



Service with a Smile

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Monthly Members newsletter for the
Bermuda Junior Service League

Stuff the Bus 2007



DID YOU KNOW..

Your breasts need TLC:

TOUCH: Perform regular breast self exams, feeling for anything unusual.

LOOK: for any visual changes in your breasts. Be aware of their shape and texture.

CHECK: anything unusual with your doctor.

Being familiar with your breasts is important. How will you notice changes if you are not familiar with them in the first place! Begin your monthly breast TLC today.

For women over 40, be sure to get your annual mammogram!

For the fifth year in a row, the members of BJSL took pencil cases of school supplies to all government schools on island, distributing the cases to all P1 students during the first two weeks of school. More than 550 pencil cases were stuffed and delivered to eager hands. Students and teachers alike were grateful for these supplies, as it helps each student to start their first year of school with the supplies to be successful!



Many thanks to all members who assisted with stuffing and delivering the cases. You can see they are much appreciated!



BF & M Breast Cancer Awareness Walk

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Life Member Neil Kempe enjoys the walk!

For the second year in a row, the members of BJSL donned their pink shirts and hiked 3km or 5km around Hamilton to support the efforts of the Bermuda Cancer and Health Centre's Breast Cancer Awareness campaign. Members braved the passing showers to participate in this year's event. They brought their children, spouses and even their dogs! Francezia was even spotted as a marshal (volunteering for another group—good job France!).

October is traditionally designated as Breast Cancer Awareness Month, and this walk was just a part of the events to promote early detection.

Proceeds from the walk will go to support valuable education about the subject as well as to purchase the digital mammography equipment that is very much needed in Bermuda. Continue the effort to save lives from this disease by reminding your loved ones to get regular mammograms!



BJSL President Susan Smith is all smiles at the beginning of the walk (left). Member Noelle Heckscher brought her two sons to help raise awareness. (above right)

We now have our membership database and hours-tracking on-line! Each member and life member has received an e-mail to share your log-in information. Please use this and log your hours, enter your birthday and use this resource!

<http://www.centreonphilanthropy.org/login.php>

Also stay tuned for our **new BJSL site**—
www.bjssl.bm

Where are they Now?

We have touched base with a few past members who have left the League for various reasons and locations. Hearing more about their lives helps us to feel close once again to some of our League friends, and we hope you enjoy catching up with several past members.

Kim Paterson

Neil and I are doing great. We live in Celebration, FL - the town that Disney built, about 10 mins from Disney. Have a 2 story across from a Lake. 3 mins from Pam Shaw.

I JUST saw Rawles and her family a few weeks ago!!! (Everyone visits the Mouse).

Tiffany, my kid/niece is now a 21 year old 4th year at Temple. Interned this past summer for Deloitte's in Manhattan!!!!

Neil is a CFO of the 2nd largest debt factoring company in the US (no clue what that means). And I am a "realtor". Okay, I hawk timeshare!!!! But for a great company/awesome location. It was a hard adjustment - learning to work half the hours I used to, for the same

money. But I'm a tough little cookie. And have adapted.

We hope to visit Bermuda for a long weekend over May 24. Does anyone want to switch houses/cars??? Think it over and let me know.

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Chicago's Lake Michigan (it looks like the ocean - you can't see the other side of land) has their Chicago Largest Boat Tie Up in an area along Michigan Avenue's Magnificent Mile of Shopping called 'the playpen.' So, a group of girlfriends & I went out & boated in cooler 62 degree cloudy weather. It makes me miss Bermuda, the clear turquoise warm water and boating. I'm in the pink & cowboy hat!

Chicago relocation has been wonderful and brought me closer to my family. There are 2 interesting volunteer activities I have upcoming, both tied to Bermuda. In October, I travel to India to volunteer building houses with Habitat for Humanity and the Bermuda Overseas Mission group. I join 11 other Bermudians on this trip where we hope to build meaningful new homes for families in Bawana, India over the course of 3 weeks. And, I am currently fundraising for the www.kathmandukidsclub.com that is sponsored by ISIS Foundation of Bermuda. I am joining my Bermudian friend Ruth Kempe to raise money for the kids in Nepal

Mollie Meyer

and next Spring 2008, we will climb past base camp of Mt Everest to raise funds and awareness for these children in Nepal. I'm excited to mountain climb and a tad nervous as my last mountain climbing occurred summiting Mt Rainier which was one of the most challenging physical & mental endeavors I've undertaken.

