



JUNIOR LEAGUE OF EAU CLAIRE

Women building better communities



MARCH/APRIL 2008

Volume 14, Issue 5

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.



March 31 - April 4, 2008 at the Boys and Girls Club

Junior League's Kids in the Kitchen is a response to the alarming statistics that nearly one-third of children and adolescents in the United States are overweight or at risk of becoming overweight and that childhood obesity has been shown to be the leading cause of many health issues including pediatric hypertension, Type 2 diabetes, and coronary heart disease. Recent studies now estimate that nearly half of the children in North and South America will be overweight by 2010. Our programs and active participation will raise awareness and hopefully reverse the growth of childhood obesity and its associated health issues in our community. Our mission is simple: empower and educate our youth to make healthy choices and adopt healthy lifestyle habits. See inside for the full schedule.

Obesity Statistics and Facts

- Nearly half of the children in North and South America will be overweight by 2010, up from what recent studies report is currently about one-third of the children in those countries. (International Journal of Pediatric Obesity).
- The Centers for Disease Control and Prevention (CDC) report that nearly one-third of children and adolescents in the United States are overweight or at risk of becoming overweight, increasing the chances they will develop health problems such as Type II diabetes, high blood pressure, and high cholesterol. (Centers for Disease Control and Prevention).
- Obese children missed an average of four days of school per month, compared to less than a day for children at an average weight. (Pediatrics Magazine, 2005).

- Childhood obesity is one of the most critical public health problems today and threatens to reverse the last half century's gains in reducing cardiovascular disease and death. (American Heart Association, 2005)
- Children who are overweight are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self esteem. (National Center for Chronic Disease Prevention and Health Promotion)
- Since the early 1970s, the number of overweight children ages 2-5 and 12-19 has doubled and the number of overweight children ages 6 - 11 has tripled. Today, more than 16% of young people ages 6-19 are overweight. (U.S. Dept of Health and Human Services)
- Fast food consumption has increased fivefold among children since 1970. (Pediatrics Magazine, 2004)

Kids in the Kitchen, Celebration of Women, Bunco, Blue Jeans and Bling, and Placement Day are right around the corner!

A Message from Lindsay

2007 - 2008 theme -- Love In Motion

What a year it's been! One year ago, I was awaiting the birth of my son. As a new mom and the president of Junior League of Eau Claire, my year has been filled with much newness.



Junior League of Eau Claire has been through a productive and meaningful year, and much newness, as well! We have a fantastic group of women who have joined JLEC this year! Our organization continues to flourish and our members are the reason why. Our first go-round at Casino Night, our major fundraiser, was hugely successful. The momentum continues as it is currently in the works for next year. Coming right up is the exciting debut of Kids in the Kitchen! The committee has been working hard to bring this new program to our community. What a year, and we're not done yet!

There is a lot to look forward to in the next few months. We have Bunco, Celebration of Women and numerous volunteer opportunities. With spring upon us, our minds are very much on "newness." In addition to putting away the heavy winter coats and awaiting some green grass, this is a great time for fresh thinking. As we finish out this year, please be thinking of ways in which Junior League of Eau Claire can make additional impact.

I love this quote from author Gladys Taber: Nothing much happens unless you believe in it, and believing there is hope for the world is a way to move toward it.

Spring is in the air!

Lindsay

January General Membership Meeting



Our January GMM was inspirational and informative. Patty Salo Downs, AJLI Board Member and Area IV Director, gave a knock-out talk. We all went home thinking of all the ways JLEC and ourselves can make changes for the better. We are so grateful Patty took the time out of her busy schedule for us.

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-Wiechert
	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

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715-831-8442

Newsletter Editor: Deb Hanson
Design: Joanna Schneider

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Schedule of Events

March

25th General Membership Meeting - Lotus Spa - 6:45pm

31st Kids in the Kitchen Kickoff Day!

Kim Ayres of Mission Accomplished (www.missionaccomplished.com): nutrition, portion control, yoga class

April

1st - Kids in the Kitchen continues

4th April 1 – Laurel Robertson of Dinners-On (www.dinners-on.com): cooking class and Introduction to Go Slow Whoa foods (www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf)

April 2 – Robin Shih, beekeeper: honeybees (power pollinators of fruits, vegetables, and nuts!) and healthy options for cooking with honey

April 3 – Kristina Beuning of Sunbow Farm (www.sunbowfarm.com): container gardening and organic farming, natural sweeteners sampling through a blind tasting

April 4 – Linda Bohacek, dental health; Dr. John Plewa M.D., Luther pediatrician; Dr. Kyle Anderson D.C., chiropractor and make-your-own pizza party with healthy topping options, fresh banana ice cream!

