

JUNIOR LEAGUE OF THE PALM BEACHES

UNDERCURRENTS

SUMMER 2013 / JLPB.ORG



**2012-2013: Junior League's Impact on the Community
and Future Generations**
p. 10

Showing Off Your JLPB Logo
p. 43

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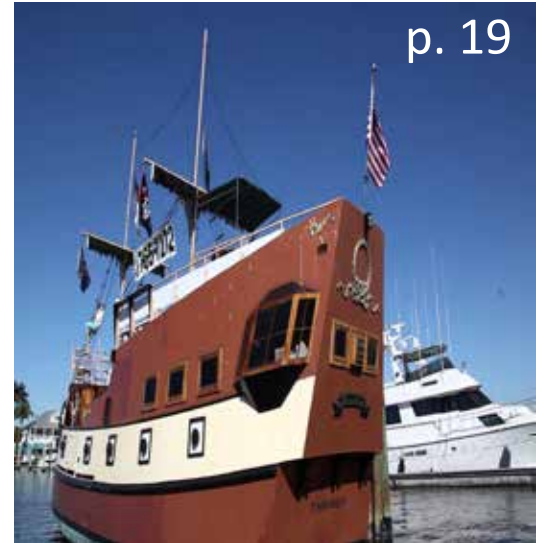
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contents *Summer 2013*



Cover:
Little Leaguers, (left to right) Maddie DeMay, Shelby Russell, Callie Allen and Katelyn Allen, from Beacon Cove Intermediate School pose for the cover shot for the Summer issue of Undercurrents. Little Leaguers are a group of elementary school-aged students who help out and volunteer throughout the community and at Junior League events.
Photo credit Nathan Hamler Photography.



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UNDERCURRENTS

JUNIOR LEAGUE OF THE PALM BEACHES



Thank you to the outgoing 2012-2013 Leadership Team.
Meet the 2013-2014 Leadership Team in the Fall Issue.

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

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The ABCs of Being a Junior Leaguer

Always Listen
Be Willing to Change Direction
Celebrate Others
Don't Hope - Decide; Don't Dream - Do
Enjoy the Journey
Forgive and Forget
Gain Experience
Happiness Doesn't Mean Perfection, Humor Can Alter Any Situation
Inspire Others
Just Do It
Knowledge Is Power
Live to Laugh, Love to Live
Make It Happen
Nurture Relationships
Overcome Obstacles
Patience and Perseverance Solve Problems
Quit Complaining
Remember to See Both Sides
Show Up
Trust Others and They Will Be True, Teach Others and They Will Excel
Unite People
Visualize the Future
Wise Up
EXpress Ideas; It Creates Excitement and Exploration
Yield Gracefully
Zeal Should Be Partnered With Wisdom and Then Encouraged

I have been inspired by women with incredible talents and gifts. I have been impacted by the courage, strength and character of women. I have been empowered and encouraged by the changes women make in our community. Thank you for allowing me the incredible opportunity to lead our organization this past year. I look forward to all the exciting programs and events on the immediate horizon for the upcoming League year under Pam Schanel, our President for the 2013-2014!



Shelly Albright
JLPB President 2012-2013



Shelly Albright
JLPB President
2012-2013
shellyalbrightjlpb@gmail.com

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 2012-2014 is children's wellness and welfare.

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Summer! It used to be a time when we could relax and take inventory before we started a new Junior League year. However, as times have changed, so have our summers! It seems Junior Leaguers are busier in the summer than they ever were, planning and preparing for the upcoming JL year.

With all that planning comes the excitement that this volunteer year is going to be an amazing one. From the new venue for the Deck the Palms Holiday Market to returning to Palm Beach for Worth Tasting, we are looking forward to starting the 2013-2014 Junior League year and laying out another season of Undercurrents.

However, we know everyone needs a moment to reflect on the past year. For us, we were amazed at how our committee came together and produced a quality publication to inform and educate members and the public about the JLPB and all of our projects. We were humbled by all the support of our advertisers and the backing we received from League members.

As we forge forward into a new year, we hope to keep the quality of the content in Undercurrents up to par with your expectations, but we know with all the good work our members are doing, that will not be a hard task to complete.

Enjoy the rest of your break and we do hope you get a chance to take a moment to relax and partake in the fun that is summer!

Best,

Joella and Rebecca



Margaret Schuemann

*Thank you
to our Beautiful
Undercurrents
Committee*



Lara Chapman



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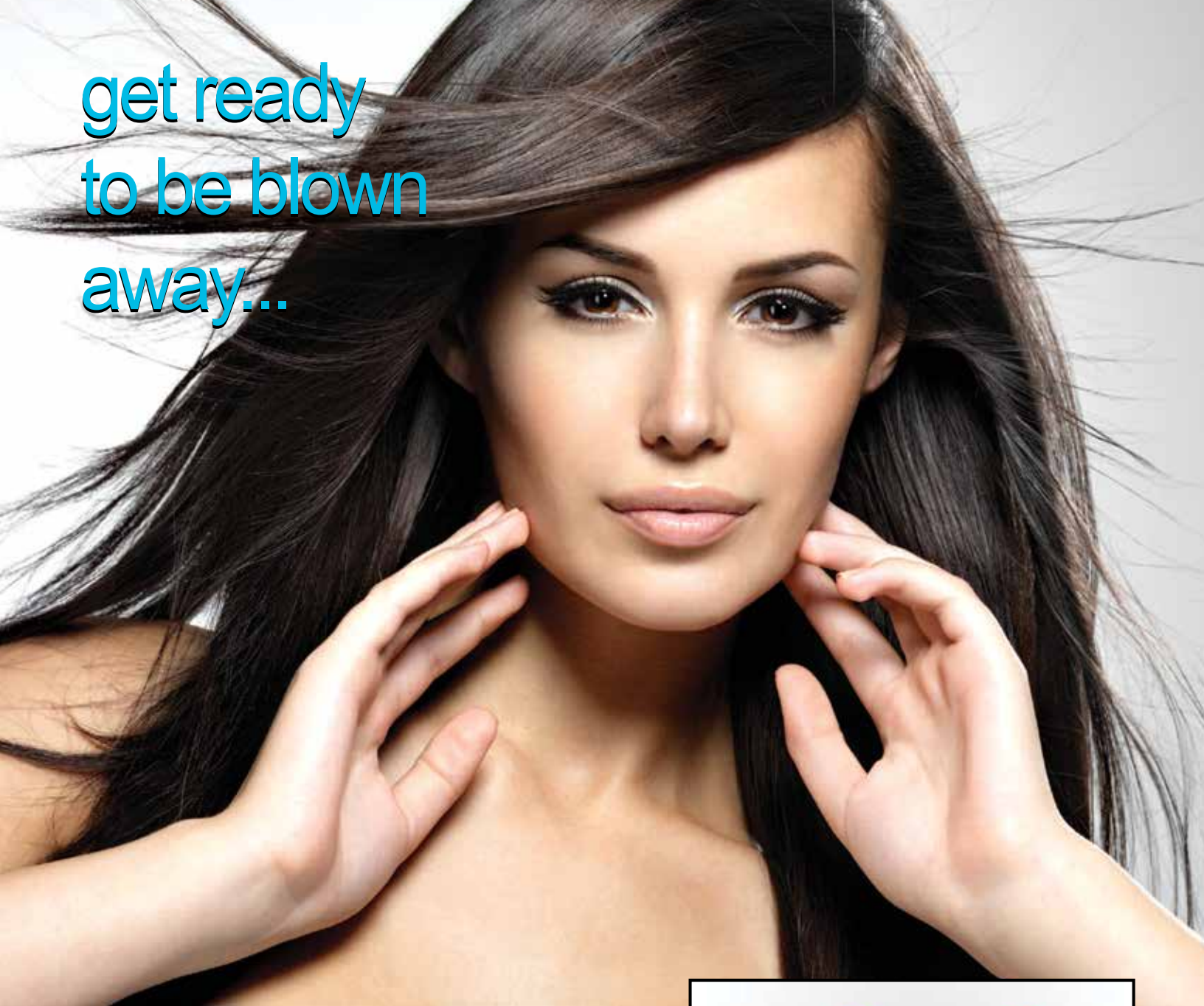


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Discover the **IMPACT:** Junior League of the Palm Beaches *2012-2013* Year in Review

Junior League of the Palm Beaches (JLPB) was featured in Palm Beach Illustrated, Palm Beach Post's Notables, Sun Sentinel's Society Scene, Florida Weekly, Palm Beach Daily News, Wellington Town Crier, Florida Bar News along with many other publications.

