

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2018 ISSUE 4

APRIL 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



As most are aware, the format of the March conference changed this year. We thought we would pave a new path by trying something different! March Conference has historically been President's Brunch. This celebration has been moved to Spring Conference where we will honor Presidents and their clubs at that time.

March Conference... Wow! Shout-out to **Orange Community Women** who did a *terrific job* planning and hosting March Conference. We appreciate your attention to detail, and were quite impressed with your creative ways to keep our motto in mind "the road to success is always under construction. ~Lily Tomlin. The meeting was held at the Eli Whitney Museum and workshop in Hampden, CT. What an interesting venue and great opportunity to showcase a local attraction.

Mr. William Brown, Director of the Eli Whitney Museum and workshops entertained us with his stories about Eli Whitney, the credited inventor of the cotton gin, Catharine Greene (supporter of Mr. Whitney), as well as manufacturing history here in the state of CT. He spoke to the importance of hands-on style (workshop) learning. One of the key take-away messages we got was not to be afraid to take a step outside your comfort zone. Take chances, try new things because these could be things that help make a difference in the world as we know it today. Eli Whitney helped pave the road to success!



The Eli Whitney Museum has many programs for youth for introduction and learning techniques that involve design, manufacturing, and production. What a stepping stone for youth interested in these areas!

Meeting attendees were challenged with putting our "hands-on" skills to the test, assembling wooden cars and holding some impromptu races in the hall.

This terrific activity encouraged communication among all, helping one another for assembly as needed. A bit of friendly competition took place as well with the races.

Check it out! eliwhitney.org

In addition to the fun we had with this project, we did share some business highlights, including CJW Board positions (voting at Spring Conference), and District and club updates. President's Reports were collected too. We look forward to reading the reports and sharing at Spring Conference.

Four clubs brought raffle baskets, always a fun way to end the gathering..



Next up is Spring Conference (May 5th, being held at the Infinity Hall in Hartford)...We are looking forward to it! The Call with all of the details was sent separately last week.

We have the following planned:

- Business highlights – news from the Board
- LTA (Manes & Motions) will be accepting donations and give an update on their organization
- Celebrating club Presidents! Come out and support your club leadership.
- Awards and more awards... information from the President reports will be compiled and reviewed with recognitions being made.
- Acknowledgment and appreciation of current board
- Voting, installation of, and introductions to the 2018-2020 board.
There are still several positions open on the CJW board. Please email Amy Neves (nevesfamily34@gmail.com) if interested. Feel free to contact any of the past or current board members if you have questions or are looking for more info.
- Director Challenge displays with recognition and awards. We are so excited for the submissions and creativity!
- Announcements and raffles.

Hartford Yard Goat tickets (for the April 22 game, 1:05 pm) can be purchased until April 6th. \$2 of each ticket will be donated to Manes & Motions, LTA. Please contact Alison if you still would like to attend – there may still be tickets available!

Happy spring!

Alison and Maryellen



ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

Hi Ladies,

I hope you all enjoyed the March Conference. The Orange Community Women did a great job! Whenever a club hosts, it's a bonding experience for them, especially when they include their newer members. It is also a big help to the board.

Attracting new members is key to continuing success for all clubs. Clubs can hold membership drives any time during the year. My home club, Shoreline Community Women, has a neighbor's night in which we invite our friends to come and check out what we do. We provide a potluck dinner and share a story or two. Springtime brings in new folks who have just moved into the community. You can contact your local realtor and have them include your brochures to your club and activities. We also should take full opportunity of what social media has to offer. Marketing our clubs is very important. Creating event pages on Facebook and boosting the post can attract many from your community and they can "check in" when they arrive.

Lastly, I sent out a survey. Please click link below if you have not done so already. It only takes a couple of minutes. The answers will help us plan for the future.

<https://www.surveymonkey.com/r/B8MHBB3>

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com

The following nominees were presented for the 2018-2020 Connecticut Junior Women's Executive Board. Voting will take place at the Spring Conference.

- Co-Director - Lourdes Rojas from Shoreline Community Women
- Co-Director - Wendy Gamba from Shoreline Community Women
- Treasurer - Michelle Cook from Woodbury Junior Women's Club

Assistant Director, Recording Secretary and Corresponding Secretary positions are still currently open for nominations. If interested, please contact Amy Neves at nevesfamily34@gmail.com

CORRESPONDING SECRETARY

Michelle Cook – michellecook.cjw@outlook.com

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

TREASURER



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

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!

