



Juniors in Action



GFWC of Taunton and Raynham Juniors

A member of the General Federation of Women's Clubs

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March 2020

Our Board Members

A past President-Nancy Clark, Cindy Brogan - Vice President, Joyce Clark - Recording Secretary, Judy Ackerman - Corresponding Secretary, Nancy Clark – Treasurer, Nancy Martin - Auditor, Edith Edlund – Director

February Business Meeting:

The Announcement of Judy Ackerman volunteering to take over as Corresponding Secretary with Joanna Alden's resignation. It was also voted by the membership to offer Joanna Alden an Honorary Membership. **Thank-you notes** were received from Home for Our Troops and our new mayor: Shauna O'Connell. Mary Barrett delivered her congratulatory flowers for being the first woman mayor in Taunton. **Membership Chairman**, Joyce Clark awarded Vel Bleau with her 10 year membership pin. **The Program** for the month was around the topic of keeping one healthy. The first presentation was by member Judy Ackerman on resilience and mindfulness; the positive stuff in life. We did group exercises, and a self-care assessment. The second was by member Cindy Leonard on how massage therapy can help increase your range of motion and relaxation. She talked about the fight or flight mode, that most of us need to make changes in ourselves, to improve our moods. Health wise we need to improve our water intake to help remove toxins from our bodies, and how it can be achieved was demonstrated with member Edith Edlund. **Nancy Brown** presented members with a Who's Who quiz to help get to know fellow



members that are due at the April 4th meeting. **Cindy Leonard** has volunteered to take over our club lending library. **Nancy Martin** talked about how this month was Teen Dating Violence and Heart Awareness and next month was Self-Injury month; as members we could bring about awareness to these causes by wearing orange ribbons which Nancy supplied for the membership. The talk was followed it up with a 50/50 raffle using strands of orange and red Mardi-Gras beads with a cost of \$1 each, 3 for \$2. Members chose to touch their heads or butts and a coin was tossed. If heads came up and you were holding your butt you lost a strand of beads and if tails came up and you were holding your head the same thing occurred until one person was left standing with a strand of beads. The winner was Nancy Brown, she donated her winnings back to the club so \$36 was collected. The treasurer was given the directive from the membership to donate the money for the animals in Australia as noted in News & Notes. **The membership** was encouraged to wear red to the meeting for Heart-Better Health month. **Joyce Clark** acting president and membership chairman than conducted a vote for the Leadership awards. Our club will be sending nominees Mary Barrett for the Marilyn Perry, Joyce Clark for the Martha Michaelewich and Edie Edlund for the Sheila Shea awards. Denise Wheeler once again demonstrated



how folding books can make nice desk holders. To date club members have made 8 holders, please take some books home and bring some back completed this month for donations to veterans.



What has our club been up to this February?

Four boxes of Chocolates and 40 valentine cards signed by members were delivered to veterans at Brockton Veterans Hospital signed by members during the Business Meeting for Valentine's Day.

Following up with the orange ribbons from last month, Nancy Brown took the extra ribbons from the meeting and made additional ribbons totaling 75 and brought them to Dighton




Rehoboth High School to be distributed to students and staff that wanted them for Teen Dating Violence and Self Injury for the February and March months.

Education Chairman for the club Nancy Martin saw a shout out on Facebook from Teresa Garrett from Al Paso, Texas months ago but it took several months for the project to come to fruition. First she had to get approval from our club to pursue this endeavor and purchase the postcards and postage to proceed with the project. She then reached out to a fellow member Denise Wheeler who teachers 5th grade at Martin Middle School to see if she would be willing to attempt this project with her class. We then met with her administration to get approval to proceed with the project. Nancy purchased the postcards and stamps while Denise worked with the school guidance counselor to design a lesson to go along with the curriculum on empathy. Denise and the guidance counselor worked together with Denise's class and the outcome were 40 postcards made by her class. Nancy attached a valentine pop to each card and sent them to Teresa in Al Paso. Denise



and Nancy are hoping they will reciprocate and have their students respond. **Denise Wheeler** and Mary Barrett helped to make and donate 2 beautiful baskets from our club resources to the Old Colony Historical Museum for two of their February Movie Saturdays fund raisers. **Nancy Brown** delivered 12 packages of crackers and cookies, 4 bags of conservation hearts, 23 packages of Kleenex and 20 puzzles to Primetime this month.

Committees:

Advocates for Children – Nora  Orfanello & Robin Broberg – **Bring dimes** for March of Dimes Fundraiser. Self Injury month, continue to wear your **orange** ribbons

ARTS – Kathy Sampson –Bring your pictures for GFWC Photo Contests.



COMMUNICATIONS & PUBLIC RELATIONS –Nancy Brown – News is also being sent to Sun Cornicle from Somerset. Please save newspaper articles and pictures. Look for us online in the Raynham Buzz, along with the Gazette, Enterprise, Rehoboth Reporter and Wicked Local.



