



GFWC JUPITER-TEQUESTA JUNIOR WOMAN'S CLUB



H.O.T. JUNIOR NEWS

(HELPING OTHERS TOGETHER)

Jeanne Takeda, Editor

Volume 51, Issue 2

February 2015

GFWC Jupiter-Tequesta Junior Woman's Club, Inc.

P.O. Box 3811 Tequesta, FL 33469-0811

www.jtjwc.org

400 Seabrook Road
Tequesta, FL 33469

Board Meeting: 6:30 PM
General Meeting: 7:00 PM

Socializing after the meeting

Next Meeting
Tuesday, February 10, 2015

Good Shepherd Episcopal Church
(in the Social Hall Behind the Church)

TBD



From Our President

Cecilia Hudnet

Happy Heart Month!

I am thrilled to be surrounded by talented Executive Committee Officers who will do an amazing job this year. Special thanks to all my Service and Non Service Chairs. I know you are all keeping us busy with multiple events and community service projects. We are being challenge to focus on our upcoming year with the vision to make our communities and our world even better place to live.

Service Committee

- Arts – Dixie Lee Dorsey
- Conservation – Ana Warder
- Education – Julie Dickison
- Home Life – Joyce Ross
- Public Issues – Karen Smith
- International Outreach – Randee Strassler

Non Service Committee

- Fundraising – Bonnie Larson
- Leadership – Sheryl Molter
- Membership – Mary Ward
- Programs – Sheryl Molter
- Communications – Evelyn Dolby
- **Public Identity – Open... Description: publicizes club events to the public media state & prepares scrapbook of club activities.**

If you have not yet signed up to serve on two committees this year, please do so on February 10th, meeting or by emailing me at nyc22a@aol.com

Reporting, Reporting, Reporting..... Yeah!!! We completed our club reporting submission. Thanks to Mary Ward, Sheryl Molter and Claire Portman for attending our Reporting Meeting. Special thanks to Sheryl Molter for hosting our meeting and submitting our reports on time. We are excited about all the wonderful projects done by our club members that supported our community; and are grateful to have the valuable information submitted on time. A huge thanks goes out to everyone who submitted their hours and articles on time for us to share with GFWC.

Remember that February is Heart Health month. Heart disease is the number one killer of women. And for most part, heart disease is preventable. **Please wear red to our meeting on February 10th** to remind others to practice heart friendly habits. So let's remember to get 20 minutes of exercise most days, limit our cholesterol and salt intake, and refrain from smoking. All we have to do is adopt a few simple habits that will put us on the road to a healthy lifestyle. Eat healthy by adding more fruits and vegetables to your diet. Exercise, reduce stress and get routine check-ups. For more tips, go to <http://www.goredforwomen.org>

Our Guest Speaker for February will be, Lori Gordon, a Certified Holistic Health Coach. Lori will be speaking on Women's Health and Eating Habits. Lori has studied all the major dietary theories and use practical lifestyle coaching methods to
(continued on page 2)

(From our President, page 1) guide her clients in discovering which approach works best for them. She currently lives in Jupiter, Florida, married to Steve Gordon and is a young mom, Lori enjoyed spending time with her daughter and friends.

Proposed Budget will be presented to all members for 2015.

Reminder to all Committee Chairs to bring any proposed fundraising event to the board for approval; this must be done prior; so it can be presented to the general membership for a vote.

- Saturday, February 7th Jupiter Jubilee 11am – 5pm Jupiter Community Center
- Tuesday, February 10th Executive Board Meeting at 6:30pm Tequesta
- Tuesday, February 10th Meeting – 7pm Tequesta
- Tuesday, February 10th Bring your handcrafted Arts & Crafts to our meeting
- Saturday, February 14th **Happy Valentine's Day**
- Saturday, February 28th District Arts & Crafts/ District 10. Will be co-hosted by both clubs. Held at the Jupiter Community Center.