COMMUNICATIONS COUNCIL

This past Junior League year was busy for the Communications Council. One of the major goals was to brand ourselves in the community as the premier women's organization in Palm Beach County. A team of eight on our Public Relations committee covered not only all of our fundraising events, but our community projects as well. JLPB was featured on blogs, websites and in charity registers all over the state and throughout the country.

The creative team of Undercurrents took the publication to new heights. The glossy magazine never failed to delight readers with both inspirational and informative articles. Digital versions have been created that can easily be sent to friends of the League and found on the JLPB.org website.

More than 78.6% of the U.S. population uses the internet. Social networking users spend an average of 3.2 hours each day on social networking sites. 175 million tweets are sent daily and 500 million people log into Facebook each day. The Web/Data Committee is vital to the League. Thanks to this dedicated group of volunteers, the JLPB Facebook page reached nearly 700 likes, and we have an active Twitter account. In addition, the our blog will be up and running soon. JLPB's website has a new face and is continuing to be developed to include current and new information.



Leadership Training

“Anyone who wants to make a difference in today’s world needs to have leadership skills. Being a leader at home, work or in the community requires developing one’s potential. Every member of the Junior League is given the opportunity to become a leader, even if they don’t have a formal title or people reporting to them.” - Shelly Albright

This year in addition to our two trainings for the leadership team, council trainings were implemented for the first time. These sessions were led by the council vice presidents and were specific to the needs of that council. These trainings were designed to give each member the opportunity to better understand how the League works and to teach new skills to empower our members in the community.

Women on the Run

- The United States ranks 87th in the world for representation of elected women at the national level.
- Most women need to be told at least 7 times to run for office before they even consider it.
- Women are actually highly regarded candidates because they are perceived as hardworking and honest
- Women are much less likely to run for political office because they do not feel qualified.
- Katherine Pearson, University of Minnesota, and Eric McGhee, Public Policy Institute of California, published a paper stating statistics that show “women in both parties are more qualified than men.”

This year JLPB partnered with the Women’s Foundation of Palm Beach County, the Executive Women of the Palm Beaches, and the Florida Association for Women Lawyers to create a workshop for women who are interested in running for office or local leadership positions. The “Women on the Run” event, presented by the Political Institute for Women and held at JLPB headquarters, gave 35 women the chance to learn about the process.

We will further develop this program with the Women’s Foundation of Palm Beach County in the fall with a series of seminars to encourage women to be involved with legislative issues and to run for office.

MEMBERSHIP COUNCIL

Provisional

Besides participating in our major fundraisers this year, the Provisional class took on Kids in the Kitchen as their Provisional project. Under the guidance of the Provisional committee member Tiffany Jackson, Provisionals presented a program that educated children and the community about healthy eating, fitness and wellness. The program, held at the South Florida Science Center and Aquarium, featured food activity stations, fitness booths, a karate demonstration by Palm Beach Chikubu-Kai Dojo and Boost Fit tips from the Boosterthon Team. The SFSCA hosted a class on anatomy and healthy eating and Hometown Bridges provided educational resources and programming.



2012-2013 Education & Training Workshops:

“Inflammation, the true silent disease”;
Dr. Jordan Zabriskie, BS, DC

“Your Food Cravings Have Messages”;
Sophie Skover (Active member)

“Introduction to the Power of LinkedIn”;
Debbie Wemyss, Independent LinkedIn Specialist

“How to Have Difficult Conversations”;
Diane Katz, PhD

“Healthy Mind & Healthy Body”;
Robbyn Ackner (Active member)

“The Different Uses of Cosmetic Injectables & Free Demo”; Dr. Angela Vecellio (Active member)

COMMUNITY COUNCIL

Our community projects are so impactful each and every year. JLPB continued to work tirelessly to raise funds and create and support projects to improve the wellness and welfare of children in our community. The need in Palm Beach County is overwhelming.

GEMS



This JLPB year, GAP became GEMS (Girls Empowerment Mentoring Sessions) and true to its name, we continued to find many “diamonds in the rough” among the young girls and boys in detention at the Florida Department of Juvenile Justice (DJJ).

Highlights included continuing the program through the summer, opening mentoring sessions to the male detainees in addition to the females, Santa Claus paying a visit courtesy of Active member Crissy Hawkins, the donation of blankets by the students at Palm Beach Central High School and being made privy to the thoughts, dreams and raw emotions eloquently expressed by the girls and boys in the journals we gave them. JLPB also donated several hundred gently used books to the DJJ Detention Center to help them start their very own library.

JLPB supports the mission of the DJJ to increase public safety by reducing juvenile delinquency through effective prevention, intervention and treatment services that strengthen families and turn around the lives of troubled youth. It falls directly in line with our focus area of ensuring the wellness and welfare of children. Through our GEMS program we empower girls and now boys to change their lives. By building relationships with these youth through mentoring and programming, we prove to them that they have value and are valued.

Pink Palm

The Pink Palm committee is proud to have provided incredible care packages to those in need. This past year, on a strict budget of \$6,000 and through the incredible generosity of donors, JLPB was able to create over 325 care packages for six different organizations: Vita Nova, Nelle Smith,

PACE, Center for Family Services, St. Mary's Preemie Babies and Opportunity, Inc. The items included bedding, household products, cleaning supplies, toiletries, baby items and canned food. Not only did we supply the necessities, but we were able to make fun baskets too: Halloween baskets, giant holiday stockings filled with goodies, spring treat baskets and sweet 16 birthday baskets!

We held our first ever basket build during a general membership meeting in October. Active members donated loads of candy and together countless Halloween baskets were created for chosen recipients.



(Left) In December, Pink Palm shopped for and built 120 holiday baskets.



(Below) Sweet 16 baskets for children in foster care.



Nelle Smith Residence

Foster Care Facts:

- 75-185 children age out of foster care every year in Palm Beach County (VN)
- Fewer than 50% of Florida's foster kids graduate from high school (CSPCE)
- Up to 85% of youth in foster care have mental health issues (CSPCE)
- 75% of former foster care kids experience unemployment (CSPCE)
- 25% of former foster care kids will be homeless within one year (CSPCE)
- 1 in 4 former foster care boys and 1 in 10 girls end up in prison (CSPCE)

Nelle Smith residents are between the ages of 13-18 and need long-term care due to a history of abuse, neglect or lack of an appropriate family setting. They reside in dorms provided by the Children's Home Society of Florida South Coastal Division.

Volunteering with the residents of Nelle Smith is life altering. These young ladies do not have many advantages, yet are forging ahead with determination to create a better life. JLPB's program is to provide them with incredible learning experiences and fun activities. They even help the Junior League give back to the community by volunteering with us at Mounts Botanical Garden Fall Festival and at Deck the Palms. The JLPB is so very fortunate to be a part of their journey.

The committee held three events each month that helped develop relationships with the residents: a cooking night, a Girl's Night In and a fun activity. The committee was determined to create memorable moments for the residents.

Modeling in a Fashion Show at the September General Meeting, a Singing and Music night, Girl's Day Out including trips to the Palm Beach Zoo, South Florida Fair, and a guided tour at the Loggerhead Marine Center, Girl's Night In with demonstrations and lessons on skincare and beauty, etiquette, money management, and nutrition (which included a fun smoothie making and tasting), special holiday activities and cooking nights.



Eye & Ear Alert

Eye & Ear (E&E) Alert is one of our signature programs. It is crucial that children who have vision or hearing impairment be identified as early as possible. JLPB ensures that children are getting the help they need before learning disabilities and social issues arise.

The Center for Disease Control and Prevention conducted a study that tracked school-aged children with hearing loss. They determined the following:

- About 40% of young adults with hearing loss identified during childhood reported experiencing at least one limitation in daily functioning.
- Young adults with hearing loss without other related conditions (such as intellectual disability, cerebral palsy, vision loss, and epilepsy) were less likely than young adults with

other related conditions to take part in risky behaviors (such as smoking and abusing alcohol).

E&E kicked off the year with a training in August by a local audiologist and pediatric ophthalmologist who instructed JLPB volunteers on how to operate and perform exams with our tympanometers, audiometers and vision screening tools. Memorial Presbyterian Church graciously hosted our weekly screening for many years. However, E&E was also very mobile this year and visited St. Peter's United Methodist Church Child Enrichment Center in Wellington, Trinity United Methodist Church in Palm Beach Gardens and Good Sheppard School in Tequesta to name a few locations. Volunteers screened approximately 700 children this year all over Palm Beach County.

We were fortunate to receive a mini grant from Enterprise Rental Car thanks to the efforts of Past President Ann Marie Piling. With these funds, E&E will now be able to purchase a tympanometer to replace some of the older equipment.

