


UNDERCURRENTS

magazine

SPRING 2012



**WHO
IS NELLE
SMITH?**
The Story
Behind
the Cause
pg. 14

**THE JOY OF
DISCOVERY**
Bringing New
Experiences to
Children in Our
Community
pg. 26

An Event That's
**WORTH
TASTING**
pg. 35

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—Bobbi*

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Junior League of the Palm Beaches, Inc. Women building better communities.®

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Springing Forward to a New Perspective

When I sat down to write this article, I could not stop smiling. I think the Junior League of the Palm Beaches has had a very successful past few months. We are all learning, developing as leaders, building relationships, making a true impact in our community and planning for the amazing future of the JLPB. As I reflected on all of our accomplishments, for some reason the smile quickly faded from my face as I began to think of how much more should have been accomplished – more leadership training, more team building, more fundraising and most importantly, more ways we could have made a difference in the lives of our starfish. My perspective or lack thereof was beginning to really trouble me and I could not figure out why I was not focusing on all that we have accomplished.

Last year, I received a day-at-a-glance calendar from a co-worker. As you are most likely aware, each of these calendars has a theme...my calendar was 365 Reasons to Be Happy. Each calendar page was in the shape of a cute, little sun and written on every page were numerous reasons or reminders to be happy. Simple things that many of us so often take for granted or don't take the time out of our busy schedules to notice and appreciate. I am thankful for this gift, which helped me keep track of so much more than just the days of the year. In order to restore and refresh my outlook, all I needed to do was look up and see, truly see, this simple, little calendar on my desk. Below are some of the most valuable things that I would like to share with you which helped me regain my perspective:

- A sincere thank you • Determination • A bright future • Being thanked • Sentimental value • Helping someone succeed • Working as a team • Treating yourself • Donating clothes to charity • Reaching a goal • Giving someone hope • Fireside conversations • Much-needed quiet time • The good fortune of others • Second chances • Political integrity • Burying an old grudge • A smooth transition • Stories of incredible courage • Knowing what you want • Writing down your blessings • Saving money • Realizing that you're not lost • Hearing some say "you're welcome" • Being in good company • Chivalry • E-mailing a long-lost friend • Overcoming a fear • Honest communication • People you never forget • Literacy • The healing power of love • Being heard • Feeling renewed and refreshed • Children's laughter • Accepting your mistakes • Thinking of others • Taking initiative • Creating a miracle for someone else • Endorphins • Help when you need it • Soul-satisfying talks • Pardoning errors • Perseverance • Self confidence • Taking chances • Advice that changes your life • Laughing off the small stuff • Truly realizing that life is glorious •

It is truly amazing how the impact of our actions, our words, and our perspective affect us and others. I believe we can truly find happiness in the "little things". Going forward, a personal goal is to keep my perspective, get back to focusing on all of our accomplishments as well as the amazing things life has to offer. A dear friend recently shared a short video with me and I encourage everyone to watch it. It is shorter than two minutes and it really drives home the point of this article. There is no doubt in my mind that the woman in the video is a member of the Junior League. To access this video, please go to www.youtube.com and search "The Power of Words."

It is hard for a lot of people to be content with what they have, content with who they are, or even content to be alive. Each day we are given is a gift. I strongly urge each of us to share the importance of keeping things in perspective with the starfish in our lives and community. A simple calendar and short video offered me a great, yet humble reminder of all the reasons we are so fortunate and truly blessed. Life is truly what you make of it.

Please remember...you make a difference every day.



Ann Marie Pilling

Ann Marie Pilling

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Hello Spring

Spring is here. One of my favorite times of the year, it holds bright blooms and thoughts of an organized home. I also like to look back on what goals I set for myself at the New Year, and recommit to them and what I hoped to accomplish.

Though I may need a little nudge back into gear, the commitments of the Junior League never waiver, no matter the season. Our members are always sharing of themselves and it's their tireless giving that makes our community better. Giving the gift of hope to the girls of Nelle Smith is no small task and our members strive to show their support and provide much needed opportunities for learning and fun. Find out more on page 14. Fossils and Turtles and Gemsboks, oh my! The 4U2 Discover committee has certainly been busy. Fostering knowledge to over 125 girls and boys in our community, check out their discoveries on page 26. And go back in time to the beginnings of League giving and how the continued needs of our own community shape us as leaders on page 54.



Besides the dedication of our community projects, the Junior League of the Palm Beaches has additional reasons to celebrate. A long-standing fundraiser for the League, the annual Cotillion Presentation and Dinner Dance marked its 53rd year! Find more about this "social event with a social conscience" on page 21. And who could forget our wildly successful Worth Tasting on Worth Avenue that had everyone smiling and savoring. See more highlights of the event on page 35.

All of these causes could not be made possible without you, our members. In turn, the much needed increase in membership dues is shed in its proper light on page 46. Each of us gives and volunteers in our own way but it's the hope of continued success of our League that we all share.

Proof is in the pudding as they say and this issue proves we can be proud of all that has been accomplished, while inspiring us all to push forward with more vigor.

I know I certainly will.

Karen Carley White
Karen Carley White

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Seeds That Bloom

Every year when spring rolls around, I get excited about the nice weather, longer days (thanks to Daylight Savings Time) and the light at the end of the tunnel for the kid's school year. I usually find myself and my house pretty cluttered after the holidays and seem to live that way the rest of the winter months. It must be my form of hibernating. However, once March rolls around, I get ready to do "spring cleaning." It is my yearly ritual. I can't say that I love doing the cleaning but once it is finished, I feel much better and have a real sense of accomplishment.

Springtime is also a special time for the Junior League of the Palm Beaches. I get a renewed sense of pride and excitement about the JLPB in the spring. The community projects are in full swing and the success stories are wonderful to hear. This year, I attended Worth Tasting on Worth Ave. and brought my friends and we had a blast. The Honda Classic was more fun this year because I had bought Birdies for Children tickets and possibly could win a car. Another thing that makes this time of year special for the JLPB is our yearly rituals. The nominating committee announces next year's executive slate. Community Research, Fund Development and the Treasurer present their ideas and budget for the following year. This is a time for every member of the Junior League to really examine what is proposed and make suggestions, ask questions and learn about what is in store for the next League year.

I think back to when I first joined the League six years ago. I can't say that I paid much attention to any of these presentations and I hate to admit that when it came to voting, I asked my friend who had been in the League much longer how I should vote. Shame on me! I have become much more involved over the past few years and I have come to learn that the decisions we as a League make in the spring have a huge impact on what we as a League do the next fall. I know it is cliché but the decisions and votes cast in the spring are the seeds that in time will bloom into the community projects, fundraisers and programs that benefit so many throughout Palm Beach County.

Ann Lee Gray

Ann Lee Gray



OUR SPRING CONTRIBUTING EDITORS



BETH STEVENS - contributing writer for THE VALUE OF JUNIOR LEAGUE MEMBERSHIP beginning on page 46 describing why our dues increase is actually a benefit. This Spring, Beth is looking forward to Spring Gardening. "We have a pineapple that is getting bigger each day. And I can't wait for the Royal Poinciana and Jacaranda trees to bloom!"



LARA CHAPMAN - contributing writer for the A PROVISIONAL POINT OF VIEW on page 18 detailing the journey and joys of being a new member. No Spring is complete without a little season-specific cleaning. "With a five year old and a newborn in tow, I foresee plenty of Spring Cleaning in my future!"



CHRISTINE WALTER - contributing writer for WORTH TASTING ON WORTH AVENUE beginning on page 35 highlighting this year's fantastically successful event. "Just the thought of Spring makes me smile. I love what Spring has to offer with all the beautiful flowers and new plantings everywhere, especially bulbs coming to life again. I find it very calming to look around at what's new in landscapes while driving around."



SHANNA STARK - contributing writer for WHO IS NELLE SMITH? beginning on page 14, written along with **COLLEEN NALVEN** and **ASHLEY STAFFORD**. "Spring Cleaning! During this time of year, I take some time to go through my closet and donate anything I either haven't worn or don't think I can use. I also look forward to some time in the sun...returning back to the pool or the beach and getting back on the boat!"



TAWNEY SCHWARTZ - contributing writer for LADIES WHO BRUNCH beginning on page 30. Our new Transfers get a taste of the Junior League at a brunch filled with tasty recipes from our delicious League Cookbooks. "I love starting another year fresh, meanwhile help others by donating the items I no longer have use for, need, or even remember why I bought them."



ELIZABETH RAHM - contributing writer for JLPB 53rd ANNUAL COTILLION. The success continues on page 21 with highlights and images from the event. A little of both, "Spring is the best time to take inventory so we can bloom as well!"



BECKY HACHENBURG - contributing writer for THE JOY OF DISCOVERY beginning on page 26. Written along with **SARAH BRUTSCHY** and **ASHLEY SCHUTZ**, the article describes the great contributions of our 4U2 Discovery committee. "Spring cleaning in theory makes me smile; cleaning the house of junk and clutter and returning to a zen place. However, it always seems to be more of an idea than a reality!"



SUE GIBSON - contributing writer for WHAT IS THE JUNIOR LEAGUE? on page 54. "Despite my best intentions to conduct a thorough annual Spring-cleaning, which never seems to pan out completely, I look most forward to Spring Planting! My birthday is in Mid-March, and that's just the time for spring flowers and trees to start blooming bright in my hometown of Houston, Texas. I've come to know a complete new set of plants and flowers since I moved to tropical South Florida, but it's lovely when the fear of a chill passes and you can start making plans for lush, tropical gardening!"

WHO IS NELLE SMITH

**BY COLLEEN NALVEN, ASHLEY STAFFORD,
AND SHANNA STARK**

The Nelle Smith Residence for Girls was established in 1970 and was named after a wonderful woman, Nelle Smith, who worked tirelessly on behalf of young girls that were the victims of physical abuse, sexual abuse and abandonment. In 1984 the first house was purchased by the organization. The house had six bedrooms, four bathrooms and two kitchens and was designed to accommodate twelve girls from ages 12 to 17 years old.

In 2002, The Children's Home Society (CHS) of Florida was asked to step in and take over the fiscal responsibility of maintaining the home and providing 24-hour supervision for the girls. As with most non-profit organizations, CHS and the Nelle Smith girls are dependent on the generous donations of people who understand the need for the community to support its children and help provide them with a safe and loving environment.

