



JUNIOR LEAGUE OF EAU CLAIRE

Women building better communities



NOVEMBER/DECEMBER 2007

Volume 14, Issue 3

Connections

The Junior League of Eau Claire (JLEC) 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 **charitable** and educational.



2008 Head Start and Dental Sealant Days

Thursday, 1/3	Head Start Locust Lane
Thursday, 1/17	Head Start Longfellow
Friday, 1/25	Sealants Longfellow
Thursday, 1/31	Head Start Manz
Thursday, 2/14	Head Start North
Friday, 2/15	Sealants Northwoods
Thursday, 2/28	Head Start Putnam Heights
Friday, 2/29	Sealants Manz
Thursday, 3/6	Sealants Lakeshore
Thursday, 3/13	Head Start Flynn
Thursday, 3/27	Head Start Locust Lane
Friday, 4/4	Sealants Flynn

To volunteer or for more info, please contact:
Linda Bohacek, RDH, MA,
Health Care Access/ Healthy Smiles Coordinator
715-835-0112 or at lbrh4pets@charter.net

JLEC Benefits From New AJLI Fundraising Opportunity: The Junior League Shopping Mall

The Association of Junior Leagues International Inc. (AJLI) has launched a new program that allows members and friends to support our League by making online purchases through the Junior League shopping mall, a website created in conjunction with Fundlink, LLC.

1,300 retailers have joined to help Junior Leagues by donating a portion of their online proceeds. Merchants include Target®, Macy's®, Best Buy®, Nordstrom®, Barnes and Noble® and web-based giants such as Expedia®. You do the shopping - they give a donation!

The Junior League shopping mall works like any other online shopping vehicle except now our League benefits from the experience. After entering the shopping mall on the AJLI website and selecting an online retailer to visit, you will be asked to designate a Junior League to benefit from your shopping experience. Once the designation is made, you will be sent directly to the retailer of your choice to start shopping. If accessing the Junior League Shopping Mall via our Junior League website, www.juniorleague-ec.org, our League will be automatically designated to receive the donation.

Visit the Junior League shopping mall Q & A in the Members Area at www.ajli.org to learn more!



Something to check out:

If you haven't been there lately, check out our website at www.juniorleague-ec.org and the Association of Junior Leagues International website at www.ajli.org.

A Message from Lindsay

2007 - 2008 theme -- Love In Motion



Who in your life exemplifies Love in Motion?

My mother-in-law, Jill, is Love in Motion. She spends her free time helping her elderly mother with household tasks and takes her on drives or out to lunch. She'll do anything for her children and grandchildren, too, including spending a precious weekend helping me get the house ready before Miles was born or insisting I let her change Miles' diaper while I see what's on Food Network. There are a lot of people who rely on Jill. She is active in her church and belongs to a few different community organizations. She works as a teacher at a technical college. She sounds terrific, doesn't she? Well, she is. She's a great person, all around. She spreads love and is always doing something for someone else. Who in my life is Love in Motion? Jill, for sure!

When asked the same question, would some people answer that you are Love in Motion?

Think about what Love in Motion means to you. Does it mean that your family will donate coats this winter? Will you serve meals at Community Table or donate to a food pantry? Or help your neighbor shovel her driveway? Is Love in Motion the way you tackle each day with your family and co-workers? The opportunities are endless. Junior League of Eau Claire counts on your Love in Motion. Your ideas, your involvement, your passion for making a difference...Thank you for all you do!

May you and your loved ones have a wonderful season,

Lindsay

Provisionals enjoyed learning about the Junior League of Eau Claire and getting to know each other and current members at the Prospective New Member Social.

If you know anyone that is interested in joining Junior League, please contact the VP of Membership, Jessica Schreiner - Donnelly or email us at JLEC@charter.net.



2007-2008 BOARD OF DIRECTORS

President.....Lindsay Jaeger
 President-Elect.....Jill Fenn
 Past President.....Bobbi Giles
 VP Community.....Liz Falkner
 VP Communications.....Joanna Schneider
 VP Finance.....Liz Kennedy-Wiechert
 VP Membership.....Jessica Schreiner-Donnelly
 Recording Secretary.....Jane Davis
 Treasurer.....Susan Jewett

COMMITTEE CHAIRS COMMUNICATIONS

Corresponding Secretary.....Tammy Eckert
 Historian.....Susan Jewett
 Newsletter Editor.....Deb Hanson
 Newsletter Design.....Joanna Schneider
 PR.....Kelly Bischoff
 Website.....Joanna Schneider

COMMUNITY

BTS.....Marianne Klinkhammer
 Boys and Girls Club Rep
 Bullying In Our Schools.....Susan Jewett
 Celebration of Women.....Liz Kennedy-Weichert
 Ellen Anderson
 Community R&D.....OPEN
 Education/Speakers.....OPEN
 Kids in the Kitchen.....Robin Shih
 Sheri Baemmert
 Public Advocacy.....OPEN
 Literacy Volunteers.....Pamela Macal
 ECRAC Liaison.....Jean Hood
 Diane Terry