4 U 2 Discover

In her article "The New Latchkey Kids" for *Parents Magazine*, Jenny Deam shares, "One consequence of the nation's economic struggle is the toll it's taken on kids during the critical hours after school. As parents scramble to find work -- often taking jobs that entail long hours and odd shifts -- their affordable child-care solutions are disappearing. Government cutbacks have slashed scores of after-school programs and reduced the financial assistance for others, leaving families unable to find or afford alternative arrangements."

The hard work of 4U2 Discover was vital to working parents and their children in Palm Beach County. Many parents were unable to take time off work when there is an "day off" from school. The Junior League scheduled fun local field trips so that these children were not left at home unattended.

Children from South Olive Elementary School saw an amazing presentation by Busch Wildlife and the kids at Howard Community Center were able to visit Lion Country Safari. The Boys and Girls Club was excited to attend both Busch Wildlife, the Palm Beach County Zoo and the historic Jupiter Lighthouse.

Advocacy

The Town Hall, presented by our Advocacy committee at JLPB Headquarters, gave speakers from our community a forum to share their knowledge of our advocacy priorities while we were able to truly learn about our community's issues. As a part of the Junior Leagues of Florida State Public Affairs Committee (SPAC), Leagues have advocated for issues of importance to our members for almost 40 years. Together, we represent over 11,000 women from across the state and have identified the following priority issues for the 2013 legislative session:

IMPROVE CHILDREN'S LITERACY

Literacy achievement affects a wide range of social and economic issues. Nearly a third of Florida's third graders attending public school cannot read at minimally proficient levels.

And, sadly, those children are four times more likely to drop out of high school.

STOP CHILD SEX TRAFFICKING

Florida ranks as one of the most notorious states for human trafficking in the United States. It's a multi-billion dollar industry with women and children being forced into domestic servitude, commercial sex operations or forced labor. Yet, the public remains largely unaware of this growing problem and legislative efforts have been met with disinterest.

INCREASE HEALTHY FOOD ACCESS

Childhood obesity has tripled in the last 30 years, affecting 20% of elementary school children nationwide. For many children, this is a result of lack of access to healthy foods and the prevalence of junk food. Many of Florida's children and families live in food deserts, low-income communities where the closest grocery store is at least 1 – 5 miles away. Convenience stores and gas stations become the only food source. The result? High rates of obesity, diabetes and other health-related issues.

SPAC is working with the Florida Department of Agriculture, state agencies, food banks and other community organizations to increase Floridians' access to affordable, wholesome foods, particularly locally grown fresh fruits and vegetables in food deserts.

This year AJLI held a Hill Day during the annual conference in May. Our League partnered with Junior Leagues across the country in Washington, D.C. to lobby for our issues.



DIAD

"One day and one event at a time, we truly make a difference in the lives of so many through our DIAD events!"

-Jessica Brees

The Done in a Day (DIAD) committee reached and touched numerous children throughout the community through the following projects:

- Back to School Bash
- Mounts Botanical Garden Fall Festival
- Boys Town Basket Brigade



- Angel Tree project to promote Vita Nova
- Dress for Success
- Palm Beach Atlantic Children's Symphony
- Special Olympics Track and Field Event
- Vita Nova
- PACE Family Picnic
- Ann Norton Sculpture Garden Cleaning Project

South Florida Science Center and Aquarium

The building of the South Florida Science Museum was the impetus for the Junior Welfare League to be invited to become the Junior League of the Palm Beaches. Our relationship with the museum continued this past year through a special presentation during our historical bus tour, volunteering at the Family Fun Day and partnering together for our Kids in the Kitchen event. A special day for our League was June 7 as we participated in the unveiling ceremony of the newly transformed South Florida Science Center and Aquarium.

The Nicklaus Children's Health Care Foundation

The community open house for the grand opening of the Miami Children's Hospital Nicklaus Outpatient Center in Palm Beach Gardens was a special President's project. At the grand opening, Sustainer Barbara Nicklaus discussed the need for readily available children's health care. This beautiful facility is only the second center of its kind in Palm Beach County. Leaguer members were proud to lend a helping hand while the community toured the pediatric outpatient and urgent care center.

PLANNING COUNCIL

Highlights

- Developed Strategic Plan
- Governance and Management split
- Community Research: added Cotillion and expanded DIAD
- Bylaws ad hoc committee
- Fund Development: added grant writing and planning for

- 75th anniversary
- Kicked off Issue Based Community Impact process
- Nominating: added application for slated positions and earlier vote on nominating committee

FUNDRAISING COUNCIL

This was the inaugural year of the Fundraising Council. Splitting the Finance Council from the fundraising component allowed our treasurers to focus on the numbers, while Laura Wissa, acting as our very first Fundraising VP, was able to focus on raising money. It was a huge success. We raised \$102,962 through our fundraisers (including Birdies for Children, Deck the Palms, Tea & Tastings, Cotillion, Worth Tasting on Worth Avenue, Cookbook and small fundraisers). We parlayed the success of past Sip 'N Shops to create the holiday market Deck the Palms. The committee did an excellent job creating an amazing shopping experience for all. Worth Tasting on Worth Avenue, our signature event, surpassed all others. The Cookbook Committee worked tirelessly promoting the JLPB and selling cookbooks. Not only did Cotillion raise money for our projects, it taught valuable skills to paying children and was able to hold a casual cotillion for the Nelle Smith residents.

In addition to our fundraisers, JLPB earned \$107,862.05 in contributions. These included the \$100,000 Great Charity Challenge grant, additional smaller grants, donations from members to our programs and matching donations from employees.

Cotillion

"As Chairwoman for the last three years, I am PROUD of what I have added to Cotillion which is philanthropy, 9th grade court philanthropy program (the court is also a highlight at the main event), Children's Cotillion on the Night of Cotillion, Casual Cotillion for one class during the season, and Casual Cotillion for the Nelle Smith girls at HQ. Two years ago I added an auction which raised thousands of dollars and also included a live auction both years."

-Elizabeth Rahm



Special Events

In addition to Birdies for Children, Special Events provided member events such as the lovely Holiday Luncheon, JLPB Day at Polo, and the Winter Equestrian Festival. They capped the year with the Annual May Dinner on Palm Beach at Sailfish Club of Florida.

Tea & Tastings Spotlight

Tea & Tastings was a special feature of the 2013 Deck the Palms Holiday Market and enjoyed by all attendees.

Fun Facts from Behind the "Tea" Scenes:

- The sound guy was brilliant, but someone forgot to tell him about the dress code so we had to literally build a small draped booth for him to hide his surf shorts and zz top beard! It should have been taped for reality TV!
- We served drinks and food with no onsite kitchen and running water! We had to create one in the back and carry five gallon containers of tea back and forth from the adjacent building. (Leslie Murrell helped run the tea in her heels and chiffon dress! I think she deserves an award for that.)
- We suddenly discovered during the very beginning of the event that our Commercial Tea Maker was not making hot tea, but "room temperature" tea! Gary from Santaluces High School tapped me on the shoulder and said, "Um, Sophia, I think we have a problem". We went into fast forward mode after that and solved the problem, PHEW!



- Maneuvering the Cadillac into position near the entrance of the event was nearly impossible as there were only a couple of inches on either side of the car to drive it thru the columns.
- We had a ballet rehearsal the night before the event. Unfortunately, no one brought a CD player. So, I drove my car into the room and blasted my car radio to the beat of the "The Nutcracker Suite"!

Just remembering all the funny things that happened makes me a nostalgic! The creativity and dedication of our members and guests who volunteered to host and decorate the tables was inspiring. I felt it was commendable of the League to put me in a position of leadership and to never leave my side, as it was my first time chairing such an event. Laura Wissa was a perfect example.

I was proud to be a JLPB member when....

...I realized the difference we made in the lives of children in the community and the dedication our group had to these students.

...I saw the impact the JLPB has on the Nelle Smith girls. The girls have become more confident and capable.

...we took the Nelle Smith girls to the fair. They had such a blast, and it was wonderful to spend time with them and see them laugh and have fun. I was proud that we could have a real, immediate impact on teenagers who need a break and don't often get one.

...volunteering at a Special Olympics event. One of the athletes thanked me and Allison Simmons Fogg and told us how we helped him through a challenging time during an event.

...we were complemented by the Mounts Botanical Gardens on our co-sponsored annual event, the Mounts Botanical Fall Family Festival.

...Robbyn Ackner spoke to the VITA Nova residents about her experiences growing up in the foster care system and her life beyond. It was that night that the residents realized that they weren't stuck with the cards life dealt them...they had the opportunity to change their station in life only by the attitude they took toward it.

