

LEAGUE LOOP

A PUBLICATION OF THE JUNIOR LEAGUE OF NORTHERN VIRGINIA

SPRING 2014



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PRESIDENT'S PERSPECTIVE

The members of the Junior League of Northern Virginia (JLNV) have stepped up to meet the challenge of this year's theme: "Cultivate. Collaborate. Change." The League initiated a new, abbreviated Provisional program designed to integrate new members more quickly into Active membership. With this new program, we have welcomed more than 130 members to the League during the course of the year. The Leadership Development Committee unveiled several workshops throughout the year, and the Nominating and Placements Committee sent three members to the Association of Junior Leagues International's (AJLI's) Organizational Development Institute this past February.

Our members have improved League collaboration, and we have established new partnerships within the community. Mosaic District supported several of the League's fundraising events, and this year's annual Kids in the Kitchen Health Fair will be held there on Saturday, April 12. Swirl & Sip and The Container Store have been generous sponsors to the League throughout the year. We have also collaborated with new community partners, Girls on the Run and the Arlington Street People's Assistance Network, and established community partners, HealthWorks for Northern Virginia and Cornerstones.

These efforts in cultivation and collaboration are helping us change ourselves, our League and the community. As we look to embrace our new focus area of combating childhood obesity, we will invite all of our community partners to the table. This challenging issue requires a multi-faceted approach that the JLNV is uniquely structured to tackle. Our members will be working on this issue through handson activities with children and families, community partnerships like Healthy Communities Action Teams (HCATs), and advocacy efforts in

Richmond and on Capitol Hill. We encourage all of our members and partners to join us in "A Call to Action: Be the Change You Want to See" as we welcome the new League year in June.

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Candice Bennett
President 2013-2014





ADVERTISING INFORMATION

Are you interested in advertising in the League Loop? Visit: http://bit.ly/YvaEyo

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LEADERSHIP IN BLOOM



JLNV Participates in Leadership Training at the Organizational Development Institute

Amanda Richardson

Each spring, the Junior League of Northern Virginia (JLNV) participates in the Association of Junior Leagues International's Organizational Development Institute (ODI). This unique training opportunity provides the chance for League leaders and members to learn more about successful operations, from financial integrity and community partnership to member development. As a part of our goal of developing the potential of women, this year the League sent three delegates to the ODI training in Fort Lauderdale, Florida.

Alice (Ali) Patty, the incoming Communications Council Director, participated in the Building Internal Capacity training track, focused on developing strong finances for League health. "Connecting with so many Junior Leaguers in one place under the context of learning tracks is critical for new and seasoned leaders taking on a new role. Getting to be in a room full of women who are embarking on the same path you are really lent itself well to peer learning and sharing," said Ali of her experience at ODI. Alyia Smith-Parker, incoming Community Council Director, participated in the Achieving Community Impact track, and noted that "as a League we have to make sure we take care of our primary customers, our membership. As a result, every volunteer experience should be an opportunity for our members to learn the skills and have the experience that they hoped to achieve in joining the League. At the end of the day, what is unique about volunteering with the Junior League is that we are training women and developing civic leaders." The third delegate to attend was Breanne Powers, incoming Chair of the Membership Engagement Committee. She participated in the Membership Development training track, and was encouraged to learn that "other Leagues face similar challenges with membership retention. recruitment, etc. It was helpful to hear how other groups have

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overcome some of these challenges and it was also great to be able to share some of our JLNV successes with regards to membership engagement."

Engaging training events like ODI develop women, who in turn will share that success throughout their own Leagues. All three JLNV delegates learned a great deal to support their own leadership and are re-energized and engaged for the coming League Year, ready to help other members enact change in the community.

JLNV Cultivates Leadership Through Training and Development Seminars

Xenia Ruiz

The Leadership Development and Training Committee plays a critical role in fulfilling a key component of the JLNV's mission: developing the potential of women as leaders. The committee has worked to establish programming and training opportunities for members that give them tools to be effective League leaders and equip them with professional development skills that can be utilized beyond their League lives. The League strives to highlight the importance of women as leaders across all public and private spheres.

