



THE
LEAGUE LOOP

A PUBLICATION OF THE JUNIOR LEAGUE
OF NORTHERN VIRGINIA

SUMMER 2012



2012-13 BOARD OF DIRECTORS

President

Jennifer Starling Burnside

president@jlnv.org

President-Elect

Candice Bennett

presidentelect@jlnv.org

Secretary

Katie Smith

secretary@jlnv.org

Assistant to the President

Rachel Turner

presidentassistant@jlnv.org

Treasurer / Finance Council Director

Shari Lent

treasurer@jlnv.org

Treasurer-Elect

Alison Corle

treasurer-elect@jlnv.org

Parliamentarian

Adrienne Cook

parliamentarian@jlnv.org

Nominating & Placements Chair

Gretchen Ehle

nominating@jlnv.org

Sustainer Representative

Jacqueline Henry

sustainerrep@jlnv.org

Communications Council Director

Jo Heckert

communications@jlnv.org

Community Council Director

Lori Ann Terjesen

community@jlnv.org

Fund Development Council Director

Kelly Nagel

funddevelopment@jlnv.org

Membership Council Director

Airlie Henrich

membership@jlnv.org

Planning Council Director

Amy Bejtlich

planning@jlnv.org

PRESIDENT'S PERSPECTIVE

I am honored to serve as the 2012-2013 President of the Junior League of Northern Virginia alongside an amazing group of women leaders. Our roots run deep into the community and have for nearly 55 years. I originally joined the Junior League as a way to give back to my community and that I definitely did. I have been able to witness first hand our direct impact – how a child in a shelter can be delighted by learning to take pictures...how the tears brought on by immunizations can be erased by a simple backpack stuffed full of school supplies...how a volunteer can inspire a 3rd grader to reach for the stars.

Stephen Covey once said, "I am personally convinced that one person can be a change catalyst, a 'transformer' in any situation, any organization. Such an individual is yeast that can leaven an entire loaf. It requires vision, initiative, patience, respect, persistence, courage, and faith to be a transforming leader." The members of the JLNv are transforming leaders, and each one is an integral part of the continued success of our League. The skills they develop as League members make them effective volunteers in our community and beyond.

In the 2012-2013 League year, we will focus on the ways in which the Junior League of Northern Virginia can serve as a catalyst for community change. We will continue to build upon our existing community partnerships and refine our ongoing League programs. We will also look to establish relationships with new community partners and to support local organizations by distributing JLNv community grants. We will increase our programming activities in the areas of children's nutrition and health, as well as our activities that prepare children for success, such as in the areas of science, technology, engineering, and mathematics – commonly known as STEM. We have revitalized our Community Advisory Board and will be looking for their guidance to identify current community needs.

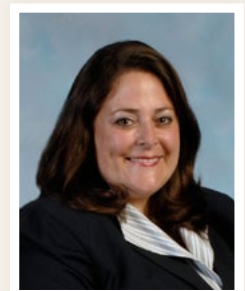
One of the best aspects of League is our dedication to improving communities through the effective action and leadership of trained volunteers. From personal experience, I can tell you the League gives just as much back to members as it does to the community. The JLNv has helped me grow personally and professionally as leader. During my time in the League, I have learned effective strategies for strategic planning, managing community programs and volunteers, crafting fund development plans, and most importantly, leading and mentoring my fellow League members. These skills not only benefit League members as leaders, but also apply to everyday life.

I am grateful for the "change agents" who have blazed the trails before me, and I thank the members and partners of the Junior League for their dedication and commitment. I look forward to continuing to develop effective League leaders and further advancing the JLNv as catalyst for community change. Together, we can make a lasting impact.

With Gratitude,

Jennifer Starling Burnside

President 2012-2013



YEAR IN REVIEW

We are truly humbled, moved and awed by the amazing work the women in this organization do, continuing what JLNv leaders have been doing for the last five decades. 2011-2012 proved to be no different and I wanted to share the League's accomplishments including:

- Hosting three Back-to-School Health Fairs for uninsured and underinsured youth that provided over 300 physicals and 350 backpacks;
- Distributing nearly 21,000 in diapers since 2010 donated to local shelters and food pantries through the Huggies Every Little Bottom Campaign;
- Providing monthly educational & enrichment programs in four area homeless shelters;
- Hosting several Kids in the Kitchen interactive activity booths and a community-wide spring health fair;
- Enlightening over 10,000 children on Science, Technology, Engineering & Math (STEM) through our Museum without Walls interactive exhibits in partnership with the Children's Science Center;
- Offering over 800 hours in leadership training provided for JLNv members; and
- Educating over 2,000 community members on the mission of the Junior League through our participation at the NBC4 Health and Fitness Expo.