Positive Inspirations: Thinking about “making a difference” can be overwhelming, consider focusing on the little things instead. Throughout the day opportunities abound to be kind, to make an effort, to connect, to take interest in others, to express gratitude and to give back. According to novel Prize-winning scientist Daniel Kahneman, **we experience approximately 20,000 moments each day. Choose to make the most of each one.**

- Give an honest compliment.
- Strike a conversation with someone you see every day but don't really know.
- Hold the door open for a stranger.
- Smile.
- Buy a friend a book for a relative you know they will love
- Offer to help carry someone's groceries.
- When buying coffee, pay for the person behind you in the line
- Hold the elevator.
- Take a friend to a museum or art gallery.
- Offer to do a favor or run an errand for a friend.
- Send flowers for no reason.
- Give positive feedback to a co-worker.
- Leave change in the vending machine.
- Write a letter to someone you love describing three things you admire.
- Channel Stevie Wonder – call or text someone you love just to tell them “I Love You”.
- Tell a stranger that you love what they are wearing.
- Praise a co-worker for using their inner strengths – like respect, self-control and perspective.
- Give a lottery ticket to a stranger.
- Bring your assistant coffee.
- “Catch” your child doing something positive.

“Act as if what you do makes a difference. It does” – William James



Birthdays for the month of January...

Sheryl Molter February 17

Cecilia Hudnet February 28

Anniversaries for the month of February...

Sheryl Molter February 23





What's the Buzz with the VP's News?

Membership

Mary Ward, 1st Vice President

Ladies – January and February are months filled with extra meetings and activities Thank you all for the extra time (away for your families) that you put in to make our club great. It is truly appreciated by club members as well as those in the community that we help.

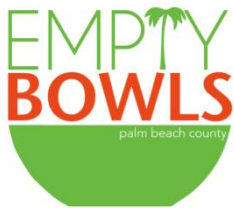
February 6th GO RED for American Heart Association wear **Red** to show support for woman struggling with Heart Disease and Strokes. One out of every three woman is diagnosed with Heart Disease.

Five ways to LOVE your HEART

- 1 Be Active Just 20 minutes of vigorous physical activity each day
- 2 Eat Smart: A Diet rich in fruits, vegetables and fiber rich grains and low in sodium and saturated fats
- 3 Know the risks: Age, Gender race and family history, Know which factors affect you and what you can do to reduce them
- 4 Listen to your heart: When signs pop up pay attention
- 5 Know the facts: stay informed read up on heart disease know the culprit an you will be better prepared to help prevent and fight it

February 7th JUPITER JUBILEE at the Jupiter Community Center. This is a wonderful family oriented community event. Let's brag about all the great things we do in the local community and bring some new woman into our club.

February 14th MEMBERSHIP SOCIAL 11:00 – 2:00 Palm Beach County Food Bank fundraiser see details below



EMPTY BOWLS PROJECT

Saturday February 14, 2015
Time 11:00 – 2:00
The Great Lawn- WPB Green Market
101 S Flagler Drive
West Palm Beach, 33416
\$25.00 – Bowl of soup and a loaf of bread

March 8th Chef for the Day: Quantum House



Above 1: Membership Social - Bunco Night at Mary Ward's. The 'girls' are having fun with current, former and potentially new members.

Photo by C. Hudnet, Facebook



Above 2: Stocking Stuffer Event is a wonderful time to reflect on the end of the year and make some new friends.
Photo by C Hudnet, Facebook

Committee News & Notes



Public Issues *Karen Smith*

Jupiter High School Project Graduation annual "**Chicken Dinner**" fundraiser, there will be tickets available for purchase at next meeting. Sponsored by the Masons, who cook chicken on their grills plus the rest of the sides ...you can pick it up at their lodge...it is on Feb. 22nd...the tickets are \$10...and you get the chicken, grilled, and sides. If you have more questions, you can ask Candy Koester.



Treasurer *Sheryl Molter*

Renew membership is now pass due, please pay your dues.
The dues are \$50.00. Please mail to P.O. Box 3811, Tequesta (33469).



