

JUNIORS *in Action*



What Did We Do?

SUSAN CARLSON
Editor

Another trek was made by our members to the Prison Book Program in Quincy. Thanks to Joyce Clark for organizing this event every month. Call Joyce to join her next month.



At last month's business meeting, our guest speaker was Daryn 'Watching Eagle' Roderick, chief of the Bear Clan, Poconoko tribe of the Waupanaog Nation.



New members Jane Pacheco and Edie Edlund joined our club at our November business meeting. Welcome, we look forward to seeing you at our meetings and joining a committee or two of your choice.



Our Veterans played a big role in the month of November. Robin Gendron, Joyce Clark and Nancy Brown personally presented thank you cards to Rick Leeman to honor Veterans Day.



We had another successful and well attended Pie and Coffee fundraiser last month. Thanks to the organizers, Fran Pery and Denise Wheeler and all those who baked pies, set up and sold tickets. No one left hungry.



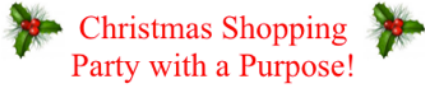
We celebrated and honored the vets at the Coyle Cassidy Veterans breakfast. We gave out thank you cards to the veterans at the Dighton Arts Festival. And we gave Flag Stars to vets in remembrance of their service to us. Amongst our veterans were Marines Brian Brown and Michael Curran.



Michael wrote the poem in the frame. We will sell the framed poem and he will give us 20% for wounded warriors project.



Upcoming Events



Christmas Shopping Party with a Purpose!

Thursday, Dec. 4th, 2014
4:30pm – 9:30pm

Bella Roma's Coliseum Hall
Rt.138/239 Bay St., Taunton, MA

With Special Guests
Dawn Lorraine's Tarot Card Read
Cindy's Chair Massage

Featuring Crafters, Vendors & Bakers
Jewelry, Purses, Accessories, Home Décor, Books,
Bakery Items & much more!

Free Admission - Door Prizes - Raffles - Vet's Table

(Call/Text Fran at 508-479-1206 for more info.)



Hosted by GFWC Junior Woman's Club to
benefit the Wounded Warrior Project

Don't forget at our December 1 business meeting we will be voting on our **slate of officers** for our 2015 board.

Our **Holiday Party** will be on Monday, December 8 at The Home Plate restaurant (the old Gondola) in Taunton overlooking Lake Sabbatia. Driving on RT 138 north, Home Plate is passed Benjamin's restaurant by 8/10 mile.

If you haven't already, please pay in full for your holiday party meat at our December business meeting \$20.

A special thanks to our Holiday Party committee team; Fran Perry, Lynn

Jorge, Mary Barrett and Brenda Saben.

Look for our Club's **Christmas Tree** on the Taunton Green this year.

Your **2015 club dues** are due no later than January 15, 2015. You can bring a check or \$30 cash to our December or January business meetings. Please pay directly to our Treasurer, Vel Bleau.

Join us for another '**Paint and Pour**' at the Moonlite Inn and unleash your artistic side. Sign up for the Monday, December 15 event. Starts at 6:00 and the cost is \$15.

<i>December Hospitality</i>	<i>January Hospitality</i>	<i>February Hospitality</i>
<i>Brenda Saben (C)</i>	<i>Denise Wheeler (C)</i>	<i>Nancy Brown (C)</i>
<i>Nancy Martin</i>	<i>Jane Pacheco</i>	<i>Gina Rego</i>



NEWSANDNOTES

Diabetes Awareness

November is National Diabetes Awareness Month. Currently, over 12.6 million women in the U.S. live with the disease, for which there is no cure. With the right management techniques, those with diabetes can prevent or delay the onset of serious complications. You may be thinking that the use of drugs is your only option but there are other alternative treatment options including:

- Exercise – According to recent studies, exercise helps prevent progression of diabetes, and balance exercises (i.e., yoga, Tai Chi) also helps manage symptoms.
- Capsaicin – Is what makes chili peppers hot; capsaicin in a cream or skin patch helps relieve nerve pain. The cream can be prescribed or found over-the-counter.
- Dietary supplements – Although dietary supplements are not regulated in the same way drugs are, and rarely approved by the Food and Drug Administration – a few taken alone or combined can help with symptoms related to diabetes. Try these for 4-6 weeks and see if it helps: Alpha-lipoic acid (ALA) – 300-600 mg/day; Vitamin B12 – 1000 mcg/day and; Vitamin D – 1000 IUs/day with food.



Scientific evidence supports these alternative treatments but none provide a magic cure. There also remains an unmet need for additional research that tests these options against the use of drugs. Raising awareness is an important element in drawing attention to the issues surrounding diabetes.

Submit Newsletter articles to Susan Carlson at susansvin@gmail.com
or call 508 828 8066.

