



THE
LEAGUE LOOP

A PUBLICATION OF THE JUNIOR LEAGUE
OF NORTHERN VIRGINIA

WINTER 2014



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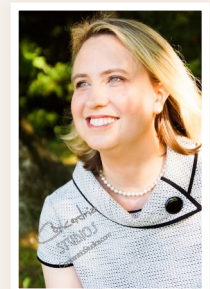
PRESIDENT'S PERSPECTIVE

With the New Year upon us, I reflect back on the Junior League of Northern Virginia's (JLNV) accomplishments in 2013. Since June, we have welcomed more than 70 new members. We participated in a very successful Back-to-School health fair at HealthWorks for Northern Virginia and distributed over 500 backpacks stuffed with school supplies for children in need. The Regional Community Impact team coordinated a project where our members bagged meals for over 100 clients of Arlington's Street People Assistance Network (A-SPAN) and Cornerstones (formerly Reston Interfaith). They also organized a very successful toiletry drive for our shelter partners at *The Enchanted Forest* and Merry Mosaic events. In addition, the Kids Can committee held regular programming events at AACH/SKIT, the Embry Rucker Community Shelter and the Katherine K. Hanley Family Shelter. At HealthWorks for Northern Virginia, the Kids in the Kitchen committee launched our new CHANGE Program and the Education & Enrichment Committee established the Reach Out & Read program. Our volunteers have also enjoyed working with the Children's Science Center Mobile Labs - helping kids learn about many things including magnets, aviation and the human heart.

2014 promises to be even busier. In January, we held our regular programming for Kids in the Kitchen, Kids Can and the Children's Science Center, and we also participated in the Inaugural Day of Service and the NBC4 Health & Fitness Expo. The JLNV collected clothing for Women Giving Back and will participate in a sorting event for their store in February. Highlighting the JLNV's mission to develop the potential of women, we held a Governor's Ball to honor Women Who Wow. In February, we will be co-hosting an Area II conference with the Junior League of Washington, DC, a leadership development opportunity that is open to all of our members. We will welcome spring with a bang hosting our inaugural American Girl Fashion Show at the Sheraton Pentagon City on March 22-23. Kids in the Kitchen will host their annual health fair at Mosaic District in Merrifield and will participate in a new health fair in Lorton. In May, we are partnering with Girls on the Run for their celebratory spring 5K races in May, providing pre-adolescent girls with the necessary tools to embrace their individual strengths as they enter middle and high school.

We look forward to seeing all of our partners at these spring events!

Candice Bennett
President 2013-2014



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MISTLETOE, MERRIMENT AND COMMUNITY IMPACT: THE 13TH ANNUAL *THE ENCHANTED FOREST*

Kelly Atkinson & Caroline Simms

2013 Co-chairs, *The Enchanted Forest Committee*

The Junior League of Northern Virginia (JLNV) celebrated its 13th *The Enchanted Forest* November 23-24 at the Westin Tysons Corner, raising funds for JLNV's community programs including monthly educational enrichment programming in area homeless shelters, free school physicals and immunizations and backpacks for uninsured children.

JLNV President Candice Bennett and JLNV President-elect Whitney Richardson kicked off the event with a ribbon cutting, along with local community partners such as AACH/SKIT/Sullivan House, ANHSI Project Connect Program, Cornerstones, HealthWorks, Northern Virginia Healthy Kids Coalition (NVHKC), Patrick Henry Family Shelter and, last but not least, Santa Claus.

This enchanting weekend saw the return of many favorite events, including the ever-popular Breakfast with Santa as well as Georgetown Cupcakes and Cocoa with the Snow Fairy Princess. This year's Breakfast with Santa set a record with 140 tickets sold! New to 2013, the Children's Holiday Craft table allowed children to make Reindeer Food and Snowman Ornaments. In addition, the Children's Science Center and Kids in the Holiday Kitchen were also important additions educating children on the science behind snow and a healthy, active lifestyle, respectively. In the evening, *The Enchanted Forest* was aglow for the Mistletoe Masquerade Ball for which attendees wore their finest mask, danced and raised additional funds in a live auction.



This year's event would not have been possible without the immense support from the community, members of the Junior League of Northern Virginia and our sponsors. Everyone's support enabled us to raise approximately \$80,000 over the past six months, which included our participation at the Merry Mosaic community event in Falls Church, VA.

Other highlights include:

- Auctioned 121 Trees and 8 community wreaths - raising over \$20,000
- Garnered the support of 29 "Friends of the Forest" - raising \$14,500
- Volunteered 600 hours over the *The Enchanted Forest* weekend
- Collaborated with generous sponsors such as Land Design Consultants, Inc., The Westin Hotels and Resorts, The Container Store of Reston, VA and the Mosaic District

From all of us on *The Enchanted Forest* Committee - thank you! Make sure to save the date for the 14th annual *The Enchanted Forest*, November 22-23, 2014 at The Westin Tysons Corner, VA.