Education *Julie Dickison*

Scholarship applications have been delivered to the Guidance Counselors of all 5 Jupiter High Schools and displayed at FAU Jupiter Campus and PBSC Palm Beach Gardens Campus.

Press Release and members photo has been sent to the Jupiter Courier and will be published in the Community/Your Issues/Weekly Briefing section of next week's paper (February 5th).



Home Life *Joyce Ross and Crew*

After much talk at the Budget Meeting, lots of offers to help, and plenty of encouragement, I am pleased to announce that I will be returning after a brief hiatus to be the Home Life Chairman once again. So to kick off my tenure, I will begin with a little overview of the General Federation of Women's Club's (read GFWC) Home Life Community Service Program. It is designed to inform members of issues that affect the well-being of Individuals, Families, and Communities. Toward this goal they have partnered with Canine Companions for Independence, Easter Seals, The Heart Truth and Inside Knowledge.



February is National Heart Month. (A nice tie-in with Valentine's Day) "The Heart Truth" is sponsored by the National Heart, Lung, and Blood Institute part of the National Institutes of Health. The Red Dress is the symbol they use to inspire women to learn more about their personal risk of heart disease and the importance of taking action to protect their heart health. The first Friday in February celebrates National "Wear Red Day". Let's hope on February 6th there is a sea of Red Dresses out there- getting the word out and promoting better heart health for all women.

Back by popular demand - "house hold tip for the month". Put on your thinking caps- I will be collecting "hints" at the next meeting and I'm thinking of starting a "Best things ever..." like something you use all the time, tried out, some fabulous food or restaurant, couldn't live without, heard, any other idea you have or maybe even something that made you laugh out loud. This is one of mine - A woman, divorced a couple years ago, mentioned on my high school alumni web site that she was checking things off her bucket list (or as she liked to call it "things he wouldn't let me do while we were married.") I never met her but I loved it - and laughed out loud. I'd say maybe you had to be there to get it - but I wasn't there either. I suppose we will learn a lot about each other through this - hey maybe this should go under "membership"- only kidding. Anyway I think I read somewhere laughing helps you stay heart healthy!



Communications
Evelyn Dolby

Hi everyone! Well it looks like you will be hearing from me again on the phone for reminders of the next JTJWC meeting. Please be sure to let me know if you have someone who would like to come and would like a call. Look forward to seeing you all soon.



Corresponding Secretary
Jeanne Takeda

The deadline submissions for the March newsletter will be Tuesday, February 24, 2015 to jtakeda@fau.edu

Corrections Newsletter: Please send correction(s) to jtakeda@fau.edu



Looking for gently used suits; career casual clothing for women and any accessories, i.e. shoes, bags, jewelry, scarves, etc. to support BPW annual suit drive (community support).

~ Please bring to our February meeting.

February 28th - District Arts & Crafts The Junior club and the woman's club will be co-hosting the District 10 Arts & Crafts Meeting on February 28th. I will have a sign up sheet at the February meeting. Also, we could use help that day setting up, serving lunch and cleaning up. All of the club's arts & crafts 1st place winners will be entered into this contest.



March 14th – Fashion Show. The junior club and the woman's club will be co-hosting a fashion show on Saturday, March 14th at Turtle Creek Country Club. We voted that each member is required to purchase one ticket (\$45.00) and provide a raffle basket. You can go in with another member for the basket. We will also need door prize donations. I will have tickets, flyers and solicitation letters at the February meeting.

Member to Member(s)



Dear Secret Pal - Thank you so much for the chef's mitt and cookie mix. You obviously know me well, I love to cook!! ~ Mary Ward

To My Secret Pal – Thanks for all the nice goodies...love the hello kitty note pad. ~Jeanne Takeda

**Hostess Joyce – Thanks for having us at your home for our Budget Meeting.
~ JTJWC Officers & Chairs & Members-at-Large**



