

# JUNIORS *in Action*

Cindy Leonard - President

## What Did We Do?

SUSAN CARLSON  
Editor



Cheryl Bryer of Raynham and Gina Rego of Taunton were installed at the January meeting. Welcome!



Congratulations to Cindy Brogan for being nominated for the Martha Michalewich and Joyce Clark for the Marilyn Perry awards. Good Luck.

We enjoyed meeting and learning about Vested Interest in K9s from Samantha Gagnon at our January meeting. Vested Interest in K9s, Inc. is a non profit organization which provides bullet/stab protective vests for police K9's.

Samantha is 13 years old and has been supporting Vested Interest in K9s for 3 years by raising money and awareness to help buy these life saving vests for police dogs. She

has raised over \$4,000 and vested four K9's to date. She has organized fundraising events such as car washes and pizza nights, she recycles cans and bottles for cash, sells candy bars and car magnets. We are proud to have donated to Samantha's great cause. Visit [viK9s.org](http://viK9s.org) for more information.



On Saturday, January 18, Cindy Brogan, Joyce Clark, Nancy Clark and Joan Curran attended the GFWC of

MA midwinter conference. The highlights of the business portion of the meeting, were the announcement of the slate of officers nominated for 2014-2016, and defeat of a by-law recommendation to increase GFWC dues by \$5. It failed by four votes, with those opposing making the argument that there were enough women who would resign and thus clubs would be lost because these women could not afford the increase. This issue was referred to the by-law committee for further study.

Guest speaker Diane Valle spoke on the Marathon Daffodil project. The goal is to line the entire Boston Marathon route with daffodils that will hopefully be in full bloom on race day. She met her first goal and now has increased both the number of daffodils as well as the number of plant placements along the route. Every participant was given a daffodil encouraging clubs to support this endeavor.



The keynote speaker, Attorney General Martha Coakley, spoke briefly on domestic violence and human trafficking, which is here in MA.

The highlight of the conference was the "Heart Truth Red Dress Fashion Show. Commentary was by Hank Phillippi Ryan, author and investigative reporter for WHDH. Clothes were modeled by club women whose lives have been affected by heart disease, either their own or a family member's. Hank also held a book signing during break time for her two murder mystery books. She has another book on the way.




Cindy Brogan proved to be lucky on Saturday, winning 3 of about seven raffle baskets. Joan Curran donated a Valentine wreath from the club, as a raffle item. Everyone got home safely despite the heavy snow in Newton.

# Upcoming Events

- Bring your picture perfect photography to our February meeting. We will be voting to enter the best of the best into the 2015 GFWC Year in Pictures Calendar contest.
- We will be preparing our Valentine Day Hershey Kisses/Cards at our February meeting to be distributed to our local nursing homes.
- Our Annual February Tea will be held on February 9 from 12:00 to 2:00 at the VFW in Taunton. Tickets are \$10 for adults and \$5 for children.
- Save the date of March 29 to attend the Macy's Fashion Show and dinner in Westboro. This is a fundraiser for Sheila Shea, our president-elect hopeful for the 2016/2017 GFWC term. Cost \$35 per person.

<b>DATES TO REMEMBER</b>	<b>FEBRUARY 3</b> BUSINESS MEETING	<b>FEBRUARY 24</b> BOARD MEETING	<b>MARCH 3</b> BUSINESS MEETING	<b>MARCH 24</b> BOARD MEETING
--------------------------	---------------------------------------	-------------------------------------	------------------------------------	----------------------------------

## February 2014

Sun 26	Mon 27	Tue 28	Wed 29	Thu 30	Fri 31	Sat 1
	JR. BOARD MEETING					
2	JR. BUSINESS MEETING AT THE SILVER PLATTER AT 7:00 PM	4	5	6	7 	8
9 	10	11	12	13	14 	15
<b>Valentine's Day Tea</b>						
16	17	18	19	20	21	22
23	JR. BOARD MEETING	25	26	27	28	1

<i>February Hospitality</i>	<i>March Hospitality</i>	<i>April Hospitality</i>
<i>Susan Carlson (C)</i>	<i>Barbara Spencer (C)</i>	<i>Nancy Clark (C)</i>
<i>Robin Gendron</i>	<i>Joanna Alden</i>	<i>Nancy Brown</i>

# Committees

## ARTS

**Nancy Clark**

[webmaster@nclark.net](mailto:webmaster@nclark.net)

New to our monthly business meetings, we will feature one of our members in the "Artist Corner". A different club member will give a short talk about her work and why she chose that medium (i.e. paint, photography, flower arranging, writing) to express herself. Her work will be on display to help enlighten, encourage self-expression, and inspire others.