...every time someone asks me about what the League is and I can tell them all of the great things we do for the community, especially with regards to Nelle Smith, Vita Nova and GEMs.

....girls from the GEMS program at the DJJ ask about becoming members of JLPB. -Erika Snow

...we did 300% better financially over last year with a completely new committee and a lot of first year actives.

...I saw how supportive the community was in support of Vita Nova at Deck the Palms, especially children donating their own money.

...I watched how many of our members came out to spend the day at Mounts Botanical, rain or shine, to make the event happen and bring smiles to so many families in our community.

Quotes by Junior League Members

I made a difference in someone's life when...

...I started to mentor a resident of Nelle Smith. Junior League introduced me to the young women of Nelle Smith and my experiences there made me want to do more for its residents. Mentoring has been one of the most enriching experiences of my life thus far. I can only hope to bring as much to my mentee as she has brought to me in our short time together.

...when the girls at Nelle Smith give me hugs hello when they see me, since some of them were shy when we first met. I've formed bonds with a few of them and they get excited and smile when they tell me stuff or we hang out. One even has a nickname for me and my Christmas card is still hanging on their fridge. I am going to miss them when I move!

...delivering turkeys and Thanksgiving fixings to families working with Boys Town for the annual Boys Town Brigade.

...a nervous participant at Special Olympics didn't want to complete an event without me being right by her side so I ran beside her in the 50m race.

...we held our fashion show (featuring the Nelle Smith residents) and shopping event and I realized the impact we had on the self esteem of some of the girls who didn't want to be in the show but loved the experience in the end."

...I taught about nutrition and watched the girls awaken to the importance of a healthy diet.

...I volunteered for the Nelle Smith committee. Time spent with the girls is of mutual benefit for them and for the Junior Leaguers who personally engage with community members our charter is meant to serve (women and children).

When I was in high school and college, I volunteered many times with Special Olympics. Back in the fall, when the DIAD committee members were asked to "lead" an event with Special Olympics, it was a natural decision for me to head up this event based on past experiences. It's amazing how things happen for a reason, many times unbeknownst to us at the time. Earlier this year, my beautiful niece was born with a rare chromosomal syndrome and it made my experience volunteering with Special Olympics even more meaningful. If my niece keeps beating the odds, that could be her competing one day. There were several moments when I felt so proud to be a part of JL and working with such a neat group of individuals that were so appreciative of our help, support and guidance.

During the Special Olympics, one athlete in particular, Richard, got a cramp in his arm after his first softball toss and didn't think he could continue with the next 2 tosses. I suggested some simple stretches and distraction techniques to get him through it. He was able to finish and won the blue ribbon for his heat. We were there during the awards ceremony and the minute Richard got his ribbon, he found me to thank me for my help and that he couldn't have done it without me. He also said he wished he hadn't come in first place so someone else could have felt that joy. Richard humbled me with that thought and my natural competitive nature went away and I was like a proud coach looking at the most deserving athlete at that moment. I will remember Richard and that day for years to come.

I AM MOST HAPPY ABOUT NOT ONLY DOING
THE JOB WE WEREN'T ORIGINALLY TASKED
WITH BUT DOING A GOOD JOB WITH IT.

...many ideas or suggestions for the
board that I have made have been or
are being implemented - my voice is
heard!

I am most happy about
being new to the League
and creating a big event. It's
great that more of the
community knows about
the Junior League!

Thank you

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Long Summer Weekends

Our Favorite Travel Spots on the West Coast of Florida all the Way Down to the Keys



Summer is the season to travel and with Labor Day around the corner we want to highlight a few of our favorite travel spots in the state of Florida with a focus on the West Coast and the Keys.

Bradenton

Have you ever taken a citrus tour? Try a visit to Mixon Fruit Farms and take a tram tour through an orange grove, sample fresh juice and don't leave without a cone of their famous Orange Swirl ice cream!

Venice

Want to make your own shark tooth necklace? Then visit Venice, also known as the Shark Tooth Capital of the World. At their beach, look for a shark's tooth and chances are good that you'll find a little souvenir to take home.

Sanibel Island

Yes, you have to pay \$7 to cross the causeway to the barrier island of Sanibel, but it's worth it! Sanibel is one of the top shelling spots on the entire planet, and you will find the most amazing shells along the beautiful white sandy shores.



Fort Myers Beach

Want to be part of a pirate crew? Then set sail aboard Pieces of Eight, a magnificent 65-foot replica of a Spanish galleon pirate ship! Embark from Salty Sam's Marina and sail around the Gulf of Mexico looking for treasure and dolphins, too.

Naples

Corkscrew Swamp Sanctuary allows you to take a self-guided tour along the elevated 2.25-mile boardwalk through the swamp. You'll no doubt experience the natural side of Florida!

Ochopee

The Post Office in Ochopee is known for being the smallest post office in the United States. It's right on US 41 but don't blink because you might miss it! Also in Ochopee, you can stop by the Clyde Butcher Museum to admire his astounding black and white photographs of the Everglades. And make sure to look out for gators in the pond in the parking lot!

Homestead

The Coral Castle in Homestead is one of the world's most intriguing mysteries: How did one man carve and maneuver more than 1,100 tons of coral rock? He said he knew the secrets of the pyramids. What will you say? After gazing at the Coral Castle, stop by the Everglades Alligator Farm to hold a gator, ride an airboat or pet a snake. This is your typical mom's nightmare, but the kids love it. Reward your bravery with a creamy and cold strawberry milkshake at Robert Is Here fruit stand right up the road.



Downtown Cardsound

Instead of US 1, opt to take Cardsound Road (\$1 toll) to Key Largo because this is where you'll find Alabama Jack's. It looks like a dive from the outside – and it is – but don't be afraid. This waterfront restaurant has the best conch fritters you will ever taste, along with conch salad, fish sandwiches and sweet tea.

Key Largo

JJ's Big Chill is a true tropical escape featuring amazing bay views, beautiful sunsets and a pool area complete with cabanas. Spend \$10 on food and you can swim all day. Cabana rentals are extra (and well worth the splurge).

Tavernier

Follow the Wild Bird Sanctuary's boardwalk past hawks, owls and other beautiful birds, all the way to the Florida Bay where each day at 3 p.m., they feed the hungry locals – namely pelicans, egrets and herons.

Big Pine Key

Key deer are about the size of a Labrador and they are found nowhere else in the world. At the very end of Key Deer Boulevard is a neighborhood where you're almost guaranteed to spot a few.

Key West

When in the Keys, do as the locals do – eat key lime pie. And eat it at Kermit's Key Lime Shoppe. For a delightful treat, get it frozen on a stick and dipped in rich Belgian chocolate.





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By Dr. Angela Vecellio

Figuring out if IPL Laser is Right for You

IPL stands for Intense Pulsed Light and is also referred to as photorejuvenation and photofacial. There are many laser companies that have great IPL lasers including Alma, Palomar, Candela and Ellipse. Every doctor has their own reason for liking a particular laser over another, but IPLs mostly all run on the same wavelength range.

Most people want to get the IPL done to even out skin coloration. Over time in the sun women can develop sun damage in the form of darker spots on the face, and this is one way of getting rid of this problem. Some other skin issues that people will choose IPL for are rosacea, sun spots, telangiectases, broken capillaries, vascular lesions, birth marks, melasma and hyperpigmentation. The laser can be done on any part of the body but is most commonly done on the face. Other common areas are hands, décolletage, arms and legs. The laser is usually done in a series of 3-5 sessions, depending on the person's skin, laser settings and the results. There has to be maintenance done as well, depending on the issue with the skin and the cause of it. I personally do a series of 3 sessions every year to maintain my hyperpigmentation from sun. I do wear a hat in the sun and never walk out of the house without sunscreen, but living in Florida, the sun still gets to the skin.

One downfall of IPL is the pain. Yes, it is painful. The best way to describe it is the feeling of a rubber band being snapped onto the skin. Some doctors will put numbing cream on the face before the laser procedure, but it can take up to 30 min-



COURTESY

utes for the numbing cream to numb the skin. I have had the laser done with and without the numbing cream and the numbing cream only helps so much on me and it still hurts. Afterwards the face can feel like it is sunburned. I will take an Advil or Tylenol beforehand and advise others to do the same. The spots or areas on the face with damage will get darker and then over the course of a week or two will flake off. On the upside one of the wonderful side effects of the IPL laser is that it increases collagen growth which starts to decrease in your body between ages of 28 and 30.

After the treatment, it is important to stay out of the sun and wait to wear makeup for a couple days. The sessions are usually 4-6 weeks apart and most places will give a free consultation for anyone that is interested. If you are interested in the IPL then make sure that any questions are answered in the consultation before the treatment. This is my favorite laser, and I think it is worth the pain of having it done, especially since I live in Florida.