HELP US RECRUIT JLNv MEMBERS

Since Mary Harriman convened the very first Junior League in 1901, the Junior League's emphasis has always been on learning. As evidenced by our year in review, JLNv women make things happen—they form strategic partnerships, create innovative programs and raise funds for exciting community initiatives. So what sets Junior League volunteers apart from the rest? They are not only women who want to improve communities; they are women with the training and skills to make it happen.

Why not share your experience and help recruit members for the 2012-2013 JLNv Provisional Class. If asked, why should I join the JLNv?

- Members benefit from extensive training in leadership and organizational development, community needs assessment, strategic planning, communications, advocacy and fundraising. Through this unique training, League members learn to manage and train volunteers, unite communities and form partnerships. JLNv members are
 - improving communities;
 - volunteering in ways that use your time well; and
 - building their leadership skills.

Membership recruitment runs through the end of September. Additional details and application materials are available on www.jlnv.org, including upcoming recruitment events. Membership inquiries can be directed to join@jlnv.org.

IN THIS ISSUE |

COMMUNITY ADVISORY BOARD
KICKS OFF NEW YEAR | 2

JLNv MEMBERS AT SMARTCEO
MAGAZINE'S BRAVA! AWARDS | 3

THE ENCHANTED FOREST | 4

THE CONTINUING QUEST TO CATALYZE
CHILDREN'S INTEREST IN STEM | 7

NIH K-12 LAB CHALLENGE AWARDS
CHILDREN'S SCIENCE CENTER | 9

JLNv JAMPACKS A SUCCESS! | 10

JLNv STEPS IN WHEN LOUDOUN
KIDS' HEALTH FAIR CANCELLED | 12

SHELTERS LOVE "KIDS CAN" AND
"MY LIFE" PROGRAMS | 14

KIDS IN THE KITCHEN (KITK):
FIGHTING CHILDHOOD OBESITY IN NORTHERN
VIRGINIA | 15

HERE IS A LOOK AT A FEW OF THIS
YEAR'S INITIATIVES | 16

SUMMER RECIPE - GRAPE SALAD | 18

COMMUNITY ADVISORY BOARD KICKS OFF NEW YEAR

The Community Advisory Board (CAB) started their new League Year with a Happy Hour at On the Border in Tysons Corner. Our new CAB members Judy Bradt, Liz Cullen, Ashleigh Dorfman, Tricia Edwards, Elizabeth Johnson, and Arya Parvizi attended along with JLNv members Jennifer Burnside, Candice Bennett, Lori Ann Terjesen, and Bea Duque Long. With no set agenda, the group discussed opportunities for CAB members to work with different Councils and Committees within JLNv on issues they may be facing.



Jennifer Burnside & Ashleigh Dorfman (*Posh Parties*)



Bea Duque Long & Lori Ann Terjesen

The CAB is planning to have four formal meetings at JLNv Headquarters and two additional happy hours to meet with any interested JLNv members throughout the League Year. The first official meeting is Saturday, September 29, 2012. Topics to be addressed at meetings will include: leadership development opportunities, fund development plans, membership recruitment ideas, and strategic planning. JLNv is looking forward to leveraging the diverse expertise of our CAB members, which includes finance, government relations, education, event planning, graphic design, marketing, and cross-generational communications. Information on the 2012-2013 CAB can be found at <http://www.jlnv.org/2012-2013-Cab-members>. CAB member profiles will be updated soon.



from left to right-

Tricia Edwards
(*the Lemelson Center, National Museum of American History, Smithsonian*)

Liz Cullen (*WE Connect International*)

Elizabeth Johnson (*Moery/LAI*)

JLNv MEMBERS AT SMARTCEO MAGAZINE'S BRAVA! AWARDS

This past July, SmartCEO magazine hosted their annual Brava! Awards. The event honors women business leaders in the DC area who "combine their irrepressible entrepreneurial spirit with a passion for giving back to the community." This year, JLNv President-Elect Candice Bennett was among the 25 women honored at the event at Gallaudet University. Her service to JLNv was highlighted in her profile in the July issue of the magazine and a photo of JLNv's booth at the 2012 NBC4 Health & Fitness Expo was included.