The Girls at Nelle Smith have had little to say

about where and how they ended up living in a group home environment. But every child desires and deserves to have a safe and loving childhood and a house that not only provides shelter and safety but that they can be proud to call home. The Nelle Smith Residence is about giving them choices and opportunities. CHS and The Junior League of the Palm Beaches want the girls to know and understand that they are part of a community of women and to truly believe that if a woman sets a goal for herself and works diligently towards her goal that she can and will become a success. Life is a journey that in some cases seem to be all uphill until someone lends a hand to help you to the top.

Colleen Nalven and Shanna Stark are The Junior League of the Palm Beaches Nelle Smith Co-Chairs working tirelessly to ensure the Nelle Smith program is a success. Undercurrents committee member, Ashley Stafford interviews Colleen and Shanna to find out more about this



important cause and how The Junior League of Palm Beaches helps to make a difference.

Ashley Stafford (AS): Can you tell us a bit about yourself, how long you have been in the league, and other committees you have been on?

Shanna Stark (SS): I have been in the league since 2008 and was a transfer from the Junior League of Boca Raton in 2009. I have been a member of the GAP Committee and Co-Chair for Nelle Smith (NS) the past two years.

Colleen Nalven (CN): This past September I received my 5 years of service pin from the JLPB. I love being part of such a significant organization. In joining my main goal was to give back to the community hands on. Every year I have been part of a community projects committee. It is so rewarded and the best feeling to leave an event after volunteering, and even more so after finishing an event that I created from conception.

"I love what Nelle Smith stands for and the opportunity to be a mentor to young women during a crucial part of their life and development."

AS: When deciding what committee to chair, what drew you to NS?

SS: I have always had a passion for volunteering, specifically with children. I love what NS stands for and the opportunity to be a mentor to young women during a crucial part of their life and development.

CN: My first interaction with the NS girls was as

a committee member. During the course of the year the co-chair at the time approached me about chairing the committee the following year. I jumped at the leadership opportunity. Being with the NS residents gives me an opportunity to see Palm Beach as a teenager again. Not growing up here I find being on the committee a great opportunity to do things like go to Boomers, the Diva Duck tour, go to the roller rink or the Butterfly world; all while being a positive role model for the girls.

AS: How does the Junior League committee help NS?

SS/CN: The Junior League NS Committee provides programming and hands-on interaction with the residents. With the recent addition of cooking nights, tutoring nights, and game nights JL members meet with the NS residents at least four times a month. Monthly life skill seminars for the girls and field trips have been a focus of the committee for many years.

The Life Skills events focus on self-confidence, stress management, relaxation, communication skills, etiquette, hygiene and other topics necessary for the girls' development. Our fun events have included past events such as Dolphins, Panthers, & Heat games, roller skating, being an artist at Artist for a Day and pottery painting at Sips in Stokes, spring training baseball at Roger Dean, trips to the Jupiter Lighthouse, going to shows at the Kravis Center and Maltz Theater, and boxing classes.

The Committee is also able to provide funding to local events like Sunfest and the South Florida Fair that otherwise they would not be able to attend because of the lack of funding by the Children's Home Society.

AS: You are very involved in the girl's lives. Can you give us a personal example of how you have seen JL help an individual(s)?

SS/CN: We target the girls as a group. All of the Nelle Smith residents personally amaze me. Every

With the recent addition of cooking nights, tutoring nights, and game nights Junior League members meet with the Nelle Smith residents at least four times a month

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year in early December we take the girls to the Wellington Mall on a Christmas shopping trip. My first expectation with the girls was that they would use the gift cards to buy themselves new clothes or gadgets. Each year I am more and more impressed with the stories that come back from the event.

One girl bought everyone in her family a gift and bought nothing for herself. Another bought a gift secretly for her best friend, a fellow NS resident, to give her on Christmas morning. For girls that have nothing they have such generous and well-grounded hearts.

AS: Wow. How can other JL members get involved in such an amazing project?

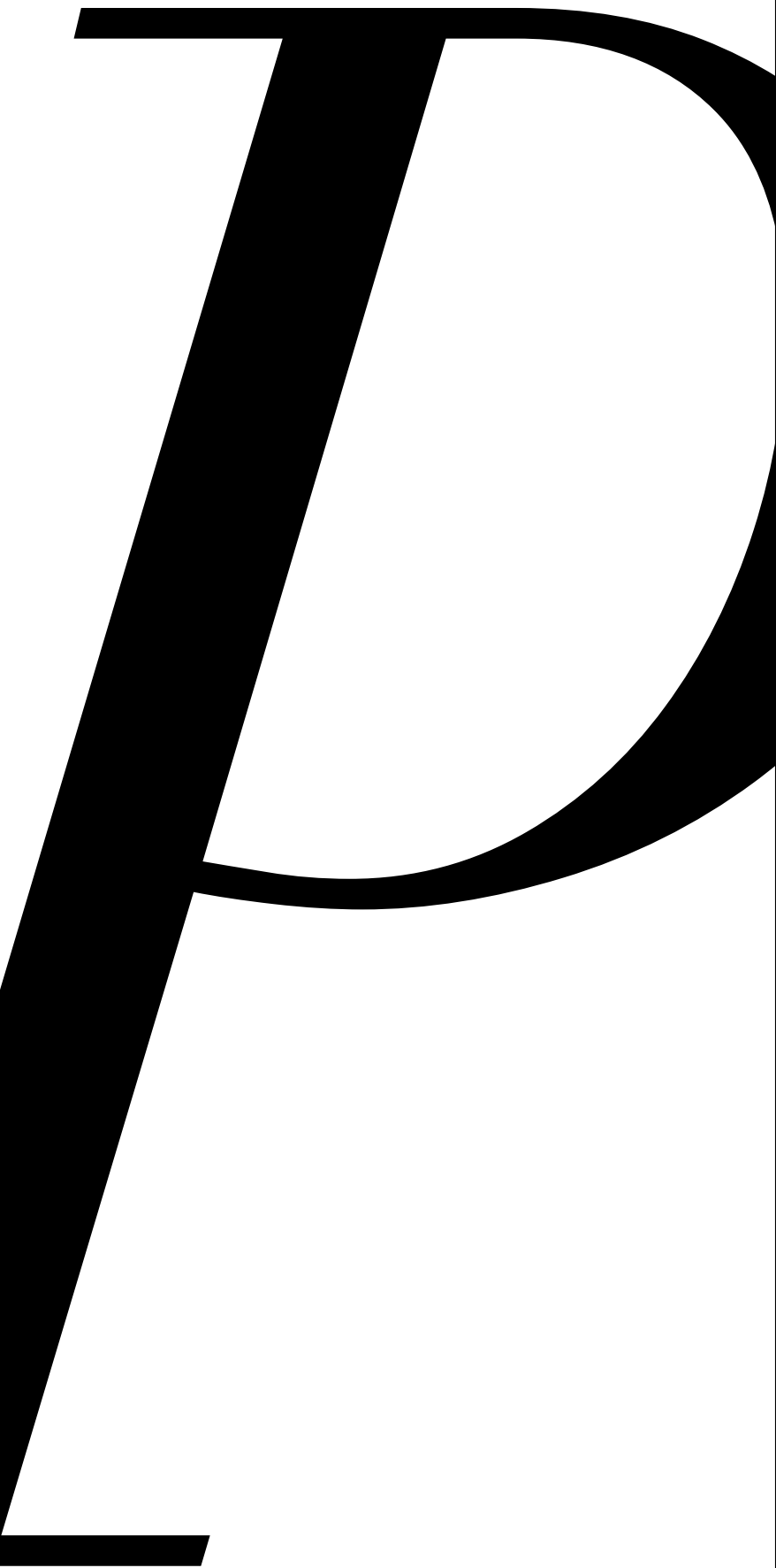
SS/CN: Sign up for our cooking Nights, tutoring nights or we offer opportunities throughout the year for JL members to attend some of our life skills seminars or field trips. And we welcome speakers wishing to share knowledge during Life Skill Seminars with the girls. More information about support and volunteer opportunities can also be found online www.jlpb.com.

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PROVISIONAL POINT OF VIEW

BY LARA CHAPMAN

If you are a career woman, stay-at-home mom, college student, or fashionable South Florida socialite, may I remind you that there is more to Palm Beach County than breathtaking beaches, fabulous shopping and world famous attractions. Although sun and surf are both notable assets to our region, Palm Beach County is also home to a vibrant community of women known as the Junior League of the Palm Beaches.

I had heard about the Junior League a few years back from my mother-in-law. She spoke affectionately of the opportunities and friendships she acquired through her many years with the organization. Admittedly, I was intrigued while at the same time doubtful. In theory, the idea of joining the Junior League appealed to me but getting sponsored and finding time to attend events was something else entirely. Perhaps I was merely procrastinating the inevitable. Because this past summer, with the help of my sponsor Megan Fogg, I started my provisional year with the Junior

League of the Palm Beaches.

Beginning on a Tuesday evening in early September, my journey with the Junior League began. It was the night of our very first provisional meeting at the Junior League Headquarters. As I shuffled through the lobby among women from all walks of life, a loud hum of conversation filled the air. It was in fact a little intimidating. Just behind me, another provisional with a friendly smile introduced herself. “Hi,” she said. “My name is Nicole.” We then found ourselves chatting about our lives and our interest in the Junior League. And I must confess: it was nice to make a friend so quickly in a room full of strangers.

And so it went. On every first Tuesday of the month our provisional class of over 100 women got together for a little food, a little wine and a little discussion. Topics ranged from committee placement and socials to leadership classes and Junior League requirements. But sitting in a room only goes so far. The real substance of the Junior League of the Palm Beaches is out in the field, volunteering in the community.

Two events I volunteered for that come to mind (both for very different reasons) are Mounts Botanical Fall Festival and GAP. The day at Mounts proved to be an interesting, albeit comical experience. After signing in I was told that face painting would be my job. I asked if there were stencils we could use. “Nope,” said Karen Stairs, a chair on the provisional committee. “Just do the best you can.” And that, I can honestly say, is what I did. As each fresh-faced child sat down on the chair beside me eagerly awaiting a beautiful flower or perhaps an action hero to be painted on their face, I put aside all personal doubt regarding my artistic ability and got to work. But no matter how hard I tried, there was always something a little ‘off’ about my art. That’s okay. I soon learned that lots of glitter

WHAT KIND OF
IMPACT, IF ANY, DOES
A HANDFUL OF WOMEN
FROM THE JUNIOR
LEAGUE ACTUALLY
HAVE ON THESE GIRLS?
MAYBE NONE. BUT THE
EARNEST SMILES AND
SHIMMER OF HOPE IN
THE FACES AROUND ME
INDICATED OTHERWISE.

can fix almost any botched paint job. And the kids were fantastic and grateful which of course eased my anxiety and made my day.

