

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2014 ISSUE 5

JUNE-JULY 2014

**“The best way to find yourself is to lose yourself in the service of others”,
Mahatma Gandhi**

Diane Neri, editor, Media Coordinator: dianeatCJW@att.net

<http://cjw.org>



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DIRECTOR

Amy Neves, nevesfamily34@gmail.com 860-951-2242

"The best way to find yourself is to lose yourself in the service of others", Mahatma Gandhi

Summer is the time of year that allows us the opportunity to relax and recharge! Amongst focusing on picnics and pools, the CJW Board has also been busy transitioning, preparing and planning for the upcoming year. I am very excited to be able to work with such a wonderful group of motivated women who all share a common goal- making CJW the best that it can be! Some of the things that we will be focused on this year include doing more outreach and gather feedback from local clubs; make information more accessible and draw more participants to our conferences. I hope that you will all take advantage of our hard work and participate along with us at future events.

I want to, again, thank the **Dogwood District** for hosting an absolutely wonderful Spring Banquet and for those of you that ventured out the night before to participate in Kathy's Appreciation Dinner. I'd also like to thank the **Wolcott and Shoreline clubs** for inviting me to their end of year Banquets. I have had the opportunity to meet so many CJW members in such a short period of time and everyone has been very welcoming and supportive. I feel so honored to be leading this wonderful organization and together, we will work to strengthen our core and continue to grow CJW.

The Board is still in need of a Recording Secretary, Long Term Affiliate Chair(s), and District Advisors (except for Dogwood). If you are interested or just curious and want to talk, please email me.

I hope that each of you take some time to enjoy these long days whether it be by sitting by the pool, fiddling in your garden or leaving for a vacation away. Whatever your pleasure, please take time for yourself during the next couple months to slow down, relax and recharge. After all, Autumn is only a couple months away! :)

-amy

ASSISTANT DIRECTORS

Maryellen Friedrich, mfriedrich@cox.net Alison Wells, alisonwells@att.net

July 2014

Assistant Directors/Membership:

Happy Summer all CJW members! Our names are Maryellen Friedrich and Alison Wells. We are members of Enfield Junior Women's Club, located in the

north central part of the state, on the Massachusetts border. We are both first timers on the CJW Board and are looking forward to getting to know all of you.

As our starting point, we will be kicking off the 2014-2015 year with a Membership Survey to help identify areas that you feel CJW can better assist and support your club. Your feedback is important in helping us focus our energies in the right areas. The survey will be launched early September with results shared at Fall Conference. We are looking forward to hearing from you!

Enjoy the summer! You all give so much time and energy throughout the year to others, take this time to give back to yourself! Rest, relax and re-charge...

In Junior Spirit,
Maryellen and Alison =====

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Kathy Znosko, kathyznosko@yahoo.com

Thank you, thank you, to everyone who made Spring Conference such an awesome event.

My celebration dinner on Friday night was a lot of fun. I loved all of the jewels and being serenaded by the Wolcott and Enfield clubs. The food was great and the setting was beautiful.

Dogwood District did a phenomenal job with Saturday's conference! Another beautiful setting and more great food. Cara was a wonderful speaker. The displays were informative. The raffles were fun, even though I didn't win any.

It was a wonderful way to end my term. Thank you, again.

We all have leadership abilities that we exercise in different areas of our lives. Remember to encourage and support those talents in yourselves and your members.

In the coming months I will be taking a look at CJW's by-laws to see what may need revising and updating. I encourage you to do the same with your club's by-laws. Feel free to contact me if you need any help with that.

Have a great summer! Take time to rest and re-energize.

Kathy

CORRESPONDING SECRETARY



Diane Neri, dianeatcjw@gmail.com

Please remember to let CJW know of any change in officers. Please send us the following information:

CLUB Name	F_NAME	L_NAME	OFFICE	EMAIL	ADDRESS	CITY	ZIP	PHONE

We are also collecting official club mailing addresses. If your club uses a PO Box or has a physical address please include it with the names of your officers.

Please send this information to dianeatCJW@gmail.com

TREASURER/WAYS & MEANS



Wendy Gamba, wgamba@yahoo.com, 203-859-5729

If you need any pins or other supplies please let me know, and I can mail them out to you.

Happy Spring & Summer to all! I am very excited to be elected as your new Treasurer. I look forward to working with all the clubs and getting to know you all better. In my new role, I have made my priority for this two year term to engage all clubs related to the required filings necessary to keep the clubs operating in accordance with state and federal regulations. Exciting stuff huh?? Well, mundane as it may be, it is MUCH easier to STAY in compliance, than it is to get BACK into compliance.

