

JUNIOR LEAGUE OF THE PALM BEACHES

UNDERCURRENTS

FALL 2013 / JLPB.ORG



**Champion
of Change
at the JLPB**

p. 14

**A Colorful Life
with Lilly Pulitzer and JLPB**

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UNDERCURRENTS

JUNIOR LEAGUE OF THE PALM BEACHES

Issue I, Vol. 54



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Dear Readers,

Someone recently asked me to describe the women in our Junior League, lots of words came to mind -'big-hearted', 'committed,' 'civic-minded', but there was one word that I felt described us better than any other...'busy!' Our cover images could easily have been of any woman in our League (many of them would have had trouble condensing their daily life into only four bubbles!) We all wear lots of different 'hats,' we are business executives, employees, business owners, community volunteers, girlfriends, wives, mothers, and care givers to name but a few; and then, when we are finished with our busy days, we volunteer with and for the Junior League. To me, the thing that says the most about our busy members is that although our days are filled with activities, we choose to spend our free time giving back to our community and fulfilling our mission to develop the potential of women, promote voluntarism, and improve our community.

I would encourage you to get to know our busy members through our actions; for example, the article on page 18 highlights the success of this year's Back to School Bash, sponsored in part by the Junior League in which over 4,500 elementary, middle, and high school aged children had the opportunity to select their own school supplies. Thanks to the efforts of the League and other community partners many children could for the first time walk into school with their own backpack, pencils, and school clothes. On page 13, you can read about Women on the Run, a program our League has been developing in conjunction with other local women's organizations to empower and train women as community and civic leaders.

As diverse as our community programs are, none would be possible without the success of our fundraisers. One of our largest community fundraisers, Deck the Palms Holiday Market, will be held on Saturday, November 23 at the Palm Beach County Convention Center and will feature unique holiday shopping opportunities as well as seasonal entertainment and activities for kids. The article on page 7 gives a great preview to what will be the premier shopping opportunity of the season. Who knows, with the help of over 100 vendors this busy Junior Leaguer just might finish her holiday shopping early this year – leaving more time to volunteer!

Sincerely,



Pam Schanel
JLPB President
2013-2014



Pam Schanel
JLPB President
president@jlpb.org

Our Mission Statement

The Junior League of the Palm Beaches 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.

The Junior League of the Palm Beaches focus area for 2013-2014 is children's welfare and wellness.

LETTER FROM THE EDITORS

Building Better Communities. It's our motto as Junior Leaguers, our goal. It's the reason we pay dues, attend Deck the Palms or Worth Tasting, and volunteer our time at GAP, Nelle Smith and Mounds Botanical Garden. It should be the primary reason we joined the League. Some join the League to meet new friends, some to network for business, but in the end we all know, that we are making our community better, and that is the bonus in our hard work we do within our own committees and during our volunteer shifts.

Take note, our efforts do make a difference. As we read through this issue's main article about a week in the life of a Junior Leaguer, we were hit with the impact and reach our organization makes. The work Junior League has done in our community is everywhere from founding the South Florida Science Center and Aquarium, to building the Fun Zone at Gaines Community Park, and starting Quantum House at St. Mary's Hospital. We have personally made an impact on the girls at GAP and the Nelle Smith Residence, and the children we found with vision and hearing problems during the over 50 years of Eye & Ear Alert screenings.

Every member of the JLPB makes a difference. Be proud to be associated with Junior League and take ownership of your part. We are a nonprofit organization of 700 trained volunteers, and together we impact children's wellness and welfare in our Palm Beach County community both collectively and individually. Every members' time and efforts are what makes the JLPB strong and a force of change. From writing an article for Undercurrents to teaching the girls at Nelle Smith how to cook a special dinner, each contribution leads us to our goal.

To the New Members, welcome, enjoy the new friendships you will make, they will last a lifetime. More importantly know you are really making a difference in the lives of others in our community. You are part of something special and we are glad you joined us for what is shaping up to be an incredible year!

Best,

Rebecca & Joella
Rebecca Seelig & Joella Gilmond
Co Chairs Undercurrents Committee



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Christine Kirsch
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Heather Robbins
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Natasha Markovich

Deck the Palms' New Look & Locale

By Jennifer Pfaff

Palm Beach
County
Convention
Center

When the holidays roll around, the search for the elusive perfect gift is an annual challenge—and often a source of last-minute panic and frustration. Thankfully Junior League of the Palm Beaches is helping shoppers beat the holiday rush while simultaneously raising funds for Junior League’s community programs at Deck the Palms Holiday Market.

Held Saturday, November 23 from 9 a.m. to 6 p.m. at the Palm Beach County Convention Center, this exclusive event hosted by Junior League brings together over one hundred of local and international merchants under one roof for an all-day upscale shopping extravaganza. Guests can shop among one-of-a-kind gift items like bespoke jewelry, artisan decor, adorable children’s clothes, handmade fashions and more. This is the first year Deck the Palms will be held at the convention center—the largest venue yet, guaranteeing more offerings and an event bigger than ever.

Admission to Deck the Palms costs only \$7 per person, while attendees who wish to take advantage of shopping an hour before the doors open to the public can purchase a VIP ticket for \$25. No matter which ticket is in hand, all patrons will enjoy free parking and the opportunity to peruse hundreds of unique local boutique items and services before the holiday season even begins.

Deck the Palms is not just limited to shopping, though. Holiday performers will entertain guests throughout the day, while a cash bar and gourmet concessions will offer plenty of culinary indulgence. Jolly old Santa will also be present for photos and to take note of children’s whispered Christmas wishes, making this a family-friendly event fun for people of all ages.

Of course, the holidays are about giving back, which is why funds raised at Deck the Palms go directly to Junior League-supported programs. These include the Nelle Smith Residence for Girls at Children’s Home Society, Vita Nova and Girls Empowerment and Mentoring Sessions at the Department of Juvenile Justice. Last year’s Deck the Palms raised more than \$35,000 to support these and other Junior League efforts in the county.

Chaired this year by Junior League members Jeana White and Sarah Sproull, with support from executive chair Jennifer Chillemi, Deck the Palms benefits all who take part in the event: area nonprofits, local businesses and, of course, those determined holiday shoppers searching for that one perfect present. We guarantee you will find it—and much more—at Deck the Palms.

Vendors at last year’s Deck the Palms.



The Vendors

Deck the Palms Holiday Market presents one-of-a-kind goods and services, like handmade handbags, artistic home decor and chic apparel perfect for life at the beach. Certainly, there's something for everyone. Here are a few of the unique merchants participating in this year's Deck the Palms:

- The Embroidery Loft, based in Boynton Beach, is known for its seaside chic Island Totes handbags.
- Artisan Myra Conner designs luxury handbags as well as jewelry that incorporates semiprecious stones, pearl crystals and coral.
- The Monogram Closet, based in Delray Beach, personalizes products with embroidered initials.
- The Pretty.ODD. Boutique from Miami Beach has a well-curated collection of women's fashion, from modern to vintage pieces.
- Stella & Dot, hailing from San Francisco, is presenting its trunk show of boutique-style jewelry and accessories.
- Voyage Boutique International stocks up on European apparel and accessories, receiving weekly shipments from France and Italy.
- Faye Nelson, owner of Magical Mosaics, uses pieces of broken pottery, china, stained glass, buttons, figurines, jewelry and other found objects to create "shattered treasures"—items like mirrors, clocks, wall picture frames, dishes and pots.
- Lia Sophia, a family-owned business of more than 40 years, creates jewelry that has been worn by celebrities such as Emma Roberts and Olivia Palermo.
- JB Marsh Designs is known for its So-U monogrammed necklaces.
- Juno Shoe Girl Boutique from Hobe Sound hand-makes resort-style leather sandals ornamented with jewels.
- The Arbonne International skin care line includes color, aromatherapy, nutrition, anti-aging, teen and healthy-living and weight-loss products.
- ElysaSuzanne Couture Clothing offers dozens of styles in eye-popping fabrics.
- Patty Lipscomb designs colorful and classic statement necklaces made of semiprecious stones.
- Juice Plus+ is an all-natural supplement made from 25 different fruits, vegetables and grains.
- The Origami Owl specializes in customized, trendy lockets with charms, plates and dangling pendants.
- Olive You More! brings gourmet olive oil and balsamics from around the country to West Palm Beach.



Deck the Palms Chairs Sarah Sproull and Jeana White. Photo by Karla Korn Photography.

- The Gifterie sells exclusively curated accessories and home goods for giving (or keeping).
- Beach Boutique designs the perfect Florida dresses, from short to maxi lengths.
- Salutations of Delray provides an assortment of customized invitations, stationery and fine gifts.
- Sun & Stone Jewelry is handmade using quartz, amethyst, druzy, agate, turquoise, lapis and other semiprecious stones.
- Frugi, which translates to "frugal" in Latin, is a special occasion dress rental/exchange company that will officially launch at Deck the Palms.
- Coast Styles offers an assortment of beautiful personal and home accessories that fit in with South Florida's ocean lifestyle.
- It Works! presents quality—and effective—beauty and wellness products.
- Through her company Extraordinary Being, life coach Lindsey Averill gives clients the tools needed to live happy, fulfilling and successful lives.
- Tortuga Palm Beach handmade jewelry, home and pet accessories are inspired by the seaside style of Jupiter.
- Norwex cleaning and personal care products are eco-friendly and organic.
- Downtown at the Gardens' Blessed Boutique offers preppy and relaxed women's fashions and accessories.
- Oceans Allure presents one-of-a-kind art and jewelry handmade with a nod to the sea.
- Palm Beach Sandals has been creating South Florida's iconic luxe sandals for more than 50 years.
- Mytulus LLC brings strong and unique European fashions to the States.

For the full list of participating vendors, see jlpb.org/dtpvendors

Welcome *Home*

By Allyson Freeman



this project move forward. Determining that the campus of St. Mary's Hospital best suited a project of this nature, JLPB submitted a proposal to Ronald McDonald Charities in Illinois to seek their support and received approval. It was at this time that Quantum Foundation became involved in the project and offered the funds to build the House and assume the role of naming partner. Even though Ronald McDonald did not become an official partner, Quantum House has continued to maintain a wonderful relationship with their organization throughout the years.

