

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2017 ISSUE 8

NOVEMBER 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



Wow! Fall Conference was certainly jammed packed with activities, and it was great to see many of you in attendance. For those that were unable to attend, we missed you! There were 43 members registered which represented 10 clubs and included 7 first time attendees and 2 past directors. Great to meet so many first timers, welcome ~ welcome!

Conference got off to a quick start with everyone participating in the Build-a-Bridge activity. It was so exciting to see everyone working together in teams to accomplish this project and produce such a variety of designs for their final product. The takeaways? Remember to have an open mind and consider all ideas of the group; actively participate and find ways for others to participate, no matter how small the task – it lightens the load and results in feelings of engagement; don't get discouraged – together we are strong and 'can do' amazing things!

We also enjoyed two workshops where we learned about CJW (led by Wendy Gamba and Michelle Cook) and participated in a craft project (led by Sharon Schoenberger) to make cards to send to the troops. Great job!!! We heard many positive comments about the workshops.

Guest speakers included Linda Glovna from Manes & Motions who gave us an update on happenings there and the success of their recent fundraiser, The Mane Event, chaired by our own Diane Neri. We were so proud to inform Linda of CJW's decision (voted and approved at conference) to appropriate monies to two items on their wish list (mirrors for the arena, \$1200 and \$1000 to be used for the care of the horses). She couldn't stop smiling!

The excitement continued with our next guest speaker, Maria Miranda from Miranda Creative. We learned a lot of great tips from Maria, as well as the realization we have some work to do to better brand CJW across all clubs. A team will meet to digest what we learned and provide direction to clubs to help pave a path going forward for branding and marketing the CJW organization.

The Director's Challenge was introduced (details will be posted to the CJW site, and attached to the newsletter). We also gave visibility to club recognition awards we are planning for year-end celebration at Spring conference (i.e. small, medium, large club awards; most unique fundraising idea; bright idea award; newsletter award; Junior Spirit Award... just to name a few).

All in all, it was a wonderful conference with amazing women. We are so proud to be part of this organization with you.

ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

We had another great conference this past Saturday in the beautiful shoreline town of Clinton. There was lots of great information. Our guest speaker Maria Miranda from Miranda Creative gave a great presentation on best practices on how to market ourselves in social media. *Please see BONUS Section at end of Newsletter for some of those tips!*

At conference, each visiting club received a packet that includes a Dunkin Donut card. Please use the card to buy breakfast for a person behind you at the drive thru. This is a fun way to celebrate Junior Week.

Presidents, please send me a document with pictures of your members so I can add to the yearbook.



IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com

At the Fall Conference a Nominating Committee was established to recommend a proposed slate for the upcoming 2 year term 2018-2020. All Board positions will be open - Director, Assistant Director, Recording Secretary, Corresponding Secretary and Treasurer.

As the Parliamentary Advisor, I'll chair the Nominating Committee which will consist of myself and the following volunteers:

- Elizabeth Guidone from SHORE District
- Donna Gorton from Wildbury District
- Diane Maxellon from Charter Oak regions

I am also looking for 1 representative each from the Dogwood and Regal Monarchs to also participate on this Committee. Please contact me if you are interested. We will meet in January to recommend a proposed slate of officers from candidates who have self-nominated for the position and send notification to the clubs prior to the meeting in March. Nominations, other than those put forth by the Nominating Committee, will be taken from the floor at the March meeting, after which, nominations shall be closed and positions will be elected at the Spring Conference.

Please consider running for a Board position. Anyone who meets the eligibility requirements of an office can apply.

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

Don't forget that the CJW Handbook has a wealth of information for Treasurers (and every other committee/officer too).

Even if you're not your club's treasurer (or maybe you aspire to be some day!), it's a good idea to check out this section of the handbook. The treasurer covers not only financial dealings of the club, but also required tax filings, insurance, etc...