From left to right -

Heidi Kallett
(*former JLNv President*)

Cynthia de Lorenzi
(*CAB Member*)

Shannon Stockton
(*JLNv Member*)

Candice Bennett
(*JLNv Member*)

JLNv Past President Heidi Kallett is a former SmartCEO Brava! Award winner and a 2012 Awards Committee member. Heidi was on hand to give the champagne toast at the event. Also in attendance were Shannon Stockton, JLNv Member and Donor Relations Co-Chair, and Cynthia de Lorenzi, a new JLNv Community Advisory Board Member. Cynthia was the social media star that night for her tweet during the event, winning a wine tour from Reston Limousine.

Visit www.smartceo.com to learn more and see the current Washington, DC issue.

THE ENCHANTED FOREST



It's 90 degrees and we are busy decorating trees! Yes, the holidays are celebrated all year-round for The Enchanted Forest (TEF) Committee and we are hard at work planning an exciting and enchanting event.

Mark your calendars now for the 12th Annual Enchanted Forest Extravaganza - Saturday and Sunday, November 17-18, 2012, at the Westin Tysons Corner.

TEF is Northern Virginia's premier holiday extravaganza, the largest annual fundraiser for The Junior League of Northern Virginia (JLNV) and our greatest opportunity to showcase JLNV's mission to the community. Please consider your own personal contributions to the League with your personalized tree in the forest and auction items for the live auction!

Exciting additions to the 12th Annual Enchanted Forest Event include:

A Friends of the Forest Brunch: We have many exciting benefits planned for our elite group of Friends of the Forest donors this year. You and/or your company can financially support JLNV and TEF while receiving TEF Gala tickets, general TEF admission, premium event tickets and attendance to our elite Friends of the Forest Holiday Brunch. Your donation is partially tax deductible. Space is limited, so contact Kelly Atkinson at teffriendsoftheforest@jlnv.org to learn more today!

Wine Tasting Event: An afternoon wine tasting with Lost Creek Winery of Leesburg, VA, paired with delectable desserts.

Tree Raffle: Interior decorator and designer Valerie Richardson, of Riverside Interiors, is decorating one of her amazing seven foot Wonders of the Forest again this year. The seven foot tree will be raffled off on-site at TEF!

Expanded Community Section of the Forest: Following the huge success of our community tree exhibit in the 2011 Forest, we are expanding the section for 2012. This year, working with our Regional Impact Committee, our area Small Groups will partner with a shelter/organization close to home.

Holiday Marketplace: We are partnering with our vendors to significantly reduce their on-site cost, and increase the Holiday Marketplace experience. Space is limited; contact Meghan Irey at tefvendors@jlnv.org for more information.

Donate to The Enchanted Forest and JLNV: Do you or your company have connections to donate services, event tickets, restaurant gift cards, beauty treatments/services, etc., to JLNV? If so, please consider contributing to our live and online auctions! Your donation will provide great visibility for your company and support an incredible community cause. Please contact Melissa Prokop: tefcontributions@jlnv.org for personal or corporate donations.



Main Stage Performers: We are looking for TEF event performers. Are you affiliated with or know any dancers, singers, chefs, photographers, etc.? If so, please contact Audrey Signorelli at tefchildrensevents@jlnv.org.

Spread the Word: TEF is JLNV's largest fundraising event of the year, and we appreciate any help we can get to spread the word and make this year's event a huge success! You can start by "liking" the new TEF Facebook page <https://www.facebook.com/TEF2012> to keep up with our planning activities throughout the summer and fall. We are also looking for graphic design support to make our marketing materials effective and eye-catching. If you know anyone who would



like to donate their graphic design skills to JLVN, please contact Heather Tompkins at tefmarketing@jlvn.org.

As we anticipate an amazing League year to come, we look forward to your excitement, ideas, and critical support to make TEF 2012 a huge success! Go to <http://www.jlvn.org/the-enchanted-forest1> for updated information.

