



JUNIOR LEAGUE OF  
**NORTHERN  
VIRGINIA**

SERVING THE COMMUNITY SINCE 1958

Dear Prospective Member,

Thank you for your interest in the Junior League of Northern Virginia (JLNV)! We are a dynamic group of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

The JLNV's community programs focus on preparing children for success by addressing childhood obesity through the promotion of nutrition education and physical activity, which are proven to enrich health, well-being and academic outcomes. Membership in the JLNV is a commitment to the community and to the potential of women. We are committed to reducing the number of impacted children by empowering families to make healthier choices. We are committed to developing our membership of women through training and hands-on leadership opportunities through our community programs and other member-driven initiatives.

**Benefits of Membership in the Junior League of Northern Virginia**

- Training for effective community leadership and personal development
- Receive insight and strategies for resolving community needs
- Well-organized volunteer opportunities throughout Northern Virginia
- Ability to meet new women and form lasting friendships
- Opportunity to make a positive impact on our community

For your convenience, we have enclosed information about the JLNV's community programs and membership process. Membership is open to all women **age 21 and older** who currently reside in the Northern Virginia and Washington, D.C. metropolitan areas; and requires submission of an application and payment of dues for the New Members (formerly provisional member) training course. Our application is available online at [www.jlrv.org](http://www.jlrv.org).

We are confident that you will find the JLNV's members are a diverse group of women who share your passion for community involvement. We look forward to welcoming you to the JLNV!

Sincerely,

*Lauren Crowder Heighton*  
Membership Council Director, 2017 - 2018

## JLNV Community Initiatives

As a member of the Association of Junior Leagues International (AJLI), the vision of the Junior League of Northern Virginia (JLNV) aligns to the national mission: to empower women to be a driving force to improve our community. Our community programs focus on **addressing childhood obesity through the promotion of nutrition education and physical activity**. As a member, you will have the opportunity to become more involved in our community projects and feel fulfilled knowing that you are making a difference. Below is a snapshot of our community programs. For more information on volunteer opportunities, email [community@jlnv.org](mailto:community@jlnv.org) or visit [www.jlnv.org](http://www.jlnv.org).

### **Kids in the Kitchen**

Junior Leagues' *Kids in the Kitchen* is a nutrition education initiative from the Association of Junior Leagues International designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. Our *Kids in the Kitchen* initiative delivers evidence-based nutrition education programming designed by the JLNV and held in partnership with low-income housing communities, health centers, and community centers to educate families about healthy eating through nutrition lessons and hands-on cooking demos.

### **Market Explorers**

The JLNV *Market Explorers* program at local farmers markets introduces children to where their food comes from through engaging activities such as market tours and scavenger hunts, physical activity, and healthy snack preparation.

### **Annual Spring Health Fair at Mosaic District**

Since 2010 the JLNV Kids in the Kitchen Spring Health Fair has been our largest community event, serving hundreds of children and their families. The Spring Health Fair promotes healthy eating and active living. Our *Kids in the Kitchen* interactive booth introduces families to basic concepts of nutrition and healthy eating through hands on demonstrations at the Spring Health Fair and other community events.

### **Food Access & Community Gardens**

JLNV supports community gardens, school gardens, and Arcadia Center for Sustainable Food and Agriculture's Farm Camp. The JLNV's support at Arcadia includes preparing the garden for farm camp and providing scholarships for low-income children through our Community Grants program. Campers discover where their food comes from through hands-on farming, cooking, and eating experiences. Led by our Food Access Committee, we also partner with local organizations in the Plot for Hunger program, in which garden space is provided for the JLNV, and proceeds are given to community shelters and centers.

### **Physical Activity & Swim Camp**

The JLNV's Physical Activity Committee organizes and hosts physical activity programs in elementary schools, community centers and after-school programs. The JLNV *Swim Camp*, which is held in partnership with Arlington Parks and Rec and Bridges to Independence (B2I), is another of our physical activity programs. Held in summer and winter JLNV Swim Camp offers children living in shelters swimming lessons and the opportunity to learn about water while having fun in a safe environment. Additionally, our Physical Activity Committee organizes dog walking and run club programs in partnership with Lorton Community Action Center (LCAC) and B2I.