From 1997 to 2002, JLPB committee chairs and members were devoted to planning, contributing and overseeing the construction and operations of the Quantum House. It was the hard work of these dedicated members that allowed for Quantum House to



ultimately feel more like a "home away from home" than anything else. The original jungle-themed playroom was even designed by members of the league. With the doors officially open as of 2001, JLPB has supported the House with numerous events and projects over the years, from securing a community grant to the 10th anniversary reunion. It is this continued support of our League that is so valuable in helping the Quantum House move forward towards their goal of serving more deserving families.

As one of JLPB's most successful legacy projects embarks on a multi million dollar expansion campaign, it's exciting to look at how our League played an important role in getting them there. To share the story and a voice from the original generation of members that dedicated their efforts to this important project, Sustainer Robi Jurney, Quantum House's Executive Director, looks back (and ahead) with us.

Work of the League

Leading up to the first formal JLPB committee dedicated to this project in 1997, the Community Research Committee deserves recognition for the vision of bringing a hospitality house to Palm Beach County. Through their extensive research and efforts, the League was able to focus in on this void of support for families dealing with a child's serious medical condition. With no facility of its kind from Orlando to Ft. Lauderdale, the League decided it was imperative that





Where Hope has a Home

Quantum House prides itself on going far beyond meeting the basic need of lodging required by a hospitality house. In addition to the beautiful facility, guests are provided with daily activities and nutritious meals, thanks to relationships with partnering organizations. However, the true hallmark is the staff's compassion for the families and children who call Quantum House home.

They are different, too, in that they try to keep their parameters for acceptance as broad as possible. Decisions for lodging are not based on where the families live, their language, their doctor, or the weight of their wallet. They are

not exclusive to any illness or injury. Their goal is to help as many families as they possibly can, every day. Guests have come from all over the globe with one thing in common: the need for a caring place to call home during a difficult time. The Quantum House attributes much of its success to an outstanding Board of Directors and Advisory Council, both of which are committed to the success of the Quantum House and the well-being of the guests.

The Quantum House has learned to adapt based on the patient population and families that request lodging. Since the addition of many pediatric specialties that require long-term follow-up care and therapy, Quantum House hasn't just been caring for the patient, but for their entire families. As a result, they organize activities, meals, tutors, and more for all of the guests. A newly redesigned playroom has become a necessity as this area of the House is now receiving more use than ever.

With the continued recruitment of pediatric specialties to Palm Beach County, the need for lodging for families has increased significantly. Since January of this year, Quantum House had to turn away nearly 200 families. As a result, the Quantum House Board of Directors has decided to embark on an expansion that would include 20 new guest suites along with an additional kitchen, dining room, laundry room, business center and more. A beautiful Welcome Pavilion will invite children and their families to enjoy a



large community room, wellness center, along with outdoor amenities. The Welcome Home Capital Campaign for Quantum House, totaling \$5 million will be kicked off this fall.

Sharing the Experience

We asked Robi to share a few thoughts on her path from a founding Quantum House board member for JLPB to Executive Director of the House today:

How were you offered the position of Executive Director? *"I had been appointed to the founding QH board for JLPB, chaired the board for several years and continued on as a board member until 2008 when I was offered the position as Executive Director of QH. I was offered the job after the House not having an ED for a year. During that time, we investigated several different options and ultimately decided that we needed to get back to business and hire an ED. I never dreamed that it would be me, but I was honored to be considered. I have been allowed to grow the House in many ways and to proudly say that QH is a project of JLPB."*

In what ways has your JL training helped you succeed as Executive Director? *"My JL training has had a large part in the success of the House. Running meetings with agendas and minutes, follow up, working with donors and supporters, marketing, community involvement, goals and objectives are all areas that have translated from the JLPB to Quantum House."*

Where did you find inspiration as an active within the League? *"In the midst of all of the terrific women I worked with over the years, I would be remiss if I didn't mention two very important JL mentors – Past Presidents Susan Poncy and Katie Vecellio who both taught me more than they will ever know about working together as a team and keeping focused on the goal."*

Please share your thoughts on the importance of volunteerism: *"I believe in what we were taught by Mary Hariman, the founder of the Junior League. Mary's belief in the importance of knowledgeable and trained volunteers*



would become a key principle of The Junior League. And as members became more knowledgeable and comfortable confronting the pressing issues of their day, their work expanded and gained them recognition as a serious community service organization. What was true in 1901, is still true today. Being involved with other service organizations and boards is a direct result of my relationship with the League. And, sometimes most importantly, I have made some of the BEST friends in the world and I love them dearly. We worked hard, side by side, to change lives and make a difference and those connections last a lifetime."

Into the Future

Current actives may be interested in contributing to the expansion campaign and they are encouraged to do so through personal or business philanthropy. As Robi explains, *"While the goal of the League is to execute a project and then turn it over to the community, a signature project such as Quantum House is truly a gem in the JLPB crown and a perfect fit for continued involvement and support."*

And support is exactly what Quantum House needs as this new chapter begins to unfold for them.

To get involved or find out more about Quantum House or the Welcome Home Campaign, please visit: www.quantum-house.org

A special thanks to the Executive Committee Members, Chairmen and Members placed on the Quantum House Committees from 1997-2002 for their dedication and hard work.

Women on the Run

By Lara C. Chapman



Women across the country are winning political elections at an increasing rate, according to an article in the New York Times. Indeed the 113th Congress, with a record breaking 20 women in the Senate and 81 in the House, is finally starting to resemble the people they represent.

But what can be said for the state of Florida? Currently women hold only 24% of Florida's statewide and national elected office yet they make up more than half of the state population. Though this statistic arguably shows an improvement from decades past, they also highlight a growing need for more women in the state of Florida to step up and lead.

Fortunately, politically active women's groups such as the Political Institute for Women and the Women's Foundation for Palm Beach County are working to train and promote women leaders of tomorrow by helping them take the first steps toward running for elected office or a public service leadership position. In fact, these two organizations most recently partnered with the Junior League of the Palm Beaches to present a 4-part training series called "Women on the Run Palm Beaches" to encourage local women to get more involved with legislative issues, and perhaps more important, teach them how to run for office.

Led by course instructor Kimberly Mitchem-Rasmussen from the Political Institute for Women, the first session took place August 22 at the Junior League of the Palm Beaches headquarters. Two courses, *Introduction to Public Service/Advocacy and Campaign Strategy 101*, gave attendees intensive instruction on political campaign strategies as well as information about running for an office or pursuing a career in politics. These skills and more, according to Mitchem-Rasmussen, are imperative for women interested in political leadership roles. "I'm so glad to see organizations such as the Women's Foundation for Palm Beach County and the Junior League becoming more politically engaged not only at the local level, but at the state and federal level as well," she said. "There has never been a better time than now for women to work together in the political arena."

Two more sessions will be held at the Junior League Headquarters on October 24 and November 21 covering topics from campaign communications and field strategy to public speaking, debating and media skills. Each session will be held from 1p.m. to 5p.m. "We had a great turnout last week," said Mitchem-Rasmussen. "But we still have spots available for anyone interested--even if the two sessions were missed."

For women in Palm Beach County looking to shake things up a bit in the state of Florida, the training initiatives such as these can help deliver the kind of leadership our state so badly needs. For more details about "Women on the Run" please visit www.jlpb.org.

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CHAMPION OF CHANGE

LEADING THE JLPB Forward By Emily Sawyer

A Week in the Life of a Junior Leaguer



Monday, August 5 - 10 a.m.

Pam and president-elect Ashley Schutz meet with the staff of the South Florida Science Center and Aquarium to discuss the 2014 Kids in the Kitchen. Pam and Ashley are thrilled to announce that SFSCA will be partnering with us again for the event.

Despite Junior League’s long-standing reputation as an international stronghold of women on the forefront of civic activism since 1901, the charitable nonprofit has transformed immensely from its beginnings as founder Mary Harriman’s solution to meet the needs of poor immigrants living in the tenements of New York City. Each successive generation of Junior League women saw causes come and go – everything from suffrage and civil rights to AIDS and domestic violence. Leading the change here in Palm Beach County is Pam Schanel, 2013 - 2014 president of our own Junior League of the Palm Beaches (JLPB), a pint-sized power player in our transition from a broad volunteer organization to a key contributor in identifying and solving our community’s most pressing problems.

Pam is at the helm of our issued-based community impact initiative as our League explores new focus areas that remain aligned with our current community projects and their goal of improving local children’s wellness and welfare. Last spring, membership selected three potential topics for further consideration: educational support, food and nutrition, and foster care. Pam and our board of directors were tasked with collecting research in each area by attending town hall meetings, speaking with experts and combing through hard data and statistics.

“We want to show measurable, concrete impact,” Pam said, regarding the difference our League is making in the community. “What can we do to fill the gaps (left by institutions such as schools and government)?”

The board secured guest speakers for the upcoming fall general membership meetings who will present and facilitate discussion on each focus area.

“Members can identify the impact we want to have in our community,” Pam said. “We will be letting the members define who we are as a League and who we want to be in the future.” Final selection of our new focus area will take place in early 2014.

Change is the theme of Pam’s presidency. Not only is this the first year JLPB will be operating under split governance, a major overhaul of our bylaws is in the works. “Our bylaws determine what we can and cannot do and it is important for organizations to review their bylaws periodically to make sure that they accurately reflect the appropriate boundaries,” Pam said.

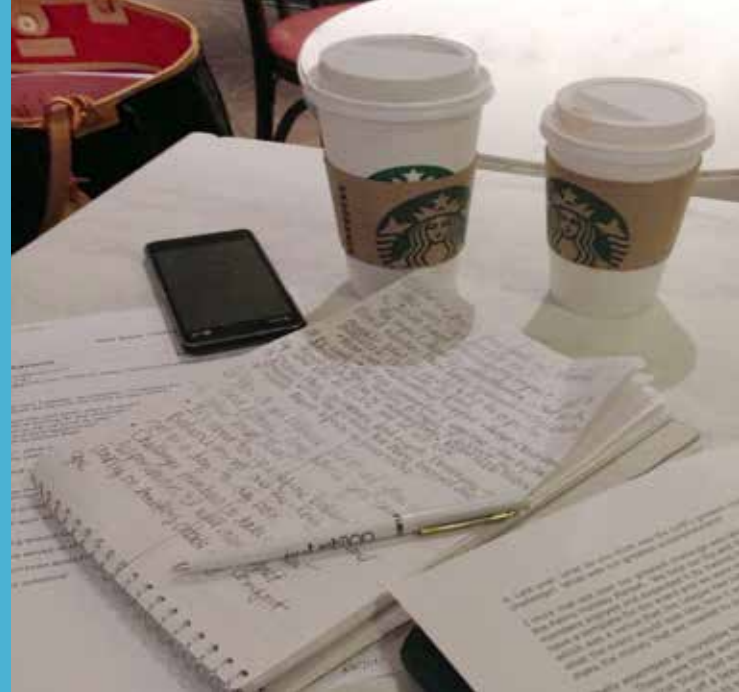
“Over the last year, a bylaws ad hoc committee met weekly to discuss the bylaws and propose revisions. These revisions will make a huge difference in how our organization is run.” Already having a positive effect on our League is the separation of our board of directors and executive team. Formerly bogged down by management issues, this division allows the board of directors, which consists of the president, president-elect, treasurer, secretary, executive vice president, nominating chair and board members, to focus on our League’s strategic vision while the executive team, chaired by the executive vice president and made up of the council vice presidents, leads the day-to-day functions of the organization.