As your club year is winding down for the summer, I would like to encourage each reader – regardless of position – to go online and check the status of your clubs filings with the Internal Revenue Service (IRS). **There is an annual filing (and a VERY simple one at that) required of each club to maintain the clubs tax exempt status.** It is formally called a 990-N, but also referred to as an E-Postcard filing. Larger clubs (\$50,000 in revenue per year or greater) have additional filing requirements, but since most if not all clubs fall under the lesser filing, I will go into detail on that requirement further.

Clubs who fail to file the 990-N for three consecutive years will get a notice in the mail stating that their tax exempt status as been “automatically revoked”. It is a long road to correcting this issue. I can work with any club who is currently plagued with this issue.

In order to check your status – go to www.irs.gov. In the search box in the upper right corner type in SELECT CHECK. This will bring you to the screen to search your status. The search operation on this website is not the best. If you have your Federal Tax ID number, that is the easiest, but you can also search by Name. If you are searching by

name, most of the clubs are listed as Connecticut Junior Women, with your club name in parenthesis following. Once you fill in the name of the organization, you have a couple choices of how to search. I recommend that you try each one until you find your club.

If you are deemed in compliance with the IRS filing regulation, you will find your club with a listing of each year the filing was made. The year will be off to the right. Please bear in mind that the year listed does NOT necessarily correlate to a calendar year. You should see the recent filing listed as 2013. And if you are in full compliance, you will also see a listing for 2012 & 2011, and perhaps others. ***If the last listing you see is for 2010 or 2011 – your club is in EMINENT danger. You must file right way. DO NOT WAIT.***

If you find that your club has been automatically revoked and you were not aware of this issue, please contact me and I can direct you further.

Please remember, keeping your tax exempt status should be a club responsibility. The mechanics of the filing often lies with the Treasurer position, but please do not take for granted that this is being done. Most of you will find that your club is in pretty good shape, others will be surprised. It's a quick annual filing but it can be easy to forget as we are all busy and time flies. Some clubs may not have had this information transitioned properly from a prior Treasurer. In any event, please take the time this summer to go on line and find out where you stand.

Wendy

RECORDING SECRETARY



No report

ARTS & EDUCATION

Elizabeth Tischio, johtischio@bhhsne.com, 860-349-3065

No report

CONSERVATION & CURRENT AFFAIRS

Ronnie Hollis, ronniestarfish50@aol.com

“Juniors make a difference in the lives of others”

Conservation is one of those projects that you can do on a personal level as well as a club project. You don't have to even

leave your house and it's easy. Make a game of it with your club members or family. You can even get your community involved in a project.

One thing you can do is organize a community project, is a clean up day. This works as a fall project as well as a spring one.

Make it a member project, community project, or it is a great family one. " Remembering Conservation starts with you"

What ever you do as a project make things fun....

Current Affairs I would like to focus on Veterans and getting clubs to take on a project to help promote awareness along with need. I have a project/need that is simple and any club can do. I belong to a group of women that have formed a knitting workshop. We meet once a month and during the year we donate all our knitted items from hats, sweaters, blankets, prayer shawls etc., etc. The organizations we help are many, focusing on children and infants, cancer patients and any need. We just got asked by the Veteran's Hospital for some help. And what we came up with is Lap Blankets or Shawls. But keeping the Red, white and Blue theme. So what I am asking is for clubs to donate skeins of new yarn. One of the women is working on one right now, so it is my hope to be able to bring it to our meeting to show you the first of many that will be made.

Thank you

As always "In Junior Spirit and Friendship"

Ronnie

HEALTH & HOMELIFE

Submitted by Shoreline Health Chair, Diane Neri



JUNIOR BULLETIN, MEDIA COORDINATOR

Diane Neri, 14 Beach Road, Clinton, CT 06413, dianeatCJW@gmail.com 860-669-8333 cell: 860-389-5650

The next Bulletin will be our "Welcome Back edition". Please have your articles in to me by August 20th. Dedicated editor that I am, I will be putting the bulletin together while I'm on vacation in North Carolina. I'm working at removing the password protection from the CJW website. The goal is to just have password protection on the Blue Book and the directory of

Clubs that will be found in the “Members Directory”. Passwords for all internal documents will be (shhhh, don’t tell anyone) ‘cjw’. All lower case.