Check it out: http://cjw.org/members_only/handbook

RECORDING SECRETARY

Ann Wambolt – awambolt@cox.net



Recording a motion accurately is one of the most important tasks of the Recording Secretary, as these are the official records of the decisions made during a meeting. Minutes should include the details of the motion, the names of members who made and seconded it, and the results of the vote. While I am writing down who moved and the details for the motion itself, I sometimes find it hard to recognize the voice of the member who seconds a motion. I often have to ask for clarification, particularly in a large group or when more than one person responds. The person who seconds a motion is as important as the person who makes the motion, and I appreciate everyone's help in making sure I have the correct information in the minutes.

ARTS

Sharon Schoenberger – ssharonas@icloud.com

Performing Arts –

Enjoy a family outing to a local playhouse or high school concerts Many local holidays shows happening, try to get out and enjoy an evening in the theater.

Creative Arts –

Halloween make and take cards and make and send cards to our deployed Vets were created at Fall conference.



We have some artists in the group.



I will have cards sent with Cindy Stevens, Shoreline Community Women soldier boxes program. Presently they are packing and sending care packages every other Monday. Pics to follow. We also saw great talent in our creative pot-luck dishes everyone shared. If any club is interested in holiday theme die cuts from paper for kids and crafts I have a small Christmas stocking die cut, deer, and Christmas trees, let me know qty needed and address I will send out.

Visual Arts -

Check out Dancing with Stars coming to the Mohegan Sun casino.
Think about a club Holiday Door Decorating contest.

In-club – How about saving dollars and creating and giving handmade gifts for this holiday season. Help promote Arts and let us see your talent with pics.

Enjoy the Fall season, don't forget, we all need a leaf man or lady with pumpkin heads, don't you think?

EDUCATION

Elizabeth Tischio – john Tischio@bhhsne.com

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

CONSERVATION & CURRENT AFFAIRS

Deborah Heim – debpothier@aol.com

Conservation

Start to winterize your home for the winter season

1. Open curtains on your south facing windows during the day to allow sunlight to naturally heat your home and close them at night to reduce the chill.
2. Seal Leaks around utility pipes
3. Schedule tune ups for your heating systems
4. Check for air drafts and cover drafty windows.
5. Insulate pipes
6. Install Insulated drapes and shads.
7. Close fireplace dampers when not in use.
8. Turn hot water heater down to 120 degrees.
9. Caulk windows and weather strip doors



Current Affairs

Remember to vote in your local elections on November 7.

Remember for Vets on election day. Send cards or care packages to those servicing. Visit a veteran's home and thank them.

HEALTH

Patty Nabors – pnabes28@aol.com

November is American Diabetes Month . On Nov. 14th we celebrate WORLD DIABETES DAY
What is diabetes? It is a group of diseases that result in too much sugar in the blood, or an increase in glucose levels.



The four common types are:

1. Type 2 Diabetes - A chronic condition that affects the way the body processes blood sugar / glucose
2. Type 1 Diabetes - A chronic condition in which the pancreas produces too little or no insulin
3. Pre -Diabetes - A condition in which the blood sugar (BS) is elevated , but not elevated enough to be Type 2
4. Gestational Diabetes - A form of high blood sugar that affects pregnant women

Diabetes can affect almost every part of your body. Therefore, managing your blood glucose levels/ BS and your blood pressure (BP), can help prevent health problems that can occur. (Heart attack, stroke, blindness)

Ways to manage your Diabetes:

1. Manage the ABCS:

- A** - A1C levels - the avg. blood glucose over a 3 month period. Goal : <7%
- B** - Blood Pressure Goal: <140/90 mm Hg
- C** - Cholesterol - LDL (bad) - too much can lead to build up and clogged arteries
HDL - (good) - too high can leads to stroke or heart attack
- S** - STOP SMOKING - Smoking and diabetes narrows blood vessels , which makes the heart work harder

2. Diet - Follow a low-glycemic meal plan - (see me for suggestions: TLS)
3. Exercise - Add physical activity into your day
4. Take meds as directed to control BS
5. Check Blood Glucose level regularly
6. Work with your health team : doctor, trainer, weight loss coach
7. Cope in health ways ; making healthy choices

As a Health & Wellness and Weight Loss coach, I have seen BS managed through a plan of weight loss, supplementation, as well as through low-glycemic eating .