In the 2013-2014 League year, Leadership Development and Training offered several opportunities geared toward helping JLNV members plan their League careers in order to build a strong pipeline of League leaders at all levels. Currently, additional events are planned including the "Serving on a Community Board" workshop to help highlight the different ways women can become involved in issues at a community level, a Public Speaking 101 workshop that will help members solidify their public speaking skills and a Social Networking and Branding workshop to help members navigate social media and self-promotion the get ahead in the modern workplace. The JLNV is committed to building community leaders with continuing education and training.

AMERICAN GIRL® TAKES THE STAGE

Kristin McMahon

The JLNV's inaugural American Girl Fashion Show® came to life March 22 and 23, 2014 at the Sheraton Pentagon City with the "Styles of Yesterday and Today." This amazing event included 5 runway shows. over 150 young models and guest models, numerous dolls, tasty treats served with tea and other refreshments along with door prizes. Known for historical characters and



pivotal stories, the American Girl Fashion Show took guests on an audio and visual journey starting in 1764 with Kaya and ended with the 2014 Doll of The Year, Isabelle. Throughout the event guests learned how clothing has changed over the years to reflect history, culture, and girls' individual styles. Each runway show ended with a model finale to "I Like Your Style" song- the American Girl® theme song.

The American Girl Fashion Show would not have been possible without the assistance and hard work of the American Girl



Fashion Show Committee led by Past President Erica McCants, Lourdes Garcia-Calderon serving as chair-elect and League members who supported the show by either volunteering or attending. The event's success will greatly impact JLNV's reach in the Northern Virginia communities it serves. The monies raised will fund our League-wide community initiatives, including school readiness and health fairs for the underserved.

We would like to thank our generous sponsors for this year's event, including: American Girl® (Tyson's Corner), Sheraton-Pentagon City, Deer Park Elementary School, Doll Diaries, Girls on the Run, Hooray for Books!, Marymount University, Mosaic District, St. Luke's Church, The Container Store® and W by Worth- Paula McLoud.

Did you miss the event? Don't worry; you can still support the League by purchasing the official American Girl Fashion Show t-shirt and goodie bag in the JLNV e-Store. Look for our Save the Date announcement in the coming months for the exciting 2015 event!





★ American Girl **FASHION SHOW**

COMMUNITY PARTNERSHIP PROGRAM AWARDS GRANTS FOR 2014

Kelly Leigh Bousquet

The Junior League of Northern Virginia (JLNV) supports innovative projects and programs that ensure access to preventive care and empower children to make healthy food and lifestyle choices to help reverse childhood obesity and its associated health issues. Through the Community Partnership Program, the JLNV awards grants of funds and/or volunteer hours to support Northern Virginia community programs in Alexandria, Arlington, Fairfax County and Loudoun County that share in our focus. For the 2014-2015 year, monetary awards range from \$1,500 - \$3,000, and each Community Partner may be provided with up to 100 volunteer hours to support selected projects. We are excited to announce the JLNV 2014-2015 Community Partners who will work with us to measurably improve the lives of children in our community. The following summarizes the projects that will be awarded funds and/or volunteer hours at our 10th annual Celebration of Service event on May 8.

Arcadia Farm Camp - A summer day-camp program for children located at Woodlawn Estate (Alexandria), where campers joyfully discover where their food comes from through handson farming, cooking and eating experiences. JLNV is granting volunteers during June and July 2014 and monetary support towards camp scholarships.

Cornerstones - The Laurel Learning Center "Great Health for Kids" project includes nutrition education, physical activity and a garden for low-income families. JLNV will purchase gardening supplies and look to implement a dietary program to offset the cost of Cornerstone's need to hire a dietician. Volunteer hours will also be awarded.

Girls on the Run (GOTR) - Our current partnership with Girls on the Run supports a transformational physical activity-based positive youth development program for girls grades 3 through 8. Girls on the Run teaches life skills through dynamic, interactive lessons and running games. The program culminates with physically and emotionally prepared participants completing a

celebratory 5k running event. JLNV will provide a monetary grant to help offset the cost for the 5K race including incentives, healthy snacks for the runners and equipment rental. Volunteer hours will be awarded as a Done In A Day project.