Dr. Angela Vecellio

Dr. Angela Vecellio



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Cofillion in the Community

By Elizabeth Rahm





Cotillion has always been associated with dance lessons and etiquette classes, but there is more to the program that helps grow the Junior League of the Palm Beaches and our reach in the community. For the last three years, Cotillion has gone beyond their classes and main event and has been seen in the community through various public relations and philanthropic efforts.

Cotillion had a presence at Tea & Tastings with Cotillion court members Isabel Winn and Caitlin Kirk once again hosting an amazing table while former court members Melanie Kelly, Fred Marro, Jordan Rahm and Anna Shea were featured dancers and greeters along with second grader and children's Cotillion member Makenzie Kelly.

Earlier in the season, our professional etiquette instructor Barbara Wymer taught an etiquette class to the Nelle Smith girls at their home and the Cotillion Committee hosted Casual Cotillion for the Nelle Smith girls at JL Headquarters. An evening of fun was had by all as our professional dance instructor Denise Lazo taught the group ballroom dances which even included some disco moves.

"JLPB Cotillion teaches 6-9th graders philanthropy and traditional cotillion of etiquette, which is basically manners and ballroom dancing to develop grace," said Cotillion Chair Elizabeth Rahm. "We are all on a life journey that can be really rough. Cotillion gives us the tools to put your best foot forward. Your heart is who you are and is not defined by your heartache or heart-break. What we project, meaning how we act, is a reflection of our heart. We can actually do much to heal and take care of our hearts, meaning ourselves, by showing others respect which in return actually shows respect to ourselves. By doing this, we gain the confidence to be our best and that is mission of Cotillion."

When a sixth grader shouts out "Yeah Philanthropy!" at the main event, there is such pride in knowing that our teaching of benevolence is indeed having an impact (although another year of etiquette lessons may also be needed as well!)





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Junior League of the Palm Beaches Cotillion

Etiquette, ballroom dance and philanthropy are taught to 6th through 9th grade students during the Cotillion season. Seven Monday evening classes are held November through February and conclude with the Presentation & Dinner Dance with parents.

Cotillion is JLPB's oldest program and is quite unique. This upcoming season will help us celebrate 55 years in the community! We provide a program with purpose that is a true community builder.

Ninth Grade Cotillion Court Members each receive 10 community service hours credit for their high schools and can add this prestigious entry to their high school resume for college! This year 7th and 8th graders will also receive community service hours as well.

Cotillion has mutually beneficial sponsorship opportunities available. **Please contact Co-Chairs: Abby Pantalone at abbypantalone@gmail.com and Elena Peroulakis at elenaperoulakis@yahoo.com for more information.**



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Cheers to our members



Amanda Ries got engaged inside Cinderella's Castle in Disney World to Tommy Pence, whom she met 6 years ago at church (both part of the choir & music ministry). They were married on June 15, 2013, at the Baughman Chapel in Gainesville, Florida.

Stefany Allongo a provisional member was suprized by her boyfriend Tony with a ring. Of course she said yes!



Sandra Bogart tied the knot on December 9, 2012 to Lawrance Spheh in Kauai, Hawaii at Kalihiwai Waterfalls.



Aimee Hilton is so excited to share she is planning a wedding. Her fiancé, Hugh Whitehouse, proposed on June 22, 2013 at the Ritz Carlton in Key Biscayne on the balcony overlooking the ocean. They are planning for a spring wedding 2014.



Jo Perez Dubois and husband Jason welcome the birth of their baby girl Eva born on May 25, 2013.



Kate Morris and husband Jeremy had two bundles of joy Reese Avery (weighed 4lbs 8 oz.) & Tucker Alan (weighed 4lbs 15 oz) on April 19, 2013.

Brittni Feldenkreis and husband Bradley Vialpando and furbaby Beemer were excited to see baby Xander Madden born on April 9, 2013.



JLPB members **Rebecca Seelig** and **Carolyn Broadhead** are co-chairing Jupiter Medical Center's 2013 Highballs & Hibiscus with JL Greater Fort Lauderdale and former JLPB member Betsy Scott.

Our deepest sympathy to the family of **Patricia Jackson** who passed away on February 19, 2013.

WHAT'S NEW WITH YOU?

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 heartsoftheleague@jlpb.org.

Membership VP Report

Sustaining:

Carolyn Broadhead
Sarah Collins
Darby Collins
Maura Connolly
Tasha Dickinson
Cathy Hennessey
Laura Herlong
Lisa Huertas
Jennifer Lazzara
Kimberly Lyon
Yvonne Patterson
Ann Marie Pilling
Lisa Russo
Tawney Schwarz
Courtney Scianadre
Ellen Vaughan
Maria Xenick

Transfer In:

Staphanie Brandt Cornais from Tallahassee, FL
Anna Hennessy from New York, NY
Jean Thompson from Jacksonville, FL
Elkie Wienczkowski from Miami, FL
Geraldine Grimal from Boca Raton, FL

Transfer Out:

Tara Stephens to Orlando
Betsy Scott to Fort Lauderdale
Rena Toppe to Indian River, FL
Katie Gamble, Shoals, AL
Jennifer Norman, Raleigh, NC

Member Count:

232- Actives
8 Actives on Leave
324 – Sustainers
5 - Sustainers Non-Resident
9 – Sustainers Inter League
6 – Sustainers Inter League Palm Beach Home
75 – Sustainer Emeritus
4 – Emeritus Inter League
4 – Emeritus Inter League Palm Beach
Total Members: 667

Respectfully Submitted by:
Christina Jerabek
Membership VP
2013-2014



MembershipVP@JLPB.org

Celebrating the Past; Planning for the Future

Provisionals, Actives, and Sustainers came together on Tuesday, May 21, 2013 to enjoy a lovely night along the water at the beautifully renovated Sailfish Club of Florida to celebrate the past League year at the annual May Dinner. Cocktail hour was full of chatter about all the community and fundraising activities that took place during the year as well as everyone's summer plans. The plated three-course dinner was delicious and the delightful floral centerpieces added that special touch to the room courtesy of Sustainer Susan Lee and her daughter, Active Sue Gibson. As the Provisional class graduated to Active status and several Actives transitioned to Sustainer status, we were reminded of what a great job our executive team and board of directors did throughout the year. Our scholarship winner, Sara Pengelley from Suncoast High School, was in attendance with her parents and set a wonderful example for why we work so hard to help the youth of Palm Beach County.

Several awards were given throughout the night including Provisional of the Year, won by Elena Peroulakis for volunteering over 100 hours and additionally helping the League whenever needed. Sue Gibson received the Above & Beyond Award, and has truly deserved the recognition as she has been a great help to almost every committee this year. The President's Award was awarded to Becki Rundels, while the Leadership award was presented to Morgan Richardson to honor her work as the Done in a Day co-chair. As JLPB President Shelly Albright turned her position over to Pam Schanel, the room was filled with emotion as all in attendance recalled the accomplishments of this past year and the promise of next year's terrific leadership.



Congratulations to the new Actives!

Ashley Alvarez
Allegra Asplundh-Smith
Jennifer Avakian
Amanda Bellerose
Natalie Bowe
Rosa Carreiro
Ginny Coykendall
Kathleen Dempsey
Caitlin Doherty
Lindsay Donoff
Lissen Ellington
Lauren Fallick
Andreea Fodor
Katie Folmar
Cerissa Fraiman
Erin Frazee
Brittany Garcia
Ashley Hansen
Aimee Hilton

Shannon Hogan
Lisa Imel
Jillian Kaiser
Lauren Kassing
Kate Kilian
Lindsay Kline
Ashley Knapp
Carissa Kranz
Erica Kremer
Raiza LeGrand
Hayley Lerner
Rophe Mason
Sierra McGill
Jessica McVeigh
Lindsay Mesches
Laura Moisi
Cyndi Napoleone
Stacy Nikirk
Jennifer Norman

Mindi Paruta
Jo Perez Dubois
Elena Peroulakis
Jennifer Pfaff
Kelly Pigott
Jennifer Porter
Amy Reynolds
Heather Robbins
Andrea Robinson
Megan Rogers
Dana Ross
Monique Sargeant
Allison Schans
Meredith Schechter
Kendall Shapiro
Kayla Sheehan
Amanda Simon
Heidi Skov
Selena Smith

Michelle Spencer
Tara Stephens
Heather Stover
Meredith Stringer
Marta Stypulkowski
Amanda Suraci
Linda Tate
Teresa Tucker
Brittany Tuten
Diana Valentine
Lindsey Wagner
Lynn Walsh
Kristina West
Jessica Willey
Ashley Wilson
Andrea Wittman
Amy Zborowski

MEMBERS



NELLE SMITH

by Sustainer Joan Jones

Sparked by JLPB President Shelly Albright's invitation to Sustainers to join in any of the Junior League's community projects, I felt inspired to volunteer and went on to propose a new life skills program for the Nelle Smith residents. The topic, "Getting the Most for Your Money" was designed to explore basic financial management with the young women, several of whom would be "aging out" of foster care and leaving the Nelle Smith residence within the next year.