Although it’s hard to believe, Pam wasn’t always front and center at League activities. She joined the Junior League of the Palm Beaches in 2005 shortly after relocating to Florida from Washington, D.C.

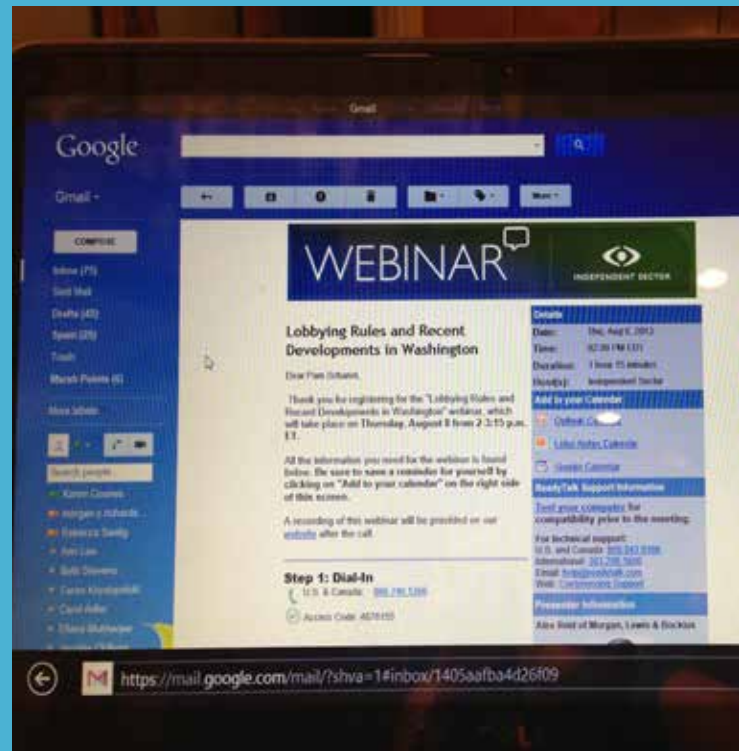
“I was working from home, I didn’t know anyone and was working 15 hour days,” Pam said of her first few months in Palm Beach County. Like many new members, she joined to meet new people. Even Pam admits she wasn’t the most engaged Junior Leaguer. “I did what was required but rarely more,” she confessed.

However, the positive energy of those around her encouraged her to consider a leadership opportunity within the organization. “I was always so impressed by the women who dedicated so much of their time to leading the League. It was inspiring to watch them grow as women and as leaders as they became more involved,” Pam said. “Over the years, these women inspired me to go from slipping into the back of the general membership meetings at the last minute to co-chairing a committee, leading a council and sitting on our board of directors.”

Now in her 10th year of JLPB membership, Pam motivates our 667 members to participate in the transformation of our League in her role as president.



Tuesday, August 6 - 6:30 p.m.
Pam takes a break from her busy week to meet with Undercurrents committee member Emily Sawyer to share exciting news regarding issue-based community impact as well as grab a cup of coffee at the CityPlace Starbucks.



Thursday, August 8 - 2 p.m.
Pam keeps current on the latest in Washington, D.C. and explores The Junior League’s impact on legislation by participating in the webinar “Lobbying Rules and Recent Developments in Washington.”



August 10 - 8 a.m.

JLPB promotes school readiness for disadvantaged children in Palm Beach County while volunteering at the Back to School Bash. Pam and many JLPB members passed out school supplies and backpacks and served as “personal shoppers” to children classified as “Vulnerable” in the human services system.



August 13th - 6 p.m.

Happy Hour for a Cause with West Palm 100 kicks off the 2013-2014 League year. Pam smiles with the WP 100 leadership team: Katherine Kress, Kyle Lidinsky and Jenni Garrison.

Both locally and internationally, Junior Leagues are adapting to the influx of Generation Y women seeking membership – women born in the early 1980s to the early 1990s. These new members are on the cutting-edge of technology, conducting League business via conference calls, texts and the internet. Pam cites this as the greatest departure from her new member year in 2005.

“Volunteer sign-ups used to be on poster boards at general membership meetings, we had no e-blasts and communicated through the monthly Undercurrents publications,” Pam said. “Now we have the opportunity to be so much more connected to the League through Facebook, Twitter and our online calendar. We no longer have to always meet face-to-face in person.”

League leaders have also modified activity schedules to fit the lives of working women by holding fewer events during the day and more volunteer opportunities and social functions in the evenings. “Emphasis has been placed on planning the League calendar for the year, allowing our busy members to plan their volunteer and social commitments well in advance,” Pam said.

Generation gaps aside, Pam believes women still join Junior League for the same reasons as they did in 1901 – to make a difference in the community. Although tackling the position of JLPB president on top of a part-time job sometimes proves a test for the wife and mother of two, she encourages members to accept such challenges, even if they are not sure how things will work out.

“I think Lucille Ball summed it up well,” Pam said. “I’d rather regret the things I’ve done than regret the things I haven’t done.” We look forward to the changes Pam Schanel brings to the Junior League of the Palm Beaches this year.

PAM’S WEEK IN NUMBERS

55 JLPB RELATED PHONE CALLS

132 EMAILS IN HER INBOX REGARDING JLPB

6 EVENTS ATTENDED ON BEHALF OF THE LEAGUE: PLACE OF HOPE, SOUTH FLORIDA SCIENCE CENTER, LOBBYING RULES WEBINAR FOR NON-PROFIT ORGANIZATIONS, MEETING WITH EMILY ON UNDERCURRENTS, JL HAPPY HOUR FOR A CAUSE, BACK TO SCHOOL BASH

433 MILES LOGGED ON HER CAR



ASK AN ACTIVE!

This year, we would like to reach out to our New Members and see what kinds of questions are on their minds as they begin on their new League journey! Undercurrents member Christine Kirsch will be soliciting questions from various New Members and will search high and low for the answer to ensure your experience in the League is a positive one. This issue's question comes from Kim Loux, who asks:

Q: Thinking back to when you were a new member, what is one thing that you wish you had done? What thing would you do again to contribute and get the most out of the Junior League experience?

A: One thing I wish I had done differently as a New Member was to attend more social events. The New Member meetings are a good way to interact with your peers, but the social mixers that were held were probably a good way to interact more with the active members and get to know the more senior women in the League. Had I done that, I would have been able to better network and expand my social circle sooner, as well as get to know the women on a more personal level.

One thing I would do again, and that I strongly recommend, is to sign up for and attend as many volunteer events as you can! I volunteered at every event I could, ranging from Quantum House's 10 Year Anniversary Birthday celebration to Cooking Night at Nelle Smith; visiting the girls at the DJJ to playing with the kids at the Science Museum; helping the Pink Palm Brigade build baskets and the Back to School Bash, to name a few. Volunteering at this wide assortment of events gave me a better idea of where my niche would be in the League and how I could best use my talents to serve. It also helped me in choosing placements for the following year and gave me a better idea on the types of activities I could look forward to in the future!

Thank you

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By Christine Kirsch

The Palm Beach County Convention Center was abuzz August 8-10 for the 18th annual Community Back to School Bash. According to their website, The Community Back to School Bash (BASH) is a 501 (c) (3) not-for-profit organization that collaborates with nonprofit organizations throughout Palm Beach County that serve disadvantaged students Pre-K through 12 by providing supplies, backpacks, information and resources to empower children to begin the school year with confidence.



The organization began as an Adopt-A-Family of the Palm Beaches event in 1994 to provide homeless and near homeless children with the necessary school supplies for the upcoming school year. Its purpose was to give the agency's children the confidence to enter the new school year as prepared as their more fortunate peers. In 1998, the BASH became a collaborative effort, bringing together local nonprofit agencies and funders serving families and children. In 1994, the event assisted 120 children. BASH was incorporated in the State of Florida in 2001 and became a 501(c)(3) nonprofit organization in 2004. Today, there are more than 50 nonprofit agencies serving economically disadvantaged children in BASH's collaborative.

But how did the Junior League of the Palm Beaches get involved? What kind of an impact does the League have on an event like this? During the 2009-2010 League year, now sustainer Gibbie Nauman brought the event to the attention of the Community Research Committee. She thought it was a good match. The membership voted it in as a community project for the next year. The BASH was a community project for two years and then it was decided it was better placed as a Done in a Day event rather than its own community project. According to Nauman, "I believe the impact the League brings to the event is volunteers. Lots of them. In addition to that, League volunteers are special given if there is a problem, they solve it without waiting for someone else to solve it." That's the beauty of the trained volunteers that the League provides – proactive women stepping in to make a change for the betterment of the community.

For the past 18 years, the BASH has given local children, classified as "vulnerable" in the human services system, the opportunity to begin school with new supplies so they have the tools they need to learn. At the annual event, each child is paired with a personal volunteer shopper who guides them through a "store" of new school supplies. Each child has the opportunity to select grade-appropriate items, including backpacks, pens, pencils and other much-needed supplies in the style he or she prefers.

The purpose of the Community Back to School Bash is to



In 2011, the true impact of the League came full circle at a chance meeting at the BASH. In a story relayed from Camryn Del Rio Linton to Nauman, a group of League members encountered the following inspiring story:

On my way out, a couple of Leaguers and I noticed a young lady who also came out to volunteer. Her name was D'atra. She is a student at Palm Beach State and found out about the drive through a volunteer match program. We complimented her for taking the initiative and coming out by herself. Long story short, we found out she was a girl at Nelle Smith and the women of Junior League were a large part in helping her turn her life around. She said that having us come around showed her that she could make a difference. She is now an education major in college! Seeing firsthand the impact of the league was the highlight of our day.