Warmest Regards,

Stephany J. Smith & Monika Geraci

(The 2012 Enchanted Forest Committee Chairs)

JEWELRY TO BE RAFFLED AT THE ENCHANTED FOREST
ONE OF A KIND, CUSTOM PIECE MADE FOR THE JLVN
14K White Gold Eternity Pendant with 40 Diamonds

Ruby and diamond 14K white Gold pendant worn independently or within the Diamond eternity circle. May be worn 3 different ways or three necklaces in one. On a 18K White Gold Chain.

1. You can wear a Diamond Circle alone. It sparkles, and it's always in style.
2. You can wear alone a delicate 14K Gold pendant with diamonds and totally natural, untreated, rare transparent Ruby.
3. You can wear two pendants together - small with Ruby inside the diamond circle. It looks beautiful, unusual, and special.



Anna Vronskaya
Exceptional Hand-Made Jewelry

Total of 1.18 CT pavee set Diamonds and one natural Red, untreated, high quality, transparent 0.51 CT Ruby. Appraised Value \$2,500.

- Tickets will be sold: 1 for \$25 and 5 for \$100, only 300 will be sold.

**THE CONTINUING QUEST TO CATALYZE
CHILDREN'S INTEREST IN STEM**



Engaging children in science, technology, engineering, and mathematics (STEM), inspiring a lifelong love of learning, and piquing visitors' curiosity to explore does not stop for the Children's Science Center during summer months. A proud JLVN community partner, the Children's Science Center kicked off a busy 2012-2013 year with two exciting "Museum

Without Walls" events at the Reston Montessori School Carnival and the National Air and Space Museum Steven F. Udvar-Hazy Center's "Super Science Saturday" earlier this summer. Indeed, this year the Children's Science Center Partnership Committee (CSCPC) is committed to developing new STEM activities and exhibits, expanding excellent hands-on STEM programming, and challenging visitors to delve deeper into STEM subjects.

To this end, the Children's Science Center endeavors to keep children (and children-at-heart) engaged and their minds active this summer with the "Super Summer Science Challenge." This series of STEM-related activities and experiments is designed for elementary school-aged children to complete with an adult's help. Each Thursday throughout summer vacation, a new activity is posted to the Children's Science Center's Facebook page. Participants can begin the "Challenge" at any time and will learn about topics ranging from Newton's Laws



of Motion (by building a rocket) to why cavities hurt teeth (using an apple as an experimental model). We challenge you and your family to do as many of the “Super Summer Science” activities as possible!

To wrap up our “Super Summer Science Challenge,” the Children’s Science Center hosted “Creature Feature” - a celebration of science at Frying Pan Farm Park on August 18th, 2012. Each participant of the challenge received a certificate of completion and enjoyed engaging presentations



from Dr. Todd Rimkus, Chair, Department of Biology and Physical Sciences at Marymount University; and Dr. Cathy Jarrett, DVM and Dr. Meredith Davis, DVM of the Caring Hands Animal Hospital of Ashburn. Together, this group of professionals presented a variety of information about wild and domesticated creatures, and instructed attendees about the proper care of domestic animals and the appropriate treatment of wild creatures. This family-friendly event acted as a catalyst for children to follow their natural curiosity and explore their world around them.

This year, one of the CSCPC’s main focuses is the environment and impact of gardening in urban settings. To that end, the committee encourages you and your family to attend the new Museum Without Walls Exhibit “Urban Ecoscapes: Benefits of Rooftop Gardens” which debuts in August and continues into September. Beyond the aesthetic benefits of ecoscapes for urban buildings, the exhibit will highlight the benefits of ecoscapes in reducing building energy requirements, decreasing storm water runoff, and lengthening roof life. It challenges visitors to continue learning about the environment when they return home by letting them plant a small herb or flower garden that they take with them!

This new exhibit is one of many that will be seen at the nearly ten events already scheduled for the 2012-2013 year. The CSCPC looks forward to continuing to help in the JLVN’s mission to be a “Catalyst for Community Change” by catalyzing children’s interest in STEM subjects!

