



Connections

JUNIOR LEAGUE OF
EAU CLAIRE

May/June 2009
Volume 15, Issue 5

Women building better communities

Kids in the Kitchen

Our second annual ***Kids in the Kitchen*** was a huge success! Our cooking and nutrition education programs at the Boys and Girls Club on the Fridays in March received rave reviews! We were delighted to see many familiar faces, though we met several new young cooks eager to get involved for the first time this year.

Many thanks to all of you who volunteered to make it happen! We are especially grateful to our sponsors: Rotary International, Luther Hospital, Festival Foods, Scheels, Group Health, Marianne Klinkhammer, and Sheri Baemmert. A very special thanks to Jennifer Loesel for her help planning and co-chairing this year's program (and great Champion juicer skills!); to Sheri Baemmert for her graphic design talents and many resources; to Mike McHorney - Boys and Girls Club Program Director; to Sara Antonson - Boys and Girls Club Executive Director; to the daily team captains: Jennifer Geurts, Mary Ann Dickoff, Pamela Macal, and Jennifer Golat; and to the entire committee who worked so diligently over the past year to plan and support this important program!

The bike generously donated by Scheels provided a great incentive for the kids to participate and heightened the excitement each Friday. The lucky winner was thrilled and she is anxious for warmer weather to quickly arrive, so she can try out her new wheels!

Here's a recap of the second annual fun-action-and-education packed Kids in the Kitchen schedule. Attendance was around 25 kids each Friday:

FRIDAY, MARCH 6 – **Luke Wren of Highland Fitness** (www.highlandfitness.com) shared insights into making healthy food choices and energized the room with 'Silly Smart and Strong'! We then prepared delicious fruit smoothies. Who knew frozen mango could taste soooo delicious?

FRIDAY, MARCH 13 – **Laura Sommer of Just Local Foods** (www.justlocalfood.com) prepared delectable frit-tatas and we learned about the incredible egg. **Sheri Baemmert** (www.baemmert.com) stretched and enlightened us with a relaxing yoga class.

FRIDAY, MARCH 27 – **Laurel Robertson of Dinners On** (www.dinners-on.com) shared her recipes for healthy apple, cheese, and cinnamon stevia crackers and yummy pizza rolls. As the pizza rolls baked, we all took a spin at hula hooping in the activity center!



Nicole Lasker at a Kids in the Kitchen Event

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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



Hello Ladies!

It seems surreal that the year, in which I've been so fortunate to serve you as President, is coming to a close. It seems like just yesterday I was nervously writing my spring banquet speech, and now, here we are approaching the close to the 2008-2009 membership year. When I began this journey, I thought I was going to be the one giving and serving the League. As I write this, my final article as your President, I am realizing that just the opposite has happened.

Over the past 12 months *I have been given the chance* to met and develop so many new friends, in all of you. *I have been given the opportunity* to learn and grow from our friendship. *I have been served* laughs, knowledge and wisdom through the many fantastic conversations with women I may have otherwise never met. *I have been given the blessing* of being able to volunteer for things I never knew existed in our community. *I have been gifted the chance* to learn about new services in the Eau Claire area, as well as rediscovered many that I had forgotten about, and *I have been given the chance* to grow as a person. Oh how I have received (!)...and to think, I thought I was the one who would be doing the giving and the serving!

I want to thank the 2008-2009 JLEC Board of Directors for their constant support, vision, organization and general fabulousness! I have laughed and cried with you all more than I could have ever imagined. Our Monday night meetings will always have a special place in my heart!

My simple gratitude does not adequately express the thanks I feel towards our entire membership – Provisional's, Actives and Sustainers alike. Thank you for coming to our meetings, participating in our events and supporting our mission, values and goals. Without you, none of this would be possible. A more thoughtful, caring and giving group of women I'm not sure I will ever meet.

And now to the future...What a future we have in store for us all! Our membership is undeniably strong, and our board leadership for the coming year is fresh, new and exciting. My dear friend, Kate, is ready and willing to step into the role of President. She's been planning for months, and she has such fun new ideas!

Thank you all for spending this last year with me. When we started this journey together I said that my hope was that throughout the course of the year we would each be able to grow and develop ourselves in whatever way best suited our lives. I hope that I have given you that opportunity, for you certainly have given it to me.