FOOD FACTS

Foods that are great to help lower Blood Sugar:

Blueberries, Avocados, Chia Seeds, Cinnamon, Mangos, Olive oil, Eggs, Vinegar, Cherries and Spices: turmeric, cumin, ginger, mustard , coriander and curry

Replacing the carb portion of recipes aids in controlling diabetes. Carbs are metabolized in our body to sugar (suggestions: cauliflower crust or zucchini boats for pizzas)

RECIPE

Lasagna Stuffed Peppers – Low Carb, Gluten-Free

Preparation 14 minutes Cook Time 40 minutes Serves Makes 8 Servings

Ingredients

- 1 large red bell pepper
- 1 large green bell pepper
- 1 large yellow bell pepper
- 1 large orange bell pepper
- 2 1/2 cups Tomato Meat Sauce (or use Salsa)
- 1 cup ricotta cheese
- 1 cup mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, grated
- 1 tsp. Italian seasoning



Instructions

1. Preheat oven to 400° Line a baking sheet with aluminum foil.
2. Slice bell peppers in half lengthwise and remove ribs and seeds. Place pepper halves on baking sheet and bake for 20 minutes on the middle rack.
3. Remove peppers from oven. Fill each pepper with ¼ cup tomato meat sauce.
4. Next, spoon 2 tbsp of ricotta cheese on top of the meat sauce in each pepper cup. Pour an additional 1 tbsp meat sauce on top of the ricotta cheese.
5. Top each pepper with 2 tbsp mozzarella cheese. Bake on middle rack for 12 minutes.
6. Remove peppers from oven. Top each pepper with 1 tbsp Parmesan cheese and a sprinkle of Italian seasoning. Bake 5 additional minutes on top rack.

Recipe Notes

Makes 8 Servings | Per Serving: Calories: 204 | Fat: 11g | Protein: 18g | Net Carbs: 8g

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

Happy Thanksgiving!

Hard to believe Thanksgiving is only a couple of weeks away! As an organization, we spend our time and efforts helping others. I would like to take this opportunity to “thank” all of you for the work you do to support your communities!

- An update on the “Coat Drive” – WFSB will be starting the Coat Drive on 11/9/17 and it will go through 1/6/18. The WFSB official collection date hasn’t been set yet but they are looking at either 11/29 or 12/6 where people can bring coats directly to the station in Rocky Hill. If that is not feasible, coats can be dropped off at any Best Cleaner. Thank you for your donations to keep Connecticut warm!
- And with the holidays fast approaching, there are a lot of opportunities to help “feed” the communities. Some ideas to consider – hold a “Turkey/Food” drive – since there are so many of these types of activities before Thanksgiving, consider holding one between Thanksgiving and Christmas! Or consider donating time as a club at your local soup kitchen or food shelf. They are always in need of volunteers!
- And since this is the season of “giving” let’s not forget our troops! As a club, consider writing notes or cards and sending them to our troops overseas. The website below can provide guidance on how to send your letters if you do not personally know anyone.

<https://www.operationgratitude.com/writeletters/>

- As we move from the holidays into the 2018 Winter season, I’d like each club to think about what they can do to support our “seniors”, with a focus on Gerontology.
 - Gerontology - activities or assistance directed to senior citizens through Senior Centers, nursing/rest homes, local transportation & meals programs, and the town's Commission on Aging.
- Consider some of the following activities as we move into the cold winter months.
 - Host a dance at a local nursing home – many clubs may have experience in this – would love to hear about your experience or any pointers you might have.
 - Knit/crochet lap blankets for nursing home patients – if you are handy with the needles or hook, or perhaps if you are a quilter, consider holding a craft day – nursing home patients, particularly those who don’t have family would love to receive a warm lap blanket!
 - How many of you have ever been in a hospital? If you’re like me and are cold all the time, a bed jacket might be just the right thing to keep you warm- If you sew – consider holding a sewing day to make bed jackets to donate to your local nursing home.
 - Plan a day with your club at your local nursing home – reading or just visiting with patients (particularly those who have limited visitors) – “Make someone’s day!”