360 BAGGED MEALS FOR THE HUNGRY ON VIRGINIA'S "DAY OF SERVICE"

Jeri Kirschner

On Saturday, January 4, 2014, with temperatures dipping into the teens, icy parking lots couldn't stop 30 volunteers from gathering at Cornerstones' headquarters in Reston, Va. Members of the local community partnered with the Junior League of Northern Virginia (JLNV) to prepare and package 360 meals for residents of area homeless shelters in a "Day of Service". The Day of Service was a nonpartisan event to kick-off the 2014 inauguration of Virginia's 72nd governor, Terry McAuliffe.

JLNV spearheaded the bagged meal event, which benefited multiple organizations across Northern Virginia serving the homeless community, including Cornerstones, The Carpenter's Shelter, FACETS, A-SPAN and Northern Virginia Family Service.



"Although Northern Virginia is generally considered an affluent area, nearly 7 percent of those in our community are homeless," said Candice Bennett, JLNV president. "The JLNV and our community partners that came here today are committed to making a difference in improving the lives of those right here in our own backyard. Every little bit helps make a difference, and it's a privilege for the JLNV to work alongside other volunteers by contributing our time and supplies to feed those for whom every meal matters."



Each meal consisting of two sandwiches, snacks, fruit, water and utensils was immediately delivered to the shelters and distributed to the residents.

OUR FIRST INAUGURAL GOVERNOR'S BALL CELEBRATING WOMEN WHO WOW!

Devan Willemsen

On Saturday evening, January 11, 2014 the Junior League of Northern Virginia (JLNV) joined together with members of the community to celebrate the achievements of Virginia women from all walks of life – government, sports, entertainment, business, feminists, rebels and philanthropists. With a nostalgic nod to the Jazz Age of the 1920s, the first non-partisan JLNV Governor's Ball marked the inauguration of the 72nd Governor of Virginia. Guests enjoyed a stunning view of the Washington, D.C. skyline from the 16th floor of the Pentagon City Sheraton while sipping cocktails and appreciating exhibits from, "Women Who Wow," sponsored by the National Women's History. In addition, while listening to the lively music of the Potomac Jazz Project, attendees bid on silent auction items including a private VIP tour of the American History Museum and a 12-string guitar signed by the queen of soul, Aretha Franklin. Event proceeds will support the JLNV mission to improve communities through effective action and its commitment to prepare children for success.



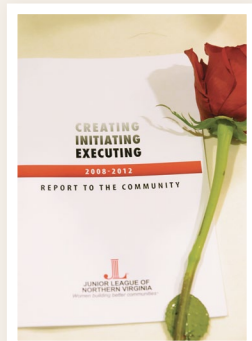
The evening culminated with an inspirational speech delivered by Linda Paulson, Vice President of Development for She Should Run, an organization committed to increasing the number of women

in public office. Her remarks focused on the power of every woman and man to get involved in civic life and make a positive

difference in their community. The comments were a capstone to a lovely evening celebrating the women of our community who are creating a legacy by encouraging others to be catalysts for change.

Photos from this fabulous event can be viewed at:

<http://www.lourdesvanessa.com/p644558911>



EMPOWERING FAMILIES THROUGH KIDS IN THE KITCHEN

Alyia Smith-Parker

In the fall of 2013 Kids in the Kitchen was thrilled to launch new programming at HealthWorks of Northern Virginia as a part of their innovative Pediatric Healthy Active Living (PALS) Program. PALS is a comprehensive obesity prevention program that includes medical visits, family nutrition and lifestyle education, counseling and lifestyle coaching for low-income families at risk for obesity. The family nutrition component, led by JLNv's Kids in the Kitchen, is well underway and is already having a positive impact on the participants, our volunteers and the broader Northern Virginia community.

Since August 2013, our volunteers have delivered family-focused nutrition and physical education to over twenty-five children and their parents. We begin each session with *Zumba Kids!*, a fun "dance party" to get everyone moving. Next, we divide into groups for our nutrition lesson. Each week we explore a different topic including "Go, Slow, and Whoa" foods, building a balanced meal, portion control and goal setting. For the spring 2014 sessions, we have created a special "teens only" group to discuss the myths and challenges of leading a healthy lifestyle as a teen. Finally, we end each session by engaging the entire family in a healthy snack making activity to help children learn basic cooking skills and try a variety of new fruits and vegetables.

