

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2018 ISSUE 2

FEBRUARY 2018

“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

President's Report is due!

We are so excited about the destination venue selected for March Conference, we almost forgot it's time to remind you to submit your club's **President's Report**. This mandatory report is due by March 24, 2018 and helps ensure that your club is considered 'in good standing' with CJW.

The President's Report is a tool to collect important information on all CJW clubs. It serves a critical purpose in helping to protect 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. The information gathered through this reporting process directly impacts our insurance cost and bonding insurance. It also provides the ability to report accurate statistics as a state-wide organization and share information with you on all the good things we do as a whole.

The format is similar to last year's with the following change:

- Section 2: Participation Record:
 - Junior Spirit Award nomination
- Project Report Summary pages:
 - When reporting project information, you must include dollar values for monetary and/or non-monetary donations.

The 2018 President's Report is available on the front page of our website www.cjw.org.

Feel free to contact Maryellen or Alison with any questions! We look forward to reading your report.

Save the date...



CJW Day at Dunkin' Donut Park!
Sunday April 22, 2018 ~ 1:05 PM

Link to purchase tickets will be sent soon with all of the details. Please share with all of your members, other clubs, friends and family too.

Proceeds will benefit Manes and Motions.



ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

Hi ladies,

February is the month of love! Even though the stores market it to couples, it's also a great time to show love all. For members, you can send cards to each other, do a good deed for someone without telling them, visit a neighboring club, etc. Your local community can use our love and support more than ever. We can show support by donating our time at local events, nursing homes, libraries and other similar places. Are there families in need in your community that can use a helping hand? The businesses that sponsor our events can use some loving too. One thing the ladies of SCW did to thank their sponsors was for each member to adopt a local business and bring them treats throughout the year.

A couple weeks ago I sent out a survey. Please take 5 min of your time and fill it out. The answers you provide will help us in planning future newsletters and conferences. Here is the link.

<https://www.surveymonkey.com/r/SBKGMS5>



Lastly, if all presidents would please send me pics of your members for the CJW yearbook, it would be appreciated.

CORRESPONDING SECRETARY

Michelle Cook – michellecook.ciw@outlook.com

Please make sure to let CJW know of any changes in your club officers or other e-mail changes.

Often times we only know of changes when a former officer asks to be removed from our mailing list – yikes!!

TREASURER

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

They tell me that the groundhog (the one in PA) saw his shadow, but that our local groundhog did not. I'm supporting our local groundhog's opinion and am fully advocating for this cold weather to GO AWAY!

I often ask for suggestions on my newsletter articles, I haven't in a while, so I am opening up the offer again! I thought this month I would expand on the operating principals that apply to non-profits is a more broad way. Over the years (this is year 4!), I have drilled into specific topics, but sometimes we have to look up and see what the big picture shows us. Kind of like that groundhog – if that bugger in PA had just looked up, he would not have seen his shadow!

CJW and all the local clubs are considered small non-profits. As entities grow in size they inherently grow in complexity, but there are some basics that apply to all. I am providing the attached link for your perusal. While this seems like a lot of information, if you cull it down to its core, there is much information that is applicable to our clubs and to CJW.

I'll take this moment for just a few quick reminders:

- ✓ **Each club must file with the IRS each year – Form 990-N**
- ✓ **Each club must file with the CT Secretary of State each year – it is an online filing**
- ✓ **Clubs should review their by-laws every few years and be sure that they are operating in accordance with them.**
- ✓ **Each club must file with CJW annual – We call it the President's Report – its due in March. The latest form is on the website!**
- ✓ **Spring Conference is where dues and insurance are addressed annually.** If you want to know more, please join us! This year the venue is going to be pretty cool! (I know these things because I drop off the deposit checks. Being Treasurer has its privileges!)

I am happy to help any club who needs more information. I also suggest checking out my previous articles. The newsletters are archived on the CJW website. I have written in depth about most of these topics – and more!

Looking forward to seeing you all at President's Brunch in March (3/24). The location of this meeting is pretty awesome too!

http://ctnonprofitalliance.org/wp-content/uploads/2016/12/PrinciplesAndPractices_Web.pdf

EDUCATION

Elizabeth Tischio – johntischio@bhhsne.com

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

The venue for the CJW March meeting will be the Eli Whitney Museum, located at 915 Whitney Avenue, Hamden. In popular mythology, Eli Whitney has been deemed the “father of American technology” for two innovations: the cotton gin and the idea of using interchangeable parts.

Born on December 8, 1765, in Westboro, MA, he studied at Yale before going on to invent the cotton gin in Georgia. The cotton gin was one of the key inventions of the Industrial Revolution and shaped the economy of the Antebellum South. Whitney’s invention made upland short cotton into a profitable crop at a time when tobacco was declining in profit due to over-supply and soil exhaustion. Whitney was unable to make a profit due to the patent laws at that time.