Remember to check out the CJW website at www.cjw.org. At the prompt, enter CJW_members. The “secret” password is Jewel\$1979. The password for all protected documents is cjw.

Last call for articles and photos for Kathy’s press book. Let me know what/who the pictures show (they don’t need to be pictures of Kathy; we also want pictures of things your club is doing.) You can also scan and email pictures and clippings to me.

JUNIORETTES

No report

LONG TERM AFFILIATION (LTA)

ABRI/Homes for the Brave

MEETING PLANNER



Nicole Maxellon nmaxellon@aol.com

Happy Summer! Finally we are able to say it’s warm outside. First I’d like to introduce myself. My name is Nicole and I am the new meeting planner for the 2014-2016 CJW two year term. We have many new and interesting ideas in the works. With that said, we now need your help. We are calling clubs from all over to volunteer to host Fall Conference this October. Future meetings will include Spring Conference and President’s Dinner. If interested please head to the Blue Book and fill out the “Proposal to Host CJW Event.” Please email it back to me. I know it is “summer break”, but it’s never too early to start planning or thinking ahead. If there are any questions feel free to contact me at nmaxellon@aol.com. Until next time enjoy the heat, sun, and weather. It will be gone before we know it!-Nicole Maxellon

WAYS AND MEANS

Wendy Gamba, wgamba@yahoo.com

You are all probably aware that CJW has pins (membership, years of service and others) for sale, but did you know we also have other items?? Currently in stock, we have fleece jackets, environmentally friendly shopping bags, post it notes, pencils, pens, and other items. If you are considering gifts for club members or for yourself, please let me know and I can check for sizes and quantities.

If any club has an idea for another type of item they would like to see CJW offer, please let me know!

Wendy

CHARTER OAK



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

Clubs, please send news items directly to Diane Neri with your club name and district in the Subject.

DOGWOOD

Donna Wesolowski, 873 Bayberry Lane, Orange, CT 06477, donnaweso@optimum.net, 203-799-3519



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

Hello Everyone!!

The ladies of Dogwood District are formulating plans to meet for a Dogwood Summer Social. We're not sure what it will be yet: Ice tea and chatting at someone's home? Meeting at a favorite summer spot to enjoy a cool breeze and friendly conversation? Gathering for an ice cream treat? I'm waiting for suggestions and we will come up with a plan. Until then, enjoy your summer days!!

Donna Wesolowski, Dogwood District Advisor

REGAL MONARCHS



Junior Woman's Club of Berlin, Cromwell Junior Woman's Club, Inc., Glastonbury Junior Women's Club, Hebron Women's Club, Marlborough Junior Woman's Club, Simsbury Junior Woman's Club, Hebron Juniores

Clubs, until you get a District Advisor please send your news directly to Diane Neri or Amy Neves.

Please indicate in your subject that you are a Regal Monarchs District club.

S.H.O.R.E.



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

WILDBURY



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, Middlebury Community Women's Club, Southbury Junior Women's Club, Junior Woman's Club of Watertown, Junior Women's Club of Wolcott, Woodbury Junior Women's Club, Southbury Juniores, Wolcott Juniores, Woodbury Juniores

THIS AND THAT

Have you heard about "Overnight Refrigerator Oatmeal"? Here's a link for an article with step-by-step pictures and lots of ideas for delicious combinations:

http://www.theyummylife.com/Refrigerator_Oatmeal

My current favorite is Mango Almond. I purchase a 6oz container of Greek yogurt and make up 3 jars at a time. Here's the recipe:



This easy, no-cook "summer porridge" has make-ahead convenience and is packed with nutrition to get your day off to a healthy start. Make it in individual mason jars for a perfect serving size and an easy grab-and-go breakfast straight from the fridge (it's eaten cold). Take it along to work or anywhere. Great to serve on a breakfast or brunch buffet. High in protein, calcium & fiber; low in fat & sugar.

Ingredients

1/4 cup uncooked old fashioned rolled oats
1/3 cup skim milk
1/4 cup low-fat Greek yogurt
1-1/2 teaspoons dried chia seeds
1/8 teaspoon almond extract
1 teaspoon honey, optional (or substitute any preferred sweetener)
1/4 cup diced mango (approx. half of a small mango)

Directions

In a half pint jar or container, add oats, milk, yogurt, chia seeds, almond extract and honey. Put lid on jar and shake until well combined. Add mangoes and stir with fork until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutritional Info: 207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein; Weight Watchers PtsPlus: 7