



THE GFWC WILLISTON

# JUNIOR JOURNAL

"BUILDING OUR COMMUNITY THROUGH FRIENDSHIP"



April 2009

www.willistonjuniors.org

## President's Message



Hello Juniors!

Wow, things sure seem rough right now with the economy. One of my favorite quotes is by Booker T. Washington, "If you want to lift yourself up, lift up someone else." I know this quote is true. Sometime this month I want to encourage everyone to do something nice for someone else. You will feel good and they will too. One way you can help others is by bringing in items for domestic violence shelters to our April club meeting. A list of those items is in this newsletter.

Don't forget, April's meeting will be held at the School of Dance! If you didn't get your yearbook at the March business meeting, you will be able to get it then. Catrina did a great job the yearbooks! Catrina, Tammie and Katie will provide our meal. I look forward to hearing Rita report on the Dr. Seuss reading project and the "Tale of the Fourth Grade Nothing" project. Also, Jessica will report on her healthy snacks project. Later this month is the GFWC FFWC Spring Convention. With Monique's strong leadership last year, I am sure we will be happy with our reporting results. Then, on April 25<sup>th</sup> is the Williston School of Dance recital. Make sure you sign up to help.

So during this hard economic time, remember to stay positive and remember we all have each other to brighten each other's days! See you all April 2<sup>nd</sup>!

Federation Love,

*Jessica*

Join us **Thursday, April 2nd**  
at 6:30 p.m. at the Williston  
School of Dance!

153 NW 6<sup>th</sup> Street

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**Jessica Moran, Home Life**

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## Leadership-

We are all leaders just by being members of this club. We are women who desire a positive change in our community and aren't afraid to go out and make it happen. Our state Federation needs our help with making some positive changes at the state level. Our state leaders are looking for your input in making Spring Convention, Fall Board, and *Florida Clubwoman* magazine more member friendly and in touch with our needs. Please go to [www.gfwcflorida.com](http://www.gfwcflorida.com) and look for the yellow box that says "Member Survey." Click on the PDF or Word link and print out the 4 page survey. The survey is just 24 questions, and all you have to do is circle an answer. After you have printed the survey and circled your answers, bring it to the April meeting and Monique will collect them and mail them in. It's just that easy! Our voices will be heard and we can have a role in making the positive changes that will make our Federation, and club, stronger and more unified.

## Home Life-

### RELAY FOR LIFE

One Day. One Night. One Community. Relay For Life is the American Cancer Society's signature activity. It offers everyone in the community an opportunity to participate in the fight against cancer. Relay For Life is a life-changing event that brings together more than 3.5 million people to:

- **Celebrate.** The lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.
- **Remember.** Loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.
- **Fight Back.** We Relay because we have been touched by cancer and desperately want to put an end to the disease.

**WHEN: April 3, 2009**

**Where: Williston High School**

By participating, YOU have the power to continue the American Cancer Society's progress toward a future where cancer doesn't take the lives of our friends and family.

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**THANKS to everyone who volunteered to bring Nutrition into the Schools with "Ants on a Log."** I heard great feedback both from the teachers and students. They loved it! Also, don't forget to help support the March of Dimes and purchase a ticket for the "Murder at the Tonylou Awards" Mystery Theater, April 3 and 4. Tickets are \$10.00 and show starts at 7:30pm. You won't want to miss it! - Jessica Moran

## -Education-

I am proud to announce that we collected enough money to purchase 135 books, *Tale of the Fourth Grade Nothing*, for five 4<sup>th</sup> grade classes at Williston Elementary School. I delivered the books on Monday and they are already being put to good use. After reading the books each student will get to keep their own copy. At our next meeting I will have a sign up sheet for anyone who is interested in going into the classroom to do an activity with the students after the book is finished.

-Rita Inman



## -Children's Floor at Shands-

On Valentine's Day, our club co-sponsored "Valentine's at Shands" with the GFWC Gainesville Junior Woman's Club. After talking to the Child Activities Coordinator, we realized that there is a need for :

- Coloring books
- Crayons
- Children's VHS movies
- Children's DVD movies

These items are used by the patients and/or their siblings to help pass the time while in the hospital. If you have any of these items (Please don't go out and buy them!) and would like to donate them the Children's floor at Shands, please bring the items to the meeting! I will deliver them in April.

Thank you, Catrina Sistrunk

## -Quick and Easy Recipe-

by Ellie Krieger

[www.foodnetwork.com](http://www.foodnetwork.com)

### Ingredients

- Cooking spray
- 2 medium zucchini (about 1 pound total)
- 1 tablespoon olive oil
- 1/4 cup freshly grated Parmesan (3/4-ounce)
- 1/4 cup plain dry bread crumbs
- 1/8 teaspoon salt
- Freshly ground black pepper

### Directions

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.

Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Per Serving: (serving size, 1/2 cup)

Calories 105; Total Fat 6g (Sat Fat 2g, Mono Fat 2g, Poly Fat 0g); Protein 5g; Carb 8.5g; Fiber 1.5g; Cholesterol 1mg; Sodium 222mg

Excellent Source of: Molybdenum, Vitamin C

Good Source of: Calcium, Manganese, Vitamin B6, Protein



**One Voice for Children- Junior Special Project**  
[www.shandssafekids.org](http://www.shandssafekids.org)

**PREVENTING MEDICATION-RELATED CHILDHOOD POISONING**

1. Don't leave medicine in your purse or an unlocked kitchen cabinet.
2. Don't put it on a kitchen or bedside table.
3. Keep medicine separate from toothpaste, soap and other things you use every day.
4. Keep products in their original packages to avoid confusion.
5. Always read labels and follow directions when taking or administering medication.
6. Don't take medicine or vitamins in front of kids, and don't call them candy.
7. Don't involve children as helpers with your medication.
8. Keep the toll-free nationwide poison control center number (1-800-222-1222) and local emergency numbers near every telephone.
9. If you suspect poisoning and a child is choking, collapses, can't breathe or is having a seizure, call 911. Otherwise, take the product to the phone and call the Poison control centers offer fast, free, confidential hotline. Most poisonings are resolved over the phone. The number works from anywhere in the United States 24 hours a day, 7 days a week.
10. Don't make the child vomit or give him anything unless directed.
11. Each year, approximately 2.4 million people - more than half under age 6 - swallow or have contact with a poisonous substance.
12. To request poison prevention publications, visit [www.poisonprevention.org](http://www.poisonprevention.org).
13. To report a dangerous product or a product-related injury, call CPSC's hotline at (800) 638-2772.

**Important Dates:**

**April 2<sup>nd</sup> – Business Meeting at School of Dance**  
**April 3<sup>rd</sup> & 4<sup>th</sup> – Mystery Theatre**  
**April 10<sup>th</sup> – 19<sup>th</sup> – No School**  
**April 17-19<sup>th</sup> – GFWC Florida Convention**  
**April 21<sup>st</sup> – Executive Board Meeting 7:00 p.m.**