GFWC – Jupiter-Tequesta 2015 Proposed Budget

Category	Description	Approved Budget 2014	YTD Totals 2014	Proposed Budget 2015
Service Committee Expenses:				
Arts				
	Lighthouse Gallery Membership	\$75.00	\$75.00	\$75.00
	*Emmy's Heart	\$50.00	\$50.00	\$0.00
	Youth Art Awards	\$1,000.00	\$930.00	\$1,000.00
	Miscellaneous	\$0.00	\$0.00	\$50.00
	Total Arts	\$1,125.00	\$1,055.00	\$1,125.00
Conservation				
	School Planting	\$100.00	\$0.00	\$200.00
	Total Conservation	\$100.00	\$0.00	\$200.00
Education				
	Adult Schlarships	\$1,000.00	\$0.00	\$1,000.00
	High School Scholarships	\$2,000.00	\$2,500.00	\$2,000.00
	Mailing and Printing	\$20.00	\$16.00	\$20.00
	Total Education	\$3,020.00	\$2,516.00	\$3,020.00
Home Life				
	*Foster Children	\$300.00	\$283.29	\$300.00
	Senior Bus Tour	\$100.00	\$100.00	\$100.00
	*Stocking Stuffer	\$250.00	\$250.46	\$250.00
	*Children's Home Society	\$250.00	\$250.00	\$250.00
	*Vita Nova	\$125.00	\$125.00	\$125.00
	Total Home Life	\$1,025.00	\$1,008.75	\$1,025.00
International Outreach				
	Operation Christmas Child (shoeboxes)	\$133.00	\$112.00	\$75.00
	Miscellaneous	\$100.00	\$0.00	\$0.00
	El Sol	\$0.00	\$0.00	\$75.00
	Unicef	\$0.00	\$0.00	\$50.00
	Total International Outreach	\$233.00	\$112.00	\$200.00
Public Issues				
	Project Graduation Jupiter HS	\$100.00	\$100.00	\$100.00
	Project Graduation Dwyer HS	\$100.00	\$100.00	\$100.00
	*Wreaths International	\$150.00	\$150.00	\$0.00
	Veterans	\$0.00	\$0.00	\$100.00
	Total Public Issues	\$350.00	\$350.00	\$300.00

Category	Description	Approved Budget 2014	YTD Totals 2014	Proposed Budget 2015
Non-Service Committee Expenses:				
Membership				
	Initiation	\$75.00	\$0.00	\$100.00
	Membership Publications	\$25.00	\$0.00	\$100.00
	New Member Social	\$100.00	\$0.00	\$100.00
	Postage	\$50.00	\$0.00	\$25.00
	Remembrances	\$25.00	\$0.00	\$25.00
	Yearbooks	\$50.00	\$0.00	\$100.00
	Total Membership	\$325.00	\$0.00	\$450.00
Leadership				
	Historian Supplies		\$27.00	\$20.00
	Juniorette Scholarship	\$500.00	\$0.00	\$500.00
	State/District Meetings	\$1,000.00	\$1,125.00	\$1,000.00
	Total Leadership	\$1,500.00	\$1,152.00	\$1,520.00
Public Identity				
	*Club Banner	\$0.00	\$162.00	\$0.00
	JTAA Parade	\$0.00	\$0.00	\$0.00
	Scrapbook	\$0.00	\$0.00	\$0.00
	Miscellaneous	\$400.00	\$94.00	\$250.00
	Total Public Identity	\$400.00	\$256.00	\$250.00
Federation				
	Canine Companions	\$20.00	\$40.00	\$20.00
	Hacienda Girls Ranch	\$20.00	\$150.00	\$20.00
	Junior Special Project	\$35.00	\$30.00	\$35.00
	Miscellaneous Federation Donations	\$100.00	\$103.95	\$100.00
	GFWC Director of Junior Clubs	\$25.00	\$25.00	\$25.00
	GFWC Director of Junior Clubs Gifts	\$25.00	\$25.00	\$0.00
	GFWC District 10 Junior Director	\$25.00	\$25.00	\$25.00
	GFWC FL District 10 Junior Director Gift	\$25.00	\$25.00	\$0.00
	GFWC Florida Chairman	\$75.00	\$75.00	\$75.00
	GFWC FL Dues	\$500.00	\$322.00	\$500.00
	GFWC FL President's Gift	\$10.00	\$10.00	\$0.00
	Total Federation	\$860.00	\$830.95	\$800.00
Overhead				
	FL Corporate Annual Report	\$61.25	\$61.25	\$61.25
	Insurance	\$500.00	\$0.00	\$500.00
	Meeting Room Donation	\$100.00	\$100.00	\$100.00
	PO Box Rental	\$150.00	\$154.00	\$154.00
	Postage	\$19.75	\$0.00	\$0.00
	Programs		\$25.00	\$200.00
	Website	\$0.00	\$0.00	\$236.70
	Total Overhead	\$831.00	\$340.25	\$1,251.95