GAP, as most Junior League members know, turned out to be an exceptionally uplifting experience. I got the opportunity to attend a special Halloween party for the seven or so girls in the facility. Confronted with the fact that I was essentially in jail, I was surprised with how quickly this thought dissipated as the institutional-looking cafeteria transformed into a fabulous party with food, music, dancing, and crafts — even a few of the guards were shaking their hips to the music. It was, after all, just a bunch of girls being girls. Yet in the midst of all the fun an undercurrent of thoughtfulness infused the room. Many of these girls had been in and out of Juvenile Detention more than once. Their futures, although salvageable, remained uncertain. And what kind of impact, if any, does a handful of women from the Junior League actually have on these girls? Maybe none. But the earnest smiles and shimmer of hope in the faces around me indicated otherwise.

And, yes, it is true: Palm Beach County is home to amazing shopping and stunning shorelines. But since joining The League just seven months ago, I am far more impressed with the dedicated women in the Junior League of the Palm Beaches. They are the ones making real waves in our community and beyond.

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53RD JL PB ANNUAL *Cotillion*

BY ELIZABETH RAHM

Chairwomen Elizabeth Rahm and Doris Lago and committee members Bethany Bremer, Jennifer Brown, Michelle Gardner, Kathleen Icabalceta and Abby Lee hosted over 200 guests on Friday, February 10, 2012 for Junior League of the Palm Beaches 53rd Presentation & Dinner Dance. Other JLPB members present were last year's President Amy Quattlebaum, President-elect Shelly Albright who spoke on JLPB, Treasurer Beth Stevens, Treasurer-elect Shani Core, Cathy Anido, Sarah Garcia, Camryn Linton, Julia Smith, Mirna Winn and Angelica Wyke as well as sustainers Annis Arasim, Tina O'Brien, Susan Ricci and Wendy Wells. Two other sustainers who were also present and attended our Cotillion when they were in middle school in the Palm Beaches were Karen Marasco (pictured top right) and Ann Aiken (pictured bottom right). Karen attended our Cotillion in the 70's at the Women's Club in West Palm Beach and remembers teachers Mr. and Mrs. Montgomery. Both ladies wore white gloves and had dance cards. Cotillion is truly a gift that will unfold throughout the student's life. There could be no stronger endorsement for our program than the children of Karen and Ann





Vocal performance from Rosarian Academy students past and present - Kelly sisters, first-grader Makenzie and Melanie who is now at Cardinal Newman, Kaitlyn Kirk, Isabel Winn, and Fred Marro, who now attends Oxbridge Academy.

attending the same Cotillion of their mother's youth. Cotillion has long been a major fundraising arm of JLPB as well as being a true community builder. With the success of last year's Court program, Cotillion is now a social event with a social conscience. The ninth graders have a philanthropy class taught by guest speakers who are JLPB members and many times the younger children also get to hear from the speakers. Court members receive at least ten community service hours for their participation in this program's classes, as etiquette assistants and by giving back to the Junior League of



The Hoffman Family was one of the big winners of the Sheriff for A Day Live Auction item.



We can always count on the support of the Nicklaus family to support our Cotillion program.

With the success of last year's Court program, Cotillion is now a social event with a social conscience.

the Palm Beaches with a special gift. This year, they lead our new Children's Cotillion that was held in the six o'clock hour, just prior to the main event. For the first time, children ages K-5th were a special

part of the evening. They became an interactive part of a story written by Elizabeth Rahm about two caterpillars that attend etiquette classes in their journey to become a butterfly. Professional etiquette instructor Barbara Wymer adapted a portion of her comprehensive etiquette program for the story, which was told by members of the ninth grade Court. This year's Court members are Elizabeth Acosta, Gabrielle Cantanese, Melanie Kelly, Katia Lago, Jordan Rahm, Katherine Rawls, Anna Shea, George Brockmeyer, Fred Marro and Charlie Mountain. Through Cotillion, The Junior League of the Palm Beaches is being imprinted



on the hearts of girls and boys of all ages and we all receive the benefit!

Other firsts included a vocal performance from five of our Cotillion students and a successful silent auction, which included 8 box seats to the US Polo Finals and a necklace donated by MAYORS. We were honored to have Sheriff Ric Bradshaw there to personally Live Auction his always popular "Sheriff for a Day". He and daughter Amy led the father & daughter and mother & son dance. Erin McGould with her son, Max, is pictured on the prior page, top left. Professional ballroom instructor Denise Lazo once again had the Cotillion students in grades 6-9th looking polished as ever! And as always, the evening concluded with a family dance party that was indeed a Celebration!



Thank you!

JLPB 53rd Cotillion would like to thank the following sponsors for their generous support.

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THE JOY OF DISCOVERY

**BY SARAH BRUTSCHY, BECKY HACHENBURG
& ASHLEY SCHUTZ**

JLPB's Community Project 4 U 2 Discover is all about bringing new experiences to children in the community and we were very busy over the winter school break. Over the course of two weeks, 4 U 2 Discover sponsored five field trips reaching 125 children from the Howard Park Community Center and the Boys and Girls Clubs of Delray Beach, Belle Glade, and Riviera Beach. Here are a few highlights of our trips.

On December 28th, the campers from the Howard Park Community Center experienced Jurassic Theater at the South Florida Science Museum before exploring on their own. They learned about prehistoric times and the differences between dinosaur types. One lucky camper got to dress up like an archaeologist as the group learned what tools are used to dig for fossils. Then fossils were passed around so everyone could get a close-up look. After the program, the students took a journey through science and technology and explored the museums 50+ hands-on exhibits. The event was followed up with snacks under the gazebo and Dreher Park before heading back.

Loggerhead Marine Life Center offers an extensive education into the world of sea turtles. 4U2 Discover had the privilege of hosting a field trip to the Center for the Boys and Girls Club of Delray Beach on January 4th. Before the children were able to see the

various sea turtles recovering in their tanks, they learned about the five species of turtles that inhabit the waters off the Florida Coast. Once the children entered the turtle yard, they were then able to identify the different types of sea turtles on display. Loggerhead staff explained why the sea turtles had to be rescued, brought to the Center, and nursed back to health before they could be released. Among the native salt water tanks and turtle replicas, the children then explored Loggerhead's hands-on exhibits to learn more about these treasured creatures of the sea. The program concluded with a walk on the beach where the children learned about sea turtle nesting. Before heading back to Delray, the children were treated to lunch and given a souvenir sea turtle to bring home. On January 5th, we accompanied a group of kids from The Boys & Girls Club of Riviera Beach on a field trip to Busch Wildlife Sanctuary in Jupiter. Of the 18 kids that participated, the vast majority had never been to Busch Wildlife before, so it was a treat to watch them experience it for the first time. This group of students was 12-18 years old and they were so smart! We had fun listening to all of their thought-provoking questions on wildlife conservation efforts. After a tour of the zoo and a special program in which we learned about and were allowed to touch a snake, armadillo, and hawk, we enjoyed box lunches from Subway. Despite it being one of the coldest days



this season, we had a great time.

Another great event was held at Lion Country Safari on Jan 6th with the Boys and Girls Club of Belle Glade. Forty kids and their chaperones drove through the 300-acre animal park in their school bus to see over 900 wild animals. Lion Country Safari is America's first drive-through animal park and has been a real gem in Palm Beach County since 1967. While on safari, the kids experienced seven different habitat areas from the grasslands of South America, the wilderness across different parts of Africa, and the Gir Forest of India. It is not every day you see a school bus yielding to Impalas, Greater Kudus, and Gemsboks!

4 U 2 Discover has at least six more events planned for the remainder of the League year and hopes to reach nearly 500 children. Today's discovery might lead to tomorrow's passion!





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LADIES WHO BRUNCH

TRANSFER MEMBERS GET A TASTE OF THE JUNIOR LEAGUE OF THE PALM BEACHES

BY TAWNEY SCHWARZ

The Palm Beach League current cookbook, *Worth Tasting*, is a culinary and architectural journey of Palm Beach County and its rich history. This cookbook is intended to transport you to beautiful Palm Beach County through a journey of the senses with its colorful imagery and abundant variety of tastes. The cookbook is currently in its fifth year of circulation, and has brought much enjoyment to those who have cooked its recipes and those who have savored their deliciousness.

The cookbook and transfer committees of the Junior League of the Palm Beaches partnered to host a meet and greet event for the new transfer members on a late January Sunday afternoon. The committee members prepared their favorite dishes from the *Worth Tasting* cookbook and gathered to share their cooking suggestions and league experiences with the new Transfer members. The Cookbook committee co-chairs, Julia Pichette and Julia Smith, provided a wonderful history of the cookbook and how the ladies of the league collaborated in the development of this masterpiece.

The league's first cookbook, *Palm Beach Entertains*, was a historical editorial with classic recipes included throughout the book. The goal of the *Worth Tasting*





cookbook was to create a modern cookbook with a large array of recipes that were simple to prepare, representative of the culture of Palm Beach County, and of course tantalized the taste buds. Each recipe selected for the cookbook went through a thorough tasting process, over the span of a year, in order to selectively and scrupulously choose the best recipes to represent the creativity and hospitality found in the community of Palm Beach County. The selection process included several tastings followed by questionnaires completed by the ladies of the league to evaluate the ease and method of preparation, as well as overall flavor of each dish. A recipe had to be voted on by a minimum of three league members in order to be included in the publication of the new cookbook.

The Worth Tasting cookbook is unique in its layout in which each chapter of the book features places with specific historical significance to Palm Beach County, including the Breakers Hotel, Harriet Himmel Theater, Society of the Four Arts, Sea Gull Cottage, Mar-a-Lago, Whitehall, Worth Avenue and Via Mizner. At the beginning of each chapter, menu ideas with delicious complementing recipes are already assembled for events ranging from traditional southern Sunday brunch and tea parties to trendy grill and island cuisine gatherings. Jack's Favorite Cake is Jack Nicklaus's favorite sweet treat,

Opposite Page: Beautiful Brunch Spread, JLPB Transfers and Transfer Committee, JLPB Cookbook Committee This Page: Palm Beach Pear Salad, Herb Crusted Pork Tenderloin, Spring Risotto, Graham Cracker Magic Bars

MENU

CHAMPAGNE JULEP
 PRETTY-IN-PINK LEMONADE
 HOT ARTICHOKE CRAB DIP
 PALM BEACH PEAR SALAD
 ZUCCHINI & MUSHROOM QUICHE
 HERB CRUSTED PORK TENDERLOIN
 SPRING RISOTTO
 BROWN SUGAR POUND CAKE
 GRAHAM CRACKER MAGIC BARS
 SEVEN LAYER SIN BARS

submitted to the cookbook by his wife who is a Junior League of the Palm Beaches sustainer member.