These may not be new ideas and some of you may already be doing some of these.

Again, I would love to hear from you – with what you are doing – idea sharing is a great way to keep Juniors going!

A BIG “Thank You” for all you do. Please have a safe and happy holiday

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.



JUNIORETTES

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

LONG TERM AFFILIATION (LTA)

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

Our LTA hosted two recent events that were very successful and well attended. A total of \$63,000 was raised at The Mane Event 2017, \$6,000 more than last year and the Cider Ride raised \$2,113.00. Still working on downloading pictures from The Mane Event but included the CJW group phot below.



Pictures of the Cider Ride are posted on HSC's Facebook page-<https://www.facebook.com/HospitalforSpecialCare>.

MEETING PLANNER

Nicole Maxellon – nmaxellon@aol.com



Thank you to everyone who attended Fall Conference. It was a fun morning, full of great information and potluck brunch was delicious! We'll be reviewing your feedback from the survey and moving on to planning the March meeting and spring conference.

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 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

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

" Small opportunities are often the beginning of great enterprises."

Do you long to be creative, but feel you have little talent or experience? Then "Zentangle" is perfect for you! Charter Oak District Night will provide a talented instructor to introduce you to several structured doodles called 'tangles' and guide your completion of a small piece of artwork. The evening will also include social time, desserts and raffles (three things all Juniors love). Please email Betty-Lou (gbgriffin@yahoo.com) to register; once confirmed, mail a check for \$15 to TCW, P.O. Box 8, Tolland CT 06084. Questions- call 860-966-9831 and leave a message. Let's fill those seats, have a great time, and make a significant donation to Manes & Motions.



Charter Oak District Night

Wednesday, November 15

6:30 - 8:45pm

South Windsor Public Library

1550 Sullivan Avenue

**Learn Zentangle...a new FUN, relaxing way to
be creative using structured doodles;**



**\$15 per person, materials provided
desserts, raffles, social time**

Register early...space limited to 25
(6 seats held per district club until Nov. 1 - then open registration)
Payment due with registration

All proceeds to benefit Manes & Motions

Send checks made out to Tolland Community Women to
P.O. Box 8, Tolland, CT 06084

It's fun to read about other clubs' service projects, social and fundraisers... so please share your club's activities with me to post here. I'd also love to receive your monthly newsletters and be invited to a club meeting.

Tolland Community Women recently stuffed 250 goodie bags with apples and toothbrushes and distributed them at the Tolland Rec. Department's Trick-or-Treat Event. Thank you for your support of our ornament sale at Fall Conference, which will continue through Christmas at the Tolland Red & White gift shop on Tolland Green. 50% of the proceeds will benefit Manes & Motions.

Our next big event will be Snack with Santa on Saturday, December 9, 10:00-1:00 at the Lodge at Crandall II. \$15 per child (siblings under 1 year free, family max. \$25). Participants receive a passport for a personal visit with Santa, which includes a 4x6" photo; story time with Mrs. Claus in front of the fireplace; decorating a photo frame and other crafts; and a sugar cookie and cocoa snack. Join us for old-fashioned family fun in a beautiful setting.

Snack with Santa

The Lodge at Crandall's II

Saturday, Dec. 9, 2017

10 a.m. to 1 p.m.



- * Visit Santa (includes a 4x6" photo)
- * Decorate a Frame + other crafts
- * Story Time with Mrs. Claus
- * Cocoa/Cookies

\$15 per child

(under 1 year free, \$25 family max.)

ornaments for sale -
free personalization

Questions:
Kathy.Aldrich@sbcglobal.net



Folland Community Women

since 1965

... new members always welcome.

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 Juniors.

The Dogwood district will be meeting Monday November 27 at Panera Bread in the Trumbull Westfair Shopping Mall at 6:30.

Orange Community Women

Greeting from Orange! October was (and still is!) a busy month for us. We just completed our Savers Household Drive which was successful. We had a beautiful day and a great turnout. We also hosted the Connecticut Women's Hall of Fame "Talks on the Road" series *Woman & War*. This was planned as a membership/member enrichment event and was also well received, and something we'd highly recommend.