### **Community Grants**

The JLNV's annual community grants support programs that promote healthy eating and active living. Recent projects supported by the grants include scholarships for low-income children to participate in Arcadia's Farm Camp, as well as volunteer support for the programs. Applications are due in the fall and awarded in the spring.

## **JLNV Fundraisers and Social Events**

The JLNV also hosts several fundraising and social events throughout the year that provide members with hands-on training opportunities as well as the chance to get to know other League members in fun settings.

### **The Enchanted Forest**

This weekend-long holiday festival designed for the the entire family features a beautiful “forest” of theme-decorated holiday trees for silent auction, live entertainment, a model train display and hands-on activities for children, including Kids in the Holiday Kitchen. Our largest fundraiser, The Enchanted Forest also includes premium events for adults and children such as Breakfast with Santa, Gingerbread Workshops and an evening reception for adults.

### **Monte Carlo Night**

Monte Carlo Night gives attendees the chance to test their luck at games of chance and take a spin on the dance floor, while raising money to support JLNV’s community programs. The event features food, an open bar, an auction and raffle.

### **Cookbook**

After the success of our first cookbook, *What Can I Bring?*, the JLNV is excited to announce the fall 2017 launch of our second cookbook, *Flavors of Virginia: What Can I Bring Through the Seasons?* With wonderful recipes from our members, their families and friends, the JLNV cookbook it is a great hostess or holiday gift. Numerous Junior Leagues have their own cookbooks, and we have fun swapping books with other Leagues across the country. Selling cookbooks has been a staple of our fundraising program for many years.

### **Celebration of Service/60th Anniversary Celebration**

Get ready to celebrate! At the end of each League year, our members and community partners gather to celebrate our successes and and honor women who are helping build better communities. During Celebration of Service we also recognize our community grants recipients for the upcoming League year. This year, we are having a special Celebration of Service to mark the JLNV’s 60 years of service in the Northern Virginia community!

### **Affinity Groups and Member Socials**

Within the League we have launched a number of affinity groups designed to bring members together in social settings around common interests. From fabulous foodies, beer and wine, and tea affinity groups to groups for those interested in yoga, football, running, tennis and golf. We also recently started a hiking affinity group and continue to expand our affinity groups based on members’ interests.

## **New Member Requirements and Steps to Becoming an Active Member**

Submit membership application, brief statement and non-refundable New Member dues of \$320 (includes New Member course fee) by December 1, 2017.

- ❑ **Attend three New Member training sessions.** These sessions typically last 2-3 hours. This is your chance to learn all about the history of the League, our organizational structure and our current community projects. Each training session will include a Done-in-a-Meeting project that has an immediate impact on the community, such as collecting food for and assembling weekend snack packs. If you cannot attend a training session, make-up opportunities are available.
  
- ❑ **Complete three volunteer hours<sup>1</sup> at JLNV volunteer opportunities.** All members are required to complete volunteer hours. Once you become a member, you will have access to the member area of our website. All our volunteer opportunities are listed online and signing up to volunteer is easy!
  
- ❑ **Attend two JLNV General Membership Meetings (GMMs) or Small Group Meetings (SGMs).** GMMs are held on the first Thursday of the month six times during the League year (June, September, November, January, March and April), unless otherwise noted. You also have the opportunity to attend SGMs, which are held three times a year (over the summer, October and February). This will be your preview into League membership.
  
- ❑ **Attend at least one JLNV New Member social event.** Socializing with others in your class and active JLNV members is important when starting off in the JLNV. It is a great way to start building connections and your network within the League, and stay engaged.
  
- ❑ **Participate in assigned New Member Project or Committee Placement.** The JLNV volunteer programs focus on addressing childhood obesity through the promotion of nutrition and physical activity education. New Members will work together with Active JLNV members to plan and execute various projects in our community.
  
- ❑ **Consult New Member Integration Lead.** Each New Member must meet at least once with the New Member Integration Lead for one-on-one League career planning to help ensure your smooth transition to Active membership.

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<sup>1</sup> There are three types of volunteer hours: community hours (volunteering at one of our community partners), fundraising hours (volunteering for one of our fundraising events), and service hours (volunteering to support our League).