After tasting all the delicious recipes brought to the Transfer brunch, the Junior League ladies shared their favorites of the day with us. The Roasted Pork Tenderloin and Risotto were noted as fresh, light, and amazingly flavorful. The spinach dip was a “knock out and hard to walk away from after one bite.” One of the ladies said she “loved the diversity and flavor of all the different foods, not to mention the great paring with the cocktails.” The Graham Cracker Magic Bars were not only delicious, but were also made with the help of our little leaguers, who had fun in the kitchen tasting their delights to ensure the recipe was just right.

The Worth Tasting cookbook is an immaculate collection of rich traditional, elegant, simple, and

trendy culinary ideas. The Palm Beach Entertains cookbook is still in publication by the league. With its amazing history of Palm Beach County, including contributions from Lily Pulitzer, and its history as the first cookbook for the Junior League of the Palm Beaches, this book has much historical and cultural value. The proceeds of both cookbooks benefit the Junior League of Palm Beaches’ efforts to help those in need in our community.

To purchase your copy of these beautifully arranged, timeless assortment of recipes and compilation of history of Palm Beach County, please contact the Junior League of the Palm Beaches at our website www.jlpb.org or by phone at 561-689-7590.

****SPECIAL THANKS TO AUDREY SUTTON FOR OPENING HER LOVELY HOME TO HOST THIS EVENT.**



Why Invest in the Future of the JLPB?

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W

WORTH TASTING ON WORTH AVENUE

**BY CHRISTINE WALTER
PHOTOS COURTESY OF GONZALO VILLOTA
OF JASON MYERS PHOTOGRAPHY**

A recent Saturday afternoon brought me to Worth Avenue in flip-flops. A little out of place for normal Palm Beach attire, but as I headed towards Via Gucci and saw the delivery trucks unloading for our WTOWA event, I started to smile. Volunteering at the setup for three hours proved to be the perfect prelude to a fun evening of delectable food, drinks and camaraderie. So much of what we do as Junior League members shines in different ways- volunteering at community projects, giving time within our own committee and stepping up to help when asked. I realized that I have not spent much time volunteering at our own fundraisers. I will admit I usually head for community projects first. Let this be a lesson learned- go outside of your normal patterns and give new things a try. The buzz and excitement leading up to our highly successful event was worth every volunteer minute there.

The WTOWA committee was prepared for everything. Starting at volunteer check-in, volunteers signed in effortlessly and were shuffled off to the proper area: setup, auction, bar prep, etc., with a

committee member in charge at each area. Any questions that arose were answered in seconds from Co- chairs Laura Wissa and Emily Gehring. They exemplified 'multi-tasking' by floating around talking, pointing and giving directions to delivery crews, food vendors, and volunteers. As the afternoon wore on, the end product was shaping up beautifully. Lights streamed in trees, high top tables complete with linens and glass bowls filled with sand, starfish and candles, bars were stocked and ice was flowing in. Restaurant and catering vendors started to arrive around five o'clock, which created another round of excitement as diagrams were pulled out and vendors were directed to their locations. We all caught waves of delicious aromas as the burners turned on to begin final preparations. It was time to switch into our dresses and heels to look more the part of attendee and then it was 6 o'clock.

The inaugural VIP hour proved to be a successful kickoff to the evening. VIP attendees were treated to the first samplings of food, drink, and their own raffle before the public was allowed in. By seven,

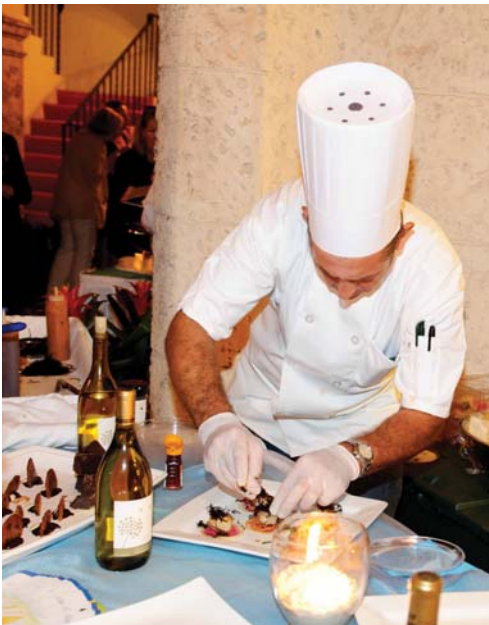
there was a steady flow of people arriving including my husband and a few close friends. Students from the Santaluces High School Music Academy played varying ensembles throughout the gardens. We enjoyed the clarinet soloist at the fountain and he was gracious to hear when we said as much to him. Weaving our way around the food was fun- 'What's up next?', 'That looks yummy', or 'Oh- you have to try that!' was overheard everywhere. Each restaurant such as Top of the Point, Havana and Grease Burger Bar to name a few had something unique to offer and all were well received judging by the full plates. The Santaluces High School Culinary Academy provided student servers where needed. They were so professional and thrilled to be there. Desserts from a myriad of bakeries and specialty cake shops were literally icing on the cake! All attendees had numerous drink options from Orvino wines among many other selections, to vodkas to Shipyard Ale beer from World of Beers and more. It was a special evening complete with silent auction, always a fun way to spend time.

"What's up next?", "That looks yummy", or "Oh, you have to try that!" was overheard everywhere.

As a Junior League member for the past 10 years, it has been really wonderful to witness the growth of some of our projects. WTOWA started as an idea to promote our new Worth Tasting cookbook under the Cookbook committee 6 years ago to now in 2012- it's 2nd year as a stand- alone committee. Hats off to all of the Committee members that continued the vision and created an enjoyable, successful night on Worth Avenue that was truly Worth Tasting! The community continues to return with praise year after year. Volunteers make our organization run and without countless volunteers, our fundraisers cannot succeed. Each member matters and each member makes a difference. I am really glad I, with all the other volunteers, was able to make a difference for just a piece of the preparation for this event. Looking forward to next spring already!



Our Worth Tasting on Worth Avenue Committee: Cynthia Camacho, Jill Pritch, Jenn Leo, Laura Wissa, Betsy Mathews, Emily Gehring, Sarah Garcia, Lisa Bagocius, Mirna Winn and Meg O'Grady (not pictured: Mary Bart Houston, Liz Gregg, and Kristen Van Dingen)



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WORTH TASTING ON WORTH AVENUE

**WORTH AVENUE, PALM BEACH
FEBRUARY 25, 2012**

Clockwise From Top: Kimberly Lyon, Christina Jerabek, Shelly Albright, and Pam Schanel; Angelica Medina-Wyke and Elizabeth Bockmeyer; Sarah Templeton and Lindsay Demmery; Beth Stevens and Christina Urena; Kelly Leyden and Heather Floyd
(Photos courtesy of Beth Stevens and Gonzalo Villota of Jason Myers Photography)





WORTH TASTING ON WORTH AVENUE

**WORTH AVENUE, PALM BEACH
FEBRUARY 25, 2012**

Clockwise From Top Left: Janet Beach and Tawney Schwarz; Jenn and Kevin Leo; Emily Gehring and Laura Wissa; Shani and Britton Core and Ashley and John Schutz; Luisa-April Brown, Melissa McKinlay, Katie Gamble, Melissa Spitzer; Sophie Skover (Photos courtesy of Gonzalo Villota of Jason Myers Photography)



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Looking Ahead

We're just a little more than halfway through the League year – the holiday luncheon, cluster meetings and hours and hours of volunteer work have gone by – and it's already time to be thinking ahead at next year. Board positions are being nominated and leaders are being looked at for future committees.

As all of this is going on, begin thinking about what YOU want to do next year. How do you like your current placement? Are you happy where you are or do you want to try something new? Where have you not gotten to spend your time at as part of your 15 hours yet? Look at your skills and think about how you might be able to take the League to the next step...and don't forget to share those thoughts and goals with your placement advisors, committee chairs or other members!

One of the great things about Junior League is the organization not only helps others in the community, but it trains its own members and volunteers. This makes it a great outlet for taking risks and testing your skills. Maybe you work in finance for your day job but have always had an interest in event planning– look into joining Arrangements or Worth Tasting on Worth Avenue. Or you think you could be a strong fundraiser – consider joining the Holiday Marketplace or Cotillion. You'll be making a difference and bettering yourself at the same time.

And as we look forward to next year, let's all continue to grow our League. Let's engage the potential in other women around us who also want to work hard to make a difference in our community and beyond. Our new member reception has already passed, but we still look to you all to introduce the amazing women in your life to our League! We still have some spots left in our provisional class for next year and can't wait to see what's in store!

As always, I look forward to the messages I get in the MAL "treasure chest" each month, but feel free to contact me in between too. I am happy to serve as your voice to the board, so send me your ideas, opinions, praises, concerns and questions on anything related to the League and I'll make sure it gets heard and addressed. Feel free to drop me a note any time!



Kristi Marquez
jlpb.mal@gmail.com



Life, League, and the Pursuit of Happiness

While our entire League is out making exciting things happen in the community, a few members have some extra-special news to celebrate this season...



MEGAN FOGG, chair of 4U2 Discover, has a Little Leaguer of her own. Her new baby boy, Ryan Andrew Fogg, Jr. (Drew) arrived on December 14, 2011, weighing a perfect eight pounds, seven ounces and measuring 19.5 inches long.



KELLI JACKSON and her husband, David, welcomed two new additions to the family on September 21, 2011. The couple feels very blessed and is loving parenthood, thanks to adorable twins, Sebastian and Madison. Kelli serves on JLPB's Pink Palm Brigade.

congratulations

AMANDA RIES was recently named as one of the 25 Finalists in Palm Beach County for the William T. Dwyer Awards for Excellence in Education. This prestigious award recognizes educators for their classroom accomplishments, leadership, and community involvement. Nominated in the area of Special Programs, as a Speech-Language Pathologist. She is 1 of 5 finalists in the area of Special Program being considered for this award. Proud to represent her school, community, and the Junior League as a Finalist, the awards ceremony will be held at the Kravis Center on April 24, 2012.