FINANCE

Casino Night.....Liz Kennedy-Wiechert
 Jessica Schreiner-Donnelly
 Cookbook.....Emily Madsen
 Grant Writing.....Bobbi Giles

MEMBERSHIP

Bylaws/Advisory.....Pamela Macal
 Membership Handbook.....Joanna Schneider
 Nominating.....Chris Sniegowski
 Party Planner.....Marianne Klinkhammer
 Placement.....Nicole Lasker
 Tammy Eckert
 Provisional Counselor.....Bobbi Giles
 Jessica Schreiner-Donnelly
 Refreshments.....Jen Fessenmaier
 Jennifer Geurts
 Charms.....Jen Fessenmaier
 Sustainer Rep.....Lynn Stark
 Brenda Wiesenbeck
 Volunteer Service Coordinator.....Pam Macal

Junior League of Eau Claire

316 Eau Claire St., Eau Claire, WI 54701
 715-831-8442
 Newsletter Editor: Deb Hanson
 Design: Joanna Schneider

2007 Junior League of Eau Claire. No portion may be reprinted without permission from the editor, except by another Junior League. Submit articles to editor.




theKitchen

The Kids in the Kitchen program will occur during March 2008, which is National Nutrition Month in the United States and Canada. The committee kicked off planning on September 26th. We will facilitate a programming ideas and brainstorming session during the upcoming committee meeting on Sunday, November 19th at 7pm at the home of Jennifer Geurts. All are welcome. Please direct your questions, comments, and ideas to the Kids in the Kitchen committee c/o Robin Shih at rshih@csstars.com and Sheri Baemert at baemert@charter.net. We welcome your participation and ideas!


To learn more and to research ideas from other leagues, please visit the official Kids in the Kitchen website at <http://kidsinthekitchen.ajli.org>.





Here are some fascinating facts about the amazing banana. As always, Choose Healthy Eat Well (CHEW).


 Bananas contain three natural sugars - sucrose, fructose, and glucose combined with fiber. A banana gives an instant, sustained, and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No


wonder the banana is the number one fruit of the world's leading athletes. But, energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.


 **Depression:** According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.


 **PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.


 **Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.


 **Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

 **Brain Power:** 200 students at a school in Middlesex, England were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

 **Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.


 **Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.


 **Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.


 **Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.



Kids in the Kitchen Chair, Robin Shih (right) with AJLI Chief Marketing Officer Barbara Alden Taylor at the AJLI Fall Leadership Conference.

 **Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

 **Nerves:** Bananas are high in B vitamins that help calm the nervous system.

 **Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Continued on the next page

Continued from previous page.



Smoking & Tobacco Use:

Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

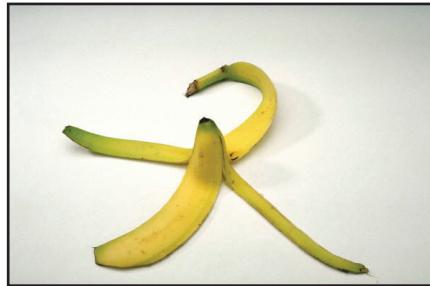


Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels.. These can be rebalanced with the help of a high-potassium banana snack.



Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"



WANT TO SEE A LIVE SHOW, HAVE A GREAT EVENING OUT ON A BUDGET AND DO SOMETHING TO BENEFIT LEAGUE?

Get together with another couple or two and volunteer usher at the Eau Claire Regional Arts Center. Junior League volunteer hours count toward rent for the Junior League office at ECRAC. Check your calendars and let's get our 200 hour booked, so money allocated for office rent can benefit other Junior League efforts. Call Diane (878-9055) for a list of performances available.



007 Casino Night A Royale Success!

In an effort to step up our fundraising outcome and combine the efforts of several events into one, it was decided last JLEC year to have one large fundraiser to sustain the entire league year. If you thought this would never work, Never Say Never Again. The first JLEC Casino Night was a Royale success.



Secret agents and Bond girls were handed a License to Thrill as they walked into an evening of glamour and intrigue. After a cocktail and a few hors 'devours in the bar, guests strolled into the dining room at the Eau Claire Golf and Country Club. Here, it was a Thunderball of excitement all evening. Music and casino game tables (by Vegas Nights) entertained The Living Daylights out of all who were there. Those attending did Live and Let Di(n)e from the delicious pasta bars available throughout the night.



There was plenty of winning in the casino all evening, however JLEC was the big winner with this event. Although ticket sales were not as high as expected, for those who sponsored, supported, donated and/or attended you have a huge thank you From the Committee With Love. The night was an enormous success. For those of you who took a Dr. No for the night, we will see you next year. This was not a night to miss, after all, You Only Live Twice.





Patty Salo Downs

January Brings Special GMM Guest - Patty Salo Downs

ALERT: January 22, 2008 - Please don't miss our January GMM! We have a special visitor coming to Eau Claire to speak to us: Association of Junior Leagues International (AJLI) Area IV Director Patty Salo Downs.

