



THE GFWC WILLISTON

JUNIOR JOURNAL

"BUILDING OUR COMMUNITY THROUGH FRIENDSHIP"



July 2009

www.willistonjuniors.org

President's Message



Hello Juniors!

I hope all of you can join us as we celebrate the summer at our July club meeting at Dara's home on July 2nd. If you have any gently used outside and/or inside toys you can donate to the Levy County Domestic Violence shelter, please bring them on Thursday. This is a project we are working on with the Generals. Our district is also working on a project for foster children. It is a duffle bag project and every month we will gather items to put in the duffle bags. For July, our Junior District Director, Karen Ehlers, asks us to gather children's pajamas.

We have a few events going on in July. At the June executive board meeting, we voted on the 2009 Williston Citizen of the Year, which the Miss Willistons will present at Horseman's Park on July 3rd. I hope you can attend the festivities. On July 17th, we are visiting Shands Children's Hospital to bring "summer fun to hospitalized children". If you are interested in attending, please let me know.

Make sure you wish Debora a Happy Birthday on July 2nd!

With Junior Love,

Jessica

Join us **Thursday, July 2nd** at 6:30 p.m. at Dara Bergdoll's house for the July Business Meeting!

Dara's address: 17650 NE 60th Street
Williston FL 32696

Bring an appetizer to share!

**GFWC Florida District 5
GFWC Williston Junior Woman's Club
PO Box 416
Williston, FL 32696**

Jessica Throckmorton, President
jessicaevangel@hotmail.com
318-2940

Tammie Vassou, 1st Vice President
tvassou@cruiseone.com
317-1015

Jennifer Benton, 2nd Vice President
Jenn_wjwc@yahoo.com
441-5224

Scarlett McGowan, Treasurer
mcgowan@ymail.com
558-4152

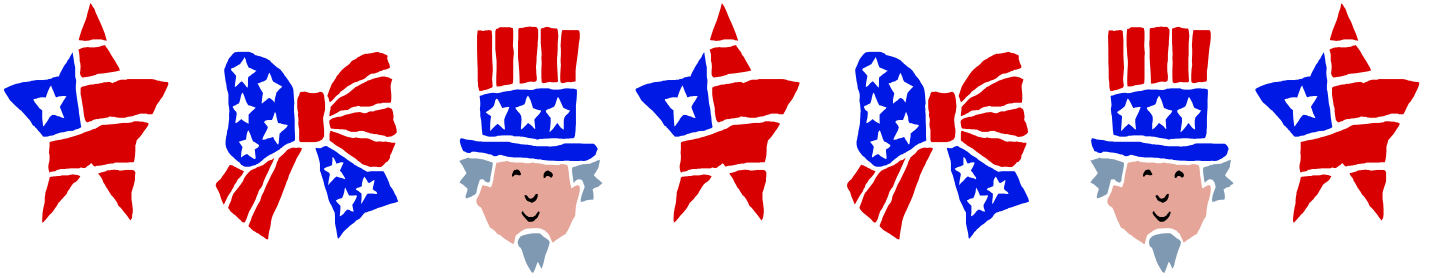
Catrina Sistrunk, Secretary
rcsistrunk@webkraft-hs.net
528-6364

Brooke Wooley, Arts and Conservation

Rita Inman, Education

Jessica Moran, Home Life

Becky Newman, Public & International Affairs



I Am A Member – GFWC

Whether general or junior it does not matter.

I am a member.

I have laughed and cried with you.

I have sang and danced with you.

I am a member.

*I have sat and shivered in the cold and sweated in the heat
with you.*

*I have slept in the same bed with you and stayed up all
night with you.*

I am a member.

I have cooked, baked, bought, and borrowed with you.

I have stitched, knotted, folded and ironed with you.

I am a member.

I have typed, copied, sorted and stapled with you.

I have cleaned, carried, fixed and furnished with you.

I am a member.

*Do not shake your finger at me because of my youthful
spirit.*

*Do not shake your head at me because of my graceful yet
slow pace.*

I am a member.

Do not forget to honor those who have gone before you.

Do not forget to support those who are coming after you.

I am member.

I am more like you than different from you.

*I am smart, stubborn, strong, loving, tough, loyal,
generous, talented, kind and caring.*

Whether general or junior it does not matter.

I am a GFWC member.

T Jablanski 6/2009

Membership-

Hello Ladies

It's been an amazing year so far. It's hard to believe that it's July already! I look forward to seeing everyone at Dara's house for July's meeting. Over the summer I know everyone is going to be busy with vacation trips. I will still try to plan an outing where everyone can come! What about a family picnic??

Jennifer Benton
2nd Vice President



VENDOR INFORMATION

If you are interested in participating as a Vendor at our GFWC Florida Federation Fall Board of Directors Meeting, please contact the GFWC Florida Finance Officer, Mary Powell, at pmsi1984@aol.com or at 1-800-374-6538. This state meeting is held in September from Friday afternoon through Sunday afternoon with 500-700 attendees.



-Home Life-



To Eat Healthier, Know the 5 Ingredients to Avoid

To make your diet more healthy, Dr. Oz, a cardiologist featured on the Oprah Winfrey Show, says to remember his "rule of fives." Look at the labels of the foods you eat. If you see one of these five ingredients listed as one of the first five Also watch out for products made with "enriched" flour, like white bread. "Why would they take bread and have to enrich it? Because they take all the important vitamins out of it, and they sprinkle just a little bit back things used to make it, don't eat it.

High fructose corn syrup

"We most commonly get this in soft drinks," Dr. Oz says. "It's an inexpensive sugar, in which means we're getting a lot of it in our diet."