JULIA SMITH, one of the cookbook co-chairs, is now also a bride-to-be. December 16, 2011 was a night full of firsts, as she and Greg Kummerlen went to Schooners, a restaurant they'd never been to before, he got down on one knee with a shiny diamond ring...and she was speechless for the first time ever. They've set a date and 2012 will also be filled with firsts – the wedding will be held December 1! Congratulations on behalf of the League!



MARY BART HOUSTON, a member of our Worth Tasting on Worth Avenue committee, recently competed – and did amazing! – at the 2012 Heraean Games at Seminole Hard Rock Hotel & Casino on Jan. 28. She participated in the RX competition, which is the most advanced level. The current Heraean Games is an all-female CrossFit-style competition, based on the sixth century, is the first official women's competition held in honor of the Goddess Hera.



Provisional members **CHANTAL BEVILACQUA** and **ALLYSON FREEMAN** started their own business, Studio Bijoux, creating resort-inspired, hand-tufted rugs. The ladies were introduced during their days of styling four- and five-star hotels, restaurants and spas across the world. They soon realized they shared a love and passion for bold color and originality and their company vision was born, which is based around innovative products that promote environmental, social and economic stability.



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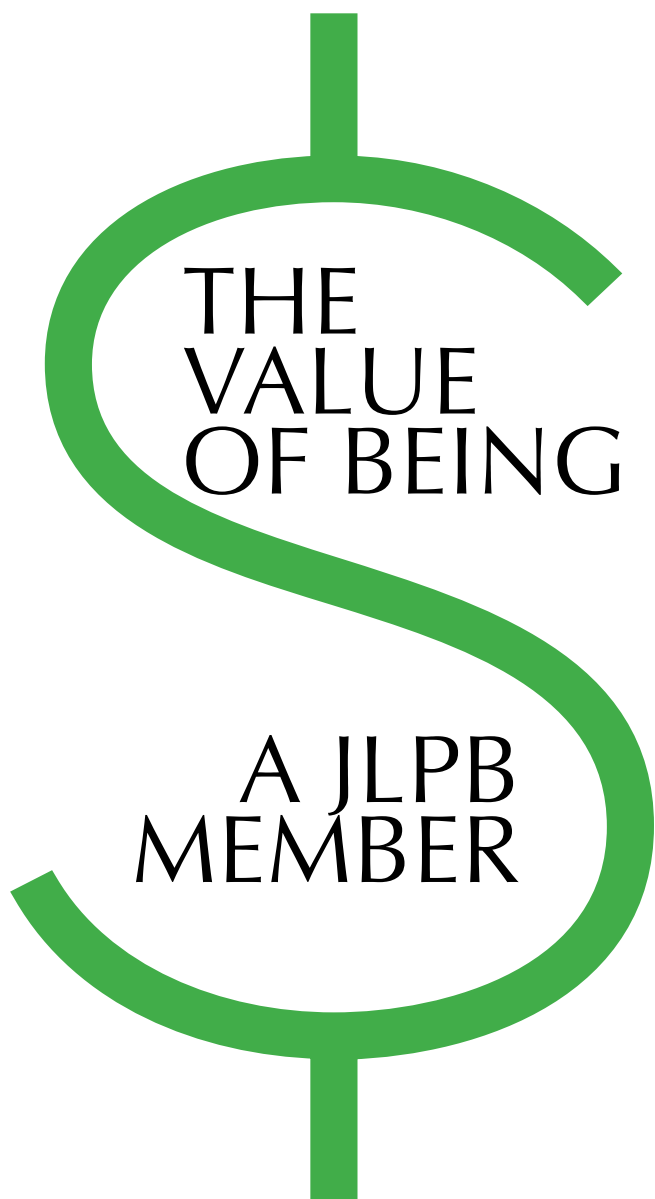


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**BY BETH STEVENS
TREASURER**

Everyone talks about how it is better to give than to receive. I agree. But sometimes giving is receiving.

This past holiday season a family member requested we do not exchange gifts with their family including my 2-year-old niece. I cannot say I was shocked for this part of our family is always surprising us, however, I was hurt. Did they think we were so shallow the only part of the holidays we cared about was receiving presents? And then I realized I was not hurt, I was mad. Mad one of my favorite parts of the holidays was being taken

away from me. I love going to the toy store, picking out the perfect toy, something if I were a kid again I would just have to have, and then wrapping it and waiting in anticipation for the family get together. The day would finally come and the joy I receive from watching her open the gift, her eyes lighting up as she tears off the wrapping paper and sees the first glimpse of the new toy and then busts it out of the box so she can play with it right away (and the fun I have playing with her). So yes, I am giving but I am getting so much more in return. The intangibles of joy, fun, excitement, anticipation, happiness, and fulfillment are so much more.

I give to the Junior League. We all GIVE to the Junior League. Our time, our money, our connections, our support, our kind words, our good words, our waking hours in the middle of the night, our cell phone minutes, our prom dresses, and our culinary skills (how many dishes have you baked, and wrapped, and transported to this event, project, or program this year?) But in giving, I am receiving.

As a member of the Junior League of the Palm Beaches we get so much. Personally, I get this happy feeling from volunteering. Through the Junior League, I go out into our community, make an impact, connect with someone, help someone, in turn help myself and leave with a happy feeling. There is nothing else (until recently, when I became a mother) that gives me this same happy feeling. I like being happy and I wanted that feeling more and more.

Well, if volunteering gave me a happy feeling, then being a leader must double it. And so I became a leader, first as Undercurrents Chair and then as Done in a Day Chair and most recently as Treasurer-Elect and now Treasurer. I cannot say every moment is pure joy but the kind of happiness and fulfillment I receive now is stronger and deeper and vibrates at a higher frequency. Not only am I continually developing my skills as a civic leader, as a board member, as a manager, and a mentor but I am training the future leaders and when they achieve their goals and succeed and grow I feel accomplished. This feeling is not something money

THIS FEELING IS NOT SOMETHING MONEY CAN BUY, BUT MONEY CAN HELP FACILITATE THE MEANS AND PROVIDE THE ENVIRONMENT FOR US ALL TO GROW

can buy, but money can help facilitate the means and provide the environment for us all to grow and flourish to become the civic leaders of tomorrow and to continue the legacy of the Junior League of the Palm Beaches.

At the beginning of February, we all opened our mailboxes and much to our delight (What?! You weren't delighted?) received our annual dues notices. Most were aware of the increase in dues this year. For others, the dues letter was the first notification of the increase.

Each year, the fund development committee reviews the state of the league and member dues. The fund development committee conducted research over the summer and presented the findings and a proposal for a dues increase to board and general membership in October. The findings included:

- Dues have increased by 0% over the last 6 years*
- General & Administrative costs** have increased by 10% over the past 6 years
- AJLI is increasing dues by 20% over the next 2 years^
- JLPB dues were less than several other leagues, including Boca Raton, Miami, and Tampa

*The last JLPB dues increase was in 2005.

**Operating costs to run the league, including equipment, insurance, maintenance, membership development, office manager salary, professional services, supplies & postage, telephone & utilities, website, and workshops & conferences.

^A portion of each member's JLPB dues directly pays their share of the annual Association of Junior League International (AJLI) dues

In the ideal budgeting scenario for our League, we strive for dues to cover the general and administrative costs of running the league so every dollar we earn by fundraising goes directly into the local community through our projects and programs. Before the increase, dues were only covering 80% of the League's operating costs. This left a 20% gap that if our fundraisers did not make up the difference, then the result would be financial losses. Not a terrible scenario for a non-profit for it means there is a great need for our services but not how we want to run our organization long-term. Breaking even is the ideal and after the increase, we are at 98% operating efficiency!

As a member, we receive the intangibles - the happy feelings, the friendships, the connections, the joy of success, being part of the greater good, and the memories (Pegi, one of my favorite sustainers, I hope to tell stories like yours) - and we receive skills and achievements we can take pride in and/or include on our professional and volunteer resumes. Junior League of the Palm Beaches members receive special pricing to league events and invitations to members-only events and social gatherings.

And, as members of the Association of Junior Leagues International, we each receive opportunities for further training through the AJLI.org website, AJLI conferences, and AJLI Webinar Wednesdays, access to a league-wide data base, a knowledge center with publications and materials on best practices from other Junior Leagues for everything from how to develop a cookbook to how to facilitate successful meetings. We also receive special member benefits and discounts, such as preferred rates on hotels, car rentals, flowers, and other special offers (seriously, it's good stuff - check out www.ajli.org).

Thank you for your membership in the Junior League of the Palm Beaches. With your membership and commitment to our league, the JLPB continues your legacy through our community projects and programs and sustains our promise of women building better communities in our local area.

PS - I bought my niece a gift anyway and she loved it!

MEMBERSHIP VP REPORT

**RESPECTFULLY SUBMITTED BY PAM SCHANEL
MEMBERSHIP VICE PRESIDENT**

LEAVE OF ABSENCE

Elisha Roy
Alicia Herrera

CHANGE IN STATUS

Jamie Gozzo – Returned from leave to active status
Sunni Johnson – Returned from leave to active status
Heather Lubbel – Dismissed
Jennifer Lubbel - Dismissed
Jaimee Peirce - Dismissed

TRANSFER OUT

Natalie Dunn – Active to Miami, FL
Skelly Holmbeck – Active to Northern Virginia
Jackie Jones – Sustainer to Collin County, TX

TRANSFER IN

Charlotte Hartlaub – Sustainer Emeritus from Summit, NJ
Charete Plummer – Active from Miami, FL

DECEASED

Joan Cook
Luck Hodgkins

MEMBER COUNT

188 - Actives
26 - Actives on Leave
2 - Non-Resident Actives
96 - Provisionals
345 - Sustainers
5 - Non-Resident Sustainers
9 - Sustainer Inter-League
7 - Sustainer Inter League Palm Beach Home
70 - Sustainer Emeritus
3 - Emeritus Inter-League
5 - Emeritus Inter League Palm Beach Home
TOTAL MEMBERS – 756

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SUSTAINER NEWS

Spring 2011

Springtime and Sustainers means only one thing...many fun events have been planned for you so please join us! The Sustainer Board has been meeting regularly this year in an effort to provide a variety of activities for all of you. As always, please feel free to contact us with any ideas.