HealthWorks - The Pediatric Healthy Active Living Program (PALS) is a comprehensive, integrated program with 5 elements:

1) Medical management and supervision by a pediatrician, 2) nutrition counseling by a registered dietician, 3) psychosocial education and peer support, 4) family-focused nutrition education led by community volunteers, and 5) linkage to community resources to increase access to physical activity resources (safe and fun places to exercise) and additional nutrition education and support. JLNV will provide funding for exercise equipment and 100 Volunteer hours.

Northern Virginia Therapeutic Riding Program (NVTRP) -

NVTRP provides equine assisted activities for children and adults with disabilities, at-risk youth and recovering military service personnel and their families in an inclusive, community setting. Students improve fitness level and mobility through programs by gaining core strength, muscle control and balance. Socialization provides students and their families with a sense of community and belonging by working closely with horses and volunteers. The League is supporting NVTRP by organizing a workday to provide volunteers to paint the barns and clean the grounds.

Child and Family Network Centers (CFNC) - CFNC provides free education and social services for preschool children and job training for their families. These programs reach out to families in their own neighborhoods and supplement students' education with additional resources such as health services. The League is providing monetary funds to purchase health education resources and related supplies to support the health, nutrition and wellness services in addition to our current program support.

We will welcome our new partners at this year's Celebration of Service event on May 8, 2014. We encourage you to support our current community partners and assist in identifying future partners. If you know of any organizations that work to improve the lives of children in our community, please urge them to reach out to the Community Partnership Committee or the JLNV office at (703)-442-4163.

JLNV TO HONOR MARY MARGARET WHIPPLE AS 2014 WOMAN OF VISION

Sharon Ballard

The Junior League of Northern Virginia (JLNV) will honor one of its own, Mary Margaret Whipple, a Sustaining member of the JLNV as its "Woman of Vision" at the annual Celebration of Service on Thursday, May 8, 2014. The awards dinner honors "Women Who Wow" for their outstanding service to the community and celebrates the achievements of the JLNV's 2013-2014 League year.



Senator Whipple has been described as someone who has set herself apart in making a difference in her community through her sense of social responsibility and her commitment to volunteerism and public service. From January 1996 to January 2012, Mrs. Whipple represented the 31st District and was a member of the Agriculture, Conservation and Natural Resources, Education and Health, Finance, Privileges and Elections and the Rules Committees of the Senate. When she retired she was the Chair of the Rules Committee and Chair of the Senate Democratic Caucus. Before her election to the Senate of Virginia, Mrs. Whipple was a member of the Arlington County Board from 1983 to 1996 and took an active interest in transportation issues. A former instructor at Northern Virginia Community College, Mary Margaret Whipple began her career of public service as a volunteer in her daughters' schools when she was appointed to the Arlington County School Board in 1976, and was Chairman in 1978.

Mrs. Whipple continues to serve her community in many ways including as a a member of the Board of Trustees of the Arlington Community Foundation and an Honorary Member of the Board of Scenic Virginia. She is a member of the Arlington Branch of the American Association of University Women, the Arlington Kiwanis Club, the League of Women Voters, the Arlington Historical Society, and the Committee of 100. She served on the Arlington Commission on Aging. She is also a member and elder of the Church of the Covenant, Presbyterian, where she currently

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serves on the Board of Deacons. A resident of Arlington County since 1964, the Senator is married to Thomas S. Whipple and is the mother of two daughters who are graduates of the Arlington Public School system. She is the proud grandmother of three boys and two girls.

Celebration of Service tickets cost \$65/person and include an elegant dinner, opportunity to bid on unique silent auction items and a ceremony honoring the achievements of League members. Buy tickets online at www.jlnv.org or call 703-442-4163 for more information.





GIRLS ON THE RUN: INSPIRING GIRLS TO BE JOYFUL, HEALTHY AND CONFIDENT

Stephany Smith and Morgan Richard



Girls on the Run (GOTR) is a transformational physical activity-based positive youth development program for girls in grades 3-8 that teaches life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and

emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. Approximately 7,000 girls from various counties and cities throughout Northern Virginia participate in Girls on the Run. The program currently serves almost 200 public and private schools across Arlington, Fairfax, Loudoun and Prince William counties, as well as Alexandria City, Falls Church City, Manassas City, and Manassas Park public school systems.

