

Bulletin #2

Michele Small, Programs Chairman

Highlighted are programs that were interesting and really helped the club membership and projects that were for the community.

Self Defense and Rape prevention were at the top of the list for helping members learn to be aware of their surroundings. **GFWC Tampa Junior Woman's Club** offered a Rape Defense speaker. A self-defense instructor came to a meeting and spoke about "I Know My Plan- Rape Aggression Defense Program". The instructor told them about the importance of everyone knowing self defense techniques. She stressed the importance of being aware of your surroundings and having the confidence in yourself to say "No" to someone. Because of this talk one member signed up for the course and upon completion she told the club that it was a transformative experience. She highly recommended it to the club. **GFWC Plant City Junior Woman's Club** held a Self Defense demonstration during their February club meeting. They had a guest speak to the club on self defense. Robin Roldan is the co-owner of Quality Martial Arts in Riverview, and is a 4th degree black belt. Robin discussed the importance of being aware of your surroundings and educated us on key body parts of an attacker. Robin encouraged us to volunteer and practice moves to use in the event of an emergency. These 2 clubs are very proactive in taking their members safety in to account.

Health and wellness was another hot topic for club members. **GFWC Sebastian River Junior Woman's Club** had a program presented by their Home Life Chairman explaining the GFWC Florida Home Life Fitness program. Life style changes, good nutrition, exercise, and club support were discussed. The terms and agreements were read and twelve members committed to joining the program and calling their group the "Fat Cats II". Health Tips from GFWC Florida "Hanna Banana" were distributed to all interested members. We then had the initial weigh- in – before refreshments, of course. The **GFWC Clearwater Junior Woman's Club** held a relaxation and yoga seminar at a monthly meeting. Wellness and Yoga expert Penny Hefflefinger taught all the members the importance of making healthy choices during their general meeting. She explained that wellness is not only a physical state but also a mental state. She stressed the importance of a balanced life and gave them amazing tips on how to achieve balance in their lives and lower stress. This is another way to promote club wellness in their lives.

Juniors also had others benefit from their program efforts. **GFWC Temple Terrace Junior Woman's Club** helped their Juniorette club by hosting a "Juniorette "Service Auction. Temple Terrace Juniorettes attended a meeting where they auctioned off their services (i.e. babysitting, cleaning, etc.) and home-baked goodies for their club fundraiser. This club also filled and assembled forty Easter Baskets which were delivered to the residents of Hope Lodge. Hope Lodge is a residence hall for patients and families to stay while they are undergoing cancer treatment.

In helping the military families during these tough economic times, several clubs clipped coupons to send to the military bases overseas. These coupons can be used on the bases in the store even beyond expiration. The **GFWC St. Petersburg Junior Woman's Club** wrote

encouraging and supportive letters to women who are serving in the military. What a great way to support women serving our country.

The Florida Juniors work hard to inform and support their club members, as well as help the community. They strive to make their meetings fun and beneficial for all.