



THE GFWC WILLISTON

# JUNIOR JOURNAL

"BUILDING OUR COMMUNITY THROUGH FRIENDSHIP"



October 2009

www.willistonjuniors.org

## President's Message



Hello Juniors!

This month is probably our busiest month of the entire year. Our business meeting is October 1<sup>st</sup>. The Peanut Festival is October 3<sup>rd</sup>. Miss Williston is October 17<sup>th</sup>. Trail of Treaters is October 31<sup>st</sup>. I know we all have many other events going on, football, cheerleading, school projects, etc...however we could really use your help with these events. Even if you are not able to attend, bringing in items is VERY helpful. For the Peanut Festival, we need your gently used jewelry. For Miss Williston, we need food items for the tea. For Trail of Treaters, we need candy. There are articles in this newsletter giving you details of each event. Thank you in advance for your help. All of these events are very important because it is getting our club name out into the community! Getting our name out there is important because we would love to have more people join our club!

At the October meeting, we will pick the nominating committee for the 2010 year. Let me know if you are interested in serving on this committee. If you are interested in serving as an officer, let Monique Allnutt know. We have many talented, creative leaders in our club and I would love to see all of you in a leadership position!

I look forward to seeing you all of you at our October meeting.

With Junior Love,

*Jessica*

Join us **Thursday, October 1st**  
at 6:30 p.m. at the clubhouse!

Wear pink in honor of Breast  
Cancer Awareness Month!

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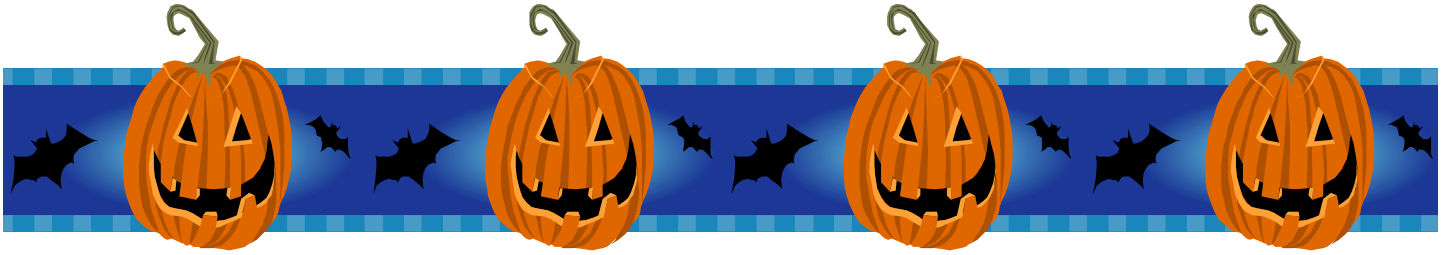
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**Rita Inman, Education**

**Jessica Moran, Home Life**

**Becky Newman, Public & International  
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## Conservation- Energy Conservation Month

Tips for energy conservation, efficiency measures to use at home

You can use the following tips today to begin to realize energy savings at home:

- Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.
- Check if your water heater has an insulating blanket. An insulating blanket will pay for itself in one year or less!
- Heating can account for almost half of the average family's winter energy bill. Make sure your furnace or heat pump receives professional maintenance each year. And look for the ENERGY STAR® label when replacing your system.
- Review additional strategies to reduce your water heating bills. Water heating can account for 14 percent-25 percent of the energy consumed in your home.
- Survey your incandescent lights for opportunities to replace them with compact fluorescents (CFLs) or light-emitting diodes (LEDs). CFLs can save three-quarters of the electricity used by incandescents. The best targets are 60-100 W bulbs used several hours a day. Measure the clearance in the fixtures to make sure they will accommodate compact fluorescents, which are slightly bigger than incandescents.
- Turn off the lights in unoccupied rooms or consider installing timers, photo cells, or occupancy sensors to reduce the amount of time your lights are on.
- Install a programmable thermostat that can be adjusted to temperatures according to your schedule.
- During winter, open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.
- Clean or replace filters in your furnace, air-conditioner, and heat-pump.
- ENERGY STAR® labeled products can cut your energy bills by up to 30 percent. Find retailers near you at <http://www.energystar.gov/> when you're ready to replace your heating and cooling systems-as well as appliances, lighting, windows, office equipment, and home electronics.

## -Home Life-

October is **BREAST CANCER AWARENESS** month. Everyone knows that early detection increases your odds of beating breast cancer...but did you know it increases those odds by more than 90%!! Become familiar with your breasts, perform monthly breast self exams, during your yearly check-up have your doctor perform a clinical breast exam, and if you are over the age of 40 yearly mammograms are a must. This month we will be starting Pals for Life. Together we can help save a life! To help us kick off "Pals for Life" show your support and wear pink.

-Jessica Moran

## International Affairs-

### UNICEF

UNICEF is the driving force that helps build a world where the rights of every child are realized. We have the global authority to influence decision-makers, and the variety of partners at grassroots level to turn the most innovative ideas into reality. That makes us unique among world organizations, and unique among those working with the young.