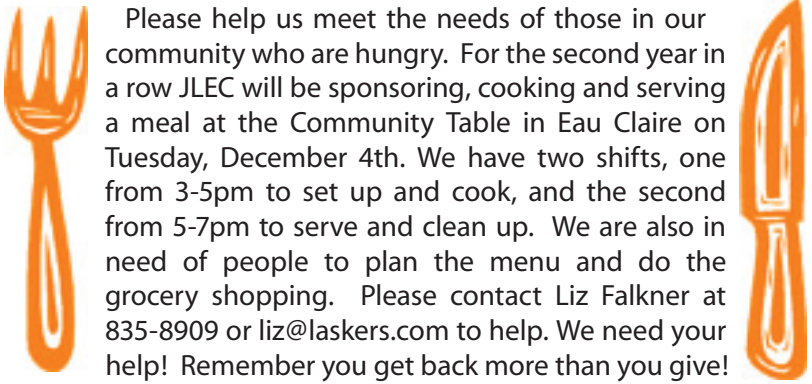
This visit is 100% AJLI-funded. AJLI provides visits like Patty's to Leagues for the opportunity to meet and interact with AJLI Directors. Patty will speak to us about the Junior League movement and provide us with valuable information during her rare visit.

Patty has served various roles within AJLI and is an active member of the Junior League of Duluth. Within her community and Junior League, Patty has built a reputation as a visionary and supportive leader. She is a certified life coach and is currently working as Executive Director of the Marshall H. and Nellie Alworth Scholarship Memorial Fund and is Academic Conference Coordinator for the Association of Consumer Research.

Please welcome Patty to Eau Claire on January 22 and help give her a great impression of JLEC. An update of location and time will be provided. You won't want to miss this special GMM.

Patty Salo Downs is a Sustaining member of the Junior League of Duluth, Minnesota (JLD), which she joined in 1987. She has held a number of leadership positions including President (1995-96), Director of Finance, Public Relations Chair and Community Research and Project Development Chair. She has also chaired several large community projects. She chaired a group of Active and Sustaining members on the 85th Anniversary Speaker Project, a workshop for the community focusing on intergenerational perspectives and membership. Patty's AJLI experience includes serving as a service consultant (1997-1999), on the Resolutions Committee (1999-2001) and on the Nominating Committee (2001-2003). She is currently serving

as the Sustainer Advisor to the JLD Board. Patty's professional and volunteer activities include a wide range of diverse accomplishments including training, marketing, fund raising and event planning. Patty has built a reputation as a visionary and supportive leader as an active volunteer in her community for over 20 years. Patty has raised money for 12 nonprofit organizations and has served on a dozen nonprofit organizations in leadership roles. She is sought out for her strategic planning facilitation, creativity, people skills and for getting the job done. In her spare moments, she is a fiber artist, creating one-of-a-kind hand knit and felted handbags.



Please help us meet the needs of those in our community who are hungry. For the second year in a row JLEC will be sponsoring, cooking and serving a meal at the Community Table in Eau Claire on Tuesday, December 4th. We have two shifts, one from 3-5pm to set up and cook, and the second from 5-7pm to serve and clean up. We are also in need of people to plan the menu and do the grocery shopping. Please contact Liz Falkner at 835-8909 or liz@laskers.com to help. We need your help! Remember you get back more than you give!

Special Notes...

- Thank you to Noodles & Company for hosting a benefit night and donating a portion of sales on November 6th to Junior League of Eau Claire.
- Thank you to the Casino Night committee for putting on a wonderful event to raise money for Junior League of Eau Claire!
- Thank you to Deb Hanson for volunteering to be the Newsletter Editor!
- Congratulations to Kelly Bischof on the birth of her first child, son Zachary Scott, born on Saturday, August 18. He weighed 7 lbs. 6 oz.



Zachary

Upcoming GMM Schedule

Join Us!

November 27, 2007	Cranberry Cottage
December 2007	No GMM; Holiday Party
January 22, 2008	TBD - AJLI Board Member Visit
February 26, 2008	The Meal Connection

6:45 - GMM
7:45 - Refreshments
8:00 - 8:30 - Program

Stuff Liz's Truck! JLEC Food Drive



We will be collecting
canned and box food
for our local food
pantries at the GMM on November 27. Bring out the
holiday spirit and help those in need!



**JUNIOR LEAGUE OF
EAU CLAIRE**

Women building better communities

316 Eau Claire Street
Eau Claire, WI 54701

Return Service Requested

Junior League Holiday Party

The pleasure of your company is requested at the first Holiday party of the season. Please invite your spouse, significant other or a friend to join you in a night of fun, conversation and delicious food with your League friends.

Friday, November 30th, 6:30pm
Sweetwaters Restaurant

\$15 per person
Heavy appetizers
(Cash bar)

Join in the Spirit of Christmas by bringing an unwrapped gift for a child or an adult women. All gifts will be given to the Beacon House and/or Ruth House. Your generosity will be a wonderful expression of the Spirit of Christmas.

Checks may be written out to JLEC,
earmarked "Holiday Party".
Please send checks by November 16th to:
Marianne Klinkhammer
3903 House Road, Eau Claire, WI 54701

Questions?
Please call Marianne
833-8954 (home evenings)
834-0367 (work)
271-4845 (cell)