At the conclusion of our first session, one of our teenage participants told us, **"I didn't want to get up on a Saturday morning, but for this it was worth it!"** We have had multiple parents tell us that they look forward to coming each Saturday and are working on setting healthy goals for their own family. Recently, one parent told our volunteers that she and her son were grocery shopping and when she went to grab the chips her son said **"the ladies said we should get fruit instead."** To date,

57% of the children in the PALS program have seen a decreased BMI (Body Mass Index – a way to measure healthy weight).

A growing body of research suggests that obesity negatively affects individual health and well-being as well as academic achievement. Our Kids in the Kitchen program is preparing children for success: We empower children and families to make healthy food and lifestyle choices through nutrition and physical activity education. As the Chair of the JLNV's Kids in the Kitchen program, I look forward to building upon our success and explore opportunities to expand the program throughout the region.



STYLES OF YESTERDAY & TODAY
MARCH 22-23, 2014

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JLNV'S WOMEN IN MOTION AT THE CHILDREN'S SCIENCE CENTER

Paula MacDonald

The Children's Science Center (CSC) had a banner year in 2013, growing its Mobile Labs Family Science Night's programming by 150%, adding their first paid education staff and investing in organizational infrastructure, including a new base of operations at the Center for Innovative Technology in Herndon, Va and obtaining a van to support its Museum Without Walls programming.

If not for the Junior League of Northern Virginia (JLNV), this success might have been a distant dream. The Summer League Loop highlighted the evolving relationship between the CSC and the League as well as the impact the League's seed funding and volunteer support has had on the CSC. Below we will highlight how the League's mission to "develop the potential of women" has directly impacted the CSC's success.

Newly appointed Executive Director Nene Spivy is a well-known Past President of the JLNV as well as the immediate past Chair of the CSC's Board of Directors. She served many years in the League in a variety of leadership positions and remains a Sustaining member. Her on-the-job training with the JLNV and formal training with both JLNV and The Association for Junior Leagues International (AJLI) prepared her to effectively hold her current role.

Recently elected Chair of the Board Tanya La Force was a past JLNV Board member and Fund Development Director. She credits the JLNV for giving her the fund development training that allowed her to lead the CSC in raising \$1,000,000 in seed funds in only two and a half years.

The CSC's first Education Director is Active League member Lori Ann Terjesen who has served in a multitude of leadership roles including Community Council Director in the 2012-2013 League Year.

Additional Active and Sustaining Junior League members serving on the Children's Science Center Board include: Michelle Bond, Susan Joyce, Paula MacDonald, Jill Corso McNabb, and Rene Wilkinson. In addition, Kaitlyn Krukar, one of the In-Community Placement members stepped up to lead the Youth Leadership Council and Nancy Kokulis serves as the School Liaison for the forty Mobile Labs events that will be held this League year.

The training and leadership skills that the League cultivated in these women have allowed them to succeed at the Children's Science Center and they, along with other volunteers and Board members, are well on their way to creating a world class children's science museum.

Please visit <http://childsci.org/> to learn more.

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“STYLES OF YESTERDAY AND TODAY” WITH THE JUNIOR LEAGUE OF NORTHERN VIRGINIA AND THE AMERICAN GIRL FASHION SHOW®

Kristin McMahon

On March 22-23, 2014, The Junior League of Northern Virginia (JLNV) will host their first American Girl Fashion Show®. This fun-filled event is an opportunity to celebrate being a girl while honoring the “*Styles of Yesterday and Today*”. Attendees will enjoy light refreshments, while local girls walk the runway wearing the historical and contemporary fashions of American Girl® dolls.

The event, hosted at the Sheraton Pentagon City Hotel, will feature a marketplace where girls may purchase American Girl® and American Girl Fashion Show® exclusive merchandise, a VIP runway where girls can have their photos taken and a doll hair salon. Several VIP packages are available to allow friends and families to celebrate together. Along with the day of events, raffle tickets are also now on sale—with fabulous prizes available, including many from American Girl® and local businesses.

Over the past 56 years, the JLNV has donated more than \$2.6 million to our mission-based programs and more than 1 million volunteer hours. This is only possible through community support of events like the American Girl Fashion Show®. Your generous contributions enable us to fulfill our mission of training women to be future community leaders and delivering community programs and projects that can dramatically change the lives of children in need.

Help spread the word about the American Girl Fashion Show® by liking us on Facebook at <https://www.facebook.com/AGFSJLNV>. You can also purchase tickets, special packages, raffle tickets and pre-order merchandise at <http://www.jlnv.org/americangirlfs>. If you know a little girl who dreams of walking the runway—now is her chance! Model applications are now being accepted online for sizes 6X and 10.



JOIN GIRLS ON THE RUN AND JLN AT NORTHERN VIRGINIA'S MOST FAMILY FRIENDLY 5K!