Stories like these, stories where lives have been changed and it is paid forward into the community, are what make the League a truly unique organization. The impact the League had on D'atra, which she then used to positively impact the community, is a testament to the honorable work the women of the Junior League do as a matter of course. This year's BASH was a success, due in part to the enthusiasm of current and former League members who, when faced with a task, jump in and made a difference.



FIGURING OUT THE RIGHT WEIGHT LOSS PROGRAM FOR YOU

You have to realize that every weight loss program is different. Just because one office does the program one way does not mean another does. Some medical offices use HCG injections some use HCG drops and some do not use HCG at all. Some offices include the HCG while others do just supplements and not offer HCG. Offices can also include Lipotropic or B12 injections as well as prescriptions. Some programs are just supplements and food products from the same brand. Doctors can put patients on different combinations of all of the above. Here are some of the different diets that are out there.

- HCG diet with HCG injections/drops taken every day and restricted to 500 calorie a day diet.
- Weight loss program that is only supplements and/or specified shakes & bars of that brand.
- Prescription weight loss program that is only a prescription.
- Combination of 2 or more of above.

PROBLEMS: Some of the above diets work for some people but every person is different. I find that a possible problem with 500 calories a day is that you don't really need the HCG because if you starve yourself to 500 calories a day you will lose weight but when you start eating normal again the weight will likely come back over time. Also with HCG, the FDA only controls the injections of them and does not regulate the drops. I encourage people that if they are going to go the HCG route then make sure they are injections; this ensures that you are getting the correct dosage. One problem I've seen with only supplements is that it usually is not strong enough to curb appetite or increase metabolism and can take too long for some patients (needing to lose over 50 pounds) which can discourage them. The prescription diet works but the patient still needs to be taught and trained of how to eat healthy and change their lifestyle or they will put the weight back on as soon as they are off the prescription.

I have seen that the best combination is just that, a combination for people. First of all everyone is different and should be treated differently and not the same. Also depending on how much weight someone wants to lose really depends on what program will be tailored for them. Someone that wants to lose 20 pounds should not be on the same program as someone that needs to lose 120 pounds. It is best to have a program tailored just for you and check in every week or two weeks depending on the person. This way you can speak with the doctor and go over what is working and what is not and adjust things accordingly as well as weigh in. Any program you do should first start with blood work which includes checking your Thyroid and Heart. This way if there is an underlying problem then it can be take care of and that will likely take care of the weight problem. There can also be a hormonal problem or glandular problem to name a few which can be tak-

en care of easily with certain prescriptions and/or supplements. Some patients on certain medications or have certain diseases which will need a doctor to tailor the program around. Depending on which medications they are on depends on what the doctor is able to put them on and what they need to stay off of.

Of course with any weight loss program weight comes off quicker and easier with exercise. It is important for patients to get at least three days of cardio and exercise a week. It's vital that if someone has any health restrictions that they consult with their doctor of approved exercises and programs to find something right for them. It will help to speak to other people that have gone through a program and had success from a clinic you are thinking of going to. This way you can ask them questions and will know what to expect before going and know that there was success stories. Also ask the doctor plenty of questions so you are well informed on your weight loss journey.

So our program consists of supplements, prescriptions, HCG Injections and Lipotropic Injections but with different combinations depending on the person. It depends on blood work, current health/diseases, personal goals and current medication to determine which combinations are right for the patient. We also have people on a 1000-1500 Calorie Diet depending on their needs and goals. The diet plan is based on the American Heart Association guidelines. People are able to stay on the program for 12 weeks then there will be a 2 week break. I'll list the description of our supplements to give you an idea of what is in them and why. Remember every program and office is different though and may or may not have these supplements.

Supplements

The supplements we use aid in metabolism and caloric restriction and are as follows:

Probese - This is a weight loss aid that contains vitamins, trace minerals, and carboxymethylcellulose, a bulking agent, to create a feeling of fullness and help curb the appetite. Chromium, an essential trace mineral, has been added to this combination to aid in the metabolism of sugar and other carbohydrates.

Diucaps - This contains essential amino acids and vitamins to reduce hunger and metabolize carbohydrates and fat.

DHEA with Bioperine - A recent study by the Journal of the American Medical Association has shown that DHEA, a hormone produced by the adrenal glands that declines with advancing age, has been found to shrink abdominal fat. DHEA also has been shown to improve memory function, produce lean muscle mass, balances blood sugar levels, and relieve fatigue. It has potential anti-tumor, anti-aging, anti-cholesterol effects. Bioperine is added to improve absorption of the DHEA.

*** Most offices offer a free initial consult. So narrow down your options to the top three and go into those offices for a free consult and ask all the questions and find out all the details on their programs. This way you can make the best decision of where to start your program

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Kick Off party with



Christine Kirsch & Kim Loux



Melissa Norman & Sophie Skover



Emily Gehring, Jill Pritch, Jennifer Leo & Audrey Sutton



Tami Borland & Amyleigh Atwater



Lauren Driscoll, Sofie Grossman, Sarah Brutschy & Ann Breeden

On Tuesday, August 13, 2013, Junior League of the Palm Beaches kicked off the League year with West Palm One Hundred's Happy Hour for a Cause benefitting JLPB. Each year West Palm One Hundred selects several local charitable organizations to assist in fundraising, and this year West Palm One Hundred selected JLPB as one of those organizations.

This two hour event took place at Blue Martini in City Place. It wasn't long after registration began at 6 p.m. that the V.I.P. room was packed, and everyone was shoulder-to-shoulder with drink in hand. That evening a total of 130 people came out to support the League.

Because of the collaboration with West Palm One Hundred, the League raised \$1,687.30! This was such a successful event, and we are looking forward to partnering with West Palm One Hundred again. Thanks to all those who came out to support the League.



Shawn Malik & Emily Sawyer



Todd Schanel & Shelly Albright



Brittany Romani & Kiswana Russel



Katherine Kress, Pam Schanel & Jenni Grossman



Shane Kelly & Kristina Viola



Kathleen Dempsey, & Leah Yablom



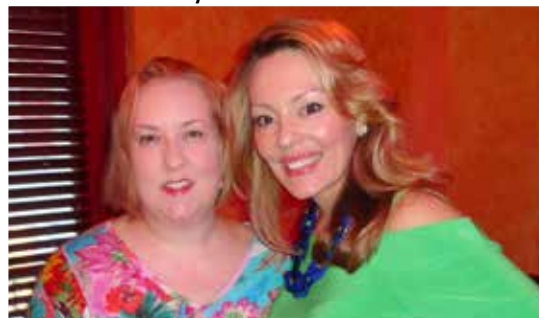
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Justin Hoysradt & Jennifer Hampton



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The Heart of the League

Cheers to our members



Broad and Cassel is pleased to announce that **Patricia Lebow**, managing partner of its West Palm Beach office, has become a member of the prestigious International Women's Forum (IWF). Lebow joins an invitation-only global membership to exchange ideas, learn and inspire, and promote better leadership for a changing world. The IWF advances leadership across careers, cultures and continents by connecting the world's most preeminent women of significant and diverse achievement.



Collette "Coco" Isabella Cruz was born on August 17, 2013 to proud parents Ruben & **Meredith Cruz** in Jupiter.

Megan Blomqvist & husband Jonas created mini him & her's on May 7, 2013. Emily Love (left) 7:52 a.m., 5lbs 8oz, 19 inches. Erik Jonas (right) 7:53 a.m., 5lbs 10oz, 18.5 inches



Tanya Siskind was featured in the August issue of Wellington The Magazine, for volunteerism.

Melissa McKinlay, Advocacy Chair, has been named as a member of the Board of Directors for ChildNet's Palm Beach division. She has also been appointed to their overall Legislative Subcommittee (they have three Boards – one for Broward, one for Palm Beach, and one larger oversight Board for the entire organization).

Robbyn Ackner was recognized as "Member of the Year" for her work with the Executive Women of the Palm Beaches, and in her spare time she will be the Chair for the Annual "River of Grass" Gala.

Congratulations to **Cyndi Napoleone** and family on the adoption of their son, Matthew "Luca" Napoleone. He arrived on July 18th and weighed 6 pounds, 4 ounces.

Congratulations to **Jennifer Kypreos** and family on the birth of their second daughter, Eva Joan Kypreos, born on July 10th. She weighed 7 pounds, 9 ounces.

Congratulations to **Jennifer Hampton** who married Justin Hoysradt on June 7, 2013 in the Dominican Republic.



Congratulations to **Angela Culveyhouse** who married fiancé Michael Vecellio in a beautiful wedding on April 26 in Monaco.



In addition, **Angela** will be serving as the Junior Chair of the American Heart Association's 59th Annual Palm Beach Heart Ball, while sustainer **Kathryn Vecellio** has been selected as the Ball's honoree.



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Membership VP Report

Actives On Leave:

Jennifer Bell
Beth Crews
Camryn Del-Rio Linton
Taylor Duffy
Ashley Jorgensen
Joan Klann
Debra Knox
Monique L'Italien
Hannah McSwain
Claire Melchiorre
Cynthia Napoleone
Colleen Nalven
Erika Pattern
Nicole Whitehorn
Sachi Yannaccone

Change in Status:

Emily Gehring - Sustaining

Transfer In:

Parisa Hamzetaash from Washington, DC
Felice Shearer from New York, NY
Annalisa Warner from Tallahassee, FL
Valerie Radosevich from Miami, FL
Lola Carson (Sustainer) from Greenwich, CT

Transfer Out:

Sarah Collins to Miami, FL
Nneka Uzoh to Chicago, IL
Jennifer Gavrich to Orlando, FL
Jennifer Norman to Raleigh, NC
Lisa Imel to Columbus, OH

Member Count:

227- Actives
15 - Actives on Leave
327 – Sustainers
5 - Sustainers Non-Resident
9 – Sustainers Inter League
6 – Sustainers Inter League Palm Beach Home
75 – Sustainer Emeritus
4 – Emeritus Inter League
3 – Emeritus Inter League Palm Beach
Total Members: 671

Respectfully Submitted by:
Christina Jerabek
Membership VP
2013-2014



MembershipVP@JLPB.org

NEED

to get the word out?

The Communications Council has several great ways to help your committee with events, spread good news and inform our membership.