NIH K-12 LAB CHALLENGE AWARDS CHILDREN’S SCIENCE CENTER



The Children’s Science Center is a proud JLVN community partner that encourages children to explore science, technology, engineering, and mathematics through hands-on activities. Therefore, it was only natural for the Center to participate in the 2012 NIH K-12 LAB Challenge.

Participants from all over the nation submitted fun, educational experiments to the LAB Challenge team ranging in topics from, “The Simple Concept of Density,” to the more complex, “How Yeast Metabolizes Artificial Sweeteners.” These presentations were then judged by a panel of experts and the best experiments were awarded an exclusive electronic winner’s badge! The Children’s Science Center is pleased to announce that our submitted experiment entitled “Density: Why Do Some Things Float Better Than Others?” was among those that were awarded with a winner’s badge in June!

Experiments are geared towards the K-12 audience, made of readily available and inexpensive materials, and require a limited time frame to conduct. Learn more about how fast germs spread, how genetics works in flies, or why cavities harm your teeth by visiting the NIH Office of Science Education website. Later in the summer, all of the activities including an easy-to-follow set of instructions will be available free of charge to the general public - stay tuned!

JLNV JAMPACKS A SUCCESS!

JLNV kicked off the 2012-2013 JamPacks drive in May. The most expensive portion of the backpacks is the backpacks themselves and JLNV is focused on having as many of the 340 backpacks that we've committed to providing be donated as possible.



Last year, JamPacks was able to add an Association of Junior Leagues International (AJLI) approved vendor - Dollar Days - which allows JLNV a source from which to purchase bulk items. It also enables us to receive free shipping, a 5% discount on all purchases, 2% rebates on all purchases, and the lowest price on every item we purchased - in addition to paying no sales tax. This savings allows us to buy many items below cost, and really "jam" the packs full! If you have a student in your family, you know the depth and breadth of the needs for a large number of these items.

The JamPacks stuffing party was held on July 10, 2012 at the home of Sustainer Maria Hutchinson. Volunteer turnout was great, and the event was so well organized that the "stuffers" could just grab a backpack, walk around the perimeter of the room and stuff the backpack. This event is always great fun, with a lot of laughter and chatter combined with the feeling of knowing you are doing something that is so worthwhile and truly impacting for a child!



The real winners in this story are the kids. When you are a kid, you want to "have what everyone else has". And when it comes to school supplies and a backpack - that sure seems like a reasonable desire. We are so proud of our League and how we have come together to make this dream a reality!



JLNV STEPS IN WHEN LOUDOUN KIDS' HEALTH FAIR CANCELLED

The Loudoun County Health Center (LCHC) is under renovation this year and thus could not hold a health fair. When the JamPacks committee heard the kids in Loudoun County might not be served, we reached out to the JLNV Grants Selection Committee, who offered an \$800 grant to offset the cost of vaccines so LCHC could afford to provide scheduled appointments in July and August.

JamPacks 2012 produced backpacks stuffed to the brim! - so where will they all go? The League provided 40 backpacks to be distributed in partnership with LCHC appointments, and we look forward to returning to join them in health fairs again. We're proud that our League stepped in to help at this crucial time to ensure underserved kids in Loudoun County receive adequate health care and school supplies!



Arlandia Health Center Health Fair

The Arlandia Health Center hosted a health fair for uninsured and underinsured children on July 21, 2012. A huge success - the event included 45 children receiving physicals and immunizations. Participants were able

DID YOU KNOW

According to the U.S. Department of Commerce, 9.7 percent of Virginia's children are uninsured, and 5.1 million children in the United States live below 200 percent of the poverty level. Uninsured children are 10 times more likely than insured children to have unmet medical needs, and 5 times as likely to go more than 2 years without seeing a physician.

to get information from organizations such as Amerigroup and other community partners. JLNV members hosted "Kids in the Kitchen," demonstrating healthy portion sizes, the "healthy plate," and how to select low sugar beverages and snacks. The kids were so excited to learn, and were thrilled to leave the booth with a healthy snack and tattoo!

After they completed their physicals, which often included an immunization, teary-eyed children were greeted at the exit by a huge selection of stuffed backpacks. Their faces lit up when they learned they could choose any one they liked! They were then even happier when they opened them and found paper, markers, paints, rulers, pencils- everything they would need to prepare for school. Due to the generosity of our donors, we were even able to provide backpacks for siblings this year- which meant everyone left with a smile! We brought 125 backpacks to the Arlandia fair for distribution. We were fortunate to have Alexandria School Board Member Ronnie Campbell join us and tour through the process and displays.

