



JUNIOR LEAGUE OF EAU CLAIRE

Women building better communities

Connections

JANUARY | FEBRUARY 2010



BOYS & GIRLS CLUB
OF THE GREATER CHIPPEWA VALLEY

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.

2010 JLEC KITK

March 5, 12, 19 & 26, 2010



Chef Laurel Robertson & children from the 2009 KITK.

Happy and healthy new year to you all! Planning for this year's Kids in the Kitchen is underway and we have plenty of room for more cooks in our kitchen. Junior Leagues' Kids in the Kitchen is designed to help address the urgent issues surrounding childhood obesity and poor

nutrition. Our overall goal is to educate and empower youth to adopt healthy habits in an attempt to reverse the trend of childhood obesity. **The Junior League of Eau Claire Kids in the Kitchen will occur on the Fridays in March at the Boys and Girls Club of America located at 201 E Lake Street.** Each Friday afternoon at 4:30pm, we will coordinate a program teaching the kids how to make healthy choices, as well as distribute materials that include learning exercises for kids, tips on nutrition, recipes for meals and snacks, and information on the childhood obesity problem.

Here is a sampling of our presenters and what to expect: Kristina Beuning of Sunbow Farm, hula hooping, Laurel Robertson of Dinner's On, and Laura Sommer of Just Local Food. The ever-popular fresh banana ice cream party will be a part of every program! Scheels is again generously donating a bicycle we will raffle on March 26th.

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

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Volunteering for Warm the Children by Angela Axelrod

Mary and I both participated in the Leader-Telegram's Warm the Children program as volunteer shoppers. The Leader Telegram provides families in need of warm winter clothing a \$100 allowance to ShopKo, Kohl's, or Sears. The primary focus of the purchase is on outerwear (coats, snowpants, boots, hats, mittens, etc.) but other cold weather clothing such as sweaters and pants may also be purchased.

We each received an information packet for the family that we were to take shopping. After we made contact with the mothers of the children, the mothers picked their store of choice and we arranged to meet them there. In our experience, the mothers were excited to select new clothing for their children and remarked several times how it was nice to get new clothes, since they primarily used hand-me-downs or shopped at secondhand stores for their children's clothes. We spent our time assisting them in keeping track of how much was being spent and to look for the sizes they needed. The checkout process was easy and uncomplicated, and the whole shopping process from start to finish took less than 40 minutes. It was a very rewarding experience for both of us and we would definitely participate again next year!

**Have you moved?
Need to update your contact information?
Email us at jlec@charter.net!**

Did you make a New Years Resolution? How about volunteering more! Go to www.juniorleague-ec.org to view all JLEC **VOLUNTEER** opportunities! Just click on the clipboard on our home page.

A Message from Kate



Greetings JLEC members,

Welcome to the New Year! Did you make a resolution? I know I made one for the first time in many years. I typically don't, because I know by February that the chances of me even remembering what I set out to do in January is very slim. After the hectic holidays and a year of ever increasing commitments, I felt that it was important to really sit down and pick some priorities and so I resolved to pick my passion in 2010.

One of the things I love about League is that it gives us an opportunity to pick our passion. League doesn't just have one project that we all have to get behind. If feeding the hungry is important to you, you can participate in a done in a day at Feed My People or the Community Table. If you worry about medical care for the less fortunate, you can volunteer to provide a meal at Chippewa Valley Free Clinic or help with the Dental Sealants program. You can work to fight childhood obesity with Kids in the Kitchen. You can volunteer at ECRAC or help distribute backpacks with the Boys and Girls Club. If you find a need in the community that isn't currently being addressed, you can bring it to the attention of the Research and Development Committee and see what we can do to help solve it.

This is your League. For us to continue doing these great things, we need you. We need your passion. We need your involvement. My hope is that in the New Year you will share your passion with League.

Best wishes in 2010.

Kate

JLEC '09 Holiday Party - *Toys for Tots!*

The Annual Holiday Party was held December 4th and hosted a wonderful turnout of Junior League Ladies and their significant others! It was a great way to kick off the holiday party season. The downstairs lounge of the Eau Claire Golf and Country Club provided a cozy room for all to mingle and enjoy delicious appetizers. Great gifts were collected for the Annual Toys for Tots program. Thank you to those who donated, a special Christmas occurred because of your generosity.



SPECIAL THANKS TO....

- Jessica A. Schreiner-Donnelly for coordinating the Holiday Party
- Sadie Gunderson for delivering the toys

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COMMUNITY**Back to School**

Chair & Co-chair - OPEN

Celebration of Women

Chair & Co-chair - OPEN

Community R&D

Valerie Fedie

Marianne Klinkhammer

Kids in the Kitchen

Robin Shih

Sheri Baemmert

Literacy Volunteers

Jill Fenn

ECRAC Liaison

OPEN

FINANCE**Casino Night**

Jenny Fesenmaier

Cookbook

Emily Madsen

Mandy Brash

Grant Writing

OPEN

Fund Development

Liz Weichert

MEMBERSHIP**Bylaws/Advisory**

Kathryn Wahl

Kirsten Hollbrook

Membership Handbook

Jill Fenn

Nominating

Susan Jewett

Party Planner

Jessica Schreiner

Placement

Jill Fenn

Kristine Morgan Roehrich

Provisional Counselor

Jill Fenn

Refreshments

Mandy Brash

Jennifer Geurts

Charms

Rachel Zacho

Sustainer Rep

Schotzie Armstrong

Brenda Weisenbeck

Volunteer Service

OPEN

Design by: Cyndi Postlewaite

2010 Junior League of Eau Claire.

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Submit articles to editor.