December

2014

November							January							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
30														

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	Juniors Business Meeting 7:00 pm			Wounded Warriors Shopping Event at Bella Roma		
7	8	9	10	11	12	13
	Juniors Holiday Party					
14	15	16	17	18	19	20
	Paint and Pour at the Moonlite Inn @ 6:00 pm	 Hanukkah				
21	22	23	24	25	26	27
						
28	29	30	31	1	2	3
	Report Writing	NEW YEAR'S EVE				

Committees

ARTS - NANCY CLARK - LAST MONTH'S ART CHALLENGE WAS TO WRITE A HAIKU POEM THAT EXPRESSES OUR CLUB'S SPIRIT. THIS MONTH'S ART CHALLENGE IS THE ART OF THE HOLIDAY. CRAFT A CLUB CHRISTMAS/HOLIDAY CARD. IT SHOULD INCLUDE A PHOTO OF CLUB MEMBERS AND A SENTIMENT.

CONSERVATION - DENISE WHEELER - WE WILL BE COLLECTING BRAS, ANY SIZE * ANY KIND OF SHOE OR SNEAKER MENS, WOMEN'S AND CHILDREN'S * BOTTLE CAPS * COSTUME JEWELRY TO BE USED AT OUR YARD SALE TO SELL * LIGHTLY USED CLOTHING * OLD BLANKETS AND TOWELS FOR THE ANIMAL SHELTER. DON'T FORGET WE **RECYCLE** NEARLY EVERYTHING!

EDUCATION - NANCY MARTIN - DONATE A PAPERBACK DICTIONARY, A SPANISH/ENGLISH DICTIONARY OR A THESAURUS FOR THE PRISON BOOK PROGRAM. BRING BOOKS YOU'VE READ TO SWAP WITH OTHER MEMBERS. THE STATE BOOK CLUB IS READING 'BOYS IN THE BOAT' BY JAMES EARL BROWN. BOOK CLUB WILL BE MEETING IN SUDBURY ON MARCH 31.

FUNDRAISING - DENISE WHEELER - WE'RE ALWAYS LOOKING FOR ITEMS TO CREATE OUR FAMOUS RAFFLE BASKETS.

HOME LIFE - NANCY BROWN - **BRING A FLEECE BLANKET TO THE DECEMBER MEETING** TO HELP US COMPLETE OUR KID'S BOOK/STUFFED ANIMAL/FLEECE PROJECT WINTER PROJECT. HOLIDAY FLEECE BLANKETS ON SALE 50% OFF AT RITE AID AND AT FAMILY DOLLAR \$3. WE ARE ALWAYS COLLECTING FOR HOMELESS SHELTERS, REMEMBERING THE ELDERLY, HANDICAPPED AND OTHERS IN NEED. SO SAVE * TOILETRIES * BOARD GAMES * CRAFT SUPPLIES * KNITTED LAP ROBES AND BRING IN CEREAL AND CANNED GOODS TO DONATE.

INTERNATIONAL OUTREACH - CINDY BROGAN - KEEP THOSE PENS AND PENCILS AND STAMPS AND HOLIDAY CARDS COMING THAT WE DONATE TO A CATHOLIC MISSION IN INDIA * WHITE SOCK FOR A HONDURAS MISSION * LOOSE CHANGE FOR HEIFER INTERNATIONAL.

LEADERSHIP - NANCY BROWN - DO YOU HAVE WHAT IT TAKES TO BE A LEADER. OF COURSE YOU DO. THAT'S WHY YOU'RE A JUNIOR!

MEMBERSHIP - DOLORES COSTA - HAPPY BIRTHDAY TO DARLENE BROWN, BRENDA SABEN, CINDY LEONARD, JOYCE CLARK, NANCY CLARK AND SUSAN CARLSON. ANY MEMBER WHO HAS A NEW ADDRESS, PHONE NUMBER OR E-MAIL ADDRESS LET ME KNOW.

PUBLICITY - NANCY BROWN - DID YOU SEE COFFEE & PIE FUNDRAISER ON CABLE, RAYNHAM BUZZ AND IN THE TAUNTON GAZETTE? CHECK OUT THE BUZZ FOR OUR EVENTS LISTED.

PUBLIC ISSUES - ROBIN GENDRON - WE ARE STILL MAKING THE VETERAN TAGS WITH THE RECYCLED FLAG STARS. NANCY BROWN PRESENTED THE STARS TO VETERANS AT A FUNCTION AT ST. NICHOLAS OF MYRA CHURCH AND ALSO ASKED FOR DONATIONS FOR WOUNDED WARRIORS FOR ANYONE WHO WANTED A STAR FOR THEMSELVES OR A FRIEND. SHE COLLECTED \$87.00.

Our Board Members

Cindy Leonard, President ~ Cindy Brogan, Vice President ~ Joyce Clark, Recording Secretary ~
Joanna Alden, Corresponding Secretary ~ Vel Bleau, Treasurer ~ Nancy Brown, Auditor ~
Susan Carlson, Director