Peach, health and harmony,

Jill

2008-2009 BOARD OF DIRECTORS

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	Brenda Weisenbeck
Celebration of Women.....	Ellen Anderson
	Jennifer Geurts
Community R&D.....	Valerie Fedie
	Marianne Klinkhammer
Education/Speakers.....	OPEN
Kids in the Kitchen.....	Robin Shih
	Jen Loesel
Public Advocacy.....	OPEN
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	Kate Gillett
Cookbook.....	OPEN
Fund Development.....	OPEN
Grant Writing.....	OPEN

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Membership Handbook.....	Joanna Schneider
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	Liz Kennedy-Wiechert
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Charms.....	Rachel Zacho
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	Brenda Weisenbeck
Volunteer Service Coord.....	Joanna Schneider

Junior League of Eau Claire

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www.juniorleague-ec.org

Kids in the Kitchen (Continued from Page 1)



FRIDAY, MARCH 20 – John Sizer (sizer@siliconlogic.com) presented the fascinating process of how to grind wheat to make flour. The kids each got a turn to crank the wheel to grind their own flour. We played with dough and then prepared fresh baked rolls. Robin Shih and Pamela Macal showed the kids how to make peanut butter and cashew butter. Everyone enjoyed making and eating fresh peanut or cashew butter and homemade jelly (provided by the Sizer farm) sandwiches!

Each day ended by celebrating with a banana and strawberry 'ice cream' party. The 'ice cream' is actually made by pressing frozen bananas or frozen strawberries (that's it!) into a Champion juicer.

We welcome your questions, comments, and ideas! Our goal is to provide ongoing Kids in the Kitchen programming at the Boys and Girls Club beyond Nutrition Awareness Month, so everyone interested is invited to share your thoughts and suggestions on how best to maintain a consistent educational presence to better serve the children. Please contact Robin Shih at rshih@csstars.com, Jen Loesel at loesel@hotmail.com, and Sheri Baemmert at baemmert@charter.net. To learn more, please visit the website <http://kidsinthekitchen.ajli.org/>.

Member Spotlight—Kelly Bischof

Where did you grow up?

I was born in Milwaukee, but grew up in Gillette, Wyoming, where my father worked in the energy industry. I went to college at Univ. of South Dakota and moved back to Wisconsin after I graduated.

What brought you to Eau Claire?

In 2006 my husband was offered a position with Marshfield Clinic in Eau Claire and we moved here from Milwaukee.

What drew you to join Junior League of Eau Claire?

When I lived in Milwaukee I got to know several women who were involved with Junior League and thought it was a great organization. However, at the time, my work schedule involved a lot of travel and I didn't have time to get involved. So one of the first things I did when we decided to move to Eau Claire was contact then JLEC president, Marianne Klinkhammer to see how I could get involved after we moved.

What has been your favorite JLEC event and why?

There are two - Celebration of Women and Kids in the Kitchen. Celebration of Women is such a nice event, and a great night-out to get together with other ladies and laugh and learn. Kids in the Kitchen is such an important program. As the mother of a little one I strongly believe in the importance of teaching children healthy lifestyle habits as early as possible.

What is your favorite restaurant in town?

There are so many great restaurants in Eau Claire, something for just about every taste. I could list many favorites, but lately I would have to say Draganetti's. I LOVE Italian food and have never been disappointed!



Message from President Elect—Kate Gillett

As I'm writing this, the snow is melting, the ground is thawing, and temperatures are moving upward. Spring is coming! As nature begins the transition of one season into another, so does our League. We have some wonderful board members who are leaving to take on new projects and allow other members the opportunity to grow and serve. Jessica, Jill HF, Joanna, Liz, and Susan have given me so much guidance and assistance in the last year and I'm really going to miss their presence on the board. However, I'm really excited to see a group of new ladies stepping up to participate. What a great year we are going to have!

One of my greatest mentors has been Jill Fenn. At each of our GMM's she's given us the chance to try something new or learn more about ourselves. I, for example, learned I am a DI personality type and not a belly dancer. But in all seriousness, she's really focused on creating a League of trained volunteers - all of us able to take the helm. I'm going to continue along that theme by showing us areas in the community where we can become more involved, acting within League or as individuals. Some of the places we will be visiting have already developed partnerships with League; others are new faces that have needs that fit within our mission. All of the GMM's will be held at locations that want to foster a relationship with us as a group of volunteers.