We believe that nurturing and caring for children are the cornerstones of human progress. UNICEF was created with this purpose in mind – to work with others to overcome the obstacles that poverty, violence, disease and discrimination place in a child’s path. We believe that we can, together, advance the cause of humanity.

We advocate for measures to give children the best start in life, because proper care at the youngest age forms the strongest foundation for a person’s future.

We promote girls’ education – ensuring that they complete primary education as a minimum – because it benefits all children, both girls and boys. Girls who are educated grow up to become better thinkers, better citizens, and better parents to their own children.

We act so that all children are immunized against common childhood diseases, and are well nourished, because it is wrong for a child to suffer or die from a preventable illness.

We work to prevent the spread of HIV/AIDS among young people because it is right to keep them from harm and enable them to protect others. We help children and families affected by HIV/AIDS to live their lives with dignity.

We involve everyone in creating protective environments for children. We are present to relieve suffering during emergencies, and wherever children are threatened, because no child should be exposed to violence, abuse or exploitation.

UNICEF upholds the Convention on the Rights of the Child. We work to assure equality for those who are discriminated against, girls and women in particular. We work for the Millennium Development Goals and for the progress promised in the United Nations Charter. We strive for peace and security. We work to hold everyone accountable to the promises made for children.

We are part of the Global Movement for Children – a broad coalition dedicated to improving the life of every child. Through this movement, and events such as the United Nations Special Session on Children, we encourage young people to speak out and participate in the decisions that affect their lives.

We work in 190 countries through country programs and National Committees. We are UNICEF, the United Nations Children’s Fund

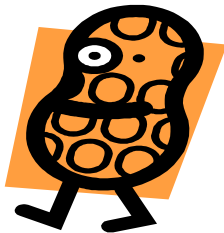




## Trail of Treaters

### CANDY:

Trail of Treaters is October 31<sup>st</sup>. This is always a VERY popular community event. Your help is needed by bringing in candy to the October business meeting. No candy=No kids. Thank you!!



## PEANUT FESTIVAL

At this year's peanut festival we are going to have a Carnival Style booth. There will be three games for the children to play. While the kids are playing, we are going to have a \$1 Jewelry table the mothers can go through while the kids are busy playing. We really need our help to make this event successful!! It is a fun day and you will have time to walk around the festival and enjoy yourself! Most of the proceeds from the Peanut Festival booth will go toward the Kitchen Renovations at the clubhouse.

### JEWELRY:

At the October business meeting, please bring in costume jewelry you do not wear. At the Peanut Festival we will sell each piece for \$1 while the kids are playing at our carnival. At our FFWC Conventions, this is a fundraiser they do and it is always very successful. I know I have a lot of jewelry I never wear! So please help us by bringing in jewelry you don't even like! Remember, one person's junk is another person's treasure!!!

## -Leadership-

### LEADS

If you want to be a leader (not just play one on TV) LEADS is for you!

Florida LEADS (Leadership Education And Development Seminar) is designed to identify members at the club level who have a potential and desire to assume leadership positions in their clubs and beyond. Florida LEADS will provide participants with the knowledge, capability, confidence and commitment to work more effectively in their clubs. Our club can nominate one person to attend this informative seminar.

The Florida LEADS seminar will be held in January at FFWC Headquarters in Lakeland. It will be a full day of activities, including lunch.

The criteria for being our club's LEADS nominee are as follows:

- Demonstrate an interest in pursuing leadership position in club and club activities.
- Demonstrate leadership skills, including but not limited to the following: organized, responsible, trustworthy, enthusiastic, flexible.
- Exhibit an interest and willingness to pursue higher leadership positions in her club.
- Agree to share information gained from participation in Florida LEADS with others in her club and district.
- Has **not** held elected positions at or beyond the state level.
- Has **not** attended a previous LEADS programs (members are eligible to attend only once.)

If you are interested in furthering your leadership skills and want to be a part of the future leadership of GFWC on the state, region, and national levels, please let Monique know by October 15<sup>th</sup>.

## Mamma Mia! – Junior Fun Night



## September Business Meeting Fun!!!



## -Membership-

It's amazing to think this year is almost over. Fall is going to bring many projects our way. I hope you can attend as many as possible. We have three possible new members, Karleen Howard, Melissa Martin, and Samantha Raymond. I am very proud of our club's accomplishments, and our members that have given much of themselves to fulfill dedication to this community.

"Unless someone like you cares a whole awful lot,  
nothing is going to get better. It's not."

-Dr. Seuss

-Jennifer Benton



## Arts & Crafts at Shands



### Important Dates:

**October 1st** – Business Meeting 6:30 p.m.

**October 3rd** – Peanut Festival

**October 10th** – Julie Suggs' Birthday

**October 12<sup>th</sup>** – Annual District Meeting

**October 17th** – Miss Williston Pageant

**October 20th** – Executive Board Meeting  
7:00 p.m.

**October 26th** - Becky Newman's B'day  
No School

**October 27th** – Maggie Crane's B'day

**October 31st** – Monique Allnutt's B'day