Important contact information

Communications VP

Jennifer Hampton - communicationsvp@jlpb.org

PR Chair

Meredith Cruz - pr@jlpb.org

Social Media

Sasha Jozefczyk - socialmedia@jlpb.org

Undercurrents Chairs

Rebecca Seelig & Joella Gilmond - undercurrents@jlpb.org

Web Data

Megan Fogg - website@jlpb.org

JLPB Office Manager

Laura Burke - hq@jlpb.org

President

Pam Schanel - president@jlpb.org

Send Your Photos

Email photos as attachments to photos@jlpb.org. Label photos by the event/committee along with member names in photo. All photos should be 300dpi or larger. Photos will be used for Undercurrents, website and press releases.

Web Blasts

All eBlast submissions are due no later than 12 noon on Fridays. Please keep your submission to 100 words or less, any additional information can be linked to the website. In your submission, please include the link to the page on www.JLPB.org that you would like the readers visit. For all website update requests, volunteer shifts and information to include in the eBlast, please contact the appropriate Web/Data committee member listed below. Please make sure to cc the Web/Data Chair, Megan Fogg, at website@jlpb.org on all requests.

E-Blasts: Sara LeRoy - eblasts@jlpb.org

Volunteer Shifts: Meredith Stringer - VolunteerShifts@jlpb.org

Public Calendar: Wendy Shelhamer - wendy.shelhamer@gmail.com

Website: Poonam Amin - prhooda@gmail.com
Wilma Rosenbaum - bedrock1994@gmail.com

Heart of the League

Know a League member who just had a baby? Was recently engaged/married? Got a job promotion? Received an award in the community? We want to know about it! Please send notifications to our Hearts of the League, Carrie Browne and Cindy Crawford, at heartoftheleague@jlpb.org.

Donor Relations

Shelly Albright - donorrelations@jlpb.org

Leadership Emails

Board of Directors

President	Pam Schanel	President@jlpb.org
President Elect	Ashley Schutz	PresidentElect@jlpb.org
Secretary	Meaghan Flenner	Secretary@jlpb.org
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Executive VP	Christine Walter	ExecutiveVP@jlpb.org
Nominating Chair	Beth Stevens	Nominating@jlpb.org
Board Member	Laura Wissa	bmwissa@jlpb.org
Board Member	Jerri Engelbrecht	bmengelbrecht@jlpb.org
Board Member	Aime Dunstan	bmdunstan@jlpb.org
Board Member	Lisa Bagocius	bmbagocius@jlpb.org
Board Member	Laura Coburn	bmcoburn@jlpb.org

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Executive VP	Christine Walter	ExecutiveVP@jlpb.org
Communications VP	Jennifer Hampton	CommunicationsVP@jlpb.org
Community VP	Xiomi Murray	CommunityVP@jlpb.org
Fundraising VP	Ann Lee Gray	FundraisingVP@jlpb.org
Membership VP	Christina Jerabek	MembershipVP@jlpb.org
Treasurer Elect	Morgan Richardson	TreasurerElect@jlpb.org

Community Council

4U2Discover	Elizabeth DeBrule	abc4health@earthlink.net
4U2Discover	Michelle Gardner	gardner.michelle@comcast.net
Advocacy	Melissa Mckinlay	Advocacy@jlpb.org
Advocacy	Jessica Pinsky	Advocacy@jlpb.org
Cotillion	Abby Pantalone	Cotillion@jlpb.org
Cotillion	Elena Peroulakis	Cotillion@jlpb.org
Done in a Day	Lauren King	DIAD@jlpb.org
Done in a Day	Jessica Brees	DIAD@jlpb.org
Eye and Ear	Theresa Vandermolen	Eyeandear@jlpb.org
Eye and Ear	Sadie Griffin	Eyeandear@jlpb.org
GEMS	Ryann Marotta	GEMS@jlpb.org
GEMS	Allison Driscoll	GEMS@jlpb.org
Nelle Smith	Ilene Passler	Nellesmith@jlpb.org
Nelle Smith	Brittany Tuten	Nellesmith@jlpb.org
Pink Palm Brigade	Clare Gerard	PinkPalm@jlpb.org
Pink Palm Brigade	Tanya Siskind	PinkPalm@jlpb.org

Membership Council

Arrangements	Elizabeth Rahm	arrangements@jlpb.org
Arrangements	Stacy Cirrito	arrangements@jlpb.org
Education & Training	Tiffany Jackson	education@jlpb.org
Education & Training	Rosey Vassilatos-Gekas	education@jlpb.org
Heart of the League	Cindy Crawford	HeartoftheLeague@jlpb.org
Heart of the League	Carrie Browne	HeartoftheLeague@jlpb.org
Placement	Heidi Mackey	Placement@jlpb.org
Placement	Crisy Hawkins	Placement@jlpb.org
New Member	Marcelle Burke	Newmember@jlpb.org
New Member	Tami Borland	Newmember@jlpb.org
Special Events	Amanda Brown	speialevents@jlpb.org
Special Events	Analisa Muti	speialevents@jlpb.org
Sustainer Liaison	Sue Gibson	susancgibson@hotmail.com
Transfers	Noemi Coltea	Transfers@jlpb.org

Fundraising Council

Cookbook	Sarah Garcia	sweetmagpi@bellsouth.net
Deck the Palms	Jennifer Chillemi	jenniferchillemi@gmail.com
Deck the Palms	Jeana White	DTPinfo@jlpb.org
Deck the Palms	Sarah Sproull	DTPinfo@jlpb.org
Deck the Palms	Andrea Robinson	DTPmerchants@jlpb.org
Grant Writing	Jennifer Brown	Grants@jlpb.org
Small Fundraisers	Ann Breeden	Smallfundraisers@jlpb.org
Small Fundraisers	Karen Counes	Smallfundraisers@jlpb.org
W T O W A	Aja De Los Santos	WTOWA@jlpb.org
W T O W A	Kristen Larai	WTOWA@jlpb.org

(Worth Tasting on Worth Ave)

Finance Council

Endowment	Heather Floyd	Endowment@jlpb.org
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Board of Directors Committee

75th Anniversary	Ann Lee Gray	75Anniversary@jlpb.org
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SUSTAINER NEWS

It's Autumn- a time for gathering family and friends together to reminisce about the summer memories while sipping familiar favorites and enjoying the wonderful potpourri only Autumn can bring, not to mention our over-booked calendars! Our dedicated Sustainer Board and Sustainer Activity Committee Chairs have been busy organizing events, tours, workshops, projects and get-togethers to ensure our coming months are terrific with a variety of events and programs for the JLPB Sustainers. I am most appreciative of these wonderful women! Exciting Sustainer Casual Coffees, Happy Hours prior to the Active General Membership Meetings, Bridge Groups, Book Clubs, Garden Club, Golf Clinics and Outings, Birthday Luncheons, a Sail Away Cruise, Historical Tours, Theatre Outings, Kayaking, Polo and Lunch-and-Learn events are all in the works for your enjoyment!

Several new Sustainer happenings this year are in the spotlight! October 15th @ 6 o'clock enjoy the Sustainer Happy Hour prior to the General Membership meeting held at Double Tree on PGA. These monthly happy hours will be a fabulous time to mingle with the Actives and learn more about their terrific endeavors.

It will be smooth sailing in November with our Sail Away Cruise November 2nd-4th aboard the 'Celebration' to the Bahamas. This is the perfect respite before the hectic holiday season is upon us. It's short and sweet and the perfect treat! Looking forward to seeing you aboard! Of course, we all anticipate the delightful annual Sustainer Breakfast to be held on November 16th. This is always a fun morning to get together and preview the exciting events, activities, and projects planned for this season! A calendar of events will be available at this delicious brunch. Get a start on your Holiday shopping and invite your friends to join you for 'Deck the Palms-Holiday Marketplace' on Saturday November 23rd.

There are so many familiar activities mixed with our new activities happening each month. The weekly E-Blast is the best means for being "in the know" of all the latest wonderful Sustainer activity/event news and information weekly. However, not all of us receive an email! Please don't miss out on anything you might enjoy...make sure the League office has your current email address and if you don't have an email address, please call to get yourself on the phone tree list. Sustainers have many fun opportunities for enjoying events, tours, workshops, projects and get-togethers. I invite you to share in all activities, those activities that appeal, or no activities at all. Whatever you choose, celebrate the difference you have made as a member of the Junior League!

Many thanks to all and Happy Autumn!

Laura M. Warner

Laura M. Warner
JLPB Sustainer Chair



Please check your weekly E-Blasts and the Calendar on the JLPB Website or contact Laura M. Warner, Sustainer Chair, at lmw25@bellsouth.net.

Sustainer Board
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Jerri Engelbrecht | Sarah Fattori
Irene Goodkind | Sabra Ingeman
Joan Jones | Laura McLeod Volstad
Joan Novell | Margaret Schuemann
Besty Vaughan | Lynne Wells

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Amy Quattlebaum
Jan Smedley
Bonnie Siegfried
Jan Stearns
Edna Strnad
Cindy Vogel
Barbara Weltner
Donna Wright
Paula Zalucki

Sensational Special Events



ALL ABOARD FOR THE ALL-ABOUT-FUN CRUISE TO THE BAHAMAS

Save the date, November 2nd–4th, for a fabulous two-night cruise aboard the Celebration to Freeport in the Bahamas! Enjoy the ease of embarking and disembarking at the Port of Palm Beach. The food on board is plentiful and delicious, the entertainment is abundant, and the cabins are small but well appointed. This fantastic adventure includes gambling, a beautiful beach in Freeport, spa and gym on board – all for a very, very affordable price ranging from \$99 – \$379 per person depending on accommodations. The ship departs November 2nd and returns on November 4th at 7 am. Grab your best beau or BFF and join us for an exceptional all-about-fun adventure! Watch your sustainer E-blasts for more information! Contact: Joan Novell.

Sustainer Happy Hours

Calling all sustainers! Mark your calendars for the Sustainer Happy Hours, bimonthly, prior to each Active GM meeting! This is a super opportunity to mingle with Actives and other Sustainers over cocktails, while catching up on the latest JLPB Active and Sustainer projects and events. Check weekly E-blasts for information. Contact: Lisa Jaloski.

Sustainer Dine-Arounds

Dine-Arounds at area restaurants are always a hit! What a terrific way to get together to sample the latest new restaurants or seasonal favorites! Continue to watch E-blasts for information on upcoming Dine-Arounds about town!

A Very Merry Unbirthday to You!

By popular demand, quarterly Birthday Bashes are back! Join sustainers who share birthday months for a Merry Unbirthday Bash luncheon celebration, starting in the fall! Check the sustainer E-blasts for details!