Heather Flaherty, in her 17th year with the League, chairs the JLNV's committee for the inaugural year of this new partnership with GOTR. Heather brings race management experience, serving area 5ks on the weekends for the past five years, and was also instrumental in JLNVs inaugural Strides For Success 5k eight vears ago and for the subsequent JLNV 5k races that followed.

The JLNV members who serve the JLNV and the GOTR community as coaches for the girls in the program are instrumental to the race's success. Morgan Richards shared, "I

had the honor of serving as a coach and have had experiences that I would have never imagined. The program has afforded me an opportunity to mentor and build a personal relationship with every girl on my team, directly support my community







and see life in a more positive manner. As a GOTR coach, my goal is to send every girl to school with a smile on her face just as my team sends me to work laughing. Our team meets twice a week for an hour and we begin with a run/jog/walk around the track followed by the lesson of the day. Lesson topics range from balancing life and school and dealing with stress to the fundamentals of teamwork and learning about healthy eating. We also tackle the tougher issues girls often face like eating disorders, peer pressure, bullying and alcohol." She added, "One of my most memorable moments as a coach was when our team decided to make cards and send them to the victims of the Boston Marathon during their hospital stay for our community project. I have learned more from the girls than I could have ever taught them. Through supporting GOTR, JLNV is helping empower young girls to be braver than they believe, stronger than they seem and smarter than they think."

Together JLNV and GOTR work to provide healthy living programs, education and support to girls and their families throughout Northern Virginia. This collaboration presents increased opportunities for both organizations to increase their positive impact in the community, expand their membership base and seek grant funding.

See the partnership in action at one of the following GOTR races scheduled for this spring:

Saturday, May 17th at 8:00 a.m. at the Mosaic District Sunday, May 18th at 10:00 a.m. at the Taste of Arlington Festival.

Bring your family and friends and come support this amazing organization. Visit the Girls on the Run Northern Virginia website for more information.

BOOSTING SELF-ESTEEM AND PROMOTING HEALTHY LIFESTYLES WITH KIDS CAN

Sarah Lantz

Encouraging children to develop self-esteem through the Kids Can program, the JLNV plays an essential role in promoting healthy lifestyles in school-aged children. With the help of 92 League volunteers, the JLNV has hosted 26 programs and interacted with over 200 children in the past year. Kids Can programs are founded on monthly themes such as civility, friendship, diversity, honesty and courage. At the beginning of the program, a book relating to the month's theme is read and children participate in lively conversation sharing their thoughts about the subject. Discussion and active participation in a craft allow children to express their feelings in a variety of ways in a safe environment with guidance from caring volunteers.

In the 2013-2014 League year, we bolstered Kids Can programming with the addition of physical activity. Through games like Simon Says, children "get the wiggles out" before the structured program begins. Moving and exercising in a fun manner is an important component of each Kids Can evening with rotating stations including "frog jumps" and "giraffe stretches". One volunteer remarked that, "sometimes it is hard to tell whether the kids or the volunteers are having more fun!" Another responded. "I find spending time with the kids doing an activity at the shelter one on one rewarding. You get to know the kids. I am impressed with their warmth, sweetness and desire to do well."

Kids Can volunteers are enthusiastic about the impact they are making in these children's lives. The volunteer coordinator at the Katherine K. Hanley Family Shelter is also thankful for the continued partnership with the JLNV, "[The] Monthly Kids Can Program provided by the Junior League of Northern Virginia has been a huge success at our shelter. The team has put so much effort into making sure that the children at the shelter not only enjoy fun-filled activities, but also are also educated on so many important issues. More importantly, while the children are being taken care of, our adult residents are able to participate in employment workshops and meetings that are very important for them to attend in order to successfully transition into permanent housing." To the JLNV, part of our success is measured by each smile and thank you that we receive at the end of our events.