10th Bunco Blue Jeans and Bling 2008

Stella Blues • 306 Madison Street, Eau Claire • 7 pm
\$25/Person Includes Bunco Registration and Delectable Appetizers

17th 2008 Literacy Volunteers Scrabble Bee

Please join us as a Word Waiter at the 2008 Literacy Volunteers Scrabble Bee beginning at 5:15pm at the Holiday Inn Campus. Word waiters help their assigned team keep score while showing them a good time! Word waiter training is required and will take place on Tuesday April 8 at noon or 5:30pm. If you are interested in becoming a Word Waiter please contact Liz Falkner at liz@laskers.com or 577-6217.

JLEC is honored to sponsor a table at the 2008 Literacy Volunteers Scrabble Bee in the amount of \$350.00. We are fortunate to have Pamela Macal serve on the Board of Literacy volunteers as a representative of Junior League.

22th General Membership Meeting - Riverside Plaza - Placement Day! 6:45pm

24th One Last Volunteer Opportunity for Community Table

Contact Rachel Zacho at Rachel.zacho@logicare.com or Stacy Secker at stacysecker@charter.net if you'd like to volunteer your time.

May

1st Celebration of Women

The Florian Gardens • 2340 Lorch Avenue • 5 pm
Invitation with additional information coming soon!

20th Spring Banquet/Annual Meeting

Eau Claire Golf and Country Club



**JUNIOR LEAGUE OF
EAU CLAIRE**

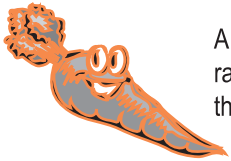
Women building better communities

www.juniorleague-ec.org



JUNIOR LEAGUES'
KiDs in the KiTcHeN

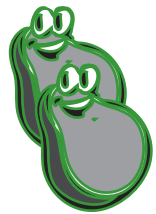
*You Are
What You Eat,
So Eat Well!*



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and science shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuron-transmitters for brain function.

Celery, Bok Choy, and Rhubarb look like bones. These foods target bone strength.

Onions look like body cells. They help clear waste from cells and produce tears which wash the epithelial layers of the eyes.



JUNIOR LEAGUES'
KiDs in the KiTcHeN

*What happens within the
first hour of drinking a soda?*

10 minutes:

10 teaspoons of sugar hit your system, which is 100 percent of your recommended daily intake. You'd normally vomit from such an intake, but the phosphoric acid cuts the flavor.

20 minutes:

Your blood sugar skyrockets. Your liver attempts to maximize insulin production in order to turn high levels of sugar into fat.

40 minutes:

As your body finishes absorbing the caffeine, your pupils dilate, your blood pressure rises, and your liver pumps more sugar into the bloodstream.

45 minutes:

Your body increases dopamine production, tricking you into feeling pleasure and adding to the addictiveness of the beverage.

60 minutes:

The sugar crash begins.





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Program Schedule

All programs are in the new Boys and Girls Club of the Greater Chippewa Valley located at 201 E Lake Street and will begin each day at 4:30pm.

The programs target children between the ages of 8 – 18. All are invited, though we ask that participants be or become members of the Boys and Girls Club. Membership is \$10/year and anyone who cannot afford to become a member will be sponsored. Pre-registration is encouraged by contacting Mike McHorney at mike@bgca-chippewavalley.org.

We look forward to a successful 2008 launch of Kids in the Kitchen and strive in the near future to create and facilitate year-round programming throughout the Chippewa Valley for children of all ages.

We welcome your questions, comments, and ideas! Contact Robin Shih at rshih@csstars.com and Sheri Baemmert at baemmert@charter.net. To learn more, please visit the website <http://kidsinthekitchen.ajli.org/>. All are welcome and invited to participate, so please let us know if you're interested in helping in any way.