Catherine Keightley

Northern Virginia's most family friendly 5K, the Girls on the Run 5K, invites community runners to run with hundreds of Northern Virginia girls who are celebrating the completion of the Girls on the Run program. A curriculum-based program, Girls on the Run fosters a respect for healthy living while celebrating each girl.

Runners of all ages are welcome to join us on Saturday, May 17, 2014 at 8:00 a.m. for the Girls on the Run 5K at the beautiful community-focused Mosaic District in Merrifield, Va. Are you looking for a challenge? Consider also joining us on Sunday, May 18, 2014 at 10 a.m. at the Taste of Arlington in Ballston, Va for our second 5k.

All runners receive a technical t-shirt (tutus are optional), a finisher's medal and the promise for the most fun they have ever had during a 5K run! For the May 17 event, runners will start at the brand new Mosaic District and pass inspiring cheer stations, be recognized by hundreds of enthusiastic spectators and finish among the wonderful local eateries and retail shops.

Registration for the Girls on the Run 5K in partnership with the Junior League of Northern Virginia opens on February 1, 2014. Go to www.gotrnova.org to register for this family friendly event. Contact Heather Bowman at hbowan@gotrnova.org if you'd like to sponsor the Girls on the Run 5K or the Girls on the Run program.



IT'S ALL IN THE FAMILY- A FAMILY LEGACY OF VOLUNTEERING

Katie Begley and Kendra Outlaw

Leadership, selflessness and tenacity are among the many attributes that describe the women of the Junior League of Northern Virginia (JLNV). We are proud to feature abridged profiles of two women who embody all three of these characteristics in the winter 2014 League Loop: Communications Council Director Joanna (Jo) Heckert and Sustainer Representative Eula Bond. Beyond their roles in the League, these JLNV leaders remind us that League members are a driving force for good within their communities. Please read more about each of these women at jlnv.org.



Communication is key: Volunteering has always been a part of Communications Council Director Jo Heckert's life. As a young girl growing up in a military family, she learned the importance of giving back from her mother, an active volunteer, who taught her how to give of her time and talent to build a stronger community. Now Jo serves on the Board with her mother,

Eula Bond, the Sustainer Board Representative, making 2013 a special year in Jo's Junior League career. When Jo joined the Junior League of Northern Virginia (JLNV) in 2006, she quickly discovered that volunteering could strengthen the community and develop her own talents, as well as connect her with other talented female mentors. The driving force behind integrating communications into the entire League, Jo makes it easy for all councils and committees to effectively communicate their message to other League members and the community. "Each member is an ambassador of the League," she adds. "We're working toward making each member comfortable with

communicating to the community.” A mother of two, she hopes that her work as a volunteer will inspire her own children to give back. Once encouraged by her mother and other mentors to take risks and learn new things, she now finds that she is a role model for her family and new League members.



Always a team player: Even as a little girl, Sustainer Eula Bond knew that she wanted to give back to her community by working with other women to achieve a shared goal. As the daughter of a Colonel and a military wife with many moves under her belt, Eula has served in leadership roles in many communities throughout the years. In the fall of 1996, she joined the Junior League of Northern Virginia subsequently serving on a variety of committees. This year, Eula was thrilled to revisit her role as the Sustainer Representative to engage the Sustainers, pillars of the JLN, through both volunteer and social events. Especially exciting for Eula is that she is enjoying this year because she is able to spend more time with her daughter, Jo Heckert, JLN Communications Council Director, and her daughter-in-law, News and Information Chair, Michelle Bond. With a shared joy in supporting one another, as well as the community at large, Eula delights to see commitment to service, betterment of the community and the joy of teamwork in both her family and other League members.

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IT'S THE NEW YEAR, TRY A NEW RECIPE!

Merry Ortberg

Your copy of *What Can I Bring?* is filled with delicious recipes to make for any meal of the day or for sharing with your neighbors. In the New Year, resolve to try a new recipe! We recommend you make Delicious Blueberry Muffins from page 160 – you'll be delighted with the results:

3 cups all-purpose flour
1 tablespoon baking powder
2 cups sugar
½ cup margarine cut up
2 tablespoons butter or
margarine, melted
2 large eggs
1 cup milk
1 teaspoon vanilla extract
1-¾ cups blueberries



- Combine first 3 ingredients in a bowl; cut in margarine using a pastry blender until mixture is crumbly. Reserve 1 cup sugar mixture.
- Add eggs, milk, and vanilla to remaining mixture. Beat at medium speed with an electric mixer until smooth. Fold in blueberries.
- Pour batter into greased or lined muffin pan cups.
- Drizzle melted butter over reserved 1 cup sugar mixture, stirring slightly. Sprinkle over muffin batter.
- Bake at 350 degrees for 20 to 25 minutes. Yields 24 muffins.

Enjoy and remember to contact cookbook@jlnv.org to place your next cookbook order.

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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.

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