## CONSERVATION

**Denise Wheeler**

[wheeler@tauntonschoools.org](mailto:wheeler@tauntonschoools.org)

We **recycle!** See our website for a list of all items, including dead batteries. Let's add lightbulbs, metal coffee cans w/lids, egg cartons, soda tabs, shoe boxes and empty toilet rolls.

Darlene continues to collect for the Central Square Congregational Church in Bridgewater clean used blankets hats, gloves, mittens, socks, towels, hooded sweatshirts, scarves, mittens (preferably large), small duffle bags and soap for needy families.

We are collecting men's clothing for Crossroads in Providence and Veterans at St. Thomas Church.

## EDUCATION

**Nancy Martin**

[mrmartin947@aol.com](mailto:mrmartin947@aol.com)

Donate a paperback dictionary, Spanish/English dictionary or thesaurus for the Prison Book Program. For more information on this program, go to [www.prisonbookprogram.org](http://www.prisonbookprogram.org).

Bring books to swap or that can be donated to Friends of the Library. We will start collecting children's book for Citizen for Citizens as well as Dr. Seuss books for our 'Cat in the Hat' events.

## FUNDRAISING

**Denise Wheeler**

[dwheeler@tauntonschoools.org](mailto:dwheeler@tauntonschoools.org)

Our next fundraiser is will be our Tea on February 9 from 12:00 to 2:00 at the VFW in Taunton. Tickets are \$10 for adults and \$5 for children.

Please donate mugs, specialty tea bags, tea pots and large baskets for our raffles, and summer, fall, winter, spring and kids items.

## HOME LIFE

**Nancy Brown**

[ndbrown261@gmail.com](mailto:ndbrown261@gmail.com)

This department encompasses our community volunteer efforts to help others. Examples are our collecting for homeless shelters, supporting soup kitchens, remembering the elderly, handicapped and others in need. Please consider joining this committee.

Not everyone wants to be a chairman, but a chairman needs support of her fellow club women. I need you! Many hands make light work. Thank you.

Save Toiletries for Samaritan House and Main Spring House.

Save board games and craft supplies, like popsicle sticks, googly eyes, felt, foam, ribbons, etc. for Pride Inc.

Save cereal for Raynham Food Basket.

Save canned goods for St. Vincent dePaul.

## INTERNATIONAL

### OUTREACH

**Cindy Brogan**

[cindybb52@yahoo.com](mailto:cindybb52@yahoo.com)

Bring pens and pencils for a catholic mission in India. Save stamps and Christmas cards for India Missions.

We will be collecting for Heifer International as our project for GFWC of MA Juniors this year.

## LEADERSHIP

**Nancy Brown**

[ndbrown261@gmail.com](mailto:ndbrown261@gmail.com)



Don't be afraid to speak out, but choose your words and think before you do. A moment of thought can save you a lifetime of regret. Some words of wisdom, "A spoonful of sugar helps the medicine go down." - Mary Poppins

## MEMBERSHIP

**Dolores Costa**

[skitchsmom@yahoo.com](mailto:skitchsmom@yahoo.com)

*Happy Birthday to*

*Judy deAbreu*

## PUBLICITY

**Nancy Brown**

[ndbrown261@gmail.com](mailto:ndbrown261@gmail.com)

We've gotten lots of publicity from our January meeting. Check out the Raynham Buzz for photos of our new 2014 board and our two new members and our Valentine Tea on February 9.

## PUBLIC ISSUES

**Open**

We are still collecting teddy bears or other small stuffed animals for TEMS and items for our troops in two bins at the Taunton Public Library.

## PROGRAMS

**Joanna Alden**

Let Joanna know if you have someone you would like to be a speaker at one of our meetings.



# *Wear Red*

## *February is Heart Health Month*

---

- Heart disease is the No. 1 killer of women, and is more deadly than all forms of cancer combined.
  - Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
  - An estimated 43 million women in the U.S. are affected by heart disease.
  - Ninety percent of women have one or more risk factors for developing heart disease.
  - Since 1984, more women than men have died each year from heart disease.
  - The symptoms of heart disease can be different in women and men, and are often misunderstood.
  - While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.
  - Only 1 in 5 American women believe that heart disease is her greatest health threat.
  - Women comprise only 24 percent of participants in all heart-related studies.
- 

NEWS & *Notes*



### **There's No Better Time to Wear Red**

Every day, GWFC Program Partner **The Heart Truth** and its supporters empower women to live for their hearts. But there's one day each year when the message is loudest.

On February 7, 2014 -National Wear Red Day® - Americans across the country will wear red in unison to call attention to women's heart health. Studies show that heart disease is the number one killer of women in the U.S.. Unfortunately, most women do not make the connection between risk factors, such as high blood pressure and high cholesterol, and their personal risk of getting heart disease.

On National Wear Red Day, remind women that they can protect their hearts, starting with a visit to the doctor to learn about their personal risk factors.