

JUNIOR BULLETIN

Connecticut Junior Women, Inc.

VOL. 2018 ISSUE 1

JANUARY 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

Happy New Year!

We hope you all had a wonderful holiday season, keeping with traditions, and perhaps starting some new ones.

The New Year is typically the time for making resolutions and setting new goals. Most people don't have goals of any kind. Just ask around! They simply haven't given them any thought or humor us with interesting reasons why they don't have any:

- ✓ I don't have time.
- ✓ I'm too busy.
- ✓ Haven't thought about it.
- ✓ Not that important.

Take this short quiz:

1. Is there anything in your life you would like to do more of... or less of?
2. Do you have personal goals?
3. Are they in writing?
4. Does anyone else know what they are?

Did you know the simple act of making resolutions improves your odds of success? Make a difference in your life by having a plan; take charge! We are all leaders. Think about CJW club leaders... how can they successfully lead an organization to meet goals without a plan? Same concept applies to our personal lives.

You've got a tremendous support system right in front of you with Juniors! Alison and Maryellen challenge every club President to have 'New Year's Resolution Goal' on their agenda each month beginning in January through May – ask every member to vocalize one goal and discuss progress at each meeting. We would love to hear the progress of what your members have achieved at May banquet!

Here's what you can do to help see some positive changes in your life:

1. Set goals in your personal life.
2. Break the goals into small, short, achievable milestones.
3. Tell others about it.

Make your goals become reality by using the "SMART" format:



Example: I will spend more time with 'Suzie' by planning a visit once a month.



Maybe another goal in your life is to expand your role within the CJW family?!! We would love to have you!! CJW is looking for members to become part of the CJW State Board. Help make a difference in this organization. Please contact Amy Neves, Parliamentarian, for information on the positions. (nevesfamily34@gmail.com)



Yard Goats: we are planning a CJW Day with the Yard Goats at Dunkin Donuts Park in Hartford; tentatively in April or May. More details to follow.



Enjoy and be safe...

ASSISTANT DIRECTOR

Lourdes Rojas – rojas_lourdes@hotmail.com

I hope you all had a wonderful holiday season with your friends and family. I went to Miami to visit my parents while my husband Rich stayed with his brother. The weather was quite amazing in Miami; shorts and chanclas all week.

January is upon us and it is a great time of year to start or modify personal goals. I need to seriously lose weight and hit the gym more often. We all get so busy doing things for others that we forget about ourselves. I personally need to work on discipline. What are your personal goals?

We can also set goals for our clubs, for example, making our meetings more fun and attracting new members. How do we achieve those goals? Attracting and increasing membership is always a goal for all clubs. I have been keeping business cards with club info in my wallet. Whenever I go to a local function of any kind, I talk to as many women as possible and exchange cards with a club email. Make sure to follow up with them right away! You may end up with a future member, possible speaker or sponsor. Posting and sharing your activities on FB, Instagram and other social media will help attract members too. Using the boost feature on Facebook broadens your audience.

I got some notes from Maria Miranda on her social media presentation. I will send those along soon.

Please remember to send your pictures for the yearbook to rojas_lourdes@hotmail.com

IMMEDIATE PAST DIRECTOR/LEADERSHIP/PARLIAMENTARIAN

Amy Neves – nevesfamily34@gmail.com

Winter is finally here and along with the cold, Mother Nature begins to dump snow on us which wreaks havoc on many winter activities.

Most people find it difficult or unsafe to travel in the snow to attend meetings - CJW related or other, so many clubs have started to alternate in-person get togethers with conference calls to make it more convenient for all members to join meetings.

There are many online sites that offer conference call services. FreeConferenceCall.com is a great site that I use regularly for volunteer organization meetings, sports clubs meetings and even trying to plan a family vacation with multiple non-local parties. The easy to use site offers free phone conference calls and allows you to share document online. This feature is great for sharing the agenda, viewing minutes, photos, pretty much anything. All you need to do is register for an account to receive your conference id and link that you share when you send out invitations to your meeting. It will even send meeting invitations out for you....how simple is that?!

So next time you think you'll need to cancel a meeting because people can't attend in person, think about organizing an online conference call instead!

CORRESPONDING SECRETARY

Michelle Cook – michellecook.cjw@outlook.com

With the new year, please make 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

Hi Juniors!

Here is information that cannot be repeated often enough. This topic was one of the main areas that made me want to be CJW Treasurer. It is such an easy thing to maintain, yet an easy thing to forget and it is very important – STAYING IN COMPLIANCE WITH THE INTERNAL REVENUE SERVICE! For clarification, each club needs to file a report with the Federal government – IRS. This is an easy online filing – no accountant needed!



There is no State government tax filing. There is a State of Connecticut Business Filing – but this via the Secretary of State, not the Department of Revenue Services....any questions – always feel free to drop me a line!

HOW TO CHECK YOUR CLUBS NON PROFIT STATUS

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.

RECORDING SECRETARY

Ann Wambolt – awambolt@cox.net

Preparing for the Hand-Off

As we come to the end of this year, the end of my term as CJW Recording Secretary is also approaching. To that end, I have been tidying up my electronic file of the minutes for the meetings and conferences during my tenure, including tweaking the naming conventions I have used. Since it is also a gift-giving time of year, I am preparing a thumb drive with these files, along with the templates I created for conference minutes and for board meeting minutes, in the hope that the next Recording Secretary might find them useful. The Nominating Committee will begin its work in January, and if anyone would like more information on the position of Recording Secretary, please feel free to contact me at awambolt@cox.net.