Activity/Event Chairs At-a-Glance

Please check weekly sustainer E-blasts or League Directory on-line for contact email

Activity/Event	Contact(s)
All-About-Fun	Joan Novell
Book Clubs	
Evening – 2nd Tuesday	Irene Goodkind and Paula Zalucki
Day – Lunch and Literature – 4th Thurs	Joan Jones and Janice Marshall
Bridge Groups	
Bridge and Lunch Bunch – 1st Thurs	Betsy Vaughan and Jan Stearns
Shake-it-Up Bridge – 1st Tuesday	Laura Warner
Croquet	Barbara Weltner
Cultural and Historical Outings	Debra Cannava
Fall Kick-off Happy Hour	Lynne Wells
Game Night	Donna Wright
Garden Gals – 3rd Thursday	Laura McLeod Volstad
Golf – 9 and Dine and Cupid Scramble	Lynne Wells and Cindy Vogel
Happy Hours – bimonthly	Lisa Jaloski
Holiday Cookie Exchange – December	Jan Smedley
Kayaking – monthly winter/spring	Edna Strnad
Merry Unbirthday Bash – quarterly	Donna Wright and Jerri Engelbrecht
Polo Event	Deborah Hale
Practically Perfect Picnic and Concert	Susan Murray
Social Media and Archivist	Sara Fattori
Sustainer Brunch – November	Linda Johnson, Darlene Duplessis and Betsy Vaughan
Sustainer Cocktail Party – January	Joan Novell
Sustainer E-blasts – weekly	Lynne Wells
Sustainer Transfer Chair	Jayne Barkdull
Theatre Group	Irene Goodkind and Betsy Vaughan
Undercurrents – quarterly	Margaret Schuemann



Sustainer Phone Tree

Sustainer's without email who would like to receive a phone call about our events please contact Laura Warner through the JLPB office, 561-689-7590. We want you to be involved! Also please let us know if you are willing to be a caller. Please contact Laura at LMW@Bellsouth.net.

SUSTAINER NEWS

Out and About Activities

Sustainers always enjoy events and happenings about Palm Beach County. Check weekly E-blasts for additional events and activities including Croquet, Cultural and Historical Tours, Polo, Kayaking, the Norton Art After Dark, the Practically Perfect Picnic and Concert at MacArthur Beach State Park, and more! Come join in on the fun!

Nine and Dine Golf

Nine and Dine is the consummate fun, relaxed, no-pressure golf group! Last season, we had a blast sharpening our golf skills at Eastpointe Golf and Racquet in Palm Beach Gardens. Next season, we plan to venture about the area for Nine and Dines in the fall and spring and a Cupid Scramble in February! The group is made up of Sustainers, Actives and New Members of various skill levels. We play various conventions at the option of a foursome, with Best Ball as a favorite! Winners are duly honored, along with achievers of "Most-Outrageous Ball of the Day"! Please check your E-blast for the latest Golf Schedule. Lynne Wells and Cindy Vogel, Co-Chairs.

Annual Sustainer Fall Brunch

Host Linda Johnson and CoChairs Darlene Hanes Duplesis and Betsy Vaughan promise a terrific Annual Sustainer Brunch on November 16 this year! Plan to join fellow sustainers in welcoming new sustainers and recent transfers! Hear about all the exciting activities, projects and programs scheduled for the coming year as you catch up on the latest with great old friends and new ones! Meet the JLPB Active Board and learn about the JLPB current projects and scheduled events! Mark your calendars and watch your e-blasts for more information!



Gingerbread House Holiday Fun!

Don your favorite holiday apron and join fellow sustainers for Gingerbread House building merriment and cheer at the Beach Club in Palm Beach on Sunday, December 15, from 3-5PM! Great fun! Mark your calendars! Space is limited...don't wait! Watch E-blast for more information!



Theatre and More

The first theatre venture took place in December 2012. We attended the Radio City Christmas Spectacular, starring The Rockettes. This was a first for Florida, as well as us. We are hoping to organize two theatre outings a year. We welcome any suggestions you may have. Please contact Irene Goodkind at 561.744.2661 or irkind@aol.com or Betsy Vaughan at 561.841.7815 or rvbv19cros@aol.com.

Sustainer Dine-Arounds

Please help us plan the next Lunch or Dinner Dine-Around. Dine-Arounds are always a favorite JLPB Sustainer activity, however, your help is needed to organize a Dine-Around in a variety of locations in Palm Beach County. Perhaps you have a favorite neighborhood restaurant or you have been anxious to try a new restaurant you have read about? It is very easy to plan for a wonderful Dine-Around! Choose the restaurant, contact them to see if they will accommodate a group and ask if they will accept separate checks (makes it much easier for us). Some restaurants will offer a "Pre Fixe menu" including a glass of wine; some will allow diners to order from their delicious menu. Detailed information will be included in our weekly E-blast. Please contact Laura Warner if you are ready to organize this much enjoyed activity and get your restaurant of choice on the calendar by phone 561-681-0782 or email lmw25@bellsouth.net

Deck the Palms Holiday Market

Please join us on November 23, 2013, at the Palm Beach County Convention Center. Exclusive VIP tickets are \$25 and include yummy breakfast items, mimosas, bloody mary's and even a visit from Santa! You also get a head start on shopping for an hour and a half before the general public (VIP shopping is from 9 - 10:30)! We would love to get a large group of Sustainers to attend the VIP breakfast since you all are Junior League VIP's!

Regular shopping is open to the general public from 10:30 a.m. - 6:00 p.m. Tickets are \$7 and include parking. We hope you and your friends can come to this exciting shopping event!

Also, if you know of a vendor or an entertainment group (from schools, dance troupes, etc.) that might want to participate, please contact JL HQ! Your Honorary Sustainer Co-Chairs Amy Triggs & Carolyn Stone.



October

- 1 Shake-it-Up Bridge
Laura Warner
- 8 Book Club – Evening
Irene Goodkind
& Paula Zalucki
- 15 Merry Unbirthday Bash
(celebrants Sept- Nov)
Donna Wright
& Jerri Engelbrecht
- 17 Garden Gals Laura McLeod
- 24 Lunch and Literature
Day Book Club Joan Jones
& Janice Marshall
- 30 Nine and Lunch
2 Much Fun Golf
Lynne Wells
& Cindy Vogel

November

- 5 Shake-it-Up Bridge
Laura Warner
- 12 Book Club – Evening
Irene Goodkind
& Paula Zaluck
- 14 Lunch and Literature
Day Book Club – Joan Jones
& Janice Marshall
- 16 Annual Sustainer Fall
Brunch–Linda Johson,
Darlene Hanes Duplesis,
& Betsy Vaughan
- 19 Happy Hour (prior to
Active GM meeting)
Lisa Jaloski
- 21 Garden Gals
Laura McLeod Volstad
- 23 Deck the Palms
Holiday Marketplace
Active & Sustainer

January

- 2 Bridge and Lunch Bunch
Betsy Vaughan
& Jan Stearns
- 7 Shake-it-Up Bridge
Laura Warner
- 9 Garden Gals
Laura McLeod Volstad
- 10 Annual Sustainer
Cocktail Party – Joan
Novell Laura Warner



This IS your Mother's Junior League Cocktail Party! Mark your calendars now – January 10, 2014, for TIYMJLCP Part II!

SAVE the DATES

For additional Information, Events and Activities – please consult weekly E-blasts.

Sustainers without email who would like to receive a phone call about our events may contact Laura Warner through the JLPB Office, 561-689-7590.

**Dates are subject to change/ e-blast will be accurate.*

December

- 3 Theatre & More
Radio City
Christmas Spectacular
at Kravis
Irene Goodkine
& Betsy Vaughan
- 5 Bridge and Lunch Bunch
Betsy Vaughan
& Jan Stearns
- 10 Book Clubs Holiday
Party Irene Goodkind,
Paula Zalucki & J
oan Jones
& Janice Marshall
- 14 Holiday Luncheon
Active & Sustainer
- 16 Holiday Cookie
Exchange
Jan Smedley
- 14 Book Club – Evening
Irene Goodkind
Paula Zalucki
- 16 Cocktails- Scala madré:
Haute Decor by Steven
Stolman & Deborah Hale
- 21 Sustainers Happy Hour
(prior to Active GM meeting)
Lisa Jaloski
- 23 Lunch and Literature
Day Book Club – Joan
Jones/Janice Marshall
- 30 Winter Coffee meet & greet
friends while you relax for
a moment over a
cappuccino & croissant
at Prosecco Cafe, PGA
Commons

Classic Bridge and Lunch Bunch



Sustainer Classic Bridge and Lunch Bunch play bridge and enjoy terrific luncheons at wonderful spots throughout the Palm Beach area, the first Thursday of each month from November through May. New members are welcome to come, meet new friends and enjoy a morning of bridge and conversation, topped off with a delicious lunch. For additional information see the calendar and weekly Sustainer E-blasts for Dates and Locations or contact Betsy Vaughan or Janice Stearns through the JLPB office, 561-689-7590.

Shake-it-up-Bridge

Shake-it-up-Bridge is the perfect bridge game for you if; you know it's 13 points to open and not sure what to do next or you have an interest in learning to play bridge in a chatty setting! Help will be available if you think: a Club is for golf, a Diamond is for wearing, a Heart is a symbol for love, or a Spade is a garden tool! Space is limited to 12 - cocktails at 5 o'clock - play begins at 5:30 - the fun ends at 7 o'clock! Contact Laura Warner to join the fun and reserve your seat the first Tuesday of the month, September–November and January–April!



JLS Book Clubs

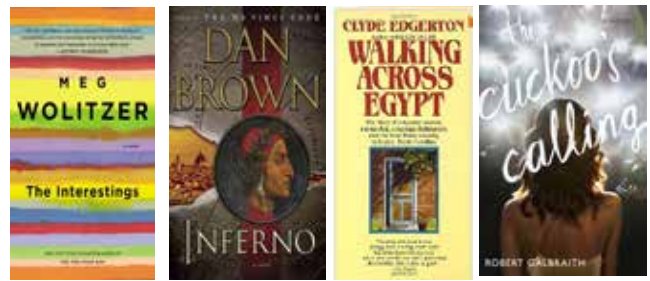
The Lunch and Lit book club meets monthly at restaurants that reflect the ethnicity/environment of the book's characters. Please RSVP to Joan Jones 561-784-6708 or jmj2@uwm.edu if you plan to attend a meeting. Reservations are confirmed the Monday before a meeting.