Do you recall the rhyme to remember the six wives of King Henry the VIII—"divorced, beheaded, died, divorced, beheaded, survived?" **MARGARET KAYWELL** planned a delicious and engaging "Lunch and Learn" at the Sailfish Club where those wives were described by none other than King Henry himself! This was not your ordinary stale lecture as King Henry in full regal splendor described those six wives along with interesting facts about life during the Tudor era. Intrigued about the true identity of the King? Find out in the Luncheon recap in this publication. Thank you Margaret!

Ever wonder exactly what the Garden Club does each month? Our Garden Club Chair, **LAURA MCLEOD**, plans great activities that are a combination of hands on activities and informational tours. You may learn how to create your own beautiful flower arrangement using materials from your yard along with flowers purchased at the grocery store or discover how to grow your own Bonsai. Another month you may be treated to a special tour of a private "walled" garden that only a few have the opportunity to see or visit an organic local cooperative market to pick your own fresh vegetables. Laura has planned something for everyone!

The weather is perfect for kayaking at McArthur State Park! Check the e-blast for updates on our kayaking excursions. Many thanks to our kayaking enthusiast **EDNA STRNAD** for arranging these opportunities to enjoy our beautiful local scenery. Many other Spring activities will include Croquet at PGA National, Sip n Shop Spring Marketplace, the Annual May Dinner, along with our regular monthly Book Club and Bridge Club gatherings. Look for information regarding a Pot Luck Happy Hour at McArthur State Park in May.

We would like to thank **PHILLIS AND CASEY JONES** for hosting our Annual Sustainer Cocktail Party for a second year in a row! These two are such gracious hosts and made the evening so special in their beautiful home. It was such a treat to enjoy their magnificently landscaped yard and poolside area. We all admired Phillis' collection of magnificent orchids placed throughout their home. It was a fabulous evening and we can't thank them enough for being such cordial and welcoming hosts.

Happy Spring everyone!

Lynne Wells
JLPB Sustainer Chair

Jerri Engelbrecht
JLPB Sustainer Chair-Elect

SUSTAINER BOARD

CHAIR—Lynne Wells | CHAIR-ELECT—Jerri Engelbrecht | SOCIAL MEDIA CHAIR—Sara Frattori
PHILANTHROPY CHAIR—Irene Goodkind | TRANSFER CHAIR—Jayne Barkdull | SOCIAL CHAIR—Debra Cannava
SUSTAINER ADVISOR—Esther LaBovick | MEMBER-AT-LARGE—Wendy Labbett
GARDEN CLUB CHAIR—Laura McLeod | EVENING BOOK CLUB—Lynda Pepper
DAYTIME BOOK CLUB—Kelly Domnick | SECRETARY—Susan Teaford
BRIDGE—Betsy Vaughn and Janice Stearns | UNDERCURRENTS—Margaret Schuermann



SUSTAINER NEWS

LUNCH & LEARN

Fifty-three Sustainers, Actives and their Guests enjoyed fun and fellowship at the Sailfish Club in Palm Beach, January 27, while listening to a talk straight from the Royal lips of His Majesty Henry Tudor. Hosted by sustainer MARGARET KAYWELL and featuring her father ROBERT BAYLESS, a historian and lecturer, the luncheon was held in a lovely room adorned with centerpieces of union jacks encircled with crowns.

After a delicious salmon salad lunch, Henry VIII entered the room to in full costume. Speaking along with a powerpoint presentation that would be most foreign to his time, he recounted his courtships, marriages and various endings to his many wives. A fresh twist on an oft told tale, the attendees were enchanted by the humorous and interesting presentation. Thank you to all that participated and ...God Save the King!!



2011-2012 SUSTAINER CALENDAR!

*INDICATES EVENTS WITH JLPB ACTIVES

PLEASE CHECK YOUR E-BLAST AND UNDERCURRENTS FOR ANY CHANGES AND UPDATES

Please see the following calendar of exciting events in the works for our 2011-2012 Season! In addition to several combined events with JLPB Actives, please join the Sustainers for – Area Dine-Arounds and Lunch-Abouts, Bridge, Book Clubs (day and evening), Norton After Dark, Kayaking, Golf, Croquet, Gourmet Class - Williams Sonoma, Garden Club and Tours, Cocktail Parties, Viscaya Tour and more! Our group spans Palm Beach County from Wellington north through Jupiter. We look forward to seeing you! Please contact Lynne Wells, Sustainer Chair, 561-775-0579

MAY

May 3—Bridge Club. 9:45am at Beach Club
Palm Beach
May 5—Sustainer Happy Hour at MacArthur
State Park
May 8—Evening Book Club, 6pm
"Dreams of Joy" by Lisa See
May 16—Daytime Book Club
May 17—Garden Group Tour, 10am-12pm
TBD—JLPB May General Meeting and Dinner*
TBD—Sustainer Board Annual Planning Meeting

APRIL

April 5—Bridge Club, 9:45am at Seagate Beach
Club, Delray Beach
April 10—Evening Book Club, 6pm
"The Immortal Life of Henrietta Lacks"
by Rebecca Skloot | Hostess: Ann Talley
April 18—Daytime Book Club
"The Immortal Life of Henrietta Lacks"
by Rebecca Skloot
April 19—Garden Group, Phipps Tour, 10am-12pm
April 21—Croquet, PGA National
Organizer: Barbara Weltner
April 28—Wine Dinner at Palm Beach Yacht
Club | Hostess: Debra Cannava
TBD—MacArthur State Park Kayaking*

JUNE

June 12—Evening Book Club, 6pm
June 19—Garden Group Tour, 10am-12pm
June 20—Daytime Book Club



GOLF BEGINNERS INTERESTED?

Several ladies are interested in forming a Beginners Golf Group.
If you would like to join in, please contact Lynne Wells at pwells2202@comcast.net.



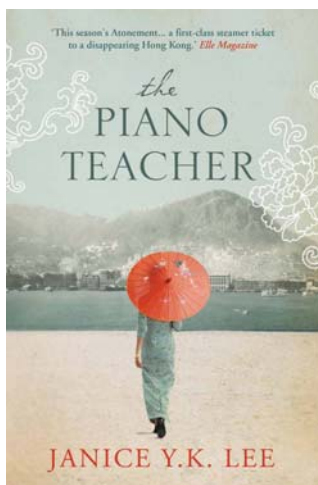
PHONE TREE CALLERS NEEDED!

Can you help call some of our Sustainer members without emails? You will call a few ladies once or twice a month so we can help them stay involved with Sustainer news and events. Please let us know if you can help. Call Lynne Wells at (561)775-0579 or pwells2202@comcast.net



SUSTAINER NEWS

Sustainer Book Club



Our Evening Book Club met at P. F. Chang's China Bistro, in Palm Beach Gardens, FL, on Tuesday, February 7, 2012. We gathered to celebrate the Chinese New Year of the Dragon, and discuss *The Piano Teacher*, by Janice Y.K. Lee. Some of the members of the book club shared their experiences traveling in China and Lynne Lowry Wells, the JLPB Sustainer Chair, distributed a calendar to the members and discussed the many interesting Junior League events coming up. Check for the prior page for details. Our April selection will be "The Immortal Life of Henrietta Lacks" by Rebecca Skloot, hosted by Ann Talley.

Evening Book Club — Lynda Pepper at pepperlynda@gmail.com

Daytime Book Club — Kelly Domnick at domnick2007@bellsouth.net



Lynda Pepper, Sally Sellwood, Jan Smedley, Laura Hanney, Debra Cannava, Cindy Vogel, Edna Strand, Montyne Winokur, and Lynne Wells.



SUSTAINER NEWS

SUSTAINER COCKTAIL PARTY

It was perfect night for a party on Saturday, January 28th as nearly 100 Sustainers and their guests mingled around the pool and inside the lovely Steeplechase home of Phillis and Casey Jones. Candles lit the way along the driveway setting the tone for a festive evening. Once inside, guests were treated to delicious hors d'oeuvres placed throughout the home, on the expansive back porch, by the pool, and on the beautiful dining room table. This was the 4th Annual Sustainer Cocktail party and it has become one of the favorite gatherings of the year.



WHAT IS THE JUNIOR LEAGUE

BY SUE GIBSON

As members of The Junior League of the Palm Beaches, we know that we are a strong group of past and present women volunteers, who focus on the needs of our community in Palm Beach County. Our recent causes concern the needs of foster care children; young adults who have aged out of foster care; the need of underserved youth to be exposed to local cultural institutions; visual and auditory fitness; the need for better food choices for families and children; booster seats in cars, or to tighten local and state laws against bullying and cyber-stalking. We see a great need in our community, and our League provides us the tools to change those conditions. But, what is the “Junior League?” Where did it come from? New York socialite Mary Harriman, daughter of Union Pacific Railroad magnate, E.H. Harriman, and sister to future New York State Governor, W. Averell Harriman, founded the original “Junior

League” in 1901. Their family has ties to the Palm Beach community to this day, but the legacy of Mary Harriman in particular has impacted our entire nation, and beyond.

Mary attended Barnard College, studying Sociology, a very forward choice for women of her time. While studying for her entrance exams, she attended a lecture about the growing Settlement Movement and the work of Settlement Houses in Chicago. She visited and was impressed with the College Settlement in New York City, where college graduates and students lived among the immigrant population to learn their problems and needs.

The American Settlement House movement was established in the United States in the late 1800’s. Originating in England, a settlement house was created as a place to house recent emigrants. In New York and Chicago, these houses were created

to welcome new emigrants to the USA. Many of the thousands of emigrants who were processed through Ellis Island were placed in settlement houses on the lower east side of Manhattan. There they found cramped quarters, impoverished living conditions, limited job opportunities, language deficits, and learned that their children faced a bleak future because of those conditions. Inspired by the hope of immigrating to America, and with the help of people like Mary Harriman and her friends, many settlement house residents found new opportunity.

Mary was a mere 19 years old when she saw that need in inner city New York, and viewed an endless resource in the young women she knew socially through New York society's debutante system. She knew a vast number of women who could be "tapped" to help a cause, but who lacked a "know-how" in how to best go about to bring social change and improve the lives of the many

so easy as it is today for girls to be independent and to be in touch with the reality of poverty or disaster. But to help means, first of all, to understand, and there can be no understanding without participation. The band of young women who were pioneers in the Junior League has been true to their youthful desire to share their lives with others. And today one finds them and their like-minded successors in every field of social welfare and education, independent as voters and with a growing concern, I believe, for international good will." Simkhovitch, a student at Boston College and Radcliffe, was inspired through her work to promote social and spiritual welfare; she founded Greenwich House in 1902, and served as its director until 1948.

