

# JUNIOR BULLETIN

Connecticut Junior Women, Inc.

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



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<http://cjw.org>

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**Please enjoy our Holiday “light” (but still jam packed with good stuff) version of the CJW Junior Bulletin this month.**

## CO-DIRECTORS

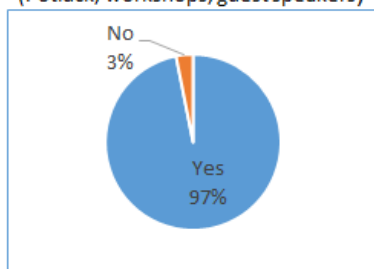
Maryellen Friedrich – [mfriedrich@cox.net](mailto:mfriedrich@cox.net) / Alison Wells – [alisonawells@att.net](mailto:alisonawells@att.net)



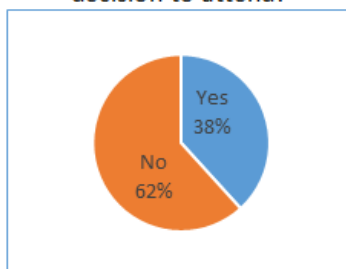
We would like to share the survey results from 2017 Fall Conference that were accidentally omitted from last month's newsletter:

We closed Fall Conference with a survey (you know we love surveys!) and those that attended were asked to give feedback on the new format. Surveys shed light on what people are thinking and helps generate ideas for continuous improvement. Here are the results:

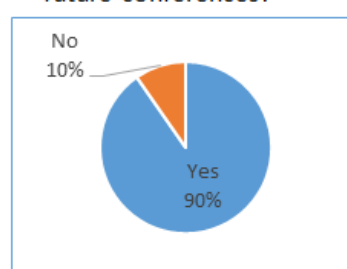
Did you like the new format?  
(Potluck, workshops, guest speakers)



Did price \$10 influence  
decision to attend?



Use same format for  
future conferences?



Comments (summarized):

Multiple responses: Awesome conference, good idea (potluck), difficult to transport hot food for early 8am start; too much food; scale back number of servings required per food item; would love to have recipes; social media speaker – very useful information; two workshops – great job.

Single response: Would rather pay more to have it catered.

With some minor tweaks, this could really work great for future conferences!



As a reminder, the format anticipated for March conference (3/24/18) will be workshop structure. Spring Conference (5/5/18) will be a celebration of Presidents and Club Recognition Awards. Save the dates and plan now!

*We would like to thank Orange Community Women for reaching out to host the March Madness Conference and Enfield for hosting the Spring Conference! Nicole will be in touch with the clubs for planning.*

As this year's Club Presidents settle into their roles, sharing their vision and working to inspire members to accomplish all the great things we do within CJW; remember that the holidays can be a stressful time for many. Not everyone can get into the holiday spirit with glitter and festivities, but could be struggling just to get through them. Here are some leadership tips we'd like to share that take very little effort, and can go a long way with helping someone get through a difficult time.

1. Recognize the good in others. Everyone has strengths if you look hard enough. The holidays provide a perfect opportunity to notice and acknowledge another's positive qualities. Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment – all of which have the potential to turn a life around. Never underestimate the power of good morning texts, apologies, and random compliments. *'positive inspirational quotes by judybelmont'*
2. Get to know your club members – do this simple exercise at your next meeting: ask each club member write down an interesting fact about themselves (i.e. hobby, met a celebrity, special talent, enjoys 'xyz'), then share with the group by having one person read each fact. Have members guess who it is! This can help create a unique bond with others and spark future conversations.
3. Avoid overload – share in the responsibility for holiday tasks, delegate and manage your time. Take the time to make a to-do list and prioritize. Remember it's okay to say no; and it's okay to ask for help. Most people enjoy helping others and are just waiting for the invitation.

4. Be thankful: start each day with a positive thought on something you are thankful for; jot it down. We need to give ourselves reminders of all the good in our lives. Keeping a gratitude journal is an effective tool in decreasing depressive symptoms that we all get hit with at times.

"A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others so that they may have the strength to stand on their own." *Beth Revis*

As families and friends gather together during this holiday season, keep those family traditions alive. Make memories to last a lifetime. The simplest of traditions are enjoyed by young and old alike. Decorating, singing songs, lighting of candles, attending services, making special traditional foods, decorating cookies all hold special meaning. As "juniors", we "grow, share, give and care" about others, this is especially true during this time of the year.



From our homes to yours, we want to wish you all a wonderful and joyous holiday season.



P.S. Director's Challenge: We are happy to report we have started to receive some photo missions from clubs for the Director's Challenge! Keep them coming... reminder to follow guidelines with each submission. Be creative and have fun! Holiday club gatherings present terrific opportunities for picture taking.