RECORDING SECRETARY

Ann Wambolt – awambolt@cox.net

One of my favorite quotes is from physician and author, Oliver Sacks, who said, "You're only limited by how many years you have on this earth. Make the most of them!" Being a part of CJW and my local club, the Enfield Junior Women's Club, has helped me meet my goal of making the most of every day and each opportunity that has come my way. Best wishes to the incoming board for the 2018-2020 term!



EDUCATION

Elizabeth Tischio – johntischio@bhhsne.com

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

Thank you to the clubs who are sponsoring applicants for the Maureen Borski Scholarship. The winner will be announced in May.

CONSERVATION & CURRENT AFFAIRS

Deborah Heim – debpothier@aol.com

When planting and preparing your gardens please keep in mind flowers and vegetable that attract bees. Below is a listing of plants to consider planting.

Common Motherwort	Chives & Garlic Chives	Catnip
Mint(Peppermint, Spearmint)	Basil	Anise Hyssop
Oregano & Marjoram	Lavender	Thyme
Salvia(sage)	Calendula	Verbena
Chamomile	Feverfew	Dill
Sunflower	Joe-Pye Weed	Asters(Bushy, New England)
Purple Coneflower	Pincushion flower	Cornflower
Boxwood	Ageratum	Celosia
Jewelweed	Indian Hemp	China Aster
Evening Primrose	Large Bullwort	Canna
Rudbeckia	Penstemon	Statice
Cosmos	Phlox	Nasturtium
Dahlia	Zinnia	Strawflower
Cleome		

Current Events - remember Tax Day is April 17th.

HEALTH

Patty Nabors – pnabes28@aol.com

Spring is finally on its way and with it comes warmer weather and time spent outside ! Whether you are making plans for planting flowers or just taking the good weather in ~ Just do it ! Take the dog for a walk , hike in the woods or complete your yard's spring clean up ... all those activities burn calories and that is how to keep healthy! Now is the time to check out 5Ks or area hiking trails in your town. Take the time to explore your surroundings !

One of my favorite movies during April / Easter is the 10 Commandments, so here is my :

10 Commandments for a Healthier You ! "Shall it be written - Shall it be done !"

- 1. Eat Protein at Every Meal:** (eggs, lean meats, fish, and low-fat dairy) Keeps you full longer
- 2. Eat a Filling Breakfast:** (nonfat Greek yogurt & fruit, toast & nut butter, or scrambled eggs w/veggies) Packed with protein and fiber to boost your energy levels
- 3. Eat More Vegetables :** (aim for five to nine servings a day) Vegetables fill you up with fiber, vitamins, minerals, and other nutrients.
- 4. Downsize Your Serving Dishes:** (smaller plate = smaller portions)
- 5. Stay Hydrated:** (Drink a glass of water before every meal) So often, when you think you're hungry, you're actually thirsty.
- 6. Sleep Well:** (get at least seven hours of shut-eye every night) When you lack sleep, your body produces more ghrelin, a hormone that triggers hunger and causes you to retain fat.
- 7. Avoid Artificial Sweeteners:** (No diet sodas or sweeteners) They're so intensely sweet that they increase a person's addiction for sweets.
- 8. Eat More Often:** (don't go more than 5 hrs w/o eating) Eating smaller meals more often keeps the blood sugar steady and lowers cravings and aids in appetite control
- 9. Keep Moving All Day:** (Make time for exercise) Got to move, to burn the calories taken in.
- 10. Reduce Stress:** (meditate, yoga, relax, journal) Stress causes the body to **release more cortisol**, the hormone responsible for storing body fat. An increase in cortisol increases cravings

Exercise : 30 Day ABs Challenge

Sit-ups / Crunches / Leg Raises (right /left/both) /Planks :

Start with 10 -15 of each and a 15 - 30 sec plank each day ~ keep increasing until day 15-30, you are doing 25-30 and a 30-60 min plank, each day .