In 1903, a shy, young friend of Mary Harriman's joined the New York Junior League. Eleanor Roosevelt first entered public life when she became involved in settlement work with the

INSPIRED BY THE HOPE OF IMMIGRATING TO AMERICA, AND WITH THE HELP OF PEOPLE LIKE MARY HARRIMAN AND HER FRIENDS, MANY SETTLEMENT HOUSE RESIDENTS FOUND NEW OPPORTUNITY.

in Settlement Houses in New York City. As lead "Debutante" of that New York Social Season, Mary determined that the debutantes of that year would produce an "entertainment" to raise funds to benefit the settlement house cause. Beyond that, she started "The Junior League for the Promotion of Settlement Movements" which later became, the "Junior League of the City of New York." Its goal was to not just raise money to aid the needy in their city, but to also provide adequate training of its members to facilitate social change. Today, we all know this institution as The Association of Junior Leagues, International.

Mary Kingsbury Simkhovitch, upon the 50th anniversary of the New York Junior League remarked, "...we met at Mary Harriman's home and cooked up together the plan to develop girls' interest and helpfulness in the growing work in the Settlements. This was a period when it was not

Junior League. In her 1947 autobiography, *This is My Story*, Mrs. Roosevelt wrote, "I had grown up considerably during the past year and had come to the conclusion that I would not spend another year just doing the social rounds . . . I began to work in the Junior League. It was in its early stages. Mary Harriman...was the moving spirit. There was no clubhouse; we were just a group of girls anxious to do something helpful in the city in which we lived." Eleanor, niece of President Teddy Roosevelt and future wife of distant relative and future U.S. President, Franklin Delano Roosevelt, was a member of the 1902 Debutante Class of New York City. She volunteered as a social worker at the Rivington Street Settlement House, working with the settlement children by teaching calisthenics and dancing.

In just a few years, twenty-two Junior League volunteers were teaching art, calisthenics,

dancing, and singing to children in the settlements. Within a few years their efforts expanded to other settlement houses including Greenwich and Hartley House.

President Franklin Delano Roosevelt reminisced that when he first began to court Eleanor, she surprised him with an invitation to visit the settlement house where she worked as a Junior League volunteer. She showed young Franklin a side of New York he had never seen before, and he credited Eleanor's activism as the inspiration that awakened his social consciousness and led to their lifelong partnership and commitment to social change.

By 1921, approximately 30 Leagues banded together to form the Association of Junior Leagues of America to provide support to one another. With the creation of the Association, Mary insisted that although it was important for all Leagues to learn from one another and share best practices, each League was ultimately beholden to their respective community and should thus function to serve that community's needs.

In 1933, then President Franklin D. Roosevelt appointed Mary Harriman to chair the Consumer Advisory Board (CAB) of the

SHE SHOWED YOUNG FRANKLIN A SIDE OF NEW YORK HE HAD NEVER SEEN BEFORE, AND HE CREDITED ELEANOR'S ACTIVISM AS THE INSPIRATION THAT AWAKENED HIS SOCIAL CONSCIOUSNESS

National Recovery Administration (NRA), the first government consumer rights group. Despite her inexperience, Mary's work with farming cooperatives and belief in the power of cooperation would come to be one her greatest assets. Mary would promote the formation of consumer groups across the nation, but her work as chair of the CAB was short-lived as Mary died in 1934. She left behind a continued legacy for reform, as she'd encouraged her brother to leave his finance career and move into politics. Her greatest achievement, it can be argued, though, was her vision that woman held the potential to impart great social change and betterment, if given the opportunity and training. Her creation of the Junior League insures that her vision lives on in each of us, as "Junior Leaguers."

DID YOU KNOW?

THE FOLLOWING REMARKABLE WOMEN WERE MEMBERS OF THE JUNIOR LEAGUE

JULIA CHILD — RENOWN CHEF AND AUTHOR

BETTY FORD — FORMER FIRST LADY

PAM BONDI — CURRENT ATTORNEY GENERAL OF FLORIDA

GLENDIA HOOD — FIRST FEMALE MAYOR OF ORLANDO, FL

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ADVOCACY

SUCCESS CAN BE MEASURED: 2012 SPAC CONFERENCE, TALLAHASSEE, FL

The word on the streets of Tallahassee: The Junior Leaguers are in town...receiving much more attention than to 2,000 cowboy hats roaming the hill for Beef, Inc. January 17th and 18th, our Palm Beaches Advocacy Committee for the annual and final State Public Affairs Committee Forum in Tallahassee. The point was to disseminate information on our chosen platform, and advocate the specific bills aligning with the causes we took the entire year to research and vote in.

Historically JL has thrown the book at the law makers about the lack of attention to children, those particularly who are of booster-seat age, roughly weighing roughly 40 lbs. or less. After 10 years beating floors of our capitol, even with a backing of Disney and major insurance companies, it was officially scraped to the side of our plate to make more room for 3 new pressing issues. Why in the world would a Junior Leaguer ever give up, you ask? We certainly did not.

The social impact and buzz created around the lack of legislation for booster seat protection will forever live, at least until some legislation has passed. For example, Representative Irv Slosburg (District 28) said it best in his recent article in the Sun-sentinel. "For ages 3- 14, 32% of motor vehicles crashes are the leading cause of death for children who were unrestrained. A child does not have a choice to protect themselves once in a vehicle." As a personal witness to the initiative, it is still there haunting each legislator. These legislators receive horrific emails and phone calls from State Troopers, and other concerned voters, detailing a recent incident resulting in yet another tragic death of a child who needlessly died.

As you well know we stomped the grounds of capitol to raise awareness on the constant problematic aging-out of foster care, the elimination of food deserts by offering fresh food

retail options, and encourage new procedures for girls trapped in sexual human trafficking. Meetings with our local legislators consisted of 5 minute increments to not only bring awareness, but offer real examples through our work in the community through Vita Nova, Gap, Nelle Smith, etc. Through the SPAC cocktail party and individual meetings, we met with over 10 legislators...Including: Representative Jeff Clemens, Senator Ellyn Bogdanoff, Senator Lizbeth Benacquisto, Senator Maria Sachs, Representative Mark Pafford, Representative Pat Rooney, Representative Lori Berman, and Representative Irv Slosburg.

Our information, on-point and well received, was backed by other individual initiatives such as Senator Benacquisto's Human Trafficking efforts through Senate Bill 1816. Our trip ended on a safe trip back to Palm Beach County, and we did it all in just 48 hours. We encourage all members to keep track of our supported bills throughout the process.

Human Trafficking/Safe Harbor: Senate Bill. 202 /House Bill 99

Foster Care Age-out/Independent Living: Senate Bill 1902/House bill 417

Food deserts Senate Bill 852

As members, we will all benefit as we see these legislative changes positively influence a greater future for the women and children we serve in the community. Thank you for all your support.



Advocacy Committee with Rep. Pafford

EYE & EAR ALERT

Did you know that the Eye & Ear Alert program was founded by the Junior League of the Palm Beaches in 1968? This program has been going strong for over 40 years now. Why? Because our community knows there is a need for this program and they are grateful to us for helping identify problems related to vision and hearing in preschoolers. Can you imagine these precious little ones struggling to see the board at school or not being able to hear clearly? It is affecting their learning, their health and their future. And the little darlings don't even know it.

The American Academy of Ophthalmology says, "Good vision is key to a child's physical development, success in school and overall well-being.... If a young child's eyes cannot send clear images to the brain, his or her vision may become limited in ways that cannot be corrected later in life. But if problems are detected early, it is usually possible to treat them effectively." (American Academy of Ophthalmology <http://www.geteyesmart.org/eyesmart/living/children-eye-screening.cfm>)

Let's help the children in our community! Please join us at one of our upcoming screenings. YOU can change the life of a child! We meet Tuesday mornings at 9am at Memorial Presbyterian Church in West Palm Beach. Our shifts are from 9am to 12pm. We have a great time while doing amazing work! We would absolutely love for you to join us. You do not need to have prior experience and we have FREE childcare. Just sign up online!

UPCOMING EYE & EAR ALERT SCREENINGS:

TUESDAY, APRIL 3RD
TUESDAY, APRIL 17TH

VITA NOVA

2012 is off to a great start! The first 5 after 5 meeting of the year was a success; the topic of the evening was resume writing and we were able to provide helpful tips to the residents who are starting to develop a resume for future job opportunities. After a brief lecture on resume writing techniques, the residents broke into groups where they worked one on one with junior league members to write their resumes. In addition to the 5 after 5 meeting, the Vita Nova committee hosted an evening of fun at the South Florida Fair. We had a record number of residents participate in the evening. The residents were able to enjoy the fair and ride some rides with Junior League members. The evening ended with a bit to eat of that delicious fried fair food, it was a fun event which the residents thoroughly enjoyed spending with the Junior League members. With the first month behind us, we look forward to an exciting spring with the Vita Nova residents; we plan on taking the residents to a sporting event.



HOLIDAY LUNCHEON

Saturday December 10, 2011 the Special Events Committee (Angela Culveyhouse Chair, Molly Stringer Chair, Jamie Gozzo, Jennifer Lazzara, Audrey Sutton and Christina Urena) of the Junior League of the Palm Beaches held their annual Holiday Luncheon. A private club, The Ritz-Carlton Golf Club & Spa in Jupiter, Florida was the beautiful and festive location thanks to ACREE & ASSOCIATES, our club sponsor. The Junior League of the Palm Beaches is extremely grateful to our sponsors that helped us put on this event, SUSAN LEE and KATHRYN VECELLIO (Gold Sponsors), RUDOLPH & ASSOCIATES, MEDICAL CENTER OF THE PALM BEACHES (Silver Sponsors) and JOANNE STRINGER, DR. CHRISTINA URENA, YUMMI YOGINI, NEPTUNE RESEARCH, PALM BEACH MEDICAL and SUPERIOR VIRTUAL SERVICES (Patron Sponsors). The entertainment was provided by PALM BEACH ATLANTIC UNIVERSITY PREPARATORY DANCE DEPARTMENT under the direction of EILEEN HEBRON. Snowflake, Chinese tea, and sugar plum fairy dancers performed three different scenes from the Nutcracker. Additionally, they were very enthusiastic sellers of our raffle tickets. We came to the conclusion at the end of the day that kids are much better at selling raffle tickets than adults. The day was filled with amazing weather, a delicious three course meal and some fabulous shopping from our twelve spectacular vendors. Sustainers and provisionals as well as actives enjoyed the prizes of over twenty raffle items including jewelry, purses, spa experiences, and even a huge basket of coffee items. We came to the conclusion that the executive board table had a lucky Buddha underneath since they took home around half of the raffle items! The club was beautifully decorated for the holiday season and many people purchased last minute Christmas presents whether for someone else or themselves. The sold out event brought out the holiday spirit in everyone.