## ASSISTANT DIRECTOR

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

December is here and it's such a memorable time of year for friends and family. This is a great time to make your members feel special. Clubs can host a party with games, food and gift exchanges. Make sure to follow up with the newer members so they feel right at home. There may be a member or two that has difficulty this time of year. Please do reach out to them, take them a meal or go for a walk. This will make them feel like they are not alone and the sisterhood of our clubs will embrace them. I hope each and every one of you has a wonderful holiday season.



Did you hand out your Dunkin Donut cards? I held on to mine until Thanksgiving night. We were visiting my brother in law at the hospital. I noticed a parking lot cashier who looked so very tired. I decided he was the one to receive our small token of appreciation. Seeing him smile was just great.

Please do send your pictures for the yearbook to [rojas\\_lourdes@hotmail.com](mailto:rojas_lourdes@hotmail.com)

## 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 had a wonderful and filling Thanksgiving! I write an article annually on our clubs insurance, so here goes the 2017 version. Previous versions can also be found in the Junior Bulletin archives. **Please see Fall 2014, May 2015, and May 2016.**

Generally I have written these articles around our renewal time (July 1), but I am addressing this topic earlier this year, as I will be presenting on this topic at our March statewide meeting. So, with several months advance notice, if you could send me any questions you might have in advance, I can help you with your immediate question now, but it will also help me create an informative presentation. As was highlighted at Fall Conference in the CJW 101 presentation that Michelle Cook and I did, we all face similar issues. By inquiring of your state board we can have a better idea of what challenges and questions are out there and we can communicate these issues throughout the local clubs.

Below I am providing the contact information for our Insurance Agent. She is by far and away the expert. Accounting is my field – insurance just comes with the territory! She can provide you the fastest, most complete answer. In many cases I act as a conduit and call her with the questions you send me!

Margaret E. Hannon, CIC, CRM  
Account Executive  
John M. Glover Agency  
9 Webster Square Road  
Berlin, CT 06037  
860.259.1437 Office  
860.760.8220 Fax  
[mhannon@johnmglover.com](mailto:mhannon@johnmglover.com)

**As a reminder - the following items are **NOT** insured activities:**

- Ø **Bounce Houses, Trampolines and similar activities**
- Ø **Events where there are animals (petting zoos, pony rides)**
- Ø **Events with weapons, even ones that don't shoot real bullets or are fake**
- Ø **Sporting Events**
- Ø **Alcohol**
- Ø **Events involving the public's use of cars**



**When it doubt, it is imperative for your club, yourself, and CJW to be fully informed as to what are covered and non-covered activities! Please ask!!!!**

## CONSERVATION & CURRENT AFFAIRS

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

### Conservation

With the upcoming holiday season here are a few was to save.

1. Switch to LED Christmas Lights
2. Use Fiber Optic Decoration
3. Limit the time Lights are on
4. Turn off the room lights when the tree is lit
5. Decorate with Candles
6. Turn the Thermostat down when you are expecting many guests
7. Buy gift that don't use electricity or batteries
8. Invest in Rechargeable batteries and a charger
9. Buy energy star electronics
10. Take a walk to see the Christmas Lights
11. Bake several dishes at one time
12. Use the smallest appliance to get the job done
13. Keep lids on pots
14. Unplug phantom energy users before you go on vacation.



### Current Affairs

This date in history on December 7 1941 the day the United States entered World War II with the bombing of Pearl Harbor.

## HEALTH

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

*Guest Article, courtesy of the Editor.*

'Tis the season so I thought it would be nice to share an article with Holiday Party Safety/Holiday Driving Tips to help keep everyone safe and healthy. ☺

“For most, the holiday season is about spending time with family and friends, and usually involves parties, good food and laughter. Another facet of the holidays is the additional amount of travel that comes along with attending various functions coupled with the increased amount of holiday shoppers on the road. So while the holidays can be an exciting time, there are some important things to consider to help keep you and your guests safe this season.

If you're hosting a party, there are lots of things to take into account, whether it's trying to bake the perfect dessert, making sure you have enough food or worrying whether there's enough parking in your neighborhood for all your guests. With all that goes into planning a seasonal get-together, it's important not to overlook your holiday party safety plans.

Holiday parties often involve alcohol, and while you want your guests to enjoy themselves, it's also important to make sure they are being responsible. This involves keeping an eye out for anyone who may be drinking too much, and either providing a place to stay or a means to get home with a designated driver. Here are a few steps you can take to prevent holiday drinking and driving.