CONSERVATION – Denise Wheeler – Collecting newspapers, puzzles, board games, empty ink cartridges, fabric, yarn, old cell phones, eye and reading glasses, small jewelry boxes, coffee cans, old batteries, embroidery floss, used eye glasses with cases, metal and plastic coat hangers, holiday cards, soda tabs and **old bras**



DOMESTIC VIOLENCE: - Amanda Fata talk on Self Injury Month.

EDUCATION – Nancy Martin/Joyce Clark– Bring books to the monthly meetings for the “More Than Words” book collection and the Prison Book Program. **A reminder that most Scholarships are due March 1st!**





FUNDRAISING – Cindy Brogan – The GFWC Taunton and Raynham Junior

Women's Club opens the New Year with plans for their first fundraiser of the year. A Soup and Pie Sampler event is scheduled for Saturday March 7th from 12:00 - 2:00



p.m. at the American Legion, 291 Mill Street in Raynham. Tickets are now available for \$12 through members or by calling Denise at 508 813-7392. **Gift cards for raffle prizes are needed.**

HOME LIFE – Nancy Brown- We will continue to collect small bingo prizes for Prime Time in Dighton. Tissues, and lip balm, individual packs of cookies and crackers.



HOSPITALITY –Cindy Brogan– March is Vel Bleau and Nancy Brown

INTERNATIONAL OUTREACH –Emily Wyland- Will be talking at the meeting about Shot @ Life and pouches for animals in Australia.



LEADERSHIP: - Paula Gasparoni and Joan Curran – Think about applying for LEADS

MEMBERSHIP —Jane Pacheco/Joyce Clark – Installations of two members approved by the board: Debra Chaplin and Judith Floor.



Encourage friends and new people you meet to come to a meeting.

NEWSLETTER – Nancy Martin – If you do something representing our club during any given month, please forward information about it along with pictures to MRMartin947@aol.com. Reminder members can place up to three ads a month in the

Newsletter for free. Deadline for submissions is one week before each meeting.

PRESIDENTS SPECIAL PROJECT: Edie Edlund- The organizing of the trip to Virginia in August for members who wish to attend the ceremonial weekend of the 100th celebration of the memorial and 19th Amendment.

PROGRAMS-Judy Ackerman– March is Shauna O’Connell; April is Health coordinator; September is Sampson; October is on Child Abuse; November is Paul Clifford on Suffrage Movement



PUBLIC ISSUES –Cindy Brogan – reminder the Presidential Primaries is March 3rd and the Special Election for Representative in Taunton is March 31st.

PUBLIC POLICY & LEGISLATION– Nancy Clark – Affordable Child Care Act

WEBMASTER – Nancy Clark – If you haven’t gone on the site yet, visit the site.

WHRC – Nancy Brown- WHO's WHO? Remember to match the Jr. to her fact and return your answer sheet at the April meeting for your reward. I hope that you reached out and learned a little more about each other. **LENDING LIBRARY**- Please see Cindy Leonard to check out our club's history book or any of the other GFWC Jr. books available. You may sign them out for one month. These books may be of interest and a big help to our new members.

YEARBOOK – Edith Edlund - yearbook has gone to print!

Happy Birthday to Members:



Vel Bleau

Thelma McCaffrey

Joan Curran

Self- Injury Awareness Month

Self-harm is intentional, direct injuring of body tissue done without the intent to commit suicide that occurs in high functioning individuals who have no underlying mental health diagnosis. It is a coping mechanism to provide temporary relief of intense feelings of anxiety, depression, stress, emotional numbness or sense of failure. It is most common between the ages of 12 to 24. Help to share the awareness!



What should you bring to the March meeting?

Folded books
Wear your orange ribbons
Dimes for March of Dimes Fundraiser
Books of any kind
New or gently worn shoes: Sole 4 Souls
Stuff for Primetime
Old Bras for the Turtles
Gift Cards for raffle prizes

MARCH OF DIMES

For Sale by Member!

Mary Barrett has a pool table for sale
Pretty good condition; pool sticks, etc. Asking \$100 obo.
Contact Mary Barrett @ either 508-824-8265 or chippy.5@hotmail.com.



What do I need to add to my calendar?

March 2nd Business Meeting at BP at 7:00pm
Soup & Pie Sampler, March 7th American Legion Hall in Raynham, 12:00 – 2:00pm
Bingo III, GFWC Headquarters Sudbury, Sunday March 22nd, 1:00-3:00pm
March 30th Board Meeting at 6:00pm
GFWC MA Junior annual Conference, Holiday Inn, Marlborough, Saturday April 25th
GFWC Annual Meeting, May 2-3, colony Club, Tower Square, Springfield
Centennial Suffrage Tea, Sunday May 17th at St. Nicholas of Myra Hall, Dighton, 1:00-3:00pm
MassStar, Lasell University, Saturday May 30th
Fashion Show, American Legion Hall, Raynham, Sunday August 2nd, 1:00-3:00pm

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*