Q&A with Sophie Skover

author of *The Continuous Appetite*



Have you ever found yourself eating and eating and eating and, even though you know that you won't be happy with this choice later, you're unable to stop? After the eating has ended, it's as if a wave of self-hatred hits you in the face and begins to drown you. Rather than continuing to let this wave hit you in the face, Sophie has written a book that will teach you how to surf your way out of overeating.

Eleven years ago, Sophie Skover, once found herself living in this destructive eating pattern, and said if I ever get out of here I will write a book that will help others do the same. That time has come and Sophie has released her first book, *The Continuous Appetite, Understanding Your Cravings, Ending Your Overeating!*

WHO IS SOPHIE SKOVER?

Sophie is an author, holistic life coach, and inspirational speaker, who works to help others experience harmony in their lives. She became passionate about this "life changing" path after she healed from bulimia and lost seventy-five pounds through the process. In 2006, Sophie started her own company, LSS Harmony Life Coaching, to help people who are struggling with life to find freedom. She also developed this program called *The Continuous Appetite*™ to help people discover the meaning underneath their cravings and practice different techniques that result in the end to emotional overeating, which she has now turned into a book.

HOW DOES THE CONTINUOUS APPETITE STOP YOU FROM OVEREATING?

The Continuous Appetite takes you on an interactive journey of your holistic self: your body, emotions, mind and spirit, and brings awareness to help you recognize what is happening within those parts of you, long before a craving is present. As you gain awareness, by practicing different techniques, your destructive eating habits are transformed and you're able to positively respond to your life, instead of compulsively acting on your cravings.

WHAT WILL I GET FROM READING THE CONTINUOUS APPETITE?

Take this analogy: The ocean represents your life and the waves are the constant changes that life offers. The surfer is you, and the surfboard is the sum of tools you will collect through reading *The Continuous Appetite*. The first awareness is that food is not the problem. Instead, food is the foam from a wave—simply a distraction. The next awareness is to understand how all the waves of life affect you, and then learn to deal with them differently. The final awareness is using the tools in *The Continuous Appetite* to get up on your board and surf the waves of life.

WHERE CAN I GET IT?

It is now available online at many retailers including Amazon and Barnes and Noble. But look out, Sophie will be doing lectures and Meet the Author Book Signings at surrounding bookstores in Palm Beach County.



AUTHOR SOPHIE SKOVER

mark your calendars...

Plant seeds for a happy Spring. Mark your calendars with the upcoming JLPB Events and fill up on League happenings and volunteer opportunities like the following:

April

4/03	Provisional Member Meeting at JLPB Headquarters
4/07	PASSOVER BEGINS
4/08	HAPPY EASTER
4/11	Education & Training
4/12	Leadership Training - Conflict Management
4/17	General Membership Meeting at Bear Lakes Country Club
4/22	EARTH DAY
4/25	Education & Training
4/27	Secondhand Sunshine Fine Spring Sale
4/29	Kids in the Kitchen with JLPB

May

5/01	Provisional Member Meeting at JLPB Headquarters
5/02	Education & Training
5/03	Leadership Training - Teamwork and Collaboration
5/05	CINCO DE MAYO
5/13	HAPPY MOTHER'S DAY
5/28	MEMORIAL DAY
TBD	May Dinner

June

6/17	HAPPY FATHER'S DAY
	HAPPY SUMMER VACATION!

THE GIVING TREE CAMPAIGN

golden leaves, preserving the past, ensuring the future



WHAT IS THE GIVING TREE CAMPAIGN?

This is an opportunity for members to make a tax-deductible contribution to the League to support the maintenance and upkeep of our new Headquarters home.

Now that we have our new Headquarters, we want to be able to keep it beautiful through time. The Giving Tree fund will be used for future repairs and upkeep of Headquarters in hopes of avoiding another full renovation in the future. A beautiful donor tree will be located in the main conference room above the couch for all to see! The Golden Leaves on the tree represent different levels of giving.

WHAT IS UNIQUE ABOUT THIS OPPORTUNITY?

When you make a donation, you will also 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____

Name as it appears on the card: _____

PLEASE PROVIDE INFORMATION TO BE ENGRAVED ON YOUR GIVING LEAF:

Name: _____

Company: _____

Recognition: _____

(In Memory, In Recognition, Family & Children Names, Member Since, etc.)



HEIDI MACKEY

My name is Heidi Mackey and I have been a member of the Junior League of the Palm Beaches since 2010. This year I am co-chairing the Eye & Ear Committee with Jen Bell. I received a B.A in Spanish and Education from Ohio Wesleyan University and an M.A in Spanish from Middlebury College. I relocated to the area 2 and ½ years ago with my husband and two children. When I am not volunteering with the league or my children's school or chauffeuring my kids around, my top ten MUST HAVES are:

1 MY FAMILY AND FRIENDS



2 MY YELLOW LAB MURPHY

SUNSCREEN AND A HAT

3

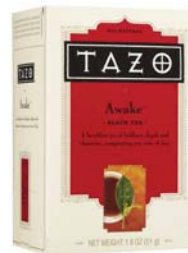


4 KATYDID DESIGNS JL T-SHIRTS WITH MATCHING BELTS

CUCUMBER SALAD FROM TOO BIZARRE

5

6 TAZO AWAKE TEA



7 JACK ROGERS SANDALS

SHOOTING SPORTING CLAYS

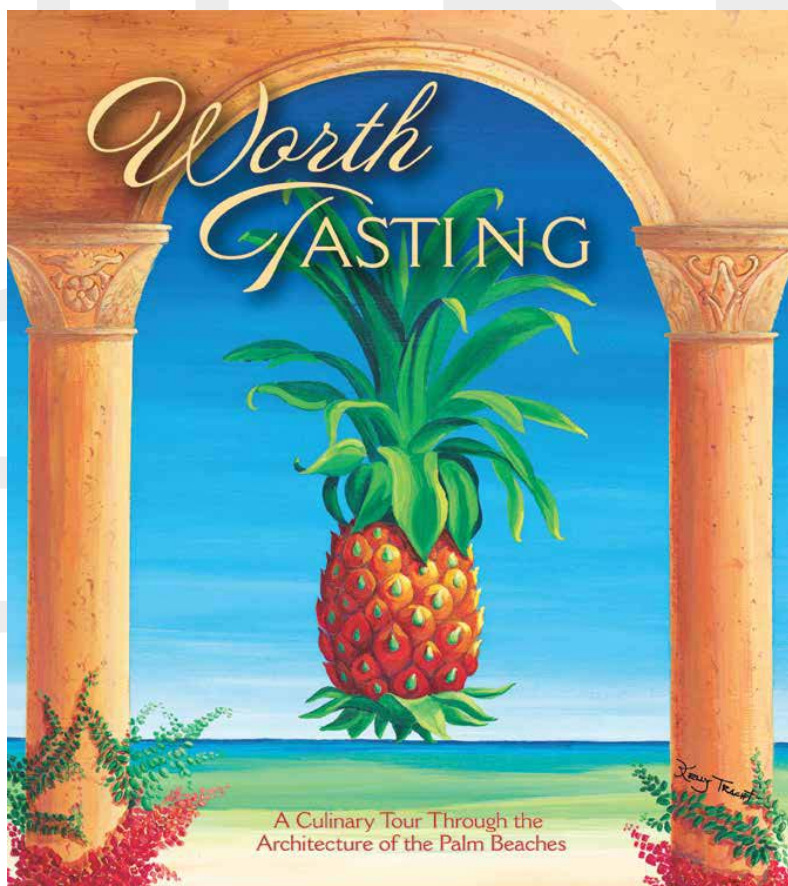
8

9 GREEN AND BLACK'S ORGANIC MILK CHOCOLATE

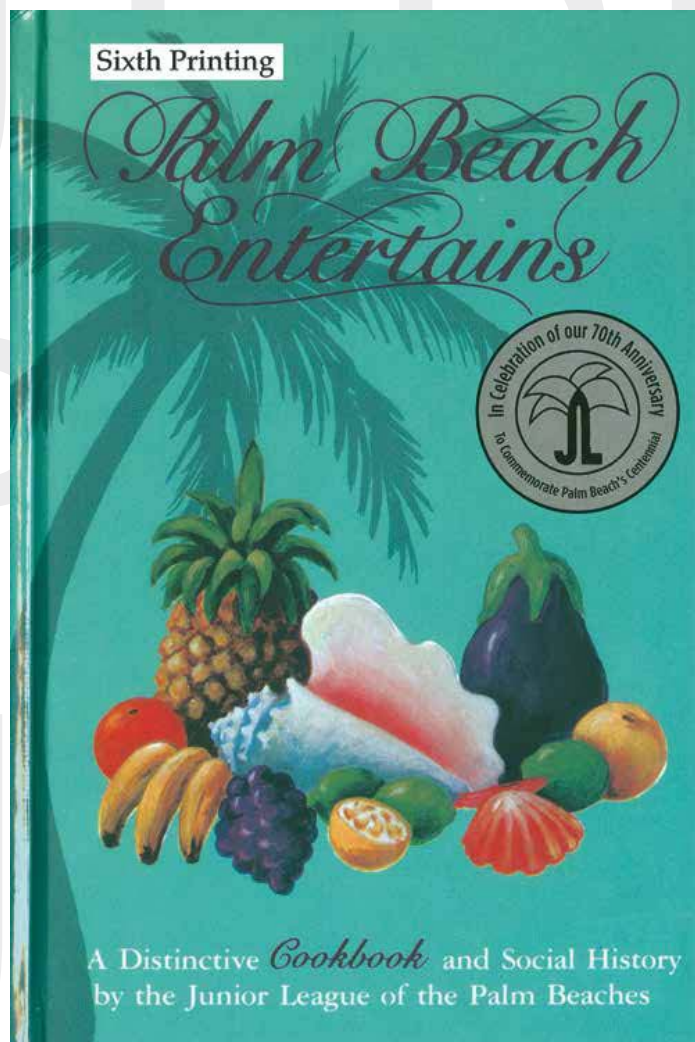


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