Returning to New Haven, he entered the less celebrated but most fruitful time of his life. While he is best remembered as the inventor of the cotton gin, it is often forgotten that he was also the father of the mass production method period. In 1798 he figured out how to manufacture muskets by machine so that the parts were interchangeable. It was as a manufacturer of muskets that Whitney finally became rich. If his genius led King Cotton to triumph in the South, it also created the technology with which the North won the Civil War. He died on January 8, 1825 at the age of 60 in New Haven.

Located in Eli Whitney’s restored gun factory, the Eli Whitney Museum has programs and workshops that teach about machinery and technology. It is not a museum in the traditional sense but rather a hands-on learning workshop. It is not only a favorite for parties, it is the third-largest provider of educational programs in the state, turning out 72,000 projects for children in schools from 66 Connecticut cities and towns. The Eli Whitney Museum and Workshop functions more like a busy factory than a conventional museum. Teams of high-school aged apprentices prepare the kits used for teaching school groups, an eight-year old birthday party assembles X-Wing Fighters, and grandparents and grandchildren put together toy trains. In this way, the experiments that are the roots of design and invention are collected, interpreted, and preserved. While the Eli Whitney program appeals to a broad range of children (artists, mathematicians, scientists, and builders), working there has been a niche for kids with learning disabilities. The museum has turned out an impressive group of apprentices in the past 20 years. They have gone into a wide range of professions: musicians, economists, and social workers.

I hope to see you there in March!

CJW SCHOLARSHIP INFORMATION – TAKE NOTE!

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 an applicant. If your club has not donated, it is 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 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

• **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, 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 woman 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

HEALTH

Patty Nabors – pnabes28@aol.com

February is National Heart Month ! So there are two things that come to my mind to celebrate this month:

1. **GoRedForWomen** - This is a campaign to wear RED on FEB 3rd, in awareness for women's heart disease.

Heart disease (Angina, heart attacks, hypertensiveness, and venous thrombosis, to name a few), is the leading killer in men and women. But 90% of these are preventable. It is through diet, exercise, and monitoring or limiting tobacco and alcohol use, that this is achieved. Taking care of obesity, high blood pressure, and high cholesterol can take a chunk out of your vulnerability. Eating healthy is one of the biggest weapons we have against these issues. So be kind to your heart and fuel it right ! Encourage your family and friends to take small steps toward healthy lifestyle choices to reduce their risk for heart disease and stroke, too.

Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.

Own Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.

Raise Your Voice: Advocate for more women-related research and education.

Educate Your Family: Make healthy food choices for you & your family. Teach your kids the importance of staying active.

12 Small changes for Heart Health

1. Eat fruit for snack
2. Eat fish 1-2x per week
3. Substitute olive oil for butter
4. Put away the salt shaker
5. Eat oatmeal for breakfast
6. Skip the dessert
7. Add 60 min. of exercise per week
8. Sit quietly for 15 min / day
9. Skip the elevator and take the stairs
10. Park at the end of the parking lot and walk in
11. Bike to work
12. QUIT SMOKING

For more info: WWW.GoRedForWomen.org

2. Donate Blood / Hold a Blood Drive WWW.Redcross.org 1-800-RED-CROSS

The Red Cross is in need of blood donations. Due to the winter shortages, there is critical need for donations - mostly O Rh Positive . Area hospitals are being held at 50-75% of their normal inventory. One donation can save up to 4 lives !! Your one donation is separated into RBCs, plasma, platelets and cryoprecipitate. Each blood component is very valuable in giving hope and healing to cancer patients, accident victims and chronically ill children. The pint of blood you donate is separated into RBCs (Red Blood Cells) that carry oxygen through your body to nourish your body's organs and cells. A person who is at least 17 yrs old, weighs 110 lbs or more, and who is in general good health, can donate every 56 days.

Enfield Junior Women's Club has a yearly Blood Drive in Feb. and the word on the street is ~ we have the best canteen and goodies to offer for those that donate ! So get baking those cookies and slicing those oranges and the people will come !!



Healthy Recipes:

PICO DE GALLO

2 Roma tomatoes

1/2 white onion - diced

1/2 Serrano chile, de-seeded and diced

Pinch of cilantro, lime juice and salt

Mix together , serve with chips - add 1-2 tablespoons of chopped pineapple and you have a **TROPICAL SALSA !**

MANGO / MELON SALSA

1/2 red pepper, diced

1/2 jalapeno, de-seeded and dices

1-2 tablespoons of chopped mango or melon or papaya

Pinch of cilantro, lime juice and salt

Mix together , best served with chicken or fish serve

JUNIOR BULLETIN, MEDIA COORDINATOR

Michelle Cook – 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.

