



Connections

**JUNIOR LEAGUE OF
EAU CLAIRE**

March/April 2009
Volume 15, Issue 4

Women building better communities



Kids in the Kitchen

Junior Leagues' *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.

The Schedule

All programs are in the new Boys and Girls Club of America located at 201 E Lake Street and will begin each Friday in March at 4:00pm.

- **FRIDAY, MARCH 6 – Luke Wren of Highland Fitness** (www.highlandfitness.com): nutrition presentation and activity
- **FRIDAY, MARCH 13 – Laura Sommer of Just Local Foods** (www.justlocalfood.com) and **Sheri Baemmert** (www.baemmert.com): cooking class and yoga class
- **FRIDAY, MARCH 20 – John and Anna Sizer**: whole grain wheat berries, grinding your own wheat, making your own bread (origin of foods).
- **FRIDAY, MARCH 27 – Laurel Robertson of Dinners On** (www.dinners-on.com): cooking class stations, hula hooping! Drawing for a bike from Scheels.

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 our second annual 2009 presentation of *Kids in the Kitchen* and strive in the near future to create and facilitate year-round programming.

We welcome your questions, comments, and ideas! Contact Robin Shih at rshih@csstars.com and Jen Loesel at loesel@hotmail.com. 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.

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.

2008-2009 JLEC President

A Message from Jill Fenn



Greetings JLEC Ladies!

It's hard to believe that we are already beginning the third month of this New Year! As we count down the last chilly days of winter we find ourselves beginning our trek through the final three months of the 2008-2009 JLEC membership year. It seems like only yesterday we were gathering at Liz Falkner's house for the Fall New Membership Social. Where has the time gone?!

I think that spring is one of the most exciting times to be a member of the Junior League of Eau Claire. Not only do we have *a ton* of fun events on the calendar – Kids In the Kitchen, Bowl For Kids Sake, Celebration of Women, the Spring Banquet, just to name a few– but it's also the time of Placement!

There are so many great ways to become involved in JLEC! Whether you want to join a new committee, chair an event or volunteer to be a council Vice President, Placement is your opportunity to experience your own Junior League growth. While the formal Placement process occurs at the April General Membership Meeting, early spring is the perfect time to start thinking about where your talents would best serve our League!

Our organization has a spot for everyone. I would like to challenge all of you to take our mission this year – to grow and develop your own personal potential, and begin considering where you could best serve our membership and community in the year to come. During our January and February General Membership Meetings you had the opportunity to hear detailed descriptions of all the volunteer positions. Please take advantage of the next several weeks by asking questions, shadowing the person in the current position or reading on the website to learn more about the area you are most interested in.

If you have the opportunity this month, please come to the Boys and Girls Club on a Friday afternoon and partake in our signature project – Kids In The Kitchen. This is our second year presenting at The Club. We've made the program into a month long event, and it promises to be a fun time for all. Contact Robin Shih or visit the website for more information.

May all the joys of Spring be yours in these coming weeks. Enjoy the gently hint of warmth in the breeze. Look for the tulips peeking up through the thawing ground and listen for the faint sound of birds chirping and children playing outside once again. Most importantly, consider the new spring growth that you will experience this season!

Peace, health and harmony,
~ Jill

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Junior League of Eau Claire

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www.juniorleague-ec.org

Community Corner

November and December were exciting months in the Community department. We had a special opportunity to participate in the Weekend Kid's Meal program with Feed My People Food Bank. This is a special and critical program for children in our community. The weekend meals provide for children who may lack adequate food when school meals are not available. On November 20th, 2008 several JLEC members gathered to pack Thanksgiving weekend meals. We assisted in packing approximately 937 bags to be distributed at local schools and community centers. It was a great teamwork experience, a wonderful "Done In A Day" project to serve a very necessary program. A special thanks to Cyndi Postlewaite, Mary Dickoff, Vicki Sanders, Jen Fesenmaier, Diane Terry, and Michelle Facer for their fast and furious packing and support for Feed my People.