After several planning discussions with Active Ilene Passler, Chair of the Nelle Smith committee, a two session interactive presentation was developed. The first evening, residents and JLPB members explored their own financial priorities, gained knowledge about financial planning tools such as establishing and managing credit, described strategies for getting the most for your money and discussed candidly the problems of maxing out one's credit cards.

The second evening, residents and Actives analyzed and suggested solutions to financial challenges posed in four hypothetical cases that I provided. Whether their case involved getting the best price for a laptop or finding a gorgeous prom dress at a bargain price, the residents' solutions were creative, and many of the Actives found themselves taking notes on resources such as Plato's Closet.



From left to right: (BACK ROW) Jessica Siverson, Ilene Passler, Tiffany North and Mirna Winn. (FRONT ROW) Joan Jones, LaDona Alvarez and Jessica Ivers.

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J L S SUSTAINER NEWS

Happy Summer everyone!

In addition to several combined events with JLPB Actives, please join the Sustainers next season for terrific activities such as All-About-Fun (Celebration Bahamas Cruise), 9 & Dine Golf, Sustainer Soirees, Potlucks, Garden Gals, Social Events, Bridge and Lunch Bunch, Shake-it-Up Bridge, Dine-Arounds, Book Clubs (day and evening), Norton Art After Dark, Kayaking, Croquet, Happy Hours, Lunch and Learns, Area Tours, Polo and more! Our group spans Palm Beach County from Wellington north through Jupiter. We look forward to seeing you! Please check your weekly E-blasts and the Sustainer Calendar on the JLPB Website or contact Laura Warner, Sustainer Chair, at LMW@Bellsouth.net.

Activity/Event Chairs At-a-Glance

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

Activity/Event

All-About-Fun

Book Clubs

Evening – 2nd Tuesday

Day – Lunch and Literature – 4th Thurs

Bridge and Lunch Bunch – 1st Thurs

Shake-it-Up Bridge – 1st Tuesday

Croquet

Cultural and Historical Outings

Fall Kick-off Happy Hour

Game Night

Garden Gals – 3rd Thursday

Golf – 9 and Dine and Cupid Scramble

Happy Hours – bimonthly

Holiday Cookie Exchange – December

Kayaking – monthly winter/spring

Little Black Dress Event

Merry Unbirthday Bash – quarterly

Polo Event

Practically Perfect Picnic and Concert

Social Media and Archivist

Sustainer Brunch – November

Sustainer Cocktail Party – January

Sustainer E-blasts – weekly

Sustainer Transfer Chair

Theatre Group

Undercurrents – quarterly

Contact(s)

Joan Novell

Irene Goodkind and Paula Zaluck

Joan Jones and Janice Marshall

Betsy Vaughan and Jan Stearns

Laura Warner

Barbara Weltner

Debra Cannava

Lynne Wells

Donna Wright

Laura McLeod Volstad

Lynne Wells and Cindy Vogel

Lisa Jaloski

Jan Smedley

Edna Strnad

Patsy Lipscomb

Donna Wright and Jerri Engelbrecht

Deborah Hale

Susan Murray

Sarah Fattori

Linda Johnson, Darlene Duplessis
and Betsy Vaughan

Joan Novell

Lynne Wells

Jayne Barkdull

Irene Goodkind and

Betsy Vaughan

Margaret Schuemann

Welcome to the 2013-2014

Sustainer Board

CHAIR—Laura Warner

Allyson Andres | Jayne Barkdull

Jerri Engelbrecht | Sarah Fattori

Irene Goodkind | Sabra Ingeman

Joan Jones | Laura McLeod Volstad

Joan Novell | Margaret Schuemann

Besty Vaughan | Lynne Wells

COMMITTEE

Allyson Andres

Stacy Armstrong

Debra Cannava

Clare Goyette

Darlene Duplessis

Diana Goetz

Deborah Hale

Becky Isiminger

Lisa Jaloski

Linda Johnson

Robi Jurney

Margaret Kaywell

Mary Kurucz

Esther LaBovick

Patsy Lipscomb

Janice Marshall

Susan Murray

Amy Quattlebaum

Jan Smedley

Bonnie Siegfried

Jan Stearns

Edna Strnad

Cindy Vogel

Barbara Weltner

Donna Wright

Paula Zalucki



Sustainer Phone Tree

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. We want you to be involved! Also please let us know if you are willing to be a caller. Please contact Laura at LMW25@Bellsouth.net.

J L S

SUSTAINER NEWS

Sensational Special Events

This IS your Mother's Junior League Cocktail Party!

March brought the Annual Sustainer Cocktail Party on the 22nd – an evening of pure delights! Sustainers grabbed their gloves, styled their hair in 60's flips and came with their best gal pals or beaux to the absolutely fabulous "This Is Your Mother's JL Cocktail Party" hosted by Joan Novell and Laura Warner! We twisted the night away to the music of the fabulous fifties and sensational sixties with beverages that were shaken, not stirred!

Mark your calendars now – January 10, 2014, for TIYMJLCP Part II!





SUSTAINER NEWS

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, a 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 2

and returns on November 4 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.

The Little Black Dress Event

It's a BYOB girl's night out at The Little Black Dress Event on Tuesday, October 22 for the benefit of the girls who graduate from the Nelle Smith Residence program. This dazzling evening is the perfect opportunity for Sustainers to make a difference for these young women as they set out on their own. A wish list of necessities will be provided beforehand, and each attendee will be asked to bring an item as admission. Come enjoy an extraordinary evening, featuring the classically glamorous and fanciful yet refined fashion jewelry of Patsy Lipscomb and the collections of up to two additional vendors! Wear your favorite little black dress! Patsy Lipscomb, hostess.



Sustainer Fall Kick-off Happy Hour



Come kick-off the new JLPB year Jimmy Buffet island style on September 13th at the Sustainer Fall Kick-off Happy Hour Potluck at Loggerhead

Marinelife Center in Juno Beach! Actives, Provisionals and Sustainers along with best beaux and pals, don your island gear and enjoy terrific cocktails and conversation to the beat of live music and surf! Enjoy a private tour of the Center and the Sea Turtle Tanks, meet current sea turtle patients, learn about their natural habitat and the mission of the LMC - to promote conservation of Florida's coastal ecosystems with a special focus on threatened and endangered sea turtles. Contact: Lynne Wells.

SAVE the DATES

August

22 Back to School Coffee! After drop off, come as you are...meet and greet friends while you relax for a moment over a cappuccino and croissant at Pro-secco Cafe, PGA Commons

September

13 Sustainer FALL Kick-off Happy Hour Pot Luck – Lynne Wells
17 Sustainer Happy Hour (prior to Active GM meeting) – Lisa Jaloski
19 Garden Gals – Laura McLeod
26 Lunch and Literature Day Book Club – Joan Jones/Janice Marshall

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
22 Little Black Dress Event – Patsy Lipscomb
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 Zalucki
14 Lunch and Literature Day Book Club – Joan Jones/Janice Marshall
16 Annual Sustainer Fall Brunch–Linda Johson/Darlene Hanes Duple sis/Betsy Vaughan
19 Happy Hour (prior to Active GM meeting) Lisa Jaloski
21 Garden Gals– Laura McLeod
23 Deck the Palms Holiday Market Active/Sustainer

December

TBD Theatre & More Radio City Christmas Spectacular at Kravis Irene Goodkind/Betsy Vaughan
5 Bridge and Lunch Bunch - Betsy Vaughan / Jan Stearns
10 Book Clubs Holiday Party Irene Goodkind Paula Zalucki Joan Jones/Janice Marshall
14 Holiday Luncheon Active/Sustainer
16 Holiday Cookie Exchange Jan Smedley

JLS SUSTAINER NEWS

Book Clubs

Lunch and Literature (Daytime) Book Club - Co-Chairs Joan Jones and Janice Marshall organize monthly meetings to feed participants' minds and bodies. L&L meets the 4th Thursday of each month from September – May, over the noon hour at different restaurants, selected to reflect the location and ambiance of the book being discussed.