MONDAY, MARCH 31 – Kim Ayres of Mission Accomplished (www.missionaccomplished.com): nutrition, portion control, yoga class

TUESDAY, APRIL 1 – Laurel Robertson of Dinners-On (www.dinners-on.com): cooking class and Introduction to Go Slow Whoa foods
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf)

WEDNESDAY, APRIL 2 – Robin Shih, beekeeper: honeybees (power pollinators of fruits, vegetables, and nuts!) and healthy options for cooking with honey

THURSDAY, APRIL 3 – Kristina Beuning of Sunbow Farm (www.sunbowfarm.com): container gardening and organic farming, natural sweeteners sampling through a blind tasting

FRIDAY, APRIL 4 – Linda Bohacek, dental health; John Plewa M.D., Luther pediatrician; Kyle Anderson D.C., chiropractor – make-your-own pizza party with healthy topping options, fresh banana ice cream

Oral Health America Donation Supports Dental Sealant Program

Oral Health America, in partnership with 3M Company, has donated dental sealant kits to Junior League of Eau Claire, a 501(c)3 entity, to support the Eau Claire County school-based dental sealant program. The Sealants Today for Smiles Tomorrow program brings oral health education and dental sealants to second graders who have barriers to accessing dental care. This program is funded mainly through the state's Seal-a-Smile grant program. Other funding sources come through either cash donations or in-kind donations in collaboration with the City-County Health Department, Junior League of Eau Claire, Sacred Heart Hospital, Ann Marie Foundation, and the Eau Claire Regional Dental Hygienists' Association. The program has been in existence since 2001. In addition to providing dental sealants, the program's mission is to identify dental homes to treat the children with dental decay. "The generous donation of dental sealants materials, enough to seal 1200 teeth, by Oral Health America and 3M Company has been a huge boost to providing dental sealants to more children this year," states Linda Bohacek, a dental hygienist and coordinator of the program.



Oral Health America was founded in 1955 as the "American Fund for Dental Health" by members of the American Dental Association, American Dental Education Association, The American Dental Trade Association, and the Wm. Wrigley Jr. Company to raise funds for the improvement of dental education. In 1994, Oral Health America broke away from its founding institutions to follow a path of broad-based public advocacy through targeted programs and communications efforts to improve oral health for all Americans.

To help make a difference for children in need, 3M Company teamed with Oral Health American during the past several years to help seal teeth in high-risk children. This public/private partnership is joined by American's Promise- the Alliance for Youth in a national Seal-A-Million Challenge with the goal of placing 1 million dental sealants on the teeth of an estimated 225,000 children by 2010. Sealants can eliminate up to 80 percent of the risk of dental decay in children. Dental decay may well be the most common preventable disease among children in the United States.

GENERAL MEMBERSHIP MEETINGS

March 25, 2008 Lotus Spa
April 22, 2008 Riverside Plaza - Placement Day!
6:45 - GMM
7:45 - Refreshments
8:00 - 8:30 - Program

Celebration of Women

This year the Celebration of Women will be held at Florian Gardens on May 1st. The garden is expected to be in full spring bloom, just imagine - no snow!

As in years past, there will be booths for shopping and great entertainment followed by dinner. We hope to offer a little more this year in terms of celebrating women, so plan to be a little pampered. Back by popular demand, Peanut Butter and Gypsy will perform again this year.

If you or are a friend are interested in purchasing a booth this year, please contact one of our booth coordinators; Sue Carmody at tomsuey@charter.net or Stephanie Niebergall at janskn4@charter.net. Look for you invitation in the mail in the next few weeks. We look forward to seeing you there!



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EAU CLAIRE**

Women building better communities

316 Eau Claire Street
Eau Claire, WI 54701

Return Service Requested



You are invited to **Bunco Blue Jeans and Bling 2008**



Thursday April 10, 2008 • 7:00 pm
Stella Blues • 306 Madison Street, Eau Claire

\$25/Person Includes Bunco Registration and Delectable Appetizers

Grab your gals and head to Stella Blues for a night of fabulous food, drink, prizes and most importantly,

BUNCO!

Bunco, Blue Jeans and Bling 2008 is sure to be the most fun, most outrageous and most sparkly Bunco game ever played! Bunco, Blue Jeans and Bling is hosted by Junior League's Provisional Members. Please join us to meet our newest members.

Dress in your favorite blue jeans and adorn yourself in your most shimmery bling. Bunco players of all abilities are welcome. In fact, you don't need to know how to play at all! We'll supply all the die and all the rules.

Don't miss out on the crazy fun!

Register in advance by sending a check for \$25 to:

Sadie Gunderson
1401 Timber Road, Eau Claire, WI, 54701

Please make your checks payable to the JLEC.
Your \$25 fee includes Bunco registration
and delicious food from Stella's.
A cash bar will be available as well.

\$100.00 Cash Prize – Highest Total Points

Questions? Call Sadie Gunderson at 715-514-0254
or e-mail jlec@charter.net.

All Ladies and Bunco Groups Welcome
to Join in the fun!