GFWC Jupiter-Tequesta Junior Woman's Club General Meeting Minutes – January 13, 2015

Page 1 of 2

(Pending approval at the February meeting)

Present: 15 members* and 3 potential new members. Agendas were handed out.

*based on 2014 JTJWC membership

The meeting of the GFWC Jupiter-Tequesta Junior Woman's Club was called to order by President Cecilia Hudnet at 7:05 p.m. The meeting was held at the Corner Cafe in Tequesta.

The Pledge of Allegiance to the United States of America was recited followed by the Junior Pledge.

Cecilia Hudnet introduced Past Presidents: Candy Fendel-Koester, Sheryl Molter, Claire J. Portmann, Joyce Ross, and Jeanne Takeda.

The minutes of the November 11, 2014 general meeting were approved as published in the December and January newsletters. A motion was made by Sheryl Molter, seconded by Claire J. Portmann, and approved by all present.

1st Vice President, Membership - Mary Ward

Mary Ward is about membership increasing and having our members and friends &/or guests come to our membership nights. January's Membership Social will be on Friday January 16th a Night of Bunco Beginning at 6:30 at Mary Ward's located at 28 Starboard Way in Tequesta. Everyone is invited to bring their favorite appetizer with the recipe and BYOB.

Welcome to our guests: Chris Piazza, Patti Crisafulli and Heather Turrisi.

2nd Vice President, Fundraising – Bonnie Larson

Bonnie Larson will address upcoming club fundraising after the breakout sessions on committee sign-ups.

3rd Vice Presidents, Junioresettes – OPEN

Cecilia Hudnet and Sheryl Molter explained both the position for 3rd VP and having Junioresettes as part of JTJWC. In the interim Sheryl Molter will be the contact if anyone has questions or is interested in Junioresettes.

Treasurer's Report – Sheryl Molter

Just a reminder that your club dues are due. The dues are \$50.00. Please try to pay your dues on or before our January 13th meeting. Please mail to P.O. Box 3811, Tequesta (33469), or give them to me at the January meeting.

Budget Meeting 2015 on Tuesday, January 27th – details TBA.

Corresponding/Recording Secretary – Jeanne Takeda – Jeanne reminded everyone that the deadline for the next newsletter is Tuesday, January 27, 2014.

- Newsletter correction: Reporting was on Saturday, January 10th beginning at 10 a.m.

Committee Session

Cecilia Hudnet presented an overview of the Service and Non-Service Committees to members and guests. Sign-up sheets for each committee. A brief description was in the January 2015 newsletter. Cecilia Hudnet shared that Sheryl Molter would be available to assist with training, if needed.

The following chairs were appointed and accepted:

Arts – Dixie Lee Dorsey

Conservation – Ana Warder

Education – Julie Dickison

Home Life – Open

Pubic Issues – Karen Smith

International Outreach – Randee Strassler

Fundraising – Bonnie Larson

Leadership – Sheryl Molter

Membership – Mary Ward

Programs – Sheryl Molter

Communications (Phone Tree) – Evelyn Dolby

Public Identity - Open

GFWC Jupiter-Tequesta Junior Woman's Club General Meeting Minutes – January 13, 2015

Page 2 of 2

Leadership – District 10 Arts & Crafts Meeting - Sheryl Molter stated there is meeting at the Jupiter Community Center on February 28th hosted by Jupiter-Tequesta Jr. Woman's Club and Woman's Club of Jupiter-Tequesta. Cost is \$16 (\$2 registration & \$14 lunch). Please make check out to JTJWC and please register with Sheryl Molter by February 17, 2015. Anyone interested in submission for ARTS & CRAFTS contact Jeanne Takeda on or before February 15, 2015.