In April, the group discussed Chris Bohjalian's, *The Sandcastle Girls*. The readers questioned the title's relationship to the intense traumas experienced during the 1915 Armenian Slaughter. However, all agreed that they were drawn in by the stories and the author's thorough research.

The selection for the September 26th meeting is Susan Wiggs' *The Apple Orchard*, set in Sonoma, California. The luncheon venue will be chosen for its California cuisine. Come spend your lunch hour with the L&L group for a refreshing change to your usual lunch-time routine!

JLS Evening Book Club – Co-Chairs Irene Goodkind and Paula Zalucki welcome all Sustainers to evenings of interesting reads and lively conversation! In March, several in the group attended a fascinating presentation by Dr. Eban Alexander, author of *Proof of Heaven*, at the Lost Tree Chapel in North Palm Beach. Later in April, Edna Strnad hosted Evening Book Club for a thought-provoking discussion of the intriguing book. Spring selections also included Katherine Boo's, *Behind the Beautiful Forevers*. Ending on a high note was a visit to a rare book store on Clematis, followed by a lively discussion of *Little Bee* at the new restaurant, Hulla-baloo. The EBC meets monthly (October – June) at members' homes, local fun restaurants and other interesting area venues. Suggested books for the fall include *Lean In* and *The Interestings*.

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 East-pointe 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 Provisionals 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.



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!

Theatre and More!

For Sustainers interested in the performing arts and entertainment community, please join Theatre & More this fall! Our first outing will be the Radio City Christmas Spectacular starring the Rockettes at the Kravis Center, and in the spring, a musical at the Maltz Jupiter Theatre! Check weekly E-blasts for further information. Irene Goodkind and Betsy Vaughan, co-chairs.

Sensational PotLuck Soirees

This past spring's Game Extravaganza Soiree, at Sustainer Donna Wright's lovely home, put a new twist on the old dinner potluck! A rousing group of Sustainers and pals put on their game gear and joined in for a fun evening of strategic competition and chance accompanied by a yummy buffet! Check your calendars for Game Extravaganza Soiree II in 2014!

J L S SUSTAINER NEWS

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, new Members and other Sustainers over cocktails, while catching up on the latest JLPB programs and events. Check weekly E-blasts for information – September 17 is the first SHH of the season! 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!

Out and About Activities

Sustainers always enjoy events and happenings around 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!

Sustainer Garden Gals

Laura McLeod Volstad promises a lovely new JLPB Sustainer year for all lovers of gardens! Our autumn calendar is filling up with some fabulous ideas of gardens we've yet to visit and some old favorites. This past spring, the Garden Gals met in Delray at the Sundry House for a lovely lunch and garden tour. Sundry House is centered around Taru Gardens, a full acre of tropical gardens boasting over 500 species of exotic plants. We wandered down quiet paths, discovering gazebos and benches hidden among streams and a waterfall, ending at the freshwater swimming pond! Our April outing was to the ever-popular Casa Phippsberger on Palm Beach. This fabulous 6-acre estate is home to one of Florida's most important tropical rainforest gardens and is a repository for unusual and endangered botanical species. Grounds Manager, Inego Egleberger, son of Phipps Estate owner Bob Egleberger, led our group through the cactus gardens, rainforest, ruins garden, ornamental gardens, vegetable, herb and fruit garden along a meandering path through fabulously maintained specimens. May took us to the Morikami Museum and Japanese Gardens, a center for Japanese arts and culture in South Florida. We explored a series of six diverse gardens inspired by different historical periods and styles of Japanese gardening. The mile-long path is also a trip through time; each garden represents a style unique to the 9th through the 20th century, from sprawling greenery to serene rock gardens, a tumbling, babbling brook and waterfall, and a museum quality bonsai display. We ended our tour at the Cornell Café overlooking the lake and gardens and enjoyed some fun shopping in the museum store. Check your E-blasts and join us for the next tour in the autumn!



COMMITTEE NEWS

Nelle Smith

We had a great several months with the Nelle Smith girls. We continued our cooking nights with menus including make our own mini-pizzas and Caribbean night, and we have continued our Girls Nights In with sessions such as making vision boards and money management with one of our own Sustainers, Joan Jones. We had a fun outing to Loggerhead Marine Life Center where we all learned a lot. It was there that one Nelle Smith resident announced her intention to one day work with animals.

The Cotillion committee graciously hosted a "Casual Cotillion" for the girls at HQ. The girls danced and gained some confidence while having fun. Their dance instructor showed the us some salsa and rumba moves.

We took the girls to see a documentary called Girls Rising. It was screened in downtown West Palm Beach and told the stories of nine extraordinary girls from nine different countries. It showcases the strength of the human spirit and the power of education to change the world. When chatting afterwards, the Leaguers and Nelle Smith residents all acknowledged being moved by the stories and inspired for the future.

For the first time we will continue Junior League involvement with the Nelle Smith residents through the summer.



mer. Get a head start on your hours for next year by joining us at the residence during the summer!

Thank you new Active Lynn Walsh from WPTV who discussed with the girls the importance of safety and keeping your social networking private.

Done in a Day



Vita Nova residents volunteering at Special Olympics.

Special Events

Birdies for Children allows local charities to team up with The Honda Classic offering their donor base a chance to win a Honda automobile while the charity receives 100% of the proceeds plus a 10% matching donation courtesy of The Honda Classic. JLPB placed in the top ten in the Birdies for Children donations! This gave us the opportunity to have a booth on Sunday of the tournament to create awareness & PR for the league as well as sell our baskets & cookbooks. We raised \$11,402. It was a fun event for all!





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FIRST YEAR JLPB MEMBER

MELISSA SCHULTE'S IMPACT

BY EMILY SAWYER

"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in."

- Rachel Carson, biologist, writer & ecologist

The Junior League of the Palm Beaches presents opportunities to each of its members – new friendships, a chance for greater community involvement, potential clients and colleagues and the ability to develop and sharpen leadership skills. At monthly general membership meetings and annual fundraising events, during every volunteer hour and committee brainstorming session, Leaguers are invited to open a door and take a peek, to discover the abundant possibilities JLPB has waiting around the corner.

One such door opened for first-year Active Member Melissa Schulte while volunteering at the Nelle Smith Residence, a foster home for teen girls and one of JLPB's

popular community programs. Harboring a life-long passion for working with youth, the Junior League presented Melissa with the occasion to volunteer with children in social services, an interaction missing from her career in finance, trust and estates. A regular attendee at the Nelle Smith "Cooking Nights," where she earns the majority of her volunteer hours, Melissa was chatting with some of the residents after dinner when a woman she'd never seen before came into the kitchen. "The girls were so excited to see her," Melissa said, commenting on the teens' reaction to the woman's arrival. Curious to know the identity of the stranger, Melissa asked the girls who she was. They replied that the woman was one of the resident's mentors stopping by to drop something off. "I didn't know you had mentors!" Melissa told the girls. "I was surprised and excited to learn that almost every girl [at the Nelle Smith Residence] had a mentor," she said.

In fact, more than half of the girls who call Nelle Smith home are mentored through Project 18 Mentoring, a program created to prepare youth in foster care to turn 18 and "age out" of the system. Implemented by Children's Home Society, Project 18 Mentoring began as a pilot program during the 2007 – 2008 school year and is currently funded by the United Way. It has expanded to include all children in foster care, ages 16 – 18, in Palm Beach County. "Volunteer mentors can help youth transition into young adulthood and bridge the gap between foster care and independent living," said Cristina Zimmerman, a case manager at Children's Home Society.

Mentors are matched with mentees based on location, compatibility, common interests, and personality types. However, Melissa's mentee selected her. Having grown close during the JLPB's planned events at Nelle Smith, resident Amanda approached Melissa about the Project 18 Mentoring program. "She definitely picked me," said Melissa. Their initial "Match Meet" was scheduled in early 2013 at the Cheesecake Factory, an informational meeting designed for the mentor and mentee to become familiar with each other and for the child's case manager to outline the goals of the program. "The goals are specific to each child," said Melissa. "For example, my mentee's short term goals are to find a part-time job, get her learner's permit and maintain good behavior and attendance at school. Her long term goal is to go to college. The objective is to help prepare Amanda for independent living." Since their initial meeting, Melissa



Melissa Schulte's mentee, Amanda, tries horesback riding for the first time.

makes a point to talk to Amanda several times a week and no topics are off limits.

