



## JUNIOR LEAGUE OF EAU CLAIRE

Women building better communities

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.

# Connections

MARCH | APRIL 2010



## Kids in the Kitchen JLEC 3rd Annual

Our signature project, 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 kick off was March 5th at the Boys and Girls Club of America located at 201 E Lake Street.** Each Friday afternoon in March, from 4:00 pm - 6:00 pm, 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.

### March 5, 12, 19 & 26, 2010 4:00 pm - 6:00 pm

**March 5th** - Kristina Beuning of Sunbow Farm and the topic is Beans. Benji Williford is doing a Hip-Hop dance class.

**March 12th** - Laurel Robertson of Dinners On is teaching the kids to make Hearty Black Bean Soup and Greek Wraps (recipes attached), Hula Hooping is the activity

**March 19th** - Laura Sommer of Just Local Food and Linda Bohacek. We'll make ziploc bag omelets and healthy breakfast cookies. Sheri Baemmert will teach a yoga class.

**March 26th** - The Raw Deal will make healthy pizzas and Benji Williford will teach a Zumba class.

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](mailto:rshih@csstars.com) and Sheri Baemmert at [baemmert@charter.net](mailto: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.ajll.org/>.



Chef Laurel Robertson & children from the 2009 KTK.



BOYS & GIRLS CLUB  
OF THE GREATER CHIPPEWA VALLEY

Go to [www.juniorleague-ec.org](http://www.juniorleague-ec.org) to view all JLEC VOLUNTEER opportunities!

# A Message from Kate



Greetings JLEC members,

Do you know that this March our League will begin celebrating its 80th year? The Eau Claire Service League was formed on March 19, 1930 as a coordinated volunteer effort after a flood devastated Eau Claire. Throughout the years our projects may have changed but we've continued to develop and support a wide variety of programs to help women and children in the Eau Claire area. As we enter 2010, we will be continuing with League's vision to create trained volunteers to develop the potential of women and improving communities. And we have a lot to do! As a League, we'll be deciding how to celebrate our 80th year, searching for new signature projects, possibly relocating our office, and establishing some future goals for League moving forward. All of these important business items cannot happen without your involvement. At the next few GMM's we'll be discussing some of these important new issues as well as explaining different placements so that you'll find the areas you are passionate about and hit the ground running. I look forward to seeing you there and I look forward to celebrating our 80th year with you!

Best,

Kate

## Kids in the Kitchen Recipes

### Hearty Black Bean Soup

Serves: 10 (approx. 1 C. serving size)

Ingredients:

- 1 C. celery, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 T. canola oil
- 3 cans fat free chicken broth or stock
- 2 cans black beans, rinsed & drained
- 1 jar (16 oz) salsa
- 1 C. cubed pre-cooked chicken breast
- 1 ½ C. pre-cooked long grain rice
- 1 T. lime juice 1 tsp ground cumin

Instructions: Cook rice according to package directions to yield about 1 ½ cups. In a large saucepan, sauté celery, onion, and garlic in canola oil until tender. Stir in the remaining ingredients; heat through. Let rest 5 minutes before serving.

To **VOLUNTEER** for **KITK** contact

Robin Shih at [rshih@csstars.com](mailto:rshih@csstars.com) **TODAY!**

### Greek Feta Wrap

Yields: 24-32 wraps

Ingredients:

- 6-8 10-inch whole wheat tortillas
- ¾ C. reduced fat, feta cheese, crumbled
- 16 cherry tomatoes, sliced in quarters
- 10 ripe olives, chopped
- 1/3 red onion, finely chopped
- 1 small yellow squash, diced
- 1 cucumber, diced
- 2 T. balsamic vinegar
- 1 T. fresh parsley, chopped
- 1-2 cloves garlic, minced
- 2 tsp olive oil
- 1 tsp salt
- 1 tsp pepper

Instructions: In a medium bowl, combine all of the ingredients except for the tortillas. Let stand for 20 minutes, stirring occasionally. Drain off any liquid (or use a slotted spoon) and divide salad mixture among the tortillas...about 1/2 C. to 2/3 C. per tortilla. Fold bottom of tortilla over filling, fold in ends, and then roll up. Wrap in parchment paper in the same fashion. Tape and cut in half if desired.

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Back to School

Chair & Co-chair - OPEN

Celebration of Women

Chair & Co-chair - OPEN

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Kids in the Kitchen

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OPEN

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Cookbook

Emily Madsen

Mandy Brash

Grant Writing

OPEN

Fund Development

Liz Weichert

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Bylaws/Advisory

Kathryn Wahl

Kirsten Holbrook

Membership Handbook

Jill Fenn

Nominating

Susan Jewett

Party Planner

Jessica Schreiner

Placement

Jill Fenn

Kristine Morgan Roehrich

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Refreshments

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Jennifer Geurts

Charms

Rachel Zacho

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Volunteer Service

OPEN

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Eau Claire.