April 7th is also noted as World Health Day. This year's theme: Universal Health Coverage - Everyone, Everywhere. What does that mean ? the World Health Organization is advocating , that anyone and everyone ~ be able to receive the highest possible level of care without facing financial hardship. "No one should have to choose between good health and putting food on the table or a roof over one's head." To learn more about this day and initiative , go to www.who.int.com.

Recipe: Raspberry Chai Protein Shake

Ingredients:

2 scoops Nutrition Shake - Creamy Vanilla

1 cup unsweetened green tea

1 cup raspberries

Directions: Blend & enjoy!

Option: Add ice cubes to the above , blend and freeze = Raspberry Chai Frosty

HOMELIFE

Jaime Macsata – jimacs@sbcglobal.net

This article focuses on Youth in our community. Doing research on this subject I came up with this program here in Connecticut.

Youth Volunteer Corps of Western Connecticut – <http://www.uwwesternct.org>

“The organization services learning projects that are challenging, rewarding and educational.

To serve the unmet needs of our community and its residents and to promote young people a greater understanding and appreciation for the diversity of our community and a lifetime ethic of service among young people. “

While I haven't found anything like this in other parts of the state, there are many ways our clubs can engage with the youth within our communities.

- Identify a project that can be completed with the girl/boy scouts
- Work with the schools to identify an “outstanding student” and hold an award ceremony within the community
- Hold a contest to challenge students to identify a community activity that would result in helping the needy.
- Work with the high schools to offer volunteer opportunities (as each club holds an event) for the National Honor Society members.

These are just a few ways of working with our youth. When you are planning a project – think about how the youth in your community can help!

Happy Spring!

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>

MARK YOUR CALENDARS: The Mane Event (major fundraiser for Manes and Motions) is scheduled for Friday, September 28, 2018 at 6pm. Diane Neri is, once again, the Chairman of the event representing CJW. The enthusiasm of the committee members promises to make this year's event even more successful than last year. The next meeting is scheduled for Monday, April 30th at 5pm. CJW's participation in the event is to provide gift baskets for the raffle table, and volunteers to sell raffle tickets, run the Cactus Cash game and to help out wherever needed during the evening. If you can come up with any major auction items (there's also a silent auction and live auction during the evening) please let me know. Volunteers are also needed to help setup and cleanup.



At the first meeting I presented Manes with a brass plaque to accompany the mirrors in the arena that were purchased with CJW's donation.

If your clubs have raised any money for the LTA this year there will be a representative at Spring Conference to accept your checks (made out to CJW please).

Thank you to Betty-Lou Griffin for the chocolate lollipops that she brought to the March Madness event at the Eli Whitney Museum to benefit Manes.

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

Spring has finally arrived!!! I can't believe we are approaching the end of another term for the Board of Directors. Before we know it we will all be out in the sun enjoying the warmth!

March Conference on March 24th at the Eli Whitney Museum was awesome! Orange Community Women did an outstanding job with not only the conference, but the food and location as well. The Eli Whitney Museum is defiantly a hidden gem here in Connecticut. If you ever get a chance I recommend visiting. Thank you ladies for all your hard work!

Spring Conference will be on May 5th at the Infinity Music Hall in Hartford, CT. The "roast" for the directors will be on Friday, May 4th at the Infinity Music Hall Bistro. Information regarding both the conference and the roast are attached to this email. I will tell you though that the ladies of Enfield Junior Women's Club have a great couple of days planned! The location is unique and exciting, and everyone knows that Enfield always delivers a show at the roast! Support the outgoing CJW Board, especially Maryellen and Alison (co-Directors) for a great past two years! Remember that this conference we will be celebrating all awards, accomplishments, Presidents, outgoing board, and the new incoming board!

Finally, if you or someone you know has interest in the Meeting Planner position for the 2018-2020 Board please do not hesitate to contact me. I have decided to take a step back for now to further my education. Starting small on the board is a great way to get involved, just a little, and you get to meet some amazing ladies.

See you all in May!



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

Happy Spring, everyone! It was great seeing so many district members at the March Conference and presenting our District Night donation to Manes and Motions. We all enjoyed putting our creativity into action at the Eli Whitney Museum and Workshop. I grew up in Hamden and never knew it was there!