I'm very excited about the opportunities we'll be learning about and I'm looking forward to working with all of you in the next year!

Big Brothers Big Sisters Bowl for Kids' Sake

This year the Junior League Provisional Class has decided that one of their provisional projects would be to participate in the Big Brothers Big Sisters Bowl for Kids' Sake event, which will be held on May 8, 2009 at 5:30 p.m. at Wagner's Bowling Alley on Brackett Avenue in Eau Claire. We have formed two teams that will be bowling. The team captains are provisionals, Lynda Patrow and Cyndi Postlewaite.

Each team consists of 4 bowlers and each team is asked to raise \$100.00 per bowler - or \$400.00 per team. Please consider making a donation to a Junior League Provisional Bowling team by submitting a check payable to Bowling For Kids Sake (BBBS) or making by an online donation at the team captain's website. <http://bbbsnw.donorpages.com/BFKS09OnlinePledges/jlec Bowl> or <http://bbbsnw.donorpages.com/BFKS09OnlinePledges/jlec> . So far the JLEC teams have raised over \$600.00 but we still need more donations.

If you have any questions about the event, please contact Kirsten Holbrook at kholbrook@wrpr.com or 715-835-5967.

Special Notes

Thank you to everyone for coming out to the Burracho's Benefit Night! We raised over \$200 for League! The next benefit night will be at Noodles & Co. on May 4th from 4-9 p.m. (and thank you to Liz Kennedy-Weichert for setting up both fundraisers!). Watch for more benefit nights this summer!

Thank you to Ellen Anderson, Jennifer Guerts and the rest of the Celebration of Women committee for putting together a great night celebrating women and "The Joy of Connection".

Congratulations to Linda Bohacek on receiving a grant of \$1500 from the Wisconsin Dental Association Foundation for supplies and equipment to continue her work with dental sealants!

Let's Celebrate! Phyllis Mattson has reported that her cancer has gone into remission! Wonderful news!

Community Table

On March 8, 2009, a team of Junior League members volunteered at the Community Table to prepare an early Sunday dinner for local people in need. The project was organized and led by a group of Provisionals as one of this year's Provisional Projects, but several active JLEC members participated as well – throughout the event, a total of 14 volunteers were involved. Approximately 100 people were served, including families and individuals of all ages. The meal consisted of Baked Spaghetti, vegetables, breadsticks, bananas, cookies, and milk.



A fun time and rewarding experience was had by all who volunteered. Those provisionals who participated in the event found it to be a wonderful opportunity to get to know some of the other members of their provisional class while doing something helpful for the community. They also found the workers at the Community Table to be nice, friendly, and helpful. As JLEC Provisional Leslie Lyons puts it, "It wasn't really work – I enjoyed myself the whole time!" Everyone found it to be a fun and easy way to make an impact and help people out. Some were nervous about what it would take to prepare a meal for 100 people, as it is something that most had never done before – but their apprehensions were eased when the Community Table workers helped things run smoothly by showing them where everything was stored and how things worked. Vicki Sanders, Dawn King, and Michelle Kees did a great job of bargain shopping as they took on the task of purchasing all the necessary ingredients. On top of that, Sanders and King, who acted as the captains of the volunteer team, were great at organizing everything and delegating tasks; and Stacey Madson-Reuss had done much of the behind-the-scenes planning ahead of time, making sure all bases were covered. Everyone seemed to find it easier than expected to step into place and do their part to put the meal together. Lyons wonders, "How did we make that meal for 100 in a couple of hours when it takes me that long to make a meal for my family of 5?"