October 24 is *Someone Knows my Name* by Lawrence Hill (location TBA)

November 14 (note date change as the 4th Thursday is Thanksgiving) is *The English Girl* by Daniel Silva location TBA

December 10 joint meeting with Night time book club. Ann Talley will be the hostess. *Walking Across Egypt* by Clyde Edgerton.

January 23, 2014 *The Shoemaker's Wife* by Adriana Trigiana (location TBA)



Fall 2013 EVENING Book Club

- Tuesday, October 8th
- Book: "Interestings" by Meg Wolitzer
- Hostess: Jayne Barkdull
- (Information to follow)

- Tuesday, November 12th
- Book: "Inferno" by Dan Brown
- Hostess: Laura Warner
- (Information to follow)

- Tuesday, December 10th (Joint meeting with Daytime Book Club)
- Book: "Walking Across Egypt"
- Hostess: Ann Talley
- (Information to follow)

- 2014 Evening Book Club
- Tuesday, January 14th
- Book: "The Cuckoo's Calling" by Robert Galbraith

- It was a very active "reading and dining" summer for the Evening Book Club. We chose restaurants that carried out the theme of the book. From the "Rules of Civility" at the HMF Lounge to "Lunch in Paris" at Cafe Boulud. Plus, we were educated in the finer points of rare books. Thorne Donnelley of Liberty Book Store gave us a behind the scenes tour and lecture.

- Our season started up again in September featuring a local author, "Bad Monkey" by Carl Hiaasen with a tropical theme.
- Our holiday meeting was combined with the Daytime Book Club. We are starting off the new year with "The Cuckoo's Calling" by Robert Galbraith.

- We look forward to your suggestions on future books. Please contact Irene Goodkind at 561.744.2661 or irkind@aol.com or Paula Zalucki at 561.401.1385 or paulazdz@yahoo.com.



Modern Women, Modern Style.

“Style isn’t just about what you wear; it’s about how you live.” – Lily Pulitzer.

Whether it is in their home, their wardrobe or their gatherings, Junior Leaguers always are followed by style. So it is no wonder several of our members own businesses that relate to fashion and home style.

Below is a snapshot of four local League members’ businesses.

stella & dot INDEPENDENT STYLIST

Elkie Wienczkowski, Active Member Joined: 2008

Business: Stella and Dot

Personal Style Motto: “Classic with a Pop”

Stella & Dot is a boutique jewelry company that sells luxe jewelry at affordable prices. Their one of a kind collections are designed by celebrated New York designers and have been featured in In Style, Vogue, Elle, Marie Claire and Lucky Magazine as well as on the wrists and necklines of today’s hottest celebrities such as Jennifer Anniston, Katy Perry and Sofia Vergara – just to name a few.

With the recent release of their Fall 2013 line featuring mixed metals, semi-precious stones, necklaces that can be worn multiple ways and a variety of bags, scarves and candles, Stella & Dot provides lifestyle accessories for the modern woman. From stylish mom to boardroom chic, there is something for everyone. With half of the line under \$50 you can easily transition your look from Summer to Fall without missing a beat! Purchases can be made directly through the website at www.stelladot.com/elkie or can be done through in-home trunk shows.

For more information, or to check out the 2013 Holiday collection release, contact Elkie Wienczkowski at 305-815-3910 or visit www.stelladot.com/elkie.

Joella Gilmond, Active Member Joined: 2005

Business: Artist for a Day

Personal Style Motto: “Coastal Charm”

Looking for a unique piece for your home? Create it! Artist for a Day (AFAD) is a paint-your-own pottery studio where you can create lasting memories with friends and family while painting a one-of-a-kind art! Great ideas for the fall • Create a party plate decorated with your favorite sports team colors • Create a center piece plate with your family monogram. AFAD provides everything you need...just pick your item from a large range of choices, paint it with a variety of colors and tools (stencils, screenprint, and stamps) and then return in a week to pick up your glazed and fired piece.

Call 561-747-2404 or visit www.artist4aday.com for more information. AFAD is conveniently located at 128 Bridge Road, Tequesta, FL 33469.



KATYDID DESIGNS BY KATE MERRELL

Kate Merrell Morris, Active Member Joined: 2006

Business: Katydid Design, Inc.

Personal Style Motto: Preppy Chic

With a little creativity, inspiration from a silk woven skirt and the art of sewing, Katydid Designs began. And so did its following. Offering an array of bright, colorful, hand-crafted grosgrain ribbon bags, belts, jewelry and accessories; it was a natural transition for Kate Merrell Morris to be the supplier of the tee-shirts, key chains, aprons, tote bags and car decals for the JLPB. If that were not enough, this West Palm Beach native with a knack for creative design, has recently expanded her of-

fering to include a line of shoes with an adorable interchangeable flower embellishment, wreaths and pillows, dog leashes/collars and Christmas stockings. To find Katydid Design’s latest items for women, children, pets and home, follow them on Facebook at www.facebook.com/katydiddesigns. Here you will find the Katydid Design’s shopping event schedule and learn about upcoming sample sales and specials – so you can mark your calendars early! Additionally, you can also connect with Kate directly on Facebook for any custom color piece you are looking for. Kate can also be contacted at 561-628-4951 or katy@katydiddesign.com. Or visit, www.katediddesign.com.

Diana Alava, New Member Joined: 2013

Business: Francia Special Occasion Dresses

Personal Style Motto: Be frugal and look fabulous!

Looking for that perfect dress or wish you could exchange one of yours for another for your next fabulous event? Then check out Francia Dresses! Francia Dresses is a special occasion dress rental/exchange company, where you can rent a designer dress for a fraction of the price. At Francia Dresses you have the option to shop online and have your dress delivered to your door or schedule an appointment to try on as many dresses as you’d like. Francia Dresses special is the option of receiving free rentals in exchange for your lightly worn designer garments that are taking up space in your closet. There’s also the option of memberships, by becoming a member you receive major discounts on rentals and more value on your exchanges. With Francia Dresses we can all be frugal and fabulous. Francia Dresses is set to launch its grand opening on November 23, 2013 at the JL Deck the Palms event in the convention center of WPB, FL. So, please come by to see her booth. For more information visit franciadressess.com or contact Diana at 561-284-5156 or franciadressess@gmail.com.

FRANCIA



SPECIAL OCCASION DRESSES

If you are interested in having your fashion boutique/home decorating company featured in the next issue of Undercurrents, please contact the Undercurrents committee at undercurrents@jlpb.org.

Cookbook

- Save the date! Not only will the Cookbook Exploratory Committee be at Deck The Palms on 11/23/13 selling our JLPB Worth Tasting cookbook and our Palm Beach Entertains cookbook but we will also have other cookbooks available from many Leagues around the country. Holiday gift giving made simple! In addition to terrific recipes, the sale of each of these cookbooks help to fund the philanthropic projects of our League. Share this opportunity for one-stop holiday shopping made easy with your friends and support our League at the same time.
- The holidays are the perfect time to sparkle! The Cookbook Exploratory Committee would like to share a JLPB Worth Tasting recipe with you to help make this season bubbly. . . page 32's Pretty-In-Pink Lemonade:
- 2 (12-ounce) cans frozen pink lemonade concentrate
- 1 (750-milliliter) bottle sparkling wine
- 1 (2-liter) bottle Sprite
- 2 pints fresh strawberries, sliced OR 1 (16-ounce) package frozen strawberries (or frozen sliced strawberries)
- Fill a punch bowl halfway, with ice. Add the lemonade concentrate, sparkling wine, soda and strawberries to the punch bowl and mix well.
- Serve immediately.
- Enjoy!



Worth Tasting on Worth Avenue



Worth Tasting on Worth Avenue is a spectacular food and wine event featuring specialty bites, wine, and specialty cocktails from over 20 select, local restaurants. The event will take place on February 8, 2014 from 7:30 p.m. – 9:30 p.m. at the Via Amore Courtyard at 256 Worth Avenue on Palm Beach. General Admission tickets are available for \$90 and VIP tickets are available for \$125. VIP Tickets include an exclusive hour to Worth Tasting on Worth Avenue from 6:30pm-7:30pm and a VIP Great Gatsby theme Kickoff party to be held at Tiffany & Co. on Monday, January 27, 2014 from 6:00pm-8:00pm. Sponsors include Braman Motorcars, Palm Beach Illustrated, and Tiffany & Company.

Everyone was inspired by her topic of the victory of the human spirit.

- The August GNI was fun movie night.
- Our August outing was to the South Florida Science Center & Aquarium. Photos from the afternoon are attached including petting an alligator (or looking on with wide eyes from a safe distance!), seeing exhibits on Egyptian artifacts, experiencing a hurricane simulator, and learning Morse code for later use on a ham radio.

Nelle Smith

- This is the first summer we continued with monthly cooking nights and monthly Girls Nights In so the girls did not experience a gap from us over the summer.
- Summer cooking included cajun shrimp and chicken, Italian, and Mexican.
- The July GNI was about finding inspiration and overcoming the odds. Lisa Imel, a Junior League member, shared her personal triumphant story of how she overcame the odds of a challenging childhood. Lisa shared her journey through her narrative, a film and workshop.



Eye & Ear

Junior League of the Palm Beaches and Memorial Presbyterian Church has been administering the Eye & Ear Alert program for the past 45 years. It is a free vision and hearing screening program conducted at Memorial Presbyterian Church located at 1300 South Olive Avenue in West Palm Beach. As part of the Eye & Ear Alert program, professionally trained volunteers administer tests to four and five year old children to identify problems related to vision and hearing. The procedures for this program were established under the guidance of our Medical Advisory Board. Although the tests do not constitute complete eye or ear exams, problems that might exist at this age may often be detected by this preliminary screening and be corrected through treatment. If discovered at a later age, the effectiveness of treatment is often diminished.

WELCOME NEW MEMBERS

Special Events

Save the date!! Celebrate the holidays with your fellow Junior Leaguers at JLPB's Winter Wonderland Holiday Luncheon at Phillips Point Club by the Breakers. This year's luncheon takes place Saturday, December 14th, 2013, from 12 p.m. until 3 p.m. Stay tuned to our weekly e-mail blasts and social media updates for ticket details.

Done In A Day

October 20, 2013 Mounts Botanical Fall Family Festival

Come have some fun and celebrate the start of fall at this family friendly event co-sponsored by JLPB with the Mounts Botanical Gardens in West Palm Beach! Bring your Little Leaguers and join us for all sorts of fun and educational activities for the kids and some QT with the family! Invite your siblings, girlfriends, whomever you like as there is something for everyone at this annual crowd pleaser. While quantities are limited, Mounts has given us Sponsor passes for our volunteers good for free admission for 2 Adults and kids 10 and under are free!