IMPACTING THE COMMUNITY WITH WOMEN GIVING BACK

Shannon Stockton

In the 2013-2014 League year, the Regional Community Impact Team (RCIT) worked hard to connect with new community partners including the Sterling, Va organization Women Giving Back. Women Giving Back was founded in 2007 by building industry sales and marketing professionals who strive to supplement the work done by HomeAid Northern Virginia. Women Giving Back works to help "transitionally homeless women and children get on their feet with clothes to help them enter the workplace. These women can shop for professional, work-oriented clothing and accessories without charge." (Women Giving Back)

In fall 2013, RCIT connected with Women Giving Back, and our relationship began when the League selected to feature their work at JLNV's 2013 The Enchanted Forest. To further the partnership, League members donated hundreds of dollars of clothing and accessories in January 2014. The collected items filled three vehicles and alongside Women Giving Back volunteers, League members helped to sort the items on the first Saturday of February 2014. We look forward to continuing our relationship with Women Giving Back through clothing drives and volunteer hours in the coming years.



SPOTLIGHT ON OUTSTANDING JLNV MEMBERS

Chelsea Anglin and Hannah Huntt

The JLNV offers the opportunity for Northern Virginia women to actively contribute to growing their community. In addition, JLNV connects dedicated, strong women with a passion for service and volunteer work to others like themselves. It is natural that this environment of shared ideals creates friendships and mentorships. The organization offers a way for women to become immediately involved in the community, finding a place in their hometown by helping it to grow and thrive. Below, we feature two Active members who have relocated to the Northern Virginia area and found a valuable connection to service and friendship in the JLNV.

Serving the Community with Boundless Enthusiasm



Jennifer Bell has been an active volunteer her entire life. At age four, she began volunteering with her local American Legion Post by participating in food drives, holiday memorial events, fundraisers and other various community events. Jennifer has furthered and sustained her love of giving back with many organizations over the years. Currently the Provisional Integration Lead.

Jennifer offers advice and support to provisional members to aid them in making a successful transition as Active members of JLNV and has been recognized for her hard work and boundless enthusiasm. She transferred to the JLNV in 2013 from the Junior League of Annapolis, which she joined in 2008. She values getting involved right away in a new area, saying, "I enjoy the feeling of community and friendships the Junior League has given me – I also enjoy the multiple ways we can serve the community." Jennifer feels that volunteering is a way to give back to the community in addition to helping women and children survive, grow, and thrive. In addition to volunteering, she enjoys sewing, quilting, gardening, and traveling. We hope Jennifer will be able to continue serving the Northern Virginia community, but in her own words, "the great thing about Junior League as a whole is that it travels with you."

Setting Down Roots to Be a Change-maker



Alysica Eisen, a native of Westchester, NY, is truly committed to contributing to her adopted community of Northern Virginia. An alumnus of George Washington University in nearby Washington, D.C., Alysica fell in love with the area and stayed active as a volunteer at George Washington while working on her Master's degree through a fellowship. After

deciding to set permanent roots down in the area, she joined the JLNV and continued getting involved in her community as a volunteer. She is currently completing her first Active year in JLNV and serving on two committees: the Strategic Advisory Planning Committee and the Audit Committee as an Above and Beyond placement. Alysica credits her committee chair with providing the insight and encouragement to successfully take her place in the League. "My first Active year would not have been successful without her guidance," she says. Alysica is committed to service and being a change-maker, adding that she wants to "do my giving, while I am living." We are proud of the hard work that Alyscia has done on both of her committees and as a dedicated volunteer at events in our community.



A CALL TO ACTION, ANSWERED 2014-15 LEAGUE LEADERSHIP SLATE ANNOUNCED

Amanda Richardson

The ongoing success and wellness of the JLNV is attributed to its strong membership and community engagement. At the helm of this organization is a group of women dedicated to the principles of the Junior League: promoting voluntarism. developing the potential of women and improving communities. Each year the slated leadership of the League seeks to engage its members in achieving community improvement and personal development goals, all while conducting the "business" of League operations. This is no small task, but the JLNV is fortunate to have women willing to answer the call to serve and lead, year after year. Each winter, the Nominating and Placements Committee undertakes the important process of identifying a slate of leaders for the coming League year. The Nominating and Placements Committee takes this role seriously, as it helps chart the path for continued achievements in the community.