The volunteers were touched by the number of people who showed up for the meal, and for the appreciation they showed. It is easy not to realize that people right in our community are in need of something as basic as a meal – it's not something we would usually think about, but this event made an impact on those involved and led them to gain a new perspective on such things. This is exactly the effect Cyndi Postlewaite hoped this volunteer event would have on her 10-year-old son, who accompanied her to the Community Table to help out. Postlewaite states, "I knew this would be the perfect opportunity to teach my 10-year-old son about the most important contribution we could ever make – the giving of ourselves." They had had a few discussions ahead of time about what Community Table was all about and what might be expected of them as volunteers, but Postlewaite says that despite this preparation, she could tell her son was still uncertain of what to expect and possibly a bit nervous. She could sense his anticipation as they walked into Community Table and were greeted by guests who were leaving just after having finished their meal, telling them how delicious it was. This anticipation quickly disappeared, however, when they sat down at a table to eat with a young father and his 4-year-old daughter. After chatting with them for a bit, the little girl asked the 10-year-old boy, "Why do you work at this place?" to which he replied "I don't work here, I am volunteering." After her father explained what volunteering meant, she turned to him again and asked, "Why are you volunteering at this place?" He said tenderly, "Because I want to." Postlewaite says, "My heart smiled."

Many of those involved say that volunteering at the Community Table was a humbling and rewarding experience, they had a great time doing it, and that they would definitely sign up to do this again in the future. As members of JLEC, the opportunities to do so are endless!

Save the Date

Spring Banquet & Annual Meeting

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.

RSVP to Kristine Morgan-Roehrich
at adalar@sbcglobal.net or 830-
1010 by May 13th.



JUNIOR LEAGUE OF EAU CLAIRE

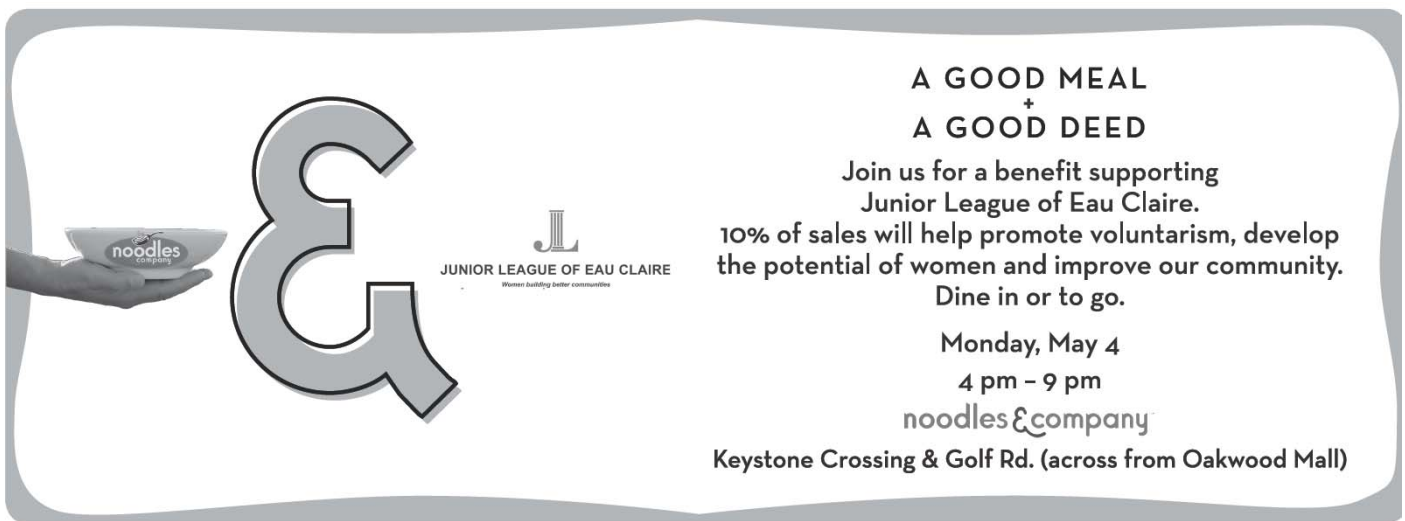
Women building better communities

316 Eau Claire Street

Eau Claire, WI 54701

Return Service Requested

Have a great meal AND support League!



**A GOOD MEAL
+
A GOOD DEED**

Join us for a benefit supporting
Junior League of Eau Claire.
10% of sales will help promote voluntarism, develop
the potential of women and improve our community.
Dine in or to go.

Monday, May 4
4 pm - 9 pm
noodles & company

Keystone Crossing & Golf Rd. (across from Oakwood Mall)