JUNIORETTES



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

LONG TERM AFFILIATION (LTA)

Donna Bielecki- Dbielec@connecticutchildrens.org , Diane Neri - dianeatcjw@gmail.com , Michelle Bailey- Fbailey1@optonline.net , Lori Wells – lori-wells@att.net

<http://hfsc.org/manes-motions>

An update from Sarah Castellani – Program Manager:

- We've expanded services in the area of Equine-Assisted Learning (EAL). EAL programs may be mounted (riding) or unmounted (ground work) and focus on promoting personal growth, self-awareness, emotional regulation and life-skills development through experiential learning. We are in our third semester of programming with Gilead Community Services in Middletown and are working with adults with mental health challenges. We are in our second semester of programming with Middletown Youth Services. The Pathways program addresses the needs of youth, particularly disadvantaged at risk youth struggling with decision making capabilities and key life skills. We just piloted an EAL workshop called Family Corral with 2 Middletown families that were referred to us by Middletown Youth Services.
- Manes welcomed Chocolate Chip and Zak to the herd.
- Two additional stalls are being built in the barn to support our herds growth.
- Welcomed a new Volunteer Coordinator, Sarah W. and Instructor Elizabeth F.

Manes and Motions wish list consists of items necessary for the ongoing operation of their program. Please consider helping out by donating any of the following:

Items for the Riders

- Helmets
- Sensory Rings
- Music Player with CD/USB Port/Bluetooth

Items for the Indoor Arena

- Installation and purchase of 4 Plexiglass Wall Mirrors
- Installation and purchase of 3 ceiling fans in the arena
- Outdoor Seating
- Arena Door Panel

Barn and Tack Supplies

- Gift Certificates to Meriden Feed and Stateline Tack
- Neoprene Waffle Pads
- Lexol Leather Cleaner and Conditioner
- Black and Decker 36 volt cordless Trimmer



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.

MEETING PLANNER



Nicole Maxellon – nmaxellon@aol.com

Happy February!

With Spring right around the corner, please be on the lookout for many emails from the meeting planner department. (Even though February is supposed to be brutal on snow and cold!) I am trying a bullet format of **NEED TO KNOW** information for easier reading.

- March Madness Conference hosted by Orange Community Women on **March 24th** in Hamden, CT. Please see the **call** for more information.
- Spring Conference hosted by Enfield Junior Women Club on **May 4th and 5th**. May 4th will be the Outgoing Roast for our Co-Directors and Saturday will be Spring Conference at Infinity Hall in Hartford, CT. More information will be available in the March Newsletter and at March Conference.
- As many know, at Spring Conference in May we will present the new board. If anyone would like more information on the meeting planner position, please do not hesitate to contact me! If you are creative and love to event/party plan then this is for you! It's fun and rewarding!

Stay warm and Happy Valentine's Day!



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

**CALLING ALL JUNIORS...
FROM ALL DISTRICTS!!**

There is a contest underway, and I'd like to open it up to ALL CJW members.

Please share with me ideas for making Juniors more FUN... either things that your club already does, or new ideas for things that could be added. Ideas for adding fun to meetings/ conferences/ socials. Please e-mail ideas to me.

How will YOU benefit?

1. These ideas will be shared with ALL clubs, as fun helps with member recruitment and retention.
2. You could win a prize at March conference! Winner does not need to be at conference to win, as long as someone from your club is there to bring you your prize.

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 Juniorettes.

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



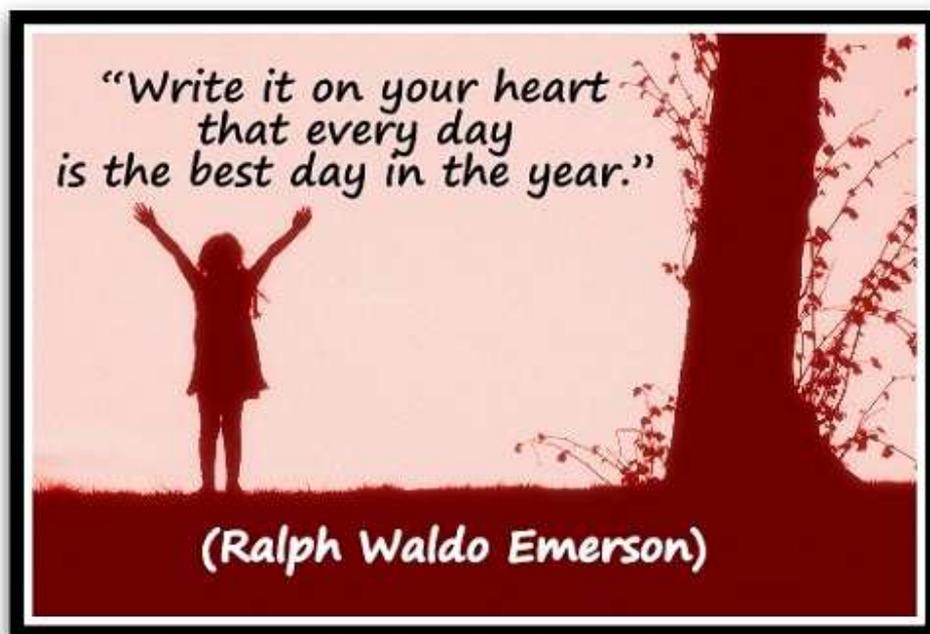
Durham Woman's Club, Haddam Junior Woman's Club, Lyme-Old Lyme Junior Women's Club, Shoreline Community Women, Inc., Wallingford Community Women

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 Juniorettes



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*