- **Have a designated driver.** It's one of the simplest rules to follow, but also one of the most effective in keeping people safe on the roads.
- **Have cab numbers on hand.** If someone should not be driving and they insist on going home, call a cab for them instead of allowing them to take the risk of driving home.
- **Offer plenty of non-alcoholic drinks.** While many guests may want to enjoy the holidays with an alcoholic drink, offer non-alcoholic drinks as an option.
- **Offer food if you're offering alcohol.** Drinking on an empty stomach can cause a person to become intoxicated faster. Offering food along with drinks may help prevent guests from over-indulging on alcohol alone.

### Holiday Driving Tips

If possible, drivers should try to stay off the road between the hours of midnight and 3 a.m., when drunk driving accidents are most likely, according to research from the U.S. Department of Transportation. And if the weather is bad, which can easily happen in the northern and central states, consider revising your plans so you won't have to travel on icy or snowy roads. With a little foresight and by taking precautions, you can enjoy your holiday season and stay safe as well.”

Source: <http://www.21st.com/auto-insurance-information/holiday-party-safety-driving-tips.htm>

## JUNIOR BULLETIN, MEDIA COORDINATOR

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

As I update the CJW website, I've included links to all of the club sites that I've found. The links are on the “Clubs by District” page and the default is to the Club website if available, otherwise Facebook. I chose to only create one link per club to keep the CJW website cleaner and easy to navigate. Visitors are directed to a club's single official on-line home, and from there they are able to check out social media and any other links you may share. Please check it out and let me know if any corrections are needed.



Passwords for all internal documents posted on CJW.org will be (shhhh, don't tell anyone) 'cjw'. All lower case.

## 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 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)

*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."

Wishing you all a Happy Hanukkah and Merry Christmas, as candles glow brightly in your homes and reflect on the faces of your loved ones young and old!

Charter Oak District held a successful **district night** on Nov. 15 as sixteen women from Enfield, South Windsor and Tolland tried their hand at Zentangle. And when the 16 completed "tiles" were laid out like quilt blocks, it was amazing how different each one looked.

Everyone enjoyed the evening of art and camaraderie, and three lucky ladies went home with raffle prizes, (including CJW Recording Secretary, Ann Wambolt pictured below). Many thanks to Jane Staszowski and Debbie Talamini for their help coordinating the event, and Jamilah Zebarth for her excellent instruction. A district donation will be made to Manes and Motions at the March conference.



**Tolland** Community Women assembled "Reindeer Food" bags at their November club meeting to distribute at their Snack with Santa on December 9. They are also running a Hat and Mitten Drive at the local schools, and collecting holiday gifts with a Wish Upon a Star Project in conjunction with Tolland Human services.

Generosity shines through at this time of year, and I know each club is working hard to fill needs in their communities.

# 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](mailto:Kathy.Aldrich@sbcglobal.net)



*Tolland Community Women*  
*— since 1963 —*

*... new members always welcome.*

## DOGWOOD

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

Greetings from **Orange!** I hope you all had a nice Thanksgiving.

OCW was recently awarded a grant by the Jamie A Hulley Arts Foundation to support our upcoming BubbleMania event to be held on January 20th. The Foundation was started 15 years ago in memory of Jamie who died of lymphoma. As Jamie was an artist, and the Foundation focuses on education, scholarship, community grants and legacy programs. The Foundation is all volunteer and has distributed three quarters of one million dollars in 15 years. We feel honored to be considered as a recipient.

In December will be hosting our annual Silverbrook Holiday Party for our friends in this assisted living center. This year we'll hold a "cooking class" as our craft project, making ambrosia salad to enjoy that evening and take home. We all join together for cookie swap, caroling, and a grab bag. It's always a fun time.

We also will be putting together gifts for our friends at Homes for the Braves. This is something we do each year around the holidays and it means so much to them.

Lastly, we are participating in our local "Help our Heroes" veterans' collection, collecting supplies of personal items which will be donated to our surrounding Veterans' groups.

Enjoy the holidays!

## MONROE

We will be hold our annual Christmas Tree Lighting on December 2nd at 5:30 pm with music, hot chocolate, coffee, cookies and a visit from Santa.

We are currently selling Luminaries for the Christmas Holiday. We just wrapped up our Murder Mystery and Poinsettia sale.

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



*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*

Clubs, until you get a District Advisor please send your news directly to Michelle. Please indicate in the subject that you are a Wildbury District club.



**TODAY**  
WILL NEVER COME AGAIN.  
*Be a blessing.*  
**Be a friend.**  
*Encourage someone.*  
**Take Time To Care.**  
**Let your words heal,  
and not wound.**

**CJW Pledge**

*I pledge to grow, share, give, and care with each and every stride  
To guide my waking moments towards goals that give me pride  
To outwardly be the person I know I am inside  
To be a Connecticut Junior*