Sugar

Dr. Oz says when you eat sweets, your brain receives schizophrenic messages. "It says: 'I got calories, but I didn't get any nutrients,'" he says. Your body will keep craving food until it gets those nutrients.

"Enriched"

Also watch out for products made with "enriched" flour, like white bread. "Why would they take bread and have to enrich it? Because they take all the important vitamins out of it, and they sprinkle just a little bit back in there," Dr. Oz says.

Trans fat

Also known as hydrogenated fat, these are fats that were once in liquid form but have hydrogen added to make them solid at room temperature. "It extends the shelf life of the product," Dr. Oz says. "But it shortens the human life."

Saturated fats

These fats come from four-legged animals like pigs and cows.



-Public Affairs-



Beginning July 1, failure to wear a seat belt will be a primary offense for which you can be stopped and ticketed. Florida's current seat belt law allows for adults to be ticketed only if they are stopped for another offense. This law allows law enforcement to stop and ticket minors who are driving or riding as an unbelted passenger. According to Click-It or Ticket, the 1 in 5 Floridians who did not buckle up in 2007, accounted for 3 in every 5 traffic fatalities. The state's seat belt use has risen 26 percent to 81.7 percent since the campaign began in 2001 -- just shy of the national average of 82 percent.

-Arts-

Let's Go Downtown (Gainesville) "Free Fridays" Plaza Series

From May to October, the **Bo Diddley Community Plaza** comes alive every **Friday night from 8-10 pm** as our local and regional bands and performing arts are showcased under the stars. Hundreds come out to enjoy the **free** live concerts and shows in a family friendly environment. The Plaza is located on the corner of SE 1st St. and E. University Ave. in historic downtown. So grab your blanket and lawn chair and plan to be downtown this Friday night!

July Fridays

- 3 **Another Fine Mess (Country / Rock / Blues)**
www.myspace.com/janahortonandanotherfinemess
- 4 **Special Saturday Edition! All American Song Fest (Songs About America, Past to Present; Various Artists)**
- 10 **Chuck Levy / Physical Medicine (String band / Acoustic / Folk)**
www.myspace.com/fiddlelevy
- 17 **Terraplane Blues Band (Blues)** www.terraplaneblues.com
- 24 **Chupaskabra** www.myspace.com/chupaskabra352 and the **Duppies**
www.myspace.com/theduppies (Ska / Reggae / Punk)
- 31 **String Kings (Acoustic / Classic Rock)** www.stringkings.com



-GFWC Florida Junior Special Project- One Voice for Children

The District Duffle

Who: Select a child between the ages of 1 & 17

What: Bring the "item of the month" to fill your bag

Why: When children are removed from an abusive home by police or other agency, they are handed a plastic garbage bag and asked to take whatever they can. By providing a duffle bag, back pack or suitcase filled with personal items, you are restoring comfort, dignity and love to a child who has just experienced one of the most traumatic events of his or her life.

Goal: 50 Duffle Bags presented by District 5 to the Children's Home Society in December

May: white socks

June: underwear

July: PJs

August: toothbrush, toothpaste, brush/comb, wash cloth and towel

September: school supplies, coloring book, crayons and books

October: toy or game

November: photo album or scrapbook and disposable camera

December: shirt and pants



-Education-

Fun Ways to Keep Learning all Summer Long

Did you know that teacher will spend the first 6 to 8 weeks of a new school year reviewing and reteaching? Here are some fun ways to keep your child's mind learning throughout the summer.

1. Grow the biggest zucchini in your neighborhood.

What better way to learn the basics of science and how things grow than to plant your own garden? You can start with seeds or small plants. Talk about what plants need to be hardy: air, water, sunlight and nutrients. Vegetables are especially fun and educational to plant because your child will learn where food comes from and will also get to eat the end product.

2. Clip, paste and write about your family adventures.

A family vacation is a perfect opportunity to create a trip scrapbook that will be a lasting souvenir of family adventures. Collect postcards, brochures and menus from restaurants and tourist attractions. Encourage your child to write descriptions of the places you visited and tell stories about your family's escapades. Or suggest a scrapbook on your child's favorite sports team or a chronicle of his year in school. The scrapbook might contain photos with captions, newspaper clippings or school mementos.

3. Get theatrical.

Young children can make their own puppet theater. Begin by cutting off the finger-ends of old gloves. Draw faces on these fingers with felt tip markers and glue on yarn for hair. Or glue on felt strips to create cat, dog or other animal faces. Then your child can create a story that the finger puppets can act out. For older children, find books containing play scripts for young people (see "Helpful Books" sidebar) and encourage your child and friends to create their own neighborhood theater. They can plan a performance, make a simple stage at the park or on the steps of someone's home, create playbills and sell tickets.

4. Make chocolate mousse or build a bird feeder.

Toy stores and craft shops are full of kits for making things, from bird feeders to model airplanes to mosaic tableaux. These projects teach children to read and follow directions, and offer the added benefit of creating a finished product. Science experiment books encourage children to observe and ask questions while providing hours of hands-on fun using scientific concepts.

What child wouldn't be inspired to bake cookies or make chocolate mousse? A cookbook geared for children is a good place to start. Ethnic cookbooks provide an excellent way to explore the food of other cultures, and open up conversations about how people do things differently in other parts of the world. Children are much more likely to eat something strange if they make it themselves.

5. Turn a museum trip into a treasure hunt.

Get your children excited about visiting a museum by exploring the museum's Web site and taking a virtual tour. When you go to a museum, take into account short attention spans and don't try to cover a whole museum in one day. To make them less intimidating, start in the gift shop and let your child pick out some postcards of paintings or objects on display. Turn your museum trip into a treasure hunt by trying to find those paintings or objects in the museum. Look for interactive exhibits and for periods of history that your child has studied in school.