Placement Meeting - 4.28.10

Spring is fast approaching which also means our Placement meeting is around the corner!

Please review the Placement List above and start thinking about where your fit will be. Feel free to contact the corresponding Board Member with questions regarding their position.

Be sure to SAVE THE DATE for the April 28th meeting at Riverside Plaza, hosted by Phyllis Mattson. Thank you Phyllis for sharing with us, we look forward to seeing you!



Focus on Food Choices – Go, Slow, Whoa

GO foods are the lowest in fat and added sugar. They are also “nutrient dense” (which means they are better sources of vitamins, minerals, and other nutrients important to health) and relatively low in calories. Enjoy GO foods almost anytime. Examples of GO foods include fruits (fresh, frozen, or canned in juice), vegetables (fresh, frozen without added fat, canned without added sodium), whole grains, fat-free or low-fat milk products, lean meat, poultry, fish, beans, egg whites or egg substitute.

SLOW Foods are higher in fat, added sugar, and/or calories than GO foods. SLOW foods include vegetables with added fat, white refined flour bread, low-fat mayonnaise, and 2% low-fat milk. Have SLOW foods sometimes or less often.

WHOA foods are the highest in fat and/or added sugar. They are “calorie dense” (a small portion is relatively high in calories), and many are low in vitamins, minerals, and other nutrients as well. Have WHOA foods only once in a while or on special occasions. And, when you do have them, have small portions. Examples of WHOA foods are whole milk, cheese, fried potatoes, muffins, butter, and creamy salad dressings.

To download a **GO, SLOW, WHOA** foods chart, visit www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf

Water vs. Coke

WATER

- #1. 75% of Americans are chronically dehydrated.
- #2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- #3. Even MILD dehydration will slow down one's metabolism as much as 3%.
- #4. One glass of water will shut down midnight hunger pangs for almost 100% of participants in a University of Washington study.
- #5. Lack of water is the #1 trigger of daytime fatigue.
- #6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- #7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- #8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

COKE

- #1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- #2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- #3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let it sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- #4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- #5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
- #6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- #7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
- #8. To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

To **VOLUNTEER** for **KITK** contact
Robin Shih at rshih@csstars.com TODAY!

GENERAL MEMBERSHIP MEETINGS

January 26, 2010 Community Table
 February 23, 2010 Trinity Equestrian Center

Social 6:30 - 7:00
 Business Meeting 7:00 - 8:00
 Break 8:00 - 8:15
 Presentation 8:15 - 9:00



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316 Eau Claire Street
Eau Claire, WI 54701

Return Service Requested

“Passports” - 2.20.10

Girl Scouts of the Northwestern Great Lakes, Inc. serves nearly 20,000 girls and 6,000 adults in 58 counties in northern Wisconsin and Michigan’s Upper Peninsula. GSNWGL provides opportunities for girls to Discover their strengths, Connect with others and Take Action to improve their communities. Girl Scouts is the world’s preeminent Leadership Experience for girls, building girls of courage, confidence and character, who make the world a better place. During the school year, GSNWGL offers a variety of one-day programs to Girl Scouts of all ages. We will be assisting with their “Passports” program on Saturday, February 20. For more information on GSNWGL, visit www.gwnwgl.org.

To VOLUNTEER for this JLEC opportunity contact Sadie Gunderson at jlec@charter.net TODAY!

TODAY VOLUNTEER NOW

VOLUNTEER

Sealants Today for Smiles Tomorrow



Sealant Days in Augusta, WI

Thank you to the generous assistance from Junior League of Eau Claire, our Sealants Today for Smiles Tomorrow Program was a success. This past fall semester, 428 children received oral health education. 163 children were screened and 135 (82%) had sealants placed. Our goal for the whole school year is 250 children screened and 200 sealed and we still have 8 more schools to see this spring!

Of the 163 children screened, 30% (50) needed dental treatment, 22% (36) early care and 8% (14) urgent care. The average number of sealants per child was 3. Of the 50 children identified as needing further treatment, decay was found in 85 of the primary teeth and 17 of the permanent molars. This is an average of 2 decayed primary teeth and less than .5 permanent molar per child. 121 of 74% the children received a fluoride varnish application.

JLEC submitted a grant for sealant material and fluoride varnish to Oral Health America: National Sealant Alliance and received \$850 in product from 3M ESPE. JLEC also submitted a grant to Wisconsin Dental Association and received \$250.00. Unfortunately, we did not receive some grants we applied for this year. We understand, due to the economy, this year was extremely difficult garnering the amount in grants than in previous years due to demand for grants and less investment monies available from corporations. Hopefully, 2010 will prove to be a better fiscal year for all.

Thank you to the JLEC volunteers who helped this fall: Carrie Groseth, Lynda Patrow, Liz Redmann, Nancy Kersten, Sarah Paul, Stacey Secker, Mary Toehl, and Linda Holzhausen. We look forward to seeing you in spring; here are the list of dates.

Friday, Jan. 29th - Manz

Friday, Mar. 5th - Flynn

Friday, Apr. 30th - Sherman

Friday, Feb. 5th - Putnam Height

Friday, Apr. 9th - Sam Davey

Friday May 7th - Fall Creek

Friday, Feb. 19th - Locust Lanes

Friday, Apr. 23rd - Longfellow