MESSAGE FROM THE PRESIDENT

Now that we officially belong to WTS National we are planning to have monthly activities for our local chapter. As you can see our calendar of events includes a variety of interesting and informative subjects. Our first Annual Meeting on April 23 will set the pace for things to come.

Beginning in May only dues paying members will be receiving the WTS Connecticut Valley Newsletter and information on upcoming events. If you are not one of the thirty-two people who have sent in their application, do so right now. If you need additional applications - contact us immediately. All WTS Connecticut Valley members will be receiving a complete membership list for our local chapter very shortly, thus beginning our Chapter networking system.

—M. Christina Olson, President WTS Connecticut Valley, Inc.

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<th>April</th>
<th>First Annual Meeting—April 23, 1992 Farmington Marriott Hotel</th>
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<tr>
<td>May</td>
<td>Annual Conference in Boston, Massachusetts May 20—23, 1992</td>
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<td>June</td>
<td>Marc Anthony's, Hartford CT Tuesday, June 23, 12 Noon &quot;The Intermodal Surface Transportation Efficiency Act&quot; Speaker: Mary Beth Mello, Acting Chief, Program Dev., Federal Transit Adm.</td>
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<td>July/August</td>
<td>Informal Pool Party</td>
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<td>September</td>
<td>&quot;American With Disabilities Act (ADA)&quot; Speaker(s) to be announced</td>
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<td>October</td>
<td>&quot;Finances Specifics to be announced&quot;</td>
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<td>November</td>
<td>&quot;New Federal Substance Abuse Testing Program&quot;</td>
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<td>December</td>
<td>&quot;Assertiveness versus Aggressiveness&quot;</td>
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WTS CONNECTICUT VALLEY ANNUAL LUNCHEON

WTS Connecticut Valley Chapter is honored to host our 1992 Annual meeting on April 23, 1992 at the Farmington Marriott Hotel, in Farmington, Connecticut, 12 Noon. Guest speaker is Richard P. Rathbun, Director of Rail Operations, for the Connecticut Department of Transportation.

The program discussion will highlight significant rail issues and will explore the overall history of rail transportation in Connecticut. Topics will include Connecticut's involvement with Metro-North Commuter Railroad, Connecticut's newest commuter rail service, "Shore Line East", and Amtrak's Intercity Rail Passenger Service in the Northeast Corridor. Other related topics will include an overview of the Americans with Disabilities Act (ADA), the Intermodal Surface Transportation Infrastructure Act of 1991, and the Connecticut Department of Transportation's Statewide Transit System Plan.

On display will be a rail exhibit, brochures and promotional packages provided by the Connecticut Department of Transportation, Metro-North Commuter Railroad, Amtrak, The Valley Railroad (Essex Steam Train, Essex), Connecticut Trolley Museum (East Windsor) and Housatonic Rail Road (Northwestern).
WELLNESS IN YOUR LIFE

The February meeting proved to be very informative to participants who were given advice on how to recognize, change, and overcome stress. Guest speaker Catherine Spagnola, ECAP staff member, routed the course to a more healthier, happier, and more self-fulfilled life. Listed below are fourteen suggestions for breaking the stress habit.

1. Learn and practice the relaxation response.
2. Take many deep cleansing breaths throughout the day. (It is physiologically impossible to maintain the same level of bodily tension before and after a deep breath.)
3. Practice thought stopping and replace negative thoughts with affirmations.
4. Create a “safety valve” for dealing with pressures. Think of a phrase that helps put pressure into perspective (i.e.: one thing at a time; I can handle this; things will work out, etc.)
5. Take time out and remember (image) a time when you felt peaceful and calm.
6. Practice silent solitude.
7. Be yourself. Learn to listen to follow your feelings about life; learn self esteem and self respect; speak to yourself in a kind and positive manner; remind yourself often that you are o.k.; forgive yourself for mistakes.
8. Begin to develop a “positive attitude”.
9. Learn to let go - ask for help - keep connected and supported
10. Simplify—Simplify—Simplify!
11. Develop the creative you—
   • keep a journal
   • draw
   • dance
   • write a poem
   • listen to music
12. Have some fun—
   • play a sport
   • exercise
   • tap into simple pleasures, small indulgences
13. Learn to say NO! Set Limits and priorities.
14. Take care of yourself.

EXTRA, EXTRA:
RAFFLES AT MEETINGS

As the board member in charge of programs and raffle prizes, I want to try something different with our monthly raffle. I thought that featuring a “Grand Prize Package” each meeting, with the prize known ahead of time, would generate additional interest and revenue for our “special fund”.

I would appreciate it if you would contact me with anything you would be willing to donate during the course of the year. As I receive your generous contributions, I will assemble different package prizes. Please consider any type of merchandise, gift certificates, etc. as having potential for either part of the package or for use as regular monthly prize items. I welcome anything; consider company promotional items or items you can obtain from some of your supplier contacts who may not be members. Be imaginative and acquisitive!!!!!!

I know I can count on your enthusiastic support.

—Geraldine P. Munroe, Program Committee Chair (563-0848)