I hope that if any BJSL'ers find themselves in Chicago - that they will look me up. I'm happy to host and entertain. The Bermuda National Gallery just brought a small group to Chicago to enjoy the Chicago Art & Museum life.

Christa Cooper

(Christa had her hands full with three young children, so she couldn't write a more formal update, but she did want to send a photo of the new addition to the Cooper family. It seems they love living around Washington D.C. And have adapted well to the city life.)

William Fenimore Cooper

was born in Washington, DC on July 16th 2007. Weight 8lbs (our biggest by far) and surprise to us a Boy! He was 21 inches, and born at 12:30 pm. His sisters love him like we got a new puppy. We call him Finn until/if he grows into Fenimore. Yes, James Fenimore Cooper is a gr gr gr grandfather.



Fundraising for the Holidays!

It is time once again to think about and prepare for the upcoming holiday season! BJSJL Members, supporters and Friends have THREE chances to help our organization have a successful season.

1. Purchase and sell our annual **Christmas cards**. The eight beautiful cards feature artwork from local artists (see poster, right). At only \$1 per card, they are not only festive greetings from our island home but also are economical! Cards can be ordered through the bjsl website at www.bjsl.bm or by contacting Karen Olsen ph: 505-8832, fax 295-3913 and email: kdj@northrock.bm.
2. Purchase our **Island Thyme** cookbook! This 256-page hard-back book is a real hit—color pictures, great recipes and fun facts about Bermuda traditions and the Bermuda Junior Service League gives the reader a bit of everything. And at just \$30 per book when purchased by League Members, you are getting a great deal (the book retails for \$37.95 at local stores). Pick up a few copies this year to give to family and friends as gifts.
3. Participate in our annual **Shopping Night at Marks & Spencer** on Tuesday, December 4th. Bring a friend and stock up for the holidays. You get 10% off your purchases (including those made at Lusso!) and mention that you are with the Bermuda Junior Service League, and we get 10% of the sales from that night!



BJSJL members are encouraged to sell cookbooks and holiday cards. The price is right—just \$1 per card (below) and only \$30 for our award-winning cookbook (above).



Proceeds from the sale of all of these items support the Bermuda Junior Service League.

Food & Fun



If you are looking for something new to do, consider signing up for Gourmet Solutions' classes this winter. Classes began October 2nd, with each one-time session falling into one of the following themes:

- Afternoon "Understanding" Classes
- Evening "Hands On Cooking" Series
- Special "Hands On" Classes
- Special Wednesday Evening Interest Classes

Visit www.gourmetsolutions.bm for more details and to view the calendar. Online registration is available.

In case you were wondering: Joe Gibbons wrote the foreword to the Island Thyme cookbook and has been a big supporter of the League and our efforts!

Time to Donate!



Once again, we are braving the needle and heading to the Blood Donor Clinic to support this life-saving community service.

BJSJL members are encouraged to sign up and participate. It takes less than an hour, start to finish, with only 10-12 minutes as actual blood donation time. Please call the Blood Donor Clinic to set up your appointment and discuss your eligibility (our team is planning on Thursday, October 25 from 2:15-3:00pm).

Did you know? One pint of blood can save up to 3 lives!

Save these Dates!

* Life members invited!

OCTOBER	15	7pm	<u>Social/Holiday card stuffing; home of Karen Olsen*</u>
	19-21	varies	<u>BIFF kids film festival (e-mailfranceziac@hotmail.com for details)*</u>
	25	2-3pm	<u>Blood donation at the Blood Donor Clinic, KEMH*</u>
	25	6:15pm	<u>President's Cocktail at Aqua (Ariel Sands)*—</u> <u>PLEASE INVITE PROSPECTIVE MEMBERS!</u>
NOVEMBER	6	7pm	<u>Executive meeting</u>
	14		<u>General Meeting; home of Karen Olsen</u>
	17	8am-6pm	<u>Debate* at the Bermuda College</u>
DECEMBER	4	5:30pm	<u>Shopping night at Marks & Spencer*</u>
	20	6-8pm	<u>Hospital Christmas Bag Stuffing at Rosemont*</u>
	21	9am	<u>Hospital Christmas Bag delivery*</u>