Congratulations to Jane Staszowski from South Windsor Community Women's Club for winning the "Make Juniors More Fun" Contest. She shared three ways her club adds fun to their meetings:

1. Recognizing member birthdays with a special treat
2. Recognizing member achievements by passing on cowbells and ringing them at meetings
3. "Take Something" Table- for passing along items no longer needed.

Feel free to continue to share your ideas with me.



Spring is a great time to renew community contacts. Tolland Community Women welcomed 70 senior citizens to a luncheon, where members cooked, served and cleaned up after a tasty chicken dinner. Those celebrating birthdays got to take home the centerpieces, bright bunches of daffodils in decorated mason jars.



Our next project will be a spring trail hike to enjoy one of Tolland's many conservation areas, and possibly attract new members. Thank you to everyone who supported our chocolate pop sale at conference for M&M.

I invite all District clubs to share their events and fundraisers in this section of the Bulletin. Just send me an email with the information, and I will include it. This is your Bulletin, and a great way to network and learn from each other

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.

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

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

Bethlehem Junior Women's Club, 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

REMINDERS / FLYERS



CJW Day at Dunkin' Donut Park!

Sunday April 22, 2018 ~ 1:05 PM

Proceeds will benefit Manes and Motions.

Spring Conference Call has gone out!



**CJW Spring Conference 2018 – President & Club Recognition
2016-2018 Directors' Last Dig!**

Saturday, May 5, 2018

8:00 A.M. to 1:00 P.M.

Infinity Music Hall & Bistro

32 Front Street Hartford, CT 06103

Registration Deadline – April 25, 2018

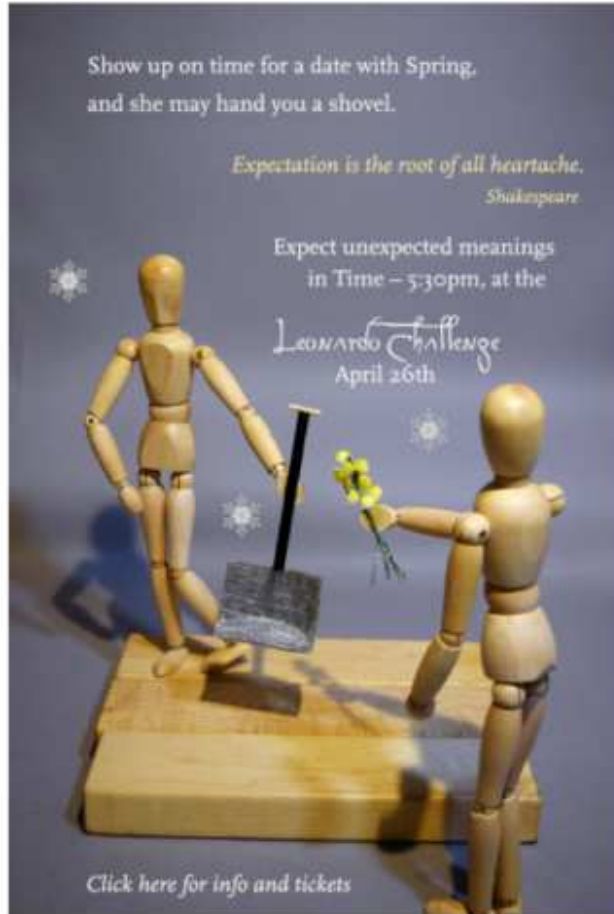
The 24th Leonardo Challenge
Capturing Time
April 26th, 2018

Show up on time for a date with Spring,
and she may hand you a shovel.

Expectation is the root of all heartache.
Shakespeare

Expect unexpected meanings
in Time – 5:30pm, at the

LEONARDO Challenge
April 26th



[Learn More and Purchase Tickets online Here](#)

The Challenge is to capture the markers of time that give it meaning. Time is the most commonly used noun in the English language and yet, it is elusive. Clocks and calendars tell time, but rarely its meaning.

Time is omnipresent and elusory. Seize it - or flow with it. Play with it. Disguise it - or unmask it. Be timely or timeless. Capture personal meanings. Embrace time with the clock that beats in your chest.

The Whitney Workshop | 915 Whitney Avenue | Hamden, CT
203.777.1833 | www.eliwhitney.org

<https://www.eliwhitney.org/exhibitions/capturing-time>