Melissa views her role as a mentor with Project 18 Mentoring as an extension of the current work of JLPB volunteers at the Nelle Smith Residence. In addition to the social interactions the teens experience with League members (such as the infamous dance competitions with Dance Central on Xbox), the one-on-one time mentees share with their Project 18 mentor establishes a trusting relationship that has the potential to deeply impact the girls' lives. "With a mentor, youth tend to share their stories openly and freely without being judged," said Cristina Zimmerman. "Youth are more likely to open up to someone one-on-one versus in front of a large group of people. They feel special when they receive one-on-one attention and are more likely to engage a person."

Melissa and Amanda participate in numerous activities together – everything from horseback riding and prom dress shopping to going to the movies and out to dinner. Most recently, Melissa arranged for Amanda to shadow a veterinarian, as she aspires to become a vet one day. Melissa's favorite part of mentoring is connecting with Amanda and knowing that she serves as a positive example and role model.

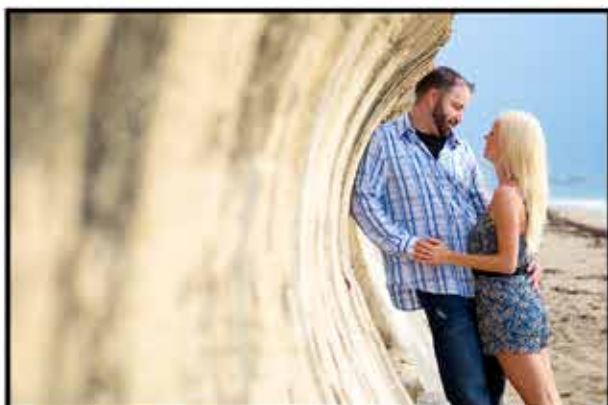
For a mentoring relationship to be successful, mutual respect must be maintained between the mentor and mentee. In addition, mentors should be willing to listen carefully to their mentees without passing judgment. "Consistency and commitment are the most valuable things to possess as a mentor of a foster youth," said Cristina. "When a youth sees that the mentor is consistent, committed and patient, they will certainly open up to their mentor and learn to trust them over time. These relationships are always the most successful." Like all relationships, mentoring has its highs and lows. For instance, the age of the Nelle Smith residents sometimes proves a challenge. "Working with teenagers is not always easy. It's difficult to know if they are listening and tough to know whether or not they will actually take your advice," said Melissa. However, she overcomes this obstacle by focusing on the aspects of the mentoring relationship she is able to control. Although Amanda may not always appear receptive to Melissa's guidance, Melissa concentrates on remaining an encouraging influence in her mentee's life. "I know that she may not always be listening, but she is watching and I try to be the best example I can be" said Melissa.

Melissa urges other JLPB members to take advantage of the opportunity offered by Project 18 Mentoring. "The girls need positive role models," she said. "I recommend [the program] to anyone who has a strong desire to work with young adults one-on-one. Mentoring can be challenging, yet an extremely rewarding and fulfilling experience." Project 18 Mentoring requires a two-year minimum commitment to a mentoring rela-



tionship and weekly face-to-face interaction with your mentee and provides orientation and training sessions. An incredible responsibility, the position of mentor is not taken lightly. Yet, the experience has been life-altering for Melissa. "I realize how fortunate I was to have positive mentors in my life and I am thankful to each of them. They've helped shaped who I am today," she said. "Everyone deserves that – a champion, someone in their corner, someone to support them. I hope to be that person for Amanda."

"I recommend [the Program 18 Mentoring] to anyone who has a strong desire to work with young adults one-on-one. Mentoring can be challenging, yet an extremely rewarding and fulfilling experience." - Melissa Schulte



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SHOW OFF YOUR JLPB PRIDE



Palm Beach Sandals

Palm Beach Sandals has the Monogram and Aubrey styles available with the JLPB logo. The Monogram sandal price is \$145.00 and the Aubrey is \$125.00. Their sandals are made of 100 % leather and are of outstanding quality. Their turn around time is between 7 - 10 days. The best way to order is through one of their retail locations or by phone:

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North Store:
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(561) 791-6242

Tiffany & Co.

JLPB has formed a wonderful partnership with Tiffany & Company in Palm Beach over the past few years. The world renowned jewelry store is now able to customize jewelry, crystal or leather accessories with our beautiful JLPB logo. Any of these pieces create the perfect reminder of what we continue to do in our community. Stop in to see Junior League member Tiffany Jackson on Worth Ave to customize your perfect Tiffany piece.

Tiffany can be reached at (561) 659-6090 ext. 323 or by email at tiffany.jackson@tiffany.com.

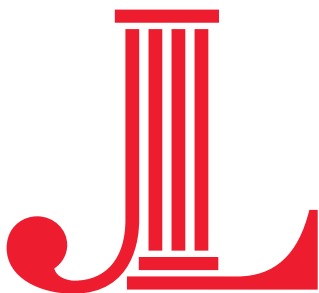


Katydid Designs

Katydid Designs has custom made JLPB appliqué out of grosgrain ribbon. There are several "stock" patterns but custom colors can also be created.

T-Shirts - \$32
Apron - \$36
Tote Bag - \$35
Small Sticker/Car Decal - \$6

Contact JLPB member Kate Merrell Morris at 561-628-4951 or kate@katydiddesign.com.
www.katydiddesign.com



Other Benefits of Junior League Membership

In addition to the useful in-person and online training and development opportunities available to you as a member of The Junior League, the incredible friendships you make with other like-minded women and the extraordinary rewards you and your communities reap in collaborating for meaningful impact, there are some additional benefits (for you personally and your League) we'd like to remind you of -- the JL Boutique, your one-stop shop for end-of-the-year and recognition gifts, or, take a peek at the benefits outlined in the Benefits for You! section on the AJLI website.

mark your calendars...

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

August

- 8-10 Back To School Bash
- 13 League Year Kickoff - Happy Hour for a Cause

September

- 17 GM Meeting (*DoubleTree PGA*)

October

- 15 GM Meeting (*DoubleTree PGA*)
- 22 Sustainer Little Black Dress Event

November

- 19 GM Meeting (*DoubleTree PGA*)
- 23 Deck the Palms (*Palm Beach County Convention Center*)

February

- 8 Worth Tasting on Worth Avenue

GET CONNECTED WITH JUNIOR LEAGUE NOW, HERE'S YOUR CHECKLIST.....

- Check out the new face of our www.jlpb.org website
- Use www.jlpb.org Member login with your password to:
Update or add current picture and/ or information that needs to be corrected
(To edit and add photo select member directory & click on the "ME" icon)
- Like us on Facebook today (facebook.com/JuniorLeaguePB)
- Let's tweet and get the scoop. Follow our new Twitter feed : @JuniorLeaguePB
- Check us out on Pinterest (pinterest.com/JuniorLeaguePB)
- AJLI- Activate your account on www.ajli.org website
(To create an account you just need your ajli number found on your Member Profile page on our website.)
Contact Laura Burke at jlphq@bellsouth.net if your AJLI number is not on your profile.
Once a member, check out their Members Only sections. It's amazing what all our Junior League's around the country are doing. Reference section has valuable information for free.
- Like AJLI on Facebook today. www.ajli.org has a quick link to it.



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Saturday, November 23, 2013
Palm Beach County Convention Center

MEMBER SPOTLIGHT

Lisa Imel

Lisa joined the Junior League of the Palm Beaches last year to balance her busy work schedule with volunteer efforts, to help people in need, and to meet fun and interesting like-minded women. She is from Ada, Ohio, a rural college town that is the home of Ohio Northern University and the Wilson Football factory, where all NFL footballs are made. Lisa earned her Bachelor of Science degree in Secondary Education with minors in Political Science, History, and Geography from Bowling Green State University. Shortly after, she graduated with her Masters degree in Educational Administration from the University of Toledo. During her Provisional year with JLPB, Lisa volunteered with GEMS (Girls Empowerment Mentoring Sessions). As a former middle and high school principal, she enjoys working with children who are facing challenges in their lives. She also volunteered at the Deck the Palms to gear up for the holiday season. Since moving to Palm Beach County in January 2012, Lisa broke into the real estate industry and loves helping clients find their dream home or sell their current property. When she isn't taking classes at the Palm Beach Photographic Centre, exploring social media, or writing articles for educational journals, Lisa's top ten MUST HAVES are:



- 1 
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- 5 
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- 7 
- 8 
- 9 
- 10 



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- Floral arrangements and decor
- Lighting and audio-visual consultation
- Musicians, DJs and other additional entertainment
- Seating charts and placement of escort and place cards
- Guest check-in, registration and staff coordination
- Emcee Services
- Media buying consultation and execution
- Photography shot list preparation and execution
- Pre-and post-event press coordination
- Auction and raffle item coordination, bid sheet monitoring and item distribution
- Post-event breakdown





SUMMER TIME

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