Warm the Children, a program coordinated through the Leader Telegram and Mike Carlson, with sponsorship from Kohl's, Sears, and Shopko, is an amazing effort to help children in our community stay warm in the frigid winter. I would like to say thanks to our shoppers and volunteers Linda Bohacek, Jessica Schreiner-Donnelly, Deb Hanson, Ellen Anderson, Kim Schulte-Shoberg, and Michelle Facer. I can honestly tell all of you that the three families I shopped with humbled my heart, and once again reminded me of what is important, how thankful we all should be for what we have and not to focus on what we don't.

Feed My People is seeking volunteers to assist with an important fundraiser, the annual Empty Bowls event on Thursday, March 12, 2009. The handcrafted bowls and meals of soup, bread, and dessert are donated by local artisans, university students, and area merchants. The needs for this event include bowl set-up, preparation, serving the meal, and clean-up. The event runs from 11:00 am until 7:00 pm. Please think about helping Feed My People with this very important fundraiser to support those underserved and hungry in our community.

Literacy Volunteers is seeking our help for Scrabble Bee 2009 to be held on Thursday, April 16th, 2009. This includes participation as "Word Waiters" at the event with one night of training on Tuesday, April 7th at 5:00 pm. This fundraiser assists Literacy Volunteers to raise money for the many needed literacy services throughout the Chippewa Valley. Last years event raised \$30,000! Another option is to create teams to participate in this event.

To become part of any of these volunteer opportunities or if you know of a need in our community please contact Jill Hecker Fernades via e-mail Rfernan9@aol.com.

Placement Meeting

Spring is fast approaching which also means our Placement meeting is around the corner. Please review the Placement List in our newsletter and start thinking about where your best fit will be. The Placement List is the grey column on page 2. Feel free to contact the corresponding board member if you have any questions about what each placement position entails.

Be sure to save the date for the April 28, meeting at Riverside Plaza, hosted by Phyllis Mattson. Thanks Phyllis for sharing with us, we look forward to seeing you.

You're Invited!

What: Celebration of Women

When: Thursday, April 30th

Time: 5:30 p.m.

Where: Florian Gardens

More details coming soon!

Save the Date Spring Banquet

Tuesday, May 19, 2009 at the Eau Claire Golf and County Club
6:00PM Cocktails
6:45PM Dinner
7:30PM Program

If you are unable to join us for the dinner, please consider join us for the program and socializing.

Watch for an invitation in the mail soon!



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Eau Claire, WI 54701

Return Service Requested

Bowl for Kids Sake

One of this year's Junior League Provisional Projects is Bowl For Kids Sake, which is the signature fundraising and marketing event for Big Brothers Big Sisters of Northwestern Wisconsin ("BBBS"). BBBS has been making an impact on children's lives since 1972. Their mission is to help children reach their potential through professionally supported, one-to-one relationships with measurable impact. BBBS offers two types of mentor programs; community-based and school/site based mentoring. Junior League provisional Mandy Brash is a Big Sister. Provisional Cyndi Postlewaite recently interviewed Mandy about her experience as a Big Sister.

Cyndi- How long have you been in the Big Brothers Big Sisters program?

Mandy- Less than a year; I was matched with my little sister, Tabitha, in June 2008.

Cyndi- What do you like best about your Little Sister?

Mandy- Her perspective. It's so innocent and unclouded by other things. Her perspective is so refreshing!

Cyndi- How has having a Little Sister helped you?

Mandy- When I am with Tabitha, I want her to see me at my best. I am more patient, extra polite, and more aware of those around me. If she takes nothing else away from her experience with me, I hope that she wants to be a kind person.

Cyndi- Tell me something you have learned from your Little Sister?

Mandy- Besides the fact that Hannah Montana is cool and the Jonas Brothers are hot? Tabitha has taught me that she doesn't need to be going places or spending money to have fun. She's happy to just hang out or go for a walk-- it's about consistency.

By participating in the Bowl For Kids Sake event, the 2008-2009 Provisional Class will help BBBS meet their fundraising goals. We invite other Junior League members to join a bowling team or sponsor a provisional team. For more information, contact Kirsten M. Holbrook at kholbrook@wrpr.com.