Programs – Cecilia Hudnet would like to have a guest speaker at the beginning of every meeting. They will have a time limit set (i.e. 10-15 minutes). Please share names and contact numbers with her &/or Sheryl Molter, Programs Chairs.

Old Business

Cecilia Hudnet – last year 2nd VP Fundraising was pleased to announce that JTJWC raised over \$10K in 2014.

Joyce Ross – Shared an update on December events. Letters of appreciation from the children, young men & women, and/or agency were passed around for everyone to read.

4	Wish List	\$250
36	Stocking Stuffers	\$250
13	Transitions	\$125
8	Nell Smith	\$125
26	Vita Nova Village	\$125
87	Live at village	
32	Hacienda	\$100
<hr/>		
206	approximately touched by JTJWC	\$975

New Business

Bonnie Larson, Fundraising 2nd VP: Discussed upcoming fundraising events 2015 for JTJWC.

- **Fashion Show with Woman's Club of Jupiter-Tequesta on March 14th at Turtle Creek CC.**
 - Theme Basket (members can pair together to create a basket value about \$100) (split of revenue JTJWC and WCJT)
 - 50/50 raffle (split of revenue JTJWC and WCJT)
 - Ticket Sales \$45/ticket – JTJWC will get all revenue for every ticket we sell.
 - Members are expected a minimum purchase of 1 ticket at \$45.
 - Sheryl Molter made a motion and Maryanne Wnukowski 2nd.
 - 14 yes and 1 no – motion passed
- **Shred-it event on April 25th details TBA**
 - Shredding event open to the public & business.
 - Bonnie Larson made a motion and Candy Koester 2nd.
 - Unanimous approval – motion passed
- **Sunfest 2015 on May 1, 2, & 3 downtown West Palm Beach detail TBA**
 - Provided JTJWC is selected to participate again in Sunfest
 - Beer ONLY venue for 3 days (Friday, Saturday and Sunday)
 - Cecilia Hudnet, volunteer to be the Bar Mgr.
 - Cecilia Hudnet said that members need to volunteer for 1 shift ONLY or find someone to volunteer on their behalf.
 - Bonnie Larson made a motion and Candy Koester 2nd
 - Unanimous approval – motion passed

Collect was read and the meeting adjourned at 8:43 p.m.

Submitted by Jeanne Takeda, Recording Secretary

Welcome to Our 2015 Committee Chairs



Committee Chairs

Arts

Dixie Lee Dorsey
561-201-1107
dleeann@comcast.net

Conservation

Ana Warder
561-602-7633
fisher1ana@yahoo.com

Education

Julie Dickison
608-697-8353
romeo@maqs.net

Home Life

Joyce Ross
561-747-5986
sunshine6771@hotmail.com

International Outreach

Randee Strassler
561-255-3132
rstrassler@yahoo.com

Public Issues

Karen Smith
230-517-6964
Karen.eddowes@yahoo.com

Leadership

Sheryl Molter

Programs

Sheryl Molter

Public Identity

Open

Communications (Phone Tree)

Evelyn Dolby

President

Cecilia Hudnet
561-371-1975
nyc22a@aol.com

1st Vice President Membership

Mary Ward
561-379-4737
ward9025@bellsouth.net

2nd Vice President Fundraising

Bonnie Larson
561-262-3686
happy2bhealthy@gmail.com

3rd Vice President Juniorettes

Sheryl Molter
561-719-6816
moltergfwcfl@gmail.com

Recording & Corresponding Secretary

Jeanne Takeda
561-339-0920
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Treasurer

Sheryl Molter
561-719-6816
moltergfwcfl@gmail.com

“motto”
Leadership
Membership
Publicity