November 23, 2013 Boys Town Basket Brigade

For the past 19 years, Boys Town South Florida has partners with the Anthony Robbins Foundation to strike back at hunger and prevent abuse during the holiday season. That's why, every year, we seek those who want to make a real difference in the quality of life for people who are often forgotten: youth, the homeless and the hungry. The Thanksgiving Basket Brigade is an assembly line of volunteers of all ages who will fill more than 700 food baskets for needy children and families right here in our area. Volunteers also can deliver meal baskets to families. This can certainly be a humbling experience and we encourage leaguers to use it as a teaching opportunity for little leaguers. With your participation we will help feed up to 1,000 families in need. It's going to be a fun day and a rewarding experience for all. This is a family friendly event and includes volunteers of all ages. We are excited to have the Little Leaguers of Beacon Cove Elementary School joining us this year.

March 1, 2014 PBA Children's Symphony

PBA's Children's concert will feature a variety of works to introduce children to the sights and sounds of the symphony orchestra followed by a dance performance outdoors. This is an event sure to be enjoyed by all!

Transfer



Hello, my name is Noemi Coltea, currently Transfers chair for the JLPB. Our transfers who met for the first time at Hullabaloo in West Palm Beach on September 13th. Pictured left - right: Sophie Skoover, Noemi Coltea, Karen Counes, Brittney Gutin, Annalisa Warner, Lauren Kafin, Tricia Taeger, Elkie Wienczowski, Parisa Hamzetash, Stephanie Cornais.

SPOTTED

Why we enjoy the LEAGUE

JLPB members had a fabulous September GM Meeting at the Double Tree in Palm Beach Gardens & post social at Cantina Laredo.



#10: It's good for you. Volunteering provides physical and mental rewards. It:
Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

#9: It saves resources. Volunteering provides valuable community services so more money can be spent on local improvements.
The estimated value of a volunteer's time is \$15.39 per hour.

#8: Volunteers gain professional experience. You can test out a career.

#7: It brings people together. As a volunteer you assist in:
Uniting people from diverse backgrounds to work toward a common goal
Building camaraderie and teamwork

#6: It promotes personal growth and self esteem. Understanding community needs helps foster empathy and self-efficacy.

#5: Volunteering strengthens your community. As a volunteer you help: Support families, Improve schools, Support youth & Beautify the community.

#4: You learn a lot. Volunteers learn things like these:
Self: Volunteers discover hidden talents that may change your view on your self worth.
Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.
Community: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back. People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility. Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference. Every person counts!



AGENDA

mark your calendars...

From holiday soirees to volunteer outings, the Junior League event calendar is filled with fun social gatherings, volunteer opportunities and leadership trainings.

October

- 7 Nelle Smith (Cooking Session) 6pm
- 9 Education & Training (Jennifer Hampton Social Media Marketing)
- 10 GEMS (DJJ WPB) 6pm
- 12 Pink Palm Brigade (HQ) 9am
- 15 Eye & Ear (Memorial Presbyterian Church, WPB) 9am
- 15 GM meeting (Doubletree PBG) 6pm
- 19 Ghouls Night Out (Eau Resort Spa, Manalapan) 7pm
- 20 Mounts Botanical (Fall Family Festival) 11am
- 22 Women on the Run (HQ) 1pm
- 24 Eye & Ear (Trinity Methodist Church, PBG) 9am
- 26 GEMS (DJJ WPB) 4pm
- 29 Nelle Smith (Girls Night) 6pm



November

- 4 Nelle Smith (Cooking Session) 6pm
- 5 Eye & Ear (Trinity Methodist Church, PBG) 9am
- 6 Education & Training (Laura Wissa Fundraising)
- 7 GEMS (DJJ, WPB) 6pm
- 16 GEMS (DJJ, WPB) 4pm
- 19 Eye & Ear (First Presbyterian Church, Tequesta) 9am
- 19 GM meeting (Doubletree PBG) 6pm
- 21 Woman on the Run (HQ) 1pm
- 23 Deck The Palms (Palm Beach Convention Center) 9am VIP
- 26 Nelle Smith (Girls Night) 6pm
- 27 Happy First Night of Hanukkah
- 28 Happy Thanksgiving



December

- 3 Eye & Ear (First Presbyterian Church, Tequesta) 9am
- 5 GEMS (DJJ, WPB) 6pm
- 7 Pink Palm Brigade (HQ) 9am
- 9 Nelle Smith (Cooking Session) 6pm
- 14 Winter Wonderland Holiday Luncheon (Phillips Point Club)
- 14 GEMS (DJJ, WPB) 4pm
- 23 Nelle Smith (Girls Night) 6pm
- 25 Merry Christmas

January

- 1 Happy New Year
- 13 Nelle Smith (Cooking Session) 6pm
- 21 GM Meeting (Doubletree, PBG) 6pm
- 27 WTOWA Tiffany's Kickoff Party
- 28 Nelle Smith (Girls Night) 6pm

February

- 8 Worth Tasting On Worth Aveune
- 18 GM Meeting (Double Tree, PBG) 6pm



a colorful life

with *Lilly Pulitzer* and JLPB
By Amanda Brown

The name Lilly Pulitzer is as synonymous with Palm Beach as tennis whites or The Breakers. Much the same, the brand has become quite the clothing staple among the women of Junior League of the Palm Beaches. Perhaps most compelling about Lilly's story is that she made a name for herself in her own right, sans motive to acquire wealth or social status. In fact, she quite literally made the world a brighter place just by being herself, perhaps offering further insight into why Junior League Palm Beach women find themselves so well aligned with her brand.

Lilly was born a Palm Beacher and later came back from New York following her marriage to Peter Pulitzer, who was a proprietor of citrus groves. It was then that Lilly set up a juice stand at Via Mizner, just off Worth Avenue. When she realized the citrus juices were staining her dresses, she asked her seamstress to make her brightly colored dresses to conceal such unsightly occurrences. What quickly followed were more sales of dresses than juice! It was when Jacqueline Kennedy Onassis graced the cover of Life Magazine clad in Lilly that it became the epitome of "smart casual" for dignified women who can sport pearls while mixing the perfect sangria recipe. Some may see its tongue-in-cheek brand image of "official prep" as a bit conservative,

but they just have yet to become acquainted with the "Lilly girl". Lilly isn't as serious as your Chanel or as stately as St. John, yet it evokes a similar ladylike manner, with a sprinkle of that Ralph Lauren all-American joie de vivre. Lilly wearers don't take themselves too seriously; after all, they're likely to be seen wearing a sheath adorned with pink elephants or violet hippos! They're the kind of women who teach their daughters how to host a most proper party, yet they wouldn't think twice to messy their hair volunteering for a cause. Lilly said it best when she said "The Lilly girl is always full of surprises. She lives everyday like it's a celebration. Never has a dull moment. And makes every hour a happy hour." Indeed.

Lilly has become a kind of common speak in terms of dress in Palm Beach, specifically among Junior League women. "What is the dress at this event?" "Lilly wear?" one will often hear. The clothing is versatile and fits as well as the diverse roles Junior League women take on as professionals, mothers and philanthropists alike. So next time you arrive at a Junior League event donning a Lilly shift and a huge desire to make even a small difference, just remember: "Anything is possible with sunshine and a little pink." Lilly Pulitzer



Dina Turner, Palm Beach Illustrated, Active Rebecca Seelig, Paula M. Zalucki, Jupiter Medical Center, and Sustainer Carolyn Broadhead enjoying an event at Lilly Pulitzer in Palm Beach Gardens. Photo by Tracy Benson Photography

MEMBER SPOTLIGHT



Cotillion Co-Chair, Elena Peroulakis, joined the Junior League of the Palm Beaches in September 2012 and won the New Member of the Year award in May 2013. Her enthusiasm for the league and connecting with others made Elena a standout new member from the start. Elena has a Bachelor of Science in Hotel Management from the University of Cyprus, a Bachelor of Science in Hospitality Management from Florida International University and an MBA from the University of Miami. She currently holds the position of Director of Sales at the beautiful Palm Beach Marriott Singer Island Beach Resort & Spa.

Her favorite inspirational quote embodies the determination and focus of a Junior Leaguer: "First, have a definite, clear practical ideal; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials and methods. Third, adjust all your means to that end." – Aristotle.

In her free time, she enjoys traveling, entertaining friends, shopping and spending time with her chihuahua, Ms. Twinkie Peroulakis. She can often be found in South Beach on weekends with her husband, Ted, revisiting the spot they first met. **Below are Elena's top ten must haves:**



THE GIVING TREE CAMPAIGN

GOLDEN LEAVES, PRESERVING THE PAST, ENSURING THE FUTURE



WHAT IS THE GIVING TREE CAMPAIGN?

A wonderful opportunity for members to make a tax-deductible contribution to the League to support the maintenance and up keep of our Junior League Headquarters home.

Since the renovation of Headquarters completed in 2008, maintaining its appearance through time is important. The Giving Tree fund is used for repairs and upkeep of Headquarters in hopes of avoiding another full renovation in the future. A beautiful donor tree is located in the main conference room for all to enjoy. Named leaves adorning the tree represent members who are helping to extend the longevity of our Junior League home.

WHAT IS UNIQUE ABOUT THIS OPPORTUNITY?

When you reach the Bronze level and above of giving, you will have the opportunity to name a leaf on this beautiful tree. You may personalize this leaf for you or someone special that has made a difference. What better way to recognize someone special in your life, than to make a donation on her behalf?

DONATION OPTIONS:

- A one time donation is accepted in the amount specified
- A payment plan is available for 12 monthly payments (*only available with a \$1000 minimum donation*)
- Master Card and Visa accepted

LEVEL OF GIVING:

- Diamond Giving and Leaf Placement **\$2,500**
- Platinum Giving and Leaf Placement **\$1,500**
- Gold Giving and Leaf Placement **\$1,200**
- Silver Giving and Leaf Placement **\$1,000**
- Pearl Giving and Leaf Placement **\$500**
- Bronze Giving and Leaf Placement **\$250**

PAYMENT TYPE

Check Enclosed (*Please make check payable to the Junior League of the Palm Beaches, Inc.*)

Credit Card (MasterCard / Visa)

CC Number : _____ CCV Number _____ Exp. ____ / 20____

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Dartmouth College	University of Michigan
Duke University (3)	University of Pennsylvania (2)
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