The Arlandia Health Fair provides services to a primarily Spanish-speaking population. Recognizing that, we were fortunate this year to have several bilingual volunteers that helped clients navigate the paperwork and other requirements for their children. We also added bilingual signage for the backpacks this year, and provided information at "Kids in the Kitchen" in both English and Spanish. This was very well received and appreciated.

SHELTERS LOVE “KIDS CAN” AND “MY LIFE” PROGRAMS!

The JLNv conducts two ongoing children’s enrichment programs at four area family shelters. This year, we will conduct nine “Kids Can” character development events on weekday evenings at all four shelters: Sullivan House in Arlington, Patrick Henry/Shelter House at Seven Corners, Embry Rucker in Reston, and Kate Hanley on Lee Highway in Fairfax. We will also conduct five “My Life” digital photography events at Patrick Henry on Saturday mornings. That’s a total of 41 events during the course of this League Year!

Kids Can

What does it mean to be a good friend? How do you feel if someone lies to you? What would you do if someone is being bullied? These are the kinds of issues kids deal with on a daily basis and need support in dealing with. But the parents of kids at homeless shelters don’t always have the time and energy to address these issues in depth with their kids when they are working multiple jobs and looking for housing.

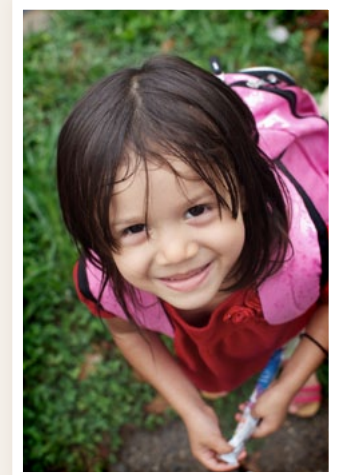
The JLNv steps in and gives these kids a chance for one-on-one attention from caring members while learning emotional life skills as a part of the “Kids Can” program. During these events, JLNv volunteers read a story, host a discussion, and do a craft based on a theme relating to character issues of interest to kids. Victor Dooley, Director of the Patrick Henry Family Shelter loves our character development program. He says, “In my experience, kids used to chaos are mesmerized by discussions on character building with a clear point.”

My Life

My Life is a digital photography program where we give kids digital cameras to take photos of their family and friends, develop the photos, and let them create a photo album or other craft to document their daily life. Kids in shelters have been wrenched from familiar circumstances and are living with a lot of disruption. Our program gives them a way to memorialize

their lives in print and show themselves as special individuals. JLNv past President J.J. Newby-Ketzle loves to tell the story of how, when she revisited a shelter months after volunteering at a My Life event, a child still living there came running over to throw his arms around her legs and say, “I remember you!” That’s how meaningful our efforts can be in the life of a child!

Based on lessons learned from past years, we’re improving our program by allowing the kids to take their photos and create their photo albums in the same day. This will allow the kids - who are often quite mobile - to benefit from the whole program. This is all due to the addition of a second digital printer this year.



You Can Make A Difference

How can our community partners make a difference? Sign up on our website <http://www.jlnv.org/community-partners> to volunteer at one of these events. Bring the love, attention, patience and emotional insights you would give to your own family, and share it with these adorable kids!

KIDS IN THE KITCHEN (KITK): FIGHTING CHILDHOOD OBESITY IN NORTHERN VIRGINIA

Kids in the Kitchen program is a childhood obesity and nutrition initiative from the Association of Junior Leagues International (AJLI) that is designed to help our communities address the urgent issues surrounding childhood obesity and poor nutrition through educational programs and hands-on activities.

HERE IS A LOOK AT A FEW OF THIS YEAR'S INITIATIVES

Back-to-School Health Fairs

Thanks to local health clinics such as the Arlandria Health Center in Alexandria (July 21, 2012), JLNv members were able to volunteer their time and friendly faces while kids received their back-to-school physical examinations . . . for free! Not only do children leave the clinic with the health care they need to go back to school, but they also receive a backpack filled with school supplies. The KITK committee sets up a display at these events in order to educate children about making healthy choices while they wait to see the doctor. Freebies at the booth include recipes in English and Spanish, nutritious snacks, and the popular MyPlate fruit and veggie tattoos. It is hard to say who has the bigger smile at the end of the day . . . the volunteers or the backpack-laden kids! Join us at one of these events to find out for yourself!

