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.

JLNV prepares children for success by addressing childhood obesity through the promotion of nutrition and physical activity education, which is 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 leadership opportunities.

**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.jlnv.org](http://www.jlnv.org).

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

Sincerely,

Anna Bryant

Membership Council Director, 2016 - 2017

**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 volunteer programs focus on ***addressing childhood obesity through the promotion of nutrition and physical activity education***. 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 projects. For more information on volunteer opportunities, email [community@jlnv.org](mailto:community@jlnv.org) or visit www.jlnv.org.

**Kids in the Kitchen**

*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. *Kids in the Kitchen* delivers evidence-based nutrition education programming designed by 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’s *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**

Since 2010 the JLNV’s Kids in the Kitchen Spring Health Fair has been our largest community event, serving hundreds of children and their families. The Spring Health Fair features activities and educational booths hosted by local government agencies, nonprofits and businesses that share our goal of promoting 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 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.

**Physical Activity & Swim Camp**

The JLNV’sPhysical Activity Committee organizes and hosts Family Fitness Nights and physical activity programs in elementary schools, community centers and after-school programs. The JLNV’s *Swim Camp,* which is held in partnership with Arlington Parks and Rec and Bridges to Independence (formerly AACH), is another of the JLNV’s physical activity programs and is held in summer and winter and offers children living in shelters swimming lessons and the opportunity to learn about water while having fun in a safe environment.

**Community Impact Committee**

The JLNV’s Community Impact Committee organizes short-term, hyper-local projects to benefit the Northern Virginia community. Projects include assembling bagged meals and organizing food drives as well as Done in a Day projects in support of our partners.

**JamPacks**

For 22 years, the JLNV’s *JamPacks* program has provided low-income children high-quality backpacks with school supplies, and most recently items like water bottles and pedometers to encourage active living. Every summer the JLNV partners with local health centers or food banks to distribute JamPacks.

**Community Grants**

The JLNV’s 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, a holiday marketplace 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 and an evening cocktail reception for adults.

**Cookbook**

After the success of our first cookbook, *What Can I Bring?,* the JLNV is excited to announce the launch of its second cookbook in the fall of 2016. With wonderful recipes from our members, their family and friends, the JLNV cookbook it is a great hostess or holiday gift. Numerous Junior League chapters 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**

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.

**Affinity Groups and Member Socials**

Within the League we have launched a number of affinity groups designed to bring together members 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 and golf affinity groups to a sassy sewers group. We also recently started a fitbit challenge 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 New Member dues of $235 (non-refundable) by February 1, 2017. The Winter 2017 New Member class will graduate and transition to Active membership in Spring 2017.

* **Attend three New Member training sessions.** These sessions are typically held at the Dunn Loring Fire Hall and 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[[1]](#footnote-1) 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, 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.** 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.

1. 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). [↑](#footnote-ref-1)