger hunt that would take children and their families to every tent around the fairgrounds to search for answers. As they dropped by to turn in their results and pick their prize, we were able to share information about all of our upcoming events. Additionally while we hadn't planned to fundraise at the event this year, we opted to sell some excess merchandise which also brought many people to the booth. And we made some money! Win, win!

Moving forward, we have a busy October planned. On October 14th, we will be hosting our second Savers Household Collection beginning from 10:00 a.m. – 1:00 p.m. at the High Plains Community Center. A brochure is attached. This is a great opportunity for you to clean out clothing and unused household items and donate them for a good cause.

Also in October is our Connecticut Women's Hall of Fame lecture, Women & War on October 19th at 7:00 p.m. at the Case Memorial Library in Orange. A flyer for this event is also attached. Connecticut women do remarkable things, and the CWHF honors their contribution and shares their stories. Please join us for this free event!

Later in the month, we will be hosting our annual Halloween Party with our friends at the Tracy Bunch.

See you at the Fall Conference!



**HELP US RAISE FUNDS FOR OUR COMMUNITY
BY DONATING
CLOTHES & HOUSEHOLD ITEMS!**

Our **FUNDrive**
will be held at: **High Plains Community Center**
525 Orange Center Road
Saturday, October 14 10-1
under the pavilion

and will benefit: **Orange Community Women**
whose community projects support Amity scholarships, Case Memorial Library, Veteran Tracy Bunch, Relay for Life, Silverbrook, Orange Community Services, Days for Girls, Mar and Motions Therapeutic Riding Center and Female Soldiers/Forgotten Heroes.

learn more:
Can't make it October 14? Please contact
Michelle Bailey at (203)605-4383 or
mbailey1@optonline.net for an advance
drop-off or pick-up.

FUNDrive
savers

we accept:

- CLOTHING
- SHOES
- BEDDING / TOWELS
- ACCESSORIES
- CD, DVD, BOOKS
- ELECTRICAL ITEMS
- TOYS & GAMES
- KITCHEN ITEMS
- SNACKS
- SPORTING GOODS



ORANGE COMMUNITY WOMEN

PRESENT....

CONNECTICUT WOMEN'S HALL OF FAME

"TALKS ON THE ROAD" SERIES

"WOMEN & WAR"

October 19, 2017
7:00 pm – 8:00 pm
Admission is Free

Connecticut's history is filled with remarkable women who have achieved extraordinary things.

Women have been involved in military conflicts from the beginning of time; some as warriors, some as spies and others who made the munitions or simply called for peace. Connecticut women are among the finest and bravest who have stood for their cause – sometimes defying gender norms, and often without the recognition they deserve.

Join us at this presentation which will spotlight noted women warriors, including a teenager who helped save Danbury during the Revolutionary War, Harriet Beecher Stowe who sowed the seeds of conflict leading the Civil War, and how Margaret Bourke-White's photography brought civilians face to face with war front for the first time.

Learn more about this year's Hall of Fame inductees including Captain Kristen M. Griest, Amity graduate, and the first female infantry officer in the US Army and one of the first two women to graduate from Army Ranger School.



**CONNECTICUT
W O M E N ' S
H A L L O F F A M E**

Mission Statement:

- **To honor publicly the achievements of Connecticut Women, Preserve their stories, Educate the public and Inspire the continued achievements of women and girls.**

Connecticut Women's Hall of Fame inductees prove that women are just as tough as men and will inspire others to shatter gender barriers.

October 19, 2017
7:00 pm – 8:00 pm

Case Memorial Library
176 Tyler City Road
Orange, CT

Monroe

The Monroe Women's Club is winding down their "Get Pinked" Flamingo Fundraiser which runs from Sept. 1-30. Monroe residents are able to rent a flock of Flamingos for \$15 placed around their mailbox (or secretly placed around a friend's mailbox) for 2 days. Proceeds go to Swim Across the Sound.

For Breast Cancer Awareness Month, the club places a Breast Cancer Wreath on the door of Town Hall and puts up a display at the town library. The display includes a 3 foot cherry blossom "wishing tree" where messages of hope and encouragement can be written on tags by the public and hung on the tree. Brochures, pink bracelets & pink ribbon stickers are free to the public.

In October we will have our Halloween Costume & Candy Drive on Saturday, October 14th from 9am to 12 noon in front of First Union Bank in Monroe.

Coming soon is our 2nd Annual Murder Mystery Dinner at the Stone Barn on November 18th. More details to come but this year's theme is a cruise on the Mystery of the Seas.

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

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, Junior Woman's Club of Watertown, Junior Women's Club of Wolcott, Woodbury Junior Women's Club, Wolcott Juniors

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

Wildbury Facebook Page is up!

<https://www.facebook.com/groups/193709227784980/>



Please join our Facebook page to keep updated with Wildbury District news!

Looking for District Day ideas! Let's get together ladies and have some fun!