Kids in the Kitchen . . . in the Shelters

Partnering with our Education and Enrichment Committee, the KITK committee provides nutritional education to children at local homeless shelters in the months of October and April. Lessons include: a “read aloud” story, an interactive snack using healthy ingredients, and a focus on character education to boost self-esteem. The kids run into the room, bouncing with enthusiasm, to receive the specialized attention from our JLNv volunteers, who they know genuinely care about their physical and emotional well-being.

Spring Health Fair

The Spring Health Fair held this past spring, was KITK's signature event. It was held in a local shopping center and featured community partners with nutritional displays, interactive fitness demonstrations, healthy snacks and best of all, a raffle to win a Wii and Wii Fit! Kids raced from booth to booth learning about the importance of healthy eating and exercise while enjoying the pleasant spring weather!

Get Involved

Kids in the Kitchen is always looking for new partnerships. Please contact us at kitek@jlnv.org if you would like the JLNv to enhance your programming or upcoming events.



SUMMER RECIPE - GRAPE SALAD

The United States has experienced the warmest 12 months since record keeping began in 1895. Does this make you want to run screaming from your kitchen? Well . . . *What Can I Bring?* has many solutions to keep you and your house cool. The Grape Salad from page 178 just might become a favorite of yours. Use it as a side dish to a meal or serve it up as a refreshing brunch item.

- 1 lb Green Grapes
- 1 lb Red Grapes
- 1 8oz package Cream Cheese, softened
- ½ cup Granulated Sugar
- 1 8oz container Sour Cream
- 1 tablespoon Vanilla Extract
- 1 cup finely packed Brown Sugar
- ¼ cup chopped Pecans

Place grapes in a large serving bowl. Combine cream cheese and granulated sugar, stirring well. Combine sour cream and vanilla in a separate bowl. Combine cream cheese mixture and sour cream mixture. Add to grapes, stirring well. Top with brown sugar and pecans (do not stir). Cover and chill overnight. Serves 8 to 10.

What Can I Bring? is the JLNV cookbook brimming with recipes for everyone in the family. Contact cookbook@JLNV.org to get your cookbooks. Please like us on Facebook - <http://www.facebook.com/pages/What-Can-I-Bring-Sharing-good-Tastes-Times-in-Northern-Virginia/353579290444>



Photo by Taste of Home

2012-13 COMMUNITY ADVISORY BOARD

Chair: Candice Bennett, *JLNV President-Elect*

M. Tracy Ault, *The Landmark Companies/Past JLNV President*

Judith Bradt, *Summit Insight*

Liz Cullen, *WEConnect International*

Cynthia de Lorenzi, *Success in the City*

Ashleigh Dorfman, *Posh Productions*

Chris Downs, *C2Media*

Tricia Edwards, *Smithsonian Institution's Lemelson Center for the Study of Invention and Innovation*

Betsy Frantz, *Leadership Arlington/Past JLNV President*

Kathy Froyd, *Fairfax County Department of Family Services*

Elizabeth Johnson, *Moery/LAI*

Joan Kickert, *Gannett Digital*

Sharon Forsythe Luther, *IBM/JLNV Sustainer*

Ted Lutz*, *The Washington Post (retired)*

Danielle Massey, *Wells Fargo*

Judith O. Mueller, *The Advisory Network*

John Murdoch, *Merrill Lynch*

Amy Nichols, *Dogtopia*

Arya Parvizi, *M&T*

Jeanne Sanders, *Volunteer Fairfax*

Jayne Talbot, *Raytheon/Past JLNV President*

*Member Emeritus

The Junior League of Northern Virginia (JLNV) is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Junior League of Northern Virginia

1420 Spring Hill Road, Ste. 600
McLean, VA 22102

Tel: 703-442-4163

Fax: 703-761-4139

info@jlnv.org



JUNIOR LEAGUE OF NORTHERN VIRGINIA
Women building better communities®