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

EDUCATION

Elizabeth Tischio – johntischio@bhhsne.com

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

Happy New Year! It's that time of year when we make plans for the future.

My resolution is to inform Juniors about education and art, especially with the focus on women. I'll be writing about books to read, places to go, things to do, and people you should know.

Your resolution should be to support the CJW scholarships. If your club chooses to sponsor an applicant for the Maureen Borski Scholarship, you must be sure that a donation is made before the CJW March meeting.

In the meantime, I wish you health and happiness in 2018.

HEALTH

Patty Nabors – pnabes28@aol.com

A New Year ~ A New You!

We all say it ... But what are we willing to do to get it? Are we willing to give something up? Are we willing to ask NEED vs WANT? Are we willing to challenge ourselves?

A resolution is just a promise to yourself to achieve a goal. The hard part is to keep motivated to achieve it.

- **TIP 1:** Write it down / Make a list / Keep a journal Studies find that those who do just that, reach their goals sooner than those that don't.
- **TIP 2:** Read it every day ~ keep reminding yourself
- **TIP 3:** Do a little bit each day towards it
- **TIP 4:** Celebrate the little things achieved = motivation
- **TIP 5:** Challenge yourself or others to do it with you / a friend, coach, or A trainer are great for motivation, support, and accountability.

The top three (3) resolutions people set for the New Year :

1. Lose weight / Get healthy
2. Get Organized
3. Improve Financially - Start with the money challenge →

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,225.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00

I know those are on my list!! What's on yours? Rome wasn't built in a day ~ so baby steps, but just take those first steps ... Most of all believe you can do it!

Secret: How will I start to achieve all three at once ... I plan (writing a menu and or prepping) to bring my breakfasts and lunches to work, so i don't spend money at the cafe; what I bring will be healthy and full of protein and fiber ...no sugary items !! :)

HOMELIFE

Jaime Macsata – jlmacs@sbcglobal.net

The focus for this newsletter is on Gerontology – according to the Blue Book Gerontology consists of activities or assistance directed to **senior citizens** through Senior Centers, nursing/rest homes, local transportation & meals programs, and the town's Commission on Aging.

Below are some ideas for clubs to consider:

- Host a Valentine's Day dance at a local nursing home – although they may not be able to dance, seniors enjoy participating in these types of events. Singing to songs they are familiar with and sharing stories.
- If you're handy with knitting needles or crochet hoods, Knit or crochet lap blankets for patients –
- If you like to sew, bed jackets are a great way to keep patients warm and are easy to put on and take off.
- As a club or individually, visit nursing home patients without local families - you would be amazed at how many people there are that don't have family or regular visitors.
- And lastly – volunteer at the local senior center by reading to the patients, taking them for walks holding a craft session.



In addition to sharing/spending time with seniors in nursing homes, I came across this article which I felt appropriate for the current weather we are having:

As Temperatures Drop, Elderly Neighbors Need Help Staying Safe

By Steve Barlam

Chief Professional Officer, LivHOME

Winter can be a lonely time for seniors, which can make it a dangerous time, too.

Because seniors often live alone, there's nobody there to make sure the heat is on and they're staying warm enough. So neighbors play a crucial role in keeping seniors safe. This is especially important since the elderly don't sense the cold in the same way as others do, putting them at particularly high risk of hypothermia.

As subzero temperatures continue to freeze homes both inside and out, it's important to plan to check in on your elderly neighbors.

One way to make sure they're safe is to stop by, chat for a few moments, make sure the house is warm enough, the senior is appropriately dressed and that he or she does not have what's called the "umbles" – or signs of hypothermia. These include fumbling, stumbling and mumbling, and may suggest that the internal body temperature is decreasing. Signs to look out for also include confusion or memory loss, shallow breathing, shivering, bright red skin and slurred speech.

To prevent hypothermia, seniors should:

- Keep the thermostat above 65 degrees.
- If heating bills are a concern, consider staying in bed under the covers for periods of time. But don't forget to get up and move around regularly, since movement is healthy.
- Dress warmly, both indoors and out, including hats, gloves and extra, loose-fitting layers.
- If necessary, go to a well-heated public space like the senior center, library, mall or movie theater. But avoid spending too much time outdoors to get there—arranging a car service or other mode of vehicular transportation is ideal.
- Make use of home delivery services if possible to reduce the need to venture outdoors.

Seniors should also try to stay dry. Activities that cause sweating should be avoided, and coats as well as shoes or snow boots should be removed immediately upon entering the house and switched out for indoor shoes.

If you see signs of hypothermia, call 911 and wrap the senior in warm blankets. Don't put him or her in hot water or a bath, but do offer warm fluids to drink.

At this time of the year, a neighbor's helping hand is needed more than ever. And besides potentially saving lives, stopping by to say hello might just make a senior's day.

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>

Ways to Give to our LTA

Wish List

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.



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 New Year, everyone... Let's kick off 2018 with a little fun!

I am asking ALL district members to 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. Please e-mail ideas to me. Prizes will be awarded at the March conference:

F- "Fun-nest" idea

U- Unique idea

N- Nostalgic idea

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

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 Juniores



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*