Coming up is our annual Halloween Party with Tracy Bunch. We got a craft planned for the evening along with rounds and rounds of Bingo.

We're also collecting for items our area Veterans and have begun collecting for our holiday food baskets for Social Services.

Monroe Women's Club

The Monroe Women's Club just finished it's "Get Pinked" Flamingo Fundraiser pinking 28 homes with plastic pink flamingos for a \$15 donation to Swim Across the Sound. The club will be able to donate approximately \$440.

On Saturday, November 18th, the club will host a cruise themed Murder Mystery Dinner at the Stone Barn in Monroe from 7-11 pm. The event includes a buffet dinner, cash bar, Silent Auction & Mystery Boxes plus prizes for best costume & best sleuthing. The event takes place at a Captain's Cocktail Reception & actors from the surrounding areas will be involved. Tickets are \$75 per person. Call [\(203\) 452-8468](tel:2034528468) for more info. To purchase tickets, go to monroewomensclub.org and follow the link.

Starting in November, the club will be (1) Preparing fruit baskets for the seniors at Fairway Acres & (2) starting their Christmas Poinsettia Sale. The club's Tree Lighting with Santa Visit is scheduled for December 2nd.

Milford Junior Women



Breakfast with **SANTA!**

SUNDAY, DECEMBER 3RD
9:00 AM - NOON

185 Plains Road
Milford Place Corporate Center - Cafeteria

Pancakes | Crafts | Face Painting | Caroling
\$5/person



Total  Mortgage

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.

Please join the **Glastonbury Juniors** in recycling old mascara wands. It is an easy way to recycle and help wildlife. Appalachian Wildlife Refuge, a 501(c)(3) non-profit that helps to rehabilitate injured and orphaned wildlife in Western North Carolina, has a much better idea for what to do with those discarded mascara wands. The refuge uses them to help clean the fur of animals (on the smaller side) they've rescued. Appalachian Wildlife Refuge
P.O. Box 1211, Skyland, NC 28776

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.

The Wildbury Facebook Page is up! <https://www.facebook.com/groups/193709227784980/>

LOOKING FOR DISTRICT DAY IDEAS! LET'S GET TOGETHER LADIES AND HAVE SOME FUN!

Woodbury Junior Women's Club members volunteered at the town Trick or Trunk event on Halloween. We helped by being candy runners, greeters, and were tasked with selecting and awarding prizes for the top 3 decorated trunks! There were so many awesome trunks we wish we could have awarded way more prizes! This event draws an estimated 600+ trick or treaters to Hollow Park from 6:00 PM – 7:30 PM. The event is free and attendees are encouraged to bring a non-perishable item for the Woodbury Foodbank - 6 large bins were collected! It's a wonderful, safe way to celebrate Halloween and bring our small community together.



We were a little cold, but ready!



The Woodbury Police Department Humvee



1st Place



2nd Place



3rd Place



Honorable Mention ©

BONUS – BRANDING AND SOCIAL MEDIA ADVICE FROM MIRANDA CREATIVE

Our guest speaker Maria Miranda from Miranda Creative gave a great presentation on best practices on how to market ourselves in social media. Her presentation is **attached** to the newsletter and will be posted on the CJW website.

Here are some pointers that Miranda gave us to help build the Juniors “brand”.

Create a Wikipedia page for CJW and local clubs. Anyone can post/edit on Wiki. Include club history, activities you participate in and ways to contact you.

For clubs that have that have a **Facebook** page, here are some tips.

- The profile pic should be the CJW logo so that when someone is looking for CJW clubs, there is consistency and the official pages are easily identified. Your cover photo should change a few times a year to correspond to the current season or show pic of an event you are having. Some great ideas are events where your members are having fun and for branding, add the CJW logo and your local club logo if you have one.
- Make an event on Facebook for every event and meeting. Every person that "checks in" and shares on their timeline gives you that much more exposure.
- When you thank your supporters/ sponsors make sure to "tag" them in your post to add exposure.
- Always mention your Facebook page on your club website and add a FB logo that links right to your club page.