At the helm for next year's leaders will be Whitney Richardson, the current President-elect and incoming President for the 2014-2015 League Year. She brings to her leadership role experience across three Councils, as well as experience serving as the League Secretary and on the Nominating and Placements Committee. Professionally, she serves as editor of Country's Best Cabins, a national shelter magazine devoted to the construction, decor and lifestyle surrounding small, rustic homes. Whitney is a native Northern Virginian and has been a member of the JLNV for nine years.

Supporting the President will be incoming President-elect Beatriz Duque Long. Currently serving as Planning Council Director, Bea has also worked on the Community and Finance Councils, and has served as a member of the Nominating and Placements Committee and the League's Issue-Based

Community Impact (IBCI) Committee. Bea has a background in health policy and government affairs, community outreach and partnership development, and communication strategy development. She is currently the Director of Health Policy and Advocacy at the Epilepsy Foundation. A JLNV member for seven years, she is a native of Colombia and joined the JLNV as a transfer from the Junior League of Long Beach, California.

Next year's Treasurer, Lisa Flach-Fulcher, is currently serving as the Treasurer-Elect. Lisa has worked in the Planning and Finance Councils since joining the League three years ago. In her first year, she was awarded the JLNV Beacon Award for Provisional Achievement for her volunteer efforts. Lisa is employed with the U.S. Department of Health and Human Services as a program analyst managing the budget activities for the Division of Medicine and Dentistry in the Bureau of Health Professions, Health Resources and Services Administration.

The incoming Treasurer-elect, Gretchen Ehle, currently serves as the Treasurer for The Enchanted Forest Committee and has prior experience on the Nominating and Placements Committee, the Planning Council and as Parliamentarian for the JLNV. A League member for eight years, Gretchen brings broad understanding of the League to her role on the Finance Council. She currently works as Director of Operations and Business Development for the Meridian International Center, and is a Ph.D. candidate in Public Policy at George Mason University.

Our JLNV Councils will be led by a cast of strong performers within the League, driven to achieve the best for our members and our community. Alice (Ali) Patty, in her second year in the League, has served on the IBCI and The Enchanted Forest Committees and will utilize her broad professional experience in advocacy, public health and communications as next year's Communications Council Director. Our Community Council Director for next year, Alyia Smith-Parker, brings to the role her efforts on the Community Council and IBCI Committee during her two years in the League, as well as her professional community and public health experience. Stephany Smith



is returning to the Board as the Fund Development Council Director for a second year, bringing her four years of League experience to bear in an important role that supports our work. The incoming Membership Council Director, Robin Robinson, has been a League member for eight years and has experience across multiple councils to support her member engagement efforts. Kristie Pichler, the incoming Planning Council Director, has been a member of the JLNV for three years and has both League and professional experience in planning. These women will serve as leaders of their respective councils, but also as members of the Board of Directors.

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Fund Development Council Director: Stephany Smith

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This cadre of women is poised to lead and continue moving the League forward in actively engaging our entire membership in the activities and endeavors of the JLNV. The JLNV is fortunate to have such a strong group of leaders for the coming year; they have big shoes to fill, and we are confident they are the right women for the job.

CELEBRATE SPRING WITH PAPAYA SALAD

Merry Ortberg

Spring is here and after spring-cleaning comes picnics with family and friends. Try this easy, last-minute show-stopping recipe for Papaya Salad on page 214 of *What Can I Bring?*

Papaya Salad

½ cup sugar

½ cup vinegar

½ cup vegetable oil

2 teaspoons salt

½ teaspoon dry mustard

½ cup chopped onions

2 tablespoons papaya seeds

2 Papayas

2 large avocados

2 heads romaine and Bibb lettuce, torn

- Process first 6 ingredients in a blender until smooth; add seeds and process until seeds resemble coarsely ground pepper.
- Slice papayas and avocados. Toss with lettuce or arrange on top. Serve with dressing.

Enjoy the season and remember to contact cookbook@jlnv. org to place your next cookbook order. Don't forget the cookbook committee has a collection of cookbooks from other Junior Leagues that you can purchase, too.



2013-14 COMMUNITY ADVISORY BOARD

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*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

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