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Submit articles to editor..

# Spotlight on a Sustainer... Donna Gilbertson



Donna Gilbertson 1969  
EC Service League President

2010 marks the 50th year that sustainer Donna Gilbertson has supported Junior League of Eau Claire and its predecessor, Eau Claire Service League. I was amazed by her continued commitment so I called Donna and asked if she could give us some of her thoughts and memories about 50 years in this organization.

One of her favorite memories was the Follies, especially the year she danced to "Diamonds are a Girl's Best Friend" because her daughter danced along with her on the sidelines. The Follies was the primary fund raiser for League at the time. Donna said that they hired a producer/director out of New York who brought the costumes and trained all the volunteers. She was President of League in 1969 and that year the Follies raised \$9400. That is about \$50,000 today!



The Follies was Eau Claire Service League's primary fund raiser.

That same year, League gave money to 24 different local charities and were involved in 12 different service projects including the development of Wilson Park, the Courage Club, and Camp Kennewood. They also pledged \$5000 to the YMCA development fund. League members in 1969 completed a whopping 9880 volunteer hours! How did those ladies do it? Donna had the answer. "We helped each other by watching each other's children. We worked together to get things done. Of course, it was also great fun and I made lifelong friends."

Thank you Donna for all your hard work and commitment. Junior League of Eau Claire wouldn't be the same without you.



Donna Gilbertson presenting a \$5000 pledge for the YMCA Development Fund to Richard L. Jeatra, member of the YMCA Board of Directors.



## Photo Album - Feed My People Food Bank 1.12.10



**Have you moved?  
Need to update your contact information?  
Email us at [jlec@charter.net](mailto:jlec@charter.net)!**

Go to [www.juniorleague-ec.org](http://www.juniorleague-ec.org) to view all JLEC **VOLUNTEER** opportunities!

# GENERAL MEMBERSHIP MEETINGS

March 23, 2010

ECRAC

April 27, 2010

Riverside Plaza

Social 6:30 - 7:00

Business Meeting 7:00 - 8:00

Break 8:00 - 8:15

Presentation 8:15 - 9:00



**JUNIOR LEAGUE OF  
EAU CLAIRE**

*Women building better communities*

316 Eau Claire Street  
Eau Claire, WI 54701

Return Service Requested

## SAVE THE DATE

### Placement Meeting

April 27, 2010 7:00 pm - 8:00 pm

Riverside Plaza - hosted by Phyllis Mattson

Spring is fast approaching which also means our Placement meeting is just around the corner! Please review the Placement List in this newsletter and start thinking about where your fit will be. Feel free to contact the corresponding Board Member if you have any questions about that each placement position entails.

### Celebration of Women Event

*"Simply the Best"*

May 11, 2010 4:00 pm - 7:45 pm

\$25 Florian Gardens

For more information, please call Center for Healthy Living  
at 715-717-1600.

# TODAY VOLUNTEER NOW

## VOLUNTEER Literacy Volunteers' Scrabble Bee

April 22, 2010

Scrabble Bee puts a twist on Scrabble®! The Scrabble Bee is a team "competition" in which groups work together to quickly fill up their boards with as many high-value words as possible. We serve as Word Waiters – a game official for one team – overseeing play and scoring. This is Literacy Volunteers' signature fundraiser; all Scrabble Bee proceeds directly support their programs and services. More than 1 in 10 adults in the Chippewa Valley are unable to read. Many of them have children and want to break the intergenerational cycle of low literacy. Literacy Volunteers provides training and guidance to volunteer tutors who work with adult students to develop reading, writing and speaking skills. Goals often include: passing a driver's test, obtaining a GED, enhancing job qualifications, learning computer skills, reading to one's child, managing a checkbook, or understanding healthcare maintenance for a family member.

## Big Brothers Big Sisters Bowl for Kids' Sake

May 4-7, 2010

Have a ball supporting Big Brothers Big Sisters! Each year, for more than 40 years, Bowl For Kids' Sake has supported Big Brothers Big Sisters agencies throughout the country. BFKS is BBBSA's premier fundraising party! After a month(s) of raising awareness and funds, Big Brothers Big Sisters of Northwest Wisconsin's fundraising campaign concludes with a BFKS party. The real "strikes" each year are the kids who benefit from the annual Bowl for Kids' Sake events. Last year, the event raised over \$140,000. Big Brothers Big Sisters is a donor driven youth mentoring organization. It is the oldest, largest and most effective mentoring organization in the United States. BBBS been the leader in one-to-one youth service for more than a century, developing positive relationships that have a direct and lasting impact on the lives of young people. Big Brothers Big Sisters mentors children, ages 6 through 18, in communities across the country. For more information, visit [www.bbbsnw.org](http://www.bbbsnw.org).

**To VOLUNTEER for this JLEC opportunity contact  
Sadie Gunderson at [jlec@charter